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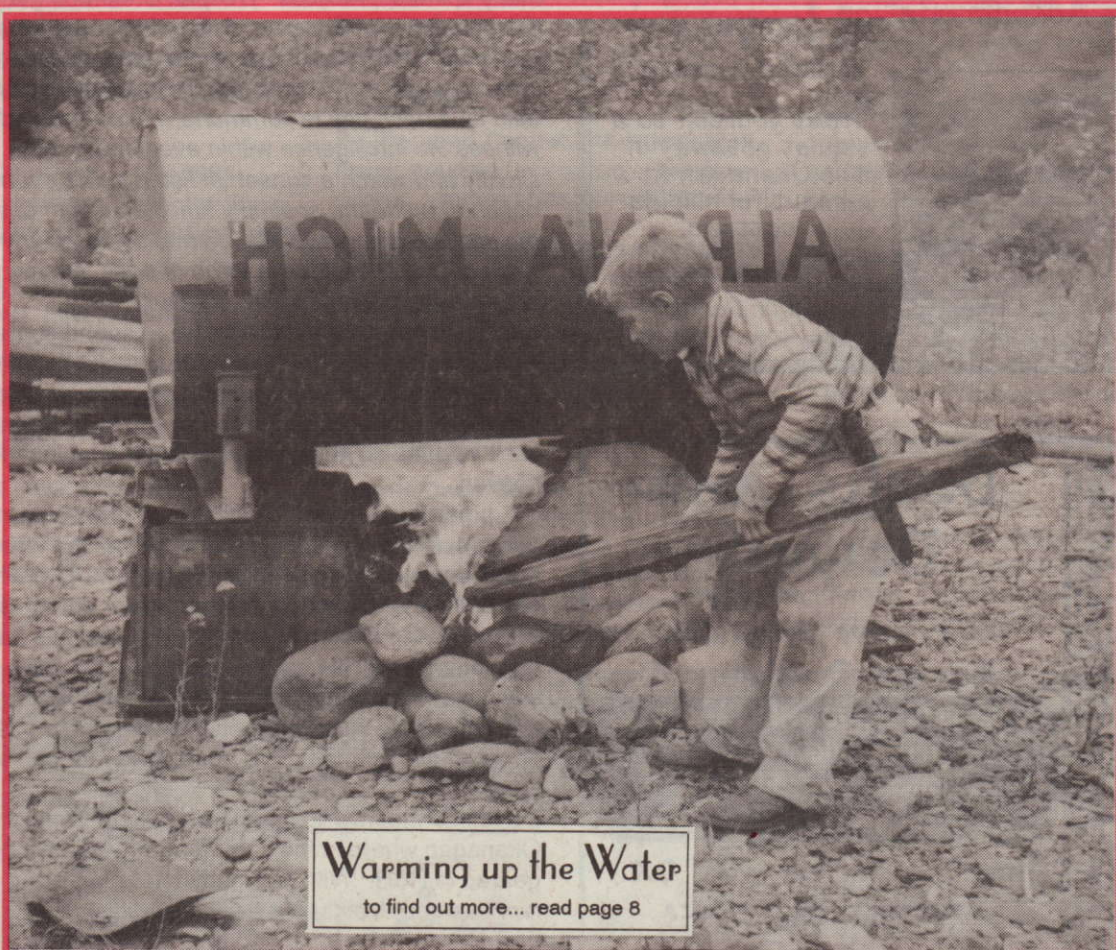


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Warming up the Water
to find out more... read page 8

July & August 1997

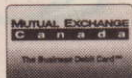


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From the Editor...

Chit Chat

with Marcel

"Summertime and the livin' is easy. Fish are jumpin' and the river is high." This old song really sets the mood for a long, lazy, hot summer of rest and relaxation. This is what I'm looking forward to when I have a couple of weeks holiday in July. Last January when I wrote about New Years Resolutions, I said I wanted to find more time to play, which fits right in with rest and relaxation. I have to admit I haven't done real well with this resolution. Maybe next month when I have some time off.

I find the best place for R & R is out in nature. The quality vibrations of living growing things and the clean fresh air are very conducive to renewal of body, mind and spirit. I think most of us must instinctively realize this, when I see so many people enjoying the outdoor life of camping, hiking, fishing etc.

The value of spending time in nature is recognized by many spiritual practices. Deepak Chopra in his "Seven Spiritual Laws of Success" lists being in nature along with meditation and practicing non-judgement as the first law - 'The Law of Pure Potentiality'. In this law he says, "I will take time each day to commune with nature and to silently witness the intelligence within every living thing. I will sit silently and watch a sunset, or listen to the sound of the ocean or a stream, or simply smell the scent of a flower. In the ecstasy of my own silence and by communing with nature, I will enjoy the life throb of ages, the field of pure potentiality and unbounded creativity".

One of my fondest dreams is to spend some time, all by myself, on a retreat in nature with absolutely nothing to do but sleep, walk or run, meditate, do yoga, write and practice playing my flute. I know some of you are thinking that you can't imagine anything more boring but I think this would be heaven.

I may have to wait a while to fulfil this dream however. I had an astrology reading recently in which I was told that I am at a pivotal point in my life right now. Literally ending one lifetime and starting another; major changes and chaos. This was very confirming for me, as I feel this has been happening in my life for the past 2½ years. The astrologer says this will continue for the rest of this year, gradually easing up next year and then levelling out in 1999. So it could be some time before I get some real rest and relaxation.

In the meanwhile, I feel fortunate to live in the Okanagan where in the summer our whole way of life is geared to R&R. With our many tourist facilities and events, our easygoing lifestyle, casual way of dressing and the ever present holiday atmosphere, if you can't relax here where can you relax?

Marcel

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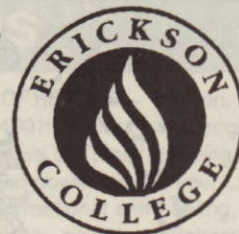
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Everybody Feels Better with Bowen

by Traudi Fischer

It is now eight years since I moved from Germany to Peachland, where we found a beautiful place to live.

One day after cleaning the chickenhouse I developed breathing problems. I went to see the doctor and he prescribed an inhaler which helped a lot. At the beginning I used it once a day and after a while I had to use it three to four times a day and it didn't seem to really help any more. This was the turning point to look in another direction - alternative medicine.

I am more than happy I did. I now know how effective therapies like Reflexology, Kinesiology, Acupuncture and Bowen are. Things started to turn around in a positive way for me. I knew that I wanted to help other people the same way I found help for myself. I got more and more interested in learning Reflexology, Touch for Health, CRA (Contact Reflex Analysis) and Bowen.

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The Goddess Connection

by Urmi Sheldon

I was very excited to be invited to the Goddess Connection for a weekend full of dance and beauty. Forty multitalented women gathered for a weekend of exploration, music and dance. In the rustic setting of Silver Lake Camp the goddess energy touched down and reached each and every one of us in a special way. Eight wonderful workshops were offered for the main course with healing sessions and morning celebrations for that extra morsel.

Gathering together in a circle we regain strengths worn thin by our daily lives. We unveil the feminine spirit and open ourselves to a brighter existence that we know in our hearts is possible. Through experience we grow and honour the spirit of woman kind. Throughout the ages we have lost the traditions related to the various stages of life. The Goddess Connection is a way to honour these stages and accept the beauty and dignity of our role as women. The next Connection happens Oct. 3, 4 & 5 and I would personally like to invite all you euphonious Goddesses to attend. When we gather together to open to creation the answer is always YES!

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'Warming up the Water'



This month's front cover needs a bit of explaining. My oldest brother David is keeping the fire burning so that we can have warm water to wash our dirty clothes. The warm water was then siphoned into the wringer washer that was powered by a gasoline motor. I enjoyed hanging the clothes on the line to dry, trying to second-guess if I could get them all to fit. The tank holding the water was painted yellow, the same colour as the school bus that my parents converted and drove to Rosswood in 1959. The words behind David spell out the city where we came from, Alpena, Mich.

Summertime is the best time of the year for me. The long summer days give me external heat. For many it's a time to eat fresh fruit and salad greens, but not for me. I continue to eat porridge and the more warming foods so that my hands and feet don't get cold. Keeping warm and digesting my food has always been a struggle for me. As a teenager I remember asking my friends, "How can you wear sandals when it is cold outside."

Chinese Medicine is teaching me possible ways to build internal heat. I have come to understand that heat is generated within the body from the food that I eat and then circulated to the extremities via the blood, the heart and the triple warmer. The triple warmer represents the energetic connections between the three aspects of oneself, the physical, emotional and spiritual (what the soul needs). It also unites the lower, middle and upper energy centres.

When I was a teenager my shoulders collapsed forward because there was not enough energy circulating in my body. Much of the energy I had was being used to keep my internal organs functioning, and my muscles adapted by becoming strong in twisted ways. My *chi* lines were blocked with debris (emotional and physical) and the energy flows became sluggish. I am now beginning to understand how the energetic system really works. Everyday my energy increases a little bit which I attribute to the combination of eating organic foods and herbs daily, practising yoga and getting a Rolf with Jason weekly, plus an Integrative Body Psychology session with Ken monthly. Alternating the different modalities helps me to see how each therapy can help to open me up in a different way.

Slowing down and taking more time for myself is helping me to become more aware of the subtle connections there are between the food I eat and the energy I have. When I eat fruit in the morning, I can feel my body cool off. When I eat porridge, I can feel the heat release and my feet warm up. Having a slice of pie or jam on my toast is sometimes enough to start the cooling process. To counter balance, I use lots of ginger, cinnamon and nutmeg in my cooking for these herbs increase the heat. If I eat cayenne peppers however, which are too hot,

the heat causes my tongue to blister. All this is teaching me how fine is the line of balance as my body slowly learns to adjust the inner control settings. My old patterning was one of extremes... sort of like when the car was cold ... I would crank the heater and then suddenly it was too hot so I would turn it off then, when it cooled, I would crank the heater up till the car or me finally got warm.

Educating myself by listening to my body and learning to trust my instincts as to what is right for me has been a slow process. My childhood idea that adults (or other people) knew more about my body than me seems deeply ingrained and it has taken some time to let go of that belief system at a bodily level even though I had figured it out intellectually many years ago.

Finally my childhood eating patterns are coming to the surface. Slowly, I am figuring out the beliefs attached to my unconscious desires. Old memories of what my parents wanted me to be like are coming up in my emotional body. "Hurry up and eat, clean up your plate and spinach is good for you," are some of the underlying belief systems I accepted as truths. My parents were repeating words they had heard and it had worked for them but my ancestral *chi* was not as strong as their's. My system couldn't digest lard, white flour and sugar and it was protesting. I didn't understand that my stomach rumbling and tenderness were due to my not being able to digest such food because I didn't have enough *chi* or the *chi* was there but blocked because of my emotional patterning.

As I said in my last column, I seem to be in the process of having my core beliefs and feelings brought to the surface. This affects the way I eat, do business and enjoy life, including my relationship with Gerry, which is blossoming quite nicely. I have said to him several times in the past few months that he is helping me redefine my favourite slogan, "Relationships are mirrors, so that we may see ourselves and heal." Gerry is very observant: he likes to mimic the way deer walk, he caws back at the crows, and notices the tiniest seed popping up its first leaf. Being around him and having him mirror back my facial expressions, my burping noises and each gesture is a fascinating process. Staying in my emotional body, listening to my feelings while I am having a conversation with him is getting easier. I love his innocence and his honesty, for it will help me to heal myself. And knowing that I can't change, blame or heal anyone but myself gives me lots of reasons to be determined. First I needed to feel my feelings, then I needed to figure out what they meant, and now I need to trust what they are telling me. The code only seems complicated because I wasn't always present with myself, others or the food I was eating in the past. Figuring out the many tastes and when my body wants them is taking time. Eating a variety of meals that Gerry prepares is wonderful and sure beats eating alone. I was getting tired of eating home-made soup because it was fast, nutritious and easily digestible.

Learning to trust my feelings is also being repeated in my business dealings as the dental lab moves out of the building next door that Jan and I own to make room for a Wellness Clinic. My mind says I should panic and do something, anything, but when I check into my body there is a feeling of peace and calmness that all is ... *as it is meant to be*. Time always reveals the truth and so I shall wait, listening for inner guidance, watching for signs as to what needs to happen next.



PS. If you know practitioners wanting to share space in a Wellness Centre please ask them to give me a call.

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MANIC DEPRESSION AS A SPIRITUAL CRISIS

by Elena Galvan

One night we were sitting inside Minke's hut, a warm space in the middle of a beautiful forest. The light of the stars, always present, illuminated the ocean. We smiled with joy and complicity because we both knew how important the presence of her and Christer had been in my healing process over the last three years.

For many years I suffered from what psychiatrists call Manic-Depression. I reluctantly accepted aggressive medical treatments and hospitalization, even though I doubted Occidental medicine's approach to "mental disorders." I knew from my experience and studies of religion, culture and meditation practices such as Zen, that Western medicine does not conceive of a person wholistically and as part of the entire universe.

Manic-Depression can be understood in many ways. Psychiatrists believe that the chemistry of the brain is altered at times because certain substances are not being produced. Psychologists, psychoanalysts and other therapists believe that such behaviour disorders are provoked by traumas that the psyche can't deal with, or by the inappropriate coping mechanisms one develops in order to survive. A psychiatrist will prescribe drugs. The therapist works with a client for years in order to bring to consciousness hidden causes for such behaviour. These treatments can give you a partial cure.

I remember well the firmness of my psychiatrist's voice as he told me, "There isn't anything else you can do except take medicine. This is a new science; we can't even be sure the medicine will prevent you from having another crisis."

Another specialist, a psychoanalyst, agreed. "This is an illness that in many cases will turn worse. There are some ways to prevent a crisis. I will show you how to be aware of the first manifestations of it. Then I will be there to medicate and hospitalize you with your own consent."

I never gave up. I was always looking for something that could satisfy my spiritual appetite, because I always knew, even though I couldn't express it, that I

was searching for tools, real tools, to increase and, of course, to restore the equilibrium of my organism.

I believe that Oriental and Pre-Columbian cultures have a wider comprehension of human nature. They realize that the foundation of existence is energy and have practices that purify and heal the body, energy and soul. The mind, body and spirit are not seen as separate and in illness these are all addressed. They recognize the constantly shifting patterns between masculine and feminine, activity and rest, yin and yang.

I had always dreamed of going to an ashram in India. I know that dreams are manifestations of our imaginations, and most of the time, when they become reality, they are much better. When my spiritual companion Eduardo Stern invited me to Minke and Christer's retreat in British Columbia, and I was introduced to the basics of the Healing Tao, I finally had the feeling that I was at the gateway of a path of constructing a meaningful life. Awakening was no longer a beautiful hope, it was a daily accomplishment.

What Manic-Depression demands is equilibrium. The sensitivity and intelligence of some people makes it difficult to face the world in which we are living. It is important to learn to be peaceful even in the worst circumstances. A "mental disorder" can be a call, and is most often, a spiritual call.

In rituals that take place in ancient cultures, a shaman helps a being pass from one state to another, or to obtain knowledge, acting as a spiritual guide in that process. When a person is ill, mentally or physically, the Shaman sees the illness as a cry from the spirit. States of mania and depression can be faced in a very different way, if we see them as a possibility for growing. If they are approached in this way, then it is essential to find alternative ways of healing, and guides who can help in this process.

The Healing Tao is a step by step method of learning ancient Chinese and Oriental healing and spiritual practices. Starting with breathing and nutrition, and continuing on into sophisticated meditations and martial arts, one can decide,

depending on particular needs, what levels you want to work on.

Silent Ground provides a stable warm environment where you feel loved and secure and an atmosphere of discipline, which is very healing for someone who is ill. It is important in the beginning of learning to meditate to participate in retreats, in order to learn through intensive practice. The experience of living in a well structured community helps bring the sense of living with joy and freedom into every moment.

Since my first stay, I have tried to return to Silent Ground at least twice a year. Back home in Mexico, I have never stopped practising the Healing Tao. At the beginning it was just forty-five minutes of meditation and self massage a day. But little by little I was dedicating more and more time to my meditation practices. I never had to force myself because from the beginning I noticed the differences in my body, feelings and relationships with others and the environment. Instead of anguish, pain and a brain full of thoughts, I started to feel relaxed and open, with less fear and doubts. I also changed to a Macrobiotic diet which helped a lot. The practice, my own body, and the teachings of Minke and Christer showed me the way out of the tunnel. Outside there's beauty, joy and love; inside, a precious smile, a peaceful heart and mind.

I am convinced now that there is a real opportunity for those who wish to overcome depression or Manic-Depression. In future years I plan to do some research that allows me to document my experience, as well as that of others, in order to share it with those who are willing to create, despite their limitations, a world in which life would no longer be a fight, but a peaceful abode.

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Instruction starts on September 26th at 7:00 pm at 2153A Georgia Street, Rossland, BC. Facilitators are Sid Tayal, Michel D'Estimauville, Dr. Gail Gill and Marlana Mhoryss. For more information please phone (250) 362-9481 or write Centre for Awareness, Box 300, Rossland, BC V0G 1Y0.

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Sid Tayal

25 yrs of experience in Acupressure, Acupoint, Touch Polarity, Bodywork, Reflexology, Nutritional Guidance, Past Life Regression, Meditation and Emotional Counselling.



Dr. Gail Gill

recovered her health through herbs and better nutrition. A graduate of Science, she went on to study nutrition and graduated as a Doctor of Nutripathy. She specializes in Biological Immunity Analysis.



Marlana Mhoryss

Tai Chi Instructor and co-facilitator of acupressure... regained her health thru numerous holistic practises & studies including acupressure, nutrition, tai chi, reiki, qi gong, emotional release & counselling.



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Loving Presence

The Heart of Hakomi

by Ron Kurtz

I started doing psychotherapy in 1970. By 1979 I had developed enough original techniques and ideas to justify calling it a new method. The Hakomi Institute started the same year. Now, over sixty teachers and trainers teach the method in many parts of the world. The Hakomi Method is based on five principles: unity, organicity, non-violence, mind-body holism and mindfulness.

What makes Hakomi somewhat unique is that it involves the evocation of experience in mindfulness. The experiences evoked tell us what kind of models the client is holding about herself and her world. More important, the models are often immediately clear to the client. This method often releases emotions that would be very hard to release any other way. The state of mindfulness is a deliberate choice on the part of the client to be vulnerable and sensitive.

Eastern philosophy teaches us that when the mind becomes silent (when you have lowered the noise of bodily tension, busy thoughts and concerns of all kinds), then the signal (which is the beauty and reality of spirit) will simply emerge. That signal, like the stars which appear when the sun goes down, is always present, hidden by the noise we make.

Two of the main advantages of this method are that it supports personal responsibility (by showing clearly how experiences are organized by inner models and beliefs) and that it avoids confusion (by studying and processing evoked experiences in the here and now, letting the person discover who she is rather than theorizing about it).

In order for the client to become vulnerable (mindful), he/she has to feel safe. So the first task of a Hakomi therapist is to help them feel safe. The most basic way to do this is to have an active, deep respect and compassion for all beings.

When I built Hakomi on the principles of non-violence and mindfulness, it gave the therapy a strong spiritual foundation. Hakomi has been called 'applied Buddhism.'

Over the years I have come to a greater understanding of the importance of the healing relationship. This involves



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two basic things. First the therapist has to demonstrate that he/she is trust-worthy, non-judgemental and compassionate. Secondly, that he/she is present, attentive and really understands what's going on for the person. The healing relationship is about gaining the trust and cooperation of the unconscious through compassion and understanding. If we can do that, therapy really happens.

The creation of the healing relationship in therapy requires that the therapist be a certain kind of person, a person who is naturally compassionate, able to be radically present, able to give full attention to another. All of that takes a certain state of mind.

Hakomi has now evolved to a point where a significant factor is the spiritual development of the therapist..the development of personhood. Here is how Hakomi works: the practice of loving presence helps the client feel safe and understood. That makes mindfulness possible. The therapist then finds ways (little experiments) to evoke bodily experiences in mindfulness. These are direct expressions of core beliefs (models of self and the world that organize all experience). When these core beliefs are made conscious and understood, change becomes possible.

I am convinced that richness and depth in any relationship, including that of client and therapist, depend exclusively on the state of mind of the people relating. I have come to realize that beautiful work in therapy is the natural outcome of the state of mind of the therapist, a state of mind I call loving presence. If we are calm, if we lower our internal noise, we become more sensitive. Being present with high sensitivity, we are very aware of what the other is experiencing. When we put our personal agendas aside, we see through the surface manifestations of the other person to the strength and suffering at the core. Touching that core, we are moved to compassion. From compassion, right action emerges. Our state of mind begins this process and is in turn sustained by it.

For me, therapy is no longer about techniques and theories. Now it requires that I turn inward, that I change who I am, that I seek and become the highest expression of who I can be, as a person, as one human soul relating to other souls. I'm still trying to be a good therapist. I still have to know and use my therapist's craft but all of that is not enough, I need to be a loving presence, to come from my heart and spirit.

Being in a calm, clear and loving state of mind is not just something we do to be better therapists, it is a path to liberation, a spiritual practice. It creates a sacred space in which both client and therapist are nourished, a space which is the ground for healing.

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CRYING IS GOOD

by Kiara Fine

In the past few years I have increasingly noticed that I cry at the drop of a hat! I have always cried at movies, cried when I went to see my children in Toronto, cried when I was leaving to come back to BC, etc

Lately though, I have come to appreciate more of who I am by recognizing the 'water' part of my personality. As a healer and teacher, when I am in touch with my 'water' I am soft, compassionate, in my feelings and "contactful" with others. If I was a client, I certainly would want a therapist who was a soft, compassionate, feeling, "contactful" person.

This way of being is very helpful in my work as a healer/teacher in Listening Hands Therapy sessions/teachings. Embodying my water energy gives permission to clients and students to access that part of their personality and begin to honour their own emotional body. It is my belief that we have to heal our emotional bodies before we can move up vibrationally in our spiritual questing.

An interesting bit of information to remember is that our bodies are made up of over 90% water and that the earth is made up of mostly water. Isn't it curious, that what is mostly around us and inside us is the most challenging for us to accept? Here are some guidelines to help you with your water personality:

- crying is a normal expression of emotion
- accept crying as a gift instead of a curse
- have a mantra like 'crying is good' (especially when your negative mind shames you)
- notice how you feel after a good cry (usually you feel softer, lighter and clearer)
- use creative expression to support your process
- find a friend who can support you on your exploration of your water personality • ASK SPIRIT FOR HELP *see ad to left*

IS

Increasing Retention Short Term Memory and Coordination

by Jessica Diskant

Paul Dennison, PhD and his wife Gail have developed something called 'Brain Gym.' I have used this technique for several years and it proves to help various learning blocks, which can result in learning disabilities. It also improves memory, driving, sports activities, dancing and so much more. Brain Gym is a series of fun and easy activities in which balances assist the brain to work harmoniously and efficiently. It helps people become more confident, more at ease and more relaxed with various skills and tasks. It has been my great joy to witness the improvement of children with learning blocks and emotional disorders as well as adults with memory, coordination and addiction problems. I have recently completed more Brain Gym Certification with Bev Hunter, a certified instructor and practitioner who practices out of *Turning on the Light Learning Centre* in Winfield. Bev has also had profound results with children with reading and comprehension problems, including her own children. Learning can be more fun and a lot less stressful.

see ad to left

Parasites? Who Me?

by Michael Fox

When a good friend asked me if I was clear of parasites, I chuckled and was even skeptical. I have boasted to be in excellent health for twenty years and no one could tell me that parasites could be feeding off my body.

Parasites are perceived by most of us to be only in third world countries where medical care is rare. In fact, with the increase of global travel, immigration and food products from around the world, you can pick up a parasite just about anywhere in North America. Even the over-use of antibiotics kills off good and bad bacteria in our bodies creating an environment in which parasites can dwell. Pets can also transmit up to sixty-five different parasitic diseases including the deadly Toxoplasmosis.

In any event, my curiosity got the better of me and I started to cleanse and rebuild. I immediately noticed a rise in my level of energy, no more bloating, and regular bowel movements. Like me, people think that one bowel movement a day is normal. Dr. Bernard Jensen says that your body can only safely hold three to four meals at one time so if you eat three meals a day you should have two to three bowel movements.

The healthier I began to feel, the more I wanted to know about cleansing and ridding my body of parasites. I learned that cleansing my body is very important and that it has been practised for hundreds of years. However the society that we live in is very clean on the outside but there are millions who are suffering on the inside.

When you are suffering from any form of constipation, you are reintroducing toxins into your body which would normally leave through bowel movements, breathing, urination or even sweating. This process is called autointoxication and is happening to a good majority of our population. Having parasites living in and feeding off your body can cause chronic fatigue syndrome, arthritic tendencies, mental disorders, severe blood loss, colitis, diarrhoea, diabetes and more.

Since completing the parasite cleanse and rebuild I have passed this information on to my family members and friends. All who have done the cleanse program now have a new lease on health. This is why I am sharing this information. We can do something to clear our bodies of these tiny creatures that are robbing us of our vibrant health. To cleanse parasites and toxins out, I recommend a herbal cleanse and rebuild system.

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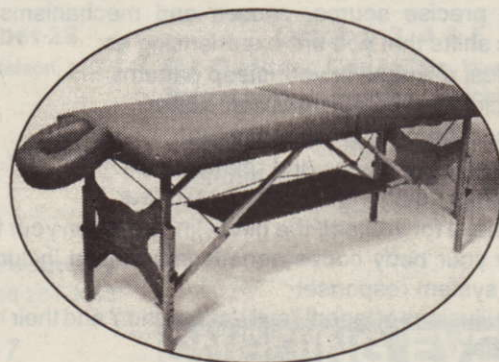
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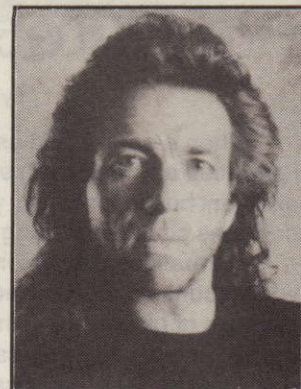


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AWAKENING TO ZERO POINT

and *THE SCIENCE OF COMPASSION* by Gary Schneider

Gregg
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In mid-January of this year I attended a three day intensive seminar by Gregg Braden in Flagstaff, Arizona. The seminar was called "Awakening to Zero Point" and "Science of Compassion". This seminar allowed me to understand a life cycle that I had been working on for over twenty years.

Gregg Braden is an author, lecturer and guide to the sacred sites throughout the world. He has been featured on radio and television programs nationwide. Professional careers in the earth sciences and aerospace industries have provided Gregg with the tools to offer his powerful body of information with relevance to now. Two near death experiences provide the intimate language through which he is able to share "Awakening to Zero Point."

Gregg gives an amazing seminar using videos, electronic equipment, a native flute and knowledge from the ancient manuscripts. He shows how we are in a wavelength world. And how everything is related to wavelengths and vibrations from the sources such as light, sound, emotions, etc. Being a rolfer, which is hands on healing, I was interested in how thoughts, feelings and emotions set up certain vibrations that can cause changes within and around the human body and the Earth.

The seminar is a three-day, multi-media intensive combining whole brain techniques toward the balanced understanding of Resurrection, Ascension, Dimensionality, "The Shift of the Ages" and a working knowledge of the "gifts" of inner technology including the fields of Mer-ka-ba. This multi-media presentation includes:

- * The precise source, causes and mechanisms of the dramatic shifts that you are experiencing as:

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- * Genetic coding and virally based fear

- * Witness for yourself the direct link between your feelings and how your body codes genetic information including the immune system response!

- * The illusions of 'good', 'evil', 'separation' and their relationship to 'fear'

- * Patterns that determine not only how, but why you love, fear, judge, empath, need and hurt, changing those patterns by choice!

This seminar is complete with a series of ancient meditative techniques providing direct access to the grid matrix "organs" providing your interface to creation. The tuning of "Master" body circuits to Earth/Heart/Brain/cell/genetic resonance, through the Essene sciences of compassion, and much, much more...

Gregg's course came at a time in my life as my rolfing was undergoing a large subtle shift. I always had a natural ability to unconditionally accept myself and my client during a session. And I always wondered how to put into words what I was feeling and knowing experientially. Gregg's course changed

all of that!

I have a large group of clients who had already explored the many relationships and subsequent emotions of their life to some degree, in an effort to know themselves and why they behaved as

they did. In fact, they knew themselves so well, that if they were asked direct questions regarding their past, they could provide just the "right" response appropriate to the given question. I was always amazed at clients who could give me the acceptable answers and yet they could not or would not see the single, deep and continuing pattern that had permeated their life from the moment they were born. I now know and see how people, even though they come from amazingly diverse backgrounds, have a pervading pattern that runs deep into the fabric of the human conscious make-up. And this pattern may be described as the three core or Universal Fears.

Gregg shows how there is one vital, specific and positive resonance vibration that takes place when a person feels a certain kind of emotion — an emotional vibratory field called unconditional acceptance or unconditional love. This positive resonance actually emerges whenever you feel the emotion of unconditional acceptance or love. This is called compassion.

Gregg defines compassion as specific qualities of thought, feeling and emotion. Thought without attachment to the outcome of the event. Feeling without the distortion of bias and conditioning. Emotion without the charge of polarity. Naturally the more you experience the emotion of compassion, the more you benefit all levels of your total self... from the DNA... from the physical level of your body... to reinforcement of the pranic body of the Ka (Ka is the Egyptian form for Prana, chi, etc)... and also to feelings of well being.

As a healer I have learned to distinguish between feelings and emotions. Feeling includes the physical sensations that you experience — both physical sensations of the sensory world and physical sensations of the inner or subtle worlds. Emotion is a combination of thoughts about those feelings.

True feelings are neither positive or negative. They are simply neutral reports about what is happening in your own energy — responsiveness, energy-at-tuned world.

If the feeling/emotional reaction is strong enough these flows can be physically felt within the tissues of the body itself — thus the stronger the feeling response, the stronger the physical sensation. My job as a rolfer is to allow clients to open their energy fields and to move freely. This gives clients the ability to move more energy and to master positive movement of their energy through cultivation of their feeling nature.

Allowing yourself to experience all feelings and emotions is a powerful means to move energy through your pranic body or Ka. What happens to many human beings however, is that in a difficult or challenging situation they mentally label that situation as "bad" and resist the resulting emotions. When you resist feelings or emotions your emotional body cannot vibrate

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properly and it "freezes" or locks up. When it is not able to move or vibrate properly, you become less aware mentally and your thoughts get fuzzy, unclear and muddled.

To become a powerful healer and to make the healing pure is primarily a question of attitude. If the healer channels the healing force or energy without judgment about the person being healed, the "healing" will be pure. The thought form of judgment can have a negative impact on the client, even if no words are spoken. This would be a disservice to the client.

Compassion is the understanding that no matter what happens to you, you can still hold the attitude of compassion, which has the resonance of acceptance — acceptance of the other person's response — an acceptance of your own response. In compassion you are coming from an understanding that all are evolving to the best of their capabilities at any given moment. So in moments of frustration, sadness, anger, blame or whatever arises within you — the attitude of compassion allows you to shift those emotional responses inside yourself to an attitude of acceptance.

Then a remarkable thing happens. As you hold your own negative emotional responses to whatever is occurring in your life with a healthy acceptance, they will begin to shift and dissipate their energy. By holding yourself and others in compassion you then raise your own vibratory field, which is a key to changing your destiny.

There are subtle "emotional flows" within one's emotional body. These emotional flows are affected by the healer's thoughts and feelings about the person being healed. *cont.p19*

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presented by author,

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Penticton HHC • details page 35

The Silent Unlisted Room

by Ashleigh Ryane

It is neither listed in the Directory of the United Nations nor mentioned in the guide tour program for visitors. Most UN staff have never heard of it. Since the World Trade Centre explosion it is usually closed. The bomb scare and tight security measures have sentenced it to obscurity. Yet its divine silence makes it the most eloquent and possibly the holiest and most powerful place in the whole UN complex in New York City. It is the Meditation Room, the first room at the entrance of the General Assembly's Visitors Lobby. Though located outside the restricted area, entry is not possible without special permission.

Many world leaders and several top UN officials, including the Secretary General, often go there unnoticed, seeking inner peace and divine guidance. Here revelations are received, difficult resolutions made and solutions reached. Conflicts within and without the compound are settled and peace restored. In the words of Dag Hammarskjöld, a visionary mystic and Swedish diplomat who

became the UN's second Secretary General, the aim was 'to create in this room a place where the doors may be opened to infinite lands of thought and prayer'. When the room was opened, Hammarskjöld, dedicated a plaque which stands on its door. It reads 'This is a room devoted to Peace and those who are giving their lives for Peace. It is a room of quiet where only thoughts should speak'. Shortly after he was killed in a mysterious plane crash near the Angolan border. This room belongs to us all as humanity's collective sacred shrine.

The room is simple. Its floor is naked. In the back there are a few straw benches seating less than one dozen people. In the centre there is a shaft of light striking the shimmering surface of a solid rectangular rock that takes the shape of an altar. It was designed by American sculptor Robert M. Gronback. At the front there is a fresco by Swedish artist Bo Beskow.

In times of great Earth changes, such as the 11:11 and the 12:12 members of the nearly one dozen mystic clubs at the UN gathered here for meditation and invocation. After a few years of terrorist threats the closed room is now mostly only open before office hours. But that does not matter much. The room will never be really closed for it is a place that can be reached without even entering. What really needs to be reached is the minds of the millions of people who have faith in the United Nations but do not know how to reach it and give it energy in its desperate fight for credibility and survival. It is a sad paradox that the UN is weaker than ever when it celebrated its 50th anniversary in 1996. The UN is now on the verge of bankruptcy. Arrears due are by the billions, with the USA alone owing some 40% of that total.

You can help by letting people know there is a holy place in the UN called the Meditation Room. Ask your friends to turn their prayers and invocations to the UN through that room by visualizing it. Let us especially join in with the prayers at 3:00 pm on Sept. 17, the opening of the UN General Assembly, at which time prayers are offered for the benefit of humanity.

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For information please contact:

Ashleigh Ryane 250-558-7709

or James Todd 250-558-5387 This is also a fax number.

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Vancouver July 26, Contact Cam Steele 604-264-8540

Zero Point *continued*

These "emotional flows" can also be the result of the healer's "agendas"... in other words, a purposeful strategy by which a healer is trying to "force" a healing through his or her own will. As a healer one needs to be very clear mentally and emotionally as to where the healing is coming from and why one is in the act of "healing" another. Even the innocent desire to help, to be a good person, or to be a hero are potential contaminants, as well as possible sources of distortion and depletion of prana or Ka.

As my healing evolves I am understanding that there is a fine line between seeing the need for a change and forcing that change. I have to decide if the time is "ripe" for the change or not. And in the end the final choice for this change must come from the client and not from me. Healers who impose their will onto others even to be helpful will find that such manipulations, no matter how skillfully applied, are ultimately ineffective.

Rolfing is magical and there is often pain during a session. Some people assume that if there is pain then you are being invasive or imposing your will upon them. This is simply not true. All a healer needs to do is to hold the attitude of unconditional acceptance toward him/herself and the client during the session. By holding myself and my client in an attitude of acceptance, no matter what may be going on in my thoughts and feelings, sets up a resonance in consciousness, a vibrational field that may touch my clients and change them. It will certainly change and heal me at deeper levels.

I understand that there is no accident in who comes to me for healing. The people I attract to myself are often a reflection of my own personal psycho-spiritual issues. So in the process of being a conduit for higher energies, I am also a learner. I work on remaining humble and open to my clients as reflections of my own "process." I then grow even more in self-awareness and compassion. Finally healers need to be clear that others have a right to suffer if they choose, for we live in a dimension of free will. I do not impose my timetables onto my clients. I grant the space and grace for others to move into greater awareness at their own speed.

see Gregg's ad page 17 & Gary's ad page 10

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WHAT GROWING and BIRTHING LLIAM TAUGHT ME

by Colleen English

My spring has sprung with the birth of my baby son, William Cody. Welcome Liam!! He was born April 8 at home and in water, as planned. We were attended by Midwife, Josey Slater and Doula, Terra Reindl. Each pregnancy with my three children has been a healing and learning opportunity for me. Each birth is event-full and I enjoy every part of the process no matter how painful or uncomfortable because inevitably I am left with a deep sense of purpose and accomplishment.

I have been in recovery for the past ten years and when I became pregnant with my third child, I intuitively expected I would have to make more changes in my life, or suffer dire consequences. By Christmas, I was diagnosed with Gestational Diabetes. This gave me insight into why I had been suffering continuous morning sickness and fatigue. I am hypoglycemic and suffer from my addiction to chocolate, dairy products, breads and sugar. This addiction has been the one I secretly dreaded the most to surrender. Once diagnosed, I went cold turkey and the physical and mental response to abstinence was miraculous. My energy and enthusiasm returned and I felt more balanced and healthier. To counter my cravings, I returned to Calli and Nuplus herbal foods from a Sunrider Distributer in Kelowna. The gestational diabetes was a true gift of nutrition awareness and integration. I was able to recognize how the eating disorder had kept me in addictive patterns that I could now heal. My abstinence was not perfect but it was progressive and I am grateful to the 12-step programs which helped me to focus more intently on my recovery.

At this point in my pregnancy I began to feel more assertive about taking better care of myself and giving myself the gifts of time and pleasure. I was so focused on enjoying this pregnancy because I had decided that it would be my third and final birth. I scheduled a session with Urmi for a massage and told her that usually my baby's head would be engaged at this point in the pregnancy. She gave me her full attention and spent the final half hour working on my belly

and my baby. Within days after the massage, the baby's head was engaged.

On the day of the birth I slept till noon. I was determined to get as much rest as I could and when I awoke I ate fruit, yogurt, nuts and drank pots and pots of herbal teas. By 3pm my friend Roxanne arrived to join me in another pot of tea and Annie was caring for the children next door. I felt the first rush of contractions. Roxanne timed them, 10 minutes. Over the next half hour I became more and more excited because the contractions were definitely regular and getting stronger. I told Roxanne I wanted to walk to Powell Beach and as we walked with tea in hand, she continued to time the rushes. They were 8 minutes apart on our walk to the beach. We talked and laughed through our mutual excitement between contractions, but as we sat there they were now 5 minutes apart. On our walk back from the beach, the rushes were now 3 minutes apart.

I called my husband David home to prepare the wading pool. I called Josey and gave her the signal that I was in labour. Then, I focused inward and walked around the grand birch tree in my backyard and leaned against her when the rushes came. I was only 3 centimetres dilated when Josey checked me upon her arrival. This was okay, I thought, because it would give Dave and Roxanne time to fill the wading pool. I continued to labour outside until it got too cool for me and the I laboured in the kitchen and drank iced water. At 6cm I wanted to enter the pool but there wasn't enough water yet so I lay down on the couch and let my memory take me back to Becca and Brandyn's births, seven and three years earlier. At 6pm Annie brought my children home and I was 8cm dilated and the pool was ready. The contractions were getting more difficult to handle and the pool was absolute bliss. I was also beginning to make more noises and at first I was concerned the kids would need reassurance. But, after one very noisy rush, I turned to Brandyn to tell him I was okay and was greeted by his smiles and toss-your-head-back laughter. He was excited because

he knew the baby was ready to be born. The kids played in the area quietly and were minded by my friend, Annie. David's presence became increasingly important to me as the contractions got more and more difficult. He held my hand, told me to blink my eyes and to blow each contraction through. I felt so incredibly "present" and focused on the progress I was making. At half past seven, after two amazing body-pushes, Liam was born. What a beauty!! He was pink and the kids immediately wanted to hold him.

I stayed in the pool for another half hour or so and when the placenta did not come I reluctantly cut the cord. I had hopes of a "Lotus birth" which allows the placenta to remain attached to the baby until it disengages on its own. In time we realized that the placenta was not coming forth and so we went to the hospital. Dave and Liam came with me, as did Josey and Terra. The hospital staff at both Summerland and Penticton were very respectful and gentle with me. I had suffered from a phobia of hospitals and medical people but this part of the birth helped me to heal. I believe this circumstance would have been the same even if I had chosen to birth in the hospital rather than at home. The diagnosis is that I have fibroids on my uterus and the placenta had been adhered to them. I guess it was me and not Liam who had the Lotus birth, after all. I am grateful to the medical people and their expertise.

Terra suggested we use the last four letters of William, then my Dad suggested we use the last five letters. Liam was 7 lbs and 10 oz when he was born and gained one full pound in two weeks. Thank you, Liam, for all the gifts your birth has given.

see Give Away ad to the left.

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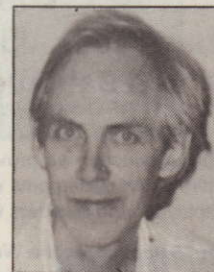
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Awakening the Heart Through Puppetry

by Denise Kilshaw,
Waldorf parent and puppeteer

An artistic approach to education brings to mind music, drawing, painting, claywork and meaningful movement. The Kelowna Waldorf School offers a developmental artistic curriculum which includes all of the above arts, and something more. Stories and storytelling are part of the daily life of a child in the Waldorf School; they are interwoven into the Language, Arts and Mathematics of each grade. A special and beautiful way to bring a story to the children is through the living art of silk marionette puppets.

For the past two years The Waldorf Puppeteers have gathered together to bring the healing quality of this art form to children and adults alike. A fairy tale or folk tale from a range of cultures is chosen with thoughts of the season or festival for which the show is to be performed. The Puppets are sewn with care and there is much contemplation of the costumes and hair colour, so that the puppets reflect the inner meaning of the story, or temperament of the story. Music is found or written by the musician. The stage is low, the scenery is built of layers of coloured cloth, stones and wood; lights illuminate the set. The puppets and scenes are simple but beautiful, leaving the child's imagination free to form pictures within. A veil covers the stage and amidst great expectation the veil is lifted, music stills the audience and a storyteller weaves the tale as the

simple marionettes of silk wander through the colourful world. They walk from the castle to forest, up silken steps, or mountain high. As they move over the surface of the scene using its length, breadth and depth the observing child can inwardly unite great contrast to television where only the eye is at work. Here inner activity is created that works in a refreshing and enlivening way into the breathing and health of the child.

Through colour, movement, gesture, language and music the tale is brought to life and so a bridge is built between the story and the child's imagination. Within the imagination the story speaks to the child inwardly. For instance, recently "The Frog Prince" was performed, a story of transformation from frog or call to awaken, and an immature being or Princess. When the Princess takes hold of her will to enact the transformation then there is a marriage of the old immature self and new awakened consciousness when the Prince and Princess are wed. Of course the children do not think or see in this way but for them the transformation is felt without words in the realm of the imagination. They take from the unity of all the silk marionette theatre offers the knowledge and confidence that they too can and will go through transformations in their own lives. Often the adults, too, cannot resist the magic of such a play. The child in us loves to enter this world of creative imagination which releases a higher vision out of the sense of experience.

The puppeteers are visible as they work the puppets so that the children see; who is it that makes the magic happen? In our time we are surrounded so much by the automatic, children do not see how things work or come about. Here all is revealed; someone is acting and is therefore responsible for what happens. As well, the puppeteers are able to perceive the reactions of the children and possibly take them into consideration.

For the puppeteers, adults and children alike, the art of silk marionette puppetry touches a chord within. In a world of noise and mechanical movement the puppet theatre brings renewal, the senses of the child grow softer and more differentiated while they watch and listen, and the forces of the very heart awaken.

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FULL CIRCLE

by Leda Rose

In Vernon, in 1981 after completing homebirth education classes, a Wild Rose herbology course and two joyous homebirths attended by midwives, I began to teach, organize and advocate for client/patient centered care that was holistic in approach. I was stirred into action by the extremely negative perspective of women I knew, who disliked pregnancy and abhorred childbirth, plus the fringe that was treating homebirth as if it was as simple as "shelling peas from a pod", as my father would say. I taught twelve week courses from 1980 - 1985, to ensure full preparation and informed decision-making for couples who chose hospital or home for their births. Parents began to get concerned and helped to organize a parent group that later turned into OKASAC (Okanagan Association for Safe Alternatives in Childbirth) to lobby the hospitals for changes. They helped raise funds to purchase a lending library (still housed at the Vernon Women's Centre) and to pay for our seminar called, The New Birth Experience. The BC Midwives Association, a head maternity nurse and a doctor participated in a panel presentation that was attended by forty parents! I organized a midwifery skills intensive, compiled a doctor directory (from those who participated), and occasionally provided labour support, on top of teaching groups and couples. Those were very satisfying days that resulted in healthy changes in the local hospital and doctor routines and many pleased prepared parents.

I went on to work with women on abuse and violence issues, so I could support women through these traumas as well. I received training with the Vernon Women's Transition House and went on to develop and implement the Kelowna Specialized Victim Assistance Program at the Elizabeth Fry Society. I obtained a Social Work degree at the University of Victoria in 1994 and returned to the Okanagan with the long term goal of starting a business. By weaving my knowledge of academia and grass roots activism with my beliefs and love of life, I have designed Full Circle Women's Care.

Embracing the holistic aspects of the Self requires the merging of the intellect with the emotional, the spiritual with the physical. In the day-to-day this means we are required to get close to and honor where life gets difficult for us. We are presented with lots of opportunity to do this, because our stuck

patterns keep presenting themselves for our attention. However, societal oppressions such as classism, racism, sexism and ageism are effective tools in keeping people isolated and silenced. Some of us have ineffective or no support systems surrounding us. We are told by medical professionals and family, and soon come to believe ourselves that the miscarriage, loss or medical trauma is: not important, don't be a baby, get on with life, you can have another. For fathers they are often not even socially sanctioned to be emotional about pregnancy losses or birth trauma. These are the hurtful messages that have been passed down through generations. They didn't work then and they still don't.

The result of these hurtful and oppressive messages is isolation, numbness, mistrust and confusion. We act out behaviour patterns that we rationalize and feel stuck with. The emotional pain is stored in our bodies and is not forgotten. For example, one unresolved miscarriage can lead to a pattern of complications, such as repeated miscarriages, medical interventions that can include cesarean birth, emotional breakdown, low self-esteem, and marital/relationship disharmony. In addition past experiences of sexual violence, physical abuse, abortions and family dysfunction can create blockages in our bodies that interfere with the attainment of our goals.

There are ways to identify and resolve these hurtful experiences for both women and men. When the persons safety and support needs are identified and provided it is easier for people to move through the release. With aware and knowledgeable attention, the individual can effectively discharge or become unhurt, so that clarity of thinking occurs and the mind and heart become peacefully connected.

My practice is aimed at counselling men, women (and sometimes) children on the differences mentioned above. To provide information for choices, rights and relationship changes that will enable informed decision-making. Also to effect change at the level of the medical/health institutions that have primarily determined the kind and quality of care provided to new families. I am setting up my practice in Kamloops, Salmon Arm, Vernon, Kelowna and Penticton. I look forward to being in the front-line to create change with the individual, the family and the community.

see ad to the left



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TRAUMA RELEASE THERAPY

by Cassie Benell, PhD.

A year ago I took a course called Trauma Release Therapy with Dr. Karl Nishimura, an orthodontist from California. He developed this system when he realised that he and his patients had more in their mouths - and bodies - than their teeth, much of this being trauma from childhood falls, adulthood accidents and even emotional issues that we stuff in our bodies. I have had my own share of trauma, especially having been thrown against a wall as a two year old, receiving numerous fractures. And I wanted to get rid of as much of my own trauma as possible, a long, on-going process.

Dr. Nishimura asks that the seated client/patient determine a point in their body which is painful. Let us suppose that she has a sore point in her neck. Then the client has quite a lot of work to do, moving her neck into a position where it is most tense. Next the head is involved, the mouth, the tongue, the eyes, the shoulders follow, finding and maintaining maximum tension. Then the arms, hands, spine, pelvis and the legs are made as tense as possible. At this point the client is usually in quite a contorted position, supported so as to not be overtired and perhaps starting to tremble. Eliciting of emotions is encouraged, while talking is not necessary.

The facilitator then begins to read through a series of potentialities, such as the source of the trauma, whether or not another party is involved, what sensations were felt by the client, what body systems were affected, what specific major traumas were experienced, the impact on the ego/self, what feeling the client had, the motives of the other party, any other issues and what may have subsequently been suppressed by

the client as a result of this trauma. These are read out loud by the facilitator, while monitoring the client's head for responses. Thus the client doesn't need to vocalize anything. The facilitator does know whether or not the client suffered from a near-death trauma, whether or not she was unconscious, felt coerced, powerless or whatever. As the client encounters tension, she is encouraged by the facilitator to maximise it until she reaches a 'gel state' and further tension is breathed out from the inside and 'pulled out' by the facilitator. After about an hour when the trauma is cleared the client is taken through a whole-body relaxation and a re-organization. Needless to say, a person who has had trauma release therapy often feels like jelly afterwards and usually sleeps well at night.

During the course I re-experienced 'hitting the wall' five times; I even needed a wall of floor to make physical contact with in order to dissipate the tension. One day I trembled for hours afterwards, going into a hot tub to ground myself. I was wiped afterwards. But I let go of some of the terror I had experienced as a toddler. Since then I have 'hit the wall' several more times. One of the last times when my neck went into its trauma contortions, there was no emotion elicited. So I knew that I had gone beyond one layer of the trauma. However I recently had another trauma release session, using a different painful area, only to 'hit the wall' again. Something more to work on. Fortunately Dr. Nishimura taught everyone in his course how to do trauma release therapy for themselves, so I can continue to do more for myself.

I have one client who requested trauma release therapy to deal with her sexual abuse. She has been working on her trauma and has come a long way. I guided her through the above procedures, and she worked hard to leave it all behind. Her husband told me lately how much she has gained in self confidence and self esteem. It's good to know that there are some ways to move beyond the traumas which have debilitated so many physically, emotionally, mentally and spiritually.

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Hypnosis - A Personal History

by Peter Smith

My formative years were spent living on a farm in England. When I was eleven I 'knew' of my friend's death at least an hour before being told officially. In that same year a teacher told me I was cheating because I had a photographic memory. I lost that ability in a hurry. I soon realised that everyone didn't know when they were dreaming. Many scoffed at the idea of flying in dreams; yet I remember very clearly my first 'out of body experience'. I learned very quickly to keep my experiences to myself for fear of being ridiculed.

Many people say they would have been thrilled to enjoy such experiences at such an early age. Not so! Being 'different' in those days made for a solitary and lonely life. Just imagine "knowing" that something unpleasant was going to happen in school - but not what! Not having anyone to turn to for help or advice is not a happy situation to be in. As I got older I turned more to "Living on the edge". I went on mountaineering expeditions to different parts of the world, as well as participating in a variety of other sports. I 'enjoyed' being sent to Cyprus and Malaya as part of my stint of National Service. I even stayed on for another three years in the Special Services until I was injured in a parachute drop.

Yet despite my best efforts these experiences did not destroy my sensitivity. In fact to the contrary they became more heightened. So I spent many years researching paranormal activities; I even slept in supposedly haunted houses. Prior to my 'stint' in the army I had gone on a trip to France with a youth group. One day I found that I could communicate with another teenager who was talking in his sleep. A few days later a girl was sleeping in the vehicle and her fingernails were digging into the insides of the elbows of her arms. I tired the same technique on her as I had on the boy. It was not so easy as I tried to get her to "relax"! Finally she did "relax" but wouldn't wake up. I was mortified and thought for a time I had created a female Rip van Winkle. In retrospect I now know she had slipped into the Delta state and was aware of everything that was going on, but was quite happy to stay there. I promised myself that I would not do anything like that again until I knew what I was doing.

Eventually I met a professor at the University of London, who after a little persuasion, spent many weekends teaching me about hypnosis. It was many years before I realised how brilliant this man was. Some time later, I graduated as a High School teacher, came to Greenwood, BC. and had the pleasure of working with some of the best students I have ever taught. During a period in excess of twenty years of teaching it was not generally known that I was trained in the Hypnotic Sciences, although on occasion I used my skills to help some students who had become involved in Satanic cults. I continued my studies of different disciplines that offer alternatives to Allopathic Medicine. In 1989 I decided to upgrade my qualifications as a Hypnotherapist and was advised by the American Union of Hypnotists that I could attain the best training with the Alandel School. A few years later I became the Chairman of the Alandel Examining Council. Since then I have taken many more courses in the States, including receiving my Instructor's Certificate in 1994. In 1995 I opened up the Peteralan Institute to train people to become Hypnotherapists.

After two years I realise that I miss the personal contact of working with clients on a one-on-one basis where they truly appreciate what one is endeavouring to do for them. Many hypnotists over the years have decided it is not worth the hassle of trying to convince the public of the incredible potential that hypnosis offers. Did you know that Louise Hay, John Bradshaw and Tony Robbins, to name just a few, are fully qualified hypnotists? Do you think any less of them now? I hope not! Drama teachers use visualization techniques and other teachers use accelerated learning techniques, or guided meditation. In order to attain a 'past life' for a client a type of hypnosis is used, despite what you may have heard to the contrary. It is all hypnosis.

Hypnosis can be described in many different ways. It has been described as a 'State of Mind' or "Suggestibility, and suggestibility in the way we learn." Also it is "A very sharp, clear, precise focus with a specific purpose or single-mindedness." It can be combined with meditation which can be described as 'prolonged deep thought or planning.'

Although the benefits of hypnosis are well established, it remains a misunderstood and often dreaded subject in the minds of some people. The resistance stems from our natural fear of any powerful force we do not understand. Ironically there is a much greater danger in **not** understanding it. This force **does not** come from the hypnotist but from your own subconscious mind, and if you do not control it, it controls you. Most of our physical ailments and mental depressions are the result of this uncontrolled power working against us when we could so easily be using it to our advantage.

Hypnosis is neither metaphysics nor religion, although it does explain the miraculous cures affected by sincere faith healers. It is not contrary to the teachings of any of the major religions, and is in fact used in most of them, without them realising it. Any thought or idea repeated at length in solemn surroundings deepens faith by subconscious affirmation, and this is hypnosis.

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Why I am a Mediator

by Cathay Gibson

Life is full of challenges, some of them are more difficult than others. I have been an observer and a participant of life's challenges. Some of my life's experiences I would not care to repeat, others I have grown from and have garnered a 'depth perception'. I just purchased the heritage home I have been living and working in for two years, to reach a goal I have been working towards for fifteen years.

As an historical backdrop, I take you to Abbotsford to a time when I was 'too pregnant' and used to travel to Mission to visit a doctor whose practice was in a heritage home. Dr. Shoichet practiced traditional and nontraditional medicine (such as the art of acupuncture). When you walked into this little heritage house, set in the trees of a common boulevard, you immediately forgot the worries of the outside world. You felt at home. You knew whatever was the matter it would be attended to with the warmth and caring you felt about Dr. Shoichet's practice; it is the welcome response I wanted my clients to feel when first walking in the door of my Mediation Practice.

I first became aware of mediation or the skills a mediator utilizes, when I joined a women's organization twenty

years ago. There were women who had experienced separation and were working through the crisis and resulting conflict. This way of "meeting conflict" was very foreign to me. I was there to get involved in the community in a grassroots women's organization. We shared our experiences of life. My ex-husband was an alcoholic and I was still running away from my mother's death. It was a destructive combination. I can only speak from my side of the relationship.

After my mother died, my father went into a deep depression. To see my father in such deep sadness was too much for me. I locked my sadness deep inside of me so as to not give him another burden to carry. I understood the burden he carried. He knew he would never find another comrade like my mother. Together, they were exceptional. Individually, they made each other great.

Decisions my father made in this time period were without due consideration or foresight as to the consequences of the actions. Beyond 'loneliness', he reached out to a woman who looked like my mother but did not have the kind disposition, and our family slowly became that nebulous term, "dysfunctional", as my father and I struggled to under-

stand a woman tormented by her past, (to which she remained in denial). Now, my father's difficulties were compounded. Still suffering the loss of my mother, and now involved in an unhealthy relationship, he lost his self-motivation and strength to resolve the conflicts in his life. However, my father always retained his compassion, his sense of fairness and his integrity. Akin to Indian myths used to set in place moral and ethical standards, he would tell me stories of the qualities that provided a catalyst for two people to grow in a relationship, the stories of my mother and father. At that time I could not hear the meaning of those words. Running away from the past, I married a tormented man. I repeated the cycle of trauma to which I had become accustomed.

In the security of this women's group I started to face my conflicts. As I faced one, more were to come. Once you start to face conflict, it is the beginning of a release, the pressure of holding it all inside gives way as you confront it.

Mediation provides the milieu or setting for this to occur. I found this out when I taught the skills to parents with children in the high schools of Surrey, BC. Why? Mediation is a set of communication skills which includes active listening, anger management, identification of conflict style and "game patterns". The Mediation process has the potential to break down conflict into manageable parts. A mediator acts as a mirror, reflecting back what a person is saying. This 'accentuation' upon one's words encourages a conscious recognition of a position or considered opinion. By repeating back, summarizing, or interrupting an entrenched pattern of communication which has been destructive or inappropriate in the past, a mediator can elicit a new approach to conflict resolution thereby helping a person come to grips with the issues causing a crisis. After all, who wants to come to grips with a crisis? It is too painful. I still gasp, lose my breath, and stop hearing what is said while in such a reactionary state. This is 'shock protection'.

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A mediator can ensure one hears the context in which the words are spoken and has some time to respond in a way that encourages a healthy dialogue. By working towards a solution or a number of strategies to utilize in a particular crisis there begins to form a new pattern of communication. It can be said, our old patterns of communication do not 'fit' any more, we simply outgrow them. We begin to see from a new perspective what our needs are in the present, and as our fear subsides, we begin to anticipate the future.

Consequently, a mediator can open the parameters of understanding by directly interceding to ensure a critical look, or an evaluation of the problem. This intervention can enlarge our perspective or our way of perceiving the difficulty. On the other hand, a mediator can be more practical and solution-based. It is a fine line between encouraging new patterns of communication and understanding when at the end of the day an agreement must be in place.

The end result is: people learn how to deal with conflict. There is peace of mind and potential for growth. Do you remember the movie, "Dead Poets Society"? In this movie, Robin Williams quotes Walt Whitman saying, "Gather ye rosebuds while ye may", because one day we too will be 'food for worms'. [It is then he whispers], "Carpé Diem, (Seize the day). Make your lives extraordinary."

When conflict is denied there begins a self-destruction process. To not deal with it means you will miss precious moments (perhaps years) of your life. Mediation does not give you your day in court. Instead it gives you a challenge: to face the person directly involved in the conflict. Rising to the occasion and facing the conflict, there is potential to reaffirm the relationship, or to reduce trauma, drawing up a separation agreement in mutual consideration of family members. As you release the anxiety and stress associated with conflict, a contentment in yourself brings with it self-assurance. It is then you learn to appreciate yourself and others, further challenging the possibilities to be the best you can be. See ad to the left

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Ascending Hearts Conclave Vision

Erase the idea of separation and awaken to unconditional love in our lives

Celebrate our awakening, our efforts, our victories in the light, through song, toning, mantra, meditation, invocation, dance movement, alignment of our energy with universal energies

Purifying our 4-body human system of fear-based manifestations through the understanding and use of cosmic flames, rays and universal energies

Unlocking our Akashic records as we attune to our Soul's memories through our feeling nature; balancing and fine tuning our vibratory nature to the divine impulse of Higher Self and alignment with our spiritual hierarchy's divine plan to assist humanity and planet Earth

Experience a generous and lasting shift into peace, love, joy and bounty in our lives through a deeper understanding and work with the divine Mother Goddess Energy

My personal vision for everyone at the conclave is for each of us to deeply recognize there is no separation between us, source, Ascended Masters & all cosmic beings. To each my prayer is that you embrace and experience the Christed Self you are.

♥ Craig

Our Guests
Include

Craig Russel, Founder of Soul Journey, Akasha's Channel

Leonard Eagle Cloud, Singer, songwriter, storyteller, workshop leader

Mahara Brenna, Educator, rebirther, specialist in breath therapeutic release

James F Shea, MA., Founder of the *Transpersonal Empowerment Institute*

Tricia Nobbs, *Galactic Language of the Light* channel from the ancient ones

John Beaudin, Musicologist, host of *Nite Lite*, QMFM Vancouver

Maurine Valorie, professional tarot reader, author of *Simply Tarot*

Denie Hiestand, Founder of Vibrational Medical Research, body electrician

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Cheryl

Troy L

James

Volody

Paul A

SECOND ANNUAL

Ascending Conclave

The Autumn Equinox of 1997 marks a special celebration possibilities. This year's focus is to *erase* the idea of separation birthed from this idea, to embrace *unlimited consciousness* of unconditional love, wisdom and power in our lives. During Light, Mother Mary, Akasha and Beloved Jesus will overlie radiant qualities.

Craig Russel, founder of SOUL JOURNEY and Paul Arnold, Beloved Akasha, Angel of the Rose Pink Ray, invite you to join for the Fall Equinox. At this time we will hold a focus for their Treasury of Light for personal and Planetary awakening to receive, anchor and integrate their Treasury of Light speakers, teachers, channels, musicians and body workers

Vernon September 19

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our efforts and determination to awaken to greater
ion from our minds and to eliminate the experience
born in mind, body and soul and to birth the experience
ng the conclave, the Goddess of Venus, the Queen of
ht and embrace each one with loving assistance and

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oin us in a spiritual pilgrimage to the Okanagan Valley
he Ascended Masters and Angelic Energies, to pour forth
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e Taylor Ryane, Reiki Master, teacher, holistic practitioner

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ard, Akashic life reader, sound, colour, ray specialist

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Kathrine Sue

MASSAGE

by Urmi Sheldon

Life is a fascinating study. It keeps ever unfolding with the mystery still illusive and drawing me onward. The more I work in the field of massage the more I discover and the more I realize how big the unknown is.

It is wondrous that each individual is totally unique and that we are a product of our interpretation of our life experiences. Our attitudes and opinions of our selves can shape or mis-shape our physical bodies. Patterns of posture can indicate many things about how a person views themselves and how they communicate with themselves internally. These patterns usually start in childhood and particularly at puberty. We can discover at age thirty that we have stooped shoulders and a sunken chest all because of a self conscious tendency during the developmental years. Our culture has no "Rights of Passage," so children are herded along through school finding themselves in periods of very rapid change with no guidance or direction. If self acceptance and body awareness are introduced to teenagers they can very quickly correct posture and attitudes that distort a growing body. The longer a pattern is allowed to persist the harder it is to correct. Habitual tendencies such as "trying too hard" can cause such ailments as carpal tunnel syndrome, joint wear, or digestive disorders. Many physical problems can develop from very unconscious and subtle thought patterns.

Bodywork is a way to become conscious of and retrain patterns within the physical structure. Through touch one becomes aware of tensions and points of pain. This becomes a map to unveil what the unconscious program creating the tension is. For example; when we become aware that we are holding our shoulders up we can train ourselves to relax that part of our body. However we must also watch for the thoughts that trigger the tension. These are often attached to an emotion or an event from the past. When we become conscious of this process it can no longer operate in the same way and the pattern of holding is released. Massage is quite simply a way to re-educate the body to a natural flow between energy and relaxation.

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Urinary Flow

by Joel Whitehead

We get lots of people in for problems concerning pain, sleep, emotional problems, etc., but a surprising percentage of those come with an "Oh by the way ..." aside concerning a very serious urinary problem. Either they are living their lives with one eye on the washroom, working hard to evacuate the bladder, or in the case of prostate problems in men or bladder prolapse problems in women making constant attempts to create some space in an overloaded and very painful bladder situation. Let us not forget those awful urinary infections of burning urethras or people who have to learn to live with a diaper again.

When we go to our doctors the solutions we are forced to choose from are anything but the natural choice that we would like to have and are, in fact, somewhat life altering like: bladder repairs, prostate removals or partial removals, dependence on diuretics, etc. One problem we of Chinese Medicine understand, is that even if you take care of the symptom by one of these medicines, isn't the root problem still a problem and causing other sorts of problems as well?

Certainly, because of physiological differences in men and women we would suspect that because the resulting problems present themselves differently, that the causes would be totally unrelated. Strangely enough, however, the causes are virtually the same and there are lots of preconditions to look back on when the onset of problems present themselves.

Incontinence would mean the inability to hold back urine, even if you knew it was happening. It can also mean short notice before you have to get to a toilet. Of course enuresis (bedwetting) can be the same or different depending on the circumstances (ie. childhood problems of shock or energy deficiencies resultant of a poor start in life). This is always a deficiency condition of one sort or another and can be associated with lots of other weaknesses. In fact, it is almost always a Yang deficiency of the Kidney or Lung.

When someone has a yang deficiency they lose their will to be active and are overly sensitive to cold. Most often they will have looser bowels and almost no thirst at all because they may be internally damp. If the lung energy can't pull up the kidney Qi they may have some involuntary passing of urine

when they cough. If it is accompanied by low back ache and possibly achy knees the person definitely needs some Chinese herbs to boost the Yang energy of the Kidneys.

The opposite is usually true when the urinary flow is blocked, for heat is most often present. Of course where there is heat there is most often a thirst. In terms of blockage constipation may also be a problem. The urine itself could be burning as in a urinary tract infection. Extreme heat could also cause extravasation of the blood vessels and therefore show blood in the urine. Though the presence of heat may be a factor, it is not absolutely necessary for a blockage to occur.

Dampness itself can become a blocking agent. When this happens the urine can turn milky or turbid at times. If this dampness continues for long, the person can get a condition called damp heat because the stagnancy of the dampness can cause it to turn to heat. This is one of the most common forms of prostate problems and urinary infections and could be a predecessor for any cancer occurring in the lower half of the body. When one has a thirst with this condition the mouth will be dry and want water, but the person will not want to drink much at all. In Chinese medicine we call this, "Thirst without a desire to drink."

One other very common cause of blockage is prolapse. The stomach prolapsing causes a lot of pressure either on the ureters or on the bladder itself. When we lift prolapses of the stomach this is usually cleared and is a very common factor altogether. Of course, stomach prolapse is almost always the predecessor to bladder prolapse and prolapse of the uterus.

Lastly, a deficiency of energy as in incontinence, can deprive the bladder of the force needed to force out urine. This can be common as we age or with a downturn in our overall state of health.

The important thing to remember is that there is more to be done than just waiting for the problem to become bad enough to require emergency surgery or relying on harsh diuretics. Oriental medicine can change your energies and therefore change the problems.

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Violence begins at Birth

by Tom Anderson

The behaviour patterns early in life which suggest violence later on are usually quite evident to teachers. Some kids seem to be 'out to lunch' a great deal of the time, while others seem to be angry and resentful for no particular reason. The 'out to lunch' kids are very often victims of subclinical perinatal asphyxia, meaning that they suffered brain damage at birth because labour was speeded up - causing them to be born before they were ready to breathe - then their cords were clamped and cut much too soon. This type of intervention is still extremely common in Canada.

Causing babies to suffer pain is also extremely common. This is where the inexplicable rage comes from - why nearly all North American children throw tantrums at a very early age.

Picture a six month old child in the arms of its mother at a medical clinic. The nurse is preparing the needle, the baby is watching, wide-eyed, trusting, safe in the mother's arms. Then comes the pain; intense, unexpected, unbearable. The child turns to its mother to be rescued from this agony, its cries becoming frantic, echoing through the building. But mother just keeps smiling and chatting with the nurse as if nothing is really wrong.

The bond is broken, the trust is gone. The relationship between mother and child will never be the same again. Mother knows she did not deliberately inflict abuse on her baby. She did not and would not, consider an inoculation a form of abuse. But the child is too young to understand these things. To the child, mother not only permitted this horrible hurt, she is a participant. It happened after all, right in her lap.

Rima Laibow, a New York psychiatrist, says that infants remember all traumatic events, including those which occur at birth. She adds "*When a child is subjected to intolerable, overwhelming pain, the child conceptualizes mother as both participatory and responsible, regardless of mother's intent. The perception of the child of her culpability and willingness to have him harmed is indelibly emplaced. The consequences for impaired bonding are significant.*"

We know that boy babies are more vulnerable to birth stress, to anxiety caused by hospital routines and pain produced by medical procedures. We know that anxiety and pain suffered in childhood can lead to insecurity and anger in adulthood and we know that males tend to turn insecurity outwardly, whereas females tend to turn it inwardly. Thus abused boys often become abusers while abused girls often become victims.

Happy, secure little boys do not grow up to be angry, violent men. We must therefore make sure that our children are not hurt in any way, at any time, for any reason.

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Healing Touch

by Elizabeth Hodgkinson

I was standing at the flat tire on my car and silently wondering what to do. It was dark and cold and we had just finished a weekend workshop on Healing Touch and I was anxious to get home. My friend was standing beside me since I had promised to drive her home.

"So, are we going to change it?", she said more brightly than I was feeling at that moment.

"No", I said. "I thought I would call BCAA."

"They'll take ages," she responded.

"Have you done this before?" I asked.

"No, but it can't be that difficult, lots of people do it all the time," came her reply. Well, what the heck, I thought, why not give it a try if she's game.

So we began to look in the trunk to make sure that everything was there and slowly took it all out. We fitted the jack underneath the car and tried it to make sure it would do what we wanted it to do.

"Okay", she said. "I'll start by taking the bolts off." She took the hubcap off, put it on the ground upside down to catch the bolts (we both knew this part) and proceeded to work the wrench. She tried several times, then moved on to the next bolt to see if it would give but had the same result here. She tried them all and none of them would budge. "All right, let me try", I said. She handed me the wrench and I tried several with all the effort I could muster but to no avail, they were solid. She took the wrench back and tried again. "Joan", I said, "We've just come from this weekend where we focused energy with our hands for the purpose of wellness and we were told that we could ask for help when we needed it, so...." "Go for it," she said, before I could finish what I was about to say, probably because the thought had occurred to her too. I knelt on the ground beside her, spread out my hands directed at the bolts and asked that they come off. I stayed like that for a few minutes being very focused on the bolts coming off. "Okay, try them again." She put the wrench on the first one and gave it a tug and it turned. She turned to me and smiled and tried the second one. It too came loose and she worked her way all around the wheel and they all came off. We were both a little flabbergasted and incredulous but we continued to work and had the tire off and the other on with bolts back in place in no time.



We were both silent when we climbed back into the car to take her home. Finally she said, "Do you think they'll believe what happened today?" "I don't know. I can hardly believe it myself" I replied. "Do you think we loosened them enough that they came off the second time?" "No, I don't believe that. I think we asked for help and we received it." "I think that too," she said and with that the floodgates opened and we talked and laughed all the way home ending with "wait till we tell....."

That was an incredible experience and it changed my belief in the Divine, God, Universal Energy, however you want to language that. For me it looks like this, 'I asked and I received'. It's as simple as that. I now take that experience and use it in my work in Healing Touch which I have been involved in for the past three and a half years.

The goal in Healing Touch is to restore wholeness through harmony and balance. Balancing the energy and the energy centres which surround the human body promotes self healing. Healing Touch always compliments traditional approaches to health and healing.

Healing Touch affects not only the physical but the mental, emotional and spiritual levels as well. It is effective for pain relief, such as wounds, surgery, broken bones, etc., for chronic back pain, for headache or migraine, for tension release and last but not least, for the prevention of illness. For chronic pain more than one treatment is usually required.

Healing Touch is still a great mystery to me and I am still learning a great deal. The thing I do know is that it works, sometimes not on the area that you expect it to but sometimes the body knows what it needs. *see ad above*



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Once upon a time, a teenaged woman sat looking out of her bedroom window. It was a late spring evening, and the cherry trees were in full bloom.

Suddenly, there in the window, floating between the cherry blossoms, was the face of a wonderful old woman. Her lined, fiercely joyful face was full of compassion and wisdom. She was beautiful in the fullness of her years, kind and infinitely strong. The young woman's eyes filled with tears, her heart with gratitude. For she knew that she was seeing her own aged self, from deep in her future. From that moment on, the young woman knew with unshakeable certainty that the same great gifts awaited her. She would move fearlessly into her future, knowing wisdom and grace would be her destiny. The young woman would never forget that ancient face in the window. She would always welcome the company and friendship of women, but a special place remained in her heart for older women who reminded her of that vision.

I have lived several lifetimes since that magical evening. I am closer to that face in the window, but I have many years left to go. If the next half of my life is going to be as eventful as my first half, there's plenty of adventure to come. I can look around me and see that there is a whole generation of women who are moving into their aging process, and know that this time to come will be radically different.

Fifteen years ago, I went to an event celebrating International Women's Day. The keynote speakers were both older women. The first presenter was a woman who had travelled to Europe. She shared with us some of her 14,000 slides of various archeological sites honouring the Goddess. Her name was Rosemary Ann Conway. The second speaker was one of the quintessential short, round, rosy-cheeked grandmotherly looking women—until she opened her mouth to read her poetry. She had a mind and wit like a rapier—slashing through every misconception about being female in the shortest time imaginable. She had us weeping, laughing and cheering for more. Her name was Gert Beadle. A few years later, she would be decorated the highest humanitarian award our country has to offer—the Order of Canada. Those two wise women changed the direction of my life.

Despite the youthful, anorexic images presented in magazines and on television as the ultimate in femininity, the reality is very different. The majority of women in Canada are over 40, and certainly weigh more than an average of 125 lbs. The most empowered, energetic and interesting people I know are women over 40. The first of the famous 'baby boomer' generation has just hit 50. Trust me, soon it's going to be hip to be aging. I know things are changing when I mentioned my age to another woman on the phone. "Only 44?" she remarked. "You poor thing."

About four years ago, I heard of a gathering on Vancouver Island called the "Amazing Grays". It was a gathering for older women, to celebrate the passage into their elder years. From all reports, an amazing time was had by all. Every year since then, women have gathered to celebrate, to network and to spend time in the company of other like-minded women. It turns out that the "Amazing Grays" was the vision of yet another gracefully aging woman, Betty Nickerson.

When I first came across her book "Old and Smart: Women and the Adventure of Aging", I knew that I had found something

Wise Woman

significant. Aging as an adventure? Why not, it sure beats being relegated to a corner rocking chair for years. Betty has al-

most thirty years more experience on this planet than I do, and every one of those years counts. She erases the stereotype of the "little old lady" and replaces it with a much truer portrait of older women that I know.

"Age Mates" is the term she uses to describe the wonderfully dynamic, energetic, interesting women in their 50's, 60's, 70's and 80's today. "Unprecedented millions of women are in the same time frame with us...It is astonishing to realize that we travelled so far in time to discover that few knew we were coming. Society and governments seem surprised to find millions of older women appearing at this time in history. Since we are virtually unknown for who we are, what we care about and what we can do, we must speak for ourselves. Society's attitude toward age and aging urgently needs readjustment. We are entitled to an honest representation of the potential and vitality of today's mature women, far different from the absurd stereotypes by which we are often portrayed. Much waits to be discovered, comprehended and applied if we are to truly understand the possibilities of our mature years. Our challenge is to write ourselves into existence, make the truth real to ourselves and others."

One year ago, I sat in a circle with twenty older women. I was moved to tears as they shared their names and stories, and spoke of their need to break through the limiting stereotypes of aging women. I was inspired then to arrange a gathering for even more women to come together, to celebrate the freedom that our maturity can and will bring.

The first Wise Woman Weekend is scheduled for September 5th, 6th & 7th at Naramata Centre. It will be a rejuvenating and relaxing weekend. We will meet, talk, share our stories. We can dance, stretch, drum, sing and paint. We will listen, laugh, make new friends and renew old acquaintances. Betty Nickerson, author of *Old and Smart* will be joining us, as will Gert Beadle, her health permitting. There will be formal workshops, and plenty of opportunities to share stories during informal circles.

Frances Hatfield will help us climb *Goddess Mountain*, through mask-making and dance. Janelle Breese-Biagoni will share her *journalling techniques*. Noor-Un-Nisa Joan Smith, reiki master and deep country dweller will lead those of us wanting to mark the passages of our lives through a *Wise Woman Ceremony*. Naturopath Audrey Ure will share her *knowledge of healthy living* for mature women. Ann Eaton will reveal her secrets to *Growing Old Disgracefully*. Joan Moffet will explore the interface between conventional and not-so-conventional *healing techniques*. Margery Tyrrell promises to *move us beyond words* into a dance with our authentic selves. Transformational counsellor Gudrun Carstairs will give us *techniques for personal growth*. There will be a healing house and 'Wise Woman' Store.

Sound inviting? It will be an absolutely marvellous weekend. If you are a wise woman, you'll be there.



by Laurel Burnham

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SPECIAL EVENTS

Herb Walk (page 44)

Paul Pitchford Workshop (page 21)

Usha Thorne Workshop (page 46)

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BETTY NICKERSON writes, consults, and lectures for women's & seniors' groups and government agencies. Author of *Old & Smart*.

TO REGISTER: Send in your name, address and phone no. **with** 50% or more of total costs to: Visions...unlimited • Wise Woman Weekend, 254 Ellis St., Penticton, B.C., V2A 4L6.

A brochure with schedule and more extensive write-ups will be sent upon receipt or by request.

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	WEEKEND	Saturday only	Sunday only
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after			
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It's about destroying stereotypes and addressing more important questions like: "How can I have more fun in my life?"

Ann Eaton is the founding member of the first two **Growing Old Disgracefully** groups in Canada.



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Frances Hatfield has been an artist all her life. She is presently creating soft sculptures of the Goddess in her many forms.



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Janelle Breese-Biagioni is a certified instructor of the Journal to the Self and is author of *Head Injuries: The Silent Epidemic*.



Crone Circle

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Gert Beadle is a member of the order of Canada and was a founding member of a credit union for women. She is a poet and has published five books of her work.



Wise Woman Ceremony Wise Woman Circle

We will create a ceremony to recognize both the passage into the warrior/matriarch span and into the elder/crone.

Noor-Un-Nisa Joan Smith is a Reiki Master, private counsellor, and Sufi Teacher. Assisted by Laurel



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Audrey Ure, graduated from the National College of Naturopathic Medicine in Portland, Oregon in 1988.



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Margery Tyrrell has a background in Tai Chi, Chi Gong, dance and creative expression.



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Joan Moffet is a practising therapist of integrated medicine, with a home physiotherapy service. She has almost completed her Healing Touch Certification.



Mistress of Ceremonies

Inspired by all the wise women in her life, Laurel is providing the impetus and direction for this weekend. An Amazing Gray in Training.

Laurel Burnham is a feminist, activist, community organizer and writer. She knows she will eventually become an awesome Crone.



Easy Stretching

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Angèle publishes ISSUES Magazine, owns the Holistic Healing Centre in Penticton and organizes the Spring and Fall Festivals of Awareness. Encouraging and educating people to understand 'Why we are the way we are' is the main focus of her life.



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LECTURES

LIVING WITH ASTROLOGY

by Denise Millar

It's unfortunate that Astrology is so misunderstood, for when used properly it can be an incredible tool for self-awareness and life planning. Yet, it's no wonder that Astrology has received a bad rap when overly generalized syndicated columns constantly saturate the newspapers. Of course, it should be obvious to anyone that all Leos are not going to have the same sort of day. And at the same time it is intriguing that Leos do share some common traits.

So what is Astrology and how does it work? Astrology has existed for over 2,000 years and is often referred to as the oldest form of psychoanalysis. Yet, it was not until the 18th century that man took a more scientific approach to the INDIVIDUAL with modern psychology. With this discipline, Carl Jung studied astrology and its correlation to his and Freud's discoveries of man's psyche. Today many of our accredited and published astrologers hold degrees in psychology demonstrating this parallel. As East meets West in a more holistic approach toward health and life, so does astrology and psychology move toward a more holistic approach to understanding the self. Long before astronomers, astrologers looked to the stars and the power of the electromagnetic energy between planets and the effect upon human life. On the day, time and place of a given birth a blueprint of the celestial bodies is recorded. This is the natal chart. It is a map of our personality, natural talents, obstacles, purpose and potential in life.

As a counselor, the astrologer then looks to current planetary transitions in relation to the natal chart and offers guidance in utilizing the individual's strengths toward improvement and change in life. A perfect example of a transit is at the age of 29, which is called the Saturn Return. Ask anyone about their 29th year and they have a story to tell! No matter how predisposed one's life to this point, we can count on a major change in relationships, career, spiritual awareness or lifestyle at this very significant time. A good astrologer will not give absolutes of prediction, but instead guide the individual toward a deeper understanding of the self in order to make better choices toward a richer and more purposeful life. Nor will he/she influence one's existing belief system. Like any tool, astrology can be used to build or destroy, depending on the free will and choice of the individual.

Astrology is extremely reliable in understanding our behavior and purpose. This is important in understanding our role in relationships. People are drawn together through natal planetary positions aspecting each others. Regardless of positive or negative attraction, it is strong. Astrology can explain how to grow within, improve, change or end relationships. Astrology is extremely valuable in guiding the individual toward improvement and self awareness in all areas of life. Whether it be career, relationships, health, lifestyle or spiritual awareness, astrology enlightens the individual to his natural potential and character, thus enabling him to build his strengths and overcome his obstacles.

see ad to the left

HEEDING the EMPEROR HEALING the HEART

Part 2
by Vera Tobis
Dipl. Ac.

This article is a continuation of last month's discussion of the Fire Element energies. The Heart energies serve the basic human need for contact, and the entire issue of interpersonal relationships in adult life depends on the nature of experience at earlier times as well as the ability to appropriately integrate these experiences.

From early on in our lives, we have a fundamental concern for safe contact with other human beings. As social creatures, we seek not only contact but also relationship that is nurturing, supportive and loving. When our natural tendency to openness appears hazardous, it becomes necessary to develop indirect means of relating and communicating. These defenses or restitutions serve the real and important function of protecting the Heart while still allowing contact with the environment. And these defense tactics are the domain of the Pericardium (sometimes called Heart Protector) and serve to ensure the survival of the organism in a hostile environment.

Loss or betrayal of intimacy is very prevalent in our society and often entails compromise to an individual's capacity for meaningful relationship. The attitudes and behaviours that arise out of emotional trauma - whether from abuse or divorce or loss of significant others from other situations - inevitably lead to one's separation from the true self. When the need for safety overwhelms, rigid and habituated patterns can evolve.

A key defensive mechanism of the Heart and Pericardium is that of regulating the memory of painful events. Often victims of sexual abuse may not have memories of the event for many years afterward, if ever at all. There may be a failure to store the painful event in a concrete way, as in dreams. This can occur if the person was too young (pre-verbal) to have developed a long-term memory. Another possibility is that the person dissociated from the event as a defensive manoeuvre, though the energetic imprint of the trauma remains, presenting often as "scattered or disturbed Shen".

Another scenario involves the failure of the Mind to recover information that has, in fact, been stored. When the Heart/Mind is unable to assimilate terrible pain, it may shut off the event, preventing the damaging memory from entering consciousness. This 'lost' information is separated from self in much the same way as a tumor can be seen as encapsulated toxicity and pain. Failure to retrieve information can show up as a Con-

gealed Blood Pattern and in women can lead to tumors in the reproductive and sexual organs, as well as in the breast area over the heart. This separation from self is a function of both the Heart and Pericardium, affecting the spiritual aspect of Blood function.

The earlier in life that abuse occurs, the more likely is its potential to compromise the healthy establishment of boundary. The child's sense of self emerges simultaneously with the development of language. Abuse during infancy coincides with the development of the person's relationship to food and to nourishment in general. The effects of abuse, so insidious when established this early, can have a direct bearing on the development of the faculties which enable the individual to effectively fulfill their personal needs later on in life.

"Heartbreak" is a key issue to arise out of emotional shock, whether from betrayal of trust or some other kind of loss. The person may lose the capacity to feel safe and to extend trust into the world. There is often grieving for this loss, which can strongly affect the receptive quality of the Lungs. Anger and judgment, emanating from but also affecting the Liver and Gall Bladder, are frequently directed at one's self for having been somehow too weak in the situation. Congealed Blood can show up in the emotional realm with the patient giving the impression of drowning in their own overwhelming sorrow. They may have pain described as feeling as though they had been 'shot in the chest' or 'stabbed in the back'. Or, they may have no emotional access to their pain. Herbal and acupuncture therapy would involve treatment of the shock to the Heart and circulatory system, allowing the patient to process and integrate emotional material at their own rate.

In a case of early trauma or indeed serious disappointment, the child's only available defense may be to shut off their Heart and suppress Lung rhythm. The loss of rhythm between Heart and Lungs may lead to Stagnation with the eventual build up of Heat and the individual may express feelings of having been 'burned' by life.

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VERA TOBIS DIPL. AC. ACUPUNCTURIST

Book Reviews



by Jan

WALKING BETWEEN THE WORLDS THE SCIENCE OF COMPASSION

by Gregg Braden
Radio Bookstore Press
ISBN 1-889071-05-6

The information in Gregg Braden's newest book is not new, in fact, he refers often to the ancient teachings of the Essene. In language and form that make this material easier to comprehend, we are invited to step through the Universal fears of abandonment, self worth and surrender/trust to find **compassion**.

The code of compassion, answers the mystery of life without fear and pain. To live in the absence of fear and pain, you must allow for their possibility. That is it, simply allow for their very existence. In the "allowing" for the possibility, is found the removing of the charge. Allowing simply means that you acknowledge its existence and the role that the "something" plays within the overall context of life. That is all, no more and no less.

Then there's the concept of mirroring which has been an enigma to me. ...if you do not like what someone is showing you, look to yourself. There is a good chance that others may be reflecting back to you the very patterns that you have become within yourself. These are the patterns that you identify with so strongly that you often do not see them. Co-workers, family, friends, a significant other or the people you meet for only a moment in a line-up can mirror your beliefs so that you may become aware of them. At first they may be only subtle patterns, which if not recognized will become more obvious to the point that you can no longer ignore them. Gregg Braden's descriptions and examples explain the significance of this necessary shift to our growth process. **Walking Between The Worlds: The Science of Compassion** is a wealth of information and confirmation of the changes during what is being called "the Shift of the Ages".

see workshop page 17

THE OFFICIAL GUIDE TO THE COSMOS

by Don Rees
Star Craft Books
ISBN 0-9693222-1-6

*I quit!
I quit my job as garbage collector. Especially other people's garbage. I think I can handle my own trash barrel filled with bits of anger, resentment, rejections and "poor me's". I'm getting to the point where I can nearly always dump that barrel into an incinerator glowing hot with good positive attitudes, good thoughts about myself, pride in small accomplishments, and appreciation and acceptance of other people and where they are on "the Road."*

And so I will not accept other people's garbage. I won't do it. I'll be glad to point out the road I use to get to the landfill site, and be there to help change a tire if necessary en route. But the loading of the truck, the driving and the unloading at the dump is their responsibility. And it gives me more time to be overwhelmed by the beauty of a sunrise or sunset, awed by the beauty of an unfolding flower, and caught up in the immensity of the Universe.

Don Rees has packed this delightful book of prose and poetry with powerful, positive messages for you to peruse whenever you need a pick-me-up along the path. P-p-p-pardon me, but I feel my spirits lifted just from reading *The Official Guide to the Cosmos*.

Drawn from his own experiences and learnings, Don offers his light-hearted view of life. He encourages you to keep searching for all the best that life has to offer. ... *Don't Give Up Five Minutes Before the Miracle...*

BEYOND A SHADOW: THE PATH OF THE SPIRIT

by Bernard Willemson with Penny Margolis
Quasar Books

The title "Beyond a Shadow" suggests an absolute certainty. That certainty is my own, my unshakable truth as I've come to know and live it. My intention is that this book be seen as a call, not for the automatic acceptance of what has been said or written, here or elsewhere, but for the recognition and appreciation of one's own authentic experiences, whether they be visions, intuitions or inexplicable knowings.

Bernard Willemson shares his incredible spiritual journey, the teachings from his guides and the knowledge gained from his experiences in his latest book **Beyond a Shadow**. Covering such topics as troubled spirits, judgment, karma, the karma spirit and the medium, we get to glimpse another realm.

OLD AND SMART

WOMEN AND THE ADVENTURE OF AGING
by Betty Nickerson
Harbour Publishing
ISBN 1-55017-120-8

The very idea of "getting old" terrifies many women. In **Old and Smart**, Betty Nickerson debunks the myths with her frank discussion of loss and grief, health, finances, family, spirituality, sexuality, fitness and other aspects of concern to her Age Mates (women over sixty). She encourages women to enjoy the adventure of aging and take back their power. **Old and Smart** is packed with humorous anecdotes, honest heart-felt stories from her own life and the shared wisdom of her contemporaries.

A frequent speaker and workshop leader, Betty Nickerson is founding mother of the Amazing Grays, an annual gathering of older women. As an 'Amazing Gray in Training,' (I'm just a youngster of forty-five), I am inspired by Betty and the many crones of my acquaintance who lead happy, healthy, active lives into their eighties.

The true elixir of life is not to want or expect to be some different person, but to be the best person we can be at this time of our lives. Stay open to the sun and the rain, be curious about people and places, seek intuitively for the possibilities, and reach toward them. Accept ourselves as we are — and with the assurance that each of us is truly worthy, enjoy the adventure, gain the serenity and the well-being to which long life entitles us and, above all, don't worry about what other people think.

Old and Smart is a must read for women of all ages! (workshop pages 36 & 37)

CALENDAR

July 11, 12 & 13

Osho Craniosacral Balancing in
Penticton with Usha Thorne, p. 46

July 12

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July 16

Energy Works in Penticton with Angele,
Urmi & Gerry, Free Intro. p.18

July 18 - 20

Soul Journey with Craig Russel, in the
Okanagan Valley, p.21

Colour Therapy The use and application of
Colour to heal and bring about health. \$120.
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July 21

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2 hour Info Lecture at 6pm in Peachland - \$11.
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July 26

Herb Walk A beautiful day of walking and
identifying wild herbs & defining uses, \$60
Nuthery Institute 1-888-284-3333

Roots Mountain Reggae Festival held in
Tonasket, WA. For tickets & info. 509-486-2425

July 28, 29 & 30

Paul Pitchford, in Kaslo see ad p. 21

July 29

Discover Waldorf Education, Open
Houses start. p.22

A Life Transforming 10 Day Retreat
with Kelly Tobey, p. 3

August 1, 2 & 3

Paul Pitchford, workshop in Penticton p. 21

Art & Soul workshop at Tara Shanti Retreat
see NYP - under workshops

August 2

Blending for Health Making herbal tea
blends from domestic and wild herbs ~ \$60
Nuthery Institute 1-888-284-3333

August 3

Archangel Michael & Ronna Herman
in Vernon, see ad p. 18

August 8, 9 & 10

The Sponsorship of Soul with Stephen
Gilligan offered by Erickson College in Vancou-
ver, p.3

August 15 - 17

Soul Journey with Craig Russel, in the
Okanagan Valley, p. 21

The Path of Love with Ramakanta, p. 42

Reiki Intro & Class, Penticton p. 54

Iridology Course ~ Kelowna, p. 42

August 25

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

August 27

Sha's Energy Massage, Free Demo with
Master Zhi Gang Sha in Kelowna, p. 17

September / October

Nature's Way Herbal Health Institute,
Certified Programs, Courses start. p. 5

September 1 - November 28

Pacha School Program, in Nelson, p. 7

September 4 - 7

Awakening to Zero Point with Gregg
Braden in Kamloops, p.17

September 5

Wholebody Reflexology Introductory
Evening Nuthery Institute 1-888-284-3333

September 5, 6 & 7

Wise Woman Weekend, Naramata p.36

Reiki Intensive Weekend, Levels I, II &
Advanced, near Beaverdell p. 47

New Advanced Wholebody
Reflexology course begins. Nuthery
Institute 1-888-284-3333

September 12, 13 & 14

Holistic Healing Faire in Penticton, p.5

Women's Weekend Retreat at Tara
Shanti Retreat ~ see NYP under workshops

September 12, 13 & 14

A Loving Presence Workshop at
Naramata with Samantha Jennings, p. 13

Kryon & John Or at Banff Park Lodge, p. 32

September 19, 20 & 21

Ascending Hearts Conclave, p.28 & 29

September 20 & 21

Integrated Body Therapy with Cassie
Benell in Kamloops, p. 24

Listening Hands Therapy ~ Weekend
Seminar in Vancouver with Kiara & Diane p. 14

September 26 - 28

Chuck & Lency Spezzano, Love, Sex &
Miracles, Weekend Workshop in Vanc. p.19

Canadian Healing Arts Institute in
Rossland, Instruction starts, p.11

September 26 - 29

National Aromatherapy Seminar,
Saskatoon, Sk. College of Aromatherapy,
France 306-382-3200

September 27

Intro to the Hakomi Method, in Kelowna
with Donna Martin, p. 13

October 3, 4 & 5

The Goddess Connection, Women's
Retreat at Silver Lake near Peachland, p.4

October 25

Personal Mastery Program starts in Kel-
owna, by Inner Directions Consultants p.6

ONGOING EVENTS

WEDNESDAYS

Okanagan Metaphysical Society Kelowna - an
evening speaker LAST Wednesday of every
month 7:30 pm. Phone 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.7

SUNDAY CELEBRATION

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

from OSHO Energy Schools



The PATH of LOVE

OPENING to ENERGY
with RAMAKANTA

WHAT IS ENERGY WORK ?

This work is experiential - the focus of learning happens through body expression and awareness. Ramakanta works in an open way drawing on a synthesis of Western and Eastern Techniques: Neo-Reichian Breathwork, Primal and Gestalt with Zen, Tantra, Tibetan Energywork and OSHO Meditations. You are invited to go beyond the restrictive aspects of your personality and let-go ... into laughter, joy and celebration.

WHO IS RAMAKANTA ?

Ramakanta is the founder of OSHO Energy Schools which began in Canada in 1992. Her experience with energy and the human body developed from being an athlete, coach, university lecturer and bodyworker. Ramakanta has facilitated energy events in Canada, New Zealand, Hawaii, Japan, Taiwan, England and OSHO Commune International in Pune, India.

August 15, 16 & 17 in the Okanagan (venue TBA)
\$250 (\$200 with \$50 deposit Aug. 1) includes food & accom.
for information and registration ph/fax: **497-5416**

This weekend offers a taste of the **OSHO ENERGY SCHOOL** happening in BC during the month of September.

Iridology Certification?

by Diane Wiebe

Dr. Bill Caradonna, R.Ph., N.D. has been active in the field of Iridology and Natural Medicine since 1981. He was co-founder of the National Iridology Research Association and has served as Vice President, Director and is currently President.

Iridology is the study of the iris of the eye. This structure has detailed fibres and pigmentation that reflects information about our physical and psychological make-up. It identifies inherited dispositions (how our body reacts to our environment and what symptoms are most likely to occur), risks and future challenges. It also helps to identify inherited emotional patterns which can create or maintain physical symptoms, as well as identify challenges and gifts or talents available to us.

The course is centered on research-based European approaches, has a meaningful certification test and requires college level anatomy and physiology.

Is certification necessary to practice iridology? No, and that is why certification is so important. Since there are no licensing laws or standards of practice, certification sets you apart and recognizes your commitment to your education and the high skill level you have achieved. A higher skill level will greatly benefit your clients.

see ad below

WAKING-UP

Ma Atmo Samarpan

When I met Ramakanta in November '93 I was beginning a major life-shift, moving out of my misery doing rebirthing and meditations with Ratna, the first OSHO sannyasin I'd met. She suggested I go to an energy weekend with Ramakanta. I was scared but I knew I had to keep moving. I was in shock much of the weekend, watching people releasing their emotions and finding courage to express some of mine. During the last breathing structure, I heard myself saying "I'm okay"...so simple!

I met Urmi at my second energy weekend in March '94 where I felt shame about wanting to be special. In '95 I went to OSHO Commune International in Pune, India for six months. Energy schools are a Buddhafield, like what I felt in the commune. A safe place for me to release my unconscious mind and feel my vulnerability. Energy work takes me beyond figuring out what's happening. By going totally into my feeling, 'mind' gets out of the way and understanding happens. Over the past four years I've been to five OSHO Energy Schools in three countries. This September I will be in my sixth School, on the support staff for the second time. I'm excited that two therapists from OSHO Commune will lead open weekends at the school. My life has radically changed since that first energy weekend, I am trusting how I feel, old beliefs have vanished and I'm being more creative. The more I stay *okay right now* the more I enjoy living. I find waking up is simple but it isn't easy!

see ad above

**We are
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Okanagan Natural Care Centre
will be moving August 1st,
from their Sutherland location
to #3 - 1890 Ambrosi Road, Kelowna

IRIDOLOGY COURSE

National Iridology Research Association
Instructor Bill Caradonna

FREE INTRODUCTORY NIGHT

August 15th • 7 pm

Okanagan Natural Care Centre,
#3 - 1890 Ambrosi Road, Kelowna

Precertification Aug. 16, 17 \$200 US

Certification Aug. 23, 24, 25 \$300 US

deposit \$100 by July 15 • Class space is limited

call **OKANAGAN NATURAL CARE CENTRE**
for more information at **250.763.2914** Kelowna

Simply Tarot

by Maurine Valorie Palfy

Persons born between June 21 and July 22 are born with the sign of Cancer ruled by the moon with pearl and moonstone reflecting in the element of water. In the Tarot, this time period is headed by the 'feeling' suit of the Cups. The personality is depicted with the majesty of the King of Cups. You've met him/her, the person that gives the greatest counsel and advice. He loves music, dancing, talking and being there for everyone. Very hard on the self though.... just not comfortable dealing with his 'own' stuff.

The Cancer symbol of the crab tells you quite a bit about the need for a form of rootedness. How convenient to travel with a home on your back... you can be at home anywhere! Of course, everyone needs a place to hang their family pictures & crowns.... it is certain, it's hard to get in and under this shell. Hmm...probably some secret 'shadow' inside... Perhaps it's the verbal ruthlessness...(brutal). As long as emotional confidence and outgoingness is not being replaced with emotional insecurity and secretiveness, no one will ever see how paralysed you become when humiliated. Every change in the moon will affect you. A crab walks sideways, so it is easier for a King of Cups to skirt issues than to deal directly with them. This King is subtle in his possessiveness. Entire meaning to his life can be nurturing people closest to him. Yet, hidden in his palace is a rebellion. It's a deep resentment of not living and dealing with his own life.

The Major Arcana card for Cancer is The Chariot. Number seven of the twenty-two "Trump" cards. The Chariot is the vehicle for the force of spirit to move forward in. Usually the card shows a black (feminine-yin) and a white (masculine-yang) animal or figure pulling a wheeled wagon. For the wagon to move forward there must be perfect balance. A new prospective comes from a changed field of focus. Break away from old molds and find new paths for your growing spirit. Clearing the memory and limitation fields of the mind are the challenge of The Chariot. We learn through darkness so as to fully experience the light. Charioteers see success as results of effort.

First decan Cancers, June 21st to July 1st, have the Two of Cups life experiences. You are to join forces with the object(s) of your affection. As you discover your true self you will have an ideal partnership and marriage. You know the power of loving yourself and of loving your Greater Being. Simultaneously you have feelings of aloneness. Regardless of how others perceive you, you are constantly redefining yourself.

Second decan Cancers, July 2nd to 11th, your life experiences are that of the Three of Cups. Grace, commitment and flowing love are to be yours. When you have structure within, you are open and loving. Clarity of mind gives you productivity. You are an endless nurturer and make a good parent!

Third decan Cancers, July 12th to 22nd, your life experiences are that of the Four of Cups. As soon as you feel you are in a safe and powerful position, you must prepare for an old structure to falter. As you outgrow the old methods (they worked!) you revitalize your position, regain your passion, repair and expand and continue to grow. Learn meditation. Be in peace, and listen to what you say to others and give it to yourself — those wise words are for your ears too!

NATURAL HEALING

Thaïs Baker is a graduate of the School of Natural Healing in Boulder, Co. She is a Certified Energy Healer and trained in Colour and Sound Therapy. Thaïs is a member of the American Federation of Healers and the Guild of Naturopathic Iridologists.

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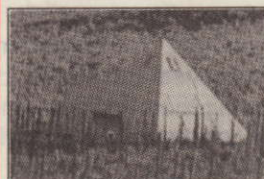
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A DANDY BUR! BY GERRY PARENT

As the sun arcs higher and higher in the sky, reaching its maximum arc June 22 (the summer solstice) everyone comes out of their homes to enjoy another wonderful Okanagan summer. One of the ways in which I have been enjoying the warming weather is by watching all the plant life growing everywhere; from trees to weeds, they all fascinate me, knowing that each and every one can be utilized in some way as edible, medicinal, craft or just for pleasure.

Last month, I talked about Lamb's Quarters and how it could be used (It is still growing abundantly everywhere). This month, I'd like to mention two other common plants that I have been experimenting with: Dandelion (*Taraxacum officinale*) and Burdock (*Arctium lappa*). Both of these plants are alteratives or blood purifiers. They help to cleanse and purify the body by stimulating cleansing organs like the liver and the kidneys.

My personal experience with their cleansing action happened here at the Holistic Centre one day after I had eaten a soup made of mixed vegetables with a few burdock and dandelion roots added. The soup had a bitterness to it (almost all alteratives are bitter), which made it very different from any soup I've ever tasted. That evening I went to the bathroom with a diarrhea that made me feel like I was flushing my insides out. Afterwards, I felt clean, energized and more aware of my body. Another time I added some freshly picked dandelion greens to my salad with the same results.

I have made a coffee substitute by drying dandelion roots in the oven until they are brown and then grinding them in the coffee grinder. I let this brew steep for

five to ten minutes, adding a little honey and rice dream for a creamy flavour. Very good!

I find that dandelion and burdock greens are a bit too bitter for me in their raw state, so I either mix only a small amount into salads or cook them up in water until they are tender.

While standing at the front doorway at the Holistic Centre the other day, admiring the young chicks of a songbird that nested in one of our cedar bushes, I noticed a lone dandelion plant which was in full bloom in the rocks near the base of the tree. I admired its tenacity for living. Later that day I happened to look at it again, but this time the flower was tightly closed. Reading my herb manual by Rosemary Gladstar Slick put this interesting event into a cheery perspective that I'd like to share with you. She mentions that the dandelion is a "fully sensible plant: it nods its head and closes its blossoms each evening as the sun sets, and is one of the early risers each day as the sun greets the horizon every morning. Getting a full night's rest each evening, it's no wonder dandelion, even in its elderly stages, is healthy, vital and strong enough to resist poisons, pulling, and all the bad vibes bestowed upon it. If you were to pick one power plant, this may be the one to choose!"

**Gerry is hosting a Herb Walk
in the Penticton area
Sundays July 27 and/or Aug 17**
For more information,
call 492-0987

Gerry

Happy weeding!



Healing Suggestions

by Karen Timpany

In my healing practice I spend a lot of time giving out recipes and suggestions for many different ailments. Because of this, I thought that it might be beneficial to many of you if I published these simple but very effective remedies.

Carpal Tunnel Syndrome Continual use and over stressing the tissues is the cause of Carpal Tunnel. Your body eats up the B Complex vitamin when under stress therefore when you over stress you have no B vitamin to feed the areas most used physically. B6 will ease the stress to your body. I usually suggest Jamieson Brand B100's as they have ample B6 vitamins and you should never take one B vitamin by itself, it is always better to add the whole complex. Massage in lots of Castor Oil and apply dry heat for one hour. You can also do hydrotherapy for yourself. Just fill two sinks, or large containers with water, one quite hot and one very cold. Alternate putting your wrist or whole arm in the water for one to two minutes at a time. Follow up with massaging in the castor oil again. (Castor oil has Vitamin A in it and that fights inflammation in the tissues.)

Urinary and Reproductive concerns... The urinary and reproductive systems are sympathetic to each other. If one is out of sorts, the other system will often show symptoms of distress. A simple recipe called the Kidney/Barley Cleanse is often of benefit. You will need 1 cup of Pearl Barley and 7½ cups of distilled or purified water. Boil the water, add the barley, bring to a boil again then simmer for fifteen to twenty minutes. Strain to keep the liquid. Add the juice of one fresh lemon. Shake, keep in the fridge, drink over a period of two to three days.

Stress and the Adrenals A great herb to feed the adrenals is simply Red Raspberry. You can take it in capsules or make a delicious herb tea. Either way it will aid the adrenals. Remember to add the B complex and take epsom salt baths to relax your body and relieve the stress.

Bee Stings and Mosquito bites Placing a freshly cut onion on a bee sting will draw out the poison. Wash and follow up with the Aromatherapy oils. Use either Clary Sage, Frankincense or tea tree oil.

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July 7-10 Art & Meditation Retreat

Time for silence, for meditation and for working with your inner images in paint and clay. With **Ken Gould**, meditation teacher for 10 years and **Sherry Dupee**, director of the Green House. Residential price only: \$525

July 21-22 Tai Chi

Come play Tai Chi with **Harold Naka** Taoist Rebel. Good for beginners and experienced alike. Workshops: \$150 Residential: \$275.

August 10-23 Creating Musical Theatre

For ages 15-18. An opportunity to write, compose and perform. With **Ann Southwell** and **Richard Hancock**. Workshop: \$500-\$300 (depending on ability to pay.) Residential: Add \$390 in a tipi, \$530 in Green House (includes all meals)

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Warts I have read that all types of warts are usually a result of a lack of Vitamin A. You can take Vitamin A internally and to the wart, apply castor oil and baking soda to the area and cover with a bandage. Continue until the wart is gone.

Gout is caused by an over acid condition in the body. Elimination of sugars, red meats, alcohol and fruit is one method of balancing out the body chemistry. Or you could eat a bowl of cherries a day. Apparently it works.

Have a wonderful summer and if you've never tried a complimentary therapy,

make this summer your introduction. Take care of your body, it's the only one you're likely to get.

Dane Purschke

has moved to Saskatoon.
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and clients for a memorable
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Psychoneuroimmunology

by Linda Luider and Lynn Balfour

"Psychoneuroimmunology" is the new science grounded in the healing power of pleasure. It has been confirmed that pleasing experiences such as falling in love, listening to music, receiving a nurturing massage and inhaling pleasant fragrances actually strengthen the body's immune defenses. Unhappiness, on the other hand, lowers our resistance to all manners of physical ills — be it colds, flu, shingles or something much more serious. Emotional disharmony in its many guises can eventually manifest as a physical illness.

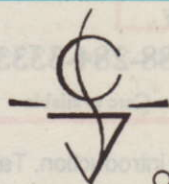
Aromatherapy reigns supreme as a means of buffering the adverse effects of "stress" — the reality of modern day living. The joy of aromatherapy can help correct the balance, by enabling a person to relax deeply, to let go of all their cares — even for just a while — it is potentially powerful enough to activate the body's own innate self-healing ability.

Scents are a unique way of communication. We have all experienced a familiar aroma that triggers a memory, be it a bakery that reminds you of Gramma's kitchen or lilacs that bring to mind a favorite person, place or thing; or even an unpleasant connection with the past. Our sense of smell is so acute it is almost 10,000 times greater than our other senses. Even a male moth can detect a female moth from up to thirty miles away.

The use of aromatic plants goes back in documented history 60,000 years B.C. From the beginning of aromatic time it was believed essential oils, perfume and incense could heal the body, alter moods, stir memories, arouse sexual desire and generally improve the quality of life.

Essential oils go directly into the brain via the limbic system through the nasal passage. Because of this they have an immediate link to emotions, both past and present. By connecting our conscious to our unconscious memory, it is possible to address old wounds, release emotions and address behaviour patterns. The aromatic diffuser is a way of dispersing oil in a subtle way that will enter the limbic system through scent.

See ad on page 6.



OSHO CRANIOSACRAL BALANCING

OSHO Craniosacral Balancing is a subtle, non-invasive approach to evaluating and enhancing the craniosacral system, the environment in which the brain and spinal cord function. This workshop gives you a taste of the science and mysteries of this work. Learn techniques for tuning into and feeling the craniosacral rhythm and its specialties. Through dance, breath and meditation develop a deeper, more sensitive touch and the 'response-ability' to address the body-mind-spirit as a whole.

This workshop is open to everyone.



Usha Thorne, BA, CST.,

A Certified Craniosacral Practitioner and Teacher for 20 years, Usha is also trained in Polarity, Shiatsu, Massage, Reiki, Jin Shin Do, Dialoguing and Counselling.

Workshop July 11, 12 & 13 in Penticton

Registration by July 5 \$145 • \$165 after • \$90 to repeat

information and registration: 497-5416 **INDIVIDUAL SESSIONS AVAILABLE**

Nourish the Healthy Qualities of Your Animals, Naturally!

by Lori Wheeler

Kelp meal and diatomaceous earth have been fed to livestock in countries around the world for centuries. It is only recently, however that these wonderful natural products have been made commercially available and have been combined into an affordable mineral for livestock.

Natural Farmworks has formulated four natural products into OMNI Mix, a feed designed to improve the overall health and productivity of a wide range of animals including cattle, sheep, emu, llamas and bison. They developed an organic mineral mix, blending 100% natural minerals and vitamins in a form that is extremely bio-available. This blend includes kelp meal, diatomaceous earth, naturally mineralized rock salt and zeolite.

Everyone has heard of or experienced problems from feeding sheep minerals which were developed for cattle or vice-versa, so you may be understandably leery of a mineral supplement which benefits a range of species. The difference with OMNI Mix is that the minerals are plant-sourced and are perfectly balanced by nature. The animals take what they need from the mineral and pass the rest through. A synergistic affect of these properly combined macro and trace minerals brings about such benefits as increased fertility, enhanced immunity and an improvement in overall health.

OMNI Mix is producing good results for bison producers such as Brian Cunningham in Alberta. Brian conducted fecal test samples to check for parasites after using diatomaceous earth for several weeks. His tests came out negative. Neither he nor his vet believed it. So they took more samples from different bison from different herds which had been fed diatomaceous earth. Negative. Not only did he solve his parasite problem with a non-toxic, natural product, but he found that the coats and overall appearance of his bison had improved. Another benefit is that some diatomaceous earth remains in the manure, preventing the eggs of flies and parasites from hatching out, thereby breaking the cycle of reinfestation.

Natural Farmworks' diatomaceous earth is 95% silica. Silica greatly enhances the ability of growing bones to absorb calcium. Since bison calves grow and develop very quickly and can gain as much as 350 pounds in their first year, silica is an important addition to their diet to enhance the development of their skeleton. Even humans can benefit from the silica source in DE to assist in the mineralization of calcium into bones and teeth. It is approved as a food grade product by Agriculture Canada.

OMNI Mix is primarily comprised of a species of kelp meal called *ascophyllum nodosum*, one of the most nutrient dense plants on earth. Kelp meal is a source of over sixty minerals, twelve vitamins and a full range of amino acids in a naturally balanced form. All these minerals are naturally chelated and are readily available to the body. Therefore when checking analysis of a natural product such as kelp, keep in mind that all

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August 23 & 24 - Advanced Reiki Training & Masters

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Reiki Master Johanna • 250-446-9844

Box 143, Beaverdell, B.C. V0H 1A0

of the nutrient value is benefiting your animal, and not simply passing through its body. Another proven benefit of kelp meal, backed by recent research conducted at Texas Tech University among other studies, is that kelp significantly boosts immunity.

A great deal of research has been done on determining the affects varying levels of micro and macro nutrients have on each other. For example, selenium is adversely affected by even small variations in the levels of other micro-nutrients. Zinc blocks the absorption of copper, Vitamin D enhances the absorption of calcium and phosphorus. It makes sense that feeding a mineral supplement which is balanced by nature would ensure proper levels of all trace minerals.

Zeolite is another element formulated into the organic mineral mix. Zeolite is a porous volcanic mineral with absorptive properties. It is particularly effective in absorbing excess ammonia in livestock, thereby enhancing feed conversion and nutrient availability. Studies have shown that zeolite also draws mycotoxins and heavy metals out of the body. It is another tool therefore, in helping producers reduce the incidence of scours in their herds. See ad below

keep it natural

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