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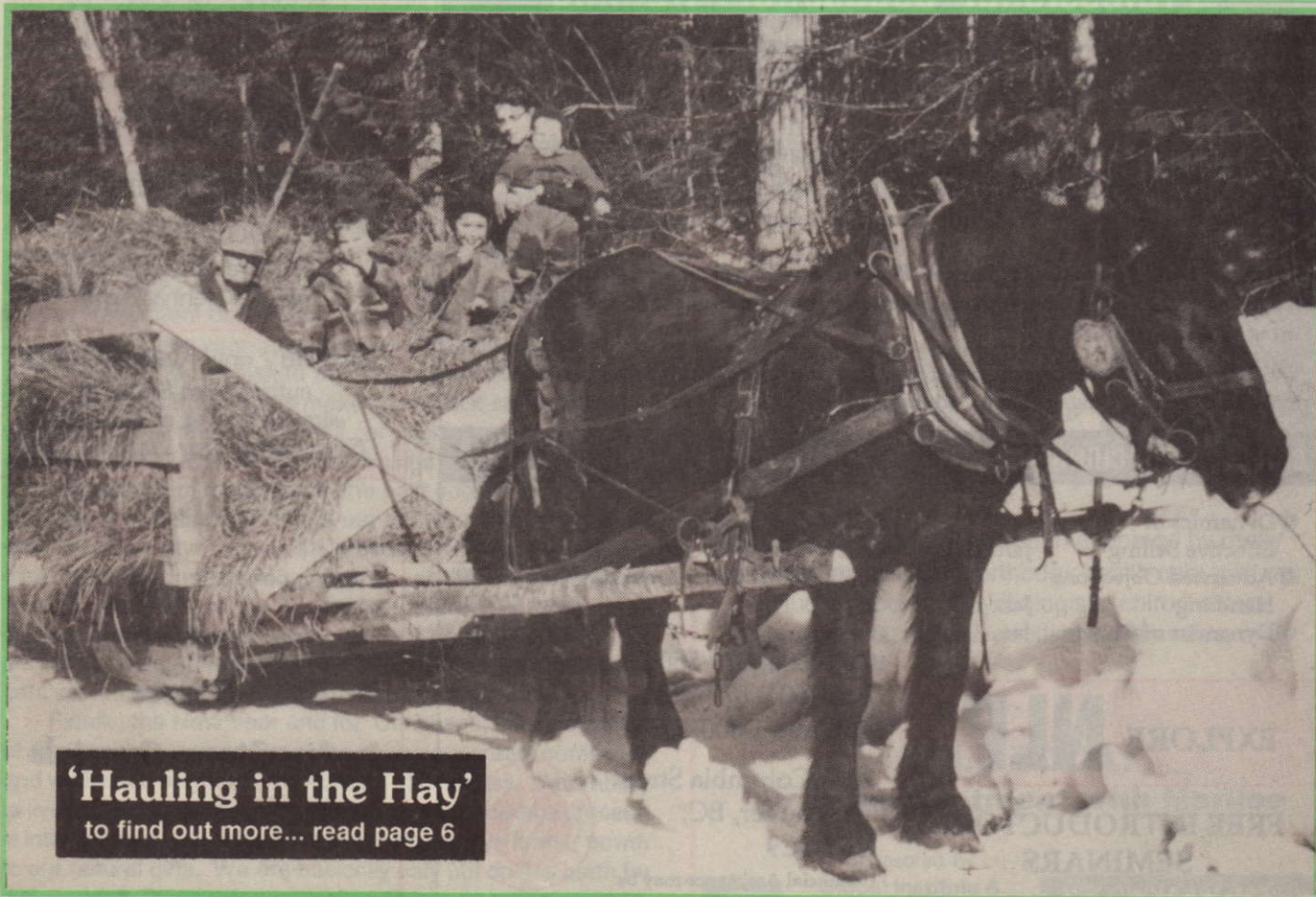
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At this time of year when we reflect on the peace and prosperity of our world, take the time to celebrate your natural gifts. These are your talents, capabilities and aspirations. They are your power. Your strengths. What you can rely on to move your life forward. This season is ripe with symbols from which to see our gifts, and from there use them to further celebrate and improve our personal and collective lives. The symbol of the Christmas Star reminds us we are all stars, shining, effervescent, able to point our way home. The ability to shine, and the brilliance of our light is determined by our ability to love ourselves, to see our worth, to accept our lives with grace. To remember that the light provides a focal point and gives us clarity and direction.

In this season of heightened darkness, we light candles and hang Christmas lights. Symbolically, we *light up the dark*, stating our intention and commitment to make life better, to provide beacons that others see. Many find this comforting.

Carolling is the celebration of togetherness, hope and spirit through unified voice and song and remains an important part of the continuity of our human experience. What is your favorite Christmas Song? My favorite is *Holy Night*. I can actually feel a greater presence in my life when that song is sung, and look forward to these moments over the holidays of song-immersion with joyous anticipation. So, whatever your favorite, sing it loud and strong. Feel the song. Understand its connection to you. Use it to remind yourself of your own hope in and connectedness to life — what was, what is, what will be.

The best gifts received are from the Heart, Yes? The best gifts given, therefore, are from each of our best selves — that place where we see our value and what we have to offer. Remember yours, and give heartily. If you have a poppycock recipe that your brother-in-law loves, or the ability to show caring to another, take time to create now. The air is ripe for the miracles of heart-felt intervention. And remember, it is through our giving, not in other's receiving, we find our inner peace, a lasting component of the expression of our natural gifts.

The end of the year can remind us of the left-over situations of our lives. The unfinished business, any unresolved pain. This is an opportune time to make any necessary corrections, whether it is forgiving yourself, or making amends. With endings, come beginnings. Beginnings only limp, however, until some level of resolution of the past occurs. We all know the feeling of being haunted by an old wound (maybe this is why, symbolically, Halloween precedes Christmas — to remind us of any ghosts in our closets — so that we can prepare to take necessary steps to resolve before year end). The ending of the calendar year, used in conjunction with our personal power (those natural Gifts again!) provides us a catalyst to create necessary closure and start anew.

Finally, the New Year and for Christians, the celebration of Jesus's birth, reminds us of the ability to recreate ourselves, and walk each moment with a breath of newness. If this ability to live in the present (in doing so, we give ourselves a present) is interspersed with an attitude of grace, we give further power to our natural gifts. We are basically only put on this earth for two reasons - to move forward, changing and healing as we go, and to be happy. May 1998 deliver both.

Carol Miller will be at Books & Beyond on December 14 signing copies of her book *'Expressing our Natural Gifts.'* See ad page 5

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Expression!!! Creativity is a process....

by Angela Roy

Welcome to my journey...Expression, Self-discovery and Creative Awareness!

In 1995 I moved to the Okanagan Valley from Manitoba. I have travelled across Canada and love the diversity of the Okanagan.

I teach French immersion preschool in Kelowna and Vernon. I also perform and coordinate process theatre presentations for the Interpretive theatre project of the Multicultural Society of Kelowna. I animated a children's drama interactive exhibit with Manitoba Children's Museum and performed with the Manitoba's Children's Festival. The process of my experiences working with families and the community has enriched my life. Integrating all these experiences has enabled me to explore and create the programs of Expression. During the past year I have been composing new and fresh programs to offer to the community. Programs that create accessibility to "process art" and expression through theatre and movement. I believe that the program concept would be welcomed by the community, especially families and educators. The main approach is to enhance self-discovery, community, unity and explore the process of creativity.

Sometimes I feel as a society we put too much emphasis on the final product, the result... with not always understanding the process. I believe we need to acknowledge the process, it belongs to each of us collectively, we can explore it. The process of sharing the process of self-discovery.... A community in process of creating.

In the past year I have been nurturing many projects involved with expression and am ready to share these experiences with you and your inner child. All children welcome, big and small, we will explore, discover and play together. Being creative is a process and not a product.

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'Hauling in the Hay'



This time of the year reminds me to take out my winter woollens and to make arrangements with family or friends for the Christmas holidays. It's a time to slow down a little and finish my indoor projects, and maybe even get time to read a book or meditate... both of which I have had little time for lately and do miss.

Both buildings are now ready for action. We have Krista, Kelly and Mike opening a Metaphysical Book and Gift Store with a Juice and Coffee Bar, next door. It will be shared with a craft collective that sells unique locally-crafted gifts. In our new building we still have room for a Doctor of Traditional Chinese Medicine, Acupuncturist and a Colon Therapist ... if you know of anyone who would like to be part of our developing community, please pass on the message.

The front cover photograph shows our neighbours' work horse that we borrowed one winter to help us drag in the logs we needed to heat our cabin. I let Jan decide if she wanted the photograph of them hauling in the wood or hauling in the hay. Jan thought this photo of my three younger brothers, Grandad and Mom all enjoying the hay ride back to the homestead looked like the most fun. Back then, hay did not come in bales; it was pitchforked from pile to pile and everytime it got moved, it got pitchforked again. It was hard, repetitive work that I am sure was a good meditation for Grandad.

The snow usually arrived by the first week of December and seldom did it melt till spring. A week before Christmas, Dad would put on the snow shoes and go out to find the perfect Christmas tree. Usually they were taller than the ceiling and he sometimes threatened to chainsaw a hole in the roof so as not to destroy the perfect tree he had found. We all helped decorate it. The adults and older brothers hung the fancy glass balls and the little ones practised hanging the unbreakable bulbs. We made popcorn and red berry strings. The tinsel had to be put on one piece at a time, not globbed or flung. The table centre piece consisted of birch logs that were cut in half and had holes drilled in them for candles. Mom glued on a few pine cones and cedar boughs to make it look more festive. We didn't have Christmas lights till we moved to town and had electricity.

The part I remember most was going into town to help Mom shop. She and I decided what each boy wanted the most, that fit with how much money we had. Then it was my job to wrap and label the presents and hide them away in my room till the night before. Knowing what was in most of the presents made my enjoyment a little different than my brothers, but the squeals of delight from them made it all worthwhile. Looking back, I realize how quickly I grew up. I always figured I was born old, so caring for my brothers was a natural thing to do.

One of my challenges back then was to figure out what I wanted, as my needs seemed so few. With no TV or other kids

to influence me, I roamed the store wondering what I wanted. One year, I picked out a child's spinning wheel so that I could knit dresses for my dollies. I was already using my Mom's sewing machine to make simple dresses from old socks and clothes. With the spinning wheel, I made one scarf and a few small dresses but the job was too repetitive and I soon lost interest so there sat a fairly expensive toy ... even at the age of ten I was conscious of the cost of gifts and preferred to make and receive handmade gifts.

Dad's parents lived in Michigan and we celebrated many a Christmas with them until we moved. After that, we only saw Dad's father one summer. Grandma didn't enjoy fishing and hunting and we lived a long way away. Grandma on my mother's side died when I was about ten years old, but she took the time to join us several times in Rosswood. After Mom and Dad split up when I was twelve, I seldom saw my father, but Grandad was a good replacement, for he lived with Mom and me till I left home at seventeen.

Looking back, I can see how my family patterns around Christmas have blended into who I am and what I do. My mother thought it was very important that everyone have someone to spend Christmas with. Some years, she would invite people she had just met to come over and enjoy dinner. She didn't want them to be alone on Christmas Day, and was always delighted to be able to share her blessings and good cooking. Mom always said, "Christmas should be everyday: I give from the heart when I feel like it ... why should I give only on one or two days of the year?"


As a mother, I followed some family traditions ... a big dinner with Rae's parents, Christmas presents opened bright and early Christmas morning, Santa cookies decorated with raisin eyes and coconut whiskers, and meat and mincemeat pies. I continued the family tradition of making handmade cards with our photos till the price of stamps sky-rocketed.

During the later years of our marriage, I became a vegetarian and Christmas changed. I wanted change for I was tired of being traditional. I tried many ways of celebrating it ... from organizing community get-togethers to spending it alone, seeing what I liked best. Each year brought its own gifts.

A big part of me believes, like Mom, in giving when it is needed, and forget the wrapping paper. Another part of me believes what my Dad says that all this shopping and giving is nonsense. As I look at our society, I cringe at the commercialization of it all. Still another part of me enjoys getting in the mood and going shopping at metaphysical book and gift stores and buying a few T-shirts or crystals, wrapping them up in recycled coverings and sending them with love ... to remind my loved ones of me and of the beauty that I enjoy.

Last Christmas, Gerry took the bus to Terrace and drove Mom and her motorhome down to Penticton so she could spend some time with me. He says, "It was quite an experience." This Christmas, we have plane tickets to Niagara Falls, Ontario to meet his parents and grandparents. Boxing Day they drive to their cottage and we will spend a week in the country.

I am starting to realize how important family connections are. Joining Gerry and his family in their traditional celebrations is going to be wonderful. I am delighted he prefers to make presents for his family and to live life simply. Enjoying the moment as it happens is something I am still learning for Gerry is a good example.

Angele 

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The Power of Nutrition

by Gordon Mortimer

Every day, we are learning more and more about nutritional supplements and how beneficial they are to our health and well-being. Just over one year ago I was introduced to a remarkable nutritional product that has changed my life forever. Five years ago my health started to rapidly deteriorate. In addition to having asthma for the majority of my adult life, I went on to develop type two diabetes. It took some time to learn to cope and adapt my lifestyle to adequately manage this chronic disease. I also suffered from various joint aches and pains with severe tendonitis in both shoulders. However, more health issues were yet to come and in the next two years I was to have several surgeries related to my declining health. However, the ultimate was yet to come, the 'big one', a heart attack. For me this was devastating and I was at an all time low! I felt as if my life was quickly coming to an end and there was little hope left to restore my health and life.

After the initial shock, serious measures were needed to limit my risk factors and combat heart disease. After much research, my wife and I came to realize that in addition to what the doctors had advised (dietary changes, medications, stress reduction and regular exercise) there were other alternatives. We discovered that many research articles implied that nutritional supplements were beneficial for heart disease as well as other disorders, but at the same time would not advocate their usage without further scientific study and proof. However, we chose nutritional supplements regardless of lacking absolute proof, for we felt there was enough evidence substantiating their value with minimal risk.

Initially I started ingesting mega doses of vitamin and mineral supplements. Although many of these were helpful, I soon became confused with all the different products available and their beneficial claims. After a period of time, I needed a shoe box to hold all the various bottles needed to aid in my battle against illness. During this time my neighbour, Dave, introduced my wife

continued on page 24

IN FLUX

by Elmer Strumecki

After twenty-seven years of service in the Not-for-Profit and Golf Development sectors, where I was fortunate enough to earn a six figure salary, I decided with Mother Nature's urging to be true to myself. This decision was a result of many years of frustration, of not being able to meld my business activity with the peace and harmony I was striving towards. To be effective I had to adhere to the business culture at hand. These rules, ceremonies, subtleties and modes of behaviour did not allow me to be me and I felt very uncomfortable. I felt at odds as many of the practices were contrary to my nature.

As a result, I left the business world to pursue my lifelong love of becoming a minister. As a teenager I explored the options of becoming a priest, but knew I wanted a family. I felt lost with few options or mentors to help me sort out my feelings so I did the normal job and family routine till I was forced to look elsewhere for work. That gave me the opening I was secretly hoping for but so hard to allow since the money came so easy.

I have recently become an ordained Metaphysical Minister and am now in the process of establishing the METTA Counselling practice in Penticton, while writing my Masters and Doctorate Thesis.

While in spiritual convalescence, my intention is to develop a comfort zone with teaching meditational techniques along with associated practices. In addition, I intend to begin Sunday morning services in a community setting beginning in January, God willing.

Although I have studied Metaphysical Science since my teens, this transformation is based upon practicing the theory I've believed in for so long. This metamorphosis is challenging, to say the least. However, once we experience the spiritual 'drug' there's no returning. We can either suffer the pain of withdrawal or begin to learn and grow. How exciting to experience higher levels of consciousness. How stimulating and rewarding the journey. So, why don't you join me and we will learn and grow together.

Call me at the Holistic Health Centre or drop in Mondays for meditation starting in January.

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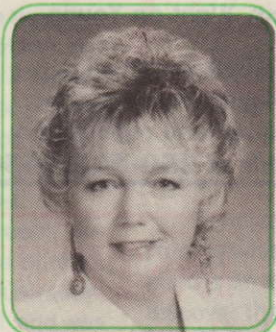
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An Open Invitation

The new location of the Holistic Health Centre has a fresh, bright, clean and airy feel to it. With sunbeams streaming through screened windows and the sound of the creek babbling in the background, it is a wonderful place to rejuvenate ourselves. Heart-felt thanks go to the many volunteers who put in time painting the new walls, scrubbing floors and helping create the space for practitioners to work.

The Centre offers a variety of practices that are oriented towards natural healing and focuses on educating the public about holistic health and self-care. Feel free to come in and meet the staff and practitioners, ask questions or come see the renovations.

There are a number of different rooms available for practitioners. Currently we have a psychologist, counsellor, several bodyworkers, reflexologists, Reiki practitioners and ear candlers. We offer Craniosacral, Bowen Therapy, Roling, Berry's Body Management, Kinesiology, Touch for Health, Aromatherapy, Brain Gym, and more. We welcome people in related fields who are looking for a positive and health-minded work atmosphere. We invite a Doctor of Chinese Medicine, Acupuncturist, Colon Therapist or Nutritionist to join us at the Centre to complement our existing services.

We offer hourly, weekly or monthly rates and are flexible to meet your needs. Regular hours are 9:00am to 5:30pm weekdays with the availability of evenings and weekends as requested.

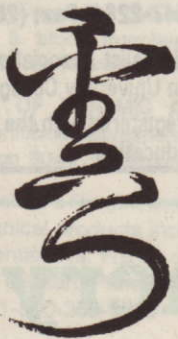
We offer Reiki Circle, for any one with Reiki certification, Tai Chi and Qi Gong classes with Richard Lautsch, Angele instructs our Yoga classes and there is a meditation group as well. See the back page for times and dates.

The Centre is located in downtown Penticton close to bus routes, parking and other amenities.

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Aromatherapy Chakra Blends

by Linda Luider & Lynn Balfour

Each of the major chakras has its particular emotional and spiritual lesson to be learned. The chakras connect the organs, glands and nervous centres of the body with the vital forces which enliven the physical body. The degree to which an individual is successful in dealing with the particular lessons of each chakra will determine the amount of energy which moves freely through the body to maintain optimum health. When a chakra is functioning abnormally because of improper attitudes, old self-defeating messages, fears and guilt, the organs which receive energy from that chakra become affected. When a chakra is blocked, there may be an associated difficulty in the organ(s) connected to that particular center. There is a key symbolism behind the location of illness in the body and the emotional blockage that occurs. An understanding of how emotional and spiritual lessons can create disease in the body is based on a broad working knowledge of how the chakras affect physical and mental illness. Essential Oils and/or candles specifically designed for each chakra can help unlock blocked chakras and let the energy flow freely.

The Root Chakra affects the adrenal glands, colon, spinal column and bones. The color is red and the symbol is a square. A well balanced root chakra manifests in a person as centredness, master of self, fully alive and healthy with lots of physical energy.

The Sacral Chakra affects the sex organs, reproductive system, kidneys, bladder and lower intestines. The color is orange and the symbol is a crescent. Balance manifests as a person who is friendly, optimistic, concerned for others, has a gutsy sense of humor and enjoys their sexuality.

The Spleen Chakra affects blood sugar, spleen, adrenal glands, uterus, kidneys and urinary tract. A balanced spleen has defined emotional needs and boundaries, is trusting, warm, able to be intimate, letting go of attachments and addictions by knowing the difference between pleasure and need.

The Solar Plexus Chakra affects the stomach, gall bladder, liver, digestive system and lower back. The color is yellow and the symbol is a triangle. Balance manifests as a cheerful person, respects others, has a strong sense of personal power, is spontaneous, relaxed, expressive and cares about their partner.

The Heart Chakra affects the heart, chest, lungs, breath, thymus, skin, immune system and blood circulation. The color is green and the symbol is a six-pointed star. Balance manifests by being compassionate and the ability to surrender and merge in a loving relationship.

The Thymus Chakra affects the thymus gland and immune system. Its function is to generate peace, compassion and universal love - connecting you to all of humanity. The color is aquamarine and the symbol is a hexagon. Balance manifests as humanitarian, empathetic and community oriented, in touch with feelings of others as well as one's self.

The Throat Chakra affects the nose, throat, mouth, thyroid, jaw, neck and voice. The color is sky blue and the symbol is a circle. Balance manifests as being contented, has a perfect sense of timing, a good speaker and musically or artistically inspired.

The Third Eye Chakra affects the thalamus, pituitary gland, left brain, endocrine system, nose, ears, sinuses and left eye. The color is indigo and the symbol is a pyramid. Balance manifests as charismatic, no fear of death, not preoccupied with the natural things of the world and is open to the source of all knowledge.

The Crown Chakra affects the top of the head, pineal gland, central nervous system, right brain and right eye. The color is violet and the symbol is a lotus in full bloom.

The Divine Connection Chakra or "soul star" affects spiritual inflow and Divine Connection. The color is white or "clear." The symbol is an open five point star. This is the connection to "soul" or higher consciousness, helps to align to cosmic harmony, radiates purity and unity with divine "white light."

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Good Riddance to Eczema & Psoriasis

by Joel
Whitehead



Quite a few people come into my clinic and ask for topical lotions and creams for skin conditions. In Chinese Medicine we have lots of effective ones, so I can usually pass something on that works quite well. Largely, the problems are psoriasis and/or eczema.

Most people are used to just using a new topical cream until it isn't effective anymore, and then just switch to another one. Occasionally, when it gets bad enough, they use a steroid, or go on prednisone for awhile for just a period of relief from the itching, scaling and bleeding. Puva treatments will get rid of the lesions in some cases, but the itching usually persists.

Mostly people become resigned to it, believing there is no real or lasting relief, but almost all the patients who come to us for treatment and persist, would say that they are very wrong.

For the most part, skin reactions are toxic reactions. When we think of toxicity, we think of poisons coming out of the skin, but that is only one kind of toxin. In Chinese Medicine, we consider excess heat a toxin as well and can have the same effect when it produces a skin eruption. In actuality, this means that your skin's workings are quite good and that if it weren't so good this toxicity could go more internally and cause other things like infections, fevers or even be part of a cancer picture. Dryness or dampness are also agents, in a manner of speaking, of toxicity; one leading to dry lesions (eczema) and the other to damp weeping lesions (psoriasis). While that may explain the lesions, it doesn't necessarily explain the itching. The itching is actually a wind in the skin that is either contracted externally or derived internally by the Liver.

This may all sound too general or educational for you to identify with, but let me make just one more point that may make total sense to you. If the body's balance is good and the blood is good, the blood will bathe the skin and you won't have these skin problems.

Eczema

Eczema is normally associated with dryness. For the most part the skin of the body is an outward extension of the lung which may at times also be dry, as in a dry cough or constant

dry mouth or thirst. At times when the lungs are good, the eczema may be worse, but as long as the skin is worse, the lungs may have less problems. Often in children's cases, it will alternate with asthma, and if the child or person is weak enough, both may be bad at the same time.

Actually, the real perpetrator is most often the Liver. Not only does the Liver serve as the major toxin-dumping organ, but is the most stress-responsive organ as well. Many preconditions exist which make the Liver the causative agent and all of them come from the blood which the Liver needs in proper abundance and flow to function properly: 1) You may have dry liver blood, which allows the energy and the blood to separate and send an itching wind to the skin. 2) You may have blood stagnation, which, though slightly different, may lead to the same thing. 3) The third condition is a yin deficiency, which means essentially that the liquefying portion of the blood is lacking, and that you may sweat at night and have a lot of thirst especially in the darker hours. 4) You may just have a deficiency of the blood which could mean that you are tired and pale and itch a lot.

Psoriasis

For psoriasis, most of the above holds true, except that there is a dampness involved, and so the lesions are weepy as well as bleeding, itchy and all the rest. It tends to settle under the scalp, and in the cracks of the skin where the joints are (when dampness settles into the bones of the joints, arthritis or rheumatism results), but is mostly a problem below the waist as that is where gravity settles the dampness the most.

The source of the dampness may be environmental or dietary. If one contracts it while living in a dampish area, it was likely environmental. If one has long suffered from loose bowels and thirstlessness associated with Spleen Qi deficiency, it may have been dietary. Most often it was a combination of both.

Allergic Causes

A patient of mine, a woman of forty-one, had a bad case of psoriasis since the age of 18. About a year ago we treated it and it almost completely disappeared. She was thrilled! Recently, however, due to a bit of stress it started to come back. We did a course of herbs and it subsided again, but she decided it was time to look at allergic causes to her problem.

We found a number of agents that were clearly allergens, but the most obvious ones relating to blood were minerals and iron. We gave elimination treatments for both and in the 24 hour period following she had two vivid detoxifying encounters. She remembered a time when she was 14 years old and was thrown from a horse, landed face down, and came up with a mouth full of dirt (minerals). The second was when she was very sick and her mother gave her an iron pill and she threw it up violently.

Since that detoxification period her skin has cleared dramatically. She also noticed that she no longer had reactions after a bath or when drinking water or eating green vegetables.

Clearing yourself of a long term skin disease is never done in an instant and truly involves a passage into changing your energies in order to clear the external symptoms. *ad to the left*

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Simply Tarot

by Maurine Valorie

In our periods of change, be they times of crisis or times of love, we instinctively desire to maximize our potential yet we so often knee-jerk our previous experiences. Sometimes it works, and sometimes there is stored energy from past negative situations and the reaction does not benefit us. When we are at a stage in our lives where there is a transition necessary, we feel the need for an outside opinion. Another viewpoint. This is the opportune time to reach for your deck of Tarot cards. So, you may ask, what really is the Big Deal about the Tarot? Why would anyone bother to interpret seventy-eight picture cards? How can they possibly give us answers that 'only the powers that be' can? How can the cards tell me what my soul only knows? My answers are thus....

When "throwing a spread" with the Tarot, one must word a question in such a manner that you will receive insights from the cards that are not a mere "yes" or "no". Questions such as "What are the circumstances surrounding me if I were to.....etc."

The Tarot will give you a "feeling" when you "see" beyond the instruction booklet's literal meanings. What is the general feeling when you see ten cards set out in a Celtic spread? What is your message from these cards? If the cards overall are light in color, faces are smiling, there is calm water, you will get a positive vibe, so whatever the question is you have asked about, you are encouraged to continue your intention. Forge ahead! If the cards depict the opposite, stay put, slow your actions down, be cautious (the cards will have a dark foreboding appearance, choppy water and scowling and worried faces, an overall unhappy picture). By placing the cards in a ten card spread, where present, past and future positions are depicted, your mind will naturally sift, remember and imagine. Our intention is not to give up our personal responsibility in decision making and it is not to become obsessively dependent on a divination system. We are to use the cards as mirrors, tools, guides, buddies and teachers.

Tarot cards speak to us from our "inner mind," the mind of awareness. When we are in pain and our needs are not being met, and the cards are showing love and light, we must look for the "hidden" knowledge in the reading. Check out what you have been made aware of, what thoughts were not present before you "threw" the cards. It is simply TOO SIMPLE!

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LEARNING AND STRESS

by
Beverly
Hunter

Have you ever wondered how much impact stress has on our ability to learn. Well, it has more than you probably realize! Stress is anything that causes our bodies to change or adapt — good or bad. Stress can be EMOTIONAL (an engagement or divorce, fear, a past trauma, a new job, etc.); STRUCTURAL (a bad fall, over exercising, a car accident); BIOCHEMICAL (coffee, donuts, sugar); ENVIRONMENTAL (microwaves, fluorescent lights, household chemicals) and/or BEHAVIOURAL (inadequate rest, procrastination, perfectionism, etc.).

When we are functioning optimally, information from all our senses is processed in an integrated fashion in both brain hemispheres. Under any kind of stress, brain integration breaks down and body messages get confused. It becomes difficult to do and think at the same time. What's more, we are not simply reacting to stress in the moment, we are triggering cellular memory of past experiences which are layered into the brain and body. The classic stress response has been bred into our species for our survival.

1. ALARM STAGE — Blood immediately goes from the front lobes of the brain to the back brain survival centers. Blood also leaves the digestion and goes to arms and legs for fight or flight. New ideas and chores of front brain are impossible when we are trapped into back brain, reactive survival patterns.

Glucose is released, requiring insulin from the pancreas. Your heart beats faster to get oxygen to the brain, leading to higher blood pressure. The body releases cholesterol into the blood for energy. The blood clotting mechanism steps up so you don't bleed to death if you get clawed by a tiger. Your pupils dilate to increase peripheral vision for heightened awareness

of possible attackers. This is good if you are running from a bear but not if you are stressed from studying for an exam, and read everything three times with no focus or comprehension! Cortisone is released from the adrenal glands, affecting the thymus and suppressing the immune system. Muscles tense as part of the Tendon Guard Reflex; this tension runs down the shoulders, spine and back of the legs causing chronic muscle pain. We must learn to neutralize the wear and tear of on-going inappropriate stress reactions.

2. RESPONSE STAGE — If you take action, the stress hormones dissipate. Without stress release techniques the stress hormones continue to build until we go into overwhelm.

3. OVERWHELM STAGE — The body realizes you are not going to flee or fight. The body is storing up the stress hormones to a dangerous level and must detoxify. Blood leaves the large skeletal muscles and moves to the organs of detoxification and elimination. The person feels lethargic, going from mild into more serious overwhelm.

NOW THE GOOD NEWS — We can re-educate our nervous system to react differently to the things that set off our stress response; to act rather than react, allowing us more options. What's more, we can have fun doing it.

One of the exercises in Brain Gym® for re-educating the body and mind is the Foot Flex. When we do this exercise the calf muscle is shown how to relax, stopping the Tendon Guard Reflex. This in turn tells the brain that it is no longer in survival and all the stress hormones can stop being released into the body. Blood returns to the frontal lobe where intellectual, higher processing and thinking takes place. *continues to right*

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Top 10 Stress Relaeasers and the Top 10 Brain/Body Integration - Jan, 24, 1998
Brain Gym - Feb. 21, 22 & Mar. 7, 8 or 8 Weds. evenings, Feb. 11 - April 1
Touch for Health 1 - Feb. 28 - Mar. 1
Touch for Health 11 - March 21 & 22



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Oh Happy Days are Here Again!

by Katie Anderson

My son who is ADHD (attention deficit with hyperactivity) has had very violent temper outbursts. For example, there was a time when my daughter called me at work hysterically. I knew without her saying a word that my son was having a violent outrage. I worked three miles away and when I reached home my son had split the wood on my doorjamb going after my daughter. My son was no where to be found. He has total blackouts of anger, so when he calms down to some degree and has seen what has happened he leaves and hides until hopefully I calm down and punishment will not occur when he comes home. He's unable to focus on one thing at a time. His attention in his class.... parents of children that are ADHD understand there is no attention. They become disruptive and disobedient, not because they want to be that way, because they are unable to maintain or sit for any length of time. To sit for forty-five minutes and concentrate on one subject is something they are unable to do.

I was told this was a chemical imbalance in the brain. Like most parents you trust your doctors and go with what they say. I had my son tested and evaluated by several professionals. The more I researched ADHD I found that diet, and in my opinion the lack of amino acids, can cause a chemical imbalance. After the amazing results my husband has had on Calorad I decided to try this on my son. With Calorad and WFG we have seen amazing results. It has been three months with no Ritalin and there have been no violent outbursts. More amazing to me even, is the attitude of my son, communicating with us. When he is asked to do something he is right there to do it; before if he could hear you and you didn't have to lose your temper, he would do it but under much protest. He can now go to Calorad meetings and keep himself occupied with art work, helping keep younger children occupied without interrupting the meeting. This is a godsend to parents of children with ADD or ADHD.

My life is getting back to the way I knew life could be. For my daughter they are like any other siblings; yes they argue and disagree, but with love not violence. *see ad below for product*

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continued from left page

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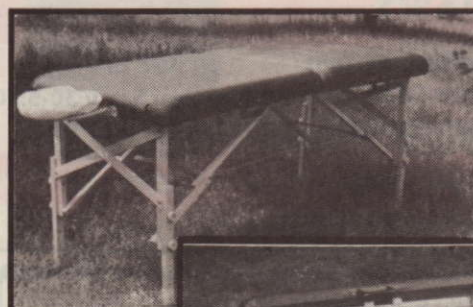
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Truth Has No Hiding Place

by Kuya Minogue

Somewhere in the middle of the middle is the truth. We can look for it under this therapy, search through that practice or claw our way through the newest, most revolutionary approaches to health and happiness. We can go to workshops, healing centres, biofeedback clinics or ashrams. We can attend conferences and seminars on healing light awareness, but no matter where we look, the truth is always in the same place. Unless we look inward and reflect upon ourselves we can never penetrate the present moment where all truth sits in full clarity waiting to be engaged by the light of our own awareness. There is no magic in this. There is no mysterious journey. There is nothing spectacular about this. It's just zen.

In a zen retreat, we sit. We find a comfortable position in which our spines are held erect by our own energy and we sit. We watch our thoughts and feelings arise and let them pass minute after minute. We notice when our attention has left the present moment and bring it back to the here and now over and over again. Every half hour we walk. Twice a day, we work. Three times a day we eat. That's all. Zen is nothing special. And yet, time after time women leave Amazenji feeling like they have had a life changing experience. No — zen is not special, but a full experience of the present moment is.

People often come to a zen retreat at Amazenji because they hope that meditation will improve their lives. They sit because they want to gain more health or greater peace of mind. They sit because they want to attain some of the magical powers that are described in the early Buddhist literature. They sit because they want enlightenment. After a while, all of these goals dissolve into the present moment and the zen trainees begin to understand that it is enough to sit for the sake of sitting. They have reached the goal of goallessness. They have begun to understand that "enlightenment" is not something to be "attained", but is *here now*, and that the practice of sitting, itself is enlightenment. How wonderful! How simple! How true!

Most individuals begin a spiritual search out of a place of suffering. A relationship ends. A job is lost. Death and illness touch their lives. When they start to look around, they find a confusing array of opportunities. It is easy to get lost in the maze of today's spiritual marketplace. The book lists are endless. Teachers who sell personal growth and spiritual realization are so numerous that choosing a path becomes extremely difficult — and often very expensive.

The practice of zen is free. Place a solid round cushion on top of a thick square one, and sit upright leaning neither to left nor right. Watch what arises in your mind and don't get attached to any of it. Simply let it drift by as you would scenery that glides past you when you are looking out the window of a fast moving train. Observe this scenery of your own mind without judging what arises as either good or evil, right or wrong. What appears in your mind are just thoughts and awareness of emotions that are attached to these thoughts. What arises in your mind is not your life. Your life is nothing other than the present moment. *continues page 17*



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Book Reviews



by Jan



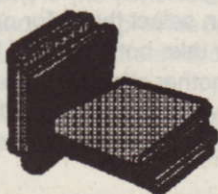
Here I Am.

Finding Oneself Through Healing
and Letting Go
by Mark Linden O'Meara
Soul Care Publishing
ISBN 0-9680459-1-X

One of the characteristics that makes us human is our ability to feel emotions. If you have been taught to hide your emotions you likely have some negative self talk going on in your mind when you begin to feel emotional. Try to change your self talk. Do not put yourself down for being emotional. Accept it as part of being human. Notice how movies, music and most forms of entertainment affect our emotions. Instead of shunning your emotional side, embrace it and welcome it into your life again. Your emotions can be your friend!

For anyone wanting to know more about emotional release work or feel they are ready to pursue this aspect of personal growth, this book may be of value to you. One of the most comprehensive books I've read dealing solely with our emotional states, Mark O'Meara shares his personal stories and research in **Here I Am**. Discover what masks you may wear to avoid emotions, how to begin the healing process and what to be aware of along the way.

It takes a lot of energy to repress emotions. If, like me, you did it for years, the negative impact on my health and well-being was great. In the beginning I could not identify my feelings and when they surfaced seemed overwhelming but as the author points out, they do not have to control your life. Learning creative ways of expressing long held hurts, pain, anger and other emotions with the support of one or two friends who are aware of your healing journey helps immeasurably. Becoming your own nurturing parent or your own best friend takes time but the benefits of emotional healing are greater than you can imagine. Think of all the energy you'll have!!



Anatomy of the Spirit

The Seven Stages of Power and Healing
by Caroline Myss, Ph.D.
Three Rivers Press
ISBN 0-609-80014-0

The process of curing is passive; that is, the patient is inclined to give his or her authority over to the physician and prescribed treatment instead of actively challenging the illness and reclaiming health. Healing, on the other hand, is an active and internal process that includes investigating one's attitudes, memories, and beliefs with the desire to release all negative patterns that prevent one's full emotional and spiritual recovery.

Drawing upon the ancient wisdom of several spiritual traditions — the Hindu chakras, the Christian sacraments and the Kabbalah's Tree of Life, Caroline Myss has presented a new way to look at the interconnectedness of the body and spirit in healing.

As a medical intuitive, the author began to notice that her readings were providing the framework of information that later became this book and the workshops she teaches. She describes "symbolic sight", a way of seeing and understanding yourself, others and the events in your life in terms of universal patterns. Learn to use the seven sacred truths as a guideline to recognize any loss of personal power. Over two-thirds of **Anatomy of the Spirit** is devoted to an in-depth study of the chakras. We can learn from Caroline Myss's case histories how to interpret the powerful messages our bodies are sending to let us know when we are out of balance energetically.

Words are hard to find to describe the way I felt at the end of reading this book. An incredibly invaluable resource, I will need to reread this book several times to take in the wealth of information. The material presented is empowering and enlightening.

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Truth ... continued from p. 16

When you find the present moment, you have found your whole life. Zen is about finding your life — it is about bringing the mind home.

Often when people begin to sit zen, they find themselves lost within the maze inside their own minds. For this reason, it is important to find a teacher who has been trained in recognizing the characteristics of the mental maze that exists in everyone's mind. A true zen teacher does not charge money for the teachings and she does not promise anything — not personal growth, not spiritual realization and certainly not enlightenment. A true teacher simply creates a space where zen meditation can take place and answers questions as they arise. She has no special powers and no special knowledge. Whatever she has, is within your own mind. All you have to do is sit. A true teacher's only offering is a sharing of mistakes that she has made in her own zen training. Maybe she can increase the possibility that you will avoid making the same mistakes as she did. Maybe she can help you find your way through the maze of your own mind and enter the present moment — the home of truth. Maybe not. It's really up to you.

Kuya Minogue is Abbot of Amazenji, a Zen Training Temple for women in the Burns Lake Area. See the ad to the left or check the calendar of events for upcoming retreats.

Healing Sciatica

by Dr. Kevin Ma

Sciatica is a clinical syndrome, caused by many factors, manifested as a pain along the passage and distribution region of the sciatic nerve. This is due to primary and secondary injuries of the sciatic nerve. It belongs to the category of "arthralgia syndrome" in traditional Chinese medicine.

At the beginning of the disease, there is usually a lateral pain in the waist and with the development of the disease the pain radiates suddenly or gradually along the buttock of the affected side, the posterior side of the thigh and the posterolateral side of the leg and the dorsum of the foot or the lateral margin of the foot. A burning, lancinating or electric shock-like pain may appear along the area of the sciatic nerve. At the beginning, the pain is mostly paroxysmal, increases after tiredness, disappears after rest, and becomes severe and continuous gradually afterwards. Usually there are several repeated attacks which may last several weeks, several months or even several years. In examination, the physiological curvature of the lumbar vertebrae can be seen as

flat and straight, or the lateral curvature and the lumbar muscle may look tense. Near the spinous process of the affected side of the lumbar vertebrae there is a distinct tenderness point which radiates towards the lower limbs of the affected side. The test of straight leg raising is positive. Neck flexion and neck pressure test are also positive. In a long-standing case, there may be hypoesthesia or anesthesia or muscular atrophy of the affected limb.



Types of Syndromes

1. Wind-cold-damp arthralgia: Fixed, severe cold and pain of the lumbar region and legs, limitation of bending forward and backward and turning, aggravated on cloudy, rainy and cold days, white and greasy tongue coating, taut and floating pulse.
2. Deficiency of the kidney-essence: Lingered soreness and weakness of the loins and knees, lassitude and listlessness, pale tongue with white coating, deep, thin and weak pulse.
3. Blood stasis obstructing collaterals: Severe fixed prickling pain in the lumbar region and leg, aversion to pressure, dark purplish tongue, deep and uneven pulse.

Treatment

Acupuncture treatment has very good effect on this disease. Many sufferers come to my clinic after trying most of the other therapy methods in vain and get satisfactory results. The effective rate is over 97%. One of my patients took acupuncture treatment, the low back pain disappeared after only one session of treatment, and the leg pain was gone after two treatments. Of course, different people need different amounts of treatment to recover, according to their health status, age, development stage of the disease and sensitivity to acupuncture. Acupuncture is a natural treatment, having no side effects. Acupuncture stimulates the body to produce its own pain relieving chemicals which help to block pathways that relay pain messages from the body to the brain, resulting in relief of pain, general relaxation and biochemical restoration of the body's own internal regulation systems.

Chinese massage therapy may produce obvious curative effect in most cases, especially when it is combined with acupuncture. It can promote the circulation of blood, unblock the channels and collaterals so that cells and tissues can get more nourishment and recover to the normal status.

Chinese herbs have a similar function to Chinese massage. Some herb preparations are very easy to take; you can select those for oral administration or for external use, or take both kinds of them together.

Another effective therapy is Oriental Magic Board treatment, which has magic effects on sciatica. This is a good choice for those who are afraid of needles.

See ad to the left

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THE HOLIDAYS ARE COMING!

by Jan

The Christmas season is fast approaching, the stores have been decorated since Halloween and the weather has just turned cooler. Conversations lately have turned to "The Holidays" and what people have planned.

Happily I have found alternatives to the commercialism and stress that had become part of this season for myself and so many others. I made a change from the "gotta-dos" to a serious look at how I could choose to spend my holidays.

I don't like all the hype! The idea of having to buy gifts because it's Christmas doesn't feel right for me any more. I would rather give presents throughout the year as I find them or help out when needed so Michael and I do just that. My sons and their partners were given gift certificates so they could choose what **they** wanted or needed without me having to guess. I also made the decision not to send commercial Christmas cards since, to me, it's a waste of paper. Hand written notes or home-made cards, something I have put effort into, mean so much more. I also don't need more stuff so I have asked my sons for an invitation to dinner or help with a project instead. I appreciate and value an evening in their company, homemade goodies, photographs or something personal.

Last year my sons spent Christmas Day with other family members and I had the luxury of a few days off. Meals were kept simple, eating when and if I was hungry. Michael and I spent time reading, doing jigsaw puzzles, visiting and going for long walks. With the heavy snow, shovelling consumed a big part of each day, but I also got to play. When was the last time you made snow angels? What incredible fun! Then there was the snowball fight with Angèle, Gerry, Michael and his two children; I hadn't laughed that hard in a while. At the end of the holidays I felt truly rested, revitalized and grateful for friends and family who had helped make this time so special.

So how are you spending the holidays? Have you chosen not to go in debt to buy gifts, given yourself permission to simplify holiday preparations or allotted time for fun and play? What does Christmas mean to you? Are you celebrating in a way that honors that inner voice?

There are many alternative ways to capture the spirit of the season. Spend an evening with your family making gifts, cards or ornaments. Share dinner with someone who would otherwise be alone, help in one of the community kitchens, donate to the food bank, buy or make gifts for the less fortunate or go carolling and cheer up the folks in your neighborhood.

Honor yourself, take time alone if needed, treat yourself to a massage, a good book or a special time out. Take a vacation, learn something new or pursue a favorite pastime. Above all, create for yourself the kind of celebration, tradition or holiday that makes your heart sing. I wonder what I'll do this year.....



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Now I Know You are Out There

by John St. John

I would like to thank all of you who called me in response to my article (November Issues) and so here is the information you asked for (the details of what I saw) and the concept of the Humanitarian Centre. I can hardly begin to describe the emotions that I feel when I start to talk of the centre.

A true Humanitarian Centre to be constructed inside a full-size pyramid, that in itself would draw people from all walks of life, even if only through curiosity of what lies inside. Once inside they would enter into the first level to the beauty and splendor of a garden oasis, comprised of a spacious restaurant dedicated to the finest dishes and flavours from around the world. This would incorporate a large stage/theatre area for shows and conventions. On the same level are other meeting halls for smaller gatherings plus individual therapy rooms, library, spacious relaxation lounge and of course the ultimate children's activity care centre... So you think that was

impressive? ...Just wait until they go to the upper level! Enter into a great circular auditorium where a feeling of Universal Divine presence surrounds them as they walk down the corridor to the main arena area, there the light of Cosmic Energy shines down from the top of the pyramid onto the large crystal that hangs above the centre granite stone. Surrounding this are the plush welcoming seating areas and ahead of these is found the ceremonial pool surrounded by earth and plants with four majestic candles burning at each corner. The top quarter of this great circle is occupied by individual spiritual altars dedicated to each of the World's religions and native cultures, constructed to the smallest detail, with the reverence and respect that each truly deserves. Then if they do not feel at home and that they belong to something but are still seeking that which is their pathway, what a place to explore that which is right for them!

It is my impression that this centre

will be the first step to help people truly understand each other's customs and beliefs while contributing to self enlightenment and one humanity. You will never reach the clouds by digging a hole, then how can we accomplish World peace while the governments keep investing in futuristic war technology? So let us not divide to be conquered but unite to save our Planet.

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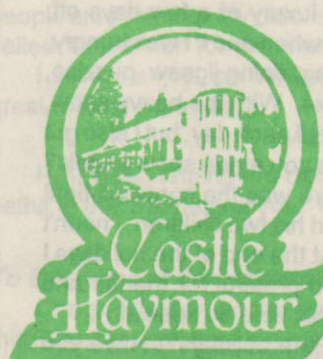
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ASTROLOGICAL FORECASTS

by Moreen Reed

December 1997

December begins with Pluto, Lord of power, sex and death dancing with Saturn, Lord of reality. They hold court over the rest of the planetary family till Mercury breaks up the party in March. We can expect a certain energy vibration to permeate our world during this time. Typically this energy produces hard labour which in its most positive expression can result in the capacity for record efforts of the highest possible order, extreme self-discipline, self denial and renunciation = growing spiritually and mentally. When negative cold-heartedness, fanatical adherence to one's principles once they have been adopted = reactionaries, martyrs and violent people.

Mercury turns retrograde December 7th and runs thru to December 27, 1997. The typical chaos of the holidays is fuelled by the trickster Mercury who will ask us all to make an art of "Relaxing" while one typically experiences delays, changes, missed, or forgotten appointments, travel arrangements, negotiations or contracts.

The Full Moon December 13th 6:38pm sheds the light of awareness on the meanings we make of the world we directly perceive. Look for judgements and opinions that no longer serve you. Optimism and selfless service are highlighted today too. Winter Solstice is on Sunday, December 21 12:07 pm

Venus turns retrograde December 26, 1997 to February 5, 1998. Traditionally considered a poor time to marry. Venus retrograde time may be best suited to the development of your inner relationship both spiritual and personal. Turn toward self and review, rethink, reconsider; what you think you need, what you value and your connection to the divine.

With the New Moon on December 29, 1997 we have the power to plant the seed of constructive revolution. Here's your opportunity to make New Year's resolutions that can work!

January 1998

We begin and end the month with a high degree of focus, contained by the energy of hard, cold reality and one's feeling of power or powerlessness. At the start of the New Year the desire to break out of old habits and conditioning patterns adds a strong restlessness to those in trouble, while those who are engaged, determined and powerful can introduce stunning advancements.

Venus continues her reversed travel, making the inner relationship landscape accessible to all. For those whose experience to self is less than joyful, external relationships will mirror the inner problem.

The Full Moon on January 12 gives the most objectivity during the month, as the moon will be the only energy to break out of the grip of Pluto and Saturn. Shed the light of awareness out beyond limited points of view, and exercise personal power by opening up the doors of your life to new experiences. Also highlighted is divine inspiration, for some called the 'muse', and the energy to 'party hearty' for no apparent reason, excellent to break the winter blues.

The world craves optimism during the latter stage of the month, minds must turn to practical solutions that are not a repeat of past successes, these are new times requiring new solutions.

The New Moon on January 27 brings into focus the human condition. Do we replant the old picture or do we move forward. This is a time when revolution is possible through self-acceptance. Sleepless and wired and seeking freedom characterize many who are strongly in line with this day. Those entrenched in bringing back the old, need our support and compassion. Strong action comes from connecting into the natural flow of this time, the collective current not the ego-centred direction.

At the close of January the need for action is very strong. If you wait for an indication of the outcome you'll miss the boat. This is the time for faith in self, trust and step out into a new picture.

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Letters



To all you Angels at Issues;

Thankyou for a wonderful Fall Festival of Awareness.

I came home with freedom for myself and love in my heart. What joy there was in the sharing, learning and listening; feeling safe enough to be me.

You all have such courage to step forward with your love and caring. Thankyou, thankyou, thankyou from my heart to your heart. May all our dreams come true.

Dora Ruth Wells

Dear Angèle;

I've been reading your Issues paper for quite some time now, and I do really enjoy them. I only wish they had come sooner in my life as I am now seventy-five years young, and on oxygen.

The only time I can get fresh veggies and fruit in summer is at the farmers' market. Heaven only knows what we are getting at the supermarkets. As I am a senior and in a small apartment, that is where I buy in winter.

I noticed you writing about expressed anger. I could not with my ex-husband, probably adding to some bad habits like smoking. How many times I would have loved to come and hear you or whatever, but now it's not possible. I have been on vitamins and minerals so hopefully I can get over this. But I did want to wish you all the best in your endeavors. More and more people are listening. My older sister (now deceased) was a so-called "health nut" for years and I always believed her.

I always enjoy Joel Whitehead's stories. All the best. Be great to hear from you.

Alix Holoiday

P.S. Cute, ringing the dinner bell. And how I remember baths in that tub behind you. Good memories, what?

To Everyone at the Holistic Centre;

Congratulations on the opening of your new centre! May this Celestite represent the appreciation for the good you have achieved and the good you will achieve. Love from both of us,
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Somatoemotional Release

Cassie Benell, Ph.D



Somatoemotional Release (SER) is a term coined by Dr. John Upledger, D.O. (Doctor of Osteopathy). Soma means body, so this is a simultaneous release of body and emotions. A combination of CranioSacral Therapy and Jungian Psychology through dialogue are used here. We can experience emotional traumas which we then lock into our physical bodies. Many of us who do bodywork have had clients who cry, laugh or whatever while on the table. These are all spontaneous SERs. Using dialogue to facilitate things further, an SER is a way to release this trauma. While working in an uncomfortable area of the body, the practitioner establishes a dialogue with the client, really a dialogue between the subconscious mind of the client and that of the practitioner. The practitioner monitors the client's craniosacral rhythm (CSR) usually six to twelve cycles per minute. Whenever the client describes a significant situation/person, his/her CSR will stop. There can be times that the client denies that their mother, say, did anything to upset him/her. However the body doesn't lie, and the CSR would stop at the mention of her name. It's like the body's lie detector.

A practiced practitioner would then pursue questions relating to the mother, despite the client's conscious denial of trauma related to her. The incident may have happened at age two or twenty-two. The practitioner follows a line of questions or comments which allows the client to re-experience in a safe way that incident, always keeping to the present tense. Often pertinent parts of the client's comments are parroted back to him/her, as an affirmation that indeed the practitioner is listening. Once the traumatic portion of the incident is determined, then the practitioner tries to bring up some aspect of satisfactory resolution.

When I did my advanced CranioSacral Therapy course (mainly personal SER work), someone in my group of five was working through his frustration of being in solitary confinement in a German institution for youth offenders. It sounded much like a prison, with no apparent way to get out. It was suggested that he imagine being able to get out and do what he wanted, which was to dump his toilet bucket over his guard's head, tell him that his wife had cheated on him and leave. Where possible, the dialogue was conducted in German. Although that didn't really happen, he was then able to leave behind that incarceration trauma, just by imagining a satisfactory resolution. Of course each individual is unique and must be approached as such.

At all times the client is in control of their experience. The individual who does not reach resolution feels considerable dissatisfaction. Others can find that Pandora's Box has been opened and that they find themselves facing some until-then hidden trauma. The subconscious mind and body KNOW what has happened; bringing an event to the conscious mind can initially be staggering. Ideally resolution is provided, so that the client can get on with life without the somatoemotional effects of the incident.

I do not intend to do SER work with my clients. I feel that the individual should feel ready to do such work. If something

comes up, I will pursue it. I had one middle-aged man come to my office who started to cry within five minutes of lying on the table. He was ready for SER work. When I asked him what was going on, he replied in a child's voice that a childhood friend had died years ago. He had gone back to when he was about eight, and they had had a great childhood relationship playing hockey together. We reached no resolution with his friend's death, but moved on to other issues which had troubled him in his early school years and got resolution with them.

I personally have had good and bad SER experiences. In one of my first experiences there was no satisfactory resolution for the early childhood trauma revealed; that left me feeling unsettled for along time. After another session, regarding an instance where I broke several ribs, the emotional aspect around that instance was considerably dissipated.

When used skilfully, SER work can provide powerful and long-lasting relief from long-standing physical/emotional problems of the client. Sometimes people can change considerably afterwards, e.g. having been uptight beforehand and later being rather relaxed. I find it not good, however, to pursue this avenue if someone is not ready for this work. In some instances the results have brought to the conscious mind some unpleasant aspects of the client's past. In its own way that is healing, for now that issue is no longer hidden and is not festering in the physical/emotional body. If a client spontaneously moves towards an emotional release, I attempt to facilitate it as an SER to the best of my ability. For us to leave behind some of the many traumas we each have accumulated is very beneficial indeed. Then we can carry on with our lives less encumbered. And more power to us!

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Cassie Benell

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For me "Getting a Life" meant getting to be myself. In this time of giving, the best present you can give/receive is to be present. Being present one is aware, awake, alive, at ease and smiling. In our society, this is considered a 'useless' activity. I would change that to a 'use-less' activity. *see ad below for classes*



Nutrition continued from page 8



and I to "Usana" essential nutritionals. After hearing about the founder of Usana and his work with cellular research, we soon came to believe this was the ultimate solution to our supplemental needs. Usana nutritionals have been researched and formulated to provide a balanced and optimal approach to cellular health while guaranteeing the highest purity and potency.

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Wed., January 7 - 7pm

Westbank Community Centre

Information for 1998 Classes

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Garden Deliveries

by- Gerry Parent



rganically grown squash line the bottom of my bedroom closet, organic carrots, potatoes and beets fill the bottom of the fridge and products containing organic and natural ingredients occupy the shelves in my apartment. All of these wonderful foods make up my supplies for the winter months ahead.

Many other people also enjoy the benefits of health foods but either find the health food stores too expensive, co-ops too much of a hassle or farmers' markets too sparse. There is a growing demand for health foods that are convenient, available year round and at an affordable price; wanting to fill this demand, I have decided to start my own business delivering health foods to your door.

Here's a little poem I wrote that explains my joyful venture.

"Time is at a premium," I hear them all say,
"Tight schedules and work take up the day."

Quality food is something we just can't afford, with the kids, the dog, and the bills... oh lord!

I hear about things like health and nutrition, it all sounds great, but who has the ambition?

"What's wrong with this picture?" I saw as a gap.

Why "Garden Deliveries!" once I put on my cap.

Around town in a blue pickup truck I'll ride, delivering my service right to you with pride.

Penticton and Summerland will be my ground..Yes in this wonderful valley, that's where I'll be found.

Supporting local farmers and merchants is my way to go, to keep money in the community so we can all grow.

If you haven't already guessed what I'll be doing by now, my service is flavourful, courteous and sown with a plow.

Quality health food products at an affordable price, like vegetables, grains, I even have rice.

"Organically grown" makes a person feel great, keeping those chemicals off your plate.

Garden Deliveries can't be found in a store or mall, I deliver right to you - all it takes is a call.

Garden Deliveries will be coming your way, watch for me in the new year, it's not far away!

Gerry

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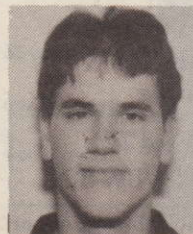
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SPIRITUAL AWAKENING

by Peg Stevens

Imagine a brother (Ray) and a sister (Peg) who both grew up in the same household with other siblings, all raised by the same parents. There is a five years gap between us, we both got married, had children and lived in different towns. We would see each other only at Christmas and family gatherings. After many years like this Ray invited my family to visit for the weekend. He said it was because our children should know each other and I agreed.

I describe that weekend as the weekend I met Ray. It started on Friday with us getting caught up with family news. Like any other visit there was small talk, getting to know Cindy, Ray's wife, and kids better. After the kids went to bed Ray, Cindy and I stayed up talking for a while. I don't remember exactly how we started on the topic of our Grandmother's death but Ray said something like he wished he had more time with her, which made me pause very briefly. And for the first time I told him something that I had kept as a secret for a long time.

Grandmother had come to me in a swirl of white mist full of peace, contentment, and serenity. She had told me without talking that she was where she wanted to be and that she was happy. I could tell there was no unrest in her and the only reason she was in my room was to let me see that she was fine and that I had to let her go. I explained that everyone I knew who passed on to the other side always came to me to say good-bye or ask for help. As I talked I could feel that presence again, the one I always get when I'm alone in a dark or dusk-like place. It has always scared me. Every time I told Ray something I considered unexplainable or crazy he showed me a book explaining it. I felt like a great weight was being lifted off my shoulders. As I was dealing with the unsettling feelings Ray was almost jumping in his excitement. He had been reading books on these types of things almost all his life. Since I was convinced I was crazy I told him that if he told anyone I would say he was lying. At that time I really meant it.

By the end of the weekend, with Ray's help, I had found my spirit guide, realized that dark places were not to be feared, that darkened places help us to see spirit energy and the eyes I've always felt on me were only the presence of the unseen by most. That was more than four years ago. My guides have taught me much. I am no longer afraid of dark places. Ray and I have worked together preparing for things we are still learning about. At first we would get together as much as possible; mostly to help my awareness to become greater, to become relaxed and more comfortable with what I can do. Then we kept in touch over the phone with visits happening less and less. I had to spread my wings on my own to learn to trust my gift and myself. During this time I have been called by living, as well as non-living souls for guidance. From each experience I have grown, learned and become closer to God. I have met many wonderful friends along the way and have grown much with their friendship.

Spiritual Awakenings was a name given to me many years ago from my higher self. At that time I could not envision a place people could openly talk of things best hidden in closets. The closet doors are opened wide and I invite anyone who wishes to explore, for there is so much more than we see with our eyes.

see ad to the right

Revolutionary New Product Changed My Life

by Debbie Jmaeff

After the birth of my second child, Lindsey, I fought a severe post-partum depression. For most of my life I fought with depression. I went to different counsellors, I tried different healing techniques but nothing seemed to really give me any permanent relief. Finally I went to a naturopath who isolated which neurotransmitter levels were low and we began working with different remedies. I did receive a lot of relief but this was very expensive and I was always having the dosage changed and having new liver support added. My B vitamins were low and I was receiving B-12 shots once a month. My body would suck up the vitamin like water.

My relationships with my son and husband were suffering terribly. I would have good days but they didn't come often enough. In the meantime my son was acting out all the time. I knew something was wrong so we went to our M.D. to get his opinion. I was sent home with a diagnosis of A.D.D. (attention deficit disorder) and told to put him on Dexadrine. He was only three years old. We consulted a child psychologist and my naturopath who found he also had neurotransmitter imbalances. Devon (my son) started on natural remedies and I did see considerable changes in him, but once again it was expensive and it did not completely help him.

It was about this time that my friend called and told me about this fantastic new nutrition company and asked me if I would be interested in trying their products. I was skeptical at first but I looked into the company and its dietary supplements and decided to give it a try. I had nothing to lose, we had tried everything else.

It has been almost six months since I started these wonderful products and I can honestly say they changed my life. One week after being on Dioscorea and Phytochemicals my need for one of the remedies from the naturopath was gone. After one more week and being on all three of the products: Dioscorea, Phytochemicals and Cell to Cell Communicators, my depression was gone. For the first time in months I felt like a real person. In fact I had never felt like this in my life. I also no longer get PMS.

I decided to put my son on these dietary supplements also and within one week I saw noticeable changes in his behaviour. I kept him on his remedies for one more week and then discontinued them. He is doing fantastic. We have gone back to my naturopath since starting these products and corrected his imbalance which was not nearly as bad as before. My son is changing into a normal three and a half year old boy. We get along much better now. My family life has returned to normal.

Glyconutritionals are a new science and I urge everyone to try them no matter what your state of wellness. There are other incredible stories of people with such things as arthritis, diabetes and cancer who have had tremendous improvement.

see to the right

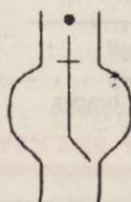
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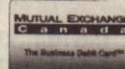
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Interesting People

LANA MENZIES

I met Lana at a Goddess Connection weekend. When I first saw her she was wearing a short top and a sarong. She was very tanned and looked like a wild woman. She was dancing around energetically greeting all the women enthusiastically as we gathered in the dining hall. I tried to negate my twinge of jealousy over her flat belly and her exuberance by mentally declaring "These young women have so much energy."

That twinge of jealousy caused me to unconsciously avoid approaching Lana. She however was not bound by any such restrictions towards me. Later that day she came to see me in the healing house for a session. She explained that she was feeling blue because her daughter had left home. This destroyed my "she must be in her twenties" theory and I discovered that she was close to her thirty-seventh birthday. Who was this woman? Lana's openness soon dispelled my unconscious need to justify myself or distance myself from her. She was very friendly and offered the familiarity of a long time friend. She invited me to her wedding in August. I was delighted.

I decided to bring my daughter along for the experience and we arrived at the farm to a welcome sight of two fields of blooming sunflowers. This created a colourful backdrop for the large parachute tent out in the middle of the field where the ceremony was to take place. I looked around to see if I could spot the groom. I was interested to see who a woman like Lana would be marrying. It didn't take long. Neil was surrounded by children when I spotted him. He seemed to be solving some sort of problem with them, giving them his total attention. How did I guess he was the groom? Apart from being a good energetic match for Lana he was the only one wearing a kilt. My teenage daughter Yalena and I found Lana surrounded by women who were tying flowers into her hair. All the girls were searching through the sunflower fields for the perfect flowers to make laurals, which they were wearing in a variety of ways.

There were people of all ages milling around waiting to parade through the sunflower fields to the ceremonial site. Caren and Doug Miller performed the ceremony which had been co-created by Lana and Neil. It was great when Lana let out a few whoops and screams before she delivered her vows. The moment was packed with emotion while we watched two people committing to the joys and trials of partnership, dedicating themselves to life's challenge of loving one another. Each of us attending gave our all to the vision, yes let it be so. Let love live between man and woman. The ceremony was a beautiful sharing with a spiritual tone, sincere but not serious.

Later when I asked Lana to tell me about herself she replied enthusiastically 'Kids, chocolate chip cookies, Mahatma Ghandi, meditation, organic gardening; I've done it all.'



by Urmi



I can tell there is no room on this page for all the details of her life so I'll go for a condensed version:

Lana was born in Vernon, B.C. As a very young child she was conscious of the abusive behaviour of her parents. She experienced a divine intervention where she saw a light being who spoke to her explaining that she had chosen these parents to learn from. The light being told her that "they" were her real family and would always be with her. After that experience Lana felt more purpose to her torturous existence. As a teen she was influenced by

Mahatma Ghandi and Krishna Murti's teachings. These insights made her realize that there was more to life than she was experiencing. The quest for what that might be finally brought her to a point of facing her inner emptiness. "I saw and felt all of my dishonesty, cruelties, betrayals, and lies. I realized that I'm human and all these undesirable qualities are part of the package. It was so freeing not to feel that I had to be good and nice. I began to call a spade a spade and stopped holding everything in. I realized that anger is an energy that is very physical and has to be transformed through the body. If everyone could admit this there would be fewer walking dead and an incredible amount of energy would be freed up. God lives right here in my body and I connect with God as often as possible."

To conclude I asked Lana what she perceives her greatest attribute to be: "What I love most about myself is my ability to really love people. I feel an overwhelming sense of joy. I see all the imperfections and then I look right into their hearts and see their perfection. It radiates and comes back to me and spreads around. This acceptance of both sides of their being encourages people to open up."

Attending the wedding of Lana and Neil reinforced my trust in celebration and tradition. Lana's openness and friendliness enhanced my confidence and the willingness to really go for it. She inspired me to be outrageous and live with that extra bit of exuberance and accept my humanness. What a concept!



CALENDAR of Events

December 1

Introduction to Acupressure in Kelowna,
\$15, Nuthery Institute 1-888-284-3333

December 2 & 3

Astrology Today in Salmon Arm with Moreen
Reed at Reflections Book Store, p.21

December 3

Introduction to Reflexology in Kelowna,
\$15, Nuthery Institute 1-888-284-3333

December 7

Fair Wares Faire in Penticton, p. 5

December 8

Making Colour Baths with Aromatherapy Oils, in Kelowna ~ \$35,
Nuthery Institute 1-888-284-3333

December 13 & 14

Tarot Weekend Workshop with Cheryl
Grismer in Westbank, p. 9

Open House at Books and Beyond in
Kelowna, p. 2

Trager Introductory Workshop in Oyama
with Iain Ritchie, p. 10

December 15

Divine Adjustment & Ancestral Rescue,
2 hour Info. Lecture @ 6pm Peachland - \$11
Mary 250-490-0485 for seat res. & directions

December 19 - 23

Rohatsu/Solstice Retreat, Amazenji at Burns
Lake. Meditation, cross country skiing, vegetar-
ian food. Food and lodgings \$20/day. Tuition by
donation. 250-694-3630 or 250-845-2417, p.16

January 2, 7, 16 & 19

Introductory NLP Seminars in Vancouver at
Erickson College, p. 2

January 11

Cayce Way of Channeling Higher Self
\$45 Penticton, 1 - 4pm Events Line 492-0039

January 11

Collage Workshop in Okanagan Centre at
Turning on the Light Learning Centre, p. 14

January 17

Wholebody Reflexology, Basic \$375,
Advanced \$675, plus texts, in Kelowna,
Nuthery Institute 1-888-284-3333

January 17 or 31

Reiki 1, Usui/Karuna Reiki and Therapeutic
Touch, Phone the Events Line 492-0039

January 18 or February 1

Reiki 11, Usui/Karuna Reiki Master Patricia
Ann. Phone the Events Line 492-0039

January 19

Biofeedback Belly Breathing in Penticton
with Haley Jonstyn, p. 26

Divine Adjustment & Ancestral Rescue,
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January 21

How to Make Ear Candles, in Kelowna,
\$100, Nuthery Institute 1-888-284-3333

January 24

Top 10 Stress Releasers in Okanagan Cen-
tre at Turning on the Light Learning Ctr., p. 14

January 25

Cayce Way of Channeling Higher Self, in
Kelowna, 1 - 4pm, \$45 ~ Events Line 492-0039

January 27

Inner Rhythms with Joan Casorso starts in
Kelowna, p. 15

January 28

Introduction to Colour Therapy, in Kelowna,
\$15, Nuthery Institute 1-888-284-3333

January 31

Acupressure & Oriental Therapy, in Kelowna,
\$375, Nuthery Institute 1-888-284-3333

Wild Woman Workshop with Joan Casorso in
Penticton, p. 15

ONGOING EVENTS

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Coming Home

A Bodymind Approach to Daily Living

by Janice Otremba

On July 7, 1994 I was **given a gift**, not with the usual pretty paper and bow, but with twisted metal and ripped muscles, nerves and tendons. I had been in Kamloops for a week and due to the heat, was losing my sense of humor fast. So I decided to purchase a couple of ceiling fans; it was a decision that changed my life...literally.

I was driving home, waiting to make a left turn, when I was rear-ended, delivering me into a reality I could never have imagined. They took my car away with a tow truck and me in an ambulance. I had no broken bones, "only soft tissue damage" which I thought was a positive diagnosis. I was given pain killers and a list of doctors accepting new patients (I did not have my own yet) and was told to call someone to come and pick me up.

Six months later, I was still attending physiotherapy three times a week, massage therapy twice a week, could not get my thoughts into complete sentences, and was feeling utterly useless. I was taking pain killers, muscle relaxants, anti-inflammatories and was being told that anti-depressants would help.

A year later, the drugs were still in my life and I still did not have full use of my left arm. I was experiencing headaches and nausea from the pain daily, and was very limited in my movement. I was so tired of having to say, "Hun, could you...reach that for me, help me with, please get, I'm having a rough day today, I'm sorry, and I'm in too much pain to have sex." My relationship was being pushed to its limits ~ yes we loved each other, but there was no communication or sharing any more. I was the disabled person and he was the helper. The chronic pain was real and it took all my energy to deal with it; I had nothing left to give, to myself or anyone else.

I was experiencing the effects of low self-esteem, decreased self-worth, depression, a sense of being a burden, uselessness, hopelessness, helplessness, utter frustration, resignation to accept less than full recovery/potential, and was continuing to gain weight rapidly. I discovered that I used food to stuff my emotions and was out of control. I started to accept that the medical model of recovery was not meeting all my needs and that I had to find something else, for suicide was becoming a regular thought.

From a place of having nothing to lose, I started to read Issues and looked through the YMCA and Parks and Recreation Brochures for something that looked like it might help me. I had always been a thinker/doer and the concept of listening to my body, taking the time to follow my heart, and slowing down was absolutely foreign and frightening territory.

My healing process began with Polarity Therapy and Bodymind Counselling. I discovered in addition to the physical damage, I also had a lot of memories that had not been dealt with and both contributed to my chronic pain. Learning how my coping strategies could manifest themselves into physical patterns in my body was powerful; and is an incredible tool to managing daily pain.

European Bodywork
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by Karin Herzog

(Graduated 1993 from MASSEIN, College for Manual Therapy and Health Promotion, in Switzerland as a Medical-Therapeutic Massage Therapist.)

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It was also exhilarating to discover that I could change how I feel by what I think, and how I chose to look at a situation. The mind is an awesome and humbling machine, and I continue to discover that it is my most powerful ally or foe, depending on how I use it.

Today I am a Certified Polarity Therapist and Reiki practitioner who integrates Holistic Massage and Bodymind Counselling techniques into the treatments. I believe that learning to reconnect the body-mind-spirit is what living life fully is all about, hence the name of my business Heart & Soul Consulting. It is my belief that through education and awareness, every individual can become empowered to take control of their daily living. I would like to invite everyone to explore and experience the many avenues to good health.

I now have a bodymind approach to daily living. My pain is my barometer, keeping me in balance. Although I still have to choose what I will do each day so that I can participate in tomorrow, I am enjoying the gift of choice. I am able to drive a vehicle again, go for walks, work, and have started running. A friend asked me, "Why on earth would you want to run?"**Because I can.**

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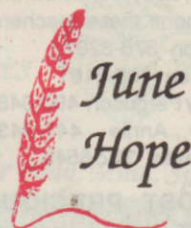
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