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# ISSUES

M A G A Z I N E



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April 1997

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Deanna 558-5455

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Jenny 764-8740

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Hélène 385-1196

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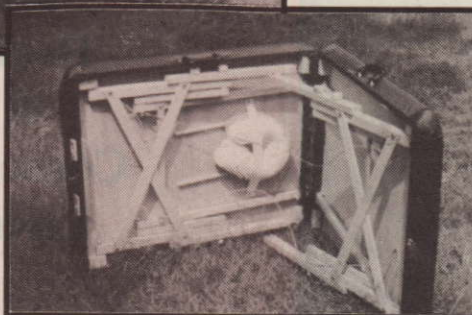


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# TRANCE

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### "Mind Control Out of Control"

**LECTURE:** The Vernon Lodge, 3914 - 32nd St.

Tuesday, April 29th; 7:00 - 10:00 p.m. Fee: \$15; 2 for \$25



**Mark Phillips and Cathy O'Brien** reveal their personal experience with the secret CIA mind control project, MK-Ultra, still in operation in the U.S. Cathy O'Brien was a CIA mind-controlled victim who was regularly abused by high officials in the CIA, Pentagon, and White House during the Reagan/Bush administrations. Mark Phillips rescued Cathy from her CIA handler and spent 9 months deprogramming her. They will present information on the degree to which we are 'thought' and 'mind' controlled by our media and social institutions. Be prepared to be shocked and amazed, but you will benefit tremendously. Once you know how mind control works, you can avoid being manipulated by it.



### "Mind-Control & Recovery Techniques"

**WORKSHOP:** The Vernon Lodge, 3914 - 32nd St.

Wednesday, April 30th, 6:00 - 10:00 p.m. Fee: \$40

**Mark Phillips and Cathy O'Brien** will present a seminar on the deprogramming process Cathy went through to recall traumatic events in her mind control programming and the special processes they utilized to reintegrate her personality and make her a whole person again. These secret techniques are invaluable to anyone who wishes to explore their sub-conscious mind, especially therapists, individuals in recovery from mind-control, childhood abuse, or any other post-traumatic syndromes.

### ADVANCE PURCHASE TICKETS

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# How Free Are We?

by Joseph Duggan

There is considerable evidence that a very few control the many in our world. If you think of it, most of us are not leading the life we really want, nor have we achieved many of our personal goals or even fulfilled our unique purpose in life. Why is this so? How can 5 billion people be controlled and forced to go against their own personal beliefs, work longer and longer hours at jobs they hate, accept poverty, homelessness, lack of opportunity and even go off to fight a war in a far off country against their will? This degree of control cannot be achieved with guns or force; mind control is the only way to have slaves who think they are free. We are in many ways 'thought controlled' and slaves to the 'money' system.

To figure out who is behind this massive manipulation of the human mind, one must discover who is benefiting from it. It certainly is not the destitute, nor the working poor who struggle to survive, nor is it the middle class who work at two jobs often day and night to maintain their lifestyle, nor is it the wealthy elite who are controlled and consumed by the very money they have accumulated. There appears to be a hidden group above, the Global Elite, who have an agenda not many know about. It is certainly not freedom for the human race, for although constantly told that we are free, in actuality we experience less and less freedom every day.

There are not many who are brave enough to speak out about this 'coup d'état' of the human mind. Glen Kealey is a Canadian "towne crier of olde" who stood on Parliament Hill for 1,000 days in a suit and tie speaking to anyone who would listen. He exposed government corruption in Ottawa, the betrayal of Canada by our politicians and wealthy elite, as well as the media control necessary to keep us in the dark like mushrooms while they feed us horse 'doodoo'.

An American couple, Mark Phillips and Cathy O'Brien, are also speaking out about their personal experience with the secret mind control projects operated by the CIA. Cathy has a story that will shock and amaze listeners, but the truth about what is going on really does free you from its grip.

Propaganda, disinformation, and many forms of mind manipulation only work because the slaves think they are free, that what they hear in the media is true, and that they are powerless to change anything. This is absolutely not true, conditions were far worse at the turn of the century and look what our ancestors were able to create for us. Presently, however all of our gains are being slowly eroded away. These speakers are a 'must see' to understand what is really happening in our world and what we can do about it. Don't miss them.



From the Editor...

## Chit Chat

with Marcel

April, the month of ....??? What's this? No official holidays or celebrations in April? Oh no! What am I going to talk about if I can't talk about a special day like Easter or Christmas or Valentine's Day? Wait a minute now, there is a special celebration in April. The government doesn't consider it an official holiday yet, and you won't find it on your calendar yet, none the less it is a very special celebration. Yes, it's the Spring Festival of Awareness being held again this year in Naramata, B.C. on April 25, 26 & 27.

This year is the 19th annual Spring Festival. In 1979 the first festival was held in Castlegar at Selkirk College. The organizers were Harry Jukes and Sid Tayal. That weekend Harry met Nora and she soon became Mrs. Jukes and joined in as an organizer. The festival continued at Castlegar for two more years then it moved to Selkirk College in Nelson for three years. It was growing rapidly and becoming a great deal of work. They felt perhaps someone else would like the experience and that it would be good to have it in a different area for a change. At this point the Vernon Wholistic Living Centre agreed to move the event to Vernon where it continued for three years. During the fourth year there seemed to be some problem with organization and it never quite got off the ground.

It was now 1988, and one summer day at a picnic in Naramata, Peter Morris, a well-known psychic from the Vancouver area, asked his friend Angèle Rowe, now publisher of Issues Magazine, "Whatever happened to the Spring Festival of Awareness?" He had taught at the previous year's festival and wondered why he hadn't been invited back. Angèle said

she didn't know but would try to find out. Upon inquiring at the Vernon Centre she was told there was no energy left in Vernon to continue the festival and it might die. When Angèle reported back to Peter they decided to try to find someone who would take it over. But in vain, and finally Peter said, "Angèle why don't you do it?" After some consideration Angèle decided this was something she would like to try.

So there were meetings with the Vernon organizers, who warned them about all the hard work involved and meetings with the Nelson organizers, who upon meeting Angèle quickly gave their approval. Then the hard work began. There was some difficulty finding volunteers but eventually Angèle gathered the first festival crew around her: Peter Morris, Urmi Sheldon, Laurel Burnham, Dave Cursons, Marion Walters and Judy Byers. By this time it was December and the organizing began. Sending out instructors' applications, registration forms, reserving space at Naramata Centre and preparing the program. There was no end to the things that had to be done and all too soon the weekend of May 26, 27 & 28 arrived. It was a wonderful success. People complimented them on how well organized it was and they felt satisfied that it had been a very good first effort.

The Spring Festival of Awareness has continued to flourish and become more and more fine tuned over the past nine years. The crew has several new members and there is always a wonderful mix of instructors, readers and healers. The result is an inspiring weekend of fun and excitement with great learning and networking opportunities; a marvellous time to meet and mingle with like-minded people and form friendships that last a lifetime. This year's festival will be no exception. We hope to see you there for a weekend of high energy, expanded awareness and a journey toward your highest potential.

You will find a registration form in the Feb. Issues which you can pick up from the lower shelf of any Issues rack.

Marcel



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# Musing

with  
Angèle

publisher of ISSUES

## Good Tasting Water



I am sure this photo of the galvanized tin bucket and dipper will bring back memories for many of the older folks who grew up without running water. This photo is of Michael, my second youngest brother, enjoying a drink of water as he daydreams. Everyone drank from the same dipper and put it back into the water bucket, which we hauled from the creek to the cabin more than once a day. The water was usually ice cold and tasted so sweet and delicious.

Sometimes Michael would ask for help to get a drink, and if no one was around he would climb up on the stool and reach for the big dipper, trying not to spill much water before it got into his mouth. Being able to ask for help and being able to do it himself were both great experiences for him. Children need to learn they have many choices when they are growing up and that being able to choose a way of making something happen is just part of the decision-making process. How we are raised as children is repeated many times, in many ways, throughout our adult lives. If we can become conscious of our programming and view it objectively then we can choose to change the programming, but until it becomes conscious, it rules our lives in both simple and complex ways.

Understanding how my foundation was laid is very important to me. As my body changes shape from all the bodywork and emotional clearing I have done, it is getting easier for me to feel my feelings and look at them quickly as they come to the surface. That in turn allows change to happen more quickly. It also helps me to be able to clear my thoughts at the end of the day and get into a meditative state more easily. Above all, it helps me to feel connected to the universal source more of the time.

Being in a new relationship brings up many situations each day where I am allowed to witness my reactions to the many ways of getting something done. Even watching Gerry cook brings new insights into *why I am the way I am*. Since I believe that the microcosm and the macrocosm are the same, everything I do must have a thread of familiarity that governs how I react. I find it fascinating to observe my relationships with people and to make note of my environment. They are reference points to how I am being, and I see my patterns being repeated many times a day, from how I react in business deals, to how I cook, how I feel nurtured and how I interact with people. To demonstrate the point, I would like to share one small incident.

Gerry and I have talked about eating our dinner meal around six pm so that I don't go to bed with food in my stomach because if I do, I sometimes don't sleep soundly. I usually prepare a simple rice and vegetable dish or eat the leftover soup I made at lunch. Gerry on the other hand likes to

experiment and prepare more complex dishes, which takes more time. The other day he decided he wanted to make a dish with carrots and oranges. I didn't have any oranges, so I suggested a quick walk to the store to buy some. As we neared the store, he decided he didn't want to shop there, so we continued walking for another thirty minutes to the IGA. An hour and half later we arrived back home and I said to him, "Your turn to make dinner. It would be nice to get some typing done." That took him another thirty minutes, and it was now 7:30 pm as we sat down to eat. Gerry had made a vegetable stew with sunflower seeds in it and a carrot dish, which I could see through the glass cooking pot. As the meal was being served I noticed that the carrot dish didn't have oranges in it. Instead, it was cooked with shredded coconut. We had been experimenting with making one sweet-tasting dish and one salty-tasting dish at each meal and found it rather pleasing to our taste buds. The stew was great but I had some resistance to the carrot dish because I had to really chew and chew the coconut. Thoughts went through my mind about how heavy coconut is to digest so late in the day, so I said, "What happened to the oranges we walked to the store for?" Gerry said, "I changed my mind. I didn't feel like cooking them." I felt my body react with a "What... change your mind? How dare you?" I knew this came from my childhood programming, for I am getting good at seeing my patterns. As I continued to pick my way through the carrots, leaving most of the coconut on my plate, I thought to myself, "I do like this sweet taste ... just relax and enjoy the meal." So I did. Gerry is teaching me to enjoy being in the moment and it didn't seem to bother him that he changed his mind, so I let go of my resistance and went for a third helping of the coconut and carrot dish as I thought to myself, "What a great concept... changing your mind, even if you said you were going to do something!" This is not something I do very often because it makes me feel uncomfortable. Yet, it is good to have choices so I'll practice this one. That night I even slept well.

The next morning it was my turn to cook breakfast before I picked up Gerry in Summerland for the yoga class with Margaret Lunam in Kelowna. I looked at the leftover brown rice from lunch and thought to myself, "I will use that. Quick and simple, finish up the leftovers, same as always." I started to warm up the rice when I said to myself, "No, what is it that I am here to learn? ... To change my programming and to do that, I have to change the way I think ... and to do that, I have to start with the simple things. So let's be Gerry... What would he do?" I looked at the white basmati rice in the cupboard and decided I had enough time to change my mind. I cooked up the basmati rice and added peas and miso at the last minute to get the salty taste. Then I thought to myself, "And what about a sweet dish? What would Gerry cook?" Cooked carrots with oranges came to mind ... "Besides, that's what he promised to make last night. Yeah, I'll surprise him and myself." The carrots took another ten minutes to cook. As I drizzled honey over them, the sweetness got lost in the juice and I didn't want to pour off the water, so I ground up some flax seeds in my coffee grinder and stirred them into the pot to thicken the honey water. (Usually I use arrowroot powder but I was out of it, and this seemed like a good substitute.) I then pushed the rice to one side of the pot and added the sweet orange and carrot mixture. I put the lid on it, wrapped the hot pot, two bowls and two forks in a blanket, and headed out the door. I picked up Gerry and

# ISSUES MAGAZINE

254 Ellis Street  
Penticton, BC, V2A 4L6

Phone **492-0987**

**ESTABLISHED 1989**

ISSUES is published with love  
10 times a year with shared months  
of Dec. & Jan. and July & August.

Publisher **Angèle Rowe**  
Editor **Marcel Campbell**  
Office Manager **Jan Stickney**

## Distributors

Creston & area: Patrick Yesh: 428-2882  
Salmon Arm to Vernon: Lea Henry &  
Theodore Bromley: 838-7686 ( Enderby)

**Advertising • Penticton Office**  
Phone: 492-0987 ... Fax 492-5328

ISSUES has a circulation of 20,000 copies.  
It is distributed free throughout the Okanagan,  
Kootenay & Shuswap Valleys. It is mailed  
north to Terrace, PG, Williams Lake,  
Whitehorse and many small towns in  
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what's happening here.

It is available at most Health Food Stores and  
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drove to the scenic overlook just past  
Summerland and parked the car so we  
could eat breakfast. Before he got a  
chance to unwrap the blanket, I told him  
about my morning revelation. He said, "I  
had a feeling you were going to warm-up  
the leftover rice, but I am glad you changed  
your mind." We both laughed and then  
he said, "Let's eat! I'm hungry." As  
usual, our meal turned out delicious, for  
everyday we seem to come up with new  
combinations for cooking the same foods.

Gerry is teaching me to slow down  
and enjoy, and it is so much more fun to  
share the cooking. It feels nurturing when  
he prepares a meal for me, especially if  
I am relaxing while he cooks, and I sure  
appreciate it if I have work to get done. In  
Oriental medicine the energy put in to  
preparing a meal is just as important as  
vitamins and minerals, for love is what  
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♥ *Angèle*



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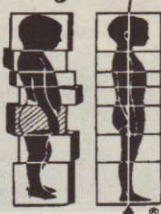
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PS. My latest Rolf update ... I got a  
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present from Ann and her friend from  
Colorado. As my chest expanded my  
heart opened just a little bit more, for I felt  
like I was having a conversation with  
God as a few more pieces of the puzzle  
came together. After three years of  
some pretty intense sessions, it felt good  
to get off the table and giggle. My body  
felt so different, so good, so light and  
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**A Course in Miracles Study Groups** Kelowna: led by Anne Wylie & Cher Bassett 7:30-9:00pm Call 763-8588 for more information.

### FRIDAYS

Live Music at the Laughing Moon, Kelowna, p. 6

### SUNDAY CELEBRATION

**Kamloops:** Sunday 11- 12:30 .... 372-8071  
Personal Growth Consulting Training Centre.

# CALENDAR

**April 6**

**Self Massage for Women**, Urmi Sheldon  
Penticton, p. 15

**April 7 - 25**

**Channeled Lectures by Aka** in Penticton,  
Vernon, Kamloops & Victoria, p.20.

**April 11 - 13**

**Timeline to Empowerment**, at Erickson  
College, Vancouver, p. 3.

**April 11 - 14**

**Soul Journey with Craig Russel** in  
Kamloops, Vernon & Kelowna, p. 2.

**April 12**

**Winning with Change**, workshop in  
Kelowna, Inner Directions Consultants, p. 10.

**April 12, 13 & 19, 20**

**Acupressure & Oriental Therapy**,  
Certified, Nuthery Institute, Penticton Office  
For Info phone Debbie at 492-0311

**April 13**

**Creative Chaos**, Angèle & Urmi, p. 21.

**April 19**

**Art of Touching People's Lives**, Vernon, p. 11

**April 19 - 20**

**Ayurvedic Healing Retreat** with Zora Doval,  
Tara Shanti Retreat, see ad p. 3

**Integrated Body Therapy 2**, Cassie Benell,  
in Kamloops, p. 22.

**April 20**

**Birthing OurSelf**, Kelowna, p. 11.

**April 21**

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

**April 28- May 2**

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**April 29**

**Mind Control Out of Control**, Lecture,  
Mark Phillips & Cathy O'Brien, Vernon, p. 4

**April 30 - May 4**

**Energy Awareness Seminar**, Denie  
Hiestand, Shelley Coleman in Salmon Arm, p.32.

**May 1 - 7**

**Herbal Ayurvedic Bodywork** with Brooke  
McDonald, Grande Forks/Christina Lake, p.38.

**May 2 - 4**

**Return to Love** with Blanche & Harreson  
Tanner, Tara Shanti Retreat, see ad p. 17.

**Soul Retrieval & Rebirthing Workshop**,  
Mahara Brenna, Vernon, p. 13.

**May 3 & 4**

**Reiki Level 1**, Cost \$160, Nuthery Institute,  
Kelowna Office, Phone 250-766-4049

**May 6**

**Healing Bodywork Course**, starting in  
Kelowna, p. 10.

**May 7 - 12**

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**May 9 - 11**

**Hawaiian Skin Massage** and Urban Sha-  
man Healer Training, Penticton, p. 27.

**May 16 - 17**

**Earth Encounters** with Mary Ann Little Bear,  
Tara Shanti Retreat, see ad p. 3.

**May 23**

**Goodbye Mother, Hello Woman**, with  
Marilyn Boynton, Penticton, p. 31.

**May 23 - 25**

**The Practice of Love** with Sam Keen,  
Naramata Centre.... Naramata, BC p.15

**Meditation Retreat** - Maharishi Vedic Col-  
lege, Tara Shanti Retreat, see ad p. 3.

**May 24, 25, 31 & June 1**

**Wholebody Reflexology**, Certified,  
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**May 30 & 31**

**John Bradshaw**...in Victoria see ad page 11

**Lecture "Alien Abductions"** by well known  
psychologist/hypnotherapist John Carpenter.  
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**May 30 - 31 & June 1**

**The Goddess Connection**, Silver Lake, p.18

**June 1 - 10**

**Life Shift Intensive** with Blanche & Harreson  
Tanner, Tara Shanti Retreat, see ad p. 17.

**June 13 - 15**

**Naka Ima with Deborah Riverbend** at  
Tara Shanti Retreat, see ad p. 3.

**Getting Back Your Back**, Ann Friedman,  
Feldenkrais Method in Kamloops, p. 3.

**June 20 - 22**

**Men In Transition** - Michael Brownstein MD  
Tara Shant Retreat, see ad p. 3.

**June 27 - 29**

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Shadbolt, Tara Shanti Retreat, see ad p. 3.

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# Winning with Change

by Marj Stringer

How we adapt to change in our lives is an individual process. We create change to help us let go of habits, behaviors, emotions and beliefs that no longer serve us. This process of expansion sometimes appears to be thrust upon us by circumstances which we feel are out of our control. Even when we seem to have chosen the change, at some point in the process we can begin to act and feel like it really wasn't our idea. Our soul always desires us to create new experiences for learning. Our level of surrender or resistance to letting go, affects whether we experience change as flowing and pleasurable or painful and a struggle.

To let go requires trust. It's a Catch 22 situation. Trust is developed through experience and experience comes through change. Change is the means through which we develop greater trust in ourselves and in the power of the universe to support us. No wonder it is so often perceived in our minds as traumatic. It triggers all our issues around trust and threatens

our innate sense of survival and security. Our first resistance to change comes from avoiding the emotions of fear and anger that invariably arise. The suppressed emotions create a feeling of stress, making change seem like an overwhelming, unpleasant experience.

Whatever change you are experiencing right now, your perception of it will determine the level of stress or ease you feel. Trust yourself as you take the following steps:

1. Let go - stop resisting change and surrender to its teaching and its gifts.
2. Accept responsibility - our souls desire us to create. We are not victims of change, we direct our own movie to teach us what we most need to learn.
3. Take one step at a time - we are supported in change by the universe and never given more than we can handle, we just get impatient and want to know everything at once - don't try to figure out all the details!
4. Turn fear to excitement - choose to perceive all the unlimited possibilities

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ties and allow your curiosity to be aroused by the many outcomes that could be created by the change.

The process of change is so much a part of my life now that I have really come to accept and understand that it happens in stages: letting go externally and internally; waiting, trusting and being patient during the transition period; then moving to the new beginning, taking action to manifest what you desire. No stage can be skipped, or you just seem to have to go back. What awaits me on the other side is always better, always worth the disruption and facing the challenges. And the greatest gift I receive is that my belief and faith in my Self is strengthened. I know I can weather any storm by turning my sail and moving with the wind.



Marj Stringer is a director of Inner Direction Consultants Inc. She works as a breath practitioner and workshop facilitator in Kelowna and Penticton.

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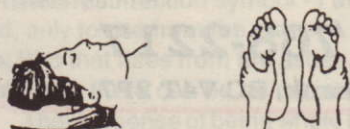
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# Self Acceptance

...

## The Body Divine

Spring heralds a new awakening. Renewed optimism and an increase in energy are natural by-products of warmer temperatures and longer hours of daylight. As we enter a new season our unconscious stirrings may force us to reassess our lives, our goals and our dreams. Often when we scrutinize our lives and our physical bodies, what we perceive falls short of our expectations. How then can we learn the illusive task of 'self love' that seems critical to growth and fulfillment? The starting point for this must be self-acceptance.

Accepting ourselves does not mean that we put the blinders on and hypnotize ourselves into believing we are okay.

Self acceptance means to take an honest look at ourselves and not criticize what we see. We must learn to 'see' our potential so that we do not create a stagnant view of who we are. We have to get a glimpse of the divine shining through us and take steps in that direction. Every step or intention will create an opening and a movement towards change. Allow yourself to melt with the snow, bud with the trees and bloom with the flowers. Like the ebb and flow of the ocean tides, we are ever changing.

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# WHAT IS THE PURPOSE OF PETS?

by Bascha

The answer may seem as simple as 'giving unconditional love', 'companionship', 'provides a service' and so on. What of the purposes intended by nature, the purposes that are not easily seen or known? To focus into this realm would give us far more reasons than can be printed here, but we will provide to you some ideas to ponder.

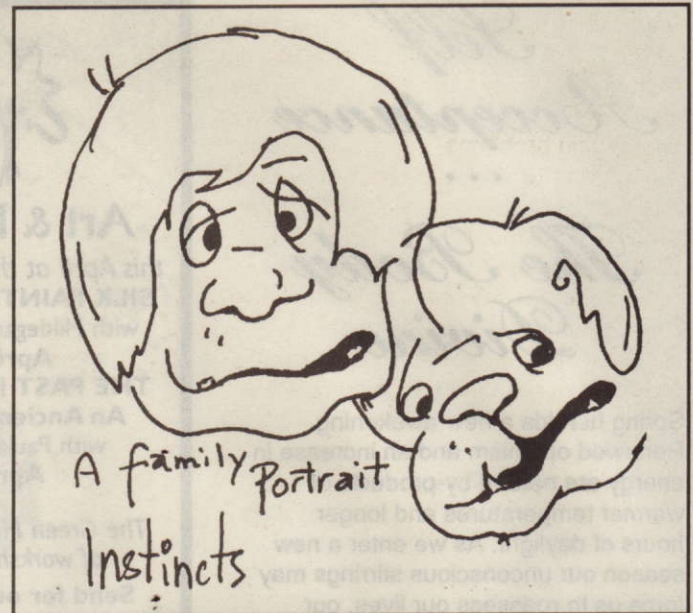
Specifically regarding pets, these animals provide a service beyond our basic understanding of animals. Apart from the standard reasons given above, animals are here to assist humankind in processing some of the crude emotional energy that we have been pouring out. Animals in general are the balancing tools of nature. Animals are the expressions of nature in physical form, and thus the energies we put into the earth, the animals help nature process unbalanced energies.

Spiritually speaking, animals do have their own soul purpose, and for their own soul development, animals do have experiences relatively similar to human souls. In addition to their own soul purpose, animals interact with humans as a part of their own spiritual path of experiences. This interaction is an exchange, as well as a service. The exchange is the lessons in the understanding of ourselves and of unconditional love. The service to humankind is the assistance to those human souls here on this earth who require a little extra balancing and guidance. Pets have also been known to have saved human lives, and that is not an accident. When a pet provides a service that saves a human life, it is because that human soul is not ready to pass on to other levels, and the pet has received guidance to assist and keep the human alive to carry on.

Those in disbelief of this should always follow the guidance of their own spirit self in this matter.

A most important part of the service a pet provides is telling its owner important messages about its owner. These messages will take the form of behavioral problems, illnesses, and odd expressions. Along with this service, the pet also experiences for its own soul development. Rather than get into explaining the in-depth purposes of such experiences, just remember that each experience an animal or even human has, carries with it a very large range of multilevel purposes beyond our present understanding. Thus when a pet provides a service to teach its owner, the pet experiences the service as a giving, and as a receiving of experiences that may assist its soul to understand emotions, for it to balance energies, for it to integrate an aspect of its own higher soul level with those of others, and so on. The spiritual purpose is never singular, it is always multidimensional.

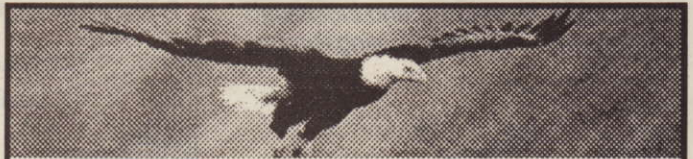
An example we have experienced is of a horse that was ill and had a hard time breathing. Its previous owner was very caring and helpful, but its present owner represents selfishness, greediness, coldness and lack of compassion toward the



world at large. This owner has already experienced many illnesses herself, but was blind to what these illnesses meant. To this owner, materialism is a main focus and expression. Thus, on a spiritual level, a method to wake the owner up is through the property of the horse.

The horse, on its conscious level felt this negative energy from its owner, and felt unwanted, and like a piece of property that has no value beyond its means-to-an-end purpose. At a soul level it needed to experience the aspect of feeling rejection so it would understand that particular focus, and experience the form of a service by responding to the circumstances to assist its human counterpart to understand more about caring beyond the selfish focus. Thus the horse, on a conscious level wanted to die, and as a result manifested a physical condition to elicit a change in the owner's heart. The physical condition was a throat ailment, to render the horse ill. Its owner will have certain experiences that will challenge the mind-set of selfishness, and have, over time a positive affect. We provided our service, as doing our part in beginning this interaction, to make the owner aware. The rest is out of our hands.

Pets have also taken on the negative energy of their owners, to assist in maintaining their energy balance. We dealt with a pet dog that was a Norfolk Terrier. It exhibited a large swelling near its groin area. We sensed that this dog was processing the owner's inner intense angers within itself because the dog loved and cared for the owner. We have



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found that before the dog came to the owner, the owner experienced many hernias and knew that one more could be fatal. Since the owner was not listening to his own problems, and he must continue living, a dog was brought into his life to provide a service of teaching love, and helping the owner live longer by taking in and processing the owner's intense and suppressed emotions. The only service we could provide was to help the animal release some of this energy but we could not interfere with this interaction.

Many people have failed to realize that their pets are excellent mirrors of their own lives. Even the presence of an excessive amount of animals, as we have seen with cat owners, reflects to the owner their problem of self acceptance. The owner tries to establish this self acceptance by having as many cats as possible to create for themselves the feeling of being wanted. The only downside to this type of behaviour is that the owner can become very withdrawn from the world at large and the number of pets owned can continue to increase. More pets indicate that the owner is feeling more insecure. Therefore this situation, if not heeded, can perpetuate itself into a large problem.

Our service to pet owners is to help them understand their pets better. To assist the owner in seeing that having a pet is an interactive process. We assist in showing the source of the pet's problems, so that the owner can be involved in the healing process, since the owner is an integral part of the pet's life.

Failure to see this integrated process will only serve to return to the owner experiences that reflect the reason for the conscious blindness.

We are responsible for everything we think, feel, intend, and do. All of our experiences are our own creations, and there are no accidents nor coincidences. Within the Universal energy there is Karma, which is cause and effect, which is also known as 'what goes around comes around'. Therefore, everything we do with our pets will return to us in experiences of like or similar energy. We all must remember that we interact with pets and the responsibility here is that our interactions help create particular experiences with our pets be they negative or positive.

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# The Goddess Connection



# A Celebration of Sisterhood

May 30, 31 & June 1

Women's Weekend Retreat  
at the  
Silver Lake Forestry Centre

nestled in the mountains  
15 km west of Peachland, BC

Come Celebrate with Us!  
Gather with women in a beautiful,  
rustic setting to honor the Divine  
Feminine within and around us.  
Our focus for this weekend is  
"Going back to Nature -  
Connecting with Mother Earth."

## What is the Goddess Connection?

We are in the process of reclaiming an ancient  
heritage of honoring the Divine Feminine.  
At the Goddess Connection women of all ages  
and backgrounds gather to recognize and honour  
the gifts that we inherently offer the world.  
In a safe supportive and tranquil setting we  
explore ways to access our potential and become  
empowered and strengthened as women.  
Together we weave a tapestry of sisterhood and  
rejoice in our truly Divine Feminine Nature.

## ACTIVITIES

Workshops ☐ Chanting ☐ Yoga  
Dance ☐ Drum Circles ☐ Meditation  
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Evening Entertainment  
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**Registration Information:** Price of \$160 includes all workshops, activities, accommodation and delicious vegetarian meals.

**Accommodation:** communal log cabins, lit with lanterns, in a rustic and beautiful setting on Silver Lake.  
To reserve your space, send a fully refundable deposit of \$75 before May 2 with the balance due by May 21. Please send  
registration form with cheque or money order payable to "The Goddess Connection" 3903 14th Street, Vernon, BC V1T 7N3.

**For Registration Information:** call Caren - phone or fax (250) 558-3944

**Suggestions for Things to Bring:** Flashlight, Bedding (sleeping bag, blanket, pillow), personal drinking mug, candles,  
bathing suit, towels and toiletries, exercise mat, floor cushion/blankets for circles, drums, rattles and other musical instru-  
ments, sacred objects (crystals etc.), warm clothing (mountain climate).

**Arrival Time:** After 4 pm on Friday, May 30 - Dinner at 6:30. **Closing Ceremonies:** 2 - 4 pm Sunday, June 1.

## REGISTRATION FORM

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I would like to offer: bodywork \_\_\_\_\_ psychic/ card readings \_\_\_\_\_  
Entertainment (music, drama, dance, poem reading, etc) \_\_\_\_\_ other (please specify) \_\_\_\_\_

# The Goddess Connection A Journey

by Caren Miller

What does the Goddess Connection mean to me? A great deal. Networking, kinship, learning, teaching, entertaining, being entertained, healing, retreating from the daily grind.

To illustrate, let me take you there. Find out what the Goddess Connection could mean for you. First find a comfortable position and just let yourself relax. I am about to take you on a journey to a rejuvenating, inspiring weekend for women.

Close your eyes now and just let go. That's it. Take a deep breath and release all the tension of your body from your face right down to the muscles of your feet. Hold that tension a moment and then release it with a sigh. Very good!

Now, imagine yourself floating away towards the forest west of Peachland to a little lake called Silver Lake. Can you see the afternoon light dancing on the water's surface? Good!

As you float in for a gentle landing, you see women of all ages coming in from various directions, converging to this same spot, with the same curiosity and anticipation that you have. What does this weekend have for me? Will I make friends? Gain new insights? Be nurtured?

The wild outdoor surroundings are serene and beautiful. You can smell the scent of the trees, hear the singing of birds, buzzing of insects and feel the gentle spring breeze on your skin.

After selecting a bed in a rustic cabin, you are delighted to find that a delicious vegetarian meal has been prepared for you. And meals appear like magic three times a day, with no effort on your part. Now there's a treat in itself!

See yourself on a patch of green grass, browsing through a program of workshops and activities. Feel excitement as you select the ones that appeal most to your interests and needs.

Now see yourself with a group of women, participating, integrating, discussing, debriefing, dancing, relaxing, singing, going for walks. Hear yourself laughing.

Take another deep, cleansing breath now. The retreat is coming to a close and it is time to take flight back to the here and now.

Consider the gifts that you have received over the weekend. Remember what it's like to be safe, supported and recognized in the company of women who, as it turns out, are not unlike yourself. Allow yourself realization and celebration of the inherent and unique qualities that you possess as a woman. Experience again the sisterhood you were part of.

Know that the memories, new tools, and empowerment that you experienced are within you to take with you wherever you go on your day to day journey of life. Working on achieving your potential gives you more to offer back to the world.

Take a deep breath and slowly begin to move and stretch. Open your eyes now and return to the here and now. Welcome back!

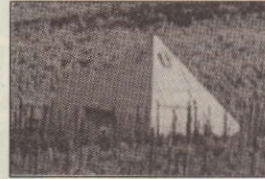
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*Caren will be facilitating a workshop at the Goddess Connection*

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## DOOMSAYER'S PREDICTIONS BASED ON FEAR PERSPECTIVE

by Gwen Randall-Young

As we approach the year 2000, we hear increasingly of dire predictions which are variations on the 'end of the world' theme.

This kind of thing tends to happen in the years prior to a new millennium, and escalates as we get closer to the turn of the century.

This comes from a fear based perspective, and as it simmers in the consciousness of a population it can get seriously out of hand.

This is what happened with Tickle Me Elmo dolls. Shelves in Alberta were filled with rows and rows of them. Just another new toy, until rumors of scarcity began in the U.S. Suddenly there was panic, and people were fighting over them.

A scarcity mentality took over, Elmos appeared on the 'black market', and the prices soared. Consider all of the anxiety and tension that was generated. Meanwhile, Elmo just kept laughing.

There is a powerful lesson here. It is a lesson about the way in which mass consciousness can be manipulated, either intentionally or unintentionally. And how people can get caught up in something they do not even believe in. They get swept up by a wave, and then add their energy to it, contributing to an even greater wave.

Yes, the world will end one day, but not likely in our lifetime. Many doomsday dates have come and gone, uneventfully.

I remember my childhood in Alberta being unsettled by the Cuban Missile Crisis, and the belief that a bomb would end the world terrified me. I saw no future, and yet I've lived a lifetime since then.

Anything is possible, so if that is the case, we could put just as much energy into speculating about positive outcomes. Predictions or premonitions about world peace and harmony, simply, albeit unfortunately, are not the stuff of documentaries. The notion that we had better get our act together or we will be punished implies a vindictive Universe.

There is no one out there telling us to smarten up or we'll get an asteroid thrown at us. We do not even need to think that way.

We can think about our world and our lives as mature adults. We need to take care of the Earth because it is our home, and we want a healthy planet. We need to think about living with integrity and compassion because we realize that is the higher path, not out of fear or guilt.

Of course the future will bring natural catastrophes, but they have been there all along. We could imagine our death in countless ways, and lose much sleep over it. Frightening ourselves with worst case scenarios serves only to detract from the life we are so worried about preserving.

Let's teach our children to be mindful of the consequences of actions, individually, locally and globally. But let's also help them to envision a positive future for themselves and their world. They could be the scientists who discover cures for disease or develop the tools to accurately predict earthquakes.

*Continued to the right*

# Insight Through the Dimensions Direct to You

by Hazel Culley

This is a time when we are starting to go through some changes on a giant scale, changes that will affect us in every atom of our beingness. In many cases, our whole lifestyle will change on the physical level.

In the meantime, there are those of us who have worked very hard to 'awaken', 'open to who we truly are', 'be all that we can be.' Wow - stop and take a look at those words. They slip off the tongue so easily, softly, quickly. Such simple words.

Do we truly know what they mean? When we first start exploring the Spiritual stuff it can start as a game for many of us. Ouch! then look out - we are now on the roller coaster ride of the millennium!

For some of us it will be relatively easy, full of rolling hills of emotion, physicality and such. Wondering why some are doing so much wailing and moaning.

Then there are those of us that are doing the wailing and moaning. We have old stuff to get rid of. Stuff that for whatever reason we have decided to release to the nth degree: bodywork, energy work, hypnotherapy, past life regression, counselling, workshops, workshops and more workshops. Even at times on our hands and knees begging for things to be easier.

Do we talk about these things? Sometimes. Sometimes there is respite. And there we start on the next mountain.

For some of us, along with these changes come the re-using of old, long asleep abilities. Abilities that we all have, that we all one day will use again in some way. We have very vivid or 'lucid' dreams. When we go places we have 'feelings' about things. A 'picture' will often come unasked for. Are we truly hearing 'voices'? What is the word written across the sky? You mean you don't see it? Oh.

Yes, dear ones, we become clairvoyant, clairaudient, empathic. Our intuition is so right on more and more as we honor it and use it.

Oh my God - you said the words I was thinking! And heaven help us we are starting to become Telepathic! What do we do now?! Whatever will we do with our hidden agendas?

Well, my name is Hazel and I've been through and am going through a lot of these things. For two years I worked on both of the psychic lines based in Kelowna. Now I have decided to work out of my home.

See ad in NYP - Psychic/intuitive arts

They may become the leaders who change the consciousness of humans so that we survive well. Or perhaps they will chart territory that we cannot even imagine. They will learn none of this, if we teach them that time is limited, and there is no hope. And then we will have created, in reality, what began only as a fearful thought.



Brenda Molloy

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# Mechanical Link

by Cassie Benell PhD

French osteopath Dr. Paul Chauffour found himself frustrated with using the techniques of CranioSacral Therapy and Visceral manipulation. They just didn't work for him, so he devised his own system of releasing tension in the body. This system used the biomechanics of the body, i.e. this particular bone or organ can only move in these specific planes. Other osteopaths challenged him to only do this work. He did and got spectacular results. Thus he called his work 'Le Maillon Mechanique' or 'Mechanical Link.' Two weeks ago I attended my last day of the last course of Mechanical Link, ending with Dr. Chauffour treating five people. He divides the body into five parts, determining the dominant lesion (dysfunctional area) within each, and then finding the dominant (primary) dominant lesion. This involves a lot of testing, marking some lesions with a black china marker along the spine, etc. which can take him only 20 minutes but others more than thirty minutes. However when the releases are done, the results can be phenomenal. In the February copy of Issues I described the results of releasing a dominant lesion on myself, literally feeling things move from head to toe. Other people who have had a dominant lesion released can experience a sense of major reorganisation internally, as nerve transmission changes and as fascia (connective tissue) reorganises. This may make them feel somewhat spacey for a bit.

One young woman, who suffered from endometriosis (extra connective tissue in the uterus) at times, came to me after experiencing problems as a result of a car accident. She felt that most of her problems were due to structural restrictions in her rib cage. Admittedly she had some restrictions there, but her dominant lesion happened to be an adhesion between her right ovary and cecum (of the large intestine), something very common in women. After that was released her knee complaint and tight groin disappeared. Her next two dominant lesions were in her rib cage, and her last in her heart. She felt **much** better afterwards.

The first part of the body which Dr. Chaffour designated as one unit is the spine in its entirety, the ribs at the back of the body and the pelvis. The sacrum at the base of the spine is embryologically formed from five separate vertebrae, all of which are fused by age 14 approximately. It is tested as five vertebrae. Here we have major foundation joints in our bodies. Lesions are marked, and the dominant one determined.

The next area tested is the front of the rib cage, including the collarbones, sternum and the chondral cartilages to the ten front ribs. The sternum is treated in seven parts (embryologically 7 bones which fuse later). Again lesions are marked and the dominant one noted.

Then the appendages are tested, the legs from the feet, ankles, lower legs, knees, thighs and hips, the arms from the hands, wrists, lower arms, elbows, upper arms and shoulders. The dominant lesion is again determined and noted.

Next the visceral (inner organs) restrictions are checked and noted. This includes the oesophagus, stomach, duodenum, small intestine, ileocecal valve, cecum, colon and rectum. Also checked are the thyroid, thymus, spleen, liver and pancreas. The urogenital system is checked--kidneys, ureters and bladder; under the bladder in women the uterus and ovaries are checked, while in men the prostate is checked. The trachea and bronchial tubes are tested, as are the lungs. Even the heart and arterial system are checked. A number if us have restrictions in the heart which affect our posture and/or breathing. It is a heavy organ, filled with blood, and blows can cause it to be pulled up (a cerebral heart) or down (an abdominal heart). When it is compromised it causes us not to have sufficient energy in our bodies. Lesions are noted and the dominant one determined. The last area checked for lesions is the cranium. Very quickly areas of lesion are determined. The cranium consists of a number of bones which should be able to move freely; when jammed we can experience headaches, vision, hearing and/or balance problems, even behavioural problems. Again lesions are noted and the dominant one determined.

The next step is to determine the dominant lesion from each of the five areas. Finally some releases can be done, starting with the primary dominant lesion. Often after its release by recoil, many other lesions just vanish. Recoil is a rapid removal of the hands from a very tight position and causes a mini-shock to the tissues addressed, which then self-correct. Sometimes Dr. Chaffour had to just release the primary

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with Cassie Benell, Ph.D.



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dominant lesion, and all others just disappeared. Generally some others remain. Next the secondary dominant lesion is determined and released and so on until none remain. Usually four to six releases are required to free the body of its tension.

Due to the integrative and profound nature of this work, Dr. Chaffour sees a patient for a maximum of three times, with four to six weeks between visits. That allows the body sufficient time to fully integrate the changes. Other modalities may be used in the interval. If he is unable to help after three visits, he refers patients elsewhere.

Another way to do Mechanical Link is to release restrictions as you encounter them. The work is still beneficial, but may not be as profound and long-lasting. A few days ago I had twenty minutes to work with someone whose jaw was badly out, distorting his whole face. I did some standard cranial osteopathic evaluations, followed by some Mechanical Link releases on his cranium. As a result, his face appeared balanced and relaxed and he felt very different indeed.

I worked with an electrician who had been electrocuted and subsequently had troubles with one vertebra in his back, an area through which the shock passed. After testing, that vertebra was his primary dominant lesion, which was released first. His secondary dominant lesion was at the lower sternum, and his third an abdominal heart. Then the rest of his body was clear.

Mechanical Link is gentle work that can be used with people of all ages, from a newborn to the elderly. Dr. Chaffour describes his touch while working with the very young or very old as 'comme une papillon' like a butterfly. At his symposium he worked with a lady of 87 years and just missed having a three week old infant to work with. A shy girl of 21 months was the youngest and she quickly gained confidence with his light touch. Later she came up to investigate what he was doing with the next person on the table!

*Touchpoint*



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# To Love is to be Happy With the Power of Blessing

by Wayne Kealohi Powell

Long before the rise of Atlantis (the legend goes), a race of men came to our solar system from a group of stars now known as the Pleiades. They called themselves the People of Mu, but were also known as Manahuna or Menehune - the 'people of secret power' - because of their advanced technology and psychic powers. They were a small pygmy-like people, with their own unique philosophy for successful living. Once firmly established on Earth, they began to extend their knowledge to mankind so that it would survive throughout time. Their language was Polynesian (traces of which are still found all over the world today) and their knowledge was Huna.

Huna is a philosophy of life that is at the root of all ancient cultures and spiritual paths. Free of dogma, it is simply the 'secret science behind miracles,' or the hidden knowledge, deep within our souls, of who we are and how our lives can really work. Within the Huna philosophy, there are seven spiritual principles of life which explain the way the world works. These principles, which are universal and all-encompassing, go beyond our perceptions of reality, with a meaning much deeper than meets the eye. The seven principles of Huna are refreshingly simple, and can serve as meditations or chants for enhancing everyday life:

**IKE** - the world is what you think it is

**KALA** - there are no limits

**MAKIA** - energy flows where attention goes

**MANAWA** - now is the moment of power

**ALOHA** - to love is to be happy with

**MANA** - all power comes from within

**PONO** - effectiveness is the measure of truth

## How these principles can be applied to everyday life:

1. **IKE The world is what you think it is.** When we criticize another, we are implying that he/she is not acting in accordance with our personal framework of reality. However, everyone has their own individual perception of what reality is according to their own beliefs and assumptions about life. Our personal view is only what's true for us, yet we tend to invalidate what we do not understand. If we truly love another, then we strive to understand their point of view. It is every bit as valid to them as ours is to us, and provides the balancing polarity to our point of view. According to the principle IKE, you must bless another's contrasting viewpoint if you want yours to be accepted or blessed in return.

2. **KALA There are no limits,** and in a world of no limits, we can have all-encompassing unity of all things and all beings.



We are intimately connected to each other and to everything in existence. Every thought produces an effect at some level. Therefore, when we criticize someone, we are asking to be criticized. But when you find yourself hating another for the way they act

towards you, you may find if you look closely at yourself - that you too are guilty of acting the same way. The beauty of this principle is that when you bless another, you are blessing yourself as well, and you will be blessed by others. When you bless anything, you are being blessed! We are truly one being sharing one mind, and growing through all matter and many faces.

In relationships you are relating to yourself through your partner. Every curse or blessing you give to your partner will be returned to you, because we are One. We are the giver, receiver and that which is given, all in the same holy instant.

3. **MAKIA If energy flows where attention goes,** and we get what we focus on, then it is wise to look closely at the object of your focus. If we pay close attention to what we don't like about an individual, then it grows in our awareness and experience with them. By focusing on the good in them, we can experience and bless that instead. According to this third principle, *you are where your attention is, because you are your attention.* A great master from India once said, "If your attention is diffused, then you are diffused. If your attention is in the past, then you are in the past. If your attention is in the present moment, then you are in God and God is in you."

4. **MANAWA The third principle leads into the fourth, according to which now is the moment of power.** How many of us live in the moment and appreciate its beauty and grace? When we can approach each moment without judgement, it reveals itself as a holy instant waiting to be born into our awareness. Every moment is a miracle of life propelled forth by the previous moment. If you trace your thoughts back in time, you will find your current situations and relationships are truly designed by your thinking. Only decisions that you make right *now* can have any effect on your future. It has been said by a wise man that 'life is what's happening while you are busy making other plans.' Since now is the moment of power, let us strive to enjoy each moment as an opportunity to refine our skills and glean whatever blessings await us.

5. **ALOHA To love is to be happy with.** In HUNA, this idea encompasses the power of blessing, and the practice of

acceptance. The more you can actualize nonjudgement in your life, the more love will flow through your life. By making this a daily practice in your life, and by blessing everyone and everything that symbolizes what you want, you can fulfil your grandest desires.

Love is the greatest power that we know. The more we share this power, the more we become attuned to its divine nature - what the Hawaiians call *Aloha*. The loving use of this limitless energy is the key to having everything that's worth having in this world. However, it is not necessarily easy to put into practice. When we can admire, instead of criticize, affirm instead of doubt, appreciate instead of blame, and trust instead of worry, then we can say we have learned something about loving. And only then will we feel the awesome and limitless power of our life's blessings!

Bless the beauty in all people and in nature around you - the mountains, the trees, the sun, the moon, the sea, the smiles, the laughter, the cry of a seagull, the love of a mother, the innocence of a child, the companionship of a friend, and the inspiration of a teacher. Bless the food you eat and the health of yourself and your family. Bless constantly and be thankful for everyone and everything in your life, and you will feel more joy and happiness than you could ever have imagined. Everything is alive, aware and responsive, so in blessing everything, you will be blessed by everything.

**6. MANA** The sixth principle, **All power comes from within**, reminds us that things only have power over us to the degree that we give them power. When we focus on something we don't like, we give it the power to make us unhappy. And the more we think about it, the more power we give it in our reality - since everything is alive, aware and responsive to our attention. Unless we approach life's challenges with confidence, and see them as a means of refining our skills as a peacemaker and loving human being, we give our power away. Claim your power, own it and be the source.

The following exercise can help you connect your mana (life force) with your Aumakua (higher self):

Sit comfortably and close your eyes for at least one full minute as you do some deep breathing. While you breathe deeply, think of something beautiful. See it clearly in your mind's eye and hold it there. See all the details of its beauty - colour, size, shape, smell, sound, texture, etc. As you hold this image of great beauty in your mind and begin to bless it with your breathing, your energy field will change. This energy of *alohamana*, or loving power, is what binds this whole universe together. We only have to turn our attention inwards to find an unlimited abundance of it hidden in our souls. All power comes from within.

**7. PONO** The seventh principle, **Effectiveness is the measure of Truth**, begs for a closer look at what is or isn't working for you in your life. If something is not giving you the results you want, then change your approach. The corollary to this idea is that 'there is always another way to do anything.'

Learning to 'let go and let God' is a very powerful way to get help from your higher Source. If you truly surrender to that Source within yourself, remembering that all power comes from within, you will find a new idea, person or approach. A synchronicity will take place to align your prayerful request. In giving up your frustration and allowing the miracle of life to take over, you will experience a release of great pressure knowing

that your problem is being processed at the highest level. Now more energy can flow into other areas of your life that need attention.

Do you wake up dreading the coming day, rather than bouncing out of bed filled with joyous expectation? By changing this one small pattern, you may change the rest of your life. To get even better results with waking, you can influence your patterns before going to sleep at night. Give thanks for the day's achievements, however small, and bless it for the opportunity it gave you to be who you are. This 'attitude of gratitude' is very powerful and can be used anytime during the day. It is an extremely effective way to lighten your mood and open your heart.

The following is a very effective blessing chant you can repeat and use to empower yourself. Each three-word phrase represents one of the seven principles:

**I am aware, I am free, I am focused, I am here, I am loved, I am strong, I am healed....**(repeat again & again)

Blessing seems like such a simple thing, but its awesome power should not be underestimated. A kahuna once said, "It's so easy to overlook the most simple perfection in all things, in search of the complexity of Truth."

May you always be blessed!

Source material from Serge Kahili King's *The Way of the Adventurer*

Wayne, a Kumu Kupua, teacher of Hawaiian shamanism and Lomi Lomi - Hawaiian Massage - practitioner, comes from Moloka'i Hawaii. He has studied with various kahunas for over 10 years and is the creator of the Urban Shaman Healer Training.

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# Simply Tarot

by Maurine Valorie

The EMPEROR, the big #4 of the Major Arcana, rules the dates between March 21 and April 20. This larger than urban-life figure is the visionary 'hot shot' in business adventures. This is the Father in the Tarot. The aggressor. The initiator. Not the doer. Often, the non-doing, the letting-go and delegating becomes the lesson of this card. The Emperor is to lay things out, have a staff of people do the hands-on work and get to the next step in the vision. The number 4 'sees' the best use of money, time and land long before the rest of us! The affirmation I give the Emperor is 'By building my own ethical code and by knowing both my abilities and limitations, I now take on the world.'

The Minor Arcana suit of Wands has this ARIES astrological period stoking the fire of our imagination, our spiritual quest and our career. Aries, the Mythological God of War, with the planetary influence of Mars has the Wand suit showing us our inner drive, impulsiveness and our competitiveness. The personality of the King of Wands is governed by these traits. If you need resource information, just ask this person. Tell them what you want to do and then sit back and listen to them support your vision and undoubtedly add much more to your ideas than you could ever have dreamed up! Liken this King to Robin Hood or Joan of Arc. What this person sees often isn't how things are. It's usually in their mind how things could and should be! The love of a cause, an evil to challenge, a mission of sorts, gives personal glamour to anyone born in this spring period.

If you are a first decan Aries, March 21 to 30, your life will have the life events of the 2 of Wands. You are here for one reason only, to live up to your potential. 'Good enough' simply doesn't satisfy! The second decan Aries is acted out with the 3 of Wands. People around you recognize your potential, you know what your next steps are and you're going for it! You climb the success ladder and are undaunted by any required effort. A third decan Aries has the 4 of Wands showing a life of a person that soul searches and discovers mentors to assist them to keep on track with their purpose. Everyone loves to 'hang-out' and go on adventures with you!



*Maurine  
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# Spring & Changes

by Karen Timpany

The robins and hosts of other wonderful birds are back to visit us, spring is in the air. I've been stealing a few hours now and again to tramp about in the woods. I've come across Violets and Buttercups, fresh Mullein and a variety of plants I haven't identified yet. The woods are quiet and seem to be untouched by humans' incessant need to grow and expand. I've found two beautiful and very old Pine trees that I like to sit under and meditate or just be one with. Often I'll see the deer grazing or bounding through the woods. The voices of the Coyotes, if I'm early enough, can still be heard deeper in the forest. I've found such peace and tranquillity among the great trees and soft forest floor that the dogs and I are usually out there by 6:00 in the morning. If I can get away again in the early afternoon we often see the deer sunning themselves in the warm spring sun. They leave clumps of their fur on the ground as they shed for the summer heat to come. I'm learning a great deal about the woods as I walk around aimlessly; but I can't help but wonder how it is that after so many years, I still feel one with every tree, blade of grass, the deer, raccoons and coyotes. I'm not so sure that I will feel so at one when I run across a bear, but only time will tell.

Have you ever reflected upon how you used to be and wondered when and where the changes took place that brought you to the person you are now? Suddenly, we discover we are different. Friends come and go and over the years, we may keep a few very precious ones, but others come and go, bringing new areas of interest, then leave and allow for more to follow. A hobby we once had that was to live and breathe for, is now just a memory. A past lover was the focus behind every day and night, now you scarcely remember his or her face. A teacher back in sixth grade was your very favourite, but what was that silly expression he used? Memory hangs onto a lot of data: smells, colours, sounds, faces and voices but much is cast off to the side. We can't go back to the past to recapture memories, but any forest that you visit, will appear to be 'time stood still', just for you. If you're feeling stressed, out of sorts or just want a change, take a walk on the wild side of life and relax in the forest. You might be surprised at how good you feel.

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## WHAT'S COOKING? ...SIMPLY LEFTOVERS



by Gerry Parent

The other day, a fellow came into the Centre and made a few suggestions on what he would like to see in a cooking class so that he could expand on his new interest in vegetarianism. I would like to share some of his ideas, for his introduction to vegetarian cooking reflected my own concerns and wonders about this tasty subject.

People don't like to try new things like vegetarian cooking for many reasons: it's different from what they are used to eating, they lack confidence in themselves, may think that eating healthy is expensive, or that vegetarian cuisine is often tasteless and boring, or that they don't have enough time in their schedule. Here's how I've gotten over these problems and am continuing to do so.

**Breaking Old Habits:** One way in which I have been able to break away from my traditional eating habits and to go from meat to mainly vegetarian eating was to educate myself about vegetarian cooking and take away the myths that 'prevented' me from trying something new, e.g. vegetarians don't get enough protein in their diet without meat. Combining legumes, nuts and seeds, grains and micro-algae into the diet will adequately supply the body's need for protein and be much easier to digest too.

**Gaining Confidence:** Dispelling these myths through research, I became flexible enough to experiment with vegetarian cooking. That in turn allowed me to gain confidence and experiment some more.

**Expense:** With my new confidence I started boldly buying organic vegetables and grains, and I found out that eating the best really wasn't as expensive as I thought it would be. Besides, "every dollar you spend is a vote for what you believe in!"

**Tasteless and boring:** One interesting thing I have discovered in my research is that it is minerals which give foods their flavour. Many store-bought vegetables don't have flavour because they are grown on 'dead', mineral-depleted soils. One way to get foods with flavour is to buy organic. I also use condiments like Bragg's liquid aminos, miso, sea salt, virgin olive oil, flax oil, and many dried spices to add that extra flavour I'm looking for.

**Making the time:** As much as I enjoy cooking, there are times when I'm just too busy to prepare a dish that will take a while to cook. Keeping things simple has been one of my solutions... and having plenty of leftovers on hand! For example, I cook up a squash, eat what I can and store the rest in the fridge. Then for the next meal, I create a new dish like squash soup, squash pancakes, squash-burgers....or I cook up a pot of rice or beans and do the same. My "modus operandi" is to experiment and have fun!

For example, here's a recipe I have tried to make a pot of rice (brown or white) enjoyably disappear.

### RICE PORRIDGE

- Approx. 15min • serves one
- 1 cup cooked rice
- 1 cup water

A) Blend rice and water together until smooth.

B) Heat on stove until warm.

C) Serve with raisins, nuts, honey, jam.. etc.

• Preferable to soak raisins and /or nuts overnight in water to soften for better digestion

• Soy milk, Rice Dream, Almond Milk can be substituted for water

• • • **Cooking class info on page 23** • • •

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## Good-bye Mother Hello Woman

by Marilyn Boynton

'The greatest loss of all is the loss of mother, whether we felt mothered or not. The deepest grief is for the mothering we wanted and didn't receive, whether mother is now alive or dead.'

Women's primal work is to use the turmoil - the grief and the anger in understanding our identity and qualities of essence vis-a-vis Mother. To chart and map our own course is to individuate from parents and in particular, our mother. The biggest challenge is in clarifying where mother ends and we begin. Then we can retire mother from her role of mothering and see her as another woman who did her best.

Why is this mid-life stage in a daughter's life not widely known? Why are we, as daughters, not ready for this fog of uncertainty and confusion that clouds our judgement and vision?

We have normalized the struggle towards identity-formation, primarily in the toddler stages and in the teen years. But do we have a belief system that encompasses further maturation at age 36 or 63? To be at odds with ourselves and our female kin is just the beginning spark in our attempts to break through the generational cracks into our own unique self. The process of questioning, exploring and reconnecting with our mother kin creates a new sense of belonging and community. Twenty years as a therapist and, thanks to the women's movement, has led me to accept this developmental stage in mid-life as normal and inevitable.

Jackie, one of many women telling their stories in "Good-bye Mother, Hello Woman" found herself angry and sad, most of the time with no apparent reason. She thought she had a good life so why was she so bad-tempered? When she explored memories of her mother, she recalled her childhood role of helping a demanding and over-critical woman keep up appearances of being a 'perfect mother'. Her first healing step is to discover her mother's childhood. This process leads Jackie to see her mother in her own right and to recognize the frustrations that led to her mother's often domineering behaviour. She now sees that her mother and her mother's mother did their best considering the limiting circumstances of their time. Today she has more options and can make more conscious choices. Gaining a multi-generational picture of her mother helps her create a different future for herself.

The inspiration to write "Goodbye Mother, Hello Woman" comes from the courage and angst of my clients and from my own successes and failures as a daughter, mother and grandmother. I asked myself, 'Why is this relationship so tough to sort out?' Why are there no guides nor directions to support my journey and to warn me of dangerous territory? In addition, our culture does not support healthy daughter-mother dialogue. Women and girls are still not valued as responsible citizens in the decision making levels of our institutions. It is easy to see why sometimes women may turn on each other. Some of my



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clients were stuck in the blaming stage, projecting their core issues onto their partners. Of course it is not that they don't have legitimate issues with their bosses, mates, children and friends. But few wished to see the connection with childhood patterns of perceiving, feeling and acting. An even greater burden with more insights to be discovered are those daughters who have narcissistic or worse, abusive parents. The good news is that there are strategies and transformations on that learning journey. We traverse these obstacles with hard work and a little help from our friends, our counsellors and our families.

Reweaving a new daughter-mother fabric is the best safety net we can provide for our daughters, or granddaughters and generations to come. To be continued next month ...

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- \* Getting to know our Mother's life and our own
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Book Signings in Kelowna, Thursday May 22  
 & in Penticton May 23 (Times to be announced)



Marilyn Irwin Boynton, R.N., M.Ed., is an Individual, Couple and Family Therapist practicing in Toronto. She is a clinical member and approved supervisor in A.A.M.F.T. Marilyn will autograph copies of her book at the end of the workshop.

# Researching Vibrational Medicine

by Shelley Coleman

I started my research career by gaining an honors degree in Law specializing in oral research. For my honors dissertation I travelled throughout New Zealand interviewing Family Court Judges about their role in Adjudicating custody cases. Throughout my Law Degree I worked as a volunteer for the Community Law Centre Free Legal Advice service. I was also part of the Legal Reform group and the Human Rights group, which gave talks to schools and community groups about their rights. I was then employed by the Trade union in New Zealand to research sexual harassment and write a booklet for Union Delegates on what is Sexual Harassment and the different avenues available for dealing with a complaint of sexual harassment. This project involved travelling the country and interviewing the full spectrum of people involved in this area: sexual harassment survivors, police officers, lawyers, Tribunal judges, Union members and Union delegates. When I left New Zealand for my big O.E. (Overseas experience) I visited the International Peace Bureau in Geneva and became interested in the World Court Project for the reform of nuclear weapons. I returned to New Zealand to attend a Pacific/Asia Peace Conference.

However, my interests and perspectives were starting to broaden and I was awakened to the fact that all of this work did not really seem to be getting to the crux of the issue of world peace. Slowly the realization was dawning that global transformation and indeed societal transformation cannot happen from the outside. The only way to be honestly and truthfully effective is to look at oneself, to see the disharmonies within the individual ecosystem and work to build up the peace within. My research interests began to broaden. I travelled with a perceptive eye towards the various cultures and how they worked to maintain harmony within. Although I am able to learn languages relatively quickly, the real research came from observation and integration. Communication became a much broader concept encompassing expression and creativity. Body language, intonation, facial expression, the energy behind the words all became integral to understanding. I was becoming a lot more aware of energy and energy transmissions. I developed a keen sense of intuition - a knowingness that needed no words. I could feel situations and tune in to other subtle realities that coexisted.

Specifically I was fascinated by the correlation of the music and rhythms of each culture and its relativity to different states of existence. I began to study the chakras and could sense how each culture resonated more with one particular chakra than another. For example, the West African culture I studied seemed very much connected with the base chakra; the root chakra associated predominantly with the body, survival, sex. And indeed survival is their main focus in African cultures and the Senegalese have incredible physiques, are very much in touch with their bodies and enjoy sexual pleasures immensely. If you've ever heard music of Africa, in particular African drumming, you will know how difficult it is to stand still - the feet just can't resist. Movement ensues, enhanced energy flow results. A stark contrast to this society would be India where, although survival is still an issue, the body side of things has almost been denied, which is visible in their very weak, frail bodily structures. The chakra which seems to predominate in the energy of this culture seems to be the crown chakra, associated with meditation. And their music reflects this also, evoking a very deep meditative quality. Our western culture on the other hand resonates especially with the third chakra, the active manifesting, power hungry reality which has enabled the wealth and industry to develop at a phenomenal rate. The music of our culture predominantly reflects this in the fast, hyped up, often angry style and with that often comes chaotic, stressful lifestyles or conversely we find the lamenting blues style music that one associates with bars, booze, depression - the dualistic experience.

I incorporate my understanding of the vibrational effects of music on the body and subtle energy fields which surround it into the findings of my research that I share with groups all around the world in an experiential setting.

I have also studied Chinese Accupressure Massage which works with the meridians (energy circuits) in the body, and Tai Chi and Chi Kung which are in essence the dance of the energy. I am also a Reiki Master.

Recently I met Denie Hiestand and have continued to learn much about energy awareness, emotional/mental mastership, and Kinesiology (which also works with the electrical circuitry). Denie is a Natural Health Consultant, author and spiritual teacher who has been working with Vibrational Medicine (Energy Healing) for 15 years. Together we offer a broad spectrum of knowledge and experience of ways to assist the body to heal itself and to enhance the quality of life. We work with the premise that dis-ease, illness and unhappiness all result from a low energy supply and that a way to remedy such states is to increase the energy flow. Energy flow can be increased by electrical tune-ups (which reconnect the circuits to allow greater energy flow), energy healing (which directs life force energy into specific areas of the body), movement (which enables the lymphatic system to function), music/sound vibration (which resonates with the subtle energy fields) and meditation (which enhances awareness, greater consciousness and understanding).



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# KEEPING AHEAD OF THOSE HEADACHES

by Vera Tobis, Dipl. Ac.

When you have a headache you are probably not a very happy person. If you are chronically afflicted, it is likely that you are searching for help.

The first thing to consider is that there are many kinds of headache, and many causes, rare and common. In the rare category are the headaches arising out of serious head trauma, blood clots in the brain, brain tumor or brain infection such as meningitis. Slightly more common are the headaches associated with such medical conditions as high blood pressure, hypothyroidism, hypoglycemia, the common cold or food allergy. Headaches can be present in a variety of locations, with differences in intensity and character of pain. There are migraines and tension headaches, PMS headaches, sinus headaches and clusters ... each sufferer will have their own unique pattern.

What is important in the evaluation of a headache is the history and progression of the problem. How did it begin? What triggers it? What makes it better or worse? In examining the pattern of disharmony, we need to have full information about the systems of the body - are there digestive, blood sugar or hormonal disturbances? Are there structural imbalances or areas of chronic muscle tension. Are there allergies or extreme sensitivities to foods, chemicals, smells, environmental factors? What is the role played by stress?

In some cases it will be necessary to rule out the more serious causes of severe headache. In situations of sudden, inexplicable onset, after injury or perhaps for peace of mind, it would be appropriate to seek medical diagnosis through such techniques as CAT scans, brain scans, MRI's or x-rays. Fortunately, for most headache sufferers, the underlying causes are not so ominous or life-threatening and there are tests that can be run to check for allergies, nutritional deficiencies, intestinal malabsorption or endocrine imbalances, should these be desired. The patient's symptom configuration will usually indicate if these are appropriate avenues to pursue.

When we have excruciating pain, we want relief and we want it NOW. Unfortunately, in the realm of head pain, the magic pill has yet to be discovered. Oh, there are pain relievers on the market, some of them effective in the moment, on occasion, at least partially. The trouble, of course with medication is that it is not only symptom-masking, but in excess will also harm the adrenals by overstressing them. Not only that, they often create nausea, heartburn, hangover-like symptoms and weakness. As a long-time migraine sufferer, I have tried a lot of these pills only to have them prolong the time and extent of my discomfort. Our natural alternatives to aspirin and more harmful drugs are Feverfew and White Willow Bark. Try also peppermint oil or Tiger Balm rubbed into the area of pain ... these are quite soothing.

Since learning Chinese Medicine, I have come to appreciate the importance of addressing the cause of the disorder. When someone has pain, obviously we will try to provide relief,

and acupuncture helps many, though not all, patients out of a headache. What needs to be done, in our terms, is to treat the Root as well as the Branch. In cases of chronic headache, the Root has become well established and often entails a deficiency of Qi and/or Blood within the Kidney or Liver, allowing the unanchored Yang of the Liver to flare upwards. The head is the highest part of the body, both anatomically and energetically. All Yang channels join up in the head which become, therefore, intrinsically prone to the rising ( and sticking) of Energy, both Pure and Pathogenic.

A basic truth in TCM is that if there is free flow, there is no pain. Our job therefore is to discover what factors impede the movement of Qi and Blood within the individual and then make the necessary course corrections for that person. We apply needles and provide herbal remedies and we suggest changes in life-style. Another basic truth these days is that North Americans tend to be overfed and undernourished. The patterns of excess and internal toxicity mingle with those of nutrient deficiency, low energy and digestive weakness to create headaches and many other conditions. To help balance this particular tangle, we encourage the use of "green" supplements along with the elimination of the wicked "whites" - white sugar, white flour, white bread, white rice, excess dairy. Many people have allergies to these substances and could alleviate their headaches just by judicious avoidance of them. Good nutrition and prevention can hardly be overstressed if we want improvement in our condition.

We like to say that Chinese Medicine doesn't treat disease - it deals with the whole individual, body, mind and spirit. And part of the medicine is to impart the idea that the 'cure' and health are things that a practitioner confers upon a patient, but rather they are part of a process and undertaking that everyone is free to choose for themselves.



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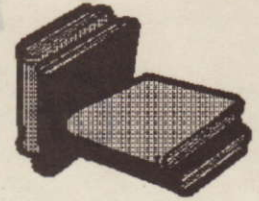
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## Book Reviews

by Jan



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



### Returning to the Teachings

#### Exploring Aboriginal Justice

by Rupert Ross

Penguin Books, ISBN 0-14-025870-1

Don't let the title fool you. This book goes far beyond the definition of 'justice' as I would have described it a few days ago.

Rupert Ross describes an aboriginal focus of justice that looks at an offender in terms of the circumstances that created the individual's offending behaviour rather than that this person is bad and therefore must be sent to jail. He has studied three successful programs using this holistic approach to healing the whole person (physically, emotionally, mentally and spiritually) with support from family, community, professionals and the court system.

As the name implies "Returning to the Teachings" utilizes the basic teachings of the aboriginal cultures to facilitate the healing process. Healing circles, sweat lodges, storytelling, drumming and singing help individuals to reconnect with their true selves and heal their woundedness. If I make it sound simplistic, believe me, it is not. In court the offender is able to hear, from all who choose to share, the impact that his or her behaviour has had on their lives. This could include family, friends or anyone in the community. In healing circles people openly share their stories, honor their feelings, allow the safe space for individuals to learn to trust and be able to express their pain, anger, shame, etc.

We have been raised with the attitude of 'survival of the fittest' and 'win at all costs'. According to Rupert Ross, *This law of fierce competition, however, does not appear to be the law that many Aboriginal peoples derived from their study of the nonhuman world. Instead, they have drawn an opposite conclusion: that Creation demonstrates, at its most fundamental level, principles of mutualism, interdependence and symbiosis. At those levels, all aspects of the created order are essential to the continued survival of Creation as a whole. According to that perspective, the obligation of humans is not to attack, insult or diminish them or each other, but to demonstrate respect, to offer support, to work towards cooperation.*

This is the premise behind "Returning to the Teachings." A dedicated team is required to facilitate programs such as these, and it doesn't mean that jail is never an option. What it does do is give those who want to change their lives the opportunity for healing.

### The Coming Energy Revolution

#### The Search for Free Energy

by Jeane Manning

Avery Publishing Group • ISBN 0-89529-713-2

What do George Wiseman, Viktor Schauberger, Nikola Tesla, Dr. Harold Aspden and Dr. Roger Billings have in common? According to Jeane Manning, they are all known for their research and development in the field of 'free energy'. **The Coming Energy Revolution** introduces them and many other scientists and inventors, their theories, discoveries and working prototypes.

And what is 'free energy'? It is the sea of energy in space that fills everything, including our own bodies. We can't sense it or see it, nor can we measure it against something else. It is also the forces of nature harnessed to produce usable energy without damage to the environment. Unlike the fossil fuels which we continually deplete, 'free energy' devices create or transform energy.

At first glance I thought that this book would be too 'deep' for me (science has never been my strong suit). Instead I found the information fascinating and very easy to follow. I feel excited about the possibilities of free energy devices that would stop pollution, and in fact, start cleaning up the mess this planet is in. Hydrosonic pumps, low-impact turbines, implosion generators, hydrogen-powered vehicles, cold fusion and magnets are some of the alternative energy sources being explored by scientists and innovative thinkers. Now, with access to the Internet, researchers from around the world will be able to pool their resources and free energy may be available in the not too distant future. The author looks at some of the challenges of the free-energy movement and provides a comprehensive resource list for those searching for more information.

As Jeane Manning so beautifully says, "We have a lot to learn about the web of life as we jump into the new-energy era. A study of the different ways in which new-energy and old-energy technologies affect living creatures may be a place to start. Viktor Schauberger envisioned a "living technology," and today's inventors are working on it. When enough people agree to take responsibility for learning and applying new life-enhancing energy knowledge, deserts may turn green and fresh breezes may blow down city streets. Inventor Adam Trombly says, "Great technologies alone are not going to save this planet. Great humanity is."

## Healing With Humour

### A Laughter First Aid Kit

by Catherine Ripplinger Fenwick  
St. Peter's Press, ISBN 0-921257-73-2

Catherine Ripplinger Fenwick lived the program that later became this book when she was recovering from surgery and chemotherapy. I came to many of the same realizations when I went through the upheaval and subsequent life changes of back surgery a few years ago.

More than a first aid kit, the author has written a simple, yet profound guide for healing. Whether the challenge in your life is loss of your job, a health crisis or death of a loved one, these steps can help you to identify and move through the stages of change. The written exercises are punctuated with splashes of humour to remind us to acknowledge the joyous moments in each day. Discover what emotional areas of your life may have been neglected or, if you wish to pursue a particular aspect of the growth process there are recommended reading lists at the end of each chapter. Definitely experiential, this book offers an opportunity to look at life a bit differently.

*Humour is everywhere. Look for it. Create it. Spread it around. Set a goal to laugh at least 100 times a day. Laughter helps us to get that foot out of the past. It helps us to get over the hurdles and the barriers. It helps us transcend crises and create opportunities.*

## Healing Times

### A Personal Workbook

by Louise Giroux  
Northstone Publishers,  
ISBN 1-55145-089-5

Having difficulty in relationships, struggling with family of origin issues, declining health or creating a blended family? Perhaps this book will help you resolve these and other life challenges.

Using the powerful examples of movie roles, the moving lyrics or inspirational music of songs, written exercises, visualizations and the magic of play, Louise Giroux incorporates a variety of techniques into *Healing Times - a personal workbook*.

Louise Giroux puts into words my own thoughts when she says, *Unfortunately our technological society does not prepare us well for work that requires time, patience and persistence. You may savor a meal, cooked in three minutes in your microwave, but let me assure you there is no quick way to do the work that is involved in recycling, or redefining, one's self. This process of recycling, of recovering and healing from problematic situations or incidents is available to every one of us. The question is not, "Will it work?" but rather, "Am I committed to giving the time and emotional energy necessary?"*

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# MY PAST LIVES

Part IV by Dane Purschke

In this episode I share with you a session in which I recalled briefly, five of my past lives (vignettes). All of these remembrances are from sessions I had six years ago. At that time I had recently resigned my Catholic priesthood and in this session I wanted to deal with my current attitudes and feelings about sexuality and learn of my history in this regard. To begin the session the suggestion was given: Ask your Higher Self to bring to mind the experiences, memories and the lifetimes that pertain directly to your current attitudes and feelings about sexuality.

I feel in myself the energies of fear, shame, and violation both of myself and of others because of lust. I recall a lifetime as a soldier. I am an efficient killing machine. Sexual violation of women went hand in hand with the spoils of war. We would kill the men and rape the women. I held no remorse for the killing but I had feelings about the raping. I came to realize that to rape women was to be more violent than killing. Killing was final and the suffering was over. To rape was just the beginning of the victims' suffering. I did feel some remorse but only after the sexual release. When I sensed the suffering that I caused, I felt dirty inside.

I recall my current Catholic upbringing. I was taught to believe that anything to do with sex was somehow dirty, sinful and a cause for shame. From a feeling of guilt about my past sexual abuse, I chose celibacy in this life. In my belief that sexuality was somehow base, I chose a life style that repressed it. There is unforgiveness of myself in this regard for having accepted such a crippling belief but now I know why I did it.

Because I accepted celibacy as an ideal and as a calling from God, I experienced for the first 50 years of my life, a deep loneliness and an internal separation within myself. Celibacy has the integration of my masculine/feminine. No wonder I feel so isolated from others, I am isolated from my feminine self.

I now recall the other life time I had as soldier (part III). In that life I had totally shut down my feminine feeling side and in this life I spent my first 50 years in much the same way. With hindsight I now know that I feared both my sexuality and my feminine self. I suppressed them both and I felt a need to control them as something sinful and base.

Ask your Higher Self to recall a lifetime when you were a woman: I am a nobody, just an object and I don't count. I am a slave. I need to suppress these memories and the experience of being sexually violated. I deny that they ever happened to me in order to survive emotionally and spiritually. I live in constant fear of the next time it will happen. I have no control over my life so that I am often depressed and with a feeling of hopelessness. I don't ever want to be a woman again.

The Church didn't impose celibacy, I chose it so that I wouldn't have to deal with either my sexuality or my feminine self. I see myself walking with a crutch. I am a limping, crippled human being, who is out of relationship with his feelings and his heart.

Ask your Higher Self if there are other lifetimes that relate to this issue: Yes. Once as a woman I sexually abused men by manipulating them and as a means of getting even. Using my

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sexuality wasn't a way of surviving but a way of controlling. I felt powerful and life for me was just a game of seduction.

Ask your Higher Self to recall a lifetime that was sexually integrated: In Atlantis. My husband and I were enlightened as to the significance of sexuality. It flowed between us and with no judgement of it. Male and female weren't in opposition but were complimentary as we helped each other to experience an integrated unity within ourselves. Masculine and feminine bodies were only outward manifestations of what we each were inside. We knew that we were androgynous. We were equals. Even as I receive from my husband, I also nourish and give forth--Giving and receiving are the same and I feel them both inside myself. And so is our sexual giving and receiving, and with no judgement of it.

Ask your Higher Self for the wisdom you gained in that lifetime: Up till then I had not experienced a lifetime without this integration so that I took it for granted. You don't really appreciate something until you have been deprived of it. So I chose to experience in later lifetimes dis-integration. But now is the time to re-integrate and to experience the internal marriage of my masculine/feminine self, but this time with appreciation as if for the first time. I recall the Parable of the Prodigal Son (Luke 15) who didn't have appreciation for home until he had left it behind for a while.

Ask your Higher Self to take some symbolic form so that you can experience its presence: Sunrise or sunset, which is it? Am I looking East or West? I am the earth that turns, so that I am both the sun's rising and its setting, I am both at all times. The two are as one.

Ask advice or wisdom from your Higher Self: Put to death celibacy and all that it symbolized for you.

Ask your Higher Self for a metaphor or tool to activate this:

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I have a sense of being whole inside, and having no need to go outside myself to be complete. Now I can relate to others as someone who is already integrated within myself. When I totally respect my own femininity that will free me to give the same respect to all women as being both equals and as complementing my masculinity. Buy a ring and wear it to symbolize that I am married, integrated and at peace within myself. I send out the intention and I make peace with all those I have violated, and with all who have violated me sexually. PEACE.

This session needs no commentary on my part. It is given to illustrate that we bring with us into this lifetime all of the attitudes, beliefs, feelings and judgments upon life that we learned in our past lives. By recalling our past, we are better able to understand who we are in the present, and with this understanding we can choose to make changes or not.

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# Eating Shadow

by Don McGinnis

Okay let's cut to the chase. Let's get to the core. You men, take your power back from them women. Ooh. A Clint Eastwood kind of thing comes out of me when I write that.

But taking power is never about vengeance & violence. I come to honor women and ourselves. That's the chase and that's the sore of it. Man, when it comes to taking power back, do it with humbleness. Taking power is a humbling thing with a lot of remorse for *not* having honored those beautiful sea witches and goddesses we beg to have and to hate in our lives.

I am here to eat my own shadow with the grief and love and pain of all of life. I am here to grieve and to forgive my own self-betrayal.

Eating shadow. Reclaiming the soul and the energy of the self. Taking back what you sank and turned against.

This kid stands up in class and says something which is pure poetry and heart and everyone buries it in shovels of laughter. The kid speaks from the pure sounds of the soul and you know the truth of it because it's your own truth too. And you do nothing. In this act of betrayal, strange things happen. You push him away and suddenly his innocence fills you with fear and disgust. You will not look at him again. He moves into the shadowy world of hateful things. Whatever we place in the shadow looms large and hostile, like Scrooge's ghosts.

A native boy is raised in a residential school. Mouth is washed with soap when he speaks his mother tongue. He learns to forget. He learns to forget and his hatred is to the Self who betrayed his survival for speaking with the Mother.

A mother scolds her daughter for her loud and joyful play. Recognizing she is trying to protect her from the shrill voice of her own mother, she weeps.

We beat you for your own good. We beat you to protect you from those who would beat you. We beat you so you won't be beaten, like we were beaten. That is why we do what we do. The boy, the girl speaking so bravely and with such honesty and clarity dare to say the obvious and expose our own wounds. We want to plead with them, "Don't show us our shame, please. Be nice. Don't fuss."

Eating shadow. It is simply the recognition that we have discarded sacredness casually for the sake of mere survival.

Eating shadow, the hidden, sexual, honest and vibrant part of ourselves. That shadow for men is largely feminine and beautiful. The beauty is that, whatever we send into the shadow is projected outside of us. We see the yearned for and hated thing in our wives and girlfriends. We wrestle them to the ground, but the thing is not there, it cannot be had.

So, we must come to it thus: You say 'Hey, you know when you stood up and talked from your heart and everyone laughed, even the teacher? Remember how you looked to me and I wouldn't look back? Well, I am so sorry. I have a million excuses, but man am I ever sorry. Now, I want you back. I want you with me. I've looked all over town, and no one else will do. It's you, and only you.'

For days, you'll walk around with this new love inside of you, this beautiful relationship where you can't take your eyes off yourself. Power is **here**. And peace.

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# The Uterine Connection

Part III • by Joel Whitehead

## Hormone Replacement or Not

Of all of the parts of the uterine connection I have so far delved into this has been by far the most difficult to resolve. There are lots of debates to be created around this issue and so when asked whether one should take hormone replacement therapy (HRT) or not, I can't say that it is completely easy to take the natural choice. So, when my patients ask me whether they should take HRT or not, the answer is always that it depends!

I must admit that when I started this journey I was pretty well convinced that the best road is the one that nature has provided for us with just a little extra help from a natural health provider like myself. But, the real 'depends' part of this huge life choice lies in the wants, fears and actual physical and psychological health of the woman doing the asking. I can help the patient assess the physical and psychological factors well enough, but the picture that that patient has for their future and the things they most fear are their own and have to be respected.

Recently I had a patient come to me to lose weight. She was already postmenopausal, but active and vibrant and quite concerned with her appearance. Her weight problem was not because of lacking the will power to avoid the wrong food or follow a dietary regimen, exercise etc., but because of her fat cells holding their place in her body structure, enhanced by the estrogen she was taking to ensure certain feminine qualities.

It seemed like we tried everything possible to break the cycle and let loose of some of that dampness and increase the yang energy to match the overabundance of yin. I suggested she give up the HRT for awhile until she got a handle on the weight. Here is where we came to an assessment of what she wanted and what she feared. While she detested the weight gain, she was most afraid of losing the feminine qualities that HRT, mainly estrogen, insured.

In Chinese Medicine we regard this loss of yin, the liquifying, cooling night force that also calms us, as a natural consequence of aging. In China women will regularly start taking yin nourishing herbs in anticipation of the change and be well supplemented by the time it starts to become a problem. Luckily, this is an option for many women who want to avoid HRT. In those cases the patient may fear the increased risks

of breast and uterine cancer over fears of osteoporosis and heart disease.

This is a decision time for women that is largely fear based. Let me add that in merely researching this article my own fears around aging were made hypersensitive as well. But in the case of choosing to use western pharmaceutical's system of HRT or not, there is a lot of logic that can be invoked. Take osteoporosis for instance. If you are a person who has never liked exercise and if you are thin and rather small boned to begin with and especially if you had health risks like smoking and an abundance of coffee consumption, you have very little choice but to pursue HRT. On the other hand if you are strong boned and healthy you would probably find a regimen of herbs and supplements with exercise is all you may need. The same would be true for heart disease concerns. In fact we would suspect that if a person is larger, HRT may actually add to dampness factors in the body which often shows stress on the heart.

If you carry a bit of extra weight in a healthy sort of fashion, your body is already going to be manufacturing some level of estrogen and using HRT may actually increase your risks of internal stagnation and thereby increase your risk of breast or uterine cancer. There is one sad case of a patient of mine who had had a complete hysterectomy at the age of 48, for a small fibroid that the doctor suspected may have been causing a hip pain. When she came to us she still had the hip pain and we were able to relieve it by raising her prolapsed stomach. However, by being forced to take HRT, blood stagnations in her very strong legs became a serious and painful problem. Because of her surgical menopause her hot flushes could never quite be controlled with herbal remedies, and so she was made to choose between increasing the pain and burning up.

What is most important to be remembered here is that there are many choices to be made around the menopause issue and it doesn't necessarily have to be the same choice for everyone. When it is time to make that choice, talk to your Western medical practitioners, but also give us a call and come to your own choices around your wants and fears and not just the choice your consulting physician makes for you.

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# A Shift in Focus Can Create a Shift in Attitude

by Catherine  
Ripplinger Fenwick



In the English language there are about 3000 words to describe negative emotions and about 1000 words to describe positive emotions. **Well, that explains a lot!** Words affect our attitudes and beliefs which in turn effect our minds and bodies, which must process the emotion created by the language. Is it true then; **we are what we think!**

It seems to me that we often focus on what is wrong in the world. It is time for us to shift that focus to what is right. There is far more good than evil, but what do we hear about? What do we focus on?

I do not mean that we pretend everything is wonderful and stop working to change what is wrong. My concern is that by always focusing on what is wrong we might lose sight of why we are working so hard to make changes.

A few days ago I was in a restaurant and I heard someone say, "Hey, do you serve crabs in this dump?" The waitress replied, "Yes sir, what will you have?" A quick shift in the perception of words creates the humour. A shift in attitude focus can create a shift in attitude.

A Pollyanna can see castles in the clouds.

A pessimist can build dungeons out of thin air.

Call me a Pollyanna if you want to. Pollyanna was a little girl who grew up in extreme material poverty but she was rich in many other ways. Her father taught her to look for what is good in all circumstances. No matter how bad things got, Pollyanna could always find something to be happy about. What a contrast this is to people who have material wealth but who live in extreme spiritual poverty.

In our efforts to improve the horrors around us we can lose sight of the wonders. In our attempts to escape fear, we can lose sight of joy. In our attempts to have it all, we lose sight of what we wanted in the first place.

I sat down the other day with pen and paper and began to write all the things for which I am thankful. I have five pages filled, so far. This is a wonderful activity to help people shift their mental focus from "ain't it awful" to 'life is good.' Out of this exercise came the following prayer:

I am thankful for the gift of laughter;  
for the people who bring me joy,  
for the comedy that makes me forget my cares and woes,  
if only for the moment.

I am thankful for the gift of creativity:  
for artists,  
whose work takes me out of sadness  
and into a kinder place.

I am thankful for the ability to find great joy in simple things;  
for long walks in the country,  
for a cool lake on a hot day,  
for snow to ski on,  
for music, meditation and prayer.

I am thankful for the gift of compassion:  
for the joy of forgiveness.

And please,  
Let me be at peace with whatever happens today.

To be at peace sometimes requires that we see castles in the clouds, and no matter what happens, find something to be happy about. Try to become a person with **Inverse Paranoia**. A person with inverse paranoia is someone who walks around believing that the world is out to do them good.

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## ... Dear Angele ...

In the December-January 'Issues' I was deeply moved by your 'Living Alone' - I too, find myself living alone after singly raising my daughter (almost 17). She has flown the nest and I find myself in deep depression and grief almost unbearable at times.

Fortunately I have my creatures of which there are many to be companions but find it difficult to venture much from the comfort of home - not being in the work force outside of home for almost two decades. Time will heal, I am confident. Thanks again for your article.

Regards ... *Gina Stewart*, Riondel, BC

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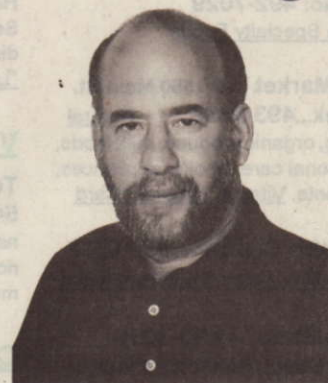
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