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Stoking the Smoke House
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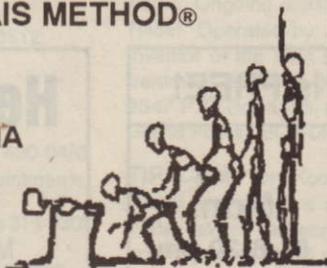
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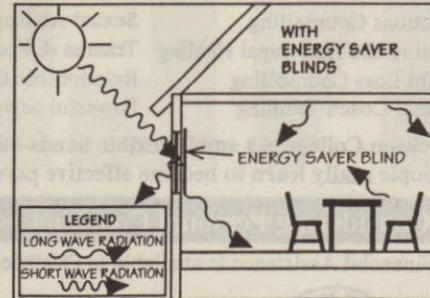
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From the Editor...

Chit Chat

with Marcel



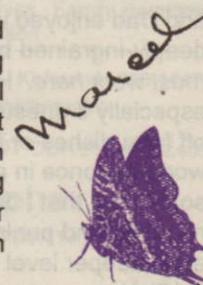
May, the month of Mother's Day. The picture to the right is of my mother, Maxine Saunders, and me when I was three years old. We were on a Sunday afternoon outing to Elk Island Park near Edmonton. I am fortunate to still have my mother living and healthy now at 82 years of age. I have her to thank for my interest in natural health and holistic living. When her children were very young she seemed to instinctively realize that natural nutrition was very important. She read everything on the subject she could get her hands on, which wasn't very much at that time, and she began to frequent the only health food store in Edmonton. In those days health food stores were considered very fringe and "off the wall" kinds of places. In other words you never told your regular friends about your health food interest, you really were considered nuts if you were a "health nut." Eventually natural health became a fad and now today is a normal method of living for an increasingly large segment of the population. I always felt it was brave of my mother to "fly in the face of convention" in those early days.

Another brave stand that she took was against vaccination and inoculation. She came to believe that any chemical interference with the body was against nature and as a result I was never vaccinated or inoculated after six years of age, my sister after two years and my brother not at all. Back then doctors were treated like "gods." To refuse your doctor's advice was generally unheard of. Most people hadn't begun to question the way we do today. I'm sure she got a lot of flack from many directions but she stood her ground. Her example and strength inspired me to take the same stand; my children were never vaccinated or inoculated. The truth of this belief is reinforced time and again as one reads the horror stories of the

effects of vaccinations on children. And still the medical will not recognize this.

My mother also took a similar stand on the controversial issue of circumcision. She considered this operation completely unnatural with no good arguments in its favour, but it was done as a matter of course to most baby boys at that time. When my brother was born, she refused to sign the papers for the operation, much to the disgust of her doctor who did not hesitate to voice his concern. When my son was born I also refused to have him circumcised. However, it seems the medical position on this operation had softened and I had no trouble with my refusal.

Later my mother's interests expanded to books on 'positive thinking' and 'creating your own reality' and other philosophical approaches. This also sparked my interest in these areas. Today, as a partner in Issues Magazine and the Holistic Healing Centre, I am proud to have followed in her footsteps. Thanks Mom, for your strength and your good example.



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Musing

with
Angèle

publisher of ISSUES

Stoking the Smoke House



Grandad Kost stoking the fire in the smokehouse is this month's cover photo. I remember that special wood was used so that the smoke dried out the fish instead of the heat of the fire. Grandad learned a special technique living in the Arctic with the Inuits and had lots of practice. His smoked fish was the yummiest I have ever tasted. The fish had to be cut fairly thin, soaked in a salt brine, then hung on racks to dry ... slowly. If there was too much heat, they crumbled and if there was too much moisture, they got mouldy. Even with guidance, I'm sure it took trial and error to figure out how to get just the right flavour. This energy is the same for all that we do, which reflects back to us how much our life is in or out of balance. I recently read that to find balance one must know his or her extremes, so I am contemplating this idea.

On the back of some of my family photographs are comments extolling the virtues of country living. Both Mom and Dad enjoyed working hard and I know that there is a deeply-ingrained belief in me ... *that to be of any value, I must work hard*. Holidays were used for hunting or fishing, especially if guests arrived, and once in a while I got a day off from dishes or laundry. Most of the time I enjoyed the work, but once in awhile I remember being forced to do something that I didn't want to. My parents thought I was rebelling and punished me, thinking that I would learn at an even deeper level to do what I was told... for my own good. Adults are supposed to know more than their children... that is what our society teaches and encourages. My parents taught me well, how to survive, how to make do and enjoy work, but very little time was spent helping me to understand my feelings. Mom and Dad didn't have the time or the information to help me to understand that feelings come from the inside in response to a situation. I didn't conjure them up to create havoc in the family or make Mom or Dad feel uncomfortable. As a child I had lots of energy, so stuffing a feeling in the moment wasn't a big deal. But since I was a very perceptive child and could read body language easily, I soon learned not to trust my feelings. With time, I got quicker at stuffing them as they came to the surface. Eventually, it happened so fast I didn't even realize I was doing it, unless it was a very strong emotion. I started living more in my head than in my body, and now realize it is part of the reason for my cold feet and indigestion.

Recently I had a Rolfing Session and Integrated Body Therapy with Ken Martin from Nelson. When he asked me what I wanted to have worked on, I told him my right hip was glinching and, of course my cold feet and weak

digestion could use some help. He repeated to me what I had said as I lay down on the table. He then asked me, "Would you like a blanket?" I said, "That would be wonderful!" I have recently completed thirty sessions with Gary and he refused to cover me for he said that when he Rolfed, he needed to watch my muscles to make sure they were aligning properly. I was usually frozen by the time the session was over, but I so wanted good posture that I accepted it as part of the process. As Ken covered me, he said, "This session is just for you and I want you to feel cared for, so just ask for whatever you want." He then added, "I noticed a change in your breathing pattern when you said, "Wonderful." What was happening in your body?" I said, "I was feeling grateful." He then asked me, "What does grateful feel like? I said, "It feels like a weakness in my upper arms and chest with a feeling of tears wanting to come." He said, "Are tears considered a weakness?" I said, "Yes. Living with six brothers, you didn't cry too often, especially if Dad was around: he enjoyed giving us something to cry about." By now I was choking back tears as I went on to tell him that I have changed that program and no longer believe that crying is a weakness. He said "Good. These beliefs are what I call lenses. Children put them in place to help them to survive within a family unit. Understanding that is good. Actually reliving and feeling the feelings is even better, so that they can be released from the emotional body."

It was easy for me to become a seven-year-old once again, remembering the different incidents where I wanted to cry but didn't because I knew it would make the situation worse. Sometimes I didn't speak my truth because I didn't understand what I was feeling. Since I had no one to explain it to me, I stuffed the confusion inside of me. As each memory surfaced, I could feel my throat hurt, as if I had a two-inch marble pushing against my larynx. I could feel my jaw tighten and I made note of the various shifts my body was feeling or releasing. Sometimes all I could do was laugh as I felt the confusion leave my emotional body. It felt so good to be able to *feel thoughts in my body*. Putting words to those unexpressed feelings helped me to release many layers of old pain in a very short time. Plus, I learned a few more excellent techniques for helping myself.

Half way through the session, I needed to go to the bathroom. Stepping onto my feet felt like I was walking on bits of rock, very sharp rocks. I tried cleaning off my soles several times but there was nothing there. The sensation stayed with me for some time and then began to fade. I figure it was energy of the feelings that I had stuffed over the many years being released from my legs. Even as I type, I can feel various surges of energy going into my arms, my belly and my legs.

I am so glad to have finally reached a level where healing myself does not have to be quite so intense. Feeling my feelings is wonderful, for my heart is much more open and I see that ease being reflected in my posture: it is so much easier to stand and sit up straight. I am grateful for all the good work that Gary and Joel did for me, but now I think I am ready to start working more from the inside. I do believe that healing happens on many levels and from either direction ... for the physical body is but a reflection of the

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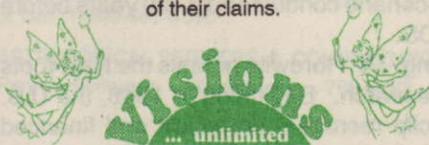
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emotional and spiritual bodies. As
Ken said, "From my ten years as a
Rolfar, I have discovered that if people
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their bodies eventually revert to their
old holding patterns. Once the core
belief is felt and understood, then our
adult intelligence can easily help us to
let it go." Giving love and support to
my Inner Child will help me to stay
connected to my eating patterns till I

can resolve some of the emotional
patterning around them. I do believe
our bodies are always trying to main-
tain balance so that we can feel alive
each morning and get excited as the
sun rises. Learning to be aware of my
breath is getting easier, as is saying
my "thank you's." Balancing the
aspects of myself that I am not as in
touch with will come if I stay present in
the moment. I know my mind and my

heart can dance together. It's just a
matter of practice.

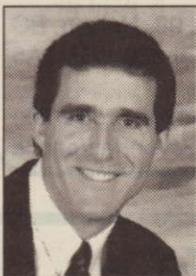
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DISCOVER THE TRUE ORIGINS of AIDS & Ebola

Sure, AIDS came from African monkeys, but what they don't tell you is what they did to the monkeys!



Dr. Len Horowitz received his doctorate at Tufts University, a MA in health education at Beacon College, and a MA in Public Health at Harvard University. He is author of *Emerging Viruses: AIDS & Ebola* and presents captivating lectures on the politics of healthcare, the true origins of AIDS and Ebola, and the real risks of vaccination to you and your

family in this age of required immunizations. Len will cover how you can protect your health, updates on the epidemiology and politics of AIDS, the links between many trusted vaccines and cancer, chronic fatigue, AIDS, Gulf War Syndrome, SIDS, childhood leukemia, and much, much more.

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AIDS & EBOLA VIRUS

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AIDS and Ebola, two of this century's most virulent diseases, are not the deadly aberrations of an indifferent Nature nor the revenge of a moralistic, disapproving deity, but may be government-financed, human-made toxins possibly designed to reduce world population. That's the considered view of Leonard G. Horowitz, D.M.D., M.A., M.P.H., a Harvard graduate, independent researcher, lecturer, and author of *Emerging Virus*.

"A mass of circumstantial and scientific evidence presented in this book supports the theory that black Africans and American homosexuals may have been targeted for genocide by activists in America's military-medical-industrial complex and agents for the CIA," says Dr. Horowitz, who devotes 500 pages to making his case.

Dr. Horowitz claims that beginning in the late 1960's, the U.S. Government developed and expected to use immunosuppressive agents such as AIDS and Ebola viruses as biological weapons "to affect military, economic, and 'national security' objectives," including population control and the elimination of radical, subversive, or unsavoury elements (such as black radicalism) as judged by the U.S. intelligence community.

Horowitz documents a complex network of U.S. government officials and departments, drug companies, international agencies and well-known scientists that in the last 50 years has vigorously pursued biological warfare as a defense alternative to nuclear war.

According to Dr. Horowitz, one of the prime players was Henry Kissinger, former Secretary of State, who in 1969 allocated ten million of Congressional funding for the development of AIDS-like viruses for a secret germ warfare project code named MKNAOMI. By 1969, 592 virus laboratories in 35 countries were developing and sharing deadly virus strains.

Dr. Horowitz also implicates AIDS researcher Robert Gallo, M.D., the National Cancer Institute, the Center for Disease Control, the World Health Organization, and various major pharmaceutical corporations in this grim - one might reasonably say, evil - scenario conducted 10 - 20 years before the public heard of AIDS.

Even more shocking, Dr. Horowitz reveals the Nazi roots of biological warfare research. Beginning in 1945, the U.S. Army's Project Paperclip recruited, protected and financed over 2000 Nazi war criminals and 'mad scientists' for work in U.S. defense and intelligence industries. Dr. Horowitz' research also unveiled a secret agreement among NATO, NASA and a Nazi-linked West German company called OTRAG to lease 29,000 square miles of eastern Zaire (inhabited by 760,000 people) for military purposes. This area is very close to what is now known as 'The AIDS Highway' and the eruption point for the Ebola virus. "This Zairean site might have been ground zero for both diseases," says Dr. Horowitz.

In the 1970's, the toxic AIDS virus may then have been inserted as a kind of biological Trojan horse into hepatitis B vaccine trials (and smallpox vaccine, to a lesser extent) in Zaire (mainly for children), New York City (in 1083 gay men), and San Francisco (in 7000 gay men). These areas soon became the prime epicenters of AIDS outbreaks.

The Essene Way of Biogenic Living

by Carolyne Cooper

The biogenic way of living followed by the early Essenes of the Dead Sea was rediscovered this century by the "Professor", as Edmond Bordeaux Szekely is fondly called. He wrote eighty-five books including topics ranging from the Essene gospels, Zarathustra, Buddha, ancient Mexico and scientific vegetarianism.

The word "biogenic" is taken from the Greek and means "life-generating". Co-founder of the International Biogenic Society, the Professor wrote, "The Whole depends upon the position of its Atoms. Be an active point in the universe, to spread the Light instead of fighting the darkness. Let us unite all the Forces of Life against the forces of death." The latter statement is included in the Credo of the I.B.S.

The Essenes evolved a perfect coordination between all the material and psychic forces, resulting in health, healing and harmony — they lived a simple, natural and creative life in their self-subsistent agricultural Brotherhoods, communing daily with the forces of the Heavenly Father and the Earthly Mother. They practiced and included in their communions, a pure vegetarian life-generating way of living far beyond what we might think possible. Our near 21st century civilization — with all its violence, illness consciousness and the possible destruction of Mother Earth — seeks answers to both individual and global problems.

A study of the Credo of the IBS indicates some of those answers. For example, "We believe that the improvement of life and mankind on our planet must start with individual efforts, as the whole depends on the atoms composing it." "We believe we shall live a simple, natural, creative life absorbing all the sources of energy, harmony and knowledge." "We believe that mutual understanding leads towards mutual cooperation; that mutual cooperation leads towards Peace; and the Peace is the only way of survival for mankind."

Particularly exciting to me is the Essene meditation using wheatgrass, which has a surplus of biogenic dynamic life energy when grown to a certain height. That, together with the daily communions with the angels of the fourteen-fold tree of life, the Heavenly forces and the Earthly forces, brings the individual into harmony with the natural laws. I hope to have some portable meadows and 'biogenic batteries' at the Leir House meeting. See calendar listing May 23.

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Alternatively, argues Dr. Horowitz, experimental and production vaccines might have been accidentally contaminated by the deadly toxins, giving eventual rise to mutated strains that crossed the species barrier to infect humans. Either way, if Horowitz is right, the U.S. government is to blame. "Perhaps now, as AIDS consumes the lives, liberties and pursuits of an estimated 30 million HIV-positive people worldwide, the time has come to vanquish our delusions about it and its origin."

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submitted by Karen Timpany

1. You will receive a body. You may like it or hate it, but it will be yours for the entire period of this time around.
2. You will learn lessons. You are enrolled in a full-time informal school called life. Each day in this school you will have the opportunity to learn lessons. You may like the lessons or think them irrelevant and stupid.
3. There are no mistakes, only lessons. Growth is a process of trial and error experimentation. The "failed" experiments are as much a part of the process as the experiment that ultimately "works."
4. A lesson is repeated until it is learned. A lesson will be presented to you in various forms until you have learned it. When you have learned it, you can then go on to the next lesson.
5. Learning lessons does not end. There is no part of life that does not contain its lessons. If you are alive, there are lessons to be learned.
6. "There" is no better than "here." When your "there" has become a "here," you will simply obtain another "there." This will again look better than "here."
7. Others are merely mirrors of you. You cannot love or hate something about another person unless it reflects to you something you love or hate about yourself.
8. What you make of your life is up to you. You have all the tools and resources you need. What you do with them is up to you. The choice is yours.
9. Fear is simply a challenge left unchallenged. Fear prevents you from being the total you. Fear challenged and faced to completion brings you the freedom to be YOU. One with all that is.
10. Your answers lie inside you. The answers to life's questions lie inside you. All you need to do is look, listen and trust.
11. You will forget all of this.
12. You can remember it whenever you want to.

This was written by a very wise person who remains Anonymous.



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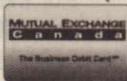
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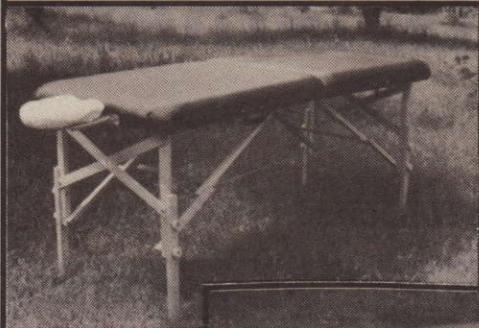
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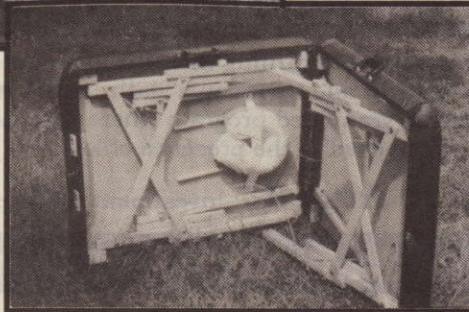


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Computers in Take A SECOND look

Most schools are making every effort to get computers into the classroom and get students onto the information superhighway, if not immediately, then at least as soon as their budgets will allow it. But are computers good for children? Is the Internet the answer for a child? If public tax dollars are being used to buy something which is of questionable value, then the topic warrants a second look.

The examination of the use of computers begins with a comparison to television. Most parents will agree that television limits the creativity of children. While generations of children have been raised on the "plug in drug", parents have always acknowledged, almost instinctively, that too much TV is not good for children.

On the other hand, many see computers as a ticket to the future. Computers' ability to store quantities of information, their obvious link to office employment, and the lure of the Internet, accessible only through a computer, makes computers seem the answer to today's educational crisis of relevance. Furthermore, teachers are under pressure from parents and industry to get computers in the classroom and teach computer literacy at an early age.

Until recently, computers differed from TV in some fundamental ways, but these differences are fast disappearing. Not long ago computers were silent and advertising rare, but they are now becoming more like TV with little room for imagination and a constant barrage of images, sound and advertising. TV has violence, sex and undesirable content. With the recent explosion of the Internet, sex and sin exist on the computer also. Perhaps computers have made accessing "information" too easy.

On the financial level, the cost of putting computers in classrooms is high. Software is expensive, and both hardware and software require upgrading or replacement about every 18 months. These costs siphon dollars away from teachers, books and other basics of education, particularly in this day of fiscal restraint in the education system.

However, the most compelling argument against using computers in education is that it is bad educational practice. One independent school system, the Waldorf School, is opposed to the idea of technology in the elementary school classroom. Their policy of no computers in kindergarten to grade 8 is based on educational rather than financial reasons. Their strong stance on this issue can help to look at the topic as follows.

Rudolf Steiner is the educational theorist behind the worldwide Waldorf movement of over 600 schools and its founder in the early part of this century. Steiner's belief is that the student can only begin to use technology after they have become thinking, creative, hard working individuals by about age fourteen.

For this reason Waldorf schools do not teach computer use until after grade 8. Nor do they use television, videos or camcorders. Most do not use recorded music. The Waldorf

THE CLASSROOM?

by Reed Early and David Cleary

School is not anti-technology, like the Luddites, but in favour of age-appropriate education. Waldorf teaching is built on a solid understanding and philosophy of child development.

While it is important that students learn about technology, somehow computers are given a special status as a technology beyond their significance. Computers should be regarded as part of rather than separate from other technical subjects, especially in the elementary grades.

Computers do not create by themselves. Most computer programs are modeled on human activity, and require human input. True, they are faster and more efficient, but a computer cannot dream up something new. Computers remain a technology, not a substitute for a brain, much less a heart and soul. Most teachers firmly understand and promote critical thinking as a foundation on which good learning, reading and writing is built. Yet computers cannot think critically for the child. They will do tasks, but not judge what task is worth doing, or what is honorable or right. The ability to judge becomes all important in the age of the Internet and access to a vast web of unfiltered information.

Computers process information. The special attributes that make our thought different from the "silicon brain" are the capacity to understand the meaning of information, to apply a set of values to that information, and to judge what is worthwhile or not. People have the ability to be conscious. Computers do not. These differences should be treasured not trivialized, especially through childhood.

There is no question that most people need to learn computers sometime - but when and how? Certainly not in the early grades when creativity, feeling and imagination are being developed. The person that uses the computer as a creative tool developed their creativity before they learned to express it through a computer. Teaching the tool before the creativity only condemns the child to serving the machine, not vice versa. Computers are yet another assault on childhood, along with TV and videos. We are increasingly being lured toward a mechanistic image of the human being, part human, part machine. While adults can to some degree choose whether they want to be "human doings" rather than "human beings" children are unable to make that choice.

I have often heard parents say to a child "Where is your imagination?" When a child "loses their imagination" it is a tragedy, both to the child and to society. Our future, and our children's future, hinges not on the speed with which we can answer questions, but on reaching the best answers, given many impinging factors.

What can you do? Be creative! Unplug the computer and TV on alternate days. Go camping and leave the technology behind. Enrol your child in a Waldorf preschool, kindergarten or elementary school. At the very least, buy educational software that promotes creativity and avoid the video games.

Reed Early is a Waldorf parent and a university professor of nursing at Okanagan University College. David Cleary is a Waldorf parent and marketing specialist at Lone Pine publishing.

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Book Reviews

reviewed
by Jan

The 22 {Non-Negotiable} Laws of Wellness

After a diagnosis of cancer in 1984 and given only thirty days to live, Greg Anderson developed *The 22 {Non-Negotiable} Laws of Wellness* as part of his own healing journey.

In the introduction he says, *Wellness is a choice, a decision we make to move toward optimal health and maximum life.*

Wellness is a process - an awareness that there is no end point but that health and happiness are always possible in the present moment, here and now.

Wellness is not a "medical fix" but a way of living - a lifestyle sensitive and

responsive to all the dimensions of body, mind, and spirit; an approach to life we each design to achieve our highest potential for well-being now and forever.

Medicine deals with one dimension, the body. Old self-help ideas dealt with one dimension, typically the mind. Wellness involves an all-inclusive paradigm shift. Its practice encompasses six major life areas - the physical, emotional, social, intellectual, vocational, and spiritual spheres. Wellness is not a piecemeal approach; it involves the total you!

Making sure you eat properly and get some exercise contribute greatly to

your state of wellness. But what of the other aspects of life? Are you truly living your life with esprit, feeling a sense of purpose, enjoying the moment, respecting other people and the planet? How do you handle stress? Did you know you have a choice in how you respond emotionally to things that happen?

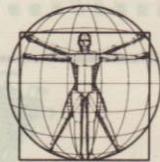
Some of the 'Laws' have already become part of my life through previous reading or learning through experience. For example, whenever I find myself unable to relax at bedtime, I practice the Law of Gratitude and before my list is complete I fall asleep.

The most impact from this book came from the 19th Law. Greg Anderson believes that his greatest healing was a result of the process of forgiveness. He says, *Nothing contaminates the life of wellness more than resentment, remorse and recrimination. These states of heart and mind do more to stand in the way of our wellness than virtually any other dynamic.* As I read his personal story, I cried, for I recognized that I have forgiven family and friends for perceived or real hurts on some levels, but obviously not at a core level or I wouldn't have reacted. In my conversations lately I have noticed that when I talk about the time around my back surgery my expectations of family were totally unrealistic. No one could be there for me or understand what I was going through, in the way I felt I needed them to. The gifts from that turning point in my life were that I connected to the Creator for my source of strength and over time I learned to take care of my own needs. How could any one be there for me when I was not there for myself? The act of forgiveness is about me, not others, for to be able to love unconditionally my heart needs to be free of old emotional baggage.

I am grateful to Greg Anderson for sharing his healing journey. Simply written, this book is a powerful program to restore anyone to wellness. Don't wait for the wake-up call of a serious illness, accident or disease before you take responsibility for your own well-being.

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Stop and Smell the Roses

by Jan



Okay, I'm ahead of myself; the roses are just starting to show signs of growth. But the story applies to every day.

A few years ago I had roses along the front fence of my yard. I'd inherited my fondness for them from my grandfather and mother. I didn't know the genus of the individual roses, it wasn't important. My soul responded to their brilliant colours and incredible scents.

Every night in the summer I'd spend time pruning the wilted flowers and watering them with the hose. It was so soothing and became my daily meditation.

One morning I glanced out the window to see a lady I didn't know pick one of the roses. I ran down the stairs to the front door and shouted, "Take two, they're free." She came over and introduced herself as Angèle, my paperboy's Mom. We started talking and I found out she loved roses as much as I did. Sometimes she came by with the paper when Gordon was busy with sports and we got to know each other. I learned that she brought speakers and workshop leaders to Penticton. I don't think it was long before I attended my first talk at Leir House, then another and another. Angèle introduced me to a world I never knew existed. When communing with my roses I would notice a rose had been picked and I would smile.

I came to know this very special lady as a friend and a mentor and today we are business partners. All because she stopped to smell (and pick) my roses.

At a restaurant last fall I was admiring the fresh rose on each table. The woman at the table next to us shared a similar story of her experience in England when she paused to smell the roses in someone's yard.

Well, the flowers are now coming up and the trees are starting to blossom. Who knows what experiences and opportunities await us all!



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Hypnosis

Debunking the Myths

by Peter J. Smith

What is hypnosis? Hypnosis is a powerful therapeutic tool for accessing the subconscious mind and achieving personal goals or affecting desired changes. It may be used alone or in conjunction with other therapeutic techniques.

Despite its awesome power, there are few procedures less understood, or more plagued by misconceptions. Hypnosis has existed since prehistoric times, and western medicine has been trying to understand it since the 1700's. But it has only been within the last two decades that we have truly begun to understand what hypnosis is, and what it can do for us.

Unfortunately, many of the misconceptions that have developed over the centuries still exist in people's minds. If you ask the average person on the street what he or she thinks hypnosis is, he/she may respond with any number of answers, including: sleep, unconsciousness, mind control or even magic. All of these ideas are wrong, but unfortunately continue to persist, perpetuated by novels and films. (Many vampire and spy movies, for instance, portray hypnosis as a way for the villain to gain control over his victims.) These misconceptions prevent many people, who could benefit from hypnotherapy, from ever trying it. Those who do try hypnotherapy often spend their first session unlearning their misconceptions.

Hypnosis is not sleep, unconsciousness, mind control or even magic. In fact, it is a heightened state of awareness. In most cases the subject is fully aware and able to respond to requests, either verbally or by a signal. Ask a hypnotized person to make a specific, "reasonable" movement, they will comply.

There is no surrender of control, no magic. No one can be hypnotized against their will; and no hypnotized person can be forced to do anything against their will.

Hypnosis is now considered to be "a state of selective thinking", where the subject (who is in control) chooses to experience only what is relevant to the task at hand, blocking out everything else. It may be described as guided concentration. The guidance may be provided by a qualified hypnotherapist, or in the case of self-hypnosis, by the individual.

However you think of it, hypnosis is a method for communicating directly with the subconscious mind. Few people realize the awesome power of their subconscious mind has over their lives. The causes for many "bad habits" are rooted in memories or perceptions that may be forgotten by the conscious mind but retained in the subconscious. Hypnosis helps to access the subconscious and change those habits more quickly and easily.

Although hypnosis is not a panacea, there are areas where it has proven to be tremendously helpful including memory enhancement, improving concentration, relieving insomnia, overcoming phobias (fears), eliminating bad habits (such as smoking and nail biting), pain control and managing stress.

Hypnosis is a tool any one can use and everyone should understand.

Ortho-Bionomy™

Meeting the Founder

by Tanya Pauls

Ortho-Bionomy™ like yoga and the Tao, is a timeless concept of the universe, and embodies in its teachings the very essence of life itself.

I define Ortho-Bionomy™ as "the Evolvement of the Original Concept" because I feel we have to go back to our energetical beginnings when the universe was only energy. Out of this energy came our creation.

Arthur Lincoln Pauls

All structural problems, whether created through accident, poor posture, destructive habits or inheritance begin at the energetic level and can become an emotional block. By working with the physical body, using gentle movements and going with any imbalances, we help the body self-correct, not only on a physical level but also on a mental, emotional and energetic level too. This is because they all influence each other. One can't be out of balance without the other three.

Therefore, Ortho-Bionomy™ is about following the natural laws of life. In doing so we follow the body's pattern, instead of going against it, thereby allowing it to implement change itself.

Ortho-Bionomy™ was founded by my father, Arthur Lincoln Pauls (who also taught me). Originally a judo instructor in the 1960's, he took up his osteopathic training after many injuries and visits to correct his own structure.

Inspired by the keynote "structure governs function", but not in favor of the forced techniques taught, he soon discovered the work of Doctor Lawrence Jones, an osteopathic physician in the States. Doctor Jones had written a paper outlining "Spontaneous Release by Positioning" in the Late 60's. This method used techniques to exaggerate the body's position to bring about a self-corrective instinct.

Arthur realized that these techniques could not only be adapted to the skeletal, muscular and ligamentous structures, but also for releasing tension in the emotional and auric fields. He taught these techniques from phase 4 to phase 6 and recently teaches to phase 7.

My personal experience in Ortho-Bionomy™ has taught me to not only go beyond the physical and see where the real problems lie, but also to better recognize my own imbalances and behaviours so I can release them and become more at ease in the process.

Many people only recognize their own imbalances, and realize they need help after many years of chronic pain, through ignorance that their structure governs their function. If everybody cared for their structure and emotional health as much as their cars, for instance, we would probably see far less severe structural problems in later life i.e. hip replacements, artificial knees, etc.

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Healthy Herbs

by Klaus Ferlow

When I was a child in Europe, my parents and grandparents taught me great respect for healing herbs and the benefits they offer. At dinner it was not uncommon to sit down to a salad of dandelions — stems, flowers and leaves — since it was considered a blood purifier.

The belief in the healing properties of plants and herbs is by no means new. Naturally occurring remedies for various ailments have been used for as long as mankind has had the curiosity and ingenuity to experiment with flora. While the use of natural remedies has declined in the Western world with the rise of modern medicine, they are still widely used in many cultures. In countries without the proficient medical system we enjoy, the use of such plants as devil's claw, the neem tree, rosa mosqueta and wild yam proliferates. Even in our society, the practice of seeking herbal solutions to medical problems has been increasing in recent years. However, for those of you who wish to try alternative remedies, remember that the diagnosis and treatment of any illness should come under the direction of your doctor or other health care practitioner.

Historically, the primary use of herbs was medicinal, but they have been employed for cosmetic purposes for just about as long. Seven thousand years ago, the early tribes of the Nile Valley painted and anointed their dead with plant extracts. The practice was adopted by the Egyptians who succeeded them, and it evolved into an elaborate ritual of beauty preparation for religious and ceremonial occasions. The cosmetic use of plants passed through the Greeks and Romans to Renaissance Europe where it developed as a separate interest, distinct from medicinal applications. Refinements of the cosmetic properties of natural vegetation continued until the nineteenth century when the industry became more organized. Shortly after, artificial ingredients began to appear in the formulations. The use of chemical preservatives, synthetic scents and artificial colouring has increased in our century, as have allergic reactions to them. As a result small businesses, and even some of the large ones, have once again begun to offer cosmetic products made solely from natural ingredients.

One of these is a skin treatment derived from the neem tree. The tree is called "the miraculous healing herb", and David Suzuki, in 1994, devoted one of his programs on "The Nature of Things" to its amazing healing properties. Its bark, leaves, fruit, gum and oils contain compounds that are beneficial to a variety of ailments. A cream made from the neem tree has effectively helped chronic skin conditions that have failed to respond to standard medical treatment, including acne, eczema, psoriasis, ringworm, warts and athlete's foot. Neem provides ingredients that are antibacterial, antifungal, antiseptic and cleansing.

Neem is popularly used in India and South Asia, and its versatility has been applied in toothpaste, mouthwash, shampoo and a variety of other products. While not commonly available here, neem's potential as a wonder plant ensures we will soon benefit from its health enhancing gifts.

see ad in the NYPages under Representatives Wanted.

Satsang Reflections

by Swami Gopalananda
(Vice President of the Yasodhara Ashram Society)

A Review of "Time to be Holy"
by Swami Sivananda Radha, Timeless Books

Swami Radha provided many ways to experience her teachings in yoga. Satsang at Yasodhara Ashram, on the shore of Kootenay Lake, was one of them. Satsang means to be in the company of the wise. It is a time given each day for prayer, reflection and for regaining a sense of perspective by turning our attention to the power that gave us life, for regaining a sense of connection and belonging to the Most High.

Today Satsangs at the Ashram are held in the Temple, high on the rocks above the Lake. In the past they were often held in Swami Radha's personal residence at the Ashram, "Many Mansions." The chandelier room in the house, with the Holy family on the wall, and several images of the Divine to silently remind us of who we are and why we are here, is a magical place for our communion with the Most High, for honouring a tradition begun long ago.

Swami Radha would come into the room after our chanting, often dressed in a white sari trimmed with gold filigree, greeting us with her hands brought together at her heart centre. Pranam. Then she would take her seat and gather the light around her and begin to speak. I listened closely at those Satsangs, although I did not always understand everything she was saying. They were special times and I was still very new on the Path. Sometimes I'd think, "She's speaking directly to me," particularly when her talk referred to habits and behaviours that were contrary to my spiritual ideals. She used every opportunity to teach us, and sometimes Satsang provided the only way for her to deliver messages that the ego found disturbing. She used Satsang to inspire, but she also used it to teach some hard truths about the reality of spiritual life. It was her willingness to do this — to dispel in a mystical atmosphere — that deepened my trust and love for her.

For thousands of years spiritual truths have been passed along through the oral tradition. Her Guru, Swami Sivananda, gave her an appreciation of the power of symbol and metaphor by alluding to day to day life examples around her as examples representing profound truths. In Satsang she taught us in the same way. For those who had "ears to hear" listening to her was a profound experience. Her words were seeds planted in the sacred ground of Satsang — truth given the best possible start in order to flourish.

As you will discover in *Time to be Holy*, the newly released collection of her Satsang talks, Swami Radha honoured the lineage of which she is part by sustaining her connection to Swami Sivananda in her talks. She referred to Gurudev as the source, as her spiritual mother, and her love and gratitude for him is very palpable in her references to him. It is with deep gratitude that we are now able to do the same for her through the Satsang talks presented in this book. *ad on page 30*



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Insight thru the dimensions direct to you

by Hazel Culley

Can I write some words down? Can I speak about my feelings? Only to a select few. That is better than it has been. For so many of my years everything was internalized. Nothing was spoken. No feelings were felt.

Stuff it down, stuff it down, stuff it down. Until it started externalizing in less obvious ways. Weight would come on rather quickly. So many physical aches and pains it almost became impossible to move.

One more person saying, "You're wrong" and whoosh, left the body for many hours not knowing where you were.

Do the drugs, do the alcohol — do whatever comes down the pike to forget, not feel it, see it, hear it.

One day the event is so big, so hurtful it's no longer possible to hold on to the feelings. The tears come. It doesn't matter where you are, they just roll down your face. At times you're not even aware they are there. You notice someone looking at you funny — you touch your face, it's wet. The front of your blouse is wet so it's been going on for a while. Oh damn, used all my kleenex.

Driving down the road you put the windshield wipers on. They're making that dry, squeaky noise. You touch your face and realize it isn't raining.

Finally you stay home more and more. Then the noise starts. You hear the gut-wrenching sobs and wonder who's crying. It sounds so close. One day you realize you need help. Where are your 'friends'? They don't want to talk to you — you embarrass them. Can't you put it aside for a day or two?

You phone a crisis line. It's the end of a twelve hour shift and she really doesn't have the energy to help much. She does give you the number of a counselling service in your area.

The call was made. The first tiny step was taken. Over the years there have been many tiny steps, large ones and more than one at a time. Even backward steps or steps in the wrong direction. Always coming back to the 'path'.

Hearing the voice saying, "Don't take it personally, it's happening universally. Trust the process; it's part of the process."

And so the beat goes on as we each find our way. Reaching toward the Light. Becoming One with the Light.

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Forgiving the Past

by Charlene Leyland

As I look over my life, I am amazed at how much I have grown emotionally, mentally and spiritually. I no longer recognize the child or the young woman I was. It seems as if I have recreated myself over and over again in this life.

I grew up on a farm in Saskatchewan, the oldest of seven children. In my first 18 years of life I had no self-esteem or self-confidence. Every day was full of fear and dread. Abandonment, abuse and failure were just a few of the fears I had. My mother controlled me by her anger and the fear she instilled in me. My father tried to stay aloof and out of my mother's way, but when he had to get involved he used guilt as his method of control. Some examples of this were; "If your grandfather knew about this he would die of a heart attack." I was always terrified that I would be blamed when my grandfather died. Another favourite line was, "What will the neighbours think?"

In my early 20's I had liver problems. Then I didn't realize anger was held in the liver. I suppressed my anger trying not to make waves. I then got kidney and bladder infections for one year straight. Little did I know that fear was held in the kidneys and dread was held in the bladder. I had never heard that your emotions caused physical ailments. My body was trying to communicate only I didn't know how to listen.

At age 33 my body was shutting down and I was given a very short time to live. I still had not made the connection that my suppressed emotions played such an important role in this life crisis. My body was too weak and my organs were functioning at minute capacity. Finally, I found Sunrider Chinese herbs that nourished and cleansed my body. In a short period of time I had my health back.

The other thing that started to happen is I wanted to heal my past, to deal with my emotions; little did I know that this would start a new period in my life and a change in careers. I had an unquenchable thirst for knowledge. One of the first books I read was *You Can Heal Your Life* by Louise L. Hay. I was horrified at how many of the problems I had and how much work I had to do. I started doing affirmations and looking at my negative beliefs. I continued searching for a couple of years until I came across EMOTIONAL POLARITY THERAPY. I was able to make the correlation between disease and the emotions. For every physical illness there is an emotional component to it. I found out our body is like a computer. It holds memories and emotions from our past in our cells and organs.

I would work for hours over the phone or in person with a good friend Yelena, who is also an emotional polarity therapist; releasing our negative beliefs and instilling positive beliefs. EPT works on the concepts of forgiveness, permission, choice and installing positive affirming beliefs.

Most of us do not want to forgive the people who have hurt us. We want them to suffer as much as we have. What we don't realize is that we're the ones who suffer through illness and emotional turmoil while the other person just carries on doing what they want to do. Once you can come to a place where you can forgive from your heart and really mean it and be able to wish the other person well, then you have your freedom and

you will be starting your journey to wholeness. I am truly grateful for my family and the life experiences they presented me with. If I had had an easy childhood I would not have found EPT, or started my healing journey. By having to face the challenges in my life I learned how to forgive, how to release the past and how to heal my pain and traumas. I have the freedom to create my life now. I make a conscious choice every day to live my life to the fullest.

Through EPT we can access the body's memories and release past traumas and people associated with the pain. You don't need to rehash the past, only bring up the memory so you can do forgiveness. EPT can access the negative programming and limiting beliefs of the past and let them go permanently. Every cell in our body responds to every thought we think and every word we say or hear. By transforming your limiting beliefs into limitless beliefs, you transcend your current reality and broaden your ability to give and receive love.

As I healed my past I realized this is what I wanted to do as a career. When I looked back and saw how EPT transformed my life I wanted others to experience this in their lives. I am grateful for every opportunity I have to be the facilitator in someone's transformation. It is so wonderful to watch them forgive, learn and grow and to see them transform before your eyes into joyous happy beings.

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DOES FIBROMYALGIA BEGIN IN THE DIGESTIVE SYSTEM?

by Joel Whitehead

Recently someone called me from the Kootenays. She was pondering going to Calgary for a treatment for Fibromyalgia that would cost her \$5,000.00 and require her to stay there for three months.

I was astounded at the price, for I have successfully treated many cases of Fibromyalgia and none of them required but a fraction of that price or that time span. So ... I took a shot. I asker her:

1. Do you get filled up easily when you eat?
2. Do you get lots of gas and bloating when you eat?
3. Do you have a lower abdominal heavy feeling?
4. Do you eat sometimes because you are afraid not to?
5. Are some of the most profound aches on the left side; especially in the left shoulder and hip - perhaps down the side of the leg?

I could have gone on, but needless to say that I wouldn't be writing this article if all her answers hadn't been 'Yes!' All of these complaints and the ongoing aching are the extentions of a prolapsed stomach. In fact, so consistently is this a part of all of my patients who come in with a diagnosis of Fibromyalgia, that I always find myself smiling as I am taking down the case because of the inevitability of it involving the symptoms mentioned above. I still maintain that Fibromyalgia is little more than meridian pain, so I don't find consistency in the findings of the syndrome surprising at all. Of course, it is not all left-sided either.

Some patients come in with a diagnosis of Fibromyalgia that is almost all right - sided. Very clear in the annals of Chinese medicine is it stated that balance must be maintained between the forces of the Spleen /Stomach and the Liver / Gallbladder. When this balance is lost the Liver and Gallbladder can manifest a very different and 'Liverish' picture of who we are. We ache down the right-side; neck to shoulder, behind the scapula down the right arm and possibly the right hip and leg. We become irritable without cause. We don't sleep well. We find ourselves waking up between the hours of midnight and four in the morning and find it very hard to get back to sleep. This brings us back to our original position, as even this meridian

pain was only made possible when the digestive tract was compromised.

When food is not digested properly, our digestion becomes weaker. If the digestion is blocked, dampness can settle in the body, and result in a type of stagnation that makes us feel heavy in the limbs, slow moving, tired all the time and just generally cumbersome. This is of course not to mention a certain amount of weight gain that refuses to budge. We know that in Chinese medicine, when you find stagnation you find pain and where you find pain there is also stagnation. Of course, when the blocking of the digestive tract gives way to constipation, the whole back can feel stiff and we can begin to fear even the slightest unanticipated movement.

When the digestion is inefficient, our muscles and organs suffer from lack of support. When they are not supported nutritionally by blood and Qi (energy), they tire and hurt when over used. Furthermore, a body that is deficient can't spare energy or blood as a healing force, so our muscles don't bounce back. We become listless, pale and suffer.

When the blood stagnates as is the case when Fibromyalgia begins with an automobile accident or some other trauma, a person can feel acute pain almost anywhere they are touched. In such cases we must get the blood to move again. Rudimentary to achieving this, we must raise the stomach prolapse to alleviate the otherwise resultant stagnation. In a perfectly robust person, blood stagnation is the type of Fibromyalgia that often ensues.

Each of these is a trail that leads us back to the probability of a prolapsed stomach and a failing digestive system at the root of all that pain. The person suffering from Fibromyalgia survives a cruel daily misery, but solutions to regaining one's life needn't be hidden behind the facade of the seemingly dark and unfathomable disease it has been made out to be. We believe that once we set this digestive system back on its original path, returning the body to painless health is well within your reach.



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Soya Provides Relief for Breast Cancer Survivor

by Imi Belle

As a breast cancer survivor I had been subjected to the barrage of drugs used in traditional chemotherapy. Following the "chemo" I was placed on a regime of Tamoxifen, which I will take for five years. The premature onset of menopause is one of the side effects of the drugs, and in my case that meant hot flashes every two or three hours during the day and three or four more during the night. Although the hot flashes have not been particularly debilitating, they are quite uncomfortable, often embarrassing, and completely interrupt whatever I am doing at the time of their onset. At night, of course, they waken me and deprive me of a peaceful night's sleep. Therefore, I was most delighted when I discovered that I could get relief by simply modifying my diet.

My doctors were only too willing to prescribe drugs that would help control the discomforts. But, in my case, each drug had its own particular side effects. In short, I was convinced that if it was at all possible, I just didn't want to take any more drugs.

In the literature on menopause I noted that in certain Asian cultures the women do not even experience hot flashes during menopause. The research concluded that the key factor was dietary and that the regular use of soya foods was responsible for the elimination of the hot flashes in those populations.

I decided to experiment with soya products. For instance, I introduced three to five soya-based drinks each day into my diet, and used soya products in my cooking wherever I could. I added soya foods to my meals and substituted soya products in my meals. I created and tested new recipes on myself, and anyone who would try them (including the most challenging tester of all, my husband!) My first drink of the day



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usually consists of a Banana Orange Smoothy. This consists of one banana, 1/2 cup soya milk, 1/2 cup orange juice, 1/2 cup medium firm tofu and one third cup soya lecithin, placed into a blender till smooth.

The results of my experiment have been delightful for me. At this time, I'm pleased to report that I rarely get any hot flashes at all during the day, and only one occurs at night. In addition, the intensity of those I do experience has been dramatically reduced. All these benefits and after only two weeks on my soya supplemented diet.

I will be on Tamoxifen for another four and a half years and my oncologist told me to expect the symptoms for the duration. I'm excited about the result that my dietary approach has had and have prepared a booklet of recipes which now add variety to my diet. My recipes incorporate soya in everything from spaghetti sauce to cheesecake.

I found that tofu (a soya product) is versatile and can be used as a substitute for meat, egg, ricotta, cottage and cream cheese. Soya products are also excellent sources of dietary calcium and are therefore attractive to nonlacto vegetarians and those who are lactose intolerant.

Through my reading I have discovered that soyfoods have been found to

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confer extraordinary health benefits, primarily because of components called isoflavones. I certainly have become a believer in one of those benefits!

CALENDAR

May 1 & 13

Considering a Career in Psychotherapy, Erickson College, Intro. Evenings, Vanc., p. 3.

May 1 - 7

Herbal Ayurvedic Bodywork with Brooke McDonald, Grand Forks/Christina Lake, p. 28.

May 2 - 4

Return to Love with Blanche & Harreson Tanner, Tara Shanti Retreat, see ad p. 23.

Energy Development & Self-Healing Workshop with Master Sha, Ramada Lodge Hotel, Kelowna. Intro May 2, 7pm - 8:30pm. Workshop May 3 & 4 9am - 5pm. Info. Betty 762-6586 or Jeanne 861-8376. See April Issues (p.9) & March Issues (p. 11).

May 3 & 4

Reiki Level 1, Nuthery Institute, Kelowna Office, Phone 250-766-4049 or 1-888-284-3333.

May 9 - 11

Hawaiian Skin Massage and Urban Shaman Healer Training, Penticton, 492-5371.

May 9 - 13

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

May 10

Hypnotherapy Course with the Peteralan Institute starts in Kelowna, p. 16.

May 13

Discover Waldorf Education, Open House, see a day in school, Kelowna, p. 12.

May 13 - 26

Permaculture Design Course with Gregoire Lamoureux & Tyhson Banighen, p. 25.

May 14

Acupressure & Oriental Therapy, Certified Course, Kelowna, (250) 766-4049.

May 14 - 20

Ayurveda & Dr. Robert Svoboda in Kaslo, Nelson & Grand Forks, p. 3.

May 16 - 17

Earth Encounters with Mary Ann Little Bear, Tara Shanti Retreat, see ad p. 28.

May 17

Television Special on BCTV, Transcendental Meditation, p. 15.

May 21

Making Ear Candles, Make professional ear candles, Nuthery Institute, Kelowna, Cost \$100, Phone 766-4049 or 1-888-284-3333 toll free.

May 23

The Essene Way of Living - Leir House, 7:30 pm, Carolyne Cooper 493-7030 for info.

Goodbye Mother, Hello Woman, with Marilyn Boynton, Penticton, p. 29.

May 23 - 25

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

Meditation Retreat - Maharishi Vedic College, Tara Shanti Retreat, see ad p. 28.

May 24

"Art from the Developing World" Auction & Dinner, Think globally; Act locally, ICC Parish Hall, 839 Sutherland Ave., Kelowna, \$15, For tickets call CNIB 763-1191 or 1-888-320-CNIB

May 24 - 28

A Taste of Rebalancing, a workshop by The Kootenay School of Rebalancing, p. 2.

May 24, 25, 31 & June 1

Wholebody Reflexology, Certified Weekend Course, Nuthery Institute, Penticton Office Phone 492-0311 or toll free 1-888-284-3333.

May 26

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

May 30 - 31 & June 1

The Goddess Connection, (250) 558-3944.

May 31 - June 1

Reiki Workshop, Rhoyalle Tayler Ryane, p. 31.

May 31 - June 7

Experience, a workshop at Weeping Willow Lodge, Inner Quest Foundation, p. 2.

June 1 - 10

Life Shift Intensive with Blanche & Harreson Tanner, Tara Shanti Retreat, see ad p. 23.

June 2 - August 15

Shiatsu Certification Summer Intensive, by Sourcepoint Shiatsu Centre, Vanc. p. 26.

June 6

Aids & Ebola - Nature, Accident or Intentional, lecture by Dr. Len Horowitz in Kelowna, p. 8.

June 7 & 8

Colour Therapy Level 1, Understanding colour energy, Kelowna, See ad on p. 13.

Touch For Health Workshop, Penticton, p. 37.

June 13 - 15

Buddhism & Deep Ecology with David Shadbolt, Tara Shanti Retreat, see ad p. 28.

Ortho-Bionomy Workshop by T.S. Pauls, p. 17

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. 28.

June 21 & 22

Shiatsu & Oriental Bodyreading Skills for Health Practitioners, Vancouver Island, p. 9.

Colour Therapy Level II, Applying Colour Therapy for health, Kelowna, See ad on page 13.

Integrated Body Therapy 1, with Cassie Benell in Kamloops, p. 40.

June 23 - 29

Northern Lights Primitive Life Skills Gathering in the Hemlock Valley, p. 37.

June 27 & 28

Advanced Meditation Retreat with Cheryl Grismer, Westbank, p. 11.

July 5 & 6

Shiatsu & Oriental Bodyreading Skills for Health Practitioners at Sechelt, p. 9.

July 19 & 20

Meditation Retreat, Empowerment of the Soul, Other Dimensions in Salmon Arm, p. 16.

July 23 - 27

Summer Retreat, Lessons of Love, Other Dimension in Salmon Arm, p. 16.

July 25 - 27

Ortho-Bionomy by A.L. & T. S. Pauls, p. 17.

ONGOING EVENTS

WEDNESDAYS

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

A Course in Miracles Study Groups Kelowna: led by Anne Wylie & Cher Bassett 7:30-9:00pm Call 763-8588 for more information.

FRIDAYS

Live Music at the Laughing Moon, Kelowna, p.35

SUNDAY CELEBRATION

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

GATHERING TOGETHER

by Urmi Sheldon

Over the past month I have enjoyed facilitating the Self Massage for Women class out of my home. Having to teach helps me to become clear about my understanding of how the body works. It also inspires me to research and put pieces of information together to complete the puzzle of women's health concerns.

The interdependence of body/mind/soul is a daily, lifelong adventure which we need to recognize. Often it is difficult for us to see our own patterns whether they be physical (posture), psychological (addictions, obsessions and compulsions) or physiological (hormonal imbalances and hereditary tendencies.)

Gathering together with others is a way for us to have mirrors with which to gain insight into ourselves. The biggest secret being that we all have very similar aspirations and challenges. Often our busy lives do not lend time for fun and relaxation. In fact we can become habitually hyper; forgetting what our real purpose and hope for our life is.

Women hold the energy for relationships. We are the binding force of society and culture. Every family knows that if Mom is in a mood every one feels it. It is hard to accept this responsibility and we might not always want to rule the world but this is the nature of things. Everyone benefits from our well being. Take the time to settle your disposition, energize your body and simplify your minds!

I am continuing to offer the Self Massage class for as long as there is interest. If you would like to host a class I am willing to travel. Please call me to make arrangements.

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Simply Tarot

by Maurine Valorie

Anyone born between April 21st and May 20th has the "earthy" Sun sign of Taurus, with the magnetism of the ruling planet, Venus. The sign is receptive to love and desire. It has no need to go after anything or any person. Once Taureans formulate their traditionally valued goals, they attract their desires! Jade, emerald or Lapis Lazuli worn around their throat chakras gives a powerful communicating voice to the caretakers of our Mother Earth.

In the Tarot, the earth signs are shown with the symbol of Pentacles in the Minor Arcana. The ruling Major Arcana card for Taurus is number 5, the wise spiritual "inner teacher", the Hierophant. The court card (personality) is the ambitious, love-of-creature-comforts person, the Queen of Pentacles. As I describe the life experiences of these cards, one notices how similar Astrology information and Tarot information is. The two studies complement each other. If you "throw in" some numerology from a birth date, the three studies give an amazingly accurate profile of an individual. If this is for your self-knowledge or to "read" another person....Unwrap your tarot cards and pull out the cards I've mentioned and the decan cards 5, 6 and 7 of Pentacles. You will have five cards in front of you. Look at the terrain, the colours, the expression on the faces, the sky and any objects. Sense the practical and the realness of these cards. Sense money, security and material "stuff".

The Hierophant is all knowing. He's like the Pope. Often an animal such as a bull or a cow is pictured on the card. In the Greek Mythic Tarot, the Hierophant is depicted as a Centaur (half horse, half God). This gives union of the human and God. When this card appears in a spread, there are spiritual and traditional values to be weighed. The family and social mores of the times cannot best be served with blind obedience or dictum. Repressing the right to think freely results in conformity. The Hierophant is philosophical. The spiritual and ethical join and give forth to uniting the microcosm with the macrocosm. The Hierophant shows the way.

The Court Card is the Taurean Queen of Pentacles. This person takes good care of her body. She loves "real" food and drink, fabrics with texture, the sun, the rain and the snow. She loves money to spend on friends. She loves exercise. She will work hard, although she refuses to rush! She is a patron of all artists. If her shadow-side is activated, you'll never get to share the mirror if she's combing her hair. She will 'hog' it!

Persons born between April 21st and April 30th, Taurus first decan, have life lessons of the five of Pentacles. As in numerology, a five starts one way, turns around and ends up the opposite way! They do it all. They are true teachers. "Been there, done that!" They are to travel and come home and tell us what they know. The second decan, May 1st to May 10th shows the generosity of the 6 of Pentacles. Numerologically, the six is pregnant with love! Outer success and inner fulfilment give them balance. They share their fortune with everyone. The third decan, May 11th to May 20th has the 7 of Pentacles giving life experiences of learning patience. Promises of success, the rewards from much labor, often give little gain. Good results take time and have their own cycle. Honorable work eventually leads to success. No use pushing!

Jason

Hello. My name is Jason Perry and I am a student at the Rolf Institute of Structural Integration in Boulder, Colorado, training and studying to be a Rolfer. I have always been interested in Anatomy and how the body works. In the past I was a lifeguard, first aid attendant and studied anatomy. As I went on, these interests were only hobbies and I became an apprentice heavy duty mechanic working on road construction equipment and in mines. I began to have difficulty finding work as a mechanic because there were fewer jobs available to apprentices in this field of work. As I was between jobs, I met an old friend who was being Rolfed and I became interested in Roling right away. I observed changes in his structure and self expression and this made me eager enough to see what Roling was all about. I went to a Rolfer and after my first session I noticed that I could breathe easier and I felt more of my body than I ever had before.

At the end of my series of Roling sessions I had a new experience of freedom, movement and energy in my body and I experienced a growth of understanding of myself and my own process. I decided to become a Rolfer because I would like others to be able to have the freedom of movement and increased energy that I have experienced. I am currently doing soft tissue manipulation and somatic body awareness and full body work at the Holistic Centre in Penticton. I would be pleased to meet you and answer any questions you may have about Roling.



More on the Bowen Technique

by Jessica Diskant

The Bowen Technique continues to delightfully surprise me and my clients.

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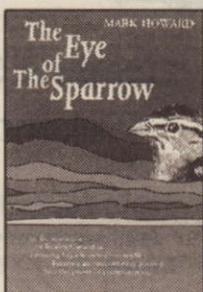
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Recreating New Meanings

Celebrating the Daughter Mother Connection

by Marilyn Boynton

Many women have mixed feelings and reactions when Mother's Day rolls around. And that is as it should be. Most daughters go through a process of sorting out the good from the bad aspects of a most complex and primal relationship. This sorting out is the making of our personalities — it's called individuation.

As we mature through our thirty's, forty's and fifty's, we come to reflect on and see with 'new eyes' our mothers' lives and our own. Has your daughter mother relationship sweetened or soured? I invite you to inquire about your mother's childhood and to recreate her life story.

Let me give you a portrait of my mother. Beatrice Isabel Whiteside was born at the turn of the century, 1900, in the small potato farming community of Alliston, Ontario. She was the third of four children, her father's favorite, and a fun loving mischievous kid. She found more excitement and scholastic achievement away from the farm, by boarding in town with an aunt and uncle, escaping her parents' strict discipline and heavy farm duties during the winter months. Although she had many friends, parties and suitors, she chose, late in life, a dashing travelling salesman from a neighbouring town who married her and moved to the big city of Toronto. There, they cofounded a "Ma and Pa" operation from their home, selling novelties, souvenirs and toys. The business expanded and eventually grew into a thriving Canadian toy company — Irwin Toy.

As a working mother in a family business, she raised three sons and one daughter. In order not to be embarrassed socially, she always refused to call herself a 'working woman' and protested, "I was only helping out your father." This, in spite of the fact she did all the bookkeeping and received not a penny in salary. I called her a feminist but she demurred. As her daughter I am proud to acknowledge her work and life as my inspiration. Thanks to the analysis made by the Women's Movement, I came to understand what it means to be born a girl into a man's world.

So I ask myself, "How do I live within the daughter mother heritage I have received? How do I celebrate this bond?"

If I could pose those questions to you, my readers, how do you make sense of your heritage? One repeating question I find useful is, "What do you most respect about your mother?" Take a minute to write down your uncensored thoughts. Engage in this exercise and continue to reflect. Even in the most distressing relationships, we can find at least one trait we can admire.

When I ask myself what I value most highly about my mother's life, two scenarios come to mind.

In her senior years, she navigated a very difficult transition. She made the big shift from being a business woman, a world traveller, church worker and an energetic sportswoman, swimming and golfing in her mid 80's, to being sedentary due to ill health. She accepted this transformation calmly, as the practical "no fuss no nonsense" woman she was and at the end accomplished her death within ten days.

Secondly, what I respect about her is that she taught me how to survive in a man's world and within my family of three brothers. Her strategy was for me to tackle every available sports activity open to girls in the 1940's and 1950's. She also exposed me to several cultural endeavors to see where my talents did or did not lie.

From age five on I was enrolled in a new class every month. Instruction covered toe, tap, acrobatics and Scottish and Irish dancing. Piano, voice and ice skating followed closely behind. She was determined to give me opportunities she missed in order to compete with the boys. I remember her, after school, driving me to all these lessons. Yes, I was driven in more ways than one! As I matured, I realized more balance in my life. I learned to say, "Stop, enough is enough."

I'm glad I inherited her drive, her discipline and precocious curiosity to learn; to see life's mountains as inviting delicious challenges. Although I didn't become the musician, dancer or famous figure skater she wanted, I did have the self-discipline to obtain two university degrees and become a psychotherapist. My lifelong passion in studying daughter-mother relationships was channelled into writing a book entitled, *Goodbye Mother, Hello Woman - Reweaving the Daughter, Mother Relationship*.

Marilyn is coming to the Okanagan, see ad below.

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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.

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Prayer

by Kiara Fine

I wanted to write a personal story on the merits of prayer and how prayer has affected my life. This may seem strange to you, but up until a few years ago the practice of prayer was not a part of my life, at all!

I grew up in a mixed marriage house (as it was called in those days). My mother was Jewish and my father converted to Judaism in order to marry my mother. So, on the outside we were a Jewish family; at a deeper level, there was a confusion about loyalties to either background. I tried not to add to the competition about loyalty and to whom; I chose to sit on the fence. I'm sure you all relate to this feeling. I tried to keep peace in the family and to not feel as if I was betraying either my mother or my father. These unresolved feelings stayed with me for many years and led me to feel spiritually disconnected. As I began to work on my own healing I hid this unhealed portion of myself for a long time. Finally as the energy of transformation became stronger and Spirit was pushing me into deeper levels of my Soul I could no longer hide my longing for a spiritual connection. I had no idea how to ask for guidance.

At first I asked for material help. Sometimes it came, sometimes it didn't. So, I could never tell if my prayers were being answered. I was also struggling with many levels of disbelief: that firstly I deserved to be helped and secondly, were Jewish women allowed to pray for help through angels, guides, Master Teachers, etc. I continued to heal my past, my family, my present failings and I am still continuing to heal. I have noticed that praying is becoming part of my life. Carolyn Myss, in her new book, "Anatomy of the Spirit", says that the seventh chakra is the chakra of prayer, and is the warehouse for the energy we amass through kind thoughts and actions, and through acts of faith and prayer. That fits, doesn't it? As we heal, we forgive others, ourselves, and we are kinder, and softer to ourselves as well as with others.

The understanding I am receiving as I write this article is that my connection to spirit and prayer had to do with my personal healing journey. I could not blame it on my upbringing (Mom and Dad), and that as soon as I took responsibility for my own life, prayer moved into my life as a powerful force of guidance and help. Whenever my negative mind wants to foul up my ability to trust life, I begin to pray, and it works! I feel better, more relaxed and hopeful about my life, my work, and my relationships. The world and my personal life works, and I'm grateful to be alive and be participating in the powerful action of prayer.

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Recycling Energy

by Stacey Johnstone

When asked why Rhovalle Tayler Ryane switched from her secure, reliable employment with the government to her supposedly unpredictable and not as well received profession of Reiki Master, Rhovalle doesn't need to respond. The wings of freedom clearly flutter around her mouth as it upturns into a smile, affirming that the decision was indeed for her own highest good.

No, she wasn't assured of a solid, monthly paycheque when she followed Spirit's gentle nudging to pack all of her belongings and place them in storage. When, in 1993, she left the security of Langley and the friends and family living there to move to Kelowna, there was no position waiting for her. In fact, when she set up her practice, she was the only Reiki Master in town. Despite no guarantee of wages, medical benefits or yearly vacations, Rhovalle still trusted that she would be protected.

"You have to trust the energy," she implores others, "you can't see it, taste it [or] touch it...but I know it, I feel it, I trust it." That's all you can do. It has definitely carried her in directions she wouldn't have guessed possible.

A mother of three, Rhovalle's own mother raised her in many healthful ways. Because she had the benefit of being brought up with no drugs, alcohol or sugar and fats (including fastfood), Rhovalle is thankful she didn't have to deprogram herself of them. The result is a healthy lifestyle today that she finds easy to maintain, as she was taught to honour her body.

While growing up, Rhovalle found herself consumed with a search for love rather than seeking out sin or misbehaving as others her age did. She visited churches because she was informed that God was love. Although happy with the memories her studies of different religions and cultures have brought her, her quest was still not appeased until she discovered Reiki. Immediately she could feel the love its energy provides and she knew she had found what she'd been seeking.

After completing a two-year Mastership program, Rhovalle's journey continued through all facets of the area of energy. She began to work with different levels of vibrations and compares them to notes on a musical scale with each new level containing its own tone, colour and sound. She learned by experience that if a situation, thought or feeling doesn't feel right to someone, he/she is working on a lower level of the scale. On the other hand, a person feels light and joyous when practicing on the higher levels. Tulips, sunshine, children's laughter and a baby in her mother's arms are all examples of high levels of energy.

Therefore, emotions such as anger, doubt and resentment represent low energy and keep us from achieving our dreams. Feelings of love, faith and joy preserve our energies, a goal we can all set if we wish to maintain happy, fulfilling lives. When we put forth an intention and trust that it will manifest, we are at the top end of the scale, yet as soon as we cast any doubt or worry on that which we desire, we dip into the low end and sabotage ourselves. "Catch yourself," she suggests. "Get yourselves back up there."

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For Rhovalle, her key has been listening to Spirit and being dedicated to whatever it asks of her. By trusting in it, she's learned how to keep her vibration level up. She literally walks in love; she knows everything is being taken care of, for all of us. She admits that it took her a long time to clear herself of doubt and judgment yet learned to realize the futility of it and the importance of loving others instead. "Let it go if it's not serving you," she advises. When people move towards love, they need to surrender to that love energy and rid themselves of the heavy emotions that are weighing them down, including the desire to control it.

Rhovalle's path recently led her to complete an accelerated, extensive energy training from the Masters. After this year-long, 24-hour a day lesson, the vibrations of her electromagnetic field were raised, forcing her dense body to catch up to her spiritual level. Every cell had to change as her vibration became more pure, closer to God. When she fought the process, she'd be in physical upheaval for up to three days. She confesses that at times she didn't feel worthy, a feeling which forced her down to those low levels. She persevered, however, and continued to place her faith in Spirit, listening to its guidance in order to succeed. Now Rhovalle is able to access higher levels of energy, can manifest her desires and has achieved self-love.

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by
Laureen
Rama

My First

In the early Fall of 1991, I went on my first vision quest. I had learned shamanic practice and it changed me. I felt more alive and powerful, but also confused. If this stuff was so great, why didn't everyone know about it? Why were all my friends telling me to be careful, when this felt wonderful? I asked everyone if they knew a shaman I could learn from and was invited to this private retreat. Looking back I can now say that the retreat was a major turning point in my life, bringing me joy and possibilities I did not imagine before then.

I grew up in an average middle class family that moved around western Canada following my father's oilpatch career. I pursued a career in international development, became a manager and then a management consultant specializing in creativity in the workplace. I was 33, and finally recovered from the week a year previous when I quit my job, ended a relationship and my dog was killed.

In the six day retreat, 14 of us gathered at a forested camp tucked against the eastern slope of the Rockies by a little lake. Our leader was Armand Huet DeGrenier, a shaman who had studied with Michael Harner, the American anthropologist who developed core shamanism, an easy-to-learn distillation of the essence of shamanic practice from around the world.

That evening we gathered in a darkened bunkhouse and learned how to do shamanic journeys. To the steady beat of Armand's drum, we imagined going to a nature place to meet our power animals. In shamanic terms, these are the sources of our power and also they reflect our power back to us. I connected with three animals. I asked them what I was to do that week and realized I was to explore the nature of relationship. This surprised me. I thought I had come to do spiritual work and this seemed superficial. Was I wrong!

We told the stories of our journeys and were in awe at the beauty, the power and the truth of each person's experience. We were all on our own paths, witnessing and learning from each other's stories.

Every day we did shamanic journeys together. I had the experience of being totally embraced and licked all over by my power animal. I visited an old woman spirit guide in a dark hut who told me how much the spirits loved me, who chuckled at my questions, but answered them lovingly. She also gave me hugs. My deceased Grandfather came to me and advised me not to work so much, to pay more attention to my family as he wished he had done. I was five years old in another journey, playing in the woods, totally uninhibited. In all these journeys I was experiencing the love I felt was lacking in my life at that time.

By the time we entered the sweat lodge four nights into the retreat, I was in a very receptive intuitive state. In the sweat, I honoured and released my hurt over past relationships. That night I slept soundly, feeling ready for a vision.

The next morning as I left for my vision quest site, the world looked luminescent. A dragonfly hovered around me and looked larger and clearer than in life, the sound of its wings

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Vision Quest

magnified, its movements in slow motion. I walked to my spot beside the lake. It was a sunny afternoon and I took a nap to be ready for the night. I was startled awake by a hyper-chattering squirrel right beside my ear. I had been so quiet the squirrel had not noticed me and I had startled it. I laughed and my fears of the animals that might show up that night left me—they would be just as scared of me!

Before the sun set, with my arms outstretched and facing the sun, I danced and sang, "I am crying for a vision" over and over again. Suddenly I felt my heart and chest well up and start shooting straight up towards the sun. I became an orange ball skyrocketing into the sun. I felt an overwhelming rush of love as I shot upwards. Then I, as the orange ball, exploded and showered like fireworks of love over the earth. I collapsed on the ground sobbing. I understood love. I curled into myself and stayed there until the chill of evening had me move.

As I watched the night stars, I had revelations about the place of love and relationship in my life. At midnight another quester started howling like a wolf. Four of us howled like a pack around the lake and I was energized enough to stay up all night. A few hours later I heard the loud chanting of a fellow quester who had been looking for his voice, for the courage and worthiness to speak his truth. I grinned and saluted his achievement silently.

As dawn came, I felt a new power animal come to me, into my solar plexus, bringing me incredible peace. I made the calls of this animal and felt like nothing could shake my calm and conviction. When I need to feel this again in my life, I remember those calls by the lake and the calm pervades my body again.

As the sun peeked over the horizon, I went into a shamanic journey to thank the spirits for a wonderful vision quest and asked if there was anything else spirit wanted to reveal to me. I saw an image of a large group of people doing an earth healing ceremony. I asked who the leader was. "That's you." I instantly felt myself shrink away. "No it can't be, I'm too little, I'm white, I'm mainstream, I want to make my living as a consultant." I heard cosmic laughter in response and a voice, "You won't be doing it alone and it will take 5 to 10 years. You can keep doing what you're doing, and it will happen gradually." Shaking a bit, I packed my gear and returned to the medicine lodge. As I entered the door, Armand gave me a rock. "I got this rock on my first vision quest and feel you should have it." There was no going back.

Six year later, I have not yet led the ceremony in my vision, but I lead shamanic workshops and retreats as well as continue my consulting work. The vision has unfolded gradually and it's been a wonderful trip. I am still in touch with many of the folks from that first retreat and can see how their lives have changed too. Some of them experienced deep healing over past experiences, some simply spent 24 hours being very connected with the natural world. It seems we are all more ourselves and many of us are sharing our unique gifts more in the world.

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Book Reviews

by Jan



Happy Mother's Day

♥ We do love you ♥



photo by Maria Rooney
from Mothers & Daughters
Northstone Publishing

Clara and Me

The Story of an Unexpected Friendship

by Deanna Kawatski

Whitecap Books, ISBN 1-55110-489-X

It may be that I am at a time in my life where I am aware of the many gifts nature has to offer that makes me appreciate the writing style of Deanna Kawatski even more. Her descriptions of the northern wilderness that she called home vividly capture the essence of the land and the creatures who shared it with her. She gives me a glimpse into the hardships and joys of living self-sufficiently in a remote corner of British Columbia, but without having had that experience myself I don't think I can truly comprehend. The feelings of isolation fuelled her desire for a female friend, someone who shared her lifestyle and interests. Then she was introduced to Clara.

Being mentally-challenged, Clara didn't always respond or react as another woman might, yet in their relationship Deanna learned so much more. *The meeting and gradual getting to know her was a window that opened up to a wider and wider view. She was also a mirror for my own shortcomings and limited attitudes. She reflected me back and I learned when I was being dishonest, where I was weak and when I was strong.*

Clara showed me how I might alter myself, where to remove some stitches here, to let the hem down there, to loosen the waistline on my robe of personal prejudices, and to let the garment enfold not so much a social outcast as a truly special human being.

Told from the heart, Deanna's story inspires, delights and teaches by example.

Goodbye Mother, Hello Woman

Reweaving the Daughter Mother Relationship

by Marilyn Boynton, RN, M.Ed & Mary Dell, ARCT, MA
Daughter Mother Press, ISBN 0-9613673-6-9

In all probability, we have never shifted our relationship with Mother to a more grownup level. We have never released Mother from taking care of us, from treating us as children. We may never have released ourselves from taking care of Mother and trying to earn her love. The professionals call this release process individuation. This means becoming independent and relating as adults.

The authors go on to say that between the ages of thirty and forty women start to see their parents as people rather than the 'authority figures' of childhood. Individuation is that search for the essence of who we are, reclaiming and integrating the lost or undeveloped parts of ourselves. Uncovering the negative messages from the past allows us to know the roles we played, give full expression to our feelings and make conscious choices in the present. But getting to know ourselves takes time and effort.

No one told me at age thirty-six that I was going through a natural process called individuation. I just knew that most of my relationships weren't working! The only way I could cope at that time was to pull away from other people, go inside myself and begin the painful process of growing up.

Goodbye Mother, Hello Woman provides exercises, information and examples; an opportunity for you to begin this process, or to further enhance your journey. How empowering and freeing for women to let go of the roles of mother and daughter with all the expectations and limitations and get to know each other as women. *See story on pages 28 & 29.*

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A Woman's Book of Days

by Donna Sinclair

Northstone Publishing, ISBN 1-896836-02-X

Simplicity! Sometimes a few words have more impact than volumes.

Donna Sinclair has combined stories, thoughts, feelings and down-to-earth wisdom together in *A Woman's Book of Days*. Each day offers a tidbit to reflect upon, chuckle at or touch the heart.

September 19: Success

Many women are highly successful and don't know it. Success isn't tied to money. The most worthwhile activities are either unpaid or underpaid: caring for children, looking after elderly relatives, agitating on behalf of a river or the poor.

A successful life is full of unpaid but valuable work, balanced with enough paid work to keep us fed and clothed and sheltered. A successful life has time for walking with a friend while she pours out her soul, time for fragile and useless things like flowers.

A successful woman has found a community where she can be loved; not necessarily a husband, or children, although that might be so, and not necessarily an upscale suburb. Just a circle of friends where she is loved and her work admired. It's important we define success in our own terms.

Strike a chord for any one? These little gems can stir up memories, create possibilities or validate feelings and experiences. With the responsibilities of work, family and community, don't forget to nurture yourself. Perhaps *A Woman's Book of Days* will remind you.

Mothers & Daughters

by Madeleine L'Engle

photographed by Maria Rooney
Northstone Publ, ISBN 1-896836-05-4

They say a picture is worth a thousand words, as are the photographs of Maria Rooney. When added to the writings of Madeleine L'Engle, this mother daughter team portrays many of the aspects of this powerful relationship.

*It would be wonderful
If we mothers and daughters
were always perfect:*

*"If I never raised my voice in
annoyance —"*

"If I never snapped back."

*"If I didn't have to remind you
at least twice a day—"*

*"If I could remember to hang
up my clothes."*

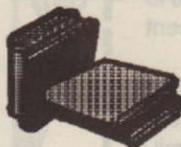
*"If I realized, all the time, how
precious you are to me —"*

*"If I never forgot you're a pretty
good mother, most of the time."*

But we're not perfect.

Just a human mother and daughter.

*Help us to make the best of us,
Lord.*

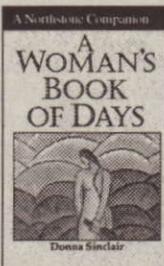


Two Perfect Mother's Day Gifts

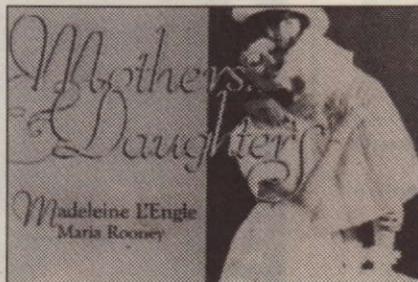
A Woman's Book of Days

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ISBN 1-896836-02-X



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SPRING IS HERE and the BEAR HUNT IS ON

Every spring since 1994, Bear Watch has launched a province-wide public awareness advertising campaign to coincide with the opening of the spring bear hunt. This year, Bear Watch's campaign is targeting the cruel and biologically-unsound spring bear hunt, as well as focusing on the protection of threatened grizzly bears.

"The past few springs, our television and radio ads have been very successful in raising nation-wide awareness about the threats facing bears in B.C. This year we wanted to focus on the communities across B.C. and so our ads will be seen across the province in transit shelters, as well as in sky train stations in Vancouver," says campaigner Jana Thomas.

A total of 141 transit ads altogether will appear in Vancouver, Victoria, Nanaimo, Whistler, Prince George, Vernon, Penticton and Kamloops. Bear Watch has initiated two petitions, one aimed at ending the hunting of grizzly bears and the second looking to end the spring hunting of bears and bear hunting with hounds. With the new petition strategy, the petitions will now be addressed to the Provincial Legislature instead of the Wildlife Branch. Bear Watch is also enlisting 'Bear Ambassadors' to meet with their MLAs to talk about bear hunting in B.C. Finally, Bear Watch, at a meeting scheduled for June, plans to present the provincial Minister of the Environment with all signatures collected.

"Our old petitions to end all bear hunting served to enlighten the Wildlife Branch about our cause, with more than 28,000 signatures submitted," says Eric Donnelly, Bear Watch campaigner. "The Wildlife Branch admitted they received more letters requesting an end to trophy hunting of bears in B.C. than any other issue. Unfortunately, they also admitted they don't intend to do anything about it, so we're taking the issue to the provincial legislature."

The hunting of bears in the spring, just out of hibernation and while mothers are still nursing their young, is not only biologically unsound, it's also unethical," says Jana Thomas. "About one fifth of black bears and one third of grizzlies killed are females, leaving behind an unknown number of orphaned cubs, 80% of which will not survive their first year of life. Furthermore, only two other provinces in Canada still allow hunting of bears with hounds and many jurisdictions across North America have banned the use of hounds for hunting bears as unnecessarily cruel."

"As for B.C.'s threatened grizzly bears," says Jana Thomas, "even a limited entry trophy hunting season constitutes an unnecessary and serious threat to their survival."

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Touch For Health

by Evelyn Mulders

It's 10:00am and I'm having tea with a friend. Suddenly her face grimaces with pain and she says, "All I had this morning was butter on my toast with some fish." Knowing my friend just came off a cleanse and has a history of gall bladder attacks, I isolate and muscle test her anterior deltoid which is relative to the gall bladder meridian. It did not hold strong so I massaged her gall bladder neurolymphatic points for a few moments, retested and it held strong. Then I isolated and tested pectoralis major sternal which is associated with the liver meridian, again I massaged the correlating neurolymphatic points and at this time I also ran her liver meridian. Six minutes in total, my friend's pain subsided and we were able to continue to enjoy our tea and design a quilt.

The pain relief I assisted in wasn't memory work, rather it came out of a text. It is a matter of fact material that was synthesized from chiropractic techniques twenty-five years ago and designed for everyone to learn. This text and methodology is Touch For Health.

Touch For Health is a whole body approach to wellness. It is chiropractic methodology made simple for everyone to use and it empowers the people to take responsibility for their own wellbeing. Touch For Health works in conjunction with homeopathic and allopathic techniques. TFH is not an attempt to replace doctors or surgery. Rather it brings us awareness and allows us to learn to listen and to feel what is going on in our bodies and to be able to correct the minor problems before they develop into serious illness.

For our muscles to work efficiently the body needs the blood, lymph and energy to flow freely through it. In Touch For Health we isolate muscles and test to find out if they hold strong. If they don't, one of the systems of correction is impaired, be it the neurolymphatic, neurovascular or just energy through the meridians. By using simple techniques set out by the Touch For Health text, we can unblock passages, allowing the muscle to regain its strength and do its job effectively thus allowing its affiliated organs and glands to work efficiently.

Just as every muscle has an associated meridian every meridian has an associated emotion. We all know how emotions can be extremely stressful and play havoc on our bodies. By addressing and defusing the emotion we can strengthen these weak links and help the body regenerate itself. Man is a structural, chemical and psychological/spiritual being. The primary structure and the natural chemistry work together to influence the psychological and vice versa. A problem may exist in any of these areas and disturbances in other systems may represent the body's efforts to compensate for the troubled system. Just a simple technique of defusing the emotion can alleviate the stress. A fine example of the simplicity of this technique is demonstrated when my eight year old son comes home from school. If someone has upset him we just defuse the emotion, there's no discussion, criticizing or blaming. Just emotion defusion. Simple!

Touch For Health addresses the structural, emotional and biochemical needs of everyone. Through accurate muscle testing, you can communicate with your own biocomputer for your nutritional requirements. They say young children have the knack of knowing what their bodies need. If your cupboard was full of whole nutritional food, the children would automatically choose what their bodies required. Where did that get lost? As adults, our conscious mind overrules our subconscious thinking, however through accurate muscle testing we can once again tap into that subconscious thinking. What's the sense of eating food your body can't assimilate? What's the sense of buying vitamins and minerals, if your body can't absorb them? Learn the act of muscle testing and tap into your own biocomputer. Make informed decisions.

I suppose I should have been at my friend's house earlier and muscle tested her choice of breakfast; the buttered



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toast and fish. Surely her body would've made a more suitable decision.

Using these few examples and many other methods taught in Touch For Health, you can empower yourself to help prevent malfunctions and pains from developing as well as address the reason for the pain and allow the life force to flow uninterrupted throughout your body.

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ME? CANCER? NO WAY!

*I wanted to be
in a support
group that had
survivors, I
wanted to
know what
they did!*

by Annemarie Steiner

I was diagnosed with mixed follicular Non-Hodgkin's Lymphoma in March of 1994 and got into the medical treadmill almost immediately. Bone marrow biopsies, CT scans, biopsies of tumors in my neck, Chemotherapy, lots and lots of medications, from Prednisone to Antiemetics to Sulfa drugs; to this day I have a shopping basket full of stuff, just to remind me that I don't need it any more and that I never want to take any of it again. The Chemotherapy was at first successful; by the second round of Adriamycin, Vincristine, Prednisone, Sulfa and I forgot what else, my tumors were steadily getting larger. Another biopsy in my neck revealed that the Lymphoma cells had changed and had become resistant to the treatment. My Oncologist decided to continue with the treatment course as planned and so we continued with Chemo as before, as I was getting worse and the tumors grew. The treatment course lasted a few months and by the end of that year I needed treatment again because I was having difficulty swallowing and talking and beginning to have difficulties inhaling. The tumors were choking me. So we embarked on another course of Chemo, ACOP 6 this time and again the same thing. After the first treatment the tumors shrank and then started growing again during treatment. More biopsies revealed that the cells had changed again and had become resistant to treatment. When we asked the Oncologist what he could do, he shrugged his shoulders and said, "Try something else." So when my husband suggested that they were just shooting in the dark he confirmed that observation. When I questioned him what I could do to help myself, he just shrugged again and said; "Nothing".

That made me so angry that I decided to show him what I could do. He was not my regular Oncologist and in defence of the profession I have to say that my regular Oncologist, Dr. Joe Connors was much more kind and supportive. I questioned him on the validity of radiation treatment, because I was desperate and very, very sick at this point. My blood counts had been wiped out by this time with Chemo I received over Christmas that year, even though my counts were too low, a resident decided to treat me anyway. I started bleeding at home and I was in excruciating pain. My family physician had placed me on Morphine and I was taking it every two hours, apart from all the other medications I had to take, there was very little room for any food. My oncologist said that radiation treatments were not an option for my Lymphoma, but by my next treatment session, he had changed his mind and offered 4 weeks of radiation TX, to the head and neck, five times per week. Having worked for the CCABC in the early eighties, I knew what that meant. Nausea, radiation burns and soreness, etc..

By this time I was using the Gerson diet and was following the regimen faithfully. I was also doing cleansing enemas and

had started to check into visiting the HOPE cancer support group in Vancouver. I chose that particular group because I had known Claude Dossdall as a patient at CCABC and had always admired his courage and his gumption in not dying when everybody told him he was supposed to. I wanted to be in a support group that had survivors, I wanted to know what they did! So I had started to go to Psychology sessions there and was keeping a diary now on a daily basis, not just writing down my dreams. I was walking on the beach in Tsawwassen almost daily and on the suggestion of the Psychologist at the

HOPE centre, I was beginning to patch up and heal old broken relationships with my family and friends and anybody else that I had unfinished business with. I also listened to my family physician, an extremely supportive woman, and allowed her to make an appointment with Dr. Roger Rogers for a consultation. While I was waiting for that I continued with my Chemo, my support group sessions, my diary, my exercise, I contacted a Yoga teacher and started twice daily meditation. Then I stumbled over a book that one of the participants in my psychology sessions at HOPE was returning 'The Macrobiotic Approach to Cancer' by Michio Kushi and E. Esko. I dug up the phone number of the Kushi Institute in Becket, Massachusetts and phoned there for help. They were most obliging. So I read their suggested reading list, started cooking macrobiotically right away even though it tasted awful at first.

I went to bed at night and asked my subconscious mind to let me know in a dream if I should pursue this route or do something differently because by now I had decided to try it on my own with alternative methods. I dreamed about macrobiotic food that night and here is something very important that I had decided to do; I had decided to trust my instincts, no matter what. That meant of course, if I was wrong, there was the very distinct possibility that I was going to die soon but if I was right I could get well again. Oh, I was scared, really scared but I decided I had very little to lose and everything to gain because even if I was going to die, it was going to be infinitely more comfortable without all the poison and the radiation burns. I decided what was to be was going to be anyway: and that is another big thing that ultimately saved my life - my family!! They helped me, supported me, they cried with me, they held me, they went to support group sessions with me, they did anything and everything to make life good for me, they even had healing sessions for me in which they learned from my girlfriend Hitomi, how to transfer Chi into my body and they did that on a daily basis while I lay meditating. I am sure they did not believe half the stuff I was doing: for example, I became a Buddhist through all this and my sixteen year old son thinks I am nuts but he supports me anyway. My sister came from Germany and brought my ailing mother with her in support of me, even though

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we had not talked for years, and that was very important in my healing too, healing that relationship with my family in Germany. So I cancelled my appointment at CCABC for getting my headgear fitted in preparation for radiation treatments and went on a macrobiotic diet instead, much to the chagrin of CCABC staff and former colleagues. I took cooking lessons at the Vancouver Macrobiotic Association from Muriel Viebert. Saw Dr. Rogers and attended his seminar. I decided to try immune therapy and 714X injections as well as some Thymus extract injections from Germany which my exhusband obtained for me and brought back to Canada. I had support even from him. I had friends help me and visit me, pray for me, do things for me, from everywhere,...I had friends that I did not know I had, I was so extremely fortunate, no wonder I made it!!

The Immune therapy was not the right thing for me and after an adverse reaction I had to give it up. My immune system responded to it beautifully, however, since a lot of my tumors were in my neck, when my lymphatic system got stimulated by the bacterial culture injections the lymphatic fluid could not flow through my system and get emptied into the right carotid and all the fluid was stuck around my neck and choking me. I woke up in the middle of the night unable to breathe and almost panicked but fragments of a tape by Carly Simon were going through my head at the same time: "Take your flashlight and your batteries and learn to ride it out." Again I trusted my subconscious mind, I did not wake anyone else, I got dressed and went to the beach to walk. It was 3:30 am and I walked with bare feet in the surf, watched the sun rise and forced air into my lungs until I noticed the swelling go down and the breathing get easier. Again I asked my subconscious mind to let me dream what I should do and decided to trust whatever answer I got and the answer was 714X. So I continued to inject 714X exclusively and use the macrobiotic diet. I stopped taking vitamins (I had been using those too, some of them in mega doses). Our house had been for sale for two years and I decided to relax about that too, I decided it would sell when it was the right time for me to move away. I wanted to buy some land somewhere and grow vegetables organically. The house did sell, we found a nice place in the Okanagan and I discovered after we moved that the people that had owned the property before us for 14 years had never used chemicals of any kind on the land. I inherited a wonderful vegetable garden, beautiful fruit trees and a big compost. My tumors continued to shrink. Nine months after starting 714X Injections, I stopped injecting and just continued with my macrobiotic diet. I followed this religiously and only used organic food. After a few months I developed a new tumor in my neck and we (my family physician and I) monitored it closely but it continued to grow. The doctor gave me two weeks

time before sending me back to CCABC for yet another round of treatments; I did not tell him I was not going to have any more treatments. I went home and went to work on my tumors. I fasted for a few days and then followed my healing diet again rigorously, I exercised and did everything else I had done the first time, save taking medications and it worked again. In two weeks time I managed to reduce the tumor enough that he gave up the idea of sending me for treatments.

Currently I am experiencing symptoms again, so it is back to all the things that I did the first two times. The Macrobiotic counsellor that I saw warned me to be very careful for three years and that proves to be true. It has been two years and every time I relax and think I can afford to cheat I get into trouble and get out of it by returning to a rigorous regimen just like before. In summary I did the following:

1. Diet
2. 714X
3. Exercise; i.e: walking, Yoga, breathing exercise
4. Meditation
5. Keep a daily journal or diary
6. Write down my dreams
7. Trust my instincts implicitly
8. Heal my broken relationships
9. Listen to inspirational tapes
10. Read a lot of inspirational books
11. Laugh where ever possible
12. Do a lot of hugging
13. Be grateful for all the beauty in this world: every plant, every cloud, the sun, the rain, the water, the mountains --everything, but most of all my family, my many friends and the fantastic physicians that helped me and supported me on this journey. Last but not least I am very grateful for my cancer because it gave me the most meaningful, rich and precious time in my life.

I continue to keep my diary and eat macrobiotic food, I do not eat any dairy, meat, fish or eggs. I exercise regularly and I continue to practice Yoga. Food preparation and natural preservation and growing of food takes up a lot of time.

There are no chemicals in my house and I only use vegetable fibre clothing and bed linens, etc.. I have very little manmade material in my house and I felt well enough at New Years to take a trip to Germany, down memory lane, something else I had wanted to do. This summer I went Para-sailing over Okanagan Lake, much to the chagrin of my children, it was wonderful. I enjoy life like I have never enjoyed it before.

My name is Annemarie, I am an RN and if anyone would like to get in touch with me my phone number is 250-494-7199, also it is a fax, or e-mail: <asp@img.net>

CRANIAL BASE RESTRICTIONS

by Cassie Benell

About 90 to 95 per cent of all clients that I see have restrictions at their cranial bases. A fall or a blow from the side can cause our heads to 'snap' and this basically constitutes a whiplash, a common problem. We can also have the same problem from birth; then the baby is usually quite colicky. The severity of the problem is associated with the impact of the blow; the harder the blow, the more severely affected we are. I have already written two articles in Issues on aspects of this problem (Whiplash, February 1996 and Head Injuries, April 1996). Since this is such a prevalent problem, I'm writing about it yet again.

Symptoms associated with cranial base restrictions can be numerous. We can have stiff and/or sore necks and headaches from tight muscles. These tight muscles occur because of two pinched nerves which exit between the cranial base and the first cervical (neck) vertebra (called C1) and which go to the jaw, neck and shoulder muscles. When the nerves are pinched, those muscles stay tight. C1 is wedge-shaped, so a blow can easily jam it into the cranial base, pinching nerves. Another nerve that can be pinched is the vagus nerve, that happens to go to many of our inner organs—the heart, lungs, stomach, intestines, liver, kidneys, etc. When it is pinched we can have heart palpitations and/or indigestion. Blood vessels are restricted when these nerves are pinched so that we do not get adequate oxygen to our brains, resulting in fuzzy thinking.

Over time the tight neck muscles can distort the cranium by pulling the bones to which they are attached out of position.

A good example is the temporal bone that houses the inner ear and the balance sensors. When one of the two temporal bones is pulled out of its proper position we can have ringing in the ears (tinnitus), poor memory, poor balance, dyslexia, hyperactivity in children and bite problems (TMJ). At other times a cranial base problem can manifest as tightness on one side of our body. In extreme cases people with this problem may be diagnosed as having fibromyalgia, with lots of aching muscles. Everyone with this diagnosis that I have worked with had severely restricted cranial bases. As those released, to varying degrees, the clients felt a relief from the intense pain. A few others also had been diagnosed with chronic fatigue syndrome. Again, the cranial base was quite restricted and the cranium often distorted. By addressing these structural problems, the client got release.

Due to body mechanics, anyone with cranial base problems has a compensatory pattern in their pelvis, attempting to balance the body. This is because the dural tube which surrounds the spinal cord has attachments within the cranium at the top of the neck and in the sacrum (bottom of the spine) of the pelvis, an inner 'pulley system'.

Thus to address these dysfunctions both the cranial base and the pelvis need to be dealt with for release. A number of osteopathic disciplines can be used here, for example Orthobionomy, CranioSacral therapy, Zero Balancing and Mechanical Link. The work is gentle, allowing the body to do its own self-correction. The gentleness of the work is deceptive for it can also be quite effective. I tend to use several of the above disciplines for releasing the cranial base, whatever seems most appropriate for the client. Some clients like a more aggressive approach, while others want to be treated with kid gloves.

Once released, pain and tension can disappear, the head feels lighter and blood, cerebrospinal fluid, lymph and energy can flow freely in and out of the head. One past client, coming for severe whiplash, had her headache of nine months go after her first visit. Other conventional modalities had not addressed her problems, which also included gagging when she brushed her teeth. The gagging was also much alleviated. It is such a relief to have these troubling symptoms go after so much tension. For those of us who have been restricted for a long period it may take a series of sessions to work through years of tension. Most of my clients express satisfaction, finding relief and having ringing in the ears, poor memory, poor balance, etc. dissipate and/or disappear. Parents report that hyperactive children settle down considerably and have longer attention spans, making them easier to handle.

Also, wherever possible I recommend a beneficial exercise to ease tension at the cranial base. You can do a sweep of your own cranial base by doing the following: for the right side of the head, use your left hand behind your head (vice versa for the left side). Contact the bony bump behind your ear and pull along the edge of the cranium upward to midline as firmly as is comfortable for you. Continue doing this until your neck feels better. Do the other side if you wish. This is a handy way to avert having tension headaches. I once did it for myself while waiting for a flight at an airport; the other passengers may have thought I was weird but I didn't get a headache!

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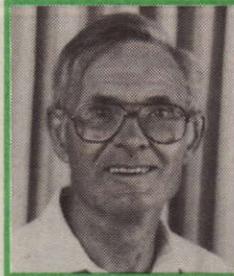
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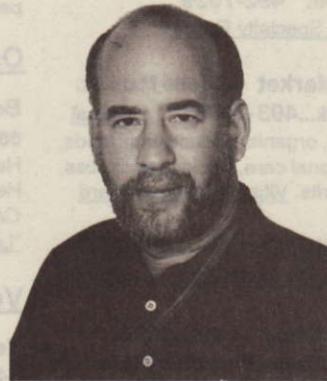
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