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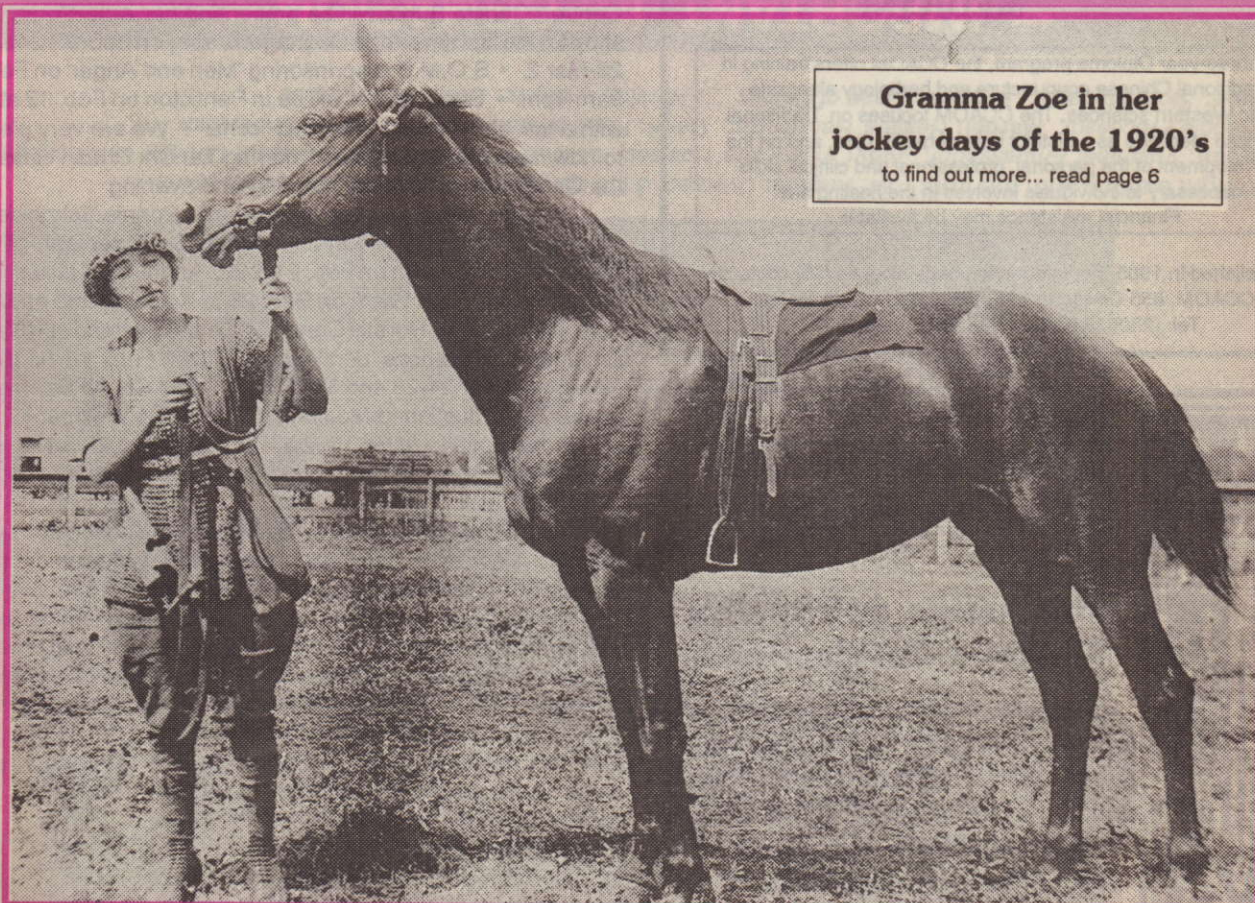
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**Gramma Zoe in her
jockey days of the 1920's**
to find out more... read page 6

February 1997

MANDALA BOOKS

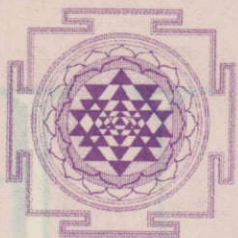
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From the Editor...

Chit Chat

with Marcel

February, the month of Valentine's Day, a time to reflect upon Love. So many kinds of love: romantic love, family love, brotherly love, Divine Love. All these are of the emotions; very abstract and not easily understood by the logical mind. But I have found that the energy or power of love can also be used in a very practical and focused way. The quality of love actually has the power to transform. By sitting in a short meditation in which you radiate and direct unconditional love energy from your heart toward another person or situation that is causing you concern, a transformation can occur. After a couple of weeks this simple practice will start to bring answers into your life. Be open to this guidance and follow its promptings and soon you will find the cause of your distress begin to dissolve. It took me quite a while to use this method after first hearing about it because it sounded much too simple to be effective. But when I did give it a try I was amazed at the results. Even now, I still don't practice this nearly enough. My mind seems to look for more complicated ways to solve my problems. I have to keep reminding myself that the simple power of love can create miracles. My project for February is to reinforce this practice in my life.

February also brings some very special events to the Holistic Centre. Christa Burka will be presenting her Aura Soma workshop for the first time in the Okanagan Valley on Feb. 22-24 & Feb. 28-Mar 2. • S.O.M.E is sponsoring 'Men and Anger' on Feb. 15 9am-4pm. • Sheri Street will be in Penticton on Feb. 12 at 7:30 with a talk on her tour to Machu Picchu. • We are very pleased to now have Richard Lautsch offering Tai Chi Chuan classes at the Centre every Tuesday morning and evening.

Elsewhere in the valley, Andrew and Bonnie Schneider are offering a Retreat 'Meditation, Mantra & Movement' at their Centre in Salmon Arm on Feb. 21 & 22. Andrew will also present lectures 'Water into Wine' on Feb. 26 in Kelowna and on Mar. 4 here at Penticton's Holistic Centre. • Denie Hiestand and Shelley Coleman's workshops continue in Oliver Feb. 12-16 and in Naramata Feb. 24-28 and Mar. 3-7. • And Cheryl Grismer will present 'Introduction to Meditation' Feb. 23 in Westbank.

In recognition of St. Valentine's Day I would like to share some guidance once given to me. Perhaps some readers will find it useful as well.

"I am here now as always. Be close to me now, this moment in time. Your eyes have seen the light, let them look into it. Simplicity is your lesson and what more simple than Love.

It is the creator and the cure. Learn all aspects, be an expert; from the aesthetic to the practical. Nothing else is really needed, there is nothing else. It contains all. It is all. Seek it always. Be it always. It is as useful in subtle ways as in demonstration.

Let it be your attitude. I will help you, just ask. You must ask, I will not impose. But my being flourishes from your quest. You are undernourished because you fear the power of love, you don't trust it. This will come. I know you feel unworthy as this vessel but this is good as there are no preconceived ideas. Start from the simple. Start from the easy. Start from the small. But Start, Start, Start! Start out of time and project into time."

Marcel



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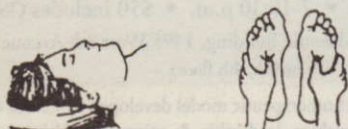
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FENG SHUI FOR HOME

Feng Shui (pronounced 'fung shoi') is the ancient Chinese art of geomancy. Literally translated, feng shui means 'wind and water', and is rooted in basic common sense concerning the land. The tradition dates back at least 3,000 years. The ancient Chinese used rules of feng shui to locate the grave sites of their revered ancestors so that the energy would be balanced and they would rest peacefully and look beneficially upon those still on the Earthly plane. Many of the ancient cities of China were designed according to feng shui principles, including the Forbidden City in Beijing.

Chi or qi (pronounced 'chee') is the universal energy that flows through all things: rocks, trees, mountains, flowers, you, me. It can be blocked and stagnant, or too vibrant (sha qi), or flowing and joyful (sheng qi). The theory of feng shui is that you can locate your home or business, as well as the rooms and furnishings within these spaces, to attract sheng qi and help it flow harmoniously. Traditionally qi is attracted to water, which also symbolizes money, affluence and fertility. If the water - or space, like a long hallway - flows too fast, the qi will flow away too fast. Qi is also attracted to harmonious sounds (like wind chimes), flowing movement (like a mobile), and balanced surroundings.

Feng shui is the art of location and placement. The goal, as with much of Chinese philosophy (Confucianism, I Ching, the Tao), is **balance**. Balance between yin and yang, and balance among the five elements: water, fire, earth, wood and metal. If one's surroundings are balanced and harmonious, then the qi will flow smoothly in all areas of one's life: business/career, finance, health, children, education, creativity, recognition, romance, etc.

These areas of the life are represented by the 9-space grid called the bagua map. This is overlaid on the design of the home or business premises. It will show which areas may be deficient (empty), blocked, or conversely, too straight or too busy. Corners facing an opening such as a door are thought to throw 'arrows' of sha qi. Stairs and hallways should never face a doorway: the qi flows away. There are ways to alleviate feng shui problems:

- *Wind chimes, crystals and mirrors placed at strategic points help attract, circulate and reflect good qi.
- *All doors, and especially your front door (of your home or business) should be able to open to their full swing. Blockages behind them which allow only partial opening also block the energy (qi).
- *The entrance way must be open and welcoming, never with a wall, or worse, a corner facing the door. Walls and corners push the good qi out.
- *The front door should not be directly in line with the back door. The qi enters and exits immediately without flowing around the space.
- *Round, curved and flowing lines are generally better than straight and angular. For example, the path to the front door should be a curving, flowing line (but not tightly coiled like a snake). Even with a straight path (or long hallway) beneficial effect can be achieved using a number of techniques in landscaping, design and interior/exterior decorating.
- *Your bed (where you spend 1/3 of your life and where you recharge your energy) should **never** have its foot facing the door. There are many reasons for this, not the least of which is that the ancient Chinese writings call this the 'death' position.
- *Your office desk should face the door and have a view of the whole room. If this is not possible, a strategically placed mirror can help.

THE FIVE ELEMENTS

Each room in the house or business should have all five elements represented in a balanced way. Elements represented by colour and shape:

water - streams, rivers, lakes, fountains, also crystal, glass, mirrors

- black, dark tones, eg. navy blue
- flowing, freeform, asymmetrical

wood - wood siding, shingles, trim, floors, wood furniture, also plants, flowers, natural fibres, landscape art

- green, blue, floral prints
- columnar, like the trunk of a tree

fire - lighting, candles, fireplaces, also pets, animals, wool, leather

- red spectrum, orange
- triangle, cone, pyramid

& BUSINESS

earth - brick, tile, ceramic, earthenware objects (not stone, see metal)

-yellow, earthtones eg. sand

-squares, long flat surfaces

metal - all metals: brass, copper, stainless, also rock, crystals, marble, art made from metal

-white, light pastels

- circle, oval, arch

BLESSINGS

There are also a number of traditional ritual blessings that may be bestowed on a home or business. For the home, the family gathers and lights candles. They say prayers at each of the cardinal points around the outside of the house, and scatter rice (we use millet or other seeds since rice can be lethal to birds). Then the prayers are brought indoors, to the centre of the house and repeated there, along with the lighting of more candles. For the opening of a new business, the tradition holds that the store's sign and all doors and windows be covered with black paper or cloth for a couple of hours before the ceremony. The blessing begins by ripping all the coverings off everything to let in light. A charcoal brazier is placed in the centre of the front door, and the business owner comes in first, stepping over the hot coals (left foot first). She or he is then followed by the other employees, each stepping over the brazier. The interior lights are turned on, and the office-warming party begins. The light and the fire symbolize that the business' fire or fortune will burn brightly for all. To promote unity and team work, all employees should stay at the party for at least an hour. It helps if all of this takes place at an auspicious hour according to the horoscope of the owner.

These are just a few of the ideas inherent in feng shui. Each home or office is different, but the general rule is to seek peaceful, uncluttered, harmonious spaces. The goal is to live in balance with the natural forces around you.

by Amelia Colebourne, B.A., M. PL.
Amelia is an urban planner, environmentalist, home-builder and astrologer. Her consulting practice includes feng shui consultations for home or business.



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Grandma Tessier



The front cover is a photograph of my Mom's mom ... Grandma Tessier in her riding duds. Grandad Tessier was a race horse trainer and veterinarian. Grandma was 4' 10" and weighed 82 pounds and raced them for the different owners. She loved horses and was an excellent rider. She was the only Canadian woman jockey in the 1920's and won so many races that the men got annoyed and decided to ban women from horse racing. She spoke five languages, had a photographic memory and her favourite topics were politics, religion and unions. She enjoyed a good debate and was labelled a Communist because she was always rallying support for the Russians, especially when she worked for Senator Morris in Oregon, USA. She learned to read Russian and German so she could learn about their herbal cures for her own health problems ... she had eaten rat poison as a five-year-old and her health was always very fragile. I guess you could say I came by my deep desire to heal myself naturally, and by doing so, I hope to inspire others to help themselves. I am discovering that the joy in life is to enjoy the journey and reconnect with my body. The destination is just a means to help me get focused.

As each year draws to a close, I start noticing repeat patterns and thoughts as I take time to listen to the hints from the universe on what I need to work on next for my own personal development. Last year it was about being five years old. I reparented myself, getting in touch with my sadness, my joy and my anger, emotions that a child feels easily and that up until then I had a hard time getting in touch with. I was able to let go of some of my ways of needing to gain love via my mother's or father's approval. I enjoyed choosing just the right teddy bear to snuggle with at night and I am still in awe of the rocking horse that Jan bought me for my birthday. It is something I will always treasure. Sharing it with the children who come to the Centre leaves me spellbound as I watch and listen to their excited voices.

Time does move forward, and this year's theme is to think and be like a teenager. Exploring my options and getting a second chance is a gift from the heavens. I'm sure I'll have just as much fun discovering another part of me. I severed the apron strings to my mother when I was a teenager and my doing so allowed us to become friends ... good friends who can laugh together and at the world for taking life so seriously. I am grateful that she thinks so young and that nothing limits her drive to get what she wants. She is my inspiration and one of my best teachers, as was Grandma. I am so glad I can enjoy her company and that she is still living, for she does enjoy life.

Early in December, I phoned Mom to tell her that her

Christmas present would be arriving on the bus Tuesday. She went into her usual routine about not wanting me to buy her anything. After letting her fuss for a few minutes, I interrupted her to say I was sending up a friend to drive her newly-painted fuschia and turquoise motor home from Terrace to Penticton so that we could spend two weeks together. When I phoned her a week later to confirm his exact arrival time, she was in her glory for she had decided to have fun with this 'present' informing everyone that her daughter was sending her a young man, complete with bow, for Christmas. We all had a good laugh.

I am at a point in my life where I can slow down, and having Mom around is a good mirror. It has helped me to reinforce my decision. For so many years I needed to be busy to be worthy of her love, and so I didn't make the time to be truly present with her. Sometimes I felt I was doing it more out of obligation than from really wanting to. This year was different: I choose to spend my time with her and that excited the child within me and we had a marvellous time together ... my mother, my friend Gerry the chauffeur, and me.

Gerry was a volunteer at both the Spring and Fall Festivals of Awareness last year and I am delighted to say we are officially dating. Last April he attended a vegetarian cooking class at the Centre and afterwards he asked "What is the Festival all about?" He then said he wasn't working and offered to make posters and help where needed. He enjoyed the weekend so much that he started volunteering at the Centre.

I am so glad that the last phase of my life is complete and that I took the time to process it through to completion and I thank you, my readers, for encouraging my honesty. The timing was perfect, as clearing out the old vibrations has allowed me to create space for someone new ... and what would a teenager be without her friends? Now I will be able to explore more fully the world of feelings for I know I have been given a second chance and I intend to listen to my body much more this time round.

Organizing the Fall Festival of Awareness, I was reminded of how much time and energy I had put into getting the first Spring Festival at Naramata off the ground in 1989. When the deadline arrived for early registrations we had only ten people signed up and I felt undecided about what to do: maybe we should cancel the event. I told Jan I needed to go for a walk and headed up to the clay banks, asking for clarity from the universe. Every time I thought of cancelling it, my mind had another idea ... finally it came through very clearly: "Cancelling is not an option." I came back from the hills and said to Jan, "Time to get creative 'cause the Fall Festival is not getting cancelled." Urmi, Michael, Gerry and myself did all the cooking and Naramata Centre helped out by giving us a reduction in overall costs. The weekend turned out to be magical and the people who did attend felt blessed to be in such small intimate groups. The instructors enjoyed the slow pace and got in some healing time for themselves.

My gift was having my auric field crack ... one more time. Friday evening, I was the centre of attention as Linda and Phil from Winlaw decided I was the chosen one to receive a Didgeidoo healing. I lay down in the middle of the room and they played their didj's over my body, sending vibrations right through to my bones. I was addicted and signed up for a private session on Saturday afternoon, and I followed that up by

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standing near their good vibrations Saturday evening at the Musical Jam. Sunday afternoon at the closing ceremonies, Ros Barrett played his magical flute and we sang songs to Gaia. I was in awe as I felt the words resonating in my bones. As we turned to honour the four directions, Laurel chanted loudly to Mother Mary/Quan Yin to give her blessing as we closed the circle. I could feel my body shift as if struck by lightening and I began to cry as feelings of gratitude over-

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whelmed me. The tears of joy flowed for over an hour and then I walked through a winter wonderland of snow to the hospitality house for the final dinner. I was high for several days before I crashed and admitted to needing a rest.

My auric field cracked for the first time after the very first Spring Festival, and a second time when I agreed with my husband that it was time to part. Three is a magical number for me and with this added transformation, I am ready

to continue with my assignment... developing a healing sanctuary in downtown Penticton. Jan, Marcel, Mike, Urmi and Gerry will help in reminding me to slow down and enjoy the journey while giving me that extra help and guidance to get the job done. I am feeling truly blessed and delighted at the prospects for 1997!



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by Kiara Fine

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Those are the qualities that I wanted to experience in my life. Most times I placed these qualities separate from myself, made them into ideas. Because these ideas were separate from me then I would try to get them to be part of my life by praying. I would pray for money, for success in my work, for the flow, to let go, for forgiveness, etc., etc. I would pray, but mainly I would tell the Universe what I wanted! Naturally it was pretty hard for me to hear or observe the guidance that the Universe was sending to me.

After ignoring the subtle hints being sent to me through the Universal mind, I started to receive stronger messages. Experiences like: putting my back out, and suffering pain • my spleen being "too damp" according to Chinese medicine • feeling burnt out and exhausted • experiencing a lack of inspiration • getting caught up in the consciousness of my negative mind.

Soon everything in my life began to fall apart and I had to face the reality that several areas of my life were not working. At first I felt like a failure until I began to realize that all that was happening was that I was being guided to take another step in my life. With my work, with my relationship and with the big one! ...TRUST. Trusting that this new step would be that way, that I would be taken care of.

After I had said YES to my next step, HEAVEN moved in to provide me with the confirmation that I had made the right decision. I felt 100% more inspired, the phone started ringing again and friends and colleagues congratulated me on the courage of my decision.

In other words, the DOORS OPENED and a new chapter is being written for me. And when something in your life is being done for YOU, you actually are RECEIVING the gifts of the GIVING.

What I have learned from the experience is that I need to get out of the way in order for HEAVEN to work its MAGIC in my life.



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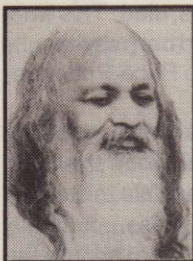
What is this technique that produces such good results? Transcendental Meditation is a simple, mental technique which is practised sitting comfortably for fifteen to twenty minutes twice a day. In the TM program, we transcend or go beyond our thoughts to experience the subtler, more refined levels of thinking. It can be compared to reaching the silent depths of the ocean even though the surface may be very choppy. We have the ability to settle down to these quiet levels just by using this effortless technique.

What effect does this have on stress? As we settle the mind, our body also settles down and gets the deep rest it needs to release deep-rooted stresses. Sleep can only get rid of the surface levels of stress. We need something

stronger to remove stress that has accumulated over time. Scientific research on the Transcendental Meditation program has shown that the body settles down during the practice of TM to much deeper levels than that produced by sleep. Our body is then able to release stresses that can be at the basis of much illness.

Benefits from the TM technique can also be experienced by people who are not under an unusual amount of stress. A recent study on high blood pressure (Hypertension, Aug. 1996) showed that TM was significantly better at lowering blood pressure than two other often-recommended non-medical treatments. The study included participants with multiple risk factors for hypertension, and significant results were seen in the group who did not have high levels of psychological stress.

The Transcendental Meditation program brings benefits for everyone - clearer thinking, better health, improved relationships, increased creativity and happiness. The Transcendental Meditation technique has spread to more than 100 countries around the world since its introduction forty years ago by Maharishi Mahesh Yogi. An estimated four million people practise the technique, 200,000 of them in Canada. Its effectiveness has also been documented in over 500 scientific studies by more than 200 research institutions world-wide. However, TM emerges not only as the most effective but also as the most enjoyable. "TMers" remain committed to the practice simply because they like doing it.



Maharishi Mahesh Yogi
Founder of the
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Biological Dentistry & the Body Burden

by John Snively, D.D.S.

All forms of chronic degenerative disease which certainly include all the conditions described as cancer are not the result of some singular exposure to any agent but are rather a composite manifestation of a variety of factors including wrong living, wrong thinking and long term exposure to an ever expanding variety of environmental toxins.

I shall confine my comments in the scope of this brief article to the impact that dentistry can have upon the total body burden leading and contributing very significantly to organic dysfunction, imbalance and ultimately dis-ease. To believe otherwise is both naive and dangerous.

The toxicity of mercury of which dental amalgam comprises 50%, is by now a moot point and deserves little more comment than that. There are however many other potentially toxic metals in the crowns, braces and partial dentures used by dentists and regrettably most dentists are quite unaware of the composition of the alloys used by the laboratory.

There are a variety of ways to determine biocompatibility of dental materials including the Serum Reactivity Test as developed by Jess Clifford of Colorado Springs. In this test a person's blood serum is matched against virtually all known dental materials in an antigen-antibody reaction and from these results can be determined which materials are more or less suitable. It is also possible to use an electro-dermal screening device but these may have limitations with respect to total body burden.

Another issue of great significance is the implication of devitalized and/or root canalled teeth upon overall health. A great deal of research was done earlier this century by the great Weston Price who began noticing a remarkable correlation between organic dysfunction and endodontic therapy (root canals). He noticed that many people developed conditions such as arthritis or kidney problems following root canal therapy. So he set out to document the interrelationship between the two. This became known as the Focal Infection Theory. On numerous occasions following the extraction of the root canalled tooth the person's symptoms disappeared. He then took his experiments into the lab. He cleaned and sanitized the extracted tooth, then implanted it under the skin of a rabbit and within days the animal developed the same symptoms as the person had and within weeks, died. This work did not receive the public exposure it deserved but has recently been rediscovered and published through the Price-Pottenger Foundation.

The structure of the tooth is comprised of millions of tiny tubules. This is how it nourishes itself. But when the main nerve of the tooth dies and putrefies it is impossible to sterilize this infinite latticework and it harbours countless potentially pathogenic organisms. With time, they are released into the body and are transported throughout the organism, creating a constant challenge to the immune system. Some are especially virulent and can colonize in numbers at strategically "weak links" theoretically leading to dysfunction and disease.

By their very nature, endodontically treated teeth are

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"dead" and are no longer recognised as self. They have now become a giant protein antigen which the body finds impossible to reject. This of course creates a constant stress upon the immune system which has only limited energy. Several neurotoxins such as thio-ethers and mercaptans have been isolated from around endodontically treated teeth and their extremely toxic nature may have profound and far ranging effects.

Once again we must refer back to "Body Burden" and realize that each time the biological system is challenged by a root canal or toxic filling material this is accumulated in the entire storehouse of body burden with all the other environmental and emotional insults. At some point we reach a critical level and some "weak link" begins to display signs of breakdown or malfunction and very seldom does allopathic medicine look to dentistry as a contributor or major cause.

At most major whole health clinics in Europe and North America the dental component is the first area to be analysed and treated, for these healers and practitioners have learned that long term success is dependent upon correcting any existing dental problems. This usually involves removal of all metal restorations and devitalized teeth.

I shall just briefly mention 'cavitations,' a term recently popularized by Hulda Clark in her books. These are areas of infection within the jawbone usually associated with a formerly infected or endodontically treated tooth. These "disturbance fields" often go undetected and many times are not even visible on x-ray. Whenever a non-vital or infected tooth is extracted it is important that the bony socket be cleaned properly, which includes removal of the surrounding necrotic or dead bone ... otherwise a cavitation is likely to arise. Current research is showing that these areas are strongly implicated in many chronic degenerative conditions and can influence the health and function of distant organs and systems connected along the meridians associated with the teeth.

There are so many more issues to discuss and perhaps for those who may be interested, we could cover other topics at the Spring Festival of Awareness.

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A Special Note For Divorced, Separated or Single Dads

Things you can do to maintain your relationship with your kids.

by Dave Cowan

1. ABOVE ALL, KNOW THIS: No one could ever take your place in your children's hearts and minds. You will always be 'Dad' whether you choose to be a part of your kids' lives or not. Children whose fathers disappear from their lives will hold onto an internal image of their father, often idealizing them with wishful or fantasy images. This is a natural attempt on the part of the child to feel complete or whole. However, without direct contact with his/her father, a child's

internal image can become distorted and unreal. No matter how 'out of it' you may be feeling with the changes happening in your life, your kids love you and need you unconditionally. The connection between you and your children is deep and lasting beyond the effects of any legal decision between you and their mother.

2. FIND SOME WAY OR SOMEONE WITH WHOM TO TALK ABOUT YOUR FEELINGS: This is very important for your own sanity, it allows you to

move through the necessary natural stages of feeling grief, anger, loneliness, guilt and failure towards experiencing wholeness.

The norms and unspoken rules of our society do not allow men to express or acknowledge their feelings. This is why divorce is often more personally devastating to men's well-being than it is to women's. Not only can women talk out their feelings with friends and relatives more freely, they usually are the ones who continue to take care of the kids and have the comfort of a stable home and network of familiar people to help them adjust to a new life. After divorce, men generally find themselves on the outside of these important social supports.

This is why it is especially important for men to seek out someone they can talk to, someone who will listen without judgement and affirm their feelings. Many men do not even know what it is they may be feeling. Going to a trusted friend or counsellor is not a sign of weakness but one of strength and courage in acknowledging your humanity. The myth of the 'strong independent male' has short-changed modern males.

Personal growth often involves turning and facing parts of ourselves we may not be aware of or have denied because social norms do not encourage this kind of exploration. Do not let a wall of silence become your personal prison, sentencing you to stuck feelings and isolating you from your children. Feelings have a way of surfacing anyway. Some men report doing 'crazy' things after divorce and we are all aware of tragic stories of men committing violent acts when their feelings boil over uncontrollably.

There is a growing men's movement which acknowledges that becoming a man is a lifelong process. Learning that we have legitimate feelings and that feelings can never be bad on their own, is part of every man's growth potential.

3. DO NOT INVOLVE YOUR CHILDREN IN THE CONFLICT BETWEEN YOU AND YOUR 'EX'. Do not put down or question the wisdom or motives of your 'ex' in front of the kids. Your feelings are real and need airing but your kids are not the appropriate audience. Children tend to bear a lot of false guilt over the breakup of their parents. Often they fan-

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tasize that Mom and Dad will get back together. Your kids need to know that any difficulties in the marriage are not their problem. The conflict is strictly between adults. You may not have the fondest feelings toward your ex-wife at this point, but just as you will always be 'Dad', she will always be 'Mom.' Part of their natural growth is internalizing mother and father. Thus you must honour the mother in the child just as you wish your kids to honour the father in themselves.

If you can't talk positively about their mom, just be honest and say 'I can't talk about it now'. Reassure your kids that it's an adult problem and the adults involved will deal with it. Children are not necessarily traumatized by divorce alone. If the home was full of tension or fighting a divorce may bring everyone involved a sense of relief. Many of your kid's friends have experienced divorce, it isn't so unusual these days. What can traumatize children is the fear that they may lose physical and/or emotional contact with one of their parents. They need to be reminded the divorce is not their fault and that you both will always be there for them, no matter what.

4. START LEARNING ABOUT YOUR KIDS: If there has been a long history of conflict in the home, often the children's needs have been overshadowed. Now that the war is over, there is an opportunity for you to get to know your kids in a new and potentially positive and refreshing way. You may also find that in the meantime, your kids have grown beyond your image of them as cute toddlers or helpless infants. Especially if your children are going through or have passed through puberty, you may turn around and find yourself face to face with strangers!

You may want to go to the library, College or local Resource Centre and read about your children's stages of development. Research in recent years shows that children, and adults for that matter, never really stop growing and changing. It's not like one day we are a child and the next we are this neat package labelled 'grown up.' Also, realize that your children are growing up in a different world than you grew up in can be helpful in your understanding of them. It may be unrealistic to expect them to see things as you do, or to think they face the same kind of challenges and problems you faced as a growing child. In this sense, kids may have a lot to teach

adults about coping in a rapidly changing society. Why not challenge your son or daughter to a video game? You'll see what I mean.

5) KEEP OPEN THE LINES OF COMMUNICATION: If you are fortunate enough to live near your children, this means calling out of the blue once in a while to ask how their day went. It means talking to their teachers to see how they are doing. It can also mean letting them know when you are available so they can call you, if they choose. Know too that your kids want to know what's going on in your life; tell them about your life and

interests. It is really the ordinary day-to-day communications that link us with each other.

Don't think you have to buy your kids stuff or constantly 'show them a good time' to compensate for their loss or win their affection. They will be happy just to be around you and do normal things.

Your kids need to see you living a normal life, that 'life goes on' after painful losses, and that you are happier now that your marriage problems are behind you. They want to know that you are O.K., Mom's O.K., and 'Hey, I'm O.K., too!'

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Tai Chi Chuan

by Richard Lautsch

I began my journey with Tai Chi in the early 1980's. Tai Chi quickly became a passion in my life. It had a transformative effect on my life and the way I looked at the world around me. Through the movement of Tai Chi my body and mind became connected to my spirit and thus connected to the earth. I discovered a universal understanding about the movement of life through the applications of Tai Chi and experienced the interrelatedness of the flowing movements to the flow of events in life. Through this practice I have become more balanced in my life, physically, mentally and spiritually.

Tai Chi has given me the opportunity to learn from many different people. Master Xu Gong Wei (who has just celebrated 50 years of teaching!) has had the greatest affect on my understanding of the foundation of Tai Chi. Under his guidance, I learned five of the original internal forms (Chen Tai Chi, Yang Tai Chi, Wu Tai Chi, Hsing I and Ba Gua) as well as several Qi Gong exercises.

One of the joys of Tai Chi has been the opportunity to share the experience with others - through both teaching and learning. I have recently relocated to Penticton and I look forward to continuing the Tai Chi journey by teaching Tai Chi and Qi Gong classes at the Holistic Centre.

Machu Picchu



It is possible to make a journey that explores those questions. A journey that takes you into high Peruvian Andes and into the heart of the Inca Empire - to the fabled 'lost city' of Machu Picchu, whose mist-shrouded ruins capture the imagination of all who see them.

For the millions who are familiar with the *Celestine Prophecy*, or with Shirley McLaine's *Out on a Limb* this no longer 'lost' city is a magnet with an inexplicable siren call that draws one irresistibly to it.

The fourteen of us who yielded to this call set out to immerse ourselves in its mystery, its story. Not for us was the 'Today is Wednesday, this must be Paris' mode of travel designed to connect one 'photo op' to the next.

We went slowly, for seventeen days, entering fully into the ambiance of the place - savoring the experience. We wanted to find the key to the magic that has captivated so many people. Was it possible to test the energy in the ruins somehow? Could we use body senses and awareness - our intuition - to delve deeper? Discover more?

It is so easy to ask questions. How did one of the most sophisticated and unique civilizations in the world disappear within a generation, and leave nothing but the monumental stoneworks and gold and silver craft work as silent testimony to the brilliance of its people?

Thousands have speculated on the stories which are told by the ruins. Mystics, historians, anthropologists, the ubiquitous local guides and even the tourists themselves, each creates some subjective order from clues they find and rumours they hear. Theories tumble over each other in the contradictory confusion of authority and guesswork: stone hammers for splitting rock? or was it laser beams, or sound vibrations, or herbal drops? was Machu Picchu an Incan waystop or a sacred sanctuary for women? a ridge top hideaway or an extraterrestrial communication post?

Unencumbered now by these endless lines of speculation, we can turn our feet to the one indisputable line that can guide us into the true heart of the Mystery - the Trail which was built by the Incas themselves, fitting stone to stone. Tracing its way over passes 13,000 feet high and into mist-filled valleys, winding through cloud forest and luxuriant high jungle, it leads us to one town after another, built over five hundred years ago, each now in ruins.

For five days we indulge ourselves in each successive town and city ruin along the trail. Using our bodies as divining rods, trusting them as exquisite sensors and receptors, we make our way slowly, each at his or her own pace, moving wherever we are drawn to move.

And to a person we feel somehow welcomed in this land. The remarkable timely synchronicities of sun and shade, tempering breeze, days without rain, stupendous cloudless vistas the like of which Humberto hasn't seen in eight years on the trail. It is not a surprise that several of our party sense the transfor-

Beyond the Mind by Chidakash

What should you do when you feel the world shift around you? ...when reality slips sideways and you find yourself with more questions than answers?...when what you are actually experiencing seems more fantasy than real?

mational energies through which we are moving -- and one of us can even point to the place where 'my life changed'!

In search of 'magic', we find ourselves feeling profound gratitude and humility for the experience of it. Magic is after all the feeling of wonder and awe. And here in the land of the Inca, guided by their gentle Kkechwa descendants, we can feel the reverence with which they hold the natural world around them. As we feel ourselves enveloped in the undeniable embrace of Pachamama - Mother Earth - there is little doubt in our minds that we have found in this reverence the key to the Inca greatness.

So what does one do when reality slips sideways? The beauty of this experience was that in entering this 'shifted' reality we did not find ourselves in woo-woo land but coming 'home' to a heightened sense of the world itself and the earth - a reality that has unfortunately been shunned by our culture -- and which so many of us yearn to experience.

Machu Picchu? By the time we arrived at Machu Picchu so much had happened for each of us, we felt attuned and focused and like we were visiting an old friend. It is an experience not to be missed.

MACHU PICCHU



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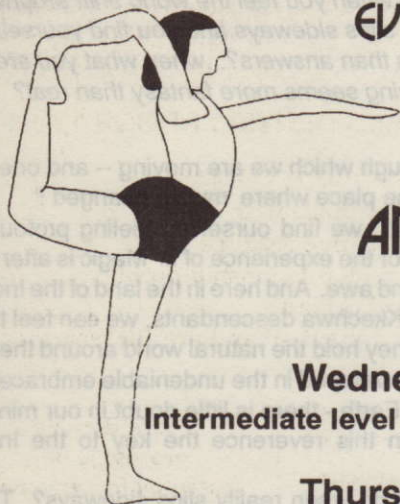
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VISCERAL MANIPULATION

by Cassie Benell, Ph.D.

What is Visceral Manipulation? Viscera refers to our innards or guts and, of course, manipulation means manipulation by the hands. This discipline was developed by French osteopath Dr. Jean-Pierre Barral. After seeing many people improve tremendously after visiting 'guerisseurs' or local old-style healers, he began to learn their techniques. With his knowledge of anatomy and various osteopathic and 'guerisseur' release techniques, Visceral Manipulation was born. Whenever we have a fall, a blow to the body, an inflammation affecting our bowels or abdominal surgery producing dehydration of the tissues, we can later have restrictions in our viscera. Normally in a moist environment, our inner organs slide easily over each other. If we have a restriction or adhesion, this internal ease of movement and good functioning are lost and can even affect our body structure through pulling on its fasciae.

My introduction to the importance of Visceral Manipulation happened several years ago. My younger son was out tobogganing with some friends. He was at the end of the toboggan, and a friend tried at the last moment to jump on. He missed the toboggan, but made contact with my son, pushing his knee into my son's vertebrae between the shoulder blades. Later that day my son phoned me to say he was in terrible pain. He came over, and I worked with releasing his vertebrae. Then he said that his back felt better but that he could feel some pain in his abdomen, especially in his liver. I worked with releasing the tension there, and he felt much better. A few days later he phoned to say that he again felt some discomfort. The vertebrae quickly released, and then he noted that his abdomen (small intestine) was aggravated. The tissues there pulled as though they had been corkscrewed, and with hands-on they let go. So a physical blow to the body can be transformed into visceral restrictions.

Our inner organs can be subjected to different pressures, dependent upon their location. In the thorax (rib cage), there is a negative pressure of -5 cm of water, since the lungs are filled with air. Below the diaphragm (dividing the thorax and abdomen), everything is fluid- or solid-filled, so has a positive pressure. This positive pressure is relatively low (e.g. +5 cm of water) in the upper abdomen, say at the stomach. This pressure differential either side of the diaphragm can cause hiatal hernia in people who have weak diaphragm muscles, with the upper portion of the stomach being pushed up from below. As you go down in the abdomen, the positive pressure increases to about +30 cm of water in the bladder. Men who have carried heavy loads have had increased positive pressure on the prostate, aggravating it. Likewise, women who have had forceps or suction deliveries tend to have fallen (prolapsed) uteri and/or bladders, increasing the positive pressure even more and producing incontinence. And anyone who has had a hard blow on the ground or ice can also experience bladder problems.

Not only can we have problems restricted to one area. All organs are held in place by fasciae and suspensory ligaments, with the exception of the kidneys (held in place by dense

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perirenal fat). If we have a restriction to one particular organ, its suspensory ligaments may be tight. The restricted motion of that organ may also cause adjacent organs to have their movement impaired. So several organs may have to be addressed, in relation to each other. When freed, then everything moves easily, and the organ's function is also improved.

The responses in the body may be more than localised, as just described. At times we can have a 'lesional chain' of restrictions. Osteopathic doctors call any dysfunction (restriction) a lesion. Thus it is possible for a restricted bladder to cause impaired lung movement. The greater pressure of the bladder restriction pulls on the overriding fasciae, some of which go to the lung and thorax. That, in turn, can inhibit proper lung movement.

Some lesions (restrictions) in our body are dominant, i.e. cause a lot of problems. Bodies are superb at compensating, so often we are unaware of our more minor lesions. One French osteopath, Dr. Paul Chaffour, developed a system called Mechanical Link to determine the dominant lesion of the body, which he releases first. Then the body can do its own self-correction, and other lesions can just disappear. (I will describe Mechanical Link in a later article.) Release of a dominant lesion can be felt from head to toe.

An example of a dominant lesion is one which I have had in my bladder for years. Once, when trying to release it for myself to alleviate pain, I released a lesion pattern. It turned out to be a dominant lesion, which I literally felt from head to toe. I had hip pain that occurred from an injury as a toddler, in which I also had a skull fracture among others. There was fear associated with that trauma, and in the Chinese medical tradition fear is associated with the kidney and indirectly with the bladder. I could feel the pull into my cranium, into my hip socket, into my bladder and kidney, down the compensatory patterns in my leg and into the sole of my foot. My body was pulsating strongly with the release, and even my lymphatic system suddenly opened up, to the thoracic ducts under the collarbones and into the lymphatic ducts deep in the abdomen. I never had realised how much a dominant lesion could affect the body! Thus releasing my bladder had profound effects upon the functioning and structure of my body.

When an organ or area has been dysfunctional for a long period, it is possible for dis-ease to occur. One older client came to me with bladder problems and discomfort. It turned out that she had a hard mass in her abdomen, which I avoided. I urged her to see a doctor, whom she was reluctant to visit. She did see a doctor, and immediate surgery was recommended. She had a tumor starting to strangle her bowel. Hopefully she took his advice.

Many organs (lungs, liver, gall bladder, pancreas, stomach, duodenum, spleen, colon, kidneys, bladder, uterus and ovaries) and their associated complaints can be addressed with Visceral Manipulation. It should be used judiciously, as in the above-mentioned case. Increasing the organ's innate movement will enhance its function, as well as improve its blood flow of incoming nutrients and outgoing wastes. Many of our structural problems have a visceral base which makes me have considerable respect for the body and its compensation patterns. Knowing that it is possible to address visceral restrictions is encouraging. So we can make our bodies more comfortable and healthier to live within!

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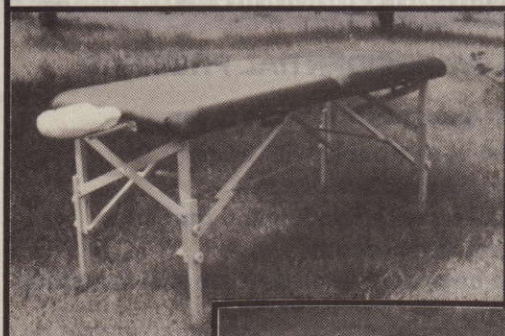
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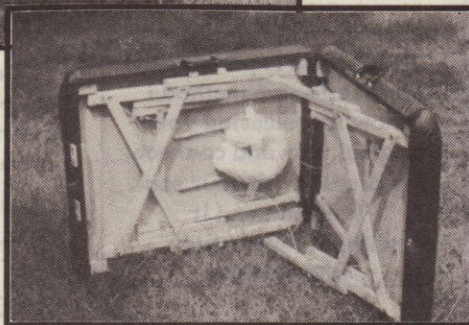


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Vermiculture

by Terrence Lee

Worms, worms, worms ! I love worms ! "Is this guy crazy?" you may ask. Yes; like a fox.

Worms, Red Wigglers, have freed me from the tyranny of the compost pile. Especially my poor aching back, not to mention the wrath of my neighbours. No more forking over piles of steaming (potential) fertilizer. I am now an emancipated man.

How did this come about? I am an organic gardener. NPK is a four letter word to me. I'm even queasy about bone meal let alone blood meal. But in order for a healthy garden amendments are needed. Then I read an article in Harrowsmith Magazine about vermicomposting, with a list of suppliers. With pen in hand and Canada Post I received information six weeks later, too late for that growing season. I received my kit and had it producing in about an hour. Ninety days later I had rich dark granular worm poo (castings is a nicer word) about twenty litres worth plus a worm population that had doubled. I bought myself another plastic bin and ninety days later had another forty litres of castings. Have you heard about compound interest? I lived in a sixteen foot diameter geodesic dome at the time with enough room to swing a cat by the tail; a rather short cat (I'm probably going to hear about this from the animal rights people.) In short order I was in the worm business. The company that sold me the vermicomposting kit offered to buy my surplus worms and any excess casting. I had a BIG garden. There was no surplus, at least of castings.

The next spring was the big test. I used the castings to start my plants. Have you heard of the Tomato that ate New York? I think you get the picture. I was amazed. At the time I was living in Dawson City, Yukon. We have a saying up there: 'we have ten months of winter and two months of poor sledding.' Any help we could get we used it. I love broccoli and Brussels sprouts. Usually the heads reach four to six inches in diameter with maybe two more meagre crops from the side shoots. That year it was ten to twelve inch heads with four crops of substantial side shoots. Needless to say I was sold on vermicomposting. Now my neighbours are too.

I should tell you about my little buddies, the Red Wigglers. Their culinary taste is abhorrent. They eat garbage. (Some of my former friends said, "Like attracts like.") They are extremely loving. They must be. They have five hearts. (My former friends drew the line there!) They don't smell and they don't make any noise, at least none that I've heard. They live in the dark and are very prolific. They are homebodies and don't wander. Like me they like heat, 15 to 23° is about right. That's why I've relocated to Penticton although you'd never know it this year. (I didn't bring the Yukon winter with me, honest!) I think they're kinda cute. (My former friends think that's weird and shake their heads.) They're very sociable and live in communes. But best of all they eat their own body weight in garbage and bedding a day and leave behind the best fertilizer money can buy.

Now instead of breaking your back or adding potential fertilizer to land fills, you can reap a healthy crop from your garden, or add it to house plants and best of all, you can do it indoors. You lonely hearts take note, too. Remember five hearts!

See ad under NYP Organic

Simply Tarot

by Maurine Valorie

In the tarot the Aquarian period January 20 to February 18 is ruled by the 17th position of the Major Arcana being the Star. This card reminds us that winter will not last! This time of year being the coldest, the Star promises that the light will lengthen and hope is reborn in the mind, even though snowbanks exist and we see our breath! We are survivors! It doesn't matter how tough things get, Star people know what to do in any situation. They are strikingly pleasing to look at. They are flashing neon lights. They are full of bright ideas. Their goals are seldom thwarted. They are healthy people. The affirmation the Star uses is: "The innocence of my inner child will deal/overcome life's problems, as I face them, one by one, I am purified."

Aquarians are ruled by the element of air, which represents our minds. They have the highest of ideals in love and for sister and brotherhood. They recycle for Mother Earth. They figure things out. Knowledge to them is better than blind faith. They are comfortable in conventional situations with boundaries of law and order. Their task is to balance their ideals with feelings and reality. It isn't that Aquarians don't have feelings, they are just frightened of them. So they prefer to have an idealistic reality. Brrr..Swords, they cut through 'yamma, yamma.' They represent Karma, family genetics and control but they lead us all to spiritual advancement. So why do we dread swords in a tarot reading? What's the big deal? So what if the sharpness of their blade slices clean through to the truth? There are two sides to the sword. So what if they can annihilate? With this suit we learn the Law of Cause and Effect. Karma. Firstly, karma is neither bad or good. It just is! We develop awareness with our decisions and actions that are in harmony and out of harmony show us our true purpose. The price we pay when not acting in the highest and best good of all concerned is: it comes back to us! What we send out is mirrored back! The swords in the tarot unveil the path to our truth.

The Court Card in the tarot depicts the personality of the Queen of Swords. Depending on your gender, you can be the Ice Queen or the man of Brains not of Brawn! You have brilliant minds, guys, although you use your mind to distance yourself from feelings. The challenge for you is to melt down. We count on your loyalty (no truer friend can be found). You are visionaries, you are prophets. What about the old story of boy and girl, meet, fall in love, fall out of love, hurt each other and the Queen of Swords vows, "Never, ever again!" Hmmm. Yes, you are right, definitely right, who needs the pain? Guess who? Yes. You. So, let your perfectionism slide. Put your feet in another person's shoes, feel their life and embrace them without reservation. Although you might be torn between your love of truth and your respect for tradition, the Queen of Swords is to let the shadow side out, then spirit can play through the mind and the heart.

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CHOOSING A PERSONAL PATHWAY

by Eric Metke

We all come from different backgrounds. From the time we were born into this world and throughout our lifetime each individual person has been exposed or subjected to many different influences. For example, different parental upbringing, different kinds of education, different friends and associates, different environments, and so on. In addition to all of the different influences that we have each experienced in this lifetime, it is my belief and understanding that we have also each brought along with us, from past incarnations, the growth, the development and evolvement of many previous lifetimes. All of these things tend to shape the nature of our individual values and our individual points of view.

One of the most important lessons that I have learned in life is that we should not allow our own values and our own points of view to become so rigidly ingrained so as to become, figuratively speaking, carved in stone. Observation of human behavior indicates that there is a tendency in human nature to hold on to accepted concepts and beliefs so tenaciously that it has the effect of closing the door of the mind to a reasonable and open-minded consideration of other concepts and ideas. If we wish to grow and evolve, intellectually and spiritually, it is necessary that we first allow our own values and our own points of view to also grow and evolve, as new knowledge, new experiences in life and new intuitive insights are realized.

As a humble student of the Rosicrucian Teaching I have noticed, in discussion with other students of metaphysics and mystical philosophy, that, for the above mentioned reasons, each student has developed somewhat different values, different perspectives and a somewhat different philosophy of life. Today I would like to share with you briefly some of my points of view on this subject. I would first of all like to emphasize that Rosicrucian students are taught and encouraged to 'think for themselves' and eventually arrive at their own levels of understanding by way of their own mental faculties and by gradually developing their psychic and more subtle perceptive and intuitive faculties which enable them to draw upon the Infinite storehouse of Wisdom within. Such psychic and intuitive

faculties are present in all human beings but are mostly dormant and are just waiting to be awakened and gradually activated and used in life.

Every day of our lives we are each called upon to make many decisions. Some of these are transitory and less important in nature, while others may be very important to the present and future well-being of ourselves and other people. Today I would like to share with you briefly what I believe is one of the most important decisions that any person can make during their lifetime. But first let us try to define what such a decision is all about. Most students of Metaphysics and Mystical Philosophy eventually come to recognize that an appropriate system or *modus operandi* is essential for the enhancement and acceleration of our spiritual evolution and the development and evolvement of our inner self. In metaphysical and mystical literature this '*modus operandi*' is often referred to as our Mystical path or our own personal Pathway. There are many systems and pathways offered and available. Over the years I have examined and for a time have tried out some of these pathways. When I eventually found and tried the Rosicrucian Pathway I knew intuitively that this was what I had been searching for all my life.

The Rosicrucian teachings are arranged in a systematic and well-balance sequence which enables each student to establish a good balance between intellectual understanding and psychic and spiritual development. In addition to such inner development everyone desires greater success and happiness in the every-day material and social aspects of life. Rosicrucian students are given principles and techniques, which, if sincerely applied, will lead to greater measures of success in material and professional endeavours and greater measures of harmony and happiness in social and personal relationships. And above all, greater measures of happiness, of well-being and peace within. For all of these reasons I believe that choosing a personal pathway is one of the most important decisions that any person can make within their entire lifetime.

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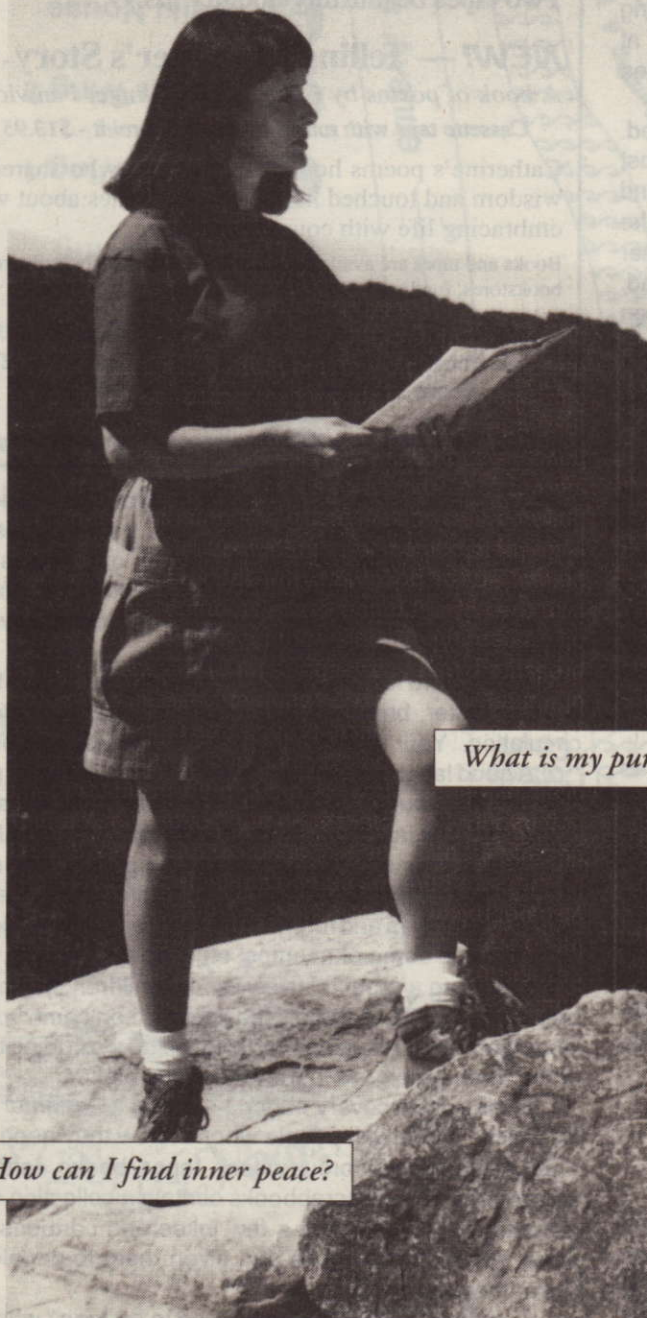
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Things That Don't Kill Us Make Us Stronger

by Catherine Ripplinger Fenwick

I am a very lucky person. I have a job that I love, coworkers whom I admire and respect, a loving supportive family and the health and energy to do the things I want to do. It hasn't always been that way.



Six years ago I was diagnosed with breast cancer. For two years I was away from my job periodically while undergoing surgery and chemotherapy. Two of my children were at university and two were in high school. It was a time that tested my courage on many levels.

Recently, I reread the many cards and letters I received. Some were funny, some were spiritual, and some of the most touching ones were home-made. Through these cards and letters, and through phone calls and visits, I received the threads of encouragement and hope that were woven together to get me through the really rough times. One of the cards read, "What you need to feel better is a bowl of home-made chicken soup, a backrub and a new red sports car." I've had lots of soup and backrubs, but I'm still waiting for the red sports car.

Cancer treatment can be extremely difficult and it can take every ounce of your will power to keep going. I wish that every cancer patient could have the kind of support I received from family, friends and coworkers. When they didn't know what they could do to help, they listened.

Questions I most often heard from people during this time were: "What should I do?" "How can I help?" and "I don't know what to say." My answer is, LISTEN. If someone you know is ill and wants to talk about it, then listen. Some people need to talk about their fears and concerns and it helps to have someone listen to them. Others do not want to talk about it and their wish for privacy should be respected.

Dr. Elizabeth Kubler Ross, *In Death and Dying*, describes five emotional stages that many people experience then they know that death is imminent - denial, anger, bargaining, depression and acceptance. Many people encounter these emotions when they experience a loss of any kind. I believe there is one more stage which helps us to transcend the loss. This stage nourishes us and provides us with the strength to carry on when the next loss occurs. This is the "pick yourself up, dust yourself off and start all over again" stage. This is the stage when we learn to laugh. We are reminded that those things in life that don't kill us can make us stronger.

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tapes and books. He discovered that 10 minutes of solid belly laughter would give him two hours of pain-free sleep. He believed that under certain conditions our bodies secrete healing chemicals. Those conditions include love, hope, faith, the will to live, purpose, determination and joy; all of which are enhanced by the presence of laughter.

A long hard laugh is like internal jogging. It gets the heart beating faster, brings in extra oxygen and stimulates blood circulation. Your whole body relaxes and you feel better.

A good laugh can help us see life from a different perspective and face our problems with renewed concentration and hope. Healthy laughter helps us to feel better, get along with others and connect with our spiritual source. My sense of humour has been a valuable asset in my life. Family gatherings with home movies and funny stories told around the big kitchen table provide some of my most enjoyable moments.

Watching a group of five year old children playing soccer breaks me up. Then there's the time my son came home from kindergarten in December and told me he was going to be one of the three wise guys in the Christmas play.

During my recovery period I created a *Laughter First Aid Kit* which I share with people when I know they need a laugh. This kit includes humorous videos, tapes, books, cartoons and scrapbooks. These scrapbooks contain a collection of joyous pictures and stories; and a few jokes and cartoons. I have made several scrapbooks and given them to people when I know they need a lift.

Remember: Life does not cease to be funny when something bad happens any more than it ceases to be serious when we are laughing.



CHANGES

by Karen Timpany

A very Happy New Year to you all. This is going to be a terrific year. 1997 in Numerology is a number 8. This number is a money vibration, so financially we can all look forward to a prosperous year. February and March are going to bring about a lot of changes for a great many people; with moves, jobs and relationships. So leave yourself open if you want a change. Changes will also be happening within the Nuthery Institute. More people will be working out of the clinic offering a wide range of healing arts. I'll be doing all the things I've always done, but I've also been directed to do channelled readings in order to help people with their health on all the levels of physical, mental, emotional and spiritual. With my knowledge of anatomy and physiology, herbs, vitamins and the healing arts I can direct these talents to clients personally or those far away.

A growing interest in aromatherapy has an important place in the future of healing and health care. Like Bach Flower Remedies, their power is not to be underestimated. Just recently I used aromatherapy to relieve the chest congestion from a terrible cold that my grandson contracted. Using a vaporizer we began with the citrus family and eucalyptus then through muscle testing came up with the most surprising aromas of all: Allspice and Cinnamon. One night of each and he's almost entirely clear. Another CHANGE from the accepted and known to a new idea and the house smells great.

We, as an unenlightened group, in the past in regard to herbs, now find it commonplace to say that we are taking echinacea, ginseng or primrose oil, etc. You don't hear the shouts of contempt as much. People are curious, "What are you taking?" "How do you feel?" "Does it work?" Herbs are fast becoming a part of our normal every day diet and so they should; they are after all FOOD.

Changes in awareness levels of the plight of the earth and of our brothers and sisters world wide are causing major questions to be raised and some solutions are being put forth as a means to change. New belief systems are coming into being as we challenge the past orders that no longer apply to us entering this new century. Some changes will be for the good, some maybe not, but as time speeds up towards the new millennium these new changes will bring excitement, attachment, discontent and another change, again for the better.....for a time.

Staying fluid like the branches of the willow tree blowing in the wind will be important as we accept and move into these changes. They will be inevitable and resistance will be useless. But acceptance with an open mind and giving the metamorphosis time, will bring more of an even chance to everyone including ourselves to accept the differences coming into our lives.

Health care as we now know it is already changing, with more and more of the healing arts being accepted in the hospitals, thanks in part to the new Canadians and their insistence on a form of health care that they know

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CALENDAR

February 1 - 16

Self-Hypnosis Workshops, OK Valley. p.11.

February 3 - 21

TM Technique, Free Intro. Lectures, p.9.

February 6 & 13

Professional Counsellor Training, Introductory Evenings, Vanc. 1-800-665-6949. p.3.

February 8 & 9

Reiki 1 - A weekend of Reiki, learning, sharing and experiencing energy. \$160.00
Nuthery Institute, Kelowna ... 766-4049

February 10

Denie Hiestand Intro. Talk, Oliver. p.32.
Workshops in Oliver & Naramata. p.32

February 10 - 13

Machu Picchu Tours, Information Talks, p.15.

February 12

African Night at The Laughing Moon, Kelowna, 7pm. 764-0664 p.9.

February 14 - 16

Awakening of the Heart-Michael O'Conner, Tara Shanti Retreat 1-800-811-3888, p.3

February 14 - 18

Soul Journey, Craig Russel in the Okanagan Valley for Seminars and Private Sessions, p.12.

February 15

Angels & Auras, A wonderful workshop experiencing techniques in seeing auras and discussing your angels and guides. A personal chart drawn of your energy field. \$70.00
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Brazilian Aché Brasil, dance and performance, Workshop on Feb. 16, call 493-6822. p33

February 21 - 22

Andrew Schneider Retreat, Salmon Arm. p.25

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

Aura Soma, 6 day certified course with Christa Burka in Penticton, 545-7879 p.8.

February 23

Introduction to Meditation with Cheryl Grismer in Westbank. p.5

February 26

Andrew Schneider Lecture, Kelowna. p.25.

March 1

Pendulums and muscle testing, learn how to answer your own questions about your health, what herbs, vitamins or foods to eat. \$60.00.
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March 4

Andrew Schneider Lecture, Penticton, p.25

March 8

Ear Candles, Learn how to make ear candles for personal or business purposes. All materials supplied, take home your own candles. \$100.00
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Therapeutic Touch with Ann Minor, RN. Consultant from Connecticut. Excellent for caregivers & self-help. Nurses receive contact hours. Call Linda 403-468-9326, Edmonton.

March 8 & 9

Integrated Body Therapy 1 with Cassie Benell in Penticton at the Holistic Centre. p.16

March 9

International Women's Day, Leir House 5pm-10pm. Dinner & much more. 493-6822. p.26.

March 14 - 16

'Living Light' Weekend Workshop, Chuck & Lency Spezzano. Vancouver. 298-4011. p.3.

March 15

The Art of Meditation, Here's a workshop to help you to meditate and techniques to help you be successful. \$30.00
Nuthery Institute, Kelowna,766-4049

March 15, 16 & 17

Jin Shin Do Acupressure with Bonnie Borgerson, Basic Level Course, Kelowna. p.19.

March 21, 22 & 23

Healing Touch, Level 1 & 2B, Penticton, p.31.

ONGOING EVENTS

MONDAYS

Life Enhancement Series, 6 week group starting Feb. 24, 6:30-10:30pm. Learn to create more of what you want and achieve success in all areas of your life through using dynamic group energy and integration. The powerful tool of breathwork will be integrated throughout the course. Sponsored by INNER DIRECTION CONSULTANTS, Kelowna. Call Marj or Anne for info. at 763-8588.

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 Wylie & Cher Bassett 7:30-9:00pm Call 763-8588 for more information.

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Massage

by Urmi

Last month I wrote about the body's chemical responses to stress and external stimuli. It would be simple to view ourselves as merely a chemical and electrical mechanism but of course we all know that human beings are much more than this. What is the stuff that we are made of? How can we progress and gain understanding and knowledge and still humbly admit that life is a mystery to be lived, not a problem to be solved? We are given the opportunity to experience life in the particular form that we find ourselves. Free will grants us the responsibility of life style choices. Pain can be a cruel dictator and a great catalyst for change. The search for well-being usually leads in the direction of unifying our day-to-day routine with a deeper sense of ourselves.

To connect the physical body with the universal or spiritual energy is the key to transformation of ourselves and the world we live in. It is our will which decides whether or not to make this connection. Simply by deciding we want change sets in motion, through the smallest details of our lives, a continuous choice towards this union. Being aware of and witnessing our choices hastens the understanding of how we are creating our bodies, our thoughts, and our actions. The choice is then apparent. What causes pain becomes a less desirable choice. What leads towards fulfilment, pleasure and happiness becomes our focus. Bit by bit we can reorganize our habits and lifestyle to promote health and well being. Start today from where you are, in deep acceptance and compassion for how you arrived at this moment. Examine yourself. Are you living your potential? Is your life fulfilling, complete? If not then what small intentions can you put forth to lead you to greater health and well-being. Massage is simply a wonderful way to return to peace within your body. Once we have experienced ourselves in total relaxation we have a reference point upon which to base our possibilities. A place to return to and a haven from the hectic life we have created.

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International Women's Day Gathering

Sunday, March 9th,

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Celebrate

International Women's Day

on Sunday, March 9th, join Penticton and area women for a wonderful evening of food, entertainment and celebration at Leir House, 220 Manor Park Ave. The theme of the evening will be, "Come as Your Favorite Heroine". It will be a potluck dinner. The doors will open at 5:30 pm.

Admission will be \$3 at the door with a potluck dish, or \$5 without. No one will be turned away for lack of money or food. We would like to honor mothers and daughters, so bring your mom (or your daughter) and one of you will get in free. There will also be card readers and massage therapists available. Free child minding will be available for those women who would not be able to attend without their children.

There will be entertainment, and a women's circle. Please come prepared to have your spirit and energy raised! For more information, or to set up as a card reader or bodyworker, please phone the Penticton's Women's Center 493-6822.

Off-Centred in the Tao

On Joyful, Practical Practice

by Hajime Harold Naka...living in a playful body

Cultivating a daily meditative, healing and spiritual practice can be one of the most difficult challenges in today's hectic world (or is it whirl). I often hear people say "I need to learn to relax," then end by saying "But, I don't have the time now." This is another way of saying, "I don't want to change." That is, until the body gets too far out of balance, then a serious illness-or injury will force the body to stop. This is just the body's way of saying, "Change or Else!"

Daily practice does not have to be forced, rigid or guilt driven. It can be flexible, playful, yet meaningful. Practice throughout the day - while doing daily chores, breathe, slow down. When waiting in line-ups, breathe, unclench your fist, soften knees and shoulders. When you're in traffic or at a stop light, release the viselike grip on the wheel, sink into the seat, resist the urge to give the 'finger' to the other driver, breathe, smile and give your face a break. Start now. Too busy? O.K. Tomorrow.

I want to share with you Debra Croley's story of the importance of a continued practice.

"Are you Still Going to Tai Chi Classes?"

by Debra Croley

This question is frequently asked by my friends. For three years now I have been attending Tai Chi and Chi Gung classes taught by Harold Naka, and I expect I will be present at these classes as long as they are offered and I am living in the Okanagan. My questioners are well meaning but they only wonder about my attendance at these classes because they haven't experienced the benefits I have. Unless and until someone makes a commitment to this form of practice, it is impossible for them to understand the benefits I receive from each class.

Commitment to the practice is the secret. I know people who attend for one term, and then think that they have experienced Tai Chi/Chi Gung and so it is time to move on to the next adventure. These are the people who question my continued attendance and who then seem amazed when I tell them I no longer need chiropractic adjustments or acupuncture or other types of bodywork, forms of treatment that these others still require.

After years of holding tension in my body, I did not expect to release it all at once. At the end of my first term of Tai Chi classes, I had gained an awareness of how much tension I was holding in my body and I was able to notice when my shoulders started to rise to ear level, an indication that something was causing me stress. It took me a few terms to get through the whole class without quivering leg muscles, an indication that the stress was leaving my upper body. The one constant during my few years of classes has been that I always leave feeling better than when I arrive, relaxed in mind and body.

"After so many classes, you could do it yourself at home." That's another comment I get from my curious acquaintances. They're right, and I do practice to a certain extent by myself. But why would I give up the experience of the class setting, with Harold's gentle manner of instructing us, with the chance of learning new exercises or variations of the familiar ones, with the music and the contact with others of like mind?

I have spent years learning to write, studied other artistic endeavours for decades, and still these skills need polishing and developing. And so it is with my Tai Chi/Chi Gung practice. I feel fortunate indeed to have an opportunity to learn and improve and to get healthier each week in such a friendly and supportive setting.

So, YES, I am still going to Tai Chi/Chi Gung classes and I'll see you there!

Key to Resolving Your Issues is Through Your Emotions



by
Bascha
and
Marcus



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This is the age where we are finally concerned with clearing out our old inner emotional garbage. Many have tried different forms of therapy from the conventional to the radical. Some feel they have succeeded, many still don't. Most do not seem to know how they can locate the hidden repressed memory in order to delete the negative program so they go on battling depressions of varying degrees. They still struggle to find the answer to their happiness and emotional release.

The community of professional Psychologists, Psychiatrists and Counsellors acknowledge that repressed emotions are healed within the subconscious, but they have resigned themselves into believing that there is no sure way to access that part of your psyche and say that many just have to learn to cope with the inner pain. The key to your subconscious memory is through your emotions, without the use of logic or the ego. The technique is through trust and feeling. The repressed memory within the subconscious is seeded with the glue called emotion. Therefore to access the repressed memory is quite a subjective process.

How can we measure subjective information? The answer is with feeling, not cold logic. With some practice, you can learn to connect with that repressed memory by *going through* your emotions in a subjective focus, not a logical focus. A similar process exists when inner release workers use techniques such as Applied Kinesiology or a Guided Visualization.

For example, when you experience anger toward anything around you, focus on that emotion of anger as you disconnect with your surroundings. This focus only encompasses the emotion and not your surroundings. Look at your anger without logic. Actually speak to your anger like a reliable and trustworthy friend. This perspective of making our emotions our friend connects us to the depth of how we truly feel in contrast to a person who is trying to avoid or destroy the emotion. If we choose to take a position of avoidance and denying the existence of the emotion, we end up separating ourselves from our inner self which is speaking to us through the emotion. This separation takes the form of what we call inner blocks or walls.

By befriending our pain, we not only diminish the degree of pain, but also open the door to actually begin communication with our inner self. Once connected, we speak to the pain and wait for the response through "feeling", not logic or mind. The

communication is through our inner sensing; and through that intuitive communication line, we receive answers. Some may say that they do not have intuition. To this we say nonsense, as all of us carry that ability but deny ourselves the right to have it. Through the emotion, you receive the information by stepping downward through the layers of emotion to the core source. For example; moving through frustration; we move into anger; which moves us downward into rejection; which then moves downward into the feeling of being denied; which moves into lack of self value; which moves downward into the aspect of lacking self worth; which falls into the source of all this pain called denying your own self identity because the person's identity was denied by his/her parent(s) while in childhood.

The series of emotions that are connected together are never the same between two people, and each person will identify or describe the emotions differently which connect them to the repressed memory. So it does not matter what you call your feeling, so long as the description of it hits the spot. Keep going until it feels like it hits the bottom and when it does you will know it. The emotions above the source are defensive layers to deal with the original pain. Hitting bottom is not what many may think, as being down in the dumps. It is actually digging out that part of you that has been buried by the dump. For some, the release and resolution is automatic, for others they require a guide that has the ability to empathically and clairvoyantly connect, along with channelled guidance of how to bring the person to complete his or her self-healing.

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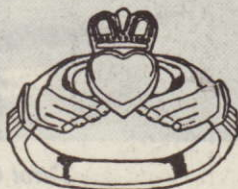
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Touch and Intuition

by Brian Amaron

For as long as I can remember I've been fascinated by the notion of healing hands. Did Jesus Christ really cure people just by touching them? Is it the sufferer's faith that resolves their complaint when a preacher lays on hands?

These questions, and others like them, have been central to my path for the past fifteen years. Another way of phrasing the issue might be: How do intuition and knowledge meld to produce otherwise inexplicable change? Thankfully there are many others asking the same questions. The answers, which are coming with astounding regularity, point to a radical new approach to health and healing in the 21st century.

To back up, I was living in Germany in 1981 when my first encounter with an inner divinity occurred. Through bizarre circumstances five of us, casual friends at best, were called together to form an automatic writing group. We'd meet weekly, each time bringing a writing which usually made no sense, then sit in amazement as the disparate fragments flowed one into the next in a new lesson on spiritual development. After two years, I had no doubt we all possess powers beyond the average awareness.

Back in Canada I began to do personal healing work. My workshop leaders spoke of CranioSacral Therapy and Traeger and numerous other techniques they'd spent years practising. But the actual healing taking place relied little on these stepping stones. Instead it seemed, time and again, that the leaders possessed some form of special vision, a highly developed sixth sense, that permitted them to cut through the usual introductions and go directly -- with hands or mind -- to the source of the block. A chronically sore low back had its root in buried childhood sexual abuse. Headaches disappeared following a hip adjustment. My stiff shoulder originated from the failure to discharge leftover energy from a broken relationship. In the right company, at the right moment, no pain is irradicable.

One of my mentors, trained as a physiotherapist, says she began with a basic understanding of the body, only to reach a point where she stopped tuning in with the left, rational brain. "I trust the body on the table that it wants to be healed and knows what it needs," she says. Part of her centering process involves asking her spirit guides to meet those of her patient on an energetic level in a ceremony of pure love. She may employ sensory clues, for example colour changes in the skin or aura, a sudden quiver, or differences in temperature.

Another teacher was Grace Chan, cofounder of Sutherland-Chan Massage School in Toronto and now a qualified osteopath. I once asked her what role intuition plays in healing. "Now that I'm learning osteopathy, it's not so much intuition any more because when I put my hand somewhere, I can actually feel things moving. But when you don't know that, you think it's intuition," she explained. Grace then proceeded to demonstrate by placing her hand on my chest and reporting, layer by layer, the status of my skin, underlying fascia, muscle, ribcage, outer and inner layers of the pleura, and finally my lungs. Somewhere in her training she had learned about each layer, but the depth of her assessment came from far beyond the classroom.

There are many other explorers performing

Freedom Through Spirit

by Jessica Diskant

In recent months I have listened to my inner calling to use my clairvoyant abilities in my bodywork sessions. Since I was trained conventionally in massage, I've been afraid to come out with this gift. Many of you probably will relate to that. Often we suppress our true innate gifts and purpose for being here. In my heart, I know it's time. I believe illness, pain that no one can trace, comes from denying our true selves. There is an inner gnawing that persists until we heed to our calling. Spirit is calling me to be of service in a unique way. I must listen! Like a rebirth, miracles are occurring. I often see traumas, fragments of memories stored in muscles which you may not recall. Together, I hold the space, work the areas I'm guided to, you breathe and dynamic shifts occur. Sometimes I use essential oils, sometimes pressure points, sometimes integrating chakras and different areas of the body. I call this Body Memory Release.

Spirit is our leader, I just follow the messages. For you, more lightness, freedom and ability to be in the here and now occurs. You can learn how to tap into and listen to your own wisdom, become more of what you truly are and reach your greatest potential. I want to help more people feel more alive and in the moment. I work at home, it's a warm and nurturing environment. *See ad to left*

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The intuitive part of touch is real. It issues from a wellspring of calm, trust and sensitivity, flowers with an open heart and open mind, and is empowered by a feeling of love and compassion. There are some for whom healing touch is a gift, hopefully to be used wisely. For most of us, though, a desire to heal, dedication, expert training and experience are necessary prerequisites. Then the intimate dance of healing takes place. It's an exciting time to be a bodyworker. *See ad to left*

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Alternative Senior Housing

by Emmy Kennedy

For many physically and mentally active seniors, home-sharing is becoming an alternative to having to sell their homes. Without sharing my home, I would no longer be able to live here. People more and more have to think about this kind of sharing and I think it will be a trend and even an absolute must that people share, because the government will not take care of seniors any more. My husband died twenty years ago and I don't like to live alone, that is why I started the bed and breakfast.

There are some of us who don't want to live downtown and go shopping every day. This is the way many people want to live, in a rural setting, to be able to garden and walk, but town is not so far away. I was encouraged by other members of Abbeyfield Houses to go ahead with a lodge. Like Abbeyfield, it is based on the idea of individuals living like a family with private rooms but sharing common areas and having two meals a day prepared. Lodge residents are responsible for their own personal care and can choose to be active inside or outside the home. Rates are based on the size of the rooms and whether they are furnished or not. Residents share the garden, swimming pool, hot tub, sun deck and TV room.

I've built a completely separate addition to my house to continue the bed and breakfast on a limited scale. Residents of the lodge will be able to meet with the bed and breakfast customers if they want to. While many seniors don't plan ahead or think they don't have a choice, I think that home sharing, even with two or three people, can be a good alternative and I encourage more people to consider it.

This is my way of thinking about getting older, a chance to be surrounded by likeminded people and we can support each other. It's what I would want when I'm in my 80's. I have so many good role models and I know that people can stay physically and mentally healthy and active.

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To the Edge & Back

by Don McGinnis

I decided to visit my father, in hospital in Sechelt, for his birthday. He had a stroke, his second major stroke this summer, while he was up here visiting me. We all, the family, seesawed between wanting him to go and wanting him to live. We tried, for the sake of our own sanity, to be open to life as it was. If I can put it in a few words, the struggle to love and trust.

It occurs to me now that I never connected his mortality with my own. In many ways, I felt more prepared to let him go than I felt prepared to see him live in pain and fear. I was, frankly, angry and frustrated with his tenacity; his lifelong tenacity which also lives in me. And yet, you see, I saw this only as his struggle, not my own.

I planned to leave early Friday morning, but on Thursday night I felt impatient. No, there's more to it. I felt unloved. I won't explain the circumstances but I felt a familiar desire to take flight in the face of those feelings. I gave in to them, threw my sleeping bag in the car and cleaned my apartment. I paused and wrote a quick note of love to my children and friends, in case I didn't return. I had some cause for concern; the first snow of winter had fallen on the mountains and the roads were treacherous. Gale force winds were blowing on the coast and the storm was moving inward. I had a strong premonition I was going to die. I slowly grew certain of it.

There are two sides to this that I see now; one, the death wish - "If I can't be loved, I may as well die." The other, surrender to the unknown, detaching completely, surrender to love. As I drove one gave way to the other. I drove very carefully. The world seemed far more dangerous and my life more fragile. The road was a black, slippery whale, drifted with white.

I dreamed of a killer whale many years ago. I touched its smooth, rubbery lips and pressed my hands against its conical teeth. It said, "Don't be afraid of me, I am your ally." I dreamed on another night of leading my family over a rocky shoal to where the killer whales moved south to winter. After my father's stroke, my older brother bought him a poster of killer whales. I don't think he knew the connection.

I began to feel peaceful and curious, wondering what hill or corner would take me. I itemized all I had left to accomplish; all of my projects and dreams, all the unfixed things in me and my world. So much I do to be loved, to earn small coin of recognition. I thought of the expansive circle of friends and family that I have touched and been touched by; all of the truly intimate moments. It occurred to me that there was nothing to do. I loved, imperfectly, humanly, yes. I thought of everyone I knew, feared, judged and discovered that I loved them deeply and passionately. I loved them until I thought my heart would break with grief and joy.

There are those moments, driving in winter, when the car begins to slide and time is suspended and you enter into a strange duration. It is peaceful; no longer to be in control. Large chunks of ice, that had fallen from passing trucks, were strewn along the road. Occasionally I would strike one and the car would shake. If it was foolish - in the sense of a childlike wishfulness to make everything magically right - to believe I was going to die that night, it was equally foolish to believe I was



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not going to die. If it is time, there is no bargaining, no exemptions, no exceptions, no where to go. Strangely I can easily live death in some magical hope of avoiding it. Just before Princeton, the road was dirty with snow and the wind buffeted at my little Honda. "I hope its not too painful," I thought.

I climbed the hill on the other side of town and saw dozens of semis parked along the roadside. The road was blocked due to extreme conditions, said the sign. Death was palpable on the other side, I turned back, not driving so carefully, home. It was two in the morning. I felt cheated as much as relieved. It had seemed that heaven had bowed down to me. Was I mistaken?

When I woke the next morning, death stood nearby; quiet and mysterious but also friendly. I will die. My father will die. Everyone dies. If he's not too tired, I'd like to take my father out to see the whales. Nothing I want is that important. But I do love.

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Movement is Life

by Shelley Coleman

Hi! My name is Shelley and I've spent the last eight years travelling this beautiful planet. I have studied various healing modalities and have an honours degree in Law but basically my joy, my passion is music, movement and meditation. I use music to stimulate, activate and motivate my body into moving and expressing whatever the music brings up for me. I then use the awareness gained through witnessing, which is basically what meditation means, to raise my vibrational frequency so that I can dislodge and release any trauma or disharmonic frequencies or patterns within my cellular structure. By doing so this allows me to let more light in, helping me on my path of enlightenment.

I have experienced many different group processes and one way I have found that gets around my clever mind is to utilize sound and movement to access my deep cellular structure.

Basically I don't like wallowing in the doldrums. I can cry a lot and am not afraid of expressing my emotions but it's pretty exhausting and I'd rather get on and enjoy life and make the most of it. One way I've found of celebrating life, yet at the same time continuing to grow and learn more about myself, is through the use of music and movement.

In the work that I've chosen to do I utilize the joy frequency to raise the vibrational frequency through fun and laughter so that we can bring more light and anchor more energy through our physical beings onto this planet. Basically we are spirits having a human experience. We have a body, we may as well have some fun with it and use it as a vehicle for our earthly expression and means of communicating with others. I believe we can do more for the planet by letting go, lightening up and enjoying ourselves than any other human endeavour!

I feel that the messages coming through the words of the music are very powerful so I carefully choose the songs I use and have also written some of my own. One little affirmation song we use in our **Geometry of Divinity Inner Awareness Movement** groups comes from taking the first letters of the name of the school and adding to it the meaning behind the name; 'God I am, I am Free, Free to Be, Totally Me', this is a concept I love to work with. Creating a space where people can realize that they are the Gods and Goddesses, the ultimate Creators of their own destiny, creating a space where people can feel free to be whatever they consciously choose to be and enabling people to see how connected we all are.

I have come to realize from travelling the world that really there are no differences; we are one...ONE heart, one breath, one life. We are not separate in any way, we are all brothers and sisters of the family of light. Our homeland is the same - God is our home and we are all aspects of God, we are God, we are part of the allness, we are ONE with God, we are one with each other, we are ONE.

I am now a facilitator with the **International Academy of Vibrational Medical Science** and travel the world with my life-partner Denie Hiestand, bringing more light and love into the lives of the people we meet. Such a joyous life-vocation I have chosen for myself!

Colloidal Minerals

by Jan

Billions of organisms in the soil break down minerals into a colloidal form which is then assimilated by the plants and passed on to the humans and animals who eat them. It should then follow that we are able to replenish the minerals we need for proper functioning of our bodies with the foods we eat. But the soil used for most food production is overworked, and poisoned by the application of chemical pesticides, fungicides and fertilizers.

A lack of trace minerals like sodium, potassium and chloride may cause fatigue, muscle weakness and electrical disturbances to the heart. Enzymes required for digestion and absorption of food rely on magnesium and other trace elements for proper function. Calcium we know is required for the formation of healthy bones and teeth. It also helps muscle growth, prevention of muscle cramps, in regulating the heart beat and transmission of nerve impulse. Boron is necessary in trace amounts for assimilation of the calcium and bone retention. Zinc, tin, selenium, chromium and many others I'd never heard of are essential to health.

Silver is responsible for the proper functioning of the immune system. It has been used for centuries to prevent disease and treat a variety of ailments. In ancient times silver containers were used to keep liquids fresh, the settlers put silver coins in the milk to keep it from spoiling and it was used as an antiseptic to kill bacteria and germs. During the early 1900's a silver foil was still considered the best infection-preventative dressing for wounds. Silver was ground into a fine powder which appeared to dissolve in water, but it did not remain in suspension and settled at the bottom of the container.

In 1924 the first electrocolloidal silver was produced and proved to be far superior. Colloidal chemistry is a process that changes the molecular structure of a substance without changing the substance itself. Technology has now advanced to produce colloidal silver in which particles of 99.999% fine silver are electrically charged and held in suspension in a solution of deionized or distilled water. Particles range in size from about 0.01 to 0.001 of a micron in diameter, so minute that they can be utilized by living cells.

The medicinal uses of silver have included silver nitrate for stomach ulcers, drops placed in newborn babies' eyes, and is still applied to certain eye, nose and throat infections. Colloidal silver has been used effectively for dermatitis, allergies, parasites, colitis, sores, burns, inflammation, sore throat, cystitis and much more. Perhaps the most exciting is the use of colloidal silver as a natural antibiotic. Many forms of bacteria, viruses and fungi utilize a specific enzyme for their metabolism; silver acts as a catalyst effectively disabling the enzymes.

There are no known side effects, no recorded cases of interference with any other medication, is not addictive and the body does not develop a tolerance to it.

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Brazilian Band Guaranteed to Heat Up Penticton

Got the Midwinter blues? The Cultural Coalition has the answer. On February 15th, Aché Brasil, a headline act at the 1996 and 1997 Vancouver Folk Music Festivals will be at the Penticton Trade and Convention Centre.

Aché Brasil originated in Pernambuco, a state in Brazil renowned for its cultural heritage, especially the Afro-Brazilian legacy. The group first attained prominence in Brazil, and has since achieved popular acclaim in North America. The word Aché, stemming from the Yoruba language, means "all things positive," and that is just what the group brings with them.

A number of traditional instruments will be featured during the performance, including drums and other percussion instruments used by the Native peoples of the Amazon. Part of the evening will be a presentation of the Capoeira the "secret dance" of Brazil. Capoeira has been described as a melange of aerobatics, breathtaking kicks, dance and martial arts techniques. Originally developed in Northern Brazil by slaves from the African continent, Capoeira was practised in secrecy after the lethal potential of these "dance steps" was discovered.

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Catching the Uncommon Cold

**A Traditional Chinese
Medicine View**

by Vera Tobis

In the season of extreme weather changes, with wind blowing and snow falling - most of us fall prey to the 'winter bug', the common cold. In Western medical thought the common cold is defined as a viral infection that causes inflammation of the mucous membranes lining the nose and throat. The head cold produces a long list of possible symptoms; watery discharge from the nose, sneezing, sore throat, cough, aching muscles, headache, chills - among the most familiar.

In Traditional Chinese Medicine we don't concern ourselves too much with viruses - our external pathogens consist of Wind, Cold, Damp, Summerheat, Dryness and Fire. Under certain conditions these natural forces can become pathogenic and produce disease. They might in themselves be too strong or the individual might have an internal weakness whereby a vulnerability to one or more of these external forces is created.

The major player in the 'common cold' scenario is Wind. Wind blows, Wind changes, Wind moves to and fro and it has the capability of carrying with it other forces. With the Wind comes changes in temperature, humidity or pressure. With Wind comes Cold or Heat or Damp both in the external environment and as symptoms in the body.

One can sustain a Wind Attack in many ways. When the seasons change, the air blows hot and cold. On a warm night you may sleep with the window open and then when you wake in the cool morning, your neck is stiff and sore. In winter, moving from heated areas to the outside cold can bring on the sniffles. You work out in a gym near a fan or go outside after the workout with wet hair; the next day you experience headache and congestion. The Chinese explain that sweating in the presence of Wind is dangerous because when the pores are open, the Wind is permitted - invited - to penetrate the surface.

Now you have caught a cold. What does this mean in TCM terms? Generally speaking, once Wind has invaded the body, it obstructs the flow of qi in the body and stagnation of energy is always experienced as pain. Headache is common and so are muscle aches and chills. Stagnant qi then causes fluids to congest, leading to stuffy noses, painful sinuses and sticky sputum. However, since Wind can combine with one or more pathogens, quite different syndromes of the 'common cold' can arise.

When Wind combines with Cold, several things happen. Cold is a Yin pathogenic factor which obstructs the circulation of the body's Yang. It is characterized by constriction which closes the pores of the body so that there is no sweating. The constriction also blocks the flow of qi and blood in the channels, leading to generalized aching. In Wind Cold invasion the presentation is usually of chills, aversion to cold, absence of sweating, nasal obstruction with watery, white mucus. There may be cough and achiness. There may be slight fever produced from the heat of battle between the body's protective qi and the external pathogen. The congestion of fluids might contribute to Spleen weakness which in turn could cause loss of appetite.

When Wind is joined by Heat, a different picture emerges. Heat is a Yang pathogen, attacking the Yang aspect of the body first with symptoms in the head, face and throat. The normal

circulation of qi and blood in the head is impeded. Headache, sore throat, mild sweating and thirst are common. The tip of the tongue is red and there might be a slight yellow coating, indicating heat in the upper portion. Whereas the pulse in Wind Cold is tight from the constricting power of Cold, in Wind Heat the pulse has a rapid quality.

If Dampness enters the picture, the common cold has yet another look to it. Its signature is the sensation of heaviness. Along with the nasal obstruction and watery discharge, there is often headache, as though there were a band around the head, and limbs feel heavy and sore. There may be fullness in the epigastric area with possible nausea and vomiting. The stool may become quite loose and the tongue will have a greasy thicker coat. Dampness is a yin product, heavy, viscous and very difficult to expel. Like the other external evils it can cause stagnation of qi but Dampness can also produce reversal of qi or rebellious qi, such as nausea and vomiting. When there is a history of Dampness, the person almost always has digestive disorders. The Spleen has the function of transforming and transporting fluids, and when it is weak it is more susceptible to both Internal and External Dampness. Conversely, when there is Damp Retention, the Spleen and digestive function are further impaired.

It is important to mention, especially in this post-holiday time, that toxic, overloaded bodies often behave as though they have a flu. Eating improperly over long periods of time, or excessively for shorter periods puts a great deal of stress onto the immune system, often forcing the body into a healing crisis. The mucus membranes of the nose, throat and intestines begin to eliminate the buildup that has been created. Energy will be low, digestion uncomfortable and there may be low-grade fever. Also, internal toxicity will make one more susceptible to external invasions.

In Traditional Chinese Medicine there are several distinct patterns of disharmony related to the common cold each with its own specific method of treatment. We use acupuncture, herbal and nutritional therapy, moxibustion and cupping according to the needs of the individual patient. These methods help expel the invading 'evil' and they also support the person's immune system. It is possible to strengthen the vulnerable Organs as well as the body's protective qi, so that, perhaps, the next time the Wind blows your way, you may not have to catch the 'uncommon' cold.

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My Past Lives

Part 2 by Dane Purschke

If we have had past lives, it follows that a part of us pre-existed this life. Call it our Soul, Spirit or Higher Self, it carries the memory of every time we were born, lived and died. No experience is ever lost, only forgotten to our conscious self. In part one, I spoke of the cause for innocent victim energy in my life. I will now share with you two different lifetimes to illustrate how we choose to experience polarities or opposites. I was an abuser in one lifetime, and I was the person who was abused in the next life. The cause and the context for the abuse in both of these lives was the imposition of religious beliefs.

The intention for this session was to recall a lifetime in which I was the person who abused others, when I was the victimizer. I wasn't at all prepared to deal with the memory of who and what I had once been. It was really quite shocking. I would rather judge myself only from the perspective of this lifetime. Again, for the sake of brevity, I will shorten each story while keeping the essence and the energy of each experience.

I am walking on a path through a dark forest, trying to find my way out. I seem to be stuck where I am, and resist moving ahead. Then I see a book or scroll, and on it is written the word "Law". I have both an allegiance and an aversion to the Law. On the one hand I see it as a "good" to defend, and on the other hand I see it as an "evil" that confines, restricts and abuses. My energy is of a person who is very cold and who is disconnected from life. I have retreated into my head and mind, which is where I am blocked, like in a dark forest and unable to find my way out. Locked into a point of view I feel defensive, fearful, insecure and limited. I now begin to see the Spanish Inquisition.

I am someone defending the Laws and teachings of the Catholic Church against those accused of heresy. I carry self-righteous energy and I am driven by fear, both of God and of the Bishop who employs me. I fear for my own life if I am not zealous enough for the Law.

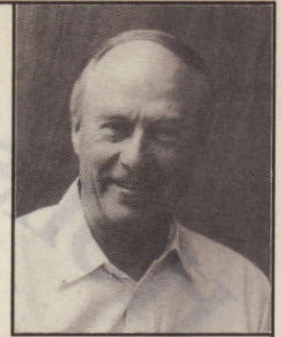
During the session, I break out in uncontrolled sobbing as I energetically connect with this man. I am someone who tortures, mutilates and then kills people, and whole families, because they are accused of heresy. I feel the power that I have over others and at the same time I am filled with fear. Nobody is safe, not even me, for if I am not zealous about what I am doing, which is supposed to be defending God and his Church, I myself would face torture and death.

Besides being someone who tortures, I am also a Catholic priest, a servant of the Bishop, who is also the Inquisitor of those accused of heresy. I am a split personality, literally two people, a real Jekyll and Hyde. After torturing victims to death, I go and pray the Mass with the people. One side of me is a pious priest, a great pretender, the other side of me is a torturer of innocent victims. I am able to exist in this way because I took my consciousness into my head and shut off my heart and feelings.

I justify what I am doing as though God's reputation needs to be defended against heretics. On the one hand and in a very twisted way, I feel some closeness to God as I torture people to death, as though I am fulfilling a duty to God, and on the other hand I feel phony inside as I play the role of a pious priest. The person I am today is finding it hard to comprehend who I was back then.

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My head was cut off from the rest of my body, my heart totally shut down. The inner tension from just existing while trying to live such a lie made me feel totally isolated from myself. I was filled with fear both for living and for dying. I started to drink heavily and I became a sobbing wreck and filled with despair. One day I went up to the bell tower of the Church. I waited for the bells to ring so that their sound would drown out anything inside of me. I knew that hell could not be worse than what I was living. Paralysed with fear and in a state of total numbness and despair, I ended my life. I let myself roll off the Church to my death. I felt relief even as I fell.

In spirit form I attend my own funeral and the stupid people are praising me to highest heaven as they know only of the pious mask that I wore. This saddens me to know that I couldn't escape hypocrisy even in death. I would rather have heard the truth spoken about me, instead, the farce goes on. END.

I was quite shaken after this lifetime recall. For shame and with purpose I have chosen to relate this past life experience. I brought this emotional woundedness with me into this life and I was healed of my guilt, fear and despair when I forgave myself. Today some of my clients experience similar lives in which they brutally abused others, quite often people with whom they are currently in relationship. The immediate result of such a recall is to finally let go of pointing a finger in blame at anyone for how they now choose to live. When we experience the 'evil' we have once been we become much more compassionate and no longer see ourselves as 'better than' anyone else.

Now for the second story to illustrate the polarity of the first one. This time I am on the receiving end of religious persecution.

I feel choked, as though there is a rope around my neck. I feel out of control and I wonder if my life was to end in this way.

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I am a male, 63 years old, living in the 1700's in what is known as present day New Mexico. "A foreign people have invaded the area and are eliminating many of my people. I don't understand why. What do they want from us or from me? Am I to change my cultural ways and to blindly accept theirs instead? I am bewildered and at a loss to understand why. It isn't a literal hanging but the strangulation of a people. We have totally lost control of our lives and we have no ability to defend ourselves because of their superior weapons. The many that resist are summarily executed.

The Spaniards totally ignore what we are as a people and as a culture and they stand against everything we hold dear. What we are as a people and what I am personally is being destroyed. Because I am no longer free to express my religious spirit in ritual and ceremony, I am slowly dying inside. I am powerless and impotent against the more powerful. Many of us passively resist and allow assimilation. Deprived of religious freedom I can no longer express what I am in spirit. I grow old and die of a broken heart. It is like dying of strangulation while locked in a prison.

At the end of this session I recalled the above session just described. The same Spanish Church that I served in one lifetime had now revisited me in another time and place, where I had to reap the fruits of what I had sown. Historically, the majority of those accused in the Spanish Inquisition were Jews and Muslims who were forced to convert to Christianity or face death. Even those who did convert to Christianity were greatly suspect as to their sincerity. In order to seize people's property, many were falsely accused of heresy, and the Inquisitor or Judge, would share with the accuser the



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wealth of those tortured and killed. The motive was political and financial, the vehicle of the abuse was the pretence of defending God and the Church. In the first lifetime I was the victimizer, and in a later life I was on the receiving end of religious persecution. In one experience I felt my power over the weak and the next time around I felt powerless.

Past life therapy has helped me to better understand the total violation of another that necessarily follows the imposition of religious beliefs. For me, the lines that separate the abused from the abuser have begun to fade. Both the abused and the abuser are abused. The priest torturer felt victimized by what he had been doing. His heart was totally shut down and he found no fulfillment in either role he played. He lacked courage to walk away from either and in the end found enough courage to end his life.

On a deeper level of consciousness and in another dimension I know that I chose to once again experience Catholicism and priesthood. But this time around I did choose to break out of this lifestyle. After twenty-five years I resigned my priesthood and divorced the Church and Christianity. Past life therapy has helped me to understand that there are underlying lessons available to us in whatever life experience, and we are always free to make new choices. We learn wisdom through experience, as one lifetime flows into the next. And if we have lived many different lives, is it fair to judge this one, only from its limited point of view?

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let her know you wish to be part
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Book Reviews



by Jan

Over the holidays I had a chance to catch up on some reading and offer you a brief look at a few of the books. Starting this month I am happy to include the publishers and ISBN numbers as requested.

Book Reviews

Letters to Stephen

by James Taylor,
Northstone Publisher ISBN 1-55145-054-2

James Taylor has authored several books, so it was comfortable for him to choose writing to express the flood of emotions that surfaced after the death of his son. In time the journaling came in the form of 'letters' to Stephen, which allowed him to express uncensored the depth of his grief.

Drawing from his own experiences, using excerpts from the 'letters', and quotes from other authors on grief and loss, James Taylor offers insights into the stages of the grieving process. He says, *An astonishing number of people, I find, are not aware that grief has symptoms. They recognize grief only as that initial flood of tears or as shocked numbness. They certainly do not think of grief as a process, an unfolding experience that has certain predictable characteristics.*

This can also apply to anyone who has lost a job or ended a relationship, moved or been through any other major changes including serious health issues or the birth of a child. **Letters to Stephen** is heart-warming and honest, offering support to those going through this life-changing process.

Sage Advice

by Lois Kerr
Northstone Publishing, ISBN 1-55145-093-3

Gathered together in one book are some words of wisdom offered by noted sages, authors and historians. Lois Kerr covers a variety of subjects such as good deeds, truth, anger, education, work and The Golden Rule in her collection of quotes. Definitely food for thought, it is the type of book to be picked up when you only have a few minutes to pause.

Kind words are like honey - sweet to the taste and good for your health. Hebrew Bible/Old Testament, Proverbs 16:24 (TEV)

Dancing Soul

The Voice of Spirit Evolving

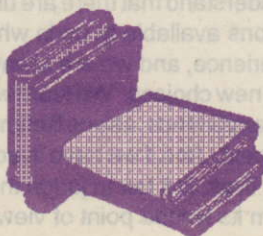
by Gwen Randall-Young,
Dancing Soul Productions ISBN 1-896578-00-4

As inhabitants of the Earth, we are in the process of a "coming of age". Like the adolescent experiencing the surge of unfamiliar hormones, at times we may seem confused and disoriented, as we try to determine what is truly "real," says Gwen Randall-Young.

The simplicity of **Dancing Soul** surprised me, yet in the pages of this book are very powerful truths. I did my usual quick read through and there was a part of me that felt more could have been said. After reading a second time, I came to the conclusion that this is one book that needs to be digested slowly for the full impact. It is suggested that you sit with each topic for a few minutes, see what thoughts, images or feelings emerge and then use the pages in the back of the book to journal. As Gwen Randall-Young says, *Deep in the recesses of our soul is the memory that rekindles our desire to proceed along the path of our soul's journey.* We have all the answers we need within once we learn to listen to our inner wisdom.

Also available from Gwen Randall-Young is **Echoes Through Time - A Message of Healing for Men** ISBN 1-896578-01-2

Again, written very simply to allow the words to stimulate an awakening within. Take the opportunity to pause and reflect.



Cooking Vegetarian

by Vesanto Melina, R.D. & Joseph Forest,
Macmillan Canada, ISBN 0-7715-7391-X

Interested in a change of diet for health reasons, want to become vegetarian or looking for some delicious meatless dishes? **Cooking Vegetarian** has a good selection of easy to follow recipes; so simple that the ones I've had a chance to try were fun to prepare and tasted delicious!

For those of you who, like me, are just learning to cook differently, included is a vegetarian food guide, nutritional and relevant information with each recipe, and cooking charts for legumes and grains. There's also a source guide for ingredients and equipment at the back of the book.

I for one am looking forward to my next opportunity to play in the kitchen!

A Warrior in the Land of Disease

by David Jones
Peace Projections, ISBN 0-9680512-0-0

Do any of us really know, until we are forced by accident, illness or loss, the true measure of strength, courage and wisdom that we are capable of? The author was tested when he was diagnosed with an incurable case of Non-Hodgkins Lymphoma in 1989 and thus began his journey 'in the land of disease'. Drawing on his life experiences including meditation, yoga, martial arts, veganism and nutrition, David Jones has conquered cancer.

Told in David's own words and manner of speech, it seemed that he was sharing with me his personal story, as one might share to encourage another. There are many options on the road to wellness and this is the one that worked for him. Included are some of his personal teachings that inspired the healing process.

The Benefits of Fasting

by Dr. Filip Vanzhov, ND

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15. Personal experience and education.
16. Prevention and treatment of many chronic diseases including cancer.

There have been many questions about the reason to fast. We can view this from all perspectives of science, experience and common sense.

We live in a world that for any issue you will find many differences of opinion. Therefore I encourage you to find the truth for yourself regardless of the contention you may face.

Fasting is as natural and necessary as breathing. It provides an opportunity to allow the body to rest, the mind to become clear and the soul to open. On an energy level, all things affect each other by vibration. The food you eat, the feelings of your heart, the thoughts in your mind, your environment, etc. all interact and are either healing or harming you. To have the wisdom to discern all the things that affect you, require you to have the experience of your own vital force. This is not an intellectual trick. Good luck!

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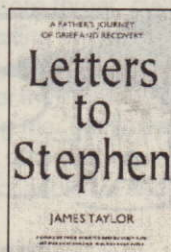
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A Case For the Uterus

by Joel Whitehead

It was nice to see Mary smile. It was a real smile and not an uncertain one this time. "How's the pain, I asked as she came in. "No pain, just this darn cold," she had said. "I'm okay now." "Okay" was good, cold or no cold. A cold was expected for someone who had just come off a year like she'd had. She had lived with the pain of constant cramps that whole time and for even a longer time than that she had prolonged menstrual bleeding for an average three weeks out of the month. An almost constant flow of pain relievers had been her only saving grace. For the last six months she had been waiting for an opening in the hospital that would allow her to undergo a hysterectomy. From the general practitioner and gynecologist's points of view it was her only choice. Upon hearing this a friend of hers brought her to see me, as I had successfully saved her sister from a similar fate.

So, why shouldn't she take the hysterectomy option? Over the last four generations or so the option to remove the female reproductive organs has become more commonplace; as commonplace as tonsillectomies. Of course we don't do those any more unless it is absolutely necessary, but hysterectomies are the number two operation done in North America behind Cesarean sections. To the average reader this may seem reasonable, except to find out that other than the ten percent or so that are done for cancers or cervical dysplasias, almost all of the others would have to be more or less classified as elective surgeries.

Still, if it solves the problem one might say "Why not?" After all, to a lot of women, in hindsight perhaps that monthly nuisance has been put behind them. This is not an article that is written to beleague women for a decision that has already been made, but to create some thought options for those women who may be coming to this decision in the near future.

Here is a small list of reasons why you may want to use non-surgical options. First of all it is quite an accepted fact that sexual desire and enjoyment are lost in about 40% of all hysterectomy patients. Even if the libido were still left intact, chances are high that sex could become more painful due to further prolapse and vaginal dryness. There is a misconception out there that most hysterectomies are only done to older post-menopausal women, but in truth a full 77% of them are done to women between the ages of 19 and 49. While only about

one-third will have an oophorectomy (removal of the ovaries) at the same time, in 30 - 50% of the cases where they are left in, they wither and die anyway. What this means is that instead of a slow easing into menopause over a period of twelve years or so, within 24 hours of the operation hot flashes and night sweats will come on like a bang. Then you are probably going to be taking some form of hormone replacement therapy, which is not without its consequences. After the six to twelve weeks of recovery you find yourself in new risk categories. Incidences of heart problems go up as do the probabilities of arthritis and osteoporosis also. Statistics also indicate increased chances that you'll be seeing psychiatrists for problems of depression, chances of bladder problems will go up and you'll spend a lot of time seeing a professional about hormonal adjustment problems.

Chinese medicine has always seen the uterus as the central female organ responsible for the intricacies of a unique and necessary path of energy transmission. It is the primary intermediary between the kidneys which are the center of rooted life force in the human body, and the heart which is the governor of the blood and the center of the spirit. Many central energy paths or *meridians* run through the uterus. To cut the pathway would be a disaster to the normal flow of the body's energy and spirit. To allow these same pathways to become blocked in the first place would be a major oversight on the part of the practitioner.

In Mary's case she had two major problems that led to her cramping and bleeding. First, she had a condition called damp heat. Think of it internally as a hot viscous mud. It usually starts as a dampness in the body that turns to heat and settles in the lower regions around the urinary and sexual organs and the intestines. The heat can cause constipation, urinary infections, bleeding in the rectum that shows up in the stool or in the urinary tract that becomes blood in the urine. The dampness can cause blockage. Blockage usually means pain. In this case it means the pain of menstrual cramps. It can also come out as a yellowish form of leucorrhea that pervades throughout the month. Besides this it can block the flow of urine through the bladder making urine hard to force out or cause vaginal infections. We treated this problem mainly with herbs and used treatment to open the energy pathways. She also had a prolapse of the stomach which caused and exacerbated congestion related to the problem of damp heat. This we resolved with *Nesshi* therapy.

In the next issue we will discuss many of the problems that lead to unnecessary elective hysterectomies and a compendium of common gynecological problems.

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