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March 1997

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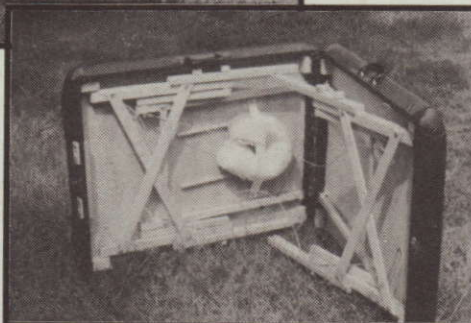


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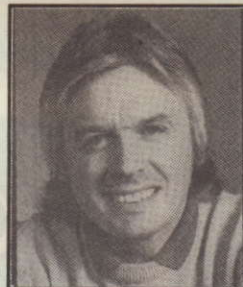
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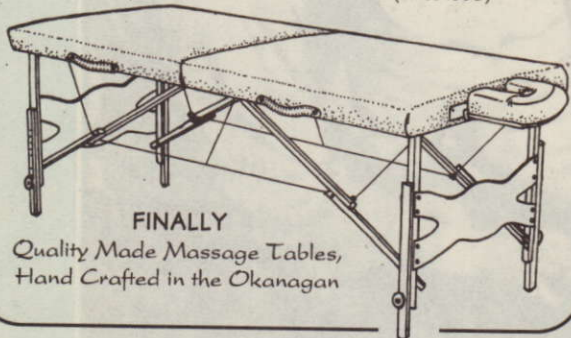
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Musing

with
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publisher of ISSUES

Making Root Beer



This month's front cover is a photo of me as a ten-year-old pouring Root Beer into beer bottles. It was a store-bought mix that was supposed to ferment in the bottles and get fizzy when opened. I can still hear Mom cursing when she walked into the storage room and discovered that more than one bottle had blown its cap and sprayed the sweet mixture all over the ceiling and walls. Some batches turned out great and some didn't, and it didn't matter to me as long as we got to drink the sweet-tasting Root Beer, for living in the wilderness, treats were special and thoroughly enjoyed.

February 20th was my birthday and as soon as I thought of it I knew exactly what I wanted ... so I ordered a lemon sponge cake with blueberry filling and whipped cream frosting from Jude at *Just Pies* and asked her to inscribe the words *Happy Birthday Sweet Sixteen* in the frosting. I phoned my family and friends and invited them to the potluck and asked them not to buy me a present. I said, "I want home-made cards with cash so that I can buy a mountain bike, so that Gerry and I can go cycling this spring." Jan and Michael have just purchased a canoe, so I expect this summer to include lots of physical fun ... perfect for a forty-five-year-old turning sixteen.

Because of my deep desire to change and allow myself to go through the fear of letting go of the old me and trusting that process, I feel and act much younger than my chronological age. People tell me that I look like a teenager so I figure I must be doing something right, and as you read in the last *Musing* I have attracted into my life a young man who will be twenty-five years old this summer. I always felt that I missed the teenage era of my life by getting married so young and Gerry has never dated before, so I figure this is a match made to order. My son Keith, who happens to be the same age as Gerry, said to me, "Mom, the teen years are a bit overrated." I said, "Perhaps so, but I intend to stay open to the many possibilities for I think that reliving that era will be a time of searching and discovering who I am. Whatever happens it will be a good experience for both of us."

Gerry is entering into this relationship to get some experience in what it means to be in a *relationship*, and with his help I get a second chance to get clear with communicating my needs, using some of the wisdom I have gained by having already gone through the process. Because of this difference and my love of making things happen Gerry does need to remind me to go slow. As my astrologer said when she did our compatibility chart, "This is the express elevator the two of you are on," so I figure we'll find a balance somewhere in the middle where we are both comfortable.

Gerry and I have lots in common, including our love of cooking and experimenting with foods and herbs and understanding how they affect us. We both enjoy long walks and being outdoors and I like his readiness to try out new things, especially practising yoga and getting bodywork done. We also have lots of differences, some very obvious, such as my thrill of being the centre of attention and his preference to be in the background, which is reflected in the way we dress and talk. I prefer to do things without a lot of thinking and he likes time to ponder and consider all the options. Since relationships are about finding balance we know ours will be doomed if either of us thinks we know what is best for the other. We have talked and committed ourselves to staying present and adapting to the needs of the moment, and we'll see what happens.

When Raë and I were in the midst of getting divorced he paid me a great compliment by saying, "Thank you for allowing me to make the mistakes I did. At times I knew you knew better ways to make things work but I guess I needed to learn by making those mistakes." I figure my challenge, once again and to an even greater degree, will be to stay conscious of my *Miss-Know-It-All* programming. As my judgements come to the surface I hope to let them go and allow the magic of the moment to unfold as it needs to.

Trying to save the world by helping people to see *the light* seems to be instilled in me at a very deep level, for intellectually I know that the only person I can save or change is myself. This time around I have some very good role models to help me in the shape of Jan, Marcel and Urmi. All three are showing me, by example, new ways of being present and responding to people without getting attached as to whether or not they help themselves as I think they should. I am sure my relationship with Gerry will accelerate the learning process as I develop clarity as to how my body gives me messages and what they mean. Rediscovering myself and writing about it as it happens is a good process, so I shall continue to share my story.

As my body shifts and shakes itself into alignment there have been lots of changes in my physical structure. It feels good not to have to *work* at standing tall and to feel my shoulders drop back without constant reminding. Discovering the complexity of my body and how each incident that I didn't deal with in the moment has affected my internal organs and is reflected in my physical appearance is awesome. As my hip joints level out and rotate into alignment some of my internal adhesions are letting go. I figure that with each pop of my hip or backbone I am getting a little closer into alignment with what I came here to be and do. As I become the true me, I realize how much I got moulded by my family programming... some good and some not so good. Changing my family or societal programming is not something that happens without effort. Being real, being honest and feeling the feelings as they arise is still something I have to remind myself to do. Using the breath as a gauge, I say to myself "let go," as the feelings take me deeper into my core. Being in the moment is a continual process for me, for my brain likes to take over and remind me of the work that needs doing. Intellectually I know that these things will get done when I am ready to put my attention there, so I put them on my list and the next time my mind reminds me, I say, "Thank-you, but right now I want to enjoy the moment." Letting go of my need to be busy is really happening for me... at a core level. Slowing down and making the time to enjoy a

ISSUES MAGAZINE

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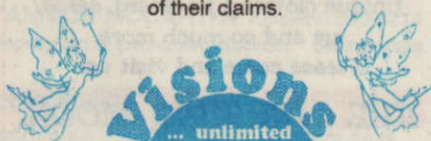
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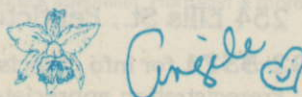
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little romance is very nurturing. It is giving
my body time to regenerate my energy
centres and an opportunity to put into
practice my new understanding of being
human and living more honestly.

I do believe that the microcosm and
macrocosm are the same and that if we
look closely at ourselves and our envi-
ronment we will see the similarities and
correspondences. As I have said in
various *Musings*, I do believe that each
generation of humans comes in just a

little more aware than their predeces-
sors. The lessons we choose to learn
and deal with are put in place by our early
childhood experiences. I am sure that
Gerry and I will have a great time shining
some light for each other so that each of
us can see more clearly the path we
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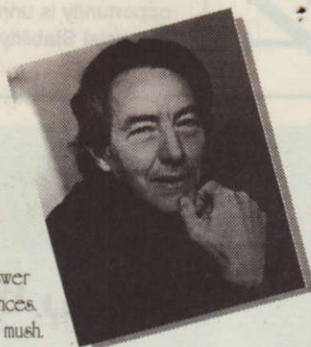
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Letter to Angèle

I'd like to thank you for sharing your *Living Alone* article in the Dec Issues.

Before I read the article I was telling a friend how much I've been belching in the last three weeks. I've never done this before except for the occasional belch. Reading this in your article amazed me because right now my life is changing very quickly. It made me think maybe these inner and exterior changes are coming so fast that I'm frightened. Even writing this to you, I'm shaking inside. I've been meditating and grounding myself constantly.

This past year I've been working continuously on healing myself within. Also being with my parents, understanding who they are under that parenting being. It was very hard because I'm not their little daughter any more. I'm a friend, someone they need in their lives right now to listen to them instead of them listening to me.

I've felt things I've never felt before and have never cried so much. From happy crying to crying just because.

I came back to Nelson two weeks ago from Winnipeg and a transition happened. I've been feeling better since December but these last few weeks I discovered that I can really, truly feel love within me. Love as in looking at everything in new eyes. The beauty within all, every moment has this twinkle in it. Some days it's not there but now I know I have it in me.

Since I've been back I feel all the healing I've done has spread to all my friends, this happiness and joy.

I'm very interested in healing, helping myself and others. I feel stuck sometimes because I don't know which direction to go. Going to massage school doesn't feel right for me. Do you have any suggestions or someone I can get in touch with to help me continue the path I'm on?

Thanks again for sharing because you healing yourself and sharing has helped me and many others.

Thank you

Jackie

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From the Editor...

Chit Chat

with Marcel

March, the month of Easter and a time to reflect upon the meaning of the Easter Story: the crucifixion, resurrection and ascension. I had never really understood this story until listening to Joseph Campbell, author of "The Power of Myth" and many other books on myth. He explains that this was the enactment of a myth that was necessary for the development of humanity at that time. It is the story of what needs to happen within each one of us. We are to die to our animal nature, with all its lust, greed, anger, fear and insecurity and awaken or come alive to our spiritual nature and then allow it to ascend or evolve to higher levels. Campbell goes on to say, "Christ is crucified and from his body the food of the spirit comes. Christ on the cross is the symbol of one who has died to the flesh and been reborn to the spirit. This is an essential experience of any mystical realization. You identify yourself with the consciousness and life of which your body is but a vehicle. You die to the vehicle and become identified in your consciousness with that of which the vehicle is but a carrier. And that is the God."

According to Campbell this is a theme that is repeated in many other myths in many other cultures. In India the chakra system is shown in diagram with the Lingum and Yoni symbol at the first chakra and then again at the heart chakra. Only at the heart it is shown in gold. At the first chakra it indicates the birth of animal man and at the heart chakra where the birth of spiritual man begins.

The Easter Season will be a busy time at the Holistic Centre. Andrew Schneider presents his lecture 'Water Into Wine' on Mar. 4 • Cassie Benell offers Integrated Body Therapy on Mar. 8 & 9 • The Holistic Health Fair takes place on Mar. 14, 15 & 16. This is your chance to try one of the holistic therapies or readings being offered at a reduced price • And on Mar. 22 & 23 Patrick Yesh offers 'Harmony in Emotions, Harmony in Relationships,' a creativity playshop.

Craig Russel's Soul Journey will be in the Okanagan Valley from Mar 14 to 18 with seminars in Kamloops, Vernon and Kelowna • Bonnie Borgerson's Jin Shin Do Acupressure Workshop is in Kelowna Mar. 15, 16 & 17 • David Locke presents a lecture '...the truth shall set you free' in Vernon Mar. 26 • and don't forget International Women's Day Mar. 9 at Leir House in Penticton.

Getting back to myth, one of my favourites is the myth of the Easter Bunny. What a dear little fellow, leaving all us kids a basket of chocolate eggs for Easter morning. Being a chocolate lover, I'm glad that this is one myth that has survived and is still popular today. To use the words that Joseph Campbell often said, "This is a great myth! How can you beat that?"

My best wishes to everyone for a Happy Easter and may the Easter Bunny bring you lots of chocolate eggs.

Marcel



The Beauty of Bowen Therapy

by Jessica Diskant

So simple, yet so incredibly life changing, that's Bowen. Bowen Therapy is a soft tissue therapy which affects the entire body both physically and energetically so that it can repair itself naturally. Unlike other bodywork techniques, this is a very gentle, noninvasive procedure of muscle and connective tissue moves that send a neurological impulse to the brain. As a response, the muscles let go of tension, joint mobility is corrected and it is soothing and relaxing. There's no need for harsh movements.

As a student of physiological sciences, anatomy and training in massage, I was among the sceptics. I thought one had to work the muscle to achieve better range of motion, freedom from pain, etc. Bowen is truly a more simplistic approach and gets exceptional results.

I decided to study the technique, even though I had some scepticism. During the training I had incredible relief from a severe chronic shoulder problem. It helps many ailments, respiratory, PMS and other hormonal problems, sports injuries, headaches, TMJ, back and neck pain. It's endless. I was so relaxed during the class it was hard to get off the table and work on others. I could have floated for hours. The other neat thing about this work is it's good for all ages, newborns with colic to the elderly or pregnant.

This therapy originated in Australia and we have been fortunate to have the instructors come all the way from Australia to train us. If you'd like to try something different, I'd love to share the art of Bowen with you.

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Patrick Yesh



Creativity and Emotional Harmony

Only the inner life is truly creative. My creative imagination cannot produce anything worthy if it is in a state of emotional flooding from anger, resentment, fear, anxiety or any strong negative emotion. We must know our emotional patterns and be able to moderate them in order to be truly creative. Emotions have the power to affect body chemistry, immune system response, and our ability to think clearly. The quality of your life is governed by the quality of your emotional responses in relationship with family, friends and career associates. Inner Balance and Harmony of body, mind and emotions creates the pathway for our soul to take spiritual command of our lives. Divine mind then guides our actions.

Intellect cannot function well in strong emotional states. Strong emotions can block pathways to analytical intelligence. Our thinking mind can control our emotional responses to life if we learn to monitor them quickly. Our creativity can be haphazard or controlled, directed and constructive. Stable healthy emotions balanced with intelligence can create an inner harmony in which creativity flows uninhibited. Our creative actions are like spiritual communication channels. Attitude is important, service attitudes crucial. Truth, beauty and goodness are gravity circuits for transcendent creativity: soul art.

The good news is that our emotional responses can be changed, coordinated, moderated and harmonized at any time in our lives. Artistic creativity used as therapy can speak a profound language of metaphors, symbols and deep feelings. Artistic journaling penetrates quickly to reveal hidden aspects of the psyche. It is an adventure of the mind and spirit over waterfalls of emotional patterns, into an expansive sea of divine self-perception. One learns quickly through the creative process to coordinate analytical intelligence with intuitive-emotional intelligence.

Your emotional life patterns can be changed for the better, for optimal physical and emotional health. All we need is to hear and see, experience and practice these new patterns of emotional responses modelled for us in order to change. Acting on our inner creativity we can then model for our clients new options of emotional response, empowering children and adults.

Using the arts and our whole brain/mind potential, left-right hemispheres, unconscious and superconscious, and divine mind, we can begin modelling a creative life of light and life. By staying in the creative partnership with our higher self, we can harness the human mind to spiritual overcare, tame the emotions, and coordinate the physical nature. We can still be emotionally passionate in our creativity, our meditation, our self-control and our loving.

Chronic Pain Solutions

with Zhi Neng™ Medicine

by May Chew

"Far too many people suffer needlessly from pain!"

So claims **Zhi Gang Sha**. He should know. He's helped thousands of people around the world find relief from chronic pain. Sha's healing techniques work with the energy in the body. He uses **Sha's Acupuncture** therapy and **Zhi Neng™ Medicine** to help energy flow more freely.

Sha is a **doctor** trained in China in both traditional Chinese medicine and Western medicine, a former **World Health Organization acupuncture and Qi Gong instructor**, as well as a **master** of many eastern disciplines.

Having practised medicine for more than twenty years, he is convinced that his healing skills and knowledge must be shared with as wide a public as possible – to reduce the pain and suffering he sees in his patients.

He developed **Sha's Acupuncture** in 1978, a simpler and more effective form of acupuncture that relieves chronic pain quickly and helps patients recover faster. Sha's technique is unique; it **combines energy healing with the action of the needle**. Only a **few key** acupuncture points are used, instead of the more than 365 used by traditional acupuncturists.

Sha wants people to have the tools and techniques to heal themselves and to relieve pain. He wants people to start taking more responsibility for their own health instead of relying on others or on the medical system. He believes that **Zhi Neng medicine** has the answers and that everyone can enjoy better health with it.

"Zhi Neng medicine can take away your pain in minutes!" Sha further explains, "It's a new medical science that melds together traditional Chinese medicine, Western medicine and the ancient art of Qi Gong. Your healing tools are your mind, your hands and sound."

Practised by millions in Asia, the **"medicine-less"** science has proven to be simple, effective and easy to learn. A non-invasive therapy, Zhi Neng medicine requires no chemicals or mechanical props, and can be used to relieve pain anywhere or any time. Sha believes that Zhi Neng medicine will become the medical science of the 21st century.

Energy and cellular vibration – these are the keys to understanding Zhi

Neng medicine. Illness results from either too much energy or not enough energy in the body (relatively speaking). You get better by balancing this energy using Zhi Neng medicine's **self-healing** techniques, and by developing more energy with the Zhi Neng medicine style of Qi Gong – **Dong Yi Gong**.

Regular practice of Zhi Neng medicine will help you to enjoy better health, to relieve pain, to improve your immune system, and to increase your zest for life. Students who have learned from Sha say:

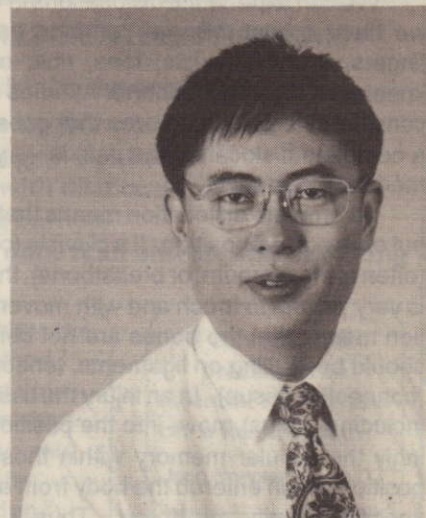
"Your methods are unusual by western standards! The Qi Gong class was like something I'd never experienced – it was very freeing." Noreen Campbell, Vancouver, BC

"I have received treatments of Zhi Neng medicine from (Sha) and so have several of my patients. I myself am feeling much more energetic and all of the patients are also improved. It is comforting to at last have found a treatment that works for many conditions..."

Donald Stewart, MD, Vancouver, BC

In Kelowna, Sha welcomes you to join him in a workshop, **"Energy Development & Self-Healing with Zhi Neng Medicine"** May 3rd and May 4th at the Ramada Lodge Hotel. Learn healing from a master and improve your health and life.

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Zhi Gang Sha, CMD, CHHP, MHA

Becoming a great healer was Zhi Gang Sha's childhood dream. He started learning Tai Chi at the age of six and Qi Gong at ten. He studied with many masters of Buddhism, Taoism, Confucianism, I Ching, acupuncture, traditional Chinese medicine, etc. In 1983, he received his **medical degree** in western medicine from China and in 1989, a **master's degree** in Hospital Administration from the Philippines. Today, he brings together the best of the East and West in his healing work.

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DISLOCATIONS

by Cassie Benell Ph.D.

We can experience dislocations in our body anywhere that we have a joint. Some common areas of dislocation are fingers, thumbs, wrists, toes, ribs, collarbones, shoulders, kneecaps, hips and tailbone. At times some of us experience considerable pain in an area that goes away over time. With a complete dislocation the pain is very intense, and we seek medical aid to rectify it.

A complete dislocation means that one bone of the joint is out of its normal position. If a clavicle (collarbone) is dislocated (often at the sternum, or breastbone), the clavicle sticks out and is very painful to touch and with movement. A partial dislocation means that the bones are not completely in line as they should be, pulling on ligaments, tendons, muscles and fascia (connective tissue). In an injury the tissues (all just mentioned, including bones) move into the position of injury. And amazingly the cellular memory within those tissues stays in that position which entered the body from a specific angle and at a specific velocity and force. Thus it is possible to find old injuries, deciphering the angle of impact and the force used to sustain them. By matching the same, the cellular memory and pain can release for good.

Usually dislocation occurs with a hard blow or a fall. Surprisingly at birth a number of babies have dislocated

clavicles. Dislocated ribs are very painful, since we move our rib cage with every breath we take. Fingers or toes which are not quite in line and are painful all of a sudden may be dislocated. Downhill ski injuries are notorious for causing dislocated kneecaps. Years ago I did a first aid course for ski patrol, and a dislocated shoulder is a common cross country injury. This occurs when the basket of the ski pole catches on a branch, suddenly pulling the arm back and out of its socket.

A friend of mine had one shoulder that she had dislocated many times. On a cross country ski trip she merely fell on that shoulder, dislocating it yet again. She stood up and popped it back into place. A day or so later she came to me because she still had some pain there. I gently guided her arm and shoulder through various comfortable movements which her body initiated, getting a lot of release. She felt much better afterwards and had fewer subsequent problems with that shoulder.

I worked with a cowboy who had a leg that moved stiffly and the same foot was very pigeon-toed. He had had a horse rear up and fall backwards on him while trying to load the animal into a horse trailer. He ended up with a broken hipbone (which needed a plate) and a dislocated hip. Through accentuation of his uncomfortable posture (which felt good to him), his pain lessened. After his first session his foot turned in about half as much and after three, not at all. Previously walking had been very painful and after his sessions was not painful. A year later he has no pain in that hip or leg.

Another client fell hard on her back on ice and sustained a very painful shoulder, which she had for months. Her tissues said to me, by following their movement, that she had probably partially dislocated her clavicle. Again, by accentuation of where those tissues were pulling, she got much relief. I also gave her the same to do as a self-care exercise. The following winter she fell again on the ice, but forwards, with a beneficial response. She heard a click, and her shoulder pain disappeared completely. Evidently the velocity and force of her fall must have allowed her clavicle to do its own self correction, probably aided by the previous work done in that shoulder area.

Several years ago my daughter-in-law came to me with a sore hand, which she believed was dislocated. She fell while cross country skiing and hurt her hand. While gently holding her sore hand, in my mind's eye I saw something like an x-ray of her hand, with a cracked metacarpal bone. I did energetic but not physical work on it and recommended that she see a doctor. Sure enough, she had broken her hand. So not everything which appears to be dislocated is; sometimes a break is involved.

I have experienced several painful partial dislocations of some ribs and a clavicle as the result of falls. I didn't realise for years, until I had some work done on me, what the problem was and that I didn't have to live in pain. What a revelation! A rib can be dislocated in three places: at the sternocostal junction (in front between the breastbone and rib), at the costovertebral junction (in back between the vertebra and rib), and at the costotransverse junction (in back between the transverse

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Epidemic of Inner Peace Predicted!

Author Unknown (submitted by Karen Timpany)

Be on the lookout for symptoms of healing and inner peace. The hearts of a great many have already been exposed to inner peace and it is possible that people everywhere could come down with it in epidemic proportions. This could pose a serious threat to what has up until now been a fairly stable condition of conflict in the world.

Some Signs and Symptoms

- A tendency to think and act spontaneously rather than from fear based upon past experiences.
- An unmistakable ability to enjoy each moment.
- A loss of interest in judging people.
- A loss of interest in interpreting the actions of others.
- A loss of interest in conflict.
- A loss of the ability to worry. (This is a very serious symptom)
- Frequent overwhelming episodes of appreciation.
- Contented feelings of connectedness with others and with nature.
- Frequent attacks of smiling.
- An increased tendency to let things happen, rather than to make things happen.
- An increased susceptibility to the love offered by others as well as the uncontrollable urge to give love.

Warning!

If you have some of the above symptoms, please be advised that your condition of healing and inner peace may be so far advanced as to be incurable! If you are exposed to anyone exhibiting any of these symptoms, remain exposed only at your own risk.



process of the vertebra and the rib). One chiropractor, who has been an Ortho-Bionomy instructor for 20 years, said that chiropractic does not address ribs well, while osteopathic disciplines such as Ortho-Bionomy do. Fortunately my ribs are all in place now, although they do tend to be more easily misplaced when stressed than ribs which have not experienced trauma.

Thus it is possible to do something in areas where we have had dislocations, so that trauma from the surrounding tissues is dissipated and the area is more comfortable. Even such injuries which happened 30 years ago can be helped. As we grow older, areas which have been traumatised tend to become more troublesome. So why not let the trauma be released before such an area is debilitated? I think we owe it to ourselves to have bodies in which we can comfortably live.

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Wealthy Transnational Pharmaceutical Industry Subsidized by Canadian Business

"David Dingwall, in one of his first press interviews after he became federal health minister in January, drew attention to Canadians' rising consumption of prescription drugs and over-the-counter medicines. The nation is spending about \$12 billion a year on pharmaceuticals, compared to \$300 million in 1960. While spending on doctors' and nurses' services is capped or cut, spending on chemicals is rising rapidly and the volume fed to patients is also rising. Mr. Dingwall wanted to investigate the reasons."

Winnipeg Free Press, March 29, 1996



Why do small business owners and employers of Canadians subsidize the wealthy, foreign-owned transnational pharmaceutical industries in their quest for more and more profit? We help finance, promote and encourage their astounding market growth and profitability through employee drug benefit plans which we finance without question. In return, foreign transnationals, which control upwards of 92% of the Canadian market for pharmaceutical drug sales, drain our economy of its vitality as huge profits flow to foreign economies.

Since 1960 Medicare and pharmaceutical drug subsidization by government, and later Canadian employers (through drug benefits insurance plans), has become fashionable. During the same time-span pharmaceutical drug sales in Canada have risen from \$300 million to \$12 billion. Canadians would surely expect some national health benefit from this investment! But the lack of a mandatory system for the measurement of health outcome makes it impossible to directly link drug use with positive or negative health results. With federal health protection virtually nonexistent, common sense is our only assessment option - although this approach is frowned upon by 'scientific medicine.'

We have a serious health crisis characterized by the rising rates of degenerative and infectious diseases. Never before have we seen so many children with asthma, allergies and cancer. Never before have we seen so many young adults suffering from chronic fatigue, chronic pain, mental suffering and a host of other new afflictions. It is true that the generation before the baby boomers has enjoyed long life expectancy, but what is the fate of the baby boomers and their children who are plagued with the growing barrage of 20th century ailments?

Pushing for Profit

Dr. Joel Lexchin, in his book *The Real Pushers* (Newstar Books), describes the drug industry's wide spread and deleterious effects on medical research and education, on physician prescribing patterns and ultimately on the health of the Canadian public. He states, "The drug industry thus provides a disturbing example of how human misery and profit-making can become intertwined. But the companies go further than just profiting at the expense of illness. They knowingly de-

ceived doctors about the drugs that they make."

Could it be that our growing use of pharmaceutical drugs is the cause of Canada's rising incidence of degenerative and infectious disease? It is well known that the majority of drugs merely mask symptoms of disease without solving the underlying health problem. We would never allow a mechanic to work on our car in this manner. We know that eventually the car will break down if we do not address the real problem. Yet we fail to consider what happens to our bodies when we continue to concentrate on treating the symptoms

only. John Lee, MD, a contributor to *Alternative Medicine-The Definitive Guide*, describes those effects: "Most pharmaceutical drugs and almost all prescribed drug treatments merely mask symptoms or control health problems, or in some way alter the way organs or systems such as the circulatory system work. Drugs almost never deal with the reasons why these problems exist while they frequently create new health problems as side effects." Most people are aware that drugs cause side effects but they are not aware that side effects are usually diagnosed as new diseases and that with the new disease comes a new prescription.

Thanks to subsidies from Canadian business and government, the foreign-owned pharmaceutical industry can afford costly promotional campaigns that have convinced Canadians to place their trust in the growing lists of scientific treatments for health and disease. This profitable industry, which holds a monopoly on our health, perpetuates the spiralling demand for pharmaceutical drugs. They create new and profitable perceptions of reality for unsuspecting Canadian consumers who have grown dependent on medical doctors trained in pharmaceutical medicine.

Women and Elderly - Prime Targets

Lexchin describes the medicalization of social and family problems as a marketing tool of pharmaceutical manufacturers. Menopause, a natural change in a woman's cycle, is turned into a disease with a pharmaceutical solution. Badly behaved children are labelled with a disease, pharmaceutically treatable of course.

An ideal product opportunity is one that can be marketed to a large and growing population segment, who have the economic resources to afford treatment. The elderly are a prime target today because of their excessive accumulated wealth, large population and the likelihood of experiencing myriad symptoms. It is not uncommon to see the elderly taking fifteen or more prescription drugs daily.

To ensure the success of new patented products introduced on the market, pharmaceutical manufacturers also use 'scientific research,' which only they can afford to conduct, to legitimize their products. Doctors trained to trust in science

never suspect the lies, cheating and fraud that may form the basis of pharmaceutical research motivated for profit. According to Lexchin this is a reality which is prevalent in Canada, where federal regulators accept the "good word" of foreign pharmaceutical companies and their "scientific documentation of proof." The drug approval process puts foreign researched and manufactured products on the Canadian market without any assurance of scientific honesty.

As a Canadian dependency on pharmaceutical drugs continues to proliferate and grow due to the government legitimized perceptions of growing pharmaceutical need, the Canadian economy will suffer. Medical doctors and nurses are only the first group to experience the fiscal reality as government spending on human resources is capped or cut while pharmaceutical expenditures continue to spiral out of control. As the government spends more and more of its available income on pharmaceutical drugs, it will have less and less to spend to support the remainder of the Canadian economy. Canadian jobs will be lost and businesses will fail as Canadian wealth is drained by the foreign owned transnationals who are profiting from the growing epidemic of degenerative and infectious disease in Canada.

The question employers/employees should be asking themselves is this: Why support the upward spiral in demand for pharmaceutical drug benefits and the expansion of the foreign-owned pharmaceutical industry profits in Canada if they will only slowly but surely strangle business potential and the Canadian economy?

The wise investment for employers/employees is in a preventative health plan that provides all of us with the tools to prevent disease and solve disease problems in our families. There are many capable non-pharmaceutical health educators capable of doing the job. The result will be a healthy Canadian population which is productive, energetic and better able to increase the bottom line - Canadian profit.

Lynn McLean BSc, HEC is a health researcher, writer and coordinator for Citizens for choice in Health Care, Manitoba.

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Self Massage for Women

By Urmi Sheldon

This month my focus is on women's health issues. From my own experience I know these are complex, subtle and often overlooked. If you suffer from chronic pain, depression or low energy this column is dedicated to you.

The female body is a delicate but sturdy masterpiece. Yet childbirth and our monthly cycle can often rearrange our bodies and personalities causing problems in our day to day lives and relationships. We have been conditioned that pain is something we must endure and accept. Many of us are diagnosed with so called incurable ailments like arthritis, fibromyalgia and P.M.S. and the medical profession leaves us with a sense of hopelessness and/or medications to mask the symptoms we experience.

To put the pieces together and heal ourselves we must start to listen to our needs and accept that we are the guardians of our own well-being. We must realize our lifestyles, habits and relationships can affect our psychology in a variety of ways. March heralds the spring and a new upsurge of energy. It's time to take action; do a cleanse or start exercising. This month I am offering a three hour workshop focusing on self massage for women. The class will include a simple daily routine of self massage to keep energy and circulation flowing as well as specific attention to individual needs. Breast examination, lymphatic drainage, face massage and meditation will be addressed. I will share my understanding of how energy circulates in the body and how we can reform ourselves through acknowledgment of our auric bodies.

Take action towards self maintenance and elimination of pain from your body. Join me March 12 or April 6 for a playful and practical look at what ails you.



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The Uterine Connection

Part II
by Joel Whitehead

In the previous article we discussed why a hysterectomy should not be the obvious choice for problems outside those related to cancer. Unfortunately, of the hysterectomies done, only 10% are due to cancer, the other 90% are mainly due to more solvable problems. In this issue we would like to describe some of these problems and their root causes, along with some solutions offered by Oriental medicine.

Prolapse of the Uterus

Uterine prolapse is almost always the result or the accompanying factor of stomach prolapse. While anatomically it appears that all the organs are suspended by ligaments or internal fascia, it is really the strength of the internal Qi (energy) that determines whether other organs will fall in succession. One of the most common complaints of women who suffered from uterine prolapse had been an ongoing feeling of lower abdominal heaviness and gastric complaints (see the October 1996 Issues). One of the most common comments made by women whom we've treated for severe prolapse of the stomach and gastric complaints, is that sex became less painful as the stomach prolapse was lifted. I believe that those women may have been headed for problems of uterine prolapse.

Bleeding Problems

There are three main causes for either an extremely heavy flow in a period, called menorrhagia, or bleeding, possibly heavily at times other than the period, called metrorrhagia. Actually, this is an area filled with grey areas and terminological misvaluations. Nevertheless, the three main causative syndromes are: heat, blood stasis or Qi deficiency.

Internal heat causes the blood vessels to burn and lets the blood 'run wild.' A person suffering from this condition can also be irritable and thirsty and despise hot weather. It can also be combined with dampness which would cause obstruction and pain as well. Blood stasis in its early stages or in certain people can cause a blockage of menstrual flow called amenorrhea, meaning loss of the period altogether. It can also force blood to flow out of its normal pathways and lead to periods that not only bleed profusely, but show lots of clotting and have a characteristic sharp pain as well. When the Qi is weak it may lack the energy to guide the blood as it normally does, and so this blood lacking normal dynamism leaks out in quantities

enough to be profuse. The patient would probably already be showing signs of listlessness and the blood would probably be thinner and paler than normal. This takes longer to treat as building up a person's energies takes quite a bit more determination and patience than merely clearing a blockage. Usually, however, it is much less severe and acute than either of the aforementioned conditions.

Dysmenorrhea or Painful periods

Where there is pain there is almost always a measure of stagnation or blockage. While uteruses are rarely removed for reasons of pain alone, it can be a symptom of things like endometriosis, cysts or fibroids etc. in their predevelopment stages or when they've already formed. When we clear up the stagnation, we clear up the problem and in most cases even reverse the growths that have already taken place.

There are various forms of these blocking syndromes including stagnation of energy, stasis of blood, internal coldness, internal heat, dampness stagnation or damp turned to heat called damp heat. Once diagnosed we use a two pronged approach of treatments to create movement, and herbs to alter the aberrant energetics and reinstate harmony leading to an amelioration of the pain and its physical deformations.

For instance, if cold is the key problem, warming the patient internally and moving the blood is the primary approach. For heat conditions we would cool and liquefy the internal environment. I think you are getting the picture. Of course there are dietary concerns as well as treatment. In any case the immediacy of the approach can be determined by the seriousness of the pain, the onset of the next period and more often than not the deadline for hysterectomy established by the gynecologist.

I guess the whole point we are trying to make here is that seemingly crisis-like problems that aren't solvable by western methods have been treated for thousands of years by Chinese medicine. It is frustrating to hear the stories I am told by women who ended up with hysterectomies were most likely the result of the root syndromes that I am presently treating them for. In our next and final part of this trilogy we will be discussing menopause and hormone replacement therapy, consequences and options.

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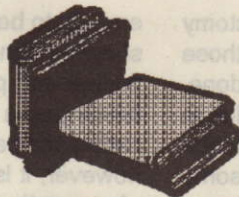
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Book Reviews



by Jan



There are so many new books for personal growth, information and entertainment. Trust your inner guidance to find the ones that are right for you and ENJOY!!

...and the truth shall set you free

by David Icke

Nellie McClung: No Small Legacy

by Carol L. Hancock

Northstone Publishing • ISBN 1-55145-084-4

Until recently I had never heard of Nellie McClung, but I'm sure I was grinning most of the time I was reading her biography. I liked the wonderful sense of humor in her writings. Now she's a lady I would like to have met !!! She would have been considered, by today's views, a feminist but was working for equality in politics (women's right to vote) and in the United Church for ordination because she felt it was the right thing to do. Author of sixteen books (a number of them collections of magazine and newspaper articles), she used *Sowing Seeds in Danny* and *The Second Chance* to teach values as well as to entertain.

Nellie McClung wrote *In Times Like These*, published in 1915 "At the present time there is much discontent among women, and many people are seriously alarmed about it. They say women are no longer contented with woman's sphere and woman's work - that the washboard has lost its charm, and the days of the hair-wreath are ended. We may as well admit that there is discontent among women. We cannot drive them back to the spinning wheel and the mathook, for they will not go. But there is really no cause for alarm, for discontent is not necessarily wicked. There is such a thing as divine discontent just as there is criminal contentment. Discontent may mean the stirring of ambition, the desire to spread out, to improve and grow. Discontent is a sign of life, corresponding to growing pains in a healthy child." Over sixty years later her words still ring true as women search for their purpose in life.

Carol Hancock has included quotes from Nellie's books, articles and papers that uplift and inspire. For those who wish to know more about Nellie McClung and her part in Canadian history, sources are listed at the back of the book.

Bridge of Love Publications • ISBN 0 9526147 1 5

Many articles and books have been written about control and manipulation by the elite. David Icke has gathered information and research material into his latest book **...and the truth shall set you free** to show the complexity and underlying patterns of global control. His purpose is not to create more fear but to share this information so that we can make conscious choices for our children and the future.

This book challenges me to look at news and events with a more discerning eye, to question the presentation and look beneath the surface. This whole issue of global control is not something I ever paid attention to before and I found myself reacting to parts of the book with skepticism. I was also fascinated with the intricate web of intrigue, like reading a spy novel, but to imagine this as being the truth shakes my foundations. Not exactly a comfortable feeling!

If I am going to accept responsibility for myself and my place in this world, I need to be informed. As David Icke says, "We cannot be free until in our minds and our hearts we allow others to be free. The idea that we are mentally and spiritually free because we are following what we believe to be right is an illusion. We are only truly free when we are as determined that others should be able to do the same. The suppression of one human being or animal is the suppression of all of us. When we have no desire to impose our views on others and when we celebrate diversity of thought and lifestyle that have been freely chosen, then we can begin to say that the programming of this world and the Elite machine is breaking up and falling away within us. But not until."

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S.O.M.E. Men

by David Tauzer

We ask you, men, these three questions: Where are you at this present time in your life? What are the gifts that you can offer other men? What are you needing from other men?

These were the questions posed in our OMEGA circle on January 28 that we held at the Klein's 'Homestead' in Peachland. The OMEGA ~ our end of the year, as well as new beginning was an acronym for the Okanagan Men's Evolve-ment General Assembly, a name we flip-pantly assigned to this gathering. How-ever, our intention was deliberate, hope-ful and sincere in expanding our horizons and building a larger and stronger com-munity of men.

This open gathering was attended by twelve men from the central and south regions of our valley. It gave us the opportunity to meet again face to face with many of the men who attended the wilderness gathering in Sept. ~ to build on those relationships, to check in and share our life experiences and partake in a great dessert potluck. In addition, we wel-comed a couple of brave, new-to-us men searching for some connection.

I was energized again by the sincer-ity, the careful listening, the speaking from the heart, and the general quiet, respectful mood that seems to be charac-teristic of these gatherings. This time allowed me the chance to speak about my life right now and renew my perspec-tive that things are always in the process of change.

And as I listened to the others when they spoke of the joys as well as the challenges they were facing, I felt honored to be present. When each man spoke of the gifts they were able and willing to share, and then to clearly express what they needed from other men, I was awed by the strength and goodness that we are tapping into as we join together as a deliberate community of men.

I thought back on the year, and how I was particularly moved by an earlier gathering where thirty men spanning three generations grappled with very different perspectives on life, yet closed the evening by forming a circle — hand to hand. And remembering one of the elders express-ing his feeling that despite our differ-ences, we have communicated and sur-

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vived. If only men throughout the world were open to this dialogue and could stand in a circle holding hands, that there would indeed be peace on earth.

I know that we have a long way to go and many challenges ahead before we work through the centuries and genera-tions of internalized oppressions, yet I am

100% hopeful and experience much joy in the process. As always, we put out an invitation to all men to come and join us at our monthly gatherings. (250-496-5435)

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What's Cooking?

...from Grandma's kitchen to
Angèle's kitchen



I think my interest in cooking all started in Grandma's kitchen. Ever since I was a young boy, I can remember all those wonderful smells and tasty dishes that she made. Every meal was a delight to be remembered. It wasn't long before I was by her side helping out the best I could by chopping, rolling, mixing or just plain watching her create as she whistled and sang along to soft tunes playing on the radio.

Every season brought the family together at Grandma's house. We would all have a specific job to do along the production line. My sister, mom and I would help cut, my dad would keep the 'liveliness' going while doing a bit of everything, while grandma controlled all operations and kept an eye on everything (especially my grandpa (Pépère) who would always try to sneak some more salt, butter or rum into the recipe).

Many of grandma's recipes were passed down and learned from her mother. Being Hungarian, you could be assured that there were always plenty of desserts after every meal. Nothing in the stores or restaurants could compare to what her food tasted like. I never really realized this fully until I left home in Ontario to find work out here in B.C.

Working for a forest consultant company exposed me to camp food. Meat and potato-type dishes after several years got to be pretty boring. I left my position and wanted to get involved more with cooking. This inspired me to get a little creative.

For several months I started to do a lot of experimenting with vegetarian cuisine. I made many soy products like milk, tofu, tempeh, nuts and sprouts, coconut, curry and Indian dishes, nut butters and spreads ...the list seemed endless.

Then one day, I saw an ad in *Issues* magazine for a vegetarian cooking class held by Vicki and Angèle. I was enthralled to be able to learn and share recipes that I had gathered over time along with receiving a warm 'homey' feeling similar to grandma's house. This was the type of work environment I was looking for.

After the class was over I asked if I could be of any help at the Centre. Angèle was hesitant at first but then asked me "Well, what can you do?" I answered "I'm good in art." And so the next day I started making up posters for the upcoming Spring Festival of Awareness.

Volunteering full time for the last five months at the Holistic Healing Centre has provided me with plenty of opportunities to express and share my cooking enthusiasm with Angèle, Jan, Marcel, Mike and whoever else may pop in the door while things are just coming out of the oven.

The next logical step for me now is to help run the cooking classes here at the Centre. With the love of grandma's kitchen in Angèle's creative kitchen, two of us are bound to come up with something tasty for everyone. Come check us out!

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CHRONIC FATIGUE AND HOW NOT TO HAVE IT

by Vera Tobis, Dipl. Ac.

Maintaining our health and vigor in this day and age can be a very frustrating task. Being healthy and feeling well means that our quality of life is high. It would mean that we all ate nutritious wholesome foods, free from chemical contamination. We would all be working at jobs we love while never having to worry about money. Our air would be clean, our water pure. We would have time for family, friends, exercise and leisure. But for most of us, the pace of life has become far too hectic and demanding, and our bodies tell the tale of our unbalanced life style.

A frequent complaint these days - perhaps you can identify - is that of not feeling well, just not feeling right. People feel listless, can't drag themselves out of bed, but do. Their bones ache, or their joints burn, or their muscles are weak. Some are depressed, others are spacey. Most have coffee, sugar and fast-food addictions. "Just to keep going" they say in justification, though often with guilt. Often they are told, "You'll just have to learn to live with it." Sometimes a name is put onto their malady - chronic fatigue, fibromyalgia, stress syndrome, but nothing can be done about it they hear, or perhaps they are given drugs. This sad state of affairs has led many people to seek holistic therapies to deal with their problems.

For those people just starting to regain their well-being, this search can be quite harrowing. There are so many alternatives in the alternative market, how is a person to choose? Besides regular medicine we have acupuncture, chiropractic, homeopathy, herbal therapy, nutritional supplements, yoga, meditation, hypnosis, crystals, color and sound healing, and many varieties of bodymind therapy. It is not an easy job selecting from this grand array of possibilities and each modality has its own strengths and weaknesses in treating disorders and individuals. Obviously a well informed choice is preferable to a hit-and-miss approach. We are all charged with this responsibility of becoming as informed as possible about how our bodies work. We need to learn what happens when we are not in harmony and what measures we can take to remedy the imbalance. This is a difficult, exciting and long-term assignment!

Fatigue and exhaustion are very common presenting symptoms in our society, describing the depletion of one or more of the body's organs or systems. The following offering is from a Chinese Medical perspective and shows some of the causative factors as well as the effects on the various organ systems. Our first consideration would be the person's overall Constitutional vitality, their inheritance, which would show up primarily, though not exclusively, in the Kidney network. A Kidney weakness might be reflective of the low health or great age of a parent at the time of conception. Or it might be indicative of difficulty during pregnancy.

We would look at the patient's medical history. Has there been serious or protracted illness? What medications have they taken, for how long and with what effect and side-effect? Was there ever an event or illness after which they felt distinctly worse? Long illnesses tend to deplete the Spleen thereby leading to weakness and fatigue. Heat disorders are of interest since they tend to damage the body's Yin by 'burning' the body

fluids. Upper respiratory infections if not properly treated can create a residual Heat or Damp-Heat in the interior leading to the symptoms of fibromyalgia - a persistent flu-like feeling along with muscle/joint aching. Furthermore, if one does not take the time to rest properly during an acute Wind invasion (common cold), a predisposition to further Wind invasions can be established thus setting up a vicious circle of Heat symptoms, deficiency and susceptibility.

We examine work, exercise and diet patterns. Overwork and overexertion are very common contributors to chronic fatigue. A proper balance between work and rest is necessary for the maintenance of health. However, work demands, competitiveness, financial necessity all combine to sabotage many attempts at healthful living. Likewise in the area of exercise, many people are driven to perform at a level that is perhaps more damaging than beneficial. If the body has sufficient rest, it can recuperate easily. If not, the reserve tank gets emptied and we will be without the requisite Kidney Essence. Of course, those people who never exercise feel tired because of the stagnation of the Qi that occurs due to inactivity.

The Spleen/Stomach network is responsible for the metabolism of food and for the transport of nutrients to all parts of the body. Improper diet and irregular eating habits seriously weaken these functions, again leading to fatigue from malabsorption. Food is what fuels our bodies - we are what we eat - and we are only as energized as the quality of the food ingested and utilized. Here is a lengthy list of indulgences and 'errors' in the feeding department that we would all do well to avoid: eating too much, eating too little, eating in a hurry, eating late at night, eating while doing something else, eating while in a state of emotional upset, eating too quickly, excessive consumption of cold-raw foods, of meat, of alcohol, of sugar, of spicy foods, of caffeinated products, of packaged, processed or denatured foods. These all surely injure our health.

In our interview we also look carefully at the individual's mental/emotional/spiritual nature. What are their coping powers? How do they respond emotionally to life's stresses? Do they have support systems, visible and invisible? Are they willing to change and how much? Are they tired of being tired? And we remind them that the choice is theirs. Wellness is an individual choice and responsibility. We can all help ourselves to good health.

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MY PAST LIVES

Part III by Dane Purschke

I have discovered that wisdom cannot be properly discerned from life until we have experienced both sides (polarity) of each issue. In our multiple past lives each of us has been both male and female; victim and victimizer; been rich and then poor; lives of service to humanity and then of disservice; lives when we wielded power and then were powerless; knew victory in war and at other times defeat. Recalling what I have been in the past has helped me today to let go of judgement upon life, either as 'good' or 'bad'. Why? Because I now know that I have been and I have experienced both of these polarities, not only in my past, but that they continue to exist inside of me today. I am capable of expressing either at any time.

For most of this life I have been incapable of empathy and of feeling other people's pain. I related to it only from my head. The intention for this following session was to learn why I was so detached from others suffering and when did I take on this detachment.

I am a professional Roman soldier stationed in what is present day Middle East. I am an army commander and I ride a chariot. I am very strong, big chested and forty-three years old. I take great pride in my strength and vigor. I enjoy the battles and defeating inferior foes, overpowering those who are weak. We are a very large army.

There is nothing personal about war for me. It is just combat, ho-hum, another victory. Loss of life is of no concern and we always win. I am confident in my physical prowess and highly respected for my strength and courage in battle.

As I grow older my body begins to weaken and I don't know how to deal with it. Up until now my strength had never failed me. From warring with the enemy outside, the battle ground shifts dramatically to having to deal with weakness in myself. It is terrifying to grow older and incapacitated. I have seen and ridiculed infirmity in others, now it is happening to me. I am filled with fear, anger and frustration. I would rather be dead than have to give up soldiering; battles and winning is all I have ever known.

I am lost. I have no family to whom I can return. I am a lonely old veteran back from the wars. I soon become an obnoxious drunk, who lives on his laurels. I eagerly display my souvenirs of battle, but people are no longer interested in hearing over and over again my accounting of war. As people lose respect for me, I lose respect for myself. I develop a disease in my lungs that brings on a lot of coughing, symbolic of choking on my stories. I died a drunkard, fighting the world, and life, having learned nothing from this life's experience. END.

In that life I was completely detached from the pain and suffering around me, in fact, I took great pleasure in causing much of it. I lived entirely in my head and isolated inside myself so that I was totally cut off from my heart and feelings. In this life, I have never caused others to suffer by being a bully, but I could walk in the midst of their pain and never quite feel in myself their suffering. Those who knew me a few years back told me of my total detachment and how much I lived in my head. This past remembrance helped me to understand why I am the way I am in the present, which gave me the insight and the courage

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to want to change.

In this next lifetime I am again in the Roman army. Notice the contrast (polarity) to the previous experience.

I am with an army relief column that is camped in a mountain pass. I walk a short distance to overlook the plain of battle far below. Marching in formation we move down the mountain. I seem to be uncertain in my mind as to my purpose.

We encounter wounded soldiers being led back from the battle and the column moves ahead more urgently now. The battle doesn't materialize for me, and then I realize that I am a physician who is to care for the wounded. I feel energized while barking out orders, putting my whole self into caring for the suffering and wounded. After a few days of more and more wounded I begin to ask, "Why?" What could be so important to cause people to fight and die like this? Warring is the disease and I am here to treat its symptoms. I am continually called for from every direction and I grow weary from not being able to keep up to their demands on me. Most will die of their wounds and my giving comfort seems so inadequate. My purpose is not to fight but to care for the casualties. I feel helpless and hopeless in the situation.

Our camp is now in danger as the enemy is attacking and overrunning us. I become a victim of the fighting. A charging horse knocks me heavily to the ground. Among the hooves I am able to escape death only momentarily, then someone runs me through with their sword. My last thoughts, as I lie dying, are of the futility of it all. What purpose is there in all of this slaughter? It has been my life to be a physician and healer, only to die uselessly at my profession. I die disillusioned about life and a victim of war. END.

At the end of each lifetime the client is asked to ask their Higher Self to tell of the wisdom they gained from the experi-

ence; the lessons they learned. The answer came: As a physician I was someone of rank so that I sat in on the council of the generals. But I was at odds with these warrior types (I was one of them in the previous lifetime) who lived only for the battle and had little concern for its consequences. My concern for the many who would die carried no weight. Compassion had no consideration in the strategy of war. It was like a game of chess for them, and the soldiers were the expendable chess pieces. From this experience I learned empathy and compassion without seeking reward; to flow with the circumstances that life presented me; I learned of life's frailty and of my own woundedness from my caring for the suffering and dying.

After I recalled these two war experiences, I no longer choose sides in the conflicts of today. When the slaughter and killing is over, there are no victors, only survivors. Both the victim and the victimizer are victimized. The drunk who died coughing while surrounded by his war souvenirs was just as much a victim of war as those he killed in battle. Can any contentious issues really be appreciated before we have experienced both sides of the polarity? Only then can we let go of our judgement upon life and upon the roles that people choose to play.

In this lifetime (I was a Catholic priest for twenty-five years) I chose once again to be subject to the command of generals (Popes and Bishops). This time I belonged to the army of Christians and I was fighting on the side of God (good) against the forces of Satan (evil). When I perceived that the purpose for this war was no longer valid for me, then, as a conscientious objector, I retired from the battlefield. The generals didn't heed my counsel back then, and of course, neither did they today when I gave my reasons for leaving the priesthood.

Having been run over and trampled by a horse I don't care much for their company today. Having been stabbed by a sword I don't like sharp objects pointed at me. In my mind, I bite off the fingers that people point. As one lifetime flows into the next the carry over is obvious as we repeat the same theme over again, until we finally learn its lesson. I have learned that the wisdom, or truth, that I have gleaned from my experience doesn't have to belong to anyone else. From the study of my past lives, I have been enabled to make constructive changes in this one.



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March 8 & 9

Integrated Body Therapy 1 with Cassie
Benell in Penticton at the Holistic Centre p.12

March 8 - 26

Channelled Lectures with Aka
Penticton, Vernon & Kamloops, p. 28

March 9

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

March 11

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March 14 - 16

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

March 14-18

Soul Journey with Craig Russell,
Kamloops, Vernon, Kelowna, p. 2

March 15

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March 15 & 16

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Borgerson, Basic Level Course ... Kelowna

Holistic Health Fair, Penticton, p. 15

Art, Heart & Soul with Patrick Yesh,
Kamloops, p. 10

March 21, 22 & 23

Healing Touch, Level 1 & 2B, Penticton, p.22.

March 22 & 23

Angel Fair, Kelowna, p. 9

Art, Heart & Soul with Patrick Yesh,
Penticton, p. 10

March 22

Breath of Inspiration,
Tara Shanti Retreat, 1-800-811-3888. p.3

Reiki Intro, Penticton, p. 25

March 26

the truth shall set you free
lecture with David Icke, Vernon, p. 2

March 30 & 31

John Bradshaw in Victoria see ad p.5

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Naramata Centre.... Naramata, BC p. 6

May 30

Spiritual Intensive with Cheryl Grismer
Kelowna p. 7

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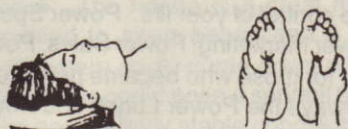
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EMPOWERMENT:

In the seventies and early eighties 'power' was the name of the game, *Personal Power* to be exact. Hardly a day would go by without being offered some kind of course, seminar or presentation on how to take control of your life. Power Speaking, Power Networking, Power Marketing, Power Sales, Power Management and of course for those who became powerful in the workplace there was always the Power Lunch and Power Golf Swing that needed to be mastered.

Clearly there was emerging a desire, if not a need, to feel powerful, but by the mid-eighties, as companies down-sized, fisheries closed, and more businesses moved out of country it became evident that this kind of power, *Personal Power*, was not working, it was not providing the security it promised. The millions of managers and supervisors who attended all those power workshops and seminars were now unemployed, desperate, and scared. In this despair people became willing to turn to other forms and philosophies that not only spoke of power but also of peace, tranquillity, heart and unconditional love, and the leadership that would evolve from such a discipline - A leadership of **Empowerment**.

There are many therapies and disciplines each in their own way moving individuals toward leading more loving, fulfilling and spiritual lives; yet many westerners, especially men, have been and continue to be uninterested by what appears to be a passive approach to life. Empowerment, and the Empowerment Consulting, Counselling and Guiding techniques are a synthesis of a variety of very powerful teachings and disciplines, including Christian, Shamanism, Zen, Taoist, Jungian, Mythopoetic, Sufi, First Nations, East Indian and many others. In fact **Empowerment Psychology is the bridge where traditional and sacred psychology meet.**

Empowerment goes well beyond some of the deeply embedded and current beliefs we have about effectiveness and self-esteem, for instance that our worthiness comes from having a job, wearing the right clothes, having the right body, or from what we produce. **In fact, the basic and most powerful principle of Empowerment is that we are all born beautiful, perfect, and complete, and that we lack nothing.** Through this principle leadership is nothing more than reminding people of their beauty and empowerment. This leadership ability is incredibly powerful and needed, for the greatest pain we all share is that in our deepest core we believe we are guilty, flawed and unworthy. If a leader can remind people of their innocence then there isn't anything the follower would not do, give or produce. For how thankful would you be to the person who could see the highest and best in you, and who could love you even when you don't love yourself?

Well then, why aren't more of us in that kind of leadership? Because it's a leadership of the open heart, a surrendering to the deepest truths, and a letting go of control. If as a leader all you saw was the beauty in your followers, students or employees, how would you feel? - Grateful and in Love; and if you felt this way what would you be moved and inspired to do, give or create? **Empowerment assumes that we are all**

THE NEW PARADIGM

capable of this caliber of leadership, and that any pain or suffering we experience comes from the blockage of, an actual unwillingness to, respond to the greatness that we truly are. Make no mistake, this is not a passive leadership! It is one that calls for an incredible amount of response and creativity, but now the responses are with integrity and for the right reasons; and since there has been a surrendering of control and defenses there is a massive amount of energy available - the energy of passion.

Accountability and responsibility are also major elements of Empowerment. Accountability is actually the willingness to see yourself as a master and the creator of your own reality. Often when things aren't going well in our relationships, finances, physical and emotional health, and career, it's painful, and we tend to want to place the source of this pain outside of ourselves. This is called projection - a defensive technique which keeps us from experiencing the anxiety of internal conflict. Accountability is about owning that we are the source of this projection and conflict, that we are the creator not the effect. Although accountability sounds simple it is not at all easy, because it most always means eating some crow. *Humility is a cornerstone of Empowerment.* Humility keeps us open, compassionate, responsive and in relationship. In the absence of humility there is only arrogance, which is about superiority, competition, specialness and separation. 'It's either my way or the highway.' True leadership will ask to surrender 'our way'. Once we begin to come out of denial into accountability then we are called to be responsible.

Oftentimes as we move from accountability to responsibility we will start to feel guilt. This is natural but it is also a trap, a conspiracy in the mind to keep us from our true greatness. Remember, before accountability everyone else was guilty, now we think we are guilty. Although this is not true, it is a step closer to the truth. Guilt says that you are *responsible* for the pains and feelings of others and yourself; Empowerment says you want to be *responsible* to the pain and feelings of others and yourself. This is a very important distinction. Paradoxically when we feel *responsible* for something it will be almost impossible to *respond* to it, because response calls for an act of giving, and giving is difficult when we are in need. This results in sacrifice, martyrdom and eventual resentment. Empowerment and leadership of empowerment sees and reinforces innocence which leads to greater response-ability. This is a win-win situation, a sign of true leadership and empowerment. *Responding to a situation does not always mean in a loving and powerful way*, thus when we are not able to respond with our love we can respond with our pain. This does not mean blaming or complaining, but stepping forward with where we are wounded. This as well can be a powerful form of leadership. In a society where it is almost taboo to show vulnerability, that person who is courageous enough to become vulnerable is a leader, he/she frees others by making it safe for them to do the same.

The path of Empowerment is one that requires commitment and discipline, but when done and made in the name of love,

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there is no greater joy, for it is a gift and expression of your caring. Any place in our lives where we feel dissatisfied, in lack or pain can be healed through the memory and giving of our Empowerment. Ask yourself now, If you had only twenty-four hours to live what would be important for you to do, say or complete? Who would you do this with? What would be important to say to those around you? Chances are you would not be asking for or needing anything. The only thing that would be important would be to give something. Find out what that something is, and have the courage to give it today.

John L. Solano AA, BA, CAC is the Director of Quest Empowerment Services in Vancouver and creator of Empowerment Counsellor, Consulting and Guiding philosophies and techniques.

Women, Finance and Divorce

by Cathay Gibson B.A., M.A.

Sandra Genereux, B.Sc., C.F.P., R.F.P., Janine Douglas, M.B.A., LL.B. and I presented a seminar for women currently involved in separation or divorce. Sandra answered important questions about financial planning for women. I talked about how a mediator can assist the parties to negotiate the terms of a separation agreement or settle disputes concerning issues such as custody/access and property division. Janine confirmed why it is so important to seek independent legal counsel after the mediation process to ensure your rights and responsibilities.

We were amazed at the turnout. Seventy-four people came to the Kelowna Library to attend our seminar. All were madly writing information and most did not stir from their seats until it was over...coming to talk to us about their interest in the topics presented. It was so encouraging - to see so many women regaining control of their lives, taking an active role in their separation or divorce - through one of the most emotionally difficult times in their lives.

Seeking out financial advice during a separation is one of the ways to understand how to survive this traumatic event by financially securing your independence and the care of your children as you enter this new phase of your life. Most women undergo a drastic reduction in their standard of living after a separation. Although they may have secured maintenance for the children, their part, albeit it be mother, maintaining of a career or going back to school to head towards financial security in the future - still may not cushion the family from potentially dropping to a standard of living at or below the poverty line. Settling for short-term interests, forgetting the children's needs as they grow older, our needs as we grow older, affordable housing or the cost of post secondary education may have consequences in the future. Women consistently work for less money than men which means they can work longer hours for less pay and have difficulties with child care costs and maintaining the standard of living enjoyed while previously married. A Financial Planner can help your family achieve your goals to begin planning now to remain solvent in

the future. In a pre-interview before Mediation parties work out the financial budget as an independent household. This is helpful because both partners in a separation are struggling with a change in finances and need reassurance of the other party's needs. This encourages the payment of maintenance because both share in the understanding of what is needed to care for the children or provide support for the spouse going back to school, to encourage independent resources in the future. It is a time for closure but it doesn't have to end in bitterness and regret. The sadness and anger over issues can be acknowledged without carry-over into years of contentious issues and court costs. A marriage can end in dignity and respect by setting mutual goals for the future to ensure both parties' security, and a parenting plan for the future. This prevents the alienation of one parent from the parenting role and prevents "grudges" from interfering with the children's lives. What is most important here is the opportunity to work through the matters of concern - face to face - decreasing emotional turmoil and ongoing trauma in the lives of the family.

The best thing about the seminar was a reacquaintance with a past client from the "The Victim Offender Reconciliation Program," a sentencing alternative I developed for the Kelowna Criminal Court. I had helped her son and now she had brought a friend to discuss concerns about the cost of previous mediation. "I advised her to check with a number of mediators regarding cost. 'Ask if there is a no-charge consultation so you can interview the mediator and then decide if you wish to proceed.'" After the seminar I was gratified by the number of calls to say that 'knowing' about mediation made a difference. Their past decision to go to a lawyer first had been changed. Many of the issues they wanted to discuss with their spouse but had given up and just left it to their lawyer. Now there was a choice.

"Women, Finance and Divorce" informed women how a financial planner, a mediator and a lawyer can work together in making the separation and divorce process less costly - emotionally and financially.

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Simply Tarot

by Maurine Valorie

February 19 to March 20, The Piscean, is the last of the twelve zodiacal signs. Lightening flashes of intuition give these water people the honor of being the most mystical of the astrological signs. The world of dreams is music to their soul. The mundane boundaries of thought, food and shelter have these people often overlooking the due dates on their phone bills! They 'fish' for depth of meaning and miss simplicity, they miss the easy way. As much as a Pisces person loves change, they have difficulty making decisions. They get bogged down with alternative choices.

In the Tarot, this water sign is ruled by the Major Arcana card #18, The Moon. In Greek myth, the Moon Goddess was Hecate. She was receptive and intense, not knowing which way to go. Yet, the dreams that come to a moon person are so profound that this is the very guidance to make decisions with. The affirmation I give to Moon people is, "I have the peace of mind to receive spiritual messages during (my) sleep without emotional confusion."

The Minor Arcana cards for this watery period will be in the suit of Cups. Emotions, love and partnerships lead us to the Court card personality of the Knight of Cups. That chivalrous rogue. The 'Dapper Dan' of the Tarot. The styles of these men and women are noticed. They dress with flair and individuality. They are romantic, fickle and truly sensitive lovers!

First decan Moon people, February 19 to 29, have the Eight of Cups for life experiences. These people are not emotional light weights. They are willing to plummet as well as accelerate. All in the efforts to reach the highest of passion. Second decans, March 1 to 10 have the Nine of Cups as life experiences. These people always reach their goals. This attainment becomes the threshold for their next challenge. They never rest on their laurels. The third decan's life experiences, March 11 to 20, is depicted by the Ten of Cups! Lucky and Blessed lives are yours! There is such love and appreciation and even in uncertainty there is faith and hope. Heaven's approval is yours for any emotional commitment you make.



*Maurine
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The Many Benefits of Meditation: Fact or Fantasy

by Alexandra Nunn

Meditation is a word that is frequently misused. It is used instead of visualization where the mind is used to take ourselves or others on a visualised journey, either to bring about bodily changes or to bring about a deep, relaxed state. It is often used in place of contemplation, which is sitting quietly and letting thoughts simply drift in and out of our minds. But it is possibly most often used to refer to a meditative state. There is a vast difference between in-depth meditation and meditative state, which is a state we can take ourselves or be led to, through rituals or words, affirmations or soothing music. Practising meditative states help tranquillise and bring peace to our inner being and will change us for the better; it is an important therapy for all who suffer in mind, body and spirit.

But true meditation is a priceless jewel; taught properly and practised with love and devotion it will literally change your life. Fads and latest 'in' treatments will come and go but meditation will stay the course, because there is literally nothing that it cannot do for you.

There would be little point in us learning and practising anything unless we expected to benefit in some way. The marvellous thing about meditation is that we can all benefit in many ways from learning and practising, but not everybody is willing to put a little time and effort into it.

Meditation will help you find an inner peace and joy; your concentration will improve, your focus will also. Your meditation will guide you and bring you greater wisdom; your intuition will grow. You will be able to shed bad habits. It will improve your health, physically and your state of mind. It will help to overcome depression, disease, life-threatening illness. Just one hour a day will transform your life and those around you; that is just one hour and we have after all twenty-four in a day.

The quieter we are, the more we learn about ourselves, but only if we take time to be still and quiet, for the wisdom of the soul comes from within; meditation opens this up.

The many changes taking place in the universe at this time, are bringing up the most deep-seated, negative aspects of ourselves. We cannot blame the external for this; it comes from within. We have a choice, either fight it or give in to it. In other words stay within our self-destructive patterns or be willing to learn, to progress, move forward. This is your LIFE. This is the MOMENT. LIVE in the HERE and NOW and let go of the PAST.

We are, after all, all children in the school of life. If we really want to graduate with honors, for our own growth, then we need to be meditating.

I have been practising this meditation for many years now. I was looking for a lasting peace. I had experienced many good things in my life and some painful experiences through which I could see I had grown. But still something seemed to be gnawing away at me. Peace and inner calm was elusive, whatever I was able to portray to others. This meditation has given me a depth of peace, an inner strength I had not imagined possible. It led me to wanting to become a spiritual healer, progressive counsellor, teacher. It was a gradual metamorphosis and not always easy but I was inspired by those whose lives I had seen transformed by their own practices.

Many of us have made major life changes; the transformation would seem incredible except that we are so used to seeing it now that it is often hardly surprising but always an opportunity to give thanks for the priceless wisdom of the teaching.

Meditation is a means of finding one's true self; of being in harmony with all of life. It is a scientific means to find and connect with the Higher Divine Power within us. It is a necessity in this day and age, because there is so much stress and many are unable to find peace within themselves and therefore suffer physically as well as mentally and spiritually. This has nothing to do with religion, it is a universal truth.

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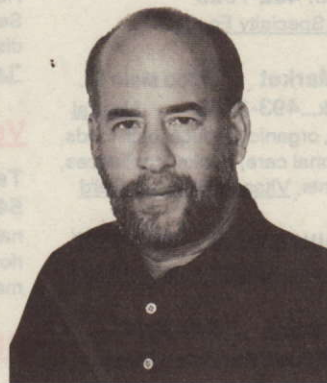
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