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June 1997

Spring Festival Review

by Urmi

What does it mean to gather our energies together and why do we want to. The fact of the matter is that, "we" are "more" when united. We collectively create an energy field that is educational, healing and fun. This year's festival gathered together about 400 participants from, all over BC and Alberta. With a multitude of workshops to choose from as well as the Reiki and Alternative healing houses the weekend offered a feast of knowledge. I am always grateful for all the colourful people who participate in the festival. Each person brings the gift of his/her being to the gathering. Each unique perspective adds to the colourful mosaic that is growing out of our changes.

I always feel that the festival is like starting a spring garden and that we gather our seeds of inspiration to take home with us. Each expansion of consciousness applied to our lives reaches out to all that come in contact with us. Bit by bit we change ourselves and bit by bit we change our world. This year I found myself in a role of observer at the festival. It was different to not be 110% busy and I recognized the vulnerability of just being without a lot of doing to give me purpose.

This also gave me some inspirations for next year's festival. Since it will be the 20th anniversary for the festival and our 10th as organizers we are planning some changes. It seems that we are ready to enter into a new phase of awareness! I would appreciate hearing any festival stories and adventures that happened after or as direct result of your participation at the festival. You can write to me c/o Issues 254 Ellis St., Penticton, BC, V2A 4L6



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Qi Vitality

excerpt from *Healing with Whole Foods*

by Paul Pitchford

A major functional concept from traditional Chinese medicine is *qi* (pronounced "chee" and sometimes spelled *chi*). *Qi* is similar to the term *prana* (life force) of India and is known as *ki* in Japan. A vital essence found in all things, *qi* has aspects of both matter and energy. We will refer primarily to its expression as energy, keeping in mind that energy and matter are convertible into one another. The theories of modern physics showing matter and energy to be alternate descriptions of one reality are very much in accord with the concept of *qi* and other facets of Oriental philosophy.

The *qi* concept gives us a measure for the vitality of a person, object or state. If the *qi* of a certain food is of good quality, then the food will taste better and impart more *qi* to the individual who consumes it. In a person, good *qi* is manifested as an ability to accomplish things, lack of obstruction in the body, better functioning of the internal organs, and so on. To further understand *qi*, which itself is a *yang* quality, it is helpful to understand its *yin* counterpart — blood. Blood is *yin* and the "mother of *qi*", since the nutrients in blood support and nurture *qi*. At the same time *qi* leads and directs the blood. Furthermore, digestive and circulative *qi* must be sufficient in order for the blood to be formed and to circulate.

Whatever manifests in a person does so with that type of *qi*. Someone who is graceful, for instance, has harmonious *qi*; weak people lack *qi*; those who are strong have abundant *qi*; people with pure, clear minds have "refined" as opposed to "confused" *qi*. Thus *qi* is not only the energy behind these states of being but the intrinsic energy/substance of these states. The *qi* concept, then, provides a way to describe every aspect of life.

From a therapeutic standpoint, there are several functional aspects of *qi*. It is warming and is the source of all movement; it protects the body, flows through the acupuncture channels, and maintains the activity of the body systems and organs. Sources of *qi* in the body are three-fold: 1) from food; 2) from the air we breathe and 3) from the essence of the kidneys, some part of which we are born with.

How well we utilize *qi* from these sources depends on how we live and on our attitudes. *Qi* is also transferred between people in interactions of every kind. The *qi* of the cook permeates the food. Exercise, herbal therapy, acupuncture, and awareness practices such as meditation are traditional ways of clearing obstructions and maximizing *qi* flow.

Qi that stagnates causes accumulations resulting in obesity, tumors, cysts, cancers, and the multitude of viral and yeast-related diseases that plague those with sedentary lives and refined, rich diets.

The *qi* of the body can be accurately measured and regulated by the diagnostic and therapeutic methods of Oriental medicine. In nutritional therapy, improving the "digestive *qi*" of the spleen-pancreas is a priority to be discussed in the Earth Element chapter. In other chapters we will discuss "protective *qi*" as an aspect of immunity, *qi* deficiencies of various organs, *qi* stagnation of the liver, and the practices that improve or damage *qi* in food and the body. See ad to the right.



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with
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Spring Time Changes



It seems like spring has just arrived, reminding me of our first calf. This month's front cover is a photo of Buttercup and my brothers Bill and Michael. This calf was born while Bill was in the hospital recuperating from a severe concussion. He had accidentally hit the door handle while playing in the back seat of Grandad's old Dodge while Mother was busy driving and fell out, hitting his head on a frozen rock. This was before car seats and seat belts were invented, and Bill gave my Mom a real good scare, for she was worried he wasn't going to make it. I am sure the one-hour drive to the hospital seemed like an eternity to her. My Mom insisted she was not going to leave his side till he came to, and the hospital policy was 'no visitors after eight pm.' They literally picked her up and hauled her away screaming that she was going to stay near her son till she knew he was going to make it. Several weeks after Bill was released from the hospital, it was decided that he should have the honour of naming the calf since he wasn't able to be there for her birth.

Times do keep a changing and I am so glad that hospitals are more understanding these days, providing family rooms for injured children. If it weren't for determined people like my Mom, the system might not realize that things do need changing.

Changing is difficult for many people, including me. And yet, it is the only thing that is a constant in our lives. Changing the system is even more difficult when it involves thousands of people who have a comfort attached to knowing how things work.

Rather than resist changes in my life, I have learned to focus on how I want the changes to happen. Letting go of the old ways of support and trust that new ways will happen is teaching me much about myself and life at a core level. My child self is guiding me to be more in the moment and I honour her wisdom for it is beyond intelligence. Letting go of needing to be loved in a certain way and learning to accept love as it is being given is bringing to the surface core feelings and beliefs.

As I type I feel confused, for I know that a change needs to happen. I have said to Jan several times over the past six months that my *Musings* column is feeling complete. Tears are streaming down my face as I try and figure out what is best for *Issues* and me. Emotionally I don't want to let go and feel the loss, but intellectually, I know I have done well and that maybe it is time to focus my attention elsewhere. I have learned much over the past eight years, and the feedback from sharing my process of healing and insights with you, the reader, has been a major encouragement. I am not sure what needs to happen to my column, so I'll just leave it till next month and see what happens.

Angèle



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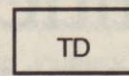
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From the Editor...

Chit Chat

with Marcel


June, the month of Father's Day. According to the 'Celestine Prophecy' it is important to reflect upon the qualities we acquired from our parents. My father was a quiet man; a loner who preferred to be at home playing his piano, and later an organ, or tinkering with his car which he kept spotless and in perfect running order. I can thank him for the qualities of responsibility and dependability. He never made a great deal of money but his paycheque always came home to my mother who did the banking and the entire amount was spent on his home and family. It's funny the little things you remember when you look back, the things that mean more to you now than they did then. Even in the days when parents didn't drive their kids around as much as they do today, he was very good about driving us kids to school in cold weather or to our activities. He introduced me to good books by reading to me a lot when I was young. He regularly drove out of his way to the only bakery in town that baked 100% stoneground whole wheat bread. He took us on Sunday picnics. He was always doing improvements and gardening around our home to keep it attractive. He was a great Grampa to my kids. There is much more most of which I don't even remember now. My Dad passed several years ago. I wish I had expressed my appreciation more while he was here. Thanks Daddy, for your steadfastness and dedication.

There's another event this month that I always look forward to. It is the start-up of the Farmer's Market in Gyro Park, this year on June 14th. This is the only thing I have found that will get me out of bed early on a Saturday morning. I like to pick up my Mom and be there when it opens at 8:30 to get the best selection. After a long cold winter it is such a treat to see all the freshly picked fruits and vegetables on display. I'm especially interested in the good selection of organic produce as I regularly make fresh fruit and vegetable juice. I have found it is not always worthwhile to plant a garden for just two people, but it really isn't necessary when you can pick up all you need each week at the market.

Besides the fresh fruit, vegetables and herbs, there is always a good selection of home-crafted articles, home-cooked and baked goods, jams, jellies, honey and more. For all of us who want to recycle, this is a good opportunity to dispose of some of the items we have been saving up. Most of the vendors are very pleased to receive large supermarket plastic bags, small plastic bags, berry boxes, small and large styrofoam meat trays, glass jars and sealers with lids, baby food jars and egg cartons. Please leave these items with the Market Manager who will be on site every Saturday morning.

Something else that attracts me to this event is the festive atmosphere. On a warm sunny morning under the shade of the big trees, amid the cheery hustle and bustle it really is fun to be there.

Marcel



Colour Therapy is our Life

by Karen Timpany

When we think about healing, we usually consider only the physical body of flesh and muscle that we can see, but it is well to remember the Ancient Wisdom teaches that this body consists of two parts, one visible and the other invisible or 'subtle.' The latter is the vital body or 'etheric double.' Both are composed of physical matter and both are cast off at death. The etheric body is the source of all physical vitality and the absorber and transmitter of energy through the system. This double is an exact replica of the visible body, its organs corresponding exactly with the physical organism, hence disease begins first in the etheric body, or in one of the higher bodies, before it attacks the physical; there can, therefore, be an early diagnosis of the impending disease.

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MASTER SHA'S STORY

as told to Diana Holland

My training as a Master of QiGong and healer started when I was very young. As a small boy growing up in China, I was a sickly child, and my father encouraged me to take up Tai Chi Chuan, (shadow-boxing), to improve my health. At the same time, I was irresistibly drawn to the old men who were practicing Tai Chi and Kung Fu in the parks to retain their health and vitality. From my earliest youth, I began to seek out masters and practice with them--Inner Kung Fu, Tuina (a form of Chinese massage), QiGong--all these I learned at the feet of very generous masters and with much practice, I became adept at these arts myself.

Physically, I could knock an opponent across the room with one seemingly effortless thrust of the arm, but I had also gained an insight into directing energy for healing, and I wanted more. Grandfather had a serious heart problem and suffered a lot as there was no medical help in the region where we lived. I was powerless to cure him at the time, but I wanted the capacity to do so, and at the same time, I honoured the words of my father, who incited me to develop my capabilities to the fullest, to help rid all people of suffering. I was determined to become a medical practitioner and a great healer, but there was a problem: getting the required education was not an easy thing after the cultural revolution in China. In fact, since my father was an honest mine foreman who did not take bribes, the problem seemed almost insurmountable--except for one hope: the newly-implemented system of universal school board examinations in China. There was one chance in thousands to gain a place in this way, but it proved to be the chance I needed, and, on a government scholarship, I fulfilled my dream of becoming a medical doctor trained in Western practices when I graduated in 1983 from Xian Medical University.

Along the way, I had continued to perfect my skills in Traditional Chinese Medicine, and my learning in balancing and enhancing the energy flow in the human body. This study led me to develop in 1978 a streamlined form of acupuncture, Sha's Acupuncture, which concentrates on a few key acupuncture points to replace the traditional 365, and is based on a quick in-out insertion technique rather than the standard 20-30-minute duration time for treatments. Applying my Martial Arts training in the health field, I had discovered that energy can be concentrated and sent like lightening along the key meridian paths, exploding the energy blockages which are the source of chronic pain and disease in the body.

In 1984, I was invited by the World Health Organization to come to Beijing to teach QiGong and acupuncture to Western practitioners at their International Centre for visiting foreign doctors. I taught there for two years while studying English, and was then invited to the Philippines to complete a Master's Degree in Hospital Administration, which I received in 1988. While studying in Manila, I was staying at the home of a Chinese doctor who was summoned one day to the Chinese embassy to treat the ambassador's chauffeur. The man had been immobilized after an accident, and when we arrived, they were considering putting his legs in traction to help relieve his pain. I knew this would be a grave error, and remembering my father's words to help the people, I respectfully asked for permission to intervene. In just a few minutes, I was able to



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adjust the meridian points in his thigh through acupressure and massage. When the man stood up and walked away from the accident, news flooded the embassy of the success of my techniques. Later, I was consulted by many influential Filipinos, including the House Speaker, the president of the Senate and the mother-in-law of Corazon Aquino.

I continued to treat the poor people in Manila as well, but I mention prominent people as it was through their financial support that I realized another of my dreams -- to visit Canada, which had always appealed to me as a place of great beauty and strength. I came in 1990 as a visiting doctor, and gave voluntary treatment at the Cancer Society and Stroke Recovery Association in Toronto. My patients there reacted so well to my methods and showed such gratitude and enthusiasm that I felt very welcomed by this country and its people. A Toronto lawyer who understood my capabilities helped me to immigrate soon after, and I was honoured in 1991, both by the government and the CBC, as an acupuncture expert and valued new citizen.

Besides my visit to Canada, the year 1990 was a turning point for me in another way, as it was the year I was formally accepted as the first disciple of my Master, Master Zhi Chen Guo in China, the founder of Zhi Neng medicine (pronounced ju nung). My father had sent me a book of Master Guo's in 1988, which made a deep and immediate impression on me. I knew that this new form of medicine was the key to my further understanding of my life's purpose, and I sent a delegation to visit Master Guo's centre for training. I wrote to him, I telephoned him, I pleaded to become his student many times, and his response was always the same: "You do not have to be my disciple to learn Zhi Neng medicine. All the people can learn and practice this revolutionary method for self-healing, so continue with your present work and study. The more you grow, the more you will understand."

In the East, a student can be with his Master for 20 or 30 years before any secrets are transmitted, and some Masters never speak at all. My Master was very generous to me. By keeping me at bay, he was strengthening my knowl-

edge and my determination to learn Zhi Neng, and he was preparing me, though I did not know it at the time, to become his representative in the Western world. I had many amazing experiences with my Master that I am not at liberty to discuss, but I will tell you about another major gift that he has brought to humanity aside from Zhi Neng medicine. It is a method for direct communication with the soul, the techniques of which are described in my book, *Soul Study, A Guide to Accessing Your Highest Powers*. Once the 'message centre' is opened and the soul language freed, it enables one to talk with one's own soul, to communicate with the souls of loved ones, to heal at a distance, and to relate at a deeper level with all things.

The secrets of soul communication have been closely guarded for thousands of years and it is my privilege and honour to be teaching them now, along with the miracle of Zhi Neng self-healing and Sha's acupuncture, to help people everywhere. My book *Zhi Neng Medicine*, which shows how to treat hundreds of common illnesses, can be ordered through any bookstore, and Soul Study courses are held at regular intervals in several towns. Remembering my father's injunction and the generosity of my own Master, I also give free demonstrations of Zhi Neng self-healing and keep my clinical fees for Sha's acupuncture as low as possible to benefit the people.

Using my simple and easy-to-learn techniques for self-healing, people can take control and learn to heal themselves. It is not even necessary to believe in these practices for them to work. The hand postures, for example, are based on a breakthrough in field theory, and the power of sound which excites healing vibration in the individual cells has long been practiced in shamanism and chanting. Adding mind power is an important component of the healing, as most people use about 10 to 15 per cent only of their 15 billion or so brain cells. Creative visualization is a powerful tool to develop mind power, so as a gift, I would like to leave you with one simple practice. To enhance your health, visualize daily for a few minutes a small person living in your lower abdomen. You can imagine him or her as your inner child, a small baby, radiant with good health, glowing with pride and happiness, retaining all the innocence and enthusiasm with which you greeted your earliest days. That small person is still with you, and will keep you young and vital if you communicate regularly to express your fondness and love. Talk to your Small Person every day.

I wish you well and I thank you for your care and attention to my words. May you be blessed with vibrant health.

Diana Holland is a local magazine correspondent, editor and translator who was treated by Master Sha after being invited to a Zhi Neng demonstration in March, 1996.

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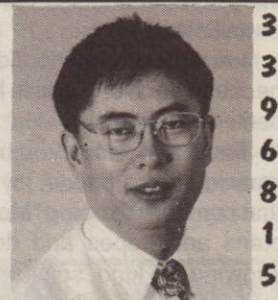
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I Love All of You Best

Catherine
Ripplinger Fenwick



Our children are growing up and moving away. Some of them are moving far away. I talked to a friend last week who has two daughters teaching in Japan. We discussed ways that we can keep in touch with our children and leave them with something they can hang on to.

I wanted my children to have something they can pick up and read, even after I am gone — something my children's children may be interested in. My aunt has a letter that was written by my grandmother. When I look at that letter, I feel a bond with this grandmother, who died before I was born. This letter makes her real and gives me insight into what life was like in the early 1900s.

I decided it was time for me to write a letter to my children, telling them what their presence means in my life and telling them a little about what it's like at the end of the 1900s. Hopefully, I could give them a seed of wisdom, lots of encouragement, and a sense of rootedness.

Each letter begins with a reflection on life as I see it today and includes a special message for each of them. The following are excerpts from the letters:

It's not easy growing up at the end of the twentieth century. The world is in transition, again. There are major transformations taking place in society, economics, business and politics. These changes are effecting all of us.

We are moving out of the industrial age into a new highly technological age, which doesn't even have a name yet. There is the internet, mass communication, globalization, an aging population and changing demographics. The future is hard to predict.

Many of your friends are living and working in other countries: Europe, Korea, Japan, Australia. I often wonder how you are coping with all of this, at a time when you are making decisions during great changes in your own lives. Maybe I can give you a little something to take with you that can help when things get confusing. No matter where you are, I am only an e-mail away.

I am proud and confident that the world is a better place because each of you is in it. Please note that I love each of you best.

First child, I love you best. You were the initiation, my first knowing of the power, joy and incredible lifelong commitment that comes with being "Mother". You were the beginning of my plans and hopes and dreams for the future. You are so knowing, so kind, so strong. Your greatest gift is the ability to walk freely and talk openly with people of all ages and stages of life. What wonderful things you will share!

Second child, I love you best. You extended my sense of power and commitment to parenting. You were the continuation of my plans and hopes and dreams. You are so gentle, so compassionate, so forgiving. Your greatest gift is your ability to commit to something worthwhile. You see what's important and so what needs to be done, with strength and determination. What wonderful things you will teach!

Third child, I love you best. You were third, which meant you had to work so hard to keep up, but you never stopped trying. You helped to keep my dreams alive. You are so inquisitive,

so expressive, so full of joy. Your greatest gift is the strength of your convictions and your desire to be creative in expressing those convictions with freedom and dignity. What wonderful things you will create!

Fourth child, I love you best. You came last, so strong from the beginning. You kept me going when some of the dreams began to fade. You are so warm, so gentle, so caring. Not knowing what it's like to have a younger sister or brother, you always manage to hold your own. Your greatest gift is your curiosity and dependability. You continuously strive to be the best you can be. What wonderful things you will discover!

Two new people have joined my family and I love them best too. Son-in-law, you came to me all grown up and I couldn't have done better myself. You are a kind and considerate partner in my daughter's life, and a wonderful father to my grandson. I appreciate your creativity and excellent teaching abilities.

Grandson, what a WOW experience! You initiated me to the esteemed role of Gramma and bring immeasurable joy to my life. You are a renewal of my hopes and dreams.

To all of you whether you live near or very far, you will always be in my mind and in my heart and long after I am gone, I will still be with you in spirit.

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by

Catherine Ripplinger Fenwick

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SOUL & PERSONALITY

by Diane Lavolette

In the years that I have been teaching Listening Hands Therapy, many of my students have asked me, "How do you differentiate between soul and personality? You can't possibly be in your soul all of the time!" "Why not?" is my answer to the second question. What is it that we are so attached to, that we can't be in our soul all the time. What does it take to let go of the personality? The personality is that part of our mind that makes us feel as if we are suffering.

Here is my latest personal experience with my personality. I now live in Vancouver and on different occasions I have taken the bus. The other night, I was coming home from a meeting, and sitting in front of me was a man who was drunk and passed out. The bus driver called for help and a few stops later a security guard came on the bus. He acted disrespectfully to the man in trouble and the bus driver and the guard moved him off the bus and laid him out on the sidewalk and then the bus drove away. Of course this really affected me, and I started to wonder why this was happening to 'Me'. All the places that I had not resolved around my Dad came rushing back to me. "Oh, we are living in such a harsh world," I said to myself. Here I am this loving human being trying my best to be in service and I am put in THIS situation! What did I do to God this morning? About an hour later, I was more concerned about myself than about the soul I saw so lost on the sidewalk.

For days I wondered why I was asked to be in a situation with that man. A few days ago I was talking with a friend and she said, "Very simply, next time, send Love and Light from your Heart chakra, it works and that is probably why you were there!" I was so humbled... I had said the same thing to many of my students not very long ago! I realized then the importance of me being in my soul as much as I can, because I never know when I will be needed next. So now the work begins...in order to let go of the personality, I have to be ready and willing to heal those places inside of me that are still keeping me attached to my personality.

PERSONALITY: My personality is concerned about 'me'.

SOUL: My soul gives to you.

PERSONALITY: My personality is in competition with you.

SOUL: My soul is happy for you

PERSONALITY: My personality takes things personally.

SOUL: My soul has understanding of the situation.

PERSONALITY: My personality is concerned about not having enough for 'me'.

SOUL: My soul gives and gives and gives and feels fulfilled by the act of giving.

PERSONALITY: My personality gets annoyed and angry at your pain and sorrow.

SOUL: My soul has compassion, understanding and time for you and me.

PERSONALITY: My personality thinks that I am more 'evolved' than you.

SOUL: My soul knows that we are all the same, just at different places. (see ad to the right)



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THE CREATIVE CLASSROOM

by Donna Starenky-Roth, parent of three Waldorf children

Today, when Maclean's magazine reveals the alarming number of young children on drug programs, when questions are raised about the influence of computers and television on young impressive minds, when society is inundated with fears--fears of antibiotics' inability to cure infections, fears that children raised in daycare centres may develop social problems, fears of teenagers becoming involved in street drug scenes, fears of regulations and control--Waldorf Education brings in a breath of fresh air.

Television, for example, robs the child of his own inner development and causes subtle inner weakening, leaving him listless, frustrated and sometimes irritable. There are no televisions, VCRs, computers or tape recorders in a Waldorf Elementary School. Waldorf Schools strive to educate the child's whole being--body, mind and spirit. Waldorf Schools recognize the need for tolerance of all aspects of life. It therefore strives to develop within each child a sense of security. A child who is secure then does not fear and consequently is free to express those most precious inner innate talents. Children's experiences in a Waldorf School are real and are not distorted by electronics and by plastic.

Every aspect of Waldorf curriculum stresses creativity. There are no prescribed textbooks. In the early years, children create their own textbooks, filling them with what was learned from their lessons: history, grammar, mathematics, geography, biology, botany, chemistry, literature, French, German, etc.

Every day, music is created by the teachers and the children on recorders and with their voices.

Drama classes develop speech and emotional creativity. Children create with their hands by knitting, weaving, wood-working, sewing and gardening, painting, drawing and crafts. Through Eurythmy and games classes, the children's creativity is enhanced. Throughout all this flows the powerful forces of goodness, beauty and truth. They develop within each child a lifelong love of learning, of confidence, of respect and of tolerance. Finally to quote Rudolph Steiner, the founder of Waldorf Education:

"A great deal is said today about the need for engineers and for scientists, and the point of view is taken that if you have better science courses and specialize sooner in the scientific branches of knowledge, you are going to get better scientists. I think that the best scientist is the best and most creative thinker and the task of education is first of all to educate human beings who THEN become scientists."

Did You Drive The Family Bus?

by Jack Killough

At a weekend workshop led by the noted author and lecturer, John Lee, my response to the question, "Why are you here?" was, "If I were a woman I'd feel that I'd been the victim of abuse at some time in my life, but I'm not and I haven't, so why do I feel this way?" His response was, "Have I got the book for you!"

I subsequently ordered it - *The Emotional Incest Syndrome*, by Dr. Patricia Love. I've found it one of the most insightful books I have ever read and highly recommend it to any man or woman who has ever had the experience of a parent who made a practice of turning to them rather than their partner or another adult for emotional support.

The author calls the child chosen to be the primary source of emotional support, the 'Chosen Child' and suggests that this child is usually the victim of *enmeshment* where the parent is too close to the child and just as a child is powerless against an adult's sexual advances, they are powerless against the emotionally invasive adult (usually a parent of the opposite sex).

Being forced to suppress their own needs in order to satisfy those of the parent (John Lee calls this forcing the child to drive the bus while the parent becomes the passenger) leaves the child adrift without proper guidance, protection or discipline and tends to result in one or more of the following difficulties: depression, chronic low level anxiety, problems with self esteem and love relationships, overly loose or rigid boundaries, some form of sexual dysfunction, eating disorders and drug or alcohol addiction.

Although my father thought of himself as a loving father, and so did we, through discussions with men's groups, I came to realize that I was a victim of a 'father wound' - my father's temper. Once aware of the term 'father wound' I discovered considerable material on the subject - providing valuable insight into my own behaviours but I always felt that I was missing some piece of the puzzle. I began to suspect that perhaps I had some issues with my mother but even suspecting this gentle peace-maker of being a source of my problems made me feel like I was accusing a saint of a crime.

Not considering myself as having been a mama's boy, through this book I realized that my mother, living on a farm away from friends and neighbours and being afraid to spark the fires of my father's anger was desperate to unload on someone and I, being the oldest child, was chosen to 'drive the bus'.

It has been and still continues to be an exciting journey, discovering what makes me tick and although I see the marks of my parents on my life script, I do not blame them, for no one had ever heard of entrapment or dysfunction or emotional incest in their day and indeed I can see how they were themselves victims of parental wounds. Had I the opportunity, I would have encouraged them to read a book such as *The Emotional Incest Syndrome*, just as I encourage you to do. As you know, abuse of any kind carries on from generation to generation - until you choose to break the link. Check out the old family bus - who was the driver in your family, and are any of your kids in the driver's seat today?

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The Story of Ronna Herman

Channel for Archangel Michael

I would like to give you a brief background of my life so that you will know that I am no different than you. We all have the ability to commune with the angels and higher beings; it is our birthright, we have just forgotten. Archangel Michael, other angelic beings and the Ascended Masters are making themselves known to greater and greater numbers of people every day. The veil between dimensions is thinning and we are breaking through the illusion of separation from the GOD FORCE.

Although I have always been a seeker of truth and even at a very young age was frustrated and discontent with the fundamentalist religion my parents forced on me, it was not until I was forty years old that I began to get some answers and realize there was something "out there" much vaster than I had been taught. One day, a close friend showed me what she had learned about automatic writing at a course the evening before. I tried it then and there and my hand wrote "Lilliam Beemer, Lilliam Beemer." The hand also wrote "Go to your typewriter." I did

so, resting my hands lightly on the keyboard and almost immediately my hands began to fly over the keys. The message went something like this, "We are glad to make contact with you at last. You are to be a transmitter of a new awareness, a higher truth. One of your purposes is to become a writer and you will be given information to impart to those who are ready to listen. But first there will be an awakening and a cleansing period."

I then began to read every metaphysical book I could get my hands on. Before long I began to have flashes of past lives. I am not a visionary. I do not see pictures, there is just a knowing. I learned that Lilliam Beemer was my name in an important past life. In my book, *Once Upon a New World* the section entitled "The Warrior Maid" is based on that lifetime.

In 1976 I met another wonderful teacher and was soon deeply involved in astrology. By this time I was channelling regularly on my typewriter and had begun to do past life readings for my family and friends. The readings were amazing

to me and those I read for. I channelled several different guides. In 1984 both my husband and I retired. Through a miracle, a story in itself, we were able to acquire a home on a small acreage where I could reconnect to Mother Earth. It all seemed perfect, then in 1986 the cleansing process began. I developed bronchial pneumonia which left me weak and debilitated. I began to gain weight and have back problems. I was miserable and disillusioned. I prayed and meditated. This continued until early 1987. I remember the day so clearly. In my mind's eye I held my soul up to God and said, "You take it, you must know what to do with it." Suddenly there was a loud, clear voice in my ear, "Well it is about time; we've been waiting for you to get your ego out of the way so we can begin to work with you." There was more but you get the idea.

Thereafter, day after day, I carried on this conversation in my head asking question after question and receiving clear, concise loving answers. My health began to improve and I began to see the world in a whole different light. Before long that particular guide encouraged me to allow him to use my voice. TRI-TON and I wrote the book, *Once Upon a New World*. Miracles continued to happen and I was able to replace my typewriter with a computer. At a swap meet one day I found a crystal that put chills through my body. After cleansing the crystal, a voice not that of TRI-TON told me that "I am called Excalibur. I am symbolic of the tip of the mighty sword of Archangel Michael. I stand for courage, truth and divine will. I have returned to you so that you may remember that you are one of his own, a part of his beloved Legion of Warriors." A few weeks later my beloved guide told me that "a new teacher of greatness will come to you." A few days later I sat down at my tape recorder, felt a surge of energy go through my body, and recorded a personal message from Archangel Michael. Now we channel effortlessly through the computer in almost perfect copy. I always feel exhilarated, yet calm and peaceful when I am through. I am very blessed. I know I am never alone. And it is wonderful to know that the BEST IS YET TO COME!

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Flower Essences and Cellular Reprogramming

by Jan

Ever wonder what some of the alternative therapies are really about? Well, I was curious enough about cellular reprogramming to phone Barbara Gloucher for a session on my last visit to Nelson.

I first needed to choose a clear statement that my body could respond to. Barbara used kinesiology to ask my body to identify core beliefs, ideas and fears that were preventing me from resolving the issue at hand. Since using my arm to muscle test for an hour would be a strain, she had me rest my foot on hers to connect to my energy field. Then Barbara used her fingers for the testing. It went very quickly and I didn't even know what specific statements she was using until she confirmed it with my arm. Issues of trust, control, commitment and being powerless all tested positive for me. Then with the support of flower essences that work on deep emotional and spiritual levels and holding acupressure points on the meridians, I acknowledged those old programs and could feel when the energy seemed to shift. By bringing the unconscious thought patterns and reactions into awareness I can now choose to respond differently.

Many of my beliefs, fears and attitudes are so subtle that I have not been aware of them until triggered by a book, an event or something someone has said. Then my reaction would come out of left field or was bigger than the situation seemed to require, and I **knew** that it was old stuff. Barbara's method of connecting to the unconscious programs can be applied to individual issues and often the same program will be found to affect many areas of one's life.

I am glad I followed my intuition to call Barbara. Have I noticed a difference since the session? Yes! It has allowed me to honor the process of grieving by acknowledging the program that said it wasn't okay to feel sad. Only by feeling the depth of my sadness can I experience the heights of joy. See ad to right

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Heeding the Emperor Healing the Heart

Vera Tobis
Dipl. Ac.



Blood is a very interesting concept in Chinese Medicine. Closely allied to the workings of the Heart Network, Blood is more than just the red stuff that courses through our veins. Blood nourishes not only our physical body, but is also the root of Consciousness. When Blood is abundant and the Heart strong, then our mental and emotional lives are rich and harmonious.

The Heart is the Emperor or Monarch of the internal organs. Its functions include Governing the Blood and Housing the Spirit/Mind/Consciousness (Shen). Just as in Western thought, the Heart is responsible for pumping and circulating the Blood to the tissues and organs of the body, with the condition of the Heart's energy being reflected in the state of the blood vessels. If Heart Qi is strong, then the pulse will be full and regular, if feeble the Blood flow may become impaired. This kind of weakness can result in minor circulation problems such as cold extremities, or if more serious the overall constitution can be affected and the person will always feel weak. Constitutional Heart deficiency sometimes manifests with a shallow long crack along the midline of the tongue.

Since Consciousness is said to reside within the Heart, clearly the quality and condition of the Blood play an important role in the proper functioning of the higher spheres and for the maintenance of a peaceful and happy Heart. Shen is one of the vital substances of the body and is the most subtle and non-material type of Qi. Shen rules thought, consciousness, insight, intelligence and memory. In Chinese thought, intelligence belongs in the domain of the Heart, rather than to the head or brain. Failing intellectual power then, as in mental retardation, can to a certain extent be stimulated by tonifying the Heart. Another and very important aspect of Shen, which is seen in the gleam of the eye, is the Spirit, that difficult to define quality of 'aliveness' or 'flourishing' - or its absence.

If Heart Blood becomes deficient, its power to root and anchor the Shen becomes compromised and the Shen is said to become unhoused, disturbed or to wander. Mental restlessness, depression, anxiety and insomnia can then be experi-

enced. If there is excess in the Heart - heat or phlegm - the person may display symptoms of mental illness, or there may be bleeding. Yin Deficient Fire or Liver Fire can create Heat in the Blood, causing it to run recklessly outside its regular pathways. Emotional depression can transform into Heat while anger and irritation create Fire in the Liver network. Any excessive emotion can transform into Fire, accumulating in the Heart - which is the Fire Element - or attacking the Blood level. Such Heat hinders the Liver's job of storing and distributing the blood and the Heart's participation in the control of Blood. Since there is a reciprocal relationship between the state of the emotions and the health of the physical body, any imbalance at one level easily affects the other. This will depend on constitution, history and individual areas of vulnerability.

The inner nature of the Fire Element is of particular importance in that it regulates the appropriate function of intimacy in human beings. A healthy Heart and Mind determine a person's capacity to form meaningful relationships. One of the key functions of the Heart and its associated channels is to define and mediate the various levels of boundary between one's true self - which is the Heart - and the outside world.

In health, the Heart will rule and the Mind must follow. When unbalanced - dissociated or scattered Shen will ensue. The person will tend to lose trust in their intuitive powers and control issues may surface. There may be feelings of constraint and inability to deal in the moment, with the tendency to fantasize about the past or to worry about the future. Blood flow can become impeded or stuck or perhaps even hemorrhagic. The emotional life likewise can become painful or blocked. There may be overwhelming, overflowing sorrow or there can be a shutdown of feeling and expression. For any given life event, each individual will interpret its meaning and significance according to their own constitution. The return to health involves guiding the individual away from habituated behaviour based on old and now-faulty information and towards a more spontaneous and open-hearted awareness. *See ad below.*



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HOW I'M REGAINING MY HEALTH

by Marlene McDougall

I want to share with as many people as I can, the products that are enabling my body's natural healing system to heal me.

My first inkling that there was help came in February of this year. A friend who had Fibromyalgia for eleven years called and said she no longer had it. She sounded better on the phone - brighter, happier. She'd always been an upbeat soul but now she sounded stronger. Then I saw her. What a difference! She is vibrant, her skin flows, her eyes and hair shine. She has energy. She's a totally different person. Whatever she was taking I **wanted it, now!**

I've had intestinal problems since 1989 when I contracted a campylobacter stomach infection from bad water. I've been through every gruesome test ever invented in an effort to get well. At one point I was diagnosed with Irritable Bowel Syndrome. The final diagnosis last March was Celiac Disease. I was in constant pain and walked hunched over until I eliminated wheat, rye, barley and oats from my diet. Even with the diet I would suffer inexplicable recurrences. I was anxious for those pills but a little taken aback to discover they were sold through network marketing. Oh well! I took them anyway. They're called AMBROTOSE and contain the active ingredient from aloe vera.

After a week and a half of feeling GREAT I decided to take one and a half antidepressants instead of two. No change. A few days later I took one, a few days later one half and a few days later none. I felt better than I had in years with no horrible side affects. I was absolutely euphoric for days. I noticed the diarrhoea was less. My skin colour was better. My hair that had looked like dry straw was starting to regain shine and bounce.

I began taking more products from the same company and stopped taking cimetidine, a pill that shuts off your stomach's acid. I can now drink a glass of wine

with no ill affects. I have energy to spare. My house is really clean for the first time in years. I can accomplish more in a day than I used to in a week. I've got a long way to go but I have every confidence that eventually I'll be completely well. I see it every day in small ways. I see it in my friend who no longer has Fibromyalgia. I want to see it in the faces of more and more people. The company's called Mannatech. They have many amazing products that I'll share with you as I heal. *See ad to the right.*

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Registration and Workshop Schedule in the September ISSUES

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Decisions.., Decisions..,

Unless I can make a quick decision under the circumstances, I start to avoid making a decision. The ability to make effective decisions is a powerful personal and professional tool. Most of us have never been taught how to go about it and just assume, that somehow we should know how to do it.

What are the steps to follow?

Step One: Learning to Pause

Most importantly we are required to **STOP**. To stop our usual way of thinking, doing or being, our usual way of dealing with a situation.

We need to learn to *pause* long enough, so we can think, feel and gather needed information to consciously choose a response. There has to be a vacuum first before something new can happen.

Step Two: Identifying My True Want

At times the only way to get in touch with what we want is by identifying what we don't want and taking the opposites as the closest present *do wants*. This allows for organization, clarification and gathering of information from ourselves, in our minds. A *true want* is typically not the obvious goal that first comes to mind, but the outcome (feeling, experience) we hope to achieve with it. A *true want* fulfilled gives us a feeling of satisfaction and contentment.

Step Three: Identifying My Options

Next we need to gather as much information (ideas, facts and feelings about the issue at hand) from ourselves and as reasonably possible from the most expert individuals in the field. This will help us to see possibilities that we might not have considered before. Brainstorming in writing without censoring any ideas first allows us to identify alternatives to our usual way of solving things. If you find yourself caught in being only able to identify one or two extreme options, you are coming from the past, the present always holds more possibilities.

Step Four: Thinking it Through

Next imagine the possible outcomes of the options that you identified.

The occasions where it is necessary to make quick decisions are rare. More often it is wiser to *pause* and *clarify* the various thoughts and feelings we have in

by Gudrun C.
Carstairs



the situation. In the end, the time, energy and resources wasted by poor decisions will by far compensate for the extra time and energy spent when learning to *stop - pause - and reflect* in the present.

Step Five: Being Honest with Myself

Effective decision making is based on my present reality. My truth is a description of that reality the way I experience it. Learning to check in and tell myself the truth, my true feelings and thoughts about the present situation, not what I think I *should* be feeling, doing, wanting, allows me to make decisions that are right for me.

Step Six: Trusting My Intuition

To access and practice our intuition we first need to set aside our emotional reactions, body sensations and thoughts. Next we need to become quiet and 'listen' inside, waiting and receiving. The characteristic of intuition is that it cannot be accessed when we are in emotion versus in a place of loving openness. Intuition is in the moment powerfully enlightening, giving us the awareness of the whole of a situation, yet curiously, very easily forgotten.

Step Seven: Feeling Deserving

Our decisions need to be based on a healthy sense of self-worth. Healthy self-esteem rests on a foundation of love, safety, acceptance and consistency experienced in early childhood. Many of us were brought up to think of not asking for, or expecting what we truly want as virtuous. Sacrifice is not love. *Win-win* can't happen when I settle for less, no matter how well intentioned. Our worth exists independent of anything we could bring about, know, do, have, etc. Our worth is an inner quality, our birthright, untouched by anything the world can offer or take.

Gudrun is the Key Note speaker at the Wise Woman Weekend, Sept 5, 6 & 7
Please see ad on page 2 for details

Some More Men in Kelowna

by Michael Saya

Some of you may have read the articles published in recent Issues about S.O.M.E. Men, a Penticton-based support group for men. Several of us in Kelowna and Vernon were interested in being part of such a group; we felt drawn to the opportunities that such gatherings might offer on our own paths of discovery. For the past eight weeks we have been meeting in our own homes here in Kelowna in groups that have been as large as thirteen and as small as three...but each time there was a new opportunity to open up a little more, to learn about who we were, to laugh and begin to share something called "brotherhood." From the start the emphasis was on a 'leaderless' group. That meant that we each took turns sharing what insight and experiences we had so that others in the group felt safe, felt listened to, felt valued. Feelings of fear or anger, confusion or satisfaction, etc. have been expressed, acknowledged and then let go of. Each man has been free to share as little or as much as he feels comfortable with.

The format has grown naturally out of what the group creates. We meet on Tuesday nights from 7:30 to 9:30pm; after a "check in" (chance to tell the group what issue or events in the past week or day have had a significant impact), the group then goes on to talk about, explore and play with whatever the night's topic might be. If any of you have seen the Men's Show on TV lately you will get the idea.

The purpose of our men's support group is: to redefine our role as creative, proud and courageous men, in a safe environment (by interacting with other men on many levels, in many ways, and by speaking one's truth without censure), by strengthening and healing each man, through shared leadership, while valuing fun and play!

This is not the final version; and we hope it will grow as other men come forward to add their truth. We have been

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following the outline recommended in the "Handbook for Starting a Men's Support Group" prepared for the Vancouver Men's Evolverment Network. There are no limits or expectations with regard to each man's age, marital status, sexual orientation or degree of "success" in life. If you are a man in search of himself then this may be the group for you.

The old phrase heard just before the pub shut down was "It's time gentlemen, please." Well, if you're reading this, then perhaps....it's time gentlemen.

please call Michael if you have more questions at 860-7813

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CALENDAR

June 6

Soul Study & Healing Demonstration, in
Kelowna with Master Sha, see ad p.11

June 7 & 8

Colour Therapy Level 1, Understanding the
basis of colour in our lives, Kelowna, ad p. 9

Soul Study Workshop in Kelowna with
Master Sha, Six incredible levels in soul develop-
ment, see ad p. 11

Touch For Health, Penticton 492-5371

June 9 - 12

Provoking Sanity - Christina Lake, ad p. 21

June 14

Penticton's Farmers Market opening, p. 8

June 13 - 15

Buddhism & Deep Ecology with David Shadbolt,
Tara Shanti Retreat, see NYP - workshops

June 17 - 20

Painting Workshop - Christina Lake, ad p.21

June 20 - 22

Men In Transition - Michael Brownstein MD
Tara Shant Retreat, see NYP - workshops

June 21 & 22

Colour Therapy Level II, The use and appli-
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work of any kind. Prerequisite of Level 1 Nuthery
Institute Kelowna Centre Toll free 1-888-284-
3333 See ad on page 9

Korean Hand Therapy - Penticton, ad p. 25

June 21, 22, 23, 25, 27

Spirit Arts - Penticton, see ad p. 32

June 23

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

June 23 - 29

Northern Lights Primitive Life Skills Gather-
ing in the Hemlock Valley, p. 20

July/August

Summer Courses of Wholebody
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and Reiki. Phone for more information call
Kelowna Centre Toll free 1-888-284-3333

July 9 - August 17

Baba Hari Dass, Salt Spring, ad p. 20

July 12 & 13

Reiki Level 1 Nuthery Institute, Kelowna
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July 19 & 20

Meditation Retreat, Empowerment of the
Soul, Other Dimensions in Salmon Arm, p. 28

July 20 - 26

16th Centre for Awareness Retreat,
Northport, Wash. see ad p. 4

July 23 - 27

Summer Retreat, Lessons of Love, Other
Dimension in Salmon Arm, p. 28.

July 28, 29 & 30

Paul Pitchford - Kaslo see ad p. 5

July 31 to August 4

Baba Hari Dass retreat, Salt Spring p. 20

August 1 & 2

Paul Pitchford in Penticton p. 5

August 1 to 6

The Gift, Men's Retreat, Maple Ridge p. 17

August 3

Archangel Michael & Ronna Herman
in Vernon, see ad p. 16

September 1 - November 28

Pacha School Program, see ad p. 17

September 5, 6 & 7

Wise Woman Weekend, Naramata p.2

September 19, 20 & 21

Ascending Hearts Conclave, see ad p. 4

ONGOING EVENTS

WEDNESDAYS

Okanagan Metaphysical Society Kelowna - an
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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
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FRIDAYS

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

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Kamloops: Sunday 11 - 12:30 372-8071
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The practitioner works the soft tissues and helps the body to release the developed holding patterns through manipulation and movement. The tissue can then repattern so relaxation is possible and stiffness and tension become much less or even nonexistent. This work helps bring awareness into our bodies so that we can be comfortable in our jobs or whatever else we may be doing. *See ad to the right.*



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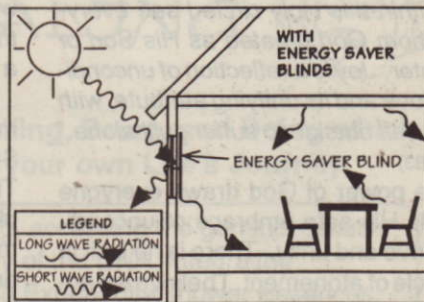
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My Personal Vision & Spiritual Path

by Johannes Hausner

My vision encompasses youths, teens, adults, people with body injuries, emotional trauma, care givers, inmates or all other walks of life. My perception is to use Breath Integration and my gifts to help others heal, thereby developing their God-given gifts, really feel alive, to know and use their full potential and purpose in life.

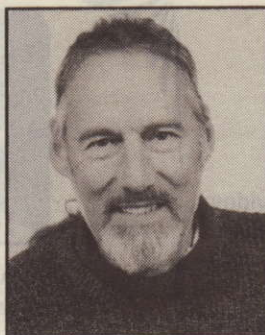
In my vision I see our world of multicultural societies learning to let go of judgments and prejudices from the past and present which are needed in order to be united in a common goal. The common goal is true forgiveness which can only be achieved when we learn to give unconditional love. "Unless the past is over we can't perceive world forgiveness. For what can be forgiven but the past and if it has been forgiven it is gone." (Course of Miracles Text 289, 290)

"We are all joined in the atonement here on Earth and nothing else can unite us in this world. We are all Teachers of Innocence, each in their own way, have joined together, taking part in the universal curriculum of the Atonement. Each effort made on its behalf is offered for the single purpose of release from guilt, to the glory of God and His creation. Every teaching that points to this points straight to Heaven, and the peace of God. We are to be points of light that radiate God's pure light and love. The power of God Himself supports this teaching, and guarantees its limitless findings."

"Within this Holy circle I see everyone whom God created as His Son or Daughter. Joy is a reflection of unconditional love and its unifying attribute, with no one left outside to suffer guilt alone." (CMT 283)

The power of God draws everyone towards His safe embrace of unconditional love and unity. There is no limit in this circle of atonement. I believe we are all here to learn and teach unconditional love. And This is each one of our Spiritual Paths!

Practitioner training in Breath Integration has given me more confidence in myself by helping me silence the Inner Chatter which is known as the 'Ego'.



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This inner voice would constantly throw doubts into my mind. These doubts would be present during my work time, my decisions, in the love I received, in myself and what I had to say or do was not good enough. I now know that my work, my decisions and my love are more than good enough. Practitioner training has taught me how to give unconditional love. "To withhold the smallest gift is not to know love's purpose. Love offers everything forever. When we hold back but one belief, one offering then love is gone, because you asked for a substitute in its place." (CMT 499)

I have learned to be more honest with myself by acknowledging when the Holy Spirit is speaking to me for correction. This calls for action and to be responsible by taking the steps needed. I am more committed in whatever I take on and to be the best I can be. Commitment and responsibility are the keys to success.

Practitioner training nurtured and developed my gifts, helped me focus on my personal vision, and taught me the meaning and practical use of unconditional love. See ad to the right.

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Korean Hand Therapy

comes to British Columbia

by Joseph
Ranallo

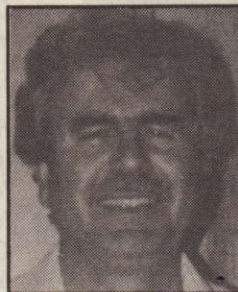
In some form or another, acupuncture-based healing systems have been practiced for over 3000 years. Throughout its history, acupuncture has undergone many transformations. One of its most remarkable and recent changes was initiated during a 1971 August night when Korean acupuncturist, Dr. Tae Woo Yoo was awakened from an uneasy slumber by a throbbing occipital headache. For reasons that he is still unable to explain, Dr. Yoo felt compelled to massage with a ball point pen the back of the distal joint of his middle finger. To his amazement, Dr. Yoo found that as he worked over painful spots at the back of that finger joint, his headache miraculously vanished. Dr. Yoo spent the next decade and a half researching the relationship between the hand and the body. Although his relentless obsession destroyed him, his findings ultimately benefited the world immensely.

Dr. Yoo discovered that each of our two hands contains a comprehensive acupuncture micro meridian system that, with uncanny precision, matches the traditional body acupuncture macro system: every point and meridian that is on the body can be found on the hands. The hands, in fact, make it possible for patients to receive something that is not easily available through traditional body acupuncture — two acupuncture treatments simultaneously.

Although, like the ones on the body, the hand acupuncture points can be stimulated with needles, these points can also be treated in less evasive ways. They can be worked with these and other readily available safe tools: finger pressure, heat (moxa, cigarettes, hot tea cups, etc.), sharp objects (ball point pens, pencil erasures, q-tips, etc), ice, hand magnets, laser light, electronic stimulators, medicinal stones, metal pellets and metal rings.

With a brief introduction to the practice, lay people can be taught to maintain their health and energy levels and to manage their pain with little or no equipment. They can quickly be shown how to relieve joint pain, headaches, nasal block-

ages, tension, digestive problems, menstrual discomforts and a host of other discomforts, imbalances and stress induced conditions.



Korean Hand Therapy has several advantages over other healing arts: it is safe and non-invasive, it is easy to learn, it is easy to practice both on oneself and on others, it can be administered with little or no equipment, it can be administered practically anywhere and it works immediately.

Korean Hand Therapy was introduced in North America in the 1980's by Dr. Peter Eckman. The therapy came officially into Canada in 1983 when Dr. Yoo appointed Calgary acupuncturist and founder of the Seo-Am Hand Acupuncture Institute of Canada Ltd., Dr. Won J. Lee as director and professor. In February 1996 I completed a course on Hand Acupuncture from the Institute.

I have introduced many people to the benefits of this wonderful, safe healing art through the Festivals of Awareness in Naramata, B.C. in November 1996 and in April 1997. *See ad to the right.*

Korean Hand Therapy

with
**Joseph
Ranallo**

Introductory Talk

June 21

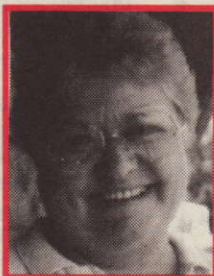
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Book Reviews

by Jan



Suicide: teens talk to teens

by Marion Crook

Self-Counsel Press, ISBN #1-55180-108-6

Not many are comfortable talking about suicide, yet in Canada, it is the second leading cause of death for teens. It's a time in their lives when their bodies are going through major changes, relationships with parents and family may be poor or nonexistent, the school system and society expects more from them, peer pressure is monumental and many are experimenting with drugs and alcohol.

Many teens act out by withdrawing, fighting, poor grades, shoplifting, drinking or wearing outlandish clothes to try to get parents to notice them. Others try to be perfect - perfect grades, perfect clothes, clean and tidy, and smiling all the time. Life becomes confusing and more painful. Many find it impossible to cope with the pain, loneliness, rejection and isolation of growing up. No one has taught them to express the emotions in a safe and healthy way.

Marion Crook talked to thirty teens who had attempted suicide and offers their insights and hard-earned wisdom to other teens. Their message is to let others know that there is help. Find someone to talk to: a family member, a friend, a friend's parent, a counsellor, peer counsellor or the crisis line. Don't give up on yourself! Keep reaching out, you will find a way through.

Suicide: teens talk to teens is a powerful message to society. Teens need our help to maneuver through the turbulent years of growing up. Listen to them!

Eye of the Sparrow by Mark Howard

Flowing Mountain Press, ISBN 0-9681252-0-4

Twelve-year-old David Ashton is off to Computer Summer Camp at Silver Lake! That conjurs up different images depending on personal experience. Well, this story is nothing like what I expected!

David didn't want to go to camp though his parents felt that he needed the knowledge to be able to compete in the real world in the future. At first his negative self-talk was disturbing enough for me to put the book down, until I realized that I was reacting from my own childhood pain of put-downs and name calling. Once I connected to my feelings I became more compassionate for David's emotional turmoil and was fully drawn into the story. The setting of the Okanagan Valley just added to the drama since I have lived here for most of my life.

After an altercation with some of the other boys at camp David ran off into the woods to visit old Mr. Black, who he'd met the summer before. The house was boarded up and he was too upset to go back to camp so he curled up in a rug for the night. The next day the man's dog appeared and lead him off on an incredible adventure....

In the words of Mr. Black*I'm no more finished than you are. We're making our way through infinite possibilities. That's what it means to create. If we were perfect, unchanging, we'd have no use for time. But we're not, because the only way to be those things is to not think, not exist. So there's no limit to the thoughts I can have — but I'm also aware of the connection between them and what happens to me in time. I use the physical world to work through my thoughts, to see where they lead. When they cause pain and hate, I know something's wrong... Now there's more to it... The more you see physical life as a dead end, the more trapped by it and powerless you feel, the more you're going to either seek power in ways that cause suffering, or be a victim of such people. Cruelty always goes back to threat. There'd be a lot less of it if people could feel their creative power, know that they exist outside of time.*

Mark Howard demonstrates the incredible power of negativity, the possible effects on our lives and shows how crises manifest for our spiritual growth.



From it, we are born into it.
We breathe and exhale it.
We eat, drink and are merry in it.
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Simply Tarot

by Maurine Valorie

By having a birthdate between May 21st and June 20th your Sun Sign is Gemini. The ruling planet for this period is Mercury, the smallest and fastest planet in the solar system. This planet's vibration enhances verbal communication. Gemini people have the gift of the gab and are strong orators. Gemini has the element of air.

The Tarot card for Gemini is the sixth Major Arcana card, The Lovers. The decision makers. The use of the appropriate mind to make the choice with is the big test! Will the decision be made by the subconscious mind? (the past, the child) or the conscious mind? (the present, the parent) or the unconscious mind? (the present, the adult, God) This is the first decision to make! The sense of Self is mirrored to you by your relationships, as they represent the choices you've made in your personal and business and spiritual world.

Back to the Tarot. The affirmation I give The Lovers is "I am capable of balancing emotion, intellect and practicality in all my decisions. Spirit frees me from my biases, prejudices and impulsive reactions".

The suit of Swords represents the mind. The DNA. The family genetics. The intellect. The Karma. The Geminian personality is represented by the Knight of Swords. This twin-minded bridge-builder is always to connect the inner and outer self. Quite the test for the swash-buckling know-it-all (they usually do, too!) He/she would rather use his/her garnet and agate sword of truth, cut quick to the core and get on with the decision at hand. This is his/her learning though... not to disconnect emotionally. If you are a friend of this Knight, and can get a word in edgewise, you will greatly benefit from the acuteness of his/her mind!

First decan Gemini, May 21st to 31st, will have life experiences of the Eight of Swords. You have a tough time making decisions. Not wanting to slight or hurt anyone, you would rather not decide. By using light-hearted and deductive reasoning, and without distraction of unimportant details, both sides of a situation are clear. Be patient while you procrastinate, by waiting to centre yourself, your illumined mind will know whether to advance or retreat.

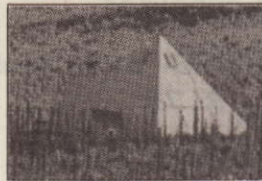
Second decan Gemini, June 1st to 10th, has the Nine of Swords experience. The fear of the unknown. The scary stuff that nightmares are made of. The "what if, what about" syndrome. Many clues are given to you in your dreams. Watch family members knee-jerk reactions, blocks and talents and recognize yourself as a mirror of them. See the patterns of not wanting to deal with problems, change your mind with clear intention, and you will develop strength and confidence in yourself. They are your allies!

Third decan Gemini, June 11th to 20th, have the Ten of Swords showing an earthly incarnation to be that of completing the family karma. You've paid your dues and it is the end of the struggles. Now you can swim in the ocean and know that the deep waters have no fear for you as they give you a fresh experience and a sensitivity that is totally NOW! You are present, in the moment, all those past experiences and lifetimes are finished. VOILA! *See ad to the right.*

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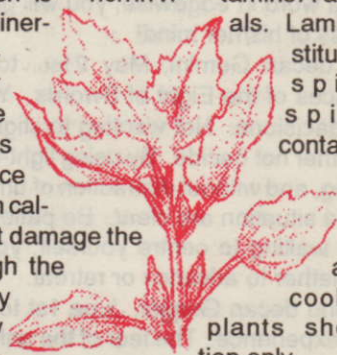


W I L D W E E D S

Right now, amongst the lush new growth of spring many wild plants are to be found that are bringing to us their abundance. It's a shame that many people cannot recognize this abundance, and consider them 'weeds' growing throughout their lawns, gardens or flower beds that are there to be eradicated often times with chemicals. If we but recognized the goodness in the 'weeds' we're trying to get rid of we would not be compelled to do so, our water, soil and air would be less polluted. Our labours would be rewarded as we utilize plants that grow locally, and are organic, nutritious and best of all... free!

While helping to prepare the garden in the back of the Holistic Healing Centre, I came across many plants already growing there that can be eaten. One of them is the **lamb's quarters** (*Chenopodium album*) commonly called pigweed, that grows rather abundantly almost everywhere. They were the right size too, just under a foot tall.

Before planting a few vegetables, I harvested about half the crop of lamb's quarters. The rest I will leave intact so that I can periodically pick off the tender tops to eat throughout the summer. I will harvest the seeds in the fall. I have prepared lamb's quarters into basic steamed greens (5-10 min.), added them to salads, soups and dips. I find that the taste is very similar to that of spinach, which is rich in vitamins A and C, protein, and some minerals. Lambs' quarters can be substituted in any recipe calling for spinach. However, like spinach, lamb's quarters contains oxalic acid, a substance capable of binding with calcium to form crystals that damage the kidneys. Although the acid is broken down by cooking or freezing, both raw plants should be eaten in moderation only.



To weed or not to weed?

To help transmute the negative connotation of the word 'weed', make it something that we all need. We can then sit down and enjoy a delicious feed, and feel like we've done ourselves and the environment a good deed!

Gerry finds foraging and preparing herbs very enjoyable. He is currently taking the Alpine Herbal Course in Sorrento, BC.

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Summer, Yang, Buckwheat, Allergies and Asthma

by Joel Whitehead

Well, summer is now upon us and most of us just generally feel better. Why? It is the most yang time of year and for most of us that is a feeling of balance well needed. We just naturally become more active and the warmth balances out an inner coldness and dries out an inner dampness accrued from so many months of living in a yin winter environment.

Many of my patients will start reveling in the fact that fruit is on the vine and it is the best time to eat it because it is put there to balance out summer yangness. All through the winter I am admonishing patient after patient to give up on the fruit they are eating in favor of root vegetables or squashes that grow near the ground. These vegetables naturally store over the winter. I tell this to patients because they are already internally cold and damp and fruit being so yin in nature naturally exacerbates those two stagnating tendencies.

Of course some people, though they seem to be a minority, are very yang in nature and absolutely abhor the addition of hot summer weather. This could be because of a prior run in with heat stroke or a diet too profuse in yang foods like meat. Also some people are what we call yin deficient, and though they are tired and lethargic, they suffer from heat in the palms and soles and tend to sweat at night all year round, but especially so in the added heat of the Summer. For these people the attachment to fruit and fresh salads is inescapable. The deficient ones should be extra careful not to just drown themselves in liquids, but to make all their choices nutritious in order to eventually defeat the ongoing deficient condition.

However, having said all of the above, here is a good option for all of you who suffer terribly in the winter, to prepare for the upcoming season and really change your life around. In North America our diet and lifestyle has made a large portion of the population yang deficient. A yang deficient person would be generally colder and hide from external exposure or any opportunity that might place them in jeopardy of becoming cold. Largely they would be rather thirstless because of a damp build-up internally. Their bowels would tend to be looser and their urine clear in color. If they get cold at all this could cause the nose to run and for a long time while they are fighting a cold they will experience clear nasal discharge.

Therefore, summer is a real chance to get ahead of the game. If we use the already yang nature of summer to keep a yang diet, we can carry that over to the winter quite well. I must confess that I myself tend to be slightly yang deficient in nature and was doing well up until Christmas time when I over indulged in too many sweet and rich foods which are generally yin and had a very difficult time with the rest of the winter. Of course then avoiding going outside after that, naturally started making myself and my children into frigid couch potatoes.

In Japan, where I lived for eight years, people who had yang deficiency problems ate buckwheat noodles throughout the summer. Buckwheat is noted for being a yang food. These people also stick to hot teas instead of cold drinks. Generally if you do buy a pop or other cold drink there, it is about half the size of the ones we have here. It is widely known that forcing

too much liquids, especially ice cold ones seriously compromises your health. It is amazing that when you drink a very cold drink on a very hot day, you will break out in a profuse sweat. In doing so you are actually asking the body to create a yang reaction, something like a fever, that in the end makes you feel even hotter. When patients complain of a sudden sore throat we almost always find that they ate and ice-cream or drank a cold drink shortly before the onset. Of course the same applies to people who live and work in the chill of air conditioning. Your body will be set to fight the very environment you subject it to as a matter of course every day. People who live in hot environments abide with the weather by eating perhaps even more spices or drinking hot drinks to avoid these kinds of reactions. One of the most weakening things you can do to your body is to drown it out with too much liquid. This way your body flushes out too many minerals while it works hard to stay on top of the over abundance of water it has to manage.

In the summer everything seems to rise to the surface and so it can be a very significant time for dislodging stagnation and if managed correctly actually creating health. One of these conditions is asthma. Asthma is a blocking condition that can ride deep in the lungs or actually start with the kidneys (in a Chinese Medicine sense of things). Many young people will naturally surmount the problem over the summer in their teenage years with a very active and energy building lifestyle. In China it is the time when tougher cases are treated with acupuncture and herbs because the energy rides so near the surface.

Allergies is another complaint that is well treated over the summer months. When we eliminate allergies the person must be able to avoid the allergen for a 25 hour period. The summer is a drier time so that molds and things are not present. If the allergen is present as an environmental pollutant in the home one could easily tent it to avoid the problem of contact or proximity. Spring blooms are also behind us for the most part so it is a good time for those as well.

Mostly life is just more controllable and resolutions easier to keep in the summertime. It is a good time to rid yourself of old health problems and prepare for a better winter by setting habits that will see you through those most debilitating months.



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by Carol Kostiuk R.N.

A very old therapy, aromatherapy, is remaking modern history as a very gentle, yet effective method of healing.

Its origin goes back well over 5000 years. In India it is called Ayurvedic medicine. One of the oldest known books on plants, the Vedas, mentions sandalwood, ginger, myrrh, cinnamon and coriander. In Egypt they used plants, aromatic resins and essential oils in the process of embalming, and successfully preserved human bodies for at least 3000 years. In the 1600's lavender and juniper were mentioned in German pharmacopoeia. In the 1800's rosemary was burnt and used to fumigate TB wards. In World War II Dr. Jean Valnet used melaleuca very effectively in place of antibiotics and in Australia the aborigines used eucalyptus leaves to disinfect cuts and wounds.

At present, there are about 3000 essential oils. However, unlike chemical drugs, essential oils do not remain in the body and leave behind no toxins. Essences are not the whole plant, but are whole organic substances in themselves. Distillation is the most economical method used to extract oils. Unfortunately, this is where most of your adulteration comes in. Eucalyptus for instance has most of its oil pockets in the leaves. Jasmine, a very expensive exotic oil, releases most of its oil at night and therefore has to be harvested then. So as you can see it gets quite complicated as to plant part, season and time of day the plant is harvested.

Briefly, distillation is a process whereby plant material is heated by steam, the essential oils present are freed, evaporating into steam. These tiny molecules are carried along a pipe to where they are cooled. As the density of oils differ from water, they either sink or float, where they can be drawn off. Pressure and temperature are very important, as a variation of either will fractionate the molecules resulting in a lower therapeutic grade of oil. The genuine essential oil works subtly on all aspects - physically, emotionally, and mentally. For example, eucalyptus may be beneficial for colds, lavender for headaches and insomnia and lemon as a water purifier, etc.

The best way to use the essential oils is in a very non-invasive, gentle manner. Topically they are used for massage, reflexology, hand and foot baths, compresses - hot and cold. Oils are used in cooking, in saunas, candles, gardening and for pets. All oils are antibacterial, some are also antiviral and anti fungal. When I first got involved in aromatherapy it was purely for the health and well-being of my family. Using lavender for ear infections was just the start. Our family of five have used essential oils for strep throat, fungal infections, muscle strains, fevers and coughs just to mention a few. From there the aromatherapy spread to the neighbours and clients helping a variety of problems such as menstrual cramps, migraines, arthritis, blood pressure and stress. I am teaching at our local technical institute and have done a Continuing Nursing Education class for the University. Aromatherapy is coming back as a basic wellness preventative - try its healing effects and enjoy your good health today and in the future. *See ad to the left.*



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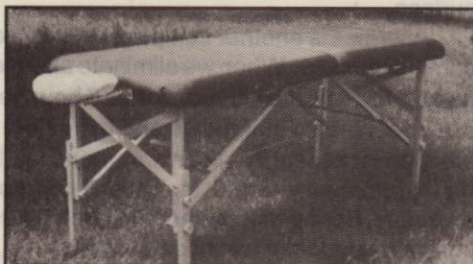
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GREEN CLEANING

by Tannis Atkinson

"We do not inherit the earth we borrow it from our descendants."

Whoever said that spoke the truth which is often ignored in the everyday rush of this society. We drive to and fro, we throw away mountains of garbage, we dump chemicals into our drinking water.

I never cease to be amazed at how quickly things change. I think of my grandmother, living in a small town in Manitoba. Visiting her house was a lesson in conservation. She had a rain barrel, and used the water to wash her hair and to water her garden. She always dried her laundry on the clothesline, even at twenty below. She composted, reused plastic and paper bags, fed bones and meat scraps to the dogs, saved cereal boxes for making templates for quilt pieces. What waste was left went into the burning barrel, until the town banned burning and started collecting garbage. I don't remember what she used to clean her kitchen and bathroom sink, but I would be surprised if it was anything stronger than vinegar or baking soda.

That was in the 1970's. Perhaps she was an anomaly. But I think not. She and others of her generation, lived on farms with a well in the yard for water; water conservation was intrinsic to their way of life. She and her family made do with very little, which meant that everything possible was re-used. They did not have lots of money and did not believe that buying a new product would change their lives.

I believe we need to get back to the conserver way of thinking and living. One of the ways I have committed to taking care of the earth is by ensuring that I make as little impact as possible. I look at how things I buy are packaged, I compost and do not use toxic (and usually unnecessary) chemicals when I do my housework. If you would like information about what you can do for the environment, a good Canadian reference available from the Public Library is *2 Minutes a Day for a Greener Planet* by Marjorie Lamb (Harper Collins, 1990).

Many people know that chlorine is one of the most toxic chemicals used in the production of paper and yet countless people routinely use it in their laundry or to clean their bathrooms. Pulp mills are required to reduce their emissions and yet many households routinely pour chlorine down their drains. Why do we allow this? It's time we woke up and said, "enough is enough!" I am interested in talking to other people who are concerned about water quality issues here in Penticton. Who knows, together we could make a real difference.

I started to wonder about household cleaning chemicals when I worked as a chambermaid one summer. After a day of spraying and squirting my lips felt raw, my nostrils were burning, my eyes were watering. I wondered what these chemicals were doing to me - and to our water, air and earth. I knew there must be a better way and questioned why the hotel could not use what I had been using at home for so many years: non-toxic cleaners.

Recently, I started a house cleaning business here in Penticton, which uses only non-toxic products. I believe that an important part of my work will include public education about household toxins.

See ad to the right

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Spirit Arts

by Misty Peacock

For thirty or so years I have been studying and exploring psychic phenomena, working with development groups and all of the wonderful, aware friends who have come into my life. I have developed with and trained others with similar gifts, done various kinds of readings (Tarot, runes, psychometry) and have always known spirits (ghosts, guides, elementals) were part of my life. I have trained in the healing energies of laying on hands or working with auras and remote healing. I have never worked for a fair, a psychic hot-line or charged money. This is the first time I have advertised myself in a public way. I've been told that now is the time in so many ways.

I could have immersed my life in the psychic realm exclusively and been quite happy. But I also chose for this life talents in the visual arts which pull just as strongly. As long as I can remember I have had to paint, draw or create in some way. So this path has taken me into the realms of watercolour, oils, pastels, graphite, porcelain and acrylic. I do portraits, landscapes, still life and outdoor murals.

Three years ago I met Margaret Collier, Britain's top psychic. I'm sure many of you have had readings from her on the two occasions she has been in Canada or had phone readings by her in England. To make a long story short, we are the best of friends now (my phone bill is awesome sometimes). During our first meeting her guide, Chang Lai, "read my mail" and asked my permission for spirit guides to work with me and asked Margaret to take me under her wing. They said I would work in the psychic art realm, clairvoyance with healing and channelling also in the future. I gave them this permission (of course they said I would anyway) and my life from that point on has been an incredible adventure in growth, training and inner work. You've heard "all roads lead to Rome." Well for me, all roads have led to Penticton and the Okanagan. You really do live in Paradise and I feel blessed to be here.

Since my recent arrival I have begun to plan several workshops to be presented in this area. Some of these workshops will explore the blending of art, inspiration and guided meditations in visualization. Drawing from an altered state and being in direct contact with your inner realms. Your work will be "read" psychically, interpreted and analysed. The experience is quite outstanding. You can truly see just how creative and tuned in we all are. We contain the universe. Ask God to show you her face and then look in the mirror. Visualize your own studio, all set up, paints and brushes waiting or journey to a place of other times, incarnations or realms and grab a pencil. Experience "unlimited thought" and "allowing". Be prepared to go with the flow. This attitude is essential for our own workshop. We will be working with "group" energy which can be extremely powerful; but is also limited by the involvement and awareness of each person. This is a partnership with spirit and as we raise our vibrations they in turn lower their light to a place where we can meet. If you are fearful or want something proven to you in some way, or want to be uninvolved

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then it's not for you at this time. Listen to what your inner voice says and pay attention. For those with a big neon YES flashing then please join us at the workshop. You may or may not be an artist, but will grow from where you are. Stick men will do, but be prepared to impress and surprise yourself.

On June 21st Kalawna Biggs, a gifted clairvoyant healer from Vancouver, Peter Morris a well known psychic from Vancouver Island and I will present our first workshop. Kalawna is a certified member of the British astrological and psychic society and has worked in Europe and the United Kingdom. She is a protégé of Peter Morris, Jessandra Lee and many spirit guides. She has a very special lightness and ease for everyone to enjoy. We have way too much fun when we meet, and were healers together in a past incarnation. We met in this life at the Spring Festival of Awareness in Naramata; if you weren't there, you can make up for it in the fall. Wow!! Did I have a good time! Peter Morris brings a clarity and vast amount of wisdom to his workshops. He is back after a three year expedition. A personal challenge that led him to higher realms and new learning in spiritual healing, past lives and meditation. In the works are five more workshops (at this time in the developmental stage). Psychics Margaret Collier, Savalia Maxwell, Dan Velkos and Yvonne Calasanti and one with Joyce Kamikura who is the president and charter member of the F.C.A. and an outstanding artist of note.

I'll finish with this for you to ponder. Artists are the prophets of the future; and every artist and creative entity is already channelling from the spiritual realm. I look forward to meeting you. Private readings are welcomed during the week of our workshops and locally with me any time.

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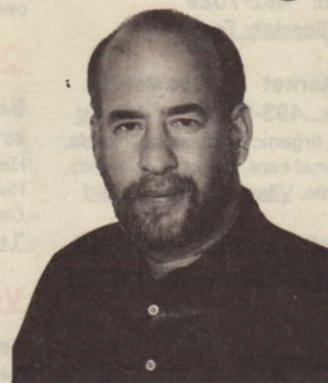
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