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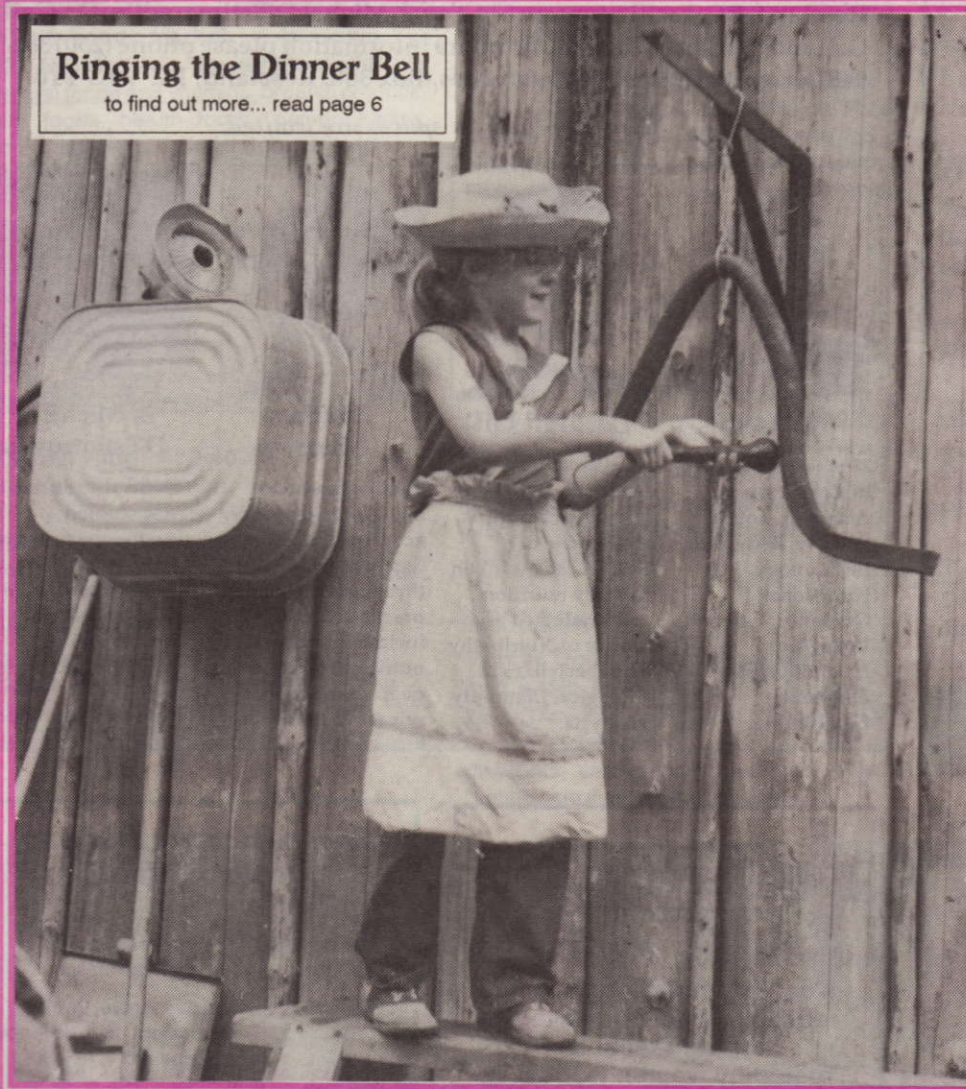
FREE

# ISSUES

M A G A Z I N E

## Ringing the Dinner Bell

to find out more... read page 6



*Serving B.C.'s  
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and beyond...*

**A Regional  
Publication**



**Health  
Practitioners**



**Events**



**Options  
for  
Health**



**Conscious  
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**September 1997**



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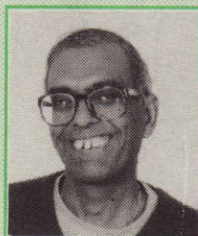
## CANADIAN HEALING ARTS INSTITUTE

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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.

*Register early as spaces are limited.*



**Sid Tayal**

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**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.



**Michel D'Estimauville**

B. Sc. degree and has studied numerous forms of holistic healing, holds a certificate in acupressure and is a reiki practitioner.

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# Off-Centred in the Tao

'Surfing from Sea (lake) to Chi' by Harold Hajime Naka  
...sinking like a liquid rock

Join Harold  
at the  
Fall Festival  
of Awareness



Remember back in the 60's when California dreamin' meant surfing, hot rods and bikinis. Well, I was one of those dreamers. I remember reading the surfing and hot rod magazines, memorizing the neat lingo like 'hang-ten' and 'blow your doors off'. I used to water-ski a lot in those days, doing crazy stunts like barefoot skiing off the beach. Then one day I thought to myself, "Why not surf behind my boat?" So I bought a styrofoam surfboard and had it fibreglassed. I was pretty excited as I tried to imagine surfing on Okanagan Lake. After many wipe-outs we came up with a formula that worked (sort of). By adding extra weight in the back of the boat and going slowly, quite a large wake was created. The tricky part was getting on the wake. I would start by kneeling on the board and holding onto a ski rope, carefully stand up and pull myself toward the boat. Then when I felt the board riding the wake, I would let go of the rope. By now I was only a few feet behind the boat and the thought of falling off and hitting the propeller made for a nervous ride. Well, the rides didn't last long and the novelty wore off. That was Zen, this is Tao. It is interesting to reflect back and notice how much things have changed and yet

stayed the same. Now I am surfing the chi wave of life, which like the waves in the sea can toss you off in an instant. The best way to surf life's chi is to relax. Stay centred and rooted, yield to the forces, smile and enjoy the ride and wipe-outs. Just like Qigong-Tai Chi practice, this summer feels like I am riding the magical Tai Chi wave, visiting wonderful places and people. The first stop was at the "Green House" in Christina Lake for a two day Qigong Tai Chi workshop. What a beautiful setting, with a turn of the century farm house transformed into an art and retreat centre. The people, relaxing environment and delicious food prepared by Fran made my stay there a joyous occasion. I would recommend the "Green House" to anyone who is looking for that special re-treat.

From there I caught the wave to Anacortes to spend a few days of Tai Chi-ing with my friend Andy Dale from Seattle who organized the first Tai Chi conference retreat at Washington State Park by the sea. The instructors were great and the sixty participants really had a good time learning and sharing together. The highlight for me was when guest instructor 'Super' Dave Harris demonstrated his magic on his students,

tying them up with joint locks with the greatest of ease. Not only is Dave a highly skilled artist but a very nice person. To add icing to the cake Dave's teacher, Master Fook Yueng, appeared and cast his youthful spell on the people who gathered around him. Watching Dave and Master Yueng, who is eighty years old, playfully sparring together was a real treat. From Anacortes to Naramata Centre the next day for a week of sharing Dancing Dragon Qigong Tai Chi. Naramata feels like a second home to me and the family gets to enjoy the programs offered there. The nurturing and community that happens there is quite amazing. From Naramata it was back home to Kelowna for a few weeks to resume my irregular summer classes in the park and on the beach. Then I'm back at Naramata Centre for another week. The following week it's Rex Eastman's Summer Tai Chi Camp, where I am a guest instructor. What a wonderful way to meet people who become lifelong Tai Chi friends. I want to thank all the Qi Riders who have helped me to yield. My Tai Chi wave has washed me up on the beach, reminding me that summer is now ebbing fall. I trust your summer was as chi-full as mine. Until we ride again, may the Chi force be with you.

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## FREE Qigong-Tai Chi Classes

Kelowna Unitarian Church  
1310 Bertram St. at Cawston Ave.

Sept 4th • 7 pm  
Sept 7th • 2 pm  
Sept 8th • 9 am

Westbank Community Centre

Sept 3rd • 7:00 pm  
Sept. 9th • 9:30 am

For info on Fall Classes  
Harold Naka 762-5982



# Rhythm Project, Drum Circles, Healing Rhythms & Much More!



A group of individuals collectively known as the Rhythm Project, dedicated to the serious arts of healing, community and celebration through music and movement, launched their much needed activities this summer. The Rhythm Project consists of Trevor Salloum, Joan Casorso, (Auntie) Poppy Angus and Kim Hiemstra. Project members are Kelowna residents with an impressive array of training, skills and experiences to offer to the Okanagan, and eventually the world!

This summer, at Summerland Scout Camp Boyle, forty very fortunate individuals got the first opportunity of many to experience some of what the Rhythm Project has planned for the Okanagan. We spent an amazing weekend drumming, singing, dancing and playing with Barry Bernstein, a well known music therapist from the United States.

Not only did Barry share his considerable warmth and expertise in dealing with the disabled, autistic children, Alzheimer disease patients, seniors, the learning disabled, recovering substance abusers, and youth at risk, we had fun! We learned that combining musical instruments with movement and relaxation exercises could improve our communication skills, concentration and self image, reduce stress and create balance in our lives. All this and a good time too!

Barry had us laughing, meditating, dancing, drumming, singing, and bouncing super balls, and all the while learning wonderful techniques to heal ourselves and others and build community. One participant from Vancouver said that it was "One of the most fulfilling amazing workshops of my life." Yet another noted that "I felt the workshop helped me to relax deeply and tune into my Higher Self. I felt rejuvenated, inspired and connected with other participants. The energy reached was positive and healing. I benefited greatly from my participation in this workshop."

The Rhythm Project is planning to bring Barry Bernstein back in May or June of next year. In the meantime, a number of on-going drum circles are being scheduled for the Okanagan incorporating many of Barry's music therapy techniques and more. Future plans include training more facilitators in Rhythm Project skills, in order to hold more on-going workshops and events.

The intention of the Rhythm Project is to create community through music. Their circles, classes and events will focus on the therapeutic and social benefits of drumming and dancing. Project members believe that community and team building are essential for a healthy world. Want to relax, have fun, learn some great moves, fabulous rhythms AND heal yourself and your community? Why not sign up for a session or two when the Rhythm Project is in your neighborhood. That, my friend, is something to celebrate. Oh yes!

*written by Laurel Burnham*

## The Rhythm Project



**Community  
Through  
Drum Song  
and Dance**

## CALENDAR OF EVENTS

### KELOWNA

**DRUM CIRCLE** - Trevor Salloum  
Sept. 13, 1997 - Oct. 18, 1997  
Oct. 25, 1997 to Nov. 29, 1997  
Saturdays 4:00 to 5:00 pm \$48

**INNER RHYTHMS** - Joan Casorso  
Self Massage and Yoga  
Oct. 15, 1997 to Nov. 29, 1997  
Wed. 6:00 to 7:00 pm \$70

**Drum, Dance and Movement**  
Oct. 15, 1997 to Nov. 29, 1997  
Wed. 7:30 to 9:30 pm \$140

**KIDS BEATZ** - Poppy Angus and  
Kim Hiemstra  
Oct. 18, 1997 to Nov. 29, 1997  
Wednesdays 4:00 to 5:00 pm  
(ages 7 and up) \$70

### PEACHLAND

#### CELESTIAL HILL DRUM CIRCLE

Joan Casorso (adults)  
Sept. 12, 1997  
Oct. 17, 1997  
Nov. 14, 1997  
7:30 to 9:30 pm \$20  
Call Jill: -767-WEST

**KIDS BEATZ** - Poppy Angus and  
Kim Hiemstra  
Oct. 17, 1997  
4:30 to 5:30 pm \$10

### PENTICTON

**DRUM CIRCLE** - Joan Casorso \$20  
**KIDS BEATZ** - Poppy Angus and  
Kim Hiemstra \$10  
Oct. 18 and Nov. 15, 1997  
1:00 to 3:00 pm  
Call Laurel 492-7717

## PRE REGISTRATION REQUIRED - PHONE

Kim Hiemstra 860-7940  
Trevour Salloum 763-3951  
Joan Casorso 862-9724  
or contacts indicated



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**ESTABLISHED 1989**

ISSUES has a circulation of 20,000 copies.

It is distributed free throughout the Okanagan, Kootenay & Shuswap Valleys. It is mailed north to Terrace, PG, Williams Lake, Whitehorse and many small towns in between, plus Vancouver Island and Alberta are getting enjoyment from reading about what's happening here.

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## Musing

with  
Angèle

publisher of ISSUES



### 'Ringing the Dinner Bell'

Some things are just worth repeating and so is the photo of me on this month's front cover. For those of you who weren't reading my Musings six years ago, the photo is me standing on the work horse ringing the dinner bell. It was the fun part of working hard helping my Mom prepare dinner for a family of ten. Rereading that column reminded me of how long I have been struggling to understand my digestive system. Back then, I was focusing on different diets. Today, I am focusing more on the energetic flow that effects the chi through the organs. Yes, the food I eat is important, but it won't get digested if the chi is blocked and not flowing. In Chinese medicine, the stomach has to do with assimilation of ideas or food. It doesn't differentiate on an energetic level. Understanding this and bringing to the surface my old patterns of confusion is giving me true energy. It took a while for me to figure out that I was burning up my nervous and reserve energies and that it is a slow process to replace them.

Paul Pitchford, author of *Healing with Whole Foods*, was in Penticton this summer and his recommendations for getting and staying well were to spend time meditating and exercising, after which dietary changes would happen without a lot of mind effort. His reasoning was that if you meditate, you will know what your body needs. Exercising gives vitality to the body to support the change. His book is well-researched and goes into great detail as to the importance of organic food, food combining, and the assimilation of vitamins and minerals. But more importantly, he joins the Eastern systems of emotional wellness and the Western belief system of diet in a way that can be integrated into daily practice if one wishes to improve one's health.

This summer has offered me many opportunities for healing, including a change in my breathing pattern. After two more Integrative Body Psychology sessions with Ken Martin and lots of deep tissue manipulation with Jason Perry, I am getting closer to the core of understanding *why I am the way I am*.

Each time I go through another level of old pain, my physical body feels different. Sometimes it feels drained as my emotional body shifts its energy pattern, and sometimes I feel energized. A week after my third session with Ken I woke up Saturday morning and sensed a small pop in my back and knew it wasn't a physical pop. I assumed it was my emotional body letting go of what Ken and I had been processing. I could feel a need in my body for more air so I started breathing deeper and faster. Then I started yawning, almost gasping for air. I couldn't seem to release my jaws wide enough to get in the amount of air I wanted. It seemed like my lungs had expanded and I needed to breathe



in more at one time than I was used to. After a few breaths my lungs would feel full and satisfied, then the feelings would start over again. This breathing pattern switched back and forth most of the day as I went to garage sales, ate lunch and typed. Having to concentrate on my breathing helped me to stay present in my body. Now, a month later, I am still breathing deeply as I listen to my body with its demands for more air. I am delighted to be breathing deeper without any mind effort but it does feel strange to be reminded to breath deeply, constantly.

With all this breathing going on, I decided to meditate, so I quieted my mind. I could feel a strange energy swirling through my sensitive stomach, but what did it mean? I have read that the stomach is the seat of the emotions as well as a machine for sorting out food and ideas, so I tuned into my highly-charged stomach. No specific answers came, so I concluded it was the energy blocks that Ken and I had touched on during our session that were being released. The issue was boundaries. The first session was more about my mother and the second one with my Dad. In my regressed state, I could feel how they took over and fused their beliefs systems into me. This created confusion and frustration as one aspect of me split off, gave up and laid down. It didn't have any more energy to fight back.

Both my parents were very good at expressing their anger and I didn't understand why I couldn't. I bit everyone and having them bite me back only made me more angry as the confusion set in at not being able to express it. Recorded in my baby book are my first words..." Mama" and "I'm mad." I can still remember hearing a voice in my head when I was four or five years old that said "Give up, Angèle; they have won."

During my session with Ken I could actually see myself as a youngster lying in the dirt, broken-hearted. He asked me if I was ready to love and understand that part of myself that had given up. I watched my child-self stand up, dust her bum, and be welcomed back into the open arms of the now grown-up aspect of myself. Tears of joy released themselves as a prickly sensation spread through my body.

With my older, wiser self holding my little self's hand, I was able to go through the stages of anger that were stored inside of me. I started out feeling like I was shouting at Dad, telling him to 'f' off with his anger. Then it shifted to me being annoyed with his stupid rules, and finally, I could see myself stroking my fingers over each other and saying to Dad, "Shame, shame, I won't play your silly game." At that point Ken asked me to give back to my father his anger and his rules. I cracked up laughing for this idea seemed absurd ... almost inconceivable. No way did I have enough energy to do that; I had given it my best shot and got exhausted and besides, he always won. Ken asked me to see my wiser self joining together with the disowned part that had given up. Together, we had the strength to tell Dad that I no longer needed to figure out his anger, and I no longer needed to disperse his energy through my body. I had emotions of my own that needed expressing. Reclaiming back another disowned part of myself allows me to have more compassion for both of my parents. I can love them even more, now that I am not fused with them emotionally.

Releasing the emotional fusion with both my parents, my mother last month and my father this month, has also given my body the extra energy I need so that I can consciously breathe



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deeper and take in more oxygen for I know that the breath represents vitality, replenishing the oxygen into my lungs and energizing my blood, so I am delighted to be doing what my body is asking of me. Releasing suppressed feelings is releasing my suppressed breathing pattern. Intellectually, I had already worked through much of this, and now it is time to let go of them from my emotional body.

The gift of this early pain and hurt was that I became very good at reading people. I learned at a very young age to read my father's eyes or listen to the tone in my mother's voice so that I could run, if I needed to; I didn't like getting spanked. Today, I use that skill to figure out people by reading their energy body. Understanding their strengths and their weaknesses fairly quickly helps me to do what I do best—work with collectives of people. It also gives me the compassion to love the goodness that shines through their faults.



Angèle ♥



## 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

**Prince Hirindra Singh, PhD.**, Mystic, vedic numerologist, and teacher

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

**Denie Hiestand**, Founder of Vibrational Medical Research, body electrician

**Shelley Coleman**, Reiki Master, sound and body movement specialist

# Ascending Con

The Autumn Equinox of 1997 marks a special celebration of our efforts and determination to awaken to greater possibilities. This year's focus is to *erase* the idea of separation from our minds and to eliminate the experience birthed from this idea, to embrace *unlimited consciousness* born in mind, body and soul and to birth the experience of unconditional love, wisdom and power in our lives. During the conclave, the Goddess of Venus, the Queen of Light, Mother Mary, Akasha and Beloved Jesus will overlight and embrace each one with loving assistance and radiant qualities.

## September 19, 20, 21

It's *first come, first serve* and we're expecting 400, so reserve your space as soon as possible!

**Friday, September 19:** Doors open at 5 pm,  
the Ascending Hearts Conclave  
runs from 6 until 10:30 pm

**Saturday, Sept. 20:** 9am-3pm & 6-10:30pm,  
**Sunday, Sept. 21:** 9am-1pm & 3-6pm



# Hearts clave



**Craig Russel**, founder of SOUL JOURNEY and Paul Armitage, composer and musician, under the guidance of Beloved Akasha, Angel of the Rose Pink Ray, invite you to join us in a spiritual pilgrimage to the Okanagan Valley for the Fall Equinox. At this time we will hold a focus for the Ascended Masters and Angelic Energies, to pour forth their Treasury of Light for personal and Planetary awakening and enlightenment. Each one will have the opportunity to receive, anchor and integrate their Treasury of Light! The Conclave will include a wonderful array of speakers, teachers, channels, musicians and body workers.

## Vernon Lodge

**Cost of Conclave \$250 Cdn.**

For more information, contact

**Deanna Grace Mills at 250.558.5455**

To register send a cheque payable to Craig Russel  
c/o Deanna Mills, #7-4200 Alexis Park Dr.,  
Vernon B.C. V1T 6H3

Tickets and information package will be sent to you.

**John Solano**, Columnist Shared Vision, founder Quest Empowerment

**Rhoyalle Taylor Ryane**, Reiki Master, teacher, holistic practitioner

**Matisha** from Hawaii, Mt. Shasta, inspirational singer songwriter, comedian

**Cheryl Grismer**, Teacher, counsellor, channel, intensives & retreats

**Troy Lenard**, Akashic life reader, sound, colour, ray specialist

**James R. Todd**, Creator & channel Archangel Michael cards, visionary artist

**Volodya Chernencoff**, Goldsmith, crystal master and musician

**Paul Armitage**, SOUL JOURNEY celestial music channel, composer

**Bruce Martin & Susan O'Shea**, Singing native songs of spirit.

## The Conclave Celebration will include discourses &:

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Music Mantras, toning and songs to align your personal energy with the celestial energies

Community building through powerful new teaching and healing modalities

Personally receiving Reiki healings, adjustments and alignments

Lots of dance movement, breath therapy and exercise to integrate the energy fully into your physical body

Understanding of personal & planetary enlightenment and the real meaning of ascension

Holding a tremendous focus, to receive the Ascended Master Treasury of Light that will pour forth this weekend, through each one's Life Stream. Reiki Masters and practitioners will be available to help you anchor the Treasury of Light energies in your 3-body system

A special dispensation from the Celestial Mothers of Light including Mother Mary, Mother Leto, Mother Nada, Mother Meta, Beloved Quan Yin, Beloved Akasha and the Queen of Light

Deep prayers of love and gratitude to our Earth Mother; First Nations prayers & sacred pipe ceremony for peace and harmony, pouring forth Love to the forces of nature and all earth elements and unity of all peoples, all races

A great opportunity to connect with more of your spiritual family



# Superfoods For Peak Performance

by Sophia Jesswein

*I disagree with the old saying, "You are what you eat", but say, rather, "you are what you digest, absorb and assimilate."*

The most remarkable aspect of the human body is an ability to convert nature's building blocks, FOOD, into human flesh, blood, hair, skin, organs, muscles, brains and bones. Our bodies are genetically programmed to repair, regenerate and fight disease every living moment. In the absence of proper building blocks, such as organic, wholesome, untainted, nutritious foods, pure air and water, and a balanced physical, emotional and spiritual state, the body's communication system begins to fail, producing both psychological and physical wastes.

North Americans spend over a billion dollars per year on nonprescription drugs to treat constipation, heartburn, gas and diarrhea alone. Our diet is abundant in high-fat animal foods, convenience and fast foods, some outright

junk foods and sugar-laden soft drinks. Since environmental toxins and added chemicals, hormones, agricultural pesticides and herbicides are rampant in our modern foods, it's no wonder that many of us have less than perfect digestion and suffer from many chronic diseases.

When we consume cooked, processed, denatured foods our internal organs strain and eventually degenerate as they work harder to digest these unnatural foods. Our bodies spend excessive energy producing more digestive enzymes to break down cooked foods, robbing us of vital energy needed for growth, maintenance and repair of tissues.

Surveys show that two-thirds of us have digestive problems causing various degrees of discomfort. Rather than reaching for over-used drugs to alleviate symptoms, we can choose healthy, simple alternatives, such as a balanced diet with the inclusion of alkaline forming whole green Superfoods that can supply

our bodies with quality building blocks to enable the building of top quality cells.

Our bodies are better able to process nutrients from natural, organic sources, and we can help our digestion and overall health by eating the best nutrient-dense whole foods. Thus, our first option should be organically grown foods, which are as fresh as possible and preferably raw with little or no added fats. However, if our digestion has been compromised over a long period, good food alone may not solve our problems. We may want to consider cleansing or a program to give our digestive organs a much needed rest; choosing Superfoods to soothe and build our digestion back to normal, healthy functioning.

Super foods are all reputed to offer phytochemicals and phytonutrients which can prevent cancer, offer alkaline forming minerals, antiaging antioxidants, phytoestrogens, excellent sources of living plant enzymes as well as organic vitamins, trace minerals, fiber and essential amino acids. Blends of these alkaline-forming, concentrated superfoods such as **GreenAlive**, are prepared in a special way to enhance their healing and restorative qualities. Grown organically, they are condensed through spray drying without heat and are rendered into powder. When in powder form, mix your superfood with pure water or fresh vegetable juice for an instant, alkaline pH balanced, healthy fast food. Green Superfoods along with bowel cleansing products such as Bioxy Cleanse can also be used in a cleansing and strengthening program to support the body's inherent healing ability.

Super green foods can help you in many other ways. They are all reputed to strengthen the immune system, increase energy, improve stamina, add alkalinity to our systems, sharpen mental acuity, and both deodorize and cleanse the cells and colon of toxins. Remember, health is a lifetime practice, it is gained or lost at the cellular level daily.

So if your digestion is less than perfect, make some choices now to give yourself a break, regain your energy and vitality and take control of your future health.

*Sophia is a nutrition consultant, food researcher and the producer of the Eat For Energy video cook books.*

## GREENALIVE

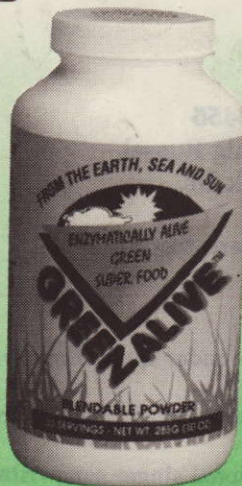
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# Aromatherapy

by Lynn Balfour

In aromatherapy there are many different ways to use the essential oils. One of the best ways to utilize the natural effects of the oils is to use an aromatic diffuser specially made for this purpose. The diffuser only uses a tiny amount of the oil, perhaps a few drops, and breaks them into a fine mist that gently disperses into the air releasing the naturally therapeutic scent into a room or car. These minute particles stay suspended for several hours at a time and revitalize the air through their healing properties.

The diffuser is a wonderful opportunity to use a special blend or your own fragrance to create the atmosphere you desire. When having romantic company, place a few drops of jasmine in the diffuser, it is considered an aphrodisiac and is relaxing. Orange, lemon or tangerine help create a clean and fresh ap-

peal. If you want to relax after a hard day use an oil such as lavender, bergamot or marjoram to help you unwind.

Another great place to use essential oils is the bath. Adding essences to a warm bath can help relieve skin problems, muscular aches and pains and they can also let you get a restful sleep or can simply be used for pleasure.

The purpose of a warm bath is to relax the body and mind, adding a relaxing essence such as chamomile and lavender enhances this effect, making the bath an ideal agent for treating insomnia, anxiety, nervous tension or other stress related problems.

Very hot baths increase the efficiency of the sweat glands which is beneficial if you are suffering from a cold or the flu. The most appropriate oils to use should be refreshing and have a

connection with the lungs such as eucalyptus, lemon, peppermint and pine. However hot baths can be draining and cause the skin to age more rapidly.

For a cooler bath you may try adding some stimulating essences such as pine, rosemary and/or eucalyptus.

To add the essential oil sprinkle four to eight drops onto the water's surface after you have run your bath and stir to disperse it throughout the water. If you have dry skin you may wish to mix the essences with some base oil to soothe and make your skin silky soft.

So whether you've had a muscle crunching day out in the garden or a mind boggling one in the office, you can relax and relieve stress in some very easy ways using a diffuser or a good old fashioned bath. The choice is yours!

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# CALENDAR

## of Events

### September

**Transformational & Miraculous**, Rev. Joshua will be travelling to various towns in BC Phone 250-295-3512 or 250-547-8910.

### September 4 - 9

**FREE QiGong & Tai chi**, Kelowna, p. 04

### September 5

**Wholebody Reflexology** Intro. Evening Nuthery Institute 1-888-284-3333, p.40

### September 5, 6 & 7

**Wise Woman Weekend**, Naramata, p.59

**Osho Meditation and Celebration** in Vancouver with guest musicians from India. For more info call: 604.261.6364, p. 21

### September 8 - 12

**Advanced Addictions Counselling** starts, Erickson College, Vancouver, p. 3

### September 11

**NLP Practitioner Training** starts, Erickson College, Vancouver, p. 3

### September 12

**Wholebody Reflexology**, Certified course begins. Nuthery Institute 1-888-284-3333

### September 12, 13 & 14

**Holistic Healing Faire** in Penticton, p.13

**Wellness Fair '97** in Vernon, p. 16

**Women's Weekend Retreat** with Blanche Tanner at Tara Shanti Retreat see NYP under workshops also ad p. 49

**Osho Energy School** presents Being Love, Living Love, Sunshine Coast, p.21

### September 13, 14 & 15

**Bernard Williamson** will be in Kelowna Sat: Public Lecture, • Sun: Healing Workshop Monday: Private Sessions. For details see p.53

### September 14

**Winds of Change** ~ Singing, meditation and potluck. Get to know others in Kamloops. p.24 Call Theresa 374-3104 or Rosanne 314-0302

### September 16

**Andrew Schneider** Lecture in Kelowna, p. 39

### September 17

**Ear Candling Workshop**, Certified Learn to Ear Candle, evening 3hr. Nuthery Institute 1-888-284-3333.

### September 19, 20 & 21

**Ascending Hearts Conclave** with Craig Russel in Vernon, p. 8 & 9

### Integrated Body Therapy

Cassie Benell in Kamloops, p. 54

### Listening Hands Therapy ~ Weekend

Seminar in Vancouver with Kiara & Diane p. 50

**Andrew Schneider** ~ workshop p.39

### September 22

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

### September 23

**Meet Prince Hirindra Singh** in Westbank An informal potluck evening, p. 45

### September 24

**Okanagan Metaphysical Society** Filipino Psychic Surgery, Kelowna presentation 1-250-862-5156 for further information.

### September 25

**Developing Capable People** ~Turning On The Light, Okanagan Centre, BC, p 18

**Pyramid Ceremony** in Kelowna, p. 23

### September 25 - 29

**Basics of Solution Focused Counselling** starts, Erickson College, Vancouver, p. 3

### September 26

**Eckankar Intro Talk**, Penticton, p. 24

### September 26 - 28

**Canadian Healing Arts Institute** in Rossland, Instruction starts, p.2

### September 26 - 29

**National Aromatherapy Seminar**, Saskatoon, Sk. College of Aromatherapy for Medical Professionals, France 306-382-3200

### September 27

**Energy Awareness Seminar** starts with Denie Hiestand & Shelley Coleman, Kelowna, p.51

**Intro to the Hakomi Method**, in Kelowna with Donna Martin, p. 41

**The Psychology of Colour**, Abbotsford, Certificate, Weekend, Nuthery Institute 1-888-284-3333.

### September 27 & 28

**Reiki** Level 1, Nuthery Inst. 1-888-284-3333.

### October 3 & 4

**Discovering the Creative Power in Dreams** with Jeremy Taylor in Kelowna, p. 55

### October 3, 4 & 5

**The Goddess Connection**, Women's Retreat at Idabel Lake, see back cover

### October 10, 11 & 12

**Embracing the Reality of Your Life**, Kamloops, p. 21

### October 15

**Making Ear Candles**, Evening Workshop 3 hours. Nuthery Institute 1-888-284-3333.

### October 17 - 19

**Reflexology Certificate Seminar** Vancouver, Level 1, p. 25

### Fall Festival of Awareness

Naramata, pages 29-36

### October 18

**Aromatherapy, a one day event** with Elizabeth & Larry Jones in Vancouver. For info. or reservation call 604-448-9774. See Ashbury's Aromatherapy ad p. 41

### Acupressure & Oriental Therapy

Certified Course, 3 weekends, 30 hours, Nuthery Institute 1-888-284-3333.

### October 24 - 26

**Feldenkrais Method** with Alice Friedman in Kamloops, p. 28

### October 25

**Intensive Personal Empowerment** Program, starts in Kamloops, p.13

**Personal Mastery Program** starts in Kelowna, by Inner Directions Consultants p.44

### October 29

**Okanagan Metaphysical Society** The Rosicrucians - Past Lives and Philosophy Kelowna presentation 1-250-862-5156.

## ONGOING EVENTS

### WEDNESDAYS

**Okanagan Metaphysical Society** Kelowna LAST Wednesday of the month. Guestspeaker and/or presentations each month. 1-250-862-5156 for further information.

**A COURSE IN MIRACLES STUDY GROUP** led by Anne Wylie & Cher Bassett 7:30-9:00pm Call 763-8588, Kelowna for more information.

### SUNDAY CELEBRATION

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



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## THE MIGHTY HERBS

**A**rmmed with a spade, a knife and a multi-coloured bag, I set off on a jour-

ney to hunt for those elusive plants that lurk in the great outdoors. In back alleys and vacant lots, throughout gardens, lawns and forests, or even on city streets, herbs of all sorts are wanting to be discovered. Often passed by, stepped on, pulled out, never really noticed until they are pointed out or become a nuisance, herbs have the power to teach, nourish, heal or soothe us into a state of well-being.

Harnessing this natural 'power' begins with getting to know the plant. I'm learning that the best way to do this is to stop for a moment, come face to face with the plant (even if it means getting down my hands and knees) and look at it using all of my senses. To really look at plants I talk to them, smell them, admire their beauty, feel their texture and listen for any soft sounds that they produce. For instance, while laying under a grove of poplar trees, I enjoy feeling the cool shade, smelling those sweet buds and watching the spring fluff go by while listening to the wind rustle the leaves. Capturing the essence of the tree by using all of my senses tells me a lot about what the tree may be called or what it can be used for. I still use field guides and other people's resources to back up my observations, but it's so much more rewarding to get experience from nature first hand.

Using the senses to study nature is simple in principle, but not that easy to do. Our society is so full of 'sensory overloads' it trains the mind to never really slow down and observe the true nature of things. It takes a while to develop the senses and bring them back into awareness, but with repeated practice, it refines the mind back into sensing the more subtle things in nature.

Going for a daily walk (whether for 10 minutes or 2 hours) allows me to practice using my senses which helps to further refine their capabilities. When I'm not outside, I look out a window at a pleasant scene or have a pretty picture hung close to a work space to help keep my senses stimulated.

There are many ways to practice stretching the senses. Find out which ones work best for you then apply them on a regular basis and pretty soon you may be able to harness the power of those mighty herbs too.

Gerry plans on hosting a herb walk in the Penticton area  
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From the Editor...

## Chit Chat

with Marcel

Keeping my life simple is a concept that I have tried to work with for some time now, with varying degrees of success. It seems so easy to allow clutter, and all of its complications, to slip into our lives on all levels. Physically we keep so many knick-knacks and do-dads; drawers, closets and basements full of 'stuff' that we 'might' need some day. Emotionally we have so many repressed feelings, that we don't express, stored in our bodies. Mentally there are so many out of date beliefs that need to be examined and evaluated to see if they still serve us. Even spiritually it is possible to cling to ideas that intellectually we realize we no longer believe.

A couple of years ago I followed my daughter's lead and took the extreme step of eliminating television from my life. Yes, and even newspapers. Sitting each day and allowing yourself to focus on this unnecessary clutter can only create more clutter in your life. It is also a terrible time waster. Time that could be spent in much more worthwhile ways; quality time with your spouse and family, time for introspection and personal growth, time spent out in nature or exercising.


My daughter, Jodi, has been a wonderful example to me when trying to simplify my life. It may be a slight exaggeration but I often hear her say if she hasn't used something for six months she gets rid of it. From time to time I try to give her an item that I want to eliminate from my clutter but she rarely accepts it as she realizes it will only add to her own. She also has the good sense, when cooking for company, not to spend hours preparing an unnecessarily elaborate and varied meal when a vegetarian lasagna, a healthful salad and some bread is perfectly adequate and delightful. She wisely places the

importance of the occasion on family or friends getting together for a fun time and not on the food being served.

Recently I came across the book *Living the Simple Life* by Elaine St. James, which I recommend to anyone interested in getting their priorities straight in their life. I was interested to read that she confirms the elimination of television and newspapers when creating a simple life. She even goes farther and advises cutting down on reading fiction and magazines. Some of her other suggestions are: not keeping a spotless house when a moderate amount of housework would do, not doing excessive amounts of laundry when some things could be worn one more time or used once or twice more, not doing excessive amounts of cooking when a simple diet saves time and is healthier. She also suggests not commuting, living in a smaller house - less housework, maintenance and yardwork, getting clear on our boundaries - not letting people impose on us unnecessarily and take up our time, even to the point of cutting down on our social chatting on the phone. There are many more suggestions of course, she has made a very thorough study of the subject, giving her readers lots to think about as well as help with sorting out priorities. The point of it all being that they would end up with the luxury of 'time' in their lives to be used for the things that are really important to them; the things that are worthwhile; the things they will remember fondly ten years down the road.

I've always felt that a good gauge for deciding if my time is being well spent is to ask myself this question: "Will this be important to me in ten years time?" Then I realize that always having had a spotless kitchen floor or having watched frivolous T.V. shows or having kept up with the daily news events, which are soon lost to oblivion, are not going to be important to me in ten years time. But I know that having fun times being close to my husband, family and friends or taking time to be with them when they need my help, or time doing meaningful work and being of service, or improving my health and my personal growth, will be important to me for the rest of my life.

Marcel



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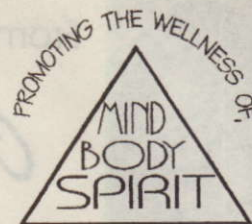



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# Health Benefits Resulting from the Regular Practice of Taoist Tai Chi

by Eleanor Serson

**I**n 1987 I fell and broke my hip, had pins, plates and screws inserted and began months of physiotherapy. After two years this hardware was removed. My bone density had diminished, my muscles were weak, balance was poor, I limped, posture was poor, I was fearful when walking on rough ground and unsure when walking on stairs. I felt old and thought that I would never run again.

I began attending Taoist Tai Chi classes in January 1990. I learned that this was a way of exercising my body without subjecting it to stress. My accredited volunteer instructors showed me the moves that would help to strengthen my thigh muscles, allow for greater stretching of the spinal column, increasing the flexibility and suppleness of the back and hips which in turn promotes increased strength. Through this I gained much postural stability.

Again in October 1991 I shattered my right wrist and wore a Hoffman frame for seven weeks. This resulted in a stiffening of finger joints, wrist joints, loss of strength in the arm and hand and a frozen shoulder. After weeks of physiotherapy I showed some improvement but could not turn my wrist to hold my palm in an up position. The therapist said she could do no more for me.

I continued with the Taoist Tai Chi moves with a particular emphasis on hand, wrist, arm and shoulder joint moves. It was a slow process but with the encouragement and support of the instructors there was much improvement. The wrist joint has improved so I can now hold out my palm in an up position to receive change from a cashier.

In addition, I now feel much more flexible, my joints are becoming more open, balance and circulation have improved and I feel more relaxed. I have attended many workshops conducted by our Master Moy Lin-shin and have experienced the benefits of his instruction. Through instruction from both Dr. Jess Goodman and Dr. Elliott Kravitz, I have learned that through the practice of Taoist Tai Chi I can maintain a healthier body and mind.

Since I had gained so much from my instructors, I decided it was time to pass on what I had learned to others. I have been instructing students who have a variety of physical problems including arthritis, asthma, high blood pressure, lupus, fibromyalgia, back problems, poor balance, weak knees and poor coordination. The ages vary from teens to eighties. Some students improve dramatically and tell me that they have reduced their medication as a result of doing Taoist Tai Chi. Others have been able to stop taking pain killers. Some make slower progress but tell me that they feel much better when they attend class regularly.

I also work with a group of special needs students who

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have MS or Parkinsons disease. They are offered free instruction. They are encouraged to do what their bodies will allow them to do. These students benefit from the series of moves we have them do, the relaxed atmosphere, the caring, the fun and the acceptance of them as real people. They tell us they feel tired after class but can move more easily and are better mentally.

I feel very fortunate to be a member of the Taoist Tai Chi Society and a volunteer instructor. I am learning to be more compassionate. I still have a lot to learn about my health and my body. I know that moving and stretching benefit the joints, tendons and ligaments, taking them through a full range of motion to achieve maximum flexibility and reduce the natural deterioration of the joints that tends to occur with age. I know Taoist Tai Chi helps restore proper alignment of the spine with the shoulders and pelvis while exercising areas of the spine often unaffected by other forms of exercise. I know that Taoist Tai Chi increases circulation of blood and oxygen to all parts of the body, strengthening the cardiovascular system while improving physical conditioning. I know the relaxation experienced in practising Taoist Tai Chi.

My thanks to Master Moy Lin-shin for bringing Taoist Tai Chi to Canada.



# TURNING ON THE LIGHT

by Beverly Hunter

When was the last time you felt that connection with your TRUTH? When you looked into the mirror and your eyes shone with joy, compassion and true understanding. When you felt larger than life itself.

Can you remember the last time when you had the pleasure of witnessing another's moment of connection. When the spark ignites and the eyes and heart come alive. When the smile is so radiant that you become consumed by it and joy fills your heart too.

It's difficult to express in words the wonder and power of this connection to self — to soul.

AND what I see happening is the LACK of it happening. We get lost in the doing of our fast moving society, in the accomplishing and the striving, to be the best, do our best, be everything to everyone that we haven't taken the time to know ourselves, to look inside and listen. What gives us that connection? What gives us that spark? What is our true nature and how can we nurture it?

Too many people are searching, lost in the hustle and bustle of doing. Even in schools we are doing without understanding. Our systems of schooling, law, government and medicine aren't geared to ignite the spark but actually to douse it — put it out. They are so consumed with covering the material and dealing with schedules that people become

numbers and statistics instead of learning who we are or why we're here. We can't look into the mirror and connect. We don't think — we do. We don't listen — we do. When we get a feeling — we react and we don't often know why. So many of our daily activities take us away from who we are.

It's important to us to acknowledge what creates the sparks and what is needed in each individual to nourish their flame. What journey do we need to take to create wellness, contentment, peace and connect with the God source within each one of us.

We've come a long way, my husband, my children and I. We've journeyed along our unique path that has brought us to where we are now. We have come to realize that it is important to know how each one of us learns. Without this it's like beating our heads against a brick wall from frustration and we only injure ourselves more. The more we get to know ourselves the more we begin to understand our True Nature and are guided by that inner direction to heal and be at Peace within.

The Light within starts to shine. The more we listen, the faster we heal and the more we begin to express our hidden potentials; The Stronger we Shine.

When I started reaching out for help and direction, I was desperate. My health was shot, my emotions were out of control and I could not see any Light at the end of the tunnel.

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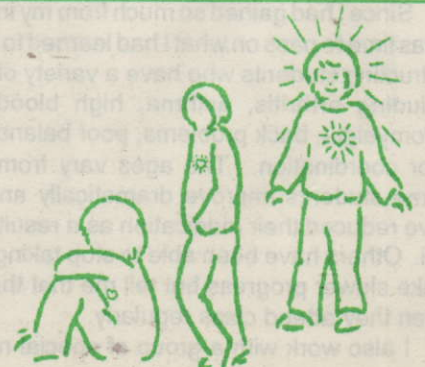
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I had a wonderful loving husband and two wonderful children — What was wrong with me? I kept asking and I can remember at one desperate point in my life — sitting at the kitchen table — weeping — I prayed. I did not get an answer right then. I was much too involved in self-pity and pain to even consider that there might or could have been an answer but life did change. Not the next day or the day after but when I had one of those breaks — a hiatus in time — when I was open to listening. I remembered a girlfriend mentioning a friend of hers getting nutritional counselling from someone. So I phoned my friend. That was the beginning. Both my children and I went to this lady for a while and our bodies became healthier. As my body became healthier I began to feed my desire and curiosity to understand more about my emotions. This led me through some exciting and dramatic, painful and exhausting, joyful and enlightening events. Many times I wondered if it was all worth it. Was my marriage going to last, would I lose everyone I ever loved? The grieving was unbearable at times. The saving grace was a few particular qualities within me that pulled me through. I was intrigued with the process; I was fascinated with the steps that took me from one situation to the other; I was hungry for the understanding to know me. Those gifts of curiosity and compassion led me through many situations of soul searching. I got to know me on many levels and I learned what gives me the desire to learn and grow. More importantly I can feel and see that connection with my soul and when it isn't glowing I can go inside and nurture it.

I am truly grateful for every single step I took, for it was through those experiences that I was able to internalize the magnitude of wonder that this life's journey has to offer. I am also extremely grateful to everyone who helped me along my path. It's through this gratitude and appreciation that I too am able to offer a place where others can be guided to discover and understand their uniqueness, to appreciate their gifts and talents and honour that light within so they too can push the limits of their own potential.

So Stop, Look, Listen to your heart. Is that flame burning? Is there a Spark in your eye when you look into the mirror. And If you don't know how to light that spark and nurture your flame I challenge you to start digging for diamonds, find out how you learn — what makes you tick, appreciate and honour each precious gem as YOUR unique gift and talent. And as you find them, acknowledge them through celebration. Let that light in your heart and smile become so radiant that whoever you are near becomes consumed with your joy and fills their heart too. Do Your part in Turning On the Light.

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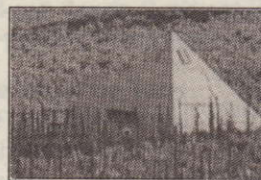
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# There Are Times When We Need to Let Others Help

Catherine Ripplinger Fenwick



**T**here are times in everyone's life when we need to let other people help. Painful illness and chronic disease can take their toll on the patient as well as the caregiver. Even everyday living can become very demanding. We all have days when a hug, a kiss, a few kind words or a laugh will give us the lift we need. Some days we need a lot more.

Doing good deeds makes us feel better. Some of us get really excited about helping others. I heard a story about a Scout leader who tried to comfort a very distressed elderly woman who was swinging a cane at a young Boy Scout. "Please don't be upset," he told her. "The boy just thought that if taking you across the street is a good deed, taking you across a six-lane highway would be even better."

Some of us get so excited about helping others we forget to take care of ourselves. If you are a doer of good deeds, remember to take care of yourself. Pace yourself and don't get run down. Get plenty of support and encouragement from your own network of friends and don't be afraid to ask for help. Let others experience the joy of doing a good deed for you.

Look for ways you can bring fun and laughter into your life. This will keep you going and it will have a positive effect on

everyone around you. If you want to laugh a lot hang around with children. Even when their lives are threatened, children can maintain a sense of humor.

Erma Bombeck in her book about children living with cancer, *I Want to Grow Hair, I Want to Grow Up, I Want to Go to Boise*, tells us she discovered to her great delight, that children with cancer still play and laugh a lot. She found these children to be full of optimism, laughter and joy. When she told them she was surprised at their humor, one child said, "Would you be happier if we cried all the time?"

Yesterday I was talking to a friend who works full time doing Home Care Nursing with people who have AIDS. Most of her patients are near death. I asked her what she does to keep up her spirits. She said, "Number one, I love my job. Number two, dying people have a lot to give. Number three, death is not an ending; it is a beginning. I see myself as someone who helps others meet death peacefully. I have a supportive network of family and friends who remind me that life is also for the living. And I laugh a lot. Laughter protects me from the wrong kinds of seriousness."

Allan Luks and Peggy Payne in their book, *The Healing Power of Doing Good: The Health and Spiritual Benefits of Helping Others*, tell us about the benefits people experience when they get involved in helping others. It makes us feel more fully alive. We feel good about having a purpose and doing something meaningful with our time. Helping others even has physiological benefits, like lower blood pressure and improved mental disposition.

Work toward balance and harmony in your life. Doers need to be receivers, too. The best relationships are those in which there is a give and take; each according to their own needs and capabilities. Remember that no one can be all things to all people. As a "doer of good deeds", do what you can, get help from others and leave the rest for somebody else. Give other people a chance to show what they're made of!

## Healing With Humour

by

Catherine Ripplinger Fenwick

Adults laugh, on average, only 12 times a day. What happens? Why do we lose so much of our playfulness and joy? *Healing With Humour* is designed to help you find your laughter again - \$19.95



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# INTERNATIONAL THERAPIST COMES TO CANADA

by Urmi Sheldon

In the heart of India is a meditation centre called the **OSHO COMMUNE INTERNATIONAL**. For the past twenty-five years a variety of therapies have been offered there along with the spiritual inspirations of the enlightened master Osho. This September 12-14, Ma Tarika former director of the Institute for Love and Consciousness at the Osho Multiversity will be facilitating a workshop on the Sunshine Coast. I spoke with Ma Sudha and Ma Ramakanta about their experiences with Tarika's Transessence technique in Pune India.

Ma Ramakanta is originally from Ontario, forty-four years old, an international workshop leader, former Olympic athlete, and founder of the Osho Energy School. Her experience with Tarika: "She is very loving and compassionate but also down to the core. She works out of her life experience and practice. Her work is soft and at the same time very direct and right to the point. You feel seen. The process helps you to unveil the layers of your conditioning and remain neutral so you can access your witness and your original essence. You discover the truth about your story and you disidentify with all the things that are not really you and that hold you back from your potential. One doesn't change, one transforms; it is a by-product of seeing your truth. Taking out the deep unconscious blocks gave me more energy and confidence to share myself. Tarika works with an open heart; this was an inspiration for me to love and accept myself." Rama concluded, "Things that used to trigger emotional upsets no longer have any effect on me."

Sudha, a bubbly twenty-five year old from Switzerland; "I found myself in the moment feeling lighter. This gave me a feeling of freedom and more space within. I am more willing to live the life that I want. Working with Tarika helped me to clarify and trust myself. It strengthened the space I allow for my life to happen. Life shows me that the more I trust the more comes to me. It brought me back to the place of being comfortable with my true self."

Tarika will be a guest facilitator at the Osho Energy School at the Inner Ear Retreat Centre. *See ad to the right.*

*Osho Meditation and Celebration in Vancouver. Sept. 6 & 7. See Calendar*

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**Correction:** last ad phone # should have been 497.5146

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# Our Lungs, Our Fatigue

by Joel Whitehead

**J**ust recently after a busier than normal Summer and a whole lot of changeable weather, I came down with a bit of lung congestion. What was my first clue? Well the fact of the matter is that the cough was only my second clue. My first clue was a tiredness that was beyond normal sleepless nights and no exercise.

A cough is our body's way of getting infections out. In fact, our whole household was coughing a bit this Summer, and it was reassuring that my children have such fine and healthy sounding coughs and short lived bouts of it.

In Chinese medicine we would call this a lung problem of the excess kind. In other words outside forces, viruses and/or bacteria, attacked the compromised immune systems of an otherwise healthy body. In the end we took some Chinese medicine that lubricated the dry phlegm and did a treatment to help assist the expectoration process.

But fatigue, the kind when all of our volition for life is gone is often because of deficiencies of the lung. A person who grows up wan and pale and listless, incapable of doing too much, often has a sunken chest, a sign of poor lung development. The chest may also look quite expanded as in the case of an asthma victim. I suspect that many or most chronic fatigue patients ultimately are people who don't get their proper intake of Qiō (pronounced chi, which is the Chinese concept of energy) from the air.

All things are cyclical and interdependent in Chinese medicine and most often it is not finding out whether it is the chicken or the egg that is the cause except to note that lousy chickens make lousy eggs and lousy eggs make lousy chickens. By this, I mean that it does no good to look at the lung by itself, but to look at its interdependent place in the body structure is absolutely essential.

When I was in Japan, I treated a young boy of nine for emphysema. One day after a session his mother conjectured that my advice would be to make sure he didn't do much exercise. I saw that the boy wanted to play and had reasonably good health otherwise, so I told her that playing to the limit of

his capacity was almost essential to overcoming his problem. The boy smiled. He had many a rough go in the process of creating good lung capacity, but eventually completely outdistanced his problem.

If I had seen that the lungs did not have good bodily support, my advice might have been different. Our lungs bring air into the body but it has no other means of nutritional support. If the Spleen (in Chinese medicine this includes functions of the pancreas and the small intestine) and the stomach do not send energy up to the lungs and the rest of the body, they will become flaccid and weak. In today's busy society this nutritional deficiency is often at the root of fatigue problems.

Going deeper we have the kidney yin and yang as possible causes. If the kidneys are a long term factor in lung health the person will usually have low back ache and or knee aching as well. Anyway, we say that for the energy of the lungs to be pulled down, the kidneys must be strong. When an asthma victim has a hard time breathing in, it is the failure of the kidneys to pull the energy of the lungs down and so the kidneys must be tonified. If the person has a hard time breathing out, the problems are with the lungs themselves. If it comes on at night or in the Summer, and is dry in nature causing a dry mouth and dry nasal passages, it is possibly the yin forces that are weak. If the problem is cold induced, it is the yang forces that need to be supplemented.

As the lungs govern the skin of the body, lung problems and skin problems are often coincidental. If because of some stressful situation we develop eczema, we then associate it as our stress organ, the liver, attacking the lung. By calming the liver and tonifying the lung through the Spleen, we can cure the eczema. If it is psoriasis, it shows that dampness got past the lung's first line of defence temporarily, but thereafter settled in the skin. Again we would tonify the lung through the Spleen and seep the excess dampness to take care of the matter.

Fall is a particularly drying time and the lungs hate to be too dry. Our skin in turn will become dry. So, stay healthy, eat well, and dress for the weather.

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## The Ashram on your Doorstep

by Wendy Yurka

A well established, internationally known Yoga study and retreat centre, called Yasodhara Ashram, is right at your doorstep only a few miles away on the eastern shore of Kootenay Lake. The Ashram has over one hundred acres of land and a magnificent white octagonal Temple. It has a small farm, comfortable accommodations and a newly opened, beautifully constructed reception building with a bookstore and dining room.

The Ashram was founded by Swami Sivananda Radha, a renowned spiritual teacher whose inspiring books sell world-wide and have been translated into six other languages. In 1963, she purchased eight-three acres of land called *Yasodhara Estates*. *Yasodhara*, pronounced Yash-sho-dra, is the East Indian name of the wife of Prince Siddhartha, who became the Buddha. This title is believed to have been given to the property at the turn of the century by an Englishman who had been attracted by the name while visiting the Orient.

Now, over 35 years later, the Ashram attracts guests and residents from around the world. Several courses are offered throughout the year and vary in length from a weekend workshop to the popular three month *Yoga Development Course* that is followed by intensive Teacher's Training Programs. The Ashram residents work with guests to develop a *retreat* program based on one's personal needs and spiritual goals.

*Karma Yoga*, or selfless service, is also a part of Ashram life. Guests have the opportunity to learn new skills or apply their existing skills in the kitchen, garden or on an ongoing project.

Every day begins with either a hatha yoga class or chanting and reflections and ends with Satsang. Satsang literally means 'in the company of the wise,' and is time for meditation, spiritual readings, prayers and the chanting of mantras.

The purpose of the Ashram is to provide a spiritual community where people of different back grounds and beliefs can pursue their individual self-development. Swami Radha's

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Wendy Yurka has been living at the Ashram since January 1997. See the ad above.



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# Understanding the Ascendant In Astrology

by Denise Millar

In Astrology the Ascendant or Rising Sign is the mask we wear for the outer world to see. In the Natal Chart it is derived from one's time of birth and describes the physical body and personality. Understanding one's ascendant enables the individual to improve one's quality of life.

Most people are aware of their Sun Sign and can identify with its basic characteristics. The Sun Sign is our core identity. It represents our most basic needs to be met. For example, the Leo is always seeking some form of recognition, approval or attention. And he is going to achieve these needs through his Ascendant. So if a Leo has a Cancer Ascendant, he will meet his environment in a nurturing fashion. He will perhaps mother, pamper or cook for others in order to obtain the Leo recognition that he so desires. He may tend to be more emotional or sensitive towards others and withdraw if his Leo needs are not met.

Often one is not aware of his Ascendant nature because he identifies so strongly with his Sun Sign. This can cause conflict, as others will see his Ascendant qualities more readily. So it is important to obtain a full Natal Chart in order to understand the personality and how one relates to others. The Ascendant is the most outward expression of the individual. It is our mask to the world in order to get our Sun Sign needs met. It is HOW we deal with others and the environment.

When the individual can understand his Ascendant nature, he will better serve the demands of his core identity thus understanding the self clearly and functioning more fully.

*see ad to the left.*

IS

## Winds of Change

by Rosanne Beauchesne

There is a small but strong movement towards unity in Kamloops. It started as an idea in our meditation group and now we are taking it out into our community.

We believe we have bought into the separation mentality for too long. Diversity is a wonderful thing and we acknowledge it even in our small group, but it is important to remember our commonality. It is time to gently bring all the diverse groups and individuals together in the spirit of oneness. It is time to celebrate our common ground.

We have planned this celebration for Sunday, September 14th at 2pm at the bandshell in Riverside Park. We will sing, chant, drum and meditate. We will mix and mingle and share a potluck meal with others who share the goal of bringing love and light to this planet.

Everyone is invited to this unification gathering. If your background is New Age, traditional western religion, eastern philosophy, native spirituality, individuality or anything in between, you are welcome. All beliefs are important and all paths lead to the light.

*See calendar listing Sept 14*



# Reflexology at your Fingertips

by Yvette Eastman, Reflexologist

If you have looked through any book or magazine about complementary health, you will have noticed that Reflexology has taken its rightful place at the top of the list. This simple technique can change your state in moments. Its premise is simple, your body is mapped out on feet, hands, ear and even parts of the body itself.

Following are some "homeplay" assignments I give my clients to put them in charge of their healing. They have quick and lasting results.

## Neck Tension and Flexibility

First check how flexible you are by bending to see how far down your hands reach. Now turn your head from side to side to see where the tension, pain or stiffness is. With your index finger and thumb, unroll the curl of your ear, starting at the top of the ear and continuing to the bottom lobe. Do this three times. Now rub the entire earflap, with special attention to where the ear joins the head and its back and front edges. With your index finger rub the inside of the hole (beginning of the ear canal), then pull the hole up, down, backward, frontward. Repeat three times. Now pull the entire earflap up, then back, then down and pull the little front piece forward. Repeat three times. Now recheck your bending ability, and turn your head. Wow! This is an excellent correction for neck pain when you are driving or have a sudden twinge.

## Dizziness or Imbalance

Find the spot between the pinky and ring finger on the back of the hand, where the hand bones (metacarpals) join near the wrist. Place your index finger on that spot, and your thumb opposite it in the palm of the hand. Pinch them together. Hold and release about twelve times. Repeat on the other hand. Now go to the same spot, but between thumb and index. Press again, twelve times on both hands. Over the next few days notice the change. It may also help your tinnitus.

## Life Energy

This one is for "blah" days, or for moments of frustration, irritation, boredom or when your immune system needs a lift. One hand goes on the crown of your head; place the other hand on the thymus. Hold for a bit. You may feel a quieting or a feeling of well being. Now keep one hand on the thymus and tap your ribs, on the side about eight inches below the armpit. Switch hands and repeat. Some people do this best by tapping the ribs with the opposite hand, some with the same hand.

## Pain Relief

Wherever you feel a pain, using either your hand (for a large area) or your finger(s), draw a figure eight either along or across the pain. You need not touch the skin, especially if it is a burn or an open wound. Continue until the pain has either vanished or diminished. Repeat when necessary. This correction helped me get down a mountain and to hospital with a broken ankle. Repairs old injuries, internal pain, internal scars, skinned knees, you name it! Kids love you to do this one to them and they can do it to themselves.

Enjoy these corrections, see your reflexologist for more, and take a class in Reflexology!



**What,  
No Book  
Reviews!**

*Jan*

**Book  
Reviews**

That's right! For the first time in a very long time I have not read a book for two months. Those who know me find that hard to believe, but over the past few years I've learned that sometimes I need a break from new information to integrate all that I have been learning. Whether it is written material, videos or the spoken word, there's only just so much I can take in before overload.

This summer has been incredible! A holiday/distribution run to the Kootenays at the beginning of July gave me some time to play, walk some different beaches, find new rocks, see the mine in Rossland and visit special friends. Since then it has been a whirlwind of activity. The Centre itself has been busy with new and old faces alike, and I do like playing receptionist. Marcel, Angèle and I have been kept hopping with submissions for this Issues, and it feels like a full one. The Wise Woman Weekend is fast approaching and the information for Fall Festival is in this issue. With the decision to move the offices of Issues and the Holistic Centre next door to 272 there has been a lot to organize. Plans for renovations keep changing as our wants and needs become clearer, and of course, I want to play in the gyproc mud and paint.

Hope you've all had great fun this summer, and I'll let you know what books find their way across my desk in the next column.



# Touchpoint

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# SMELL

by Urmi Sheldon

The body is a complex and delicate community of interrelated activities. Within each of us thousands of chemical and neurological responses are taking place constantly. It is a good thing that we are unaware of most of what keeps us going.

However, we are affected by external stimuli which we also may or may not be aware of. Physical stresses such as pollutants, electrical vibration, temperature and seasonal light changes effect our body chemistry and also our moods and work efficiency. Even finer responses result from interpersonal exchanges between us and others. Many of these responses are unconscious but can still have negative or positive effects on our physical bodies. These responses can be physical also, such as the sense of smell. We learn a lot about each other from our smells but this information rarely reaches our conscious thinking mind. Millions of dollars are spent on products which mask or change our body scent. Many of these contain chemicals which are absorbed through the skin, especially deodorants which are applied to the concentrated lymphatic area under our arms. We learn at an early age that it is wrong to have body odour. The irony being that a healthy diet is the best form of protection against toxic smells.

The sense of smell also plays an important part in determining who we choose for romantic and sexual relationships, another reason why deodorants and perfumes are such big sellers. Smell can stimulate menstruation and even cause the onset of puberty in children.

Even finer than the sense of smell is our sense of each other's energy. We can read many things about a person just by sensing their aura. This is also usually very unconscious and unless you are attuned to your intuition the messages will be vague impressions. It is not really necessary to "know" what your impressions mean, but it is important to trust your feelings about these impressions. If you practice listening you will eventually be able to hear what your body responses to situations and people are. This is a great tool for growth and is really something that needs only to be remembered not learned. We are all born with this sense but culturally trust and acceptance of our intuition is not cultivated. Think of it as muscle building. The main point being TRUST YOURSELF. Check in to what your body is feeling right now!

*Urmi offers massage at the Holistic Health  
Centre in Penticton and will be back in  
October to resume her practice.*



**Every dollar you spend  
is a vote for what  
you believe in!**



# CranioSacral Therapy

by Royden Johnson

CranioSacral Therapy, a noninvasive, soft-touch technique that uses the craniosacral rhythm as a means of diagnosis and can at the same time use the effects of the rhythm to encourage the body to take on its own healing process.

The ebb and flow of the cerebrospinal fluid around the brain and down the spinal cord causes a rhythmic expansion and contraction of the bones of the skull (cranium) and of the structures down the spine to the sacrum, hence craniosacral rhythm. In addition, the body tends to rhythmically open and close, and so the connective tissue enfolding all the structures of the body are influenced.

All these movements influence the flow of various energy fields through the body. Thus any interference in the craniosacral rhythm, the fascial movements, and the flow of energy will be a focus of abnormal behaviour of that part of the body and any other part to which it is connected.

Assisting the body to correct these anomalies by the soft touch method will assist the body to heal itself. The spinal cord is the main conduit for the autonomic nervous system, which controls the involuntary functions of the internal organs. Therefore, any problems in the internal organs will affect the flow of the spinal fluid and vice versa.

You can understand then that the craniosacral rhythm has a wide influence on body functions. Clinical evaluation of CranioSacral Therapy has shown it to be of help in a variety of conditions, even those in which treatment by orthodox medical regimens had failed. Using the body's own anatomy and physiology, CranioSacral Therapy is not so much alternative medicine as it is complementary medicine.

I have been practising CranioSacral Therapy (C.S.T.) since 1991 and working with massage and Therapeutic Touch since 1983. I am also a certified Aromatherapist with the Canadian Federation of Aromatherapists, have Level II in Reiki and combine my knowledge and experience to also work with energy meridians to aid in rebalancing the body's homeostasis.

Over the last few years I have had the opportunity to work with people dealing with head trauma, whiplash, TMJ dysfunction, cancer (pre and post operative care), congenital torticollis, visceral dysfunction and a myriad of other health concerns. I have also been successfully treating ICBC clients in assisting them in returning to a painfree lifestyle rather than tolerating the repercussions of their injuries. *See ad below*

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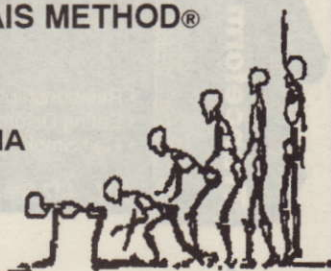
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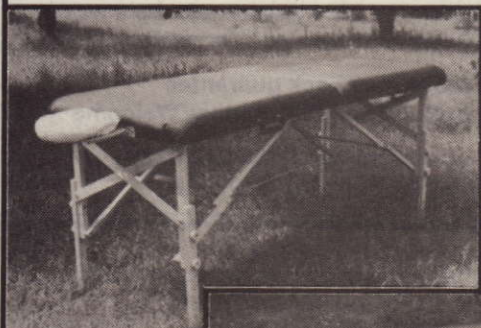
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For information and registration contact:

Cassie Benell **250-372-1663**

Tyson Bartel **250-372-3814**

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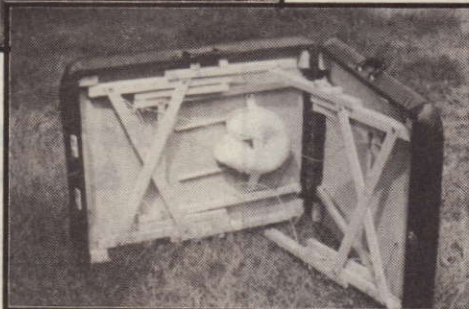


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## MIDLIFE ISSUES

**Midlife** - A time when individuals lose their footing in a once secure social and psychological world. Their old ways of being become lifeless and dry. For many, feelings of depression, anxiety and loss of energy pervade. Others just have a lingering sense that they have lost something ... but are not sure what that is.

**"Midlife issues are like climbing to the top of a ladder only to realize that the ladder is leaning against the wrong building!"**

Individual counselling sessions are offered to explore midlife issues of work, family, relationships and inner growth through a Jungian approach to dream interpretation and imagination processes. Initial discussions are welcome.

**Gordon Wallace, M.A.** (Counselling Psychology)  
352 Leon Ave., Kelowna, B.C., V1Y 6J2  
**Phone 868-2588**



**October 17, 18 & 19**

# **Fall Festival of Awareness**



**Naramata, BC**

**Pull out  
Section**



# Fall Festival of Awareness

Oct. 17, 18 & 19, 1997 at Naramata, BC

Early registration fee is \$100 if mailed before Sept. 25.

An inspiring weekend of fun and excitement with  
great learning and networking opportunities.

Choose from a wonderful and varied mix of holistic and spiritual workshops, enjoy a session in the Healing House with your choice of reader or healer. Alternative therapies will be on Saturday and Reiki on Sunday. Meet and mingle with like minded people and form friendships that last a lifetime.

On site registration starts Friday, October 17th at 2pm. A change in location from the Spring Festival as it will be in the foyer of McLaren Hall.

The Opening Ceremonies and Workshop Leader Introductions start Friday evening at 7pm in the Loft. Sunrise Ceremonies start at 6:45 am

and offer Tai Chi and Meditation. Many choices of workshops each day, with three offered Saturday evening or join the Penticton Drummers for a Jam. Closing Ceremonies are at 3:45 pm Sunday.

There will be a Festival Store on site with various crafts, crystals and gem stones, jewellery and much more.

Meals, have to be preordered and start Friday at 5:30 for the Naramata cafeteria. The last meal will be lunch on Sunday. There are also two restaurants nearby.

Accommodation is also on the the registration form.

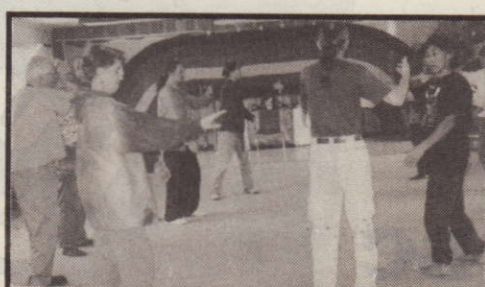
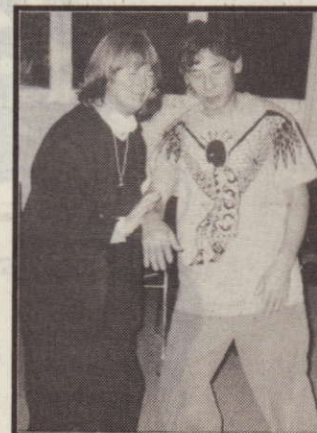
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Saturday evening  
Jam session with the  
Penticton Drummers

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Health demonstrations  
during the lunch break.  
Registration desk has details





# Workshops & Workshop Leaders

The workshop numbers correspond to the numbers on the overall schedule

## Workshop # 01

### Spiritual Awareness and Psychic Development

This will be an open experiential workshop. We will move with the level of awareness of the group. Come...enjoy!...and bring your questions. (3hrs)



## Cheryl Grismer

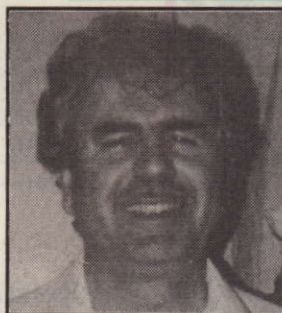
3815 Glen Canyon Drive  
Westbank, B.C. V4T 2P7  
Phone 250.768.2217

Cheryl is a native of Calgary, living in the Okanagan since the '80's. Early in her life she became aware of her intuitive, spiritual abilities, pursued a Ministerial Degree as well as a degree in Humanistic Parapsychology. She has been counselling for 20 years and teaching for 15 years, in Canada and the U.S.A. Cheryl is known for her humour and 'down to earth' presentations as well as her loving, empathetic understanding which prevails throughout her work.

## Workshop # 02

### Korean Hand Therapy

Korean hand therapy is a healing practice based on an acupuncture micro system developed by Dr. Tae-Woo Yoo in 1971. With a brief introduction people can be taught to promote and maintain their own health and energy balance using simple, inexpensive, non-invasive techniques. Workshop participants will be shown the application of finger pressure, heat, magnets, and metallic pellets to specific hand points, bringing immediate, amazing results. (3hrs)



## Joseph Ranallo, B.A.(Hons),M.A.

Box 1272, Rossland, V0G 1Y0  
Phone 250. 362.7763

Joseph has been a teacher and administrator at all levels of education, elementary to university. He is a published poet and author with longstanding interest in complimentary and alternative healing arts. He has attended courses and workshops in reflexology, massage, polarity, accupressure and Touch for Health. In 1995 he took part in a session presented by Dr. Ralph Dale, universally acclaimed authority on Micro Acupuncture Systems. He recently completed the Koryo Hand Acupuncture course with Won J. Lee of the Seo-Am Hand Acupuncture Institute of Canada.

## Workshop # 03

### Touch my Soul, Harmonizing Body, Mind and Spirit

Spirituality and Play do go together! Your most creative self comes alive in our Creativity Playshops. You will learn to artistically channel your creative impulses through spirit, bring about Clarity of Vision, enjoy new energy, feel personal and spiritual growth. Easy exercises in drawing and collage activate your creative healing energies. Set priorities in your life. Join us for an adventure of Art, Heart & Soul.



## Patrick Yesh

Box 7, Site 20C, Creston, B.C., V0B 1G0  
Phone 250.428.2882

Patrick has been an art educator for over twenty years. He is an accomplished artist, art instructor, counsellor and international workshop facilitator. His Masters' research was an exploration of art education methods, art therapy and the human quest for spiritual expression in art. The broad application and appeal of this work has taken him into schools, colleges, universities, first nations reserves, elder homecare facilities, prisons and a variety of conferences.

*3 hours Saturday evening.*

*Also a 1½ hour continuum of the workshop Sunday afternoon  
for those who wish more, no new people ... please*



## Bonnie Marks Hall

1780 Scott Road,  
North Vancouver, V7J 3J5  
Phone 604. 983.7578

For the past 27 years Bonnie has been actively involved in understanding the relationship between human and spirit. She is a pure channel, psychic and Reiki practitioner and lives on the North Shore in Vancouver. She has successfully self-published a book of her philosophies and life's journey *In Search Of...Finding and Having My Multi-Dimensional Self*. Bonnie is presently spearheading the organization of an association of self publishers in B.C.



Workshop # 04

### Getting Clear for the New You!

In order to begin or continue our search for understanding, purpose and meaning it is sometimes necessary to clear our energy pathways of fears and emotions attached to common associations that can control us or trigger old patterns. Learn about a powerful energy clearing technique - "The Closet" - that enables you to awaken your power, discover your truth and free the magic of your joy. (3 hrs.)

#### Saturday Evening Workshop

Workshop # 05

### Inspiration & Healing Through Words

Have you a passionate desire to share your philosophies or stories through the written word? Have you ever thought about self-publishing? Join in an enlightening discussion about the progression from journaling to book writing, the intimidating and overwhelming world of publishing and how you can succeed. (1½ hrs)

## Brock Tully

Apt.# 313, 950 Drake St.,  
Vancouver, B.C. V6Z 2B9  
Phone 604. 687.1099

Brock has written seven books, including 'Coming Together' - a 15,000 Kilometre bicycle journey and four 'Reflections' books that sold over 140,000 copies. He is a song-writer, basketball and football coach, magician, juggler, crisis counsellor and owner of *Greenhouse Books....where people grow!!*.



Workshop #06

### 12-Inch Journey to Our Hearts

Through slides, music, magic, juggling and discussion Brock leads us on an inspiring journey, out of our heads full of fear, back to our hearts full of joy. (1½ hrs)

Workshop # 07

### Relationships - a lot of 'heart' work

An open and inspiring presentation and discussion on the importance of communication through words and touch. (2 hrs)

## Haley B. Jonstyn, R.N.

Box 30, Rossland, B.C. V0G 1Y0  
Phone 250. 362.5744

I am a Registered Nurse with a varied background in Conflict Resolution, Codependency, Co-counselling, Reiki and Therapeutic Touch. My own healing journey has led me to know many alternative healing practices. Having found my path of service I dedicate my life's journey to healing.



Workshop # 08

### Biofeedback Belly Breathing

Learn to Relax! Are you suffering from chronic pain of any kind? Do you know how to relax? I mean really relax and let go? Do you feel your life is out of control when you are triggered by anger and hostility (fight) or apathy and depression (flight). Learn belly breathing - the single most profound tool for stimulating the Relaxation Response. Watch the positive changes recorded on a computer monitor as you practice the breathing and build a deeper connection between your mind and body. Heal your nervous system by repeatedly choosing the Relaxation Response over the Fight or Flight Response and build resource tools for handling the stresses of life! (2 hrs.)



Workshop # 09

**Will You Have a Fulfilling Retirement?**

The transition to retirement is a big one that few people are adequately prepared for. What should be the crowning peak of life is often the start of a downhill slide. Let her guide you through a process utilizing the 'Unified Retirement Theory™' covering the foundations of successful retirement and accessing your unique gift(s) as an elder of our society. This is not about money, it is about Life. (3 hrs.)



**Vera Ito**

142-715 Leathead Road, Kelowna, B.C.  
V1X 5W3 Phone: 250-860-3087

Vera is a retired Medical Laboratory Technologist and is Vice President of the World Service Assn. She is Canada's first 'Unified Retirement Theorist™', has done considerable research on the nonfinancial aspects of retirement and also offers a workshop called 'Retire to Fulfillment'

Workshop # 10

**Caring - No Nonsense Therapy**

Focus on 'Healing Now' and you will have started your healing process. This is a dynamic simple session filled with group participation and affirmative action. (1½ hrs)

Workshop #11

**Do Not Wait for Spring...Do It Now!**

A follow-up discussion of the above workshop. Group participation is expected to help set objectives and goals for the future. If time permits, a discussion of *Your Children are Not Your Children*. (2 hrs)



**Robie V. MacIntosh**

# 10, 190 Riverside Drive, Penticton, B.C.  
V2A 5Y4 Phone: 250. 492.496

Robie offers 30 years of counselling experience. He recently located in Penticton following 20 years in the N.W.T. He has worked as a labourer, college teacher, youth worker, social service administrator and recently completed studies and achieved a PhD-Psychology

He has also acquired a bachelor and doctoral degree in Hypnotherapy and is a resident hypnotherapist with the Canadian Hypnotherapist Association of B.C. Robie believes each of us have the power to *Be Harmless to Self and Others*. It is Your Choice

Workshop # 12

**Astrology Weather**

We will explore how each of us respond to and are impacted by the evolution of mankind. Astrology provides a symbolic back drop from which we can notice the 'times we live in'. The cycles of Saturn, Uranus, Neptune and Pluto offer humanity an opportunity to time the major themes and events in history. Each one of us is affected by these large cycles. Together we will look at the current weather map, give examples of what the typical impact is like and discuss response strategies. (3 hrs)



**Moreen Reed**

Box 363 Kamloops, B.C. V2C 5K9  
Phone: 1.800.667.4551

Moreen began her study of Astrology in the early 70's from a desire to understand her own life. Astrological education came through courses and conferences in the US and Canada. Recent studies include *Jel Green Evolutionary School of Astrology* and *Donna Martins Remembering Wholeness* Bodymind approach to relationships. She began her professional practice in 1981

Workshop # 13

**Surfing the Qi/Chi**

Qigong/Chi-Kung helps us to re-establish a balance between body, mind and breath to our natural and artificial environments. By relaxing the body and quieting the mind, we learn to listen and respond to our body's natural wisdom, telling us to return to the source. Join the Dancing Dragon on the magical journey. (2 hrs.)



**Harold Hajime Nakagawa**

825 Grenfell Avenue, Kelowna B.C. V1Y 5J9  
Phone: 250.762-5988

Hajime is the Okanagan's original dancing dragon and inscrutable taoist rebel. His 'School Without Walls' is designed to create a space for self-discovery and self-healing through the internal arts of China. Hajime has studied with Gua Feng, Chung-Liang Al Huang, Sam Masich, And Dale, John Camp and Rex Eastman



## Donna Martin

Phone 250.374.2514  
Box 834, Kamloops, BC, V2C 5M8

Donna Martin, MA is a certified Hakomi therapist with an extensive background in yoga and meditation, stress and pain management and addiction counselling. She teaches the Hakomi Method internationally with Ron Kurtz (Body-Centred Psychology: the Hakomi Method) with whom she is co-authoring a book on the practice of loving presence.



Workshop # 14

### Loving Presence The Hakomi Method

This workshop offers participants an introduction to the Hakomi Method (body-centred psychotherapy) and, by means of several simple yet powerful exercises in small groups, an experience of the quality of presence that supports and encourages healing. (3 hrs.)

## Norma Cowie

13576 - 13A Ave  
White Rock, BC, V4A 1C4  
Phone 604. 536.1220

Norma has been a student of Metaphysics for over thirty years. Author of many books including 'Tarot for Successful Living' and 'Secrets for Living Happily.' Psychic Reader, Teacher, Author plus videos and tapes Norma walks her talk. A dynamic and informative speaker Norma was a presenter at the International Tarot Conference in Chicago last year.



Workshop # 15

### Life Connections

A discussion of how the court cards reflect your and your clients' attitude to life. Then some experiential time for past life regressions and inner child exploration as you learn to feel your connection to the source. This workshop will help explain how ALL the above work together to heal ourselves.

### Workshop # 16 Dreamquest • The Inner Journey



## Mariah Milligan

Phone 250. 558.3665  
6595 Harry Road,  
Vernon, B.C. V1B 3T6

Mariah has a B.A. in Psychology, is a certified counsellor, hypnotherapist and healer. She currently runs a wholistic counselling/healing practise in Vernon.

I invite you to explore the inner world of your dreamscape. By learning how to re-enter your dreams, you will develop the ability to integrate your past, shape your future, get in touch with your deepest desires and be guided by your higher self. Through this method you align yourself with your creative source. (3 hrs)

Workshop #17

### Letting go of the Old • Welcoming the New

The seasonal wheel is turning and approaching the sacred holy day known as All Hallows Eve on October 31, signifying the death of an old year and beginning of a new year cycle. It is a time of transition and change from autumn to winter and a time given to letting go, mourning and honouring and affirming endings to make way for new births. During this workshop we will create a supportive circle to mourn our losses and honour the wisdom in each of us to make way for a new birth. This will be created in a ritual setting of dance, song and meditation. Women of all ages welcome. (3 hrs)



## Laurel Burnham

Phone 250. 492.7717  
Penticton

Through ritual I have journeyed often to the source of the feminine. Mariah and I love sharing and empowering women.

**Saturday Evening Workshop**



**Workshop #18**

**The Power of your Dreams**

Dreams reveal to us important messages from our subconscious minds. In this dream workshop you will learn how to search and discover in creative ways your own meaning and deeper understanding of the symbols and metaphors in your dreams. If you are prepared to listen, your dream experiences become powerful messengers of information to guide you on your journey of self-discovery, personal growth and healing. (3 hrs.)



**Brigitte Kahl**

1903, 3500 Varsity Drive, NW  
Calgary, AB, T2L 1Y3  
Phone 403.289.1836

Brigitte is trained in Gestalt psychotherapy and in the methodology of Inner Balancing, a system based on the power of listening. She counsels individuals, facilitates groups and teaches the art of touch healing. She is a Reiki Master, Flower Essence practitioner, does relaxation massage and practices what she teaches - personal work and growth is an integral part of her joy in life.

**Workshop #19**

**Hypnotherapy and NLP**

Audience participation will be encouraged in this introductory workshop using question and answer periods, group exercises. A group trance induction and guided imagery will be also be part of understanding how NLP works. (3 hrs.)



**Helga Berger**

1399 Edgewood Drive  
Kelowna, B.C. V1Y 3V7  
Phone 250.868.9594

Helga is a family counsellor and Hypnotherapist established in Kelowna since 1995. BA and Bachelor of Social Work since 1974. She is a certified Master Hypnotist, Certified Master NLP Practitioner since 1994. She has had a special interest in these subjects since 1979 and in practice since 1986.

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**Ma Prem Pankaja**

Born and educated in England, three years reading English Literature at Oxford University; worked as a journalist and translator (from French) and wrote four novels under the name of Dinah Brooke. Since 1976 she has been living and working at the Osho Commune International in Poona, India. She has been giving sessions in colour puncture since 1991.

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**Gabrielle Korell**

RR 2, Cochrane, AB, T0L 0W0  
Phone 403.932.5802

Gabrielle is a provisional psychologist (M.Sc.) and an associate member of the American Association of Marriage and Family Therapy. She also has received formal training in hypnosis. She will be

assisted by Donna McBride who is a therapist/supervisor (M.Sc) and works with children, women and men who have been affected by family violence. They have both attended the Spring Festival on a number of occasions, and are well experienced facilitators who have led wilderness retreats.







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## Be Harmless

Don't Wait for Spring, Choose to Heal - NOW!

by Robie MacIntosh

**R**ecently locating in Penticton following twenty years in the Northwest Territories, I am offering thirty years of experience assisting individuals, couples, families and communities to heal. All people are equal, all are on different paths but they are all children of the Creator. I do not subscribe to the theory that we as humans are on the planet to suffer and be in pain.

I have experienced many forms of pain in my life. A few years ago, while in a group situation, participants were asked to provide information regarding who they were etc.; essentially a piece of their life. I was the oldest so apparently I had more to relate. Boy, my story was long! I remember relating continuing grief regarding my father's death and guilt and anger towards my divorce situation. I told of early life poverty; supporting a mother and sister at the age of fifteen years and so on and so on. When finished the group was silent and respectful for all I had endured. However, the group leader said, "You must be very tired of carrying that old garbage on your back." I was very insulted. How dare he? I earned my points in life by all this pain.

A period of a few days passed and the thought came to me, "The group leader was right. I am tired of the 'same old story'. I have used this story of my pain as an excuse for many, many negative actions." I attended a session with a friend who asked, "Why are you keeping these old pains of grief, anger and shame?" I couldn't answer, but soon discovered that they had become so much a part of my daily life they now provided a safety net. Yes, a safety net of negativity.

The question now for me was what do I do? Where do I go? Who do I confide in further on a one to one level. After a time I returned to the north. The answers were not there, yet I found a copy of Common Ground and set up a meeting in Vancouver. I found my catalyst; my stepping stone to further growth. I asked the hypnotherapist for assistance with further awareness and self healing and she helped with many past life sessions.

With the words 'Release the Pain - Now'. "You Choose." Once the choice is made there is no turning back. I let go and continue my healing.

I was very excited that I could break the chains of negative feelings and not only help myself but perhaps assist others to start their healing process. I completed fifty academic courses during the next four years, studying seven days a week. I loved the challenge. During this time I interned as a hypnotherapist and achieved resident status. Now I offer you all that I know experientially, academically and intuitively.

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# Survivor Story

by Diana Mayes

**I**n the beginning... I was a tired baby, weary child and easily fatigued, quite distressed adolescent; suffering both physical and emotional pain. Regular trips to my medical doctor continually resulted in avoidance of the real problem and he told me my complaints were "growing pains", "excuses for getting attention" and even, "it's all in your head." Since we were not dealing with the actual problem, I naturally progressed (regressed) to severe abdominal pain, attacks of diarrhoea, constant exhaustion and anaemia. My doctor prescribed medicines that merely masked the symptoms, starting with low dose, mild drugs and anti-diarrhoea medications. In time, my health advanced to the critical stage, which was when the medical profession performed a series of tests and examinations... to now label my dis-ease as Crohn's Disease. My doctor prescribed a life-time of anti-inflammatory drugs.

My state of health continued to decline and my first stay in hospital was now inevitable, with stronger medication and a strict diet. A yo-yo pattern became very obvious; pain, hospital stays, medication, discharge into the real world, and around again to pain, hospital stays, etc. This vicious cycle perpetuated for seven years, at which time I was taking the maximum dosage recommended of the

strongest medication available...Prednisone. At this point I felt utter frustration, together with decreasing strength, energy, and body weight, and increasing pain. Needless to say, I felt fearful, alone and confused. I concluded to go to my doctor for his advice.

Recognizing my personal crisis, but treating me somewhat as routine, my medical doctor verbally handed me a prognosis of "one year to live." This clearly was a cautiously polite death sentence. My heart pounded frantically, my soul silently wept, and my physical being burst into hysterical bawling, my inner being not accepting his opinion as valid. Mind you, I do now see some truth woven within my doctor's prediction; the deadly pharmaceutical drugs merely attempting to mask the underlying disease, were in fact adding dangerous side effects to my symptoms. Continued usage would certainly result in death.

This was sort of an end for me... a closure to all the lies, deceptions and false hopes purported by the medical profession. I knew in my heart, that there must be a better way! My determination took full responsibility to discover my yet undiscovered personal path. This was a huge commitment to myself, although at the time, I had no idea how immense, time consuming, intense or rewarding this undertaking would prove to be. As I

trusted my heart that I had made the ideal decision, the journey became incredibly easy. I gave new meaning to the saying, "starting from scratch."

Abandoning the medical profession left me feeling quite alone in my search for an alternative health approach to self-improvement. With an open mind, I was thankful for all the possibilities that showed themselves to me. Naturopathic doctors, massage therapy, chiropractic adjustments, reflexology treatments, Reiki, Hellerwork, diet moderation, food supplements, lifestyle changes, stress removal and a positive attitude are some of the outlets which I explored. These therapies and modifications mainly dealt with the physical aspects of health, since that is where the cause of my problem appeared to be. Using the tedious trial and error method to tailor a plan to my individuality, though I was acquiring an abundance of knowledge and experience, I continued to suffer decreasing strength and energy as well as a diminishing state of health. Finally, my body cried loudly enough to transcend my barrier of determination to brave my personal ordeal on my own. I graciously accepted help. I began to realize that there is a time and place for western medicine, effective only when used as a "fire extinguisher", and in combination with complementary medicines that give the body the tools needed to innately heal itself. Gradual healing was evident; I had fewer visits to hospital receiving less treatment.

With further growth I realized that I was actually searching for an external entity to heal me. I came to see that I had carried thoughts, ideas, attitudes and patterns learned in childhood (good ones and bad ones) into my present day life. The reality that I was responsible for all my actions and reactions created some fear within my being. My life truly was up to me ... I had to own myself totally; physically, mentally, spiritually and emotionally. "The healer is within," and "heal thyself" began to ring a new bell. The mind/body connection connected. Psychotherapy, family counselling and childhood regression therapy were some new avenues I explored. An incredible feeling came over me; revelation after revelation became exhaustingly exciting.



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"Emotional overload" kicked in, triggering my physical state to follow...and I bottomed out on my healing journey. This was my time to release to the Higher Power; let go and let God. My shedding the old and allowing for the new brought slow, steady recovery. More love, understanding and acceptance revealed themselves from my heart and soul. I felt wonderful; light, loving, energetic, warm and hungry! Miracles happen! With a healthier state of mind, I looked again at what my unhealthy mind had manifested in my physical body. A series of internal cleanses were just the recipe at this time.

I am now able to look back over the whole picture as the "observer", "the silent witness". I am now moving on in a different light. Appreciation flooded out of me for the multitude of experiences that brought me to be the conscientious, sensitive person I am today and for the mountains of knowledge I have gained on my personal journey along this path called LIFE. Over the years I have trained to become a Reiki Master/teacher, Registered Nutrition Consultant, Sexual Assault Crisis Line Counsellor and Rainbows facilitator (a program for children, teens and adults suffering a loss). I am currently studying for a Bachelor of Social Work and work in my community as a volunteer. I truly look at my Life to date as a labor of LOVE, and feel confident and excited to share my seventeen years of hands-on experience with other people as they face challenges/opportunities along their unique paths in LIFE.

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*Thais Baker is a graduate of the school of Natural Medicine in Boulder Co.. A Certified Energy Healer, Crystal Healer and Trained in Sound Therapy. Thais is a member of The North American Federation of Healers and The Guild of Naturopathic Iridologists.*



# Simply Tarot

by Maurine Valorie

In the Tarot, the Strength card is the Eighth Chapter in Life. This time is represented by Leo, with the element being fire and the ruling planet being the Sun. Astrologically, for the period of July 22nd to August 22nd... The Tiger's Eye is your stone. Do yourself a favour, get yourself one and slip it under your pillow. The affirmation I give to Strength persons born during the Leo period is: "By persevering in my quest to express my inner passion, I receive superior courage and strength."

The Lion is symbolized typically on a Strength card, #8 of the Major Arcana. Lions represent loyalty, strength and a passionate lust for life. Leo has a Lion's passion (eg) anger, lust and courage. There is courage of one's convictions and a strength person must never, ever "stuff" feelings! The swishing tail of the lion symbolizes the confidence, the fullness of love of self, and the distinction of being a crowd pleaser!

A Leonine personality is shown in the Tarot cards by the Queen of Wands. She is the ruler of a lion's den. Her life lesson is to express her intense need to live her own life, in her own way. By getting her loyalty issues worked out, she may just want to be a big, lazy and cuddly lioness, or she just may want to "go for it!"

**July 22nd to August 1st** - First decan Leo: The Five of Wands life experience will be you constantly asking and struggling to find your purpose in life. One foot feels an urgency to try out different careers and viewpoints, the other foot wants to stay stuck. The wands are the fire of the imagination, true, but wands can also be laser beams, and cut away all that is inadequate. The Five is a Transition Life Time.

**August 2nd to August 11th** - Second decan Leo: The Six of Wands will have you experiencing a glorious existence. At last! At first you were doubtful, but truth was recognized and you knew you had arrived and are now what you came to do! Rebirth into light and raise your hands now in praise of your true power! You feel acknowledgement! You are you - you exist!

**August 12th to August 22nd** - Third decan Leo: The Seven

of Wands is a life experience of getting to discover who you truly are. You know your uniqueness by listening to your own heart. Are you ambitious? How ambitious? Are you willing to walk over burning coals? Are you willing to compete to get what you want? Perhaps not!... This is your story. By looking deep within, you will enact Divine Law.

August 23rd to September 22nd has the sign of virgin Virgo being influenced by the messenger planet of Mercury. You are the connecting link between the mind's mental organization and the external manifestation of decision and communication. Virgos are sticklers for detail, have a noticeable amount of self-control and can be overly critical. The element of Earth respects and requests enough time for a secure foundation financially. Healing and introspection result if threatened by internal or external chaos. Logical analysis and well established control see to this!

The Major Arcana card for this period is the Number Nine - The Hermit, depicting the evening of life, as opposed to morning or afternoon of life. The Hermit has no desire for the recognition of being a teacher. There is a depth of knowledge about the timeless nature of all things and the God of Time (Chronos) and the wise women (The Chrone) allows the Hermit the ability to be alone with oneself, without feeling alone. Primordial wisdom is often channelled from The Hermit's solitary meditations. The affirmation of The Hermit is "Through the quiet and peace of solitude, I receive and accept divine guidance."

The Knight of Pentacles shows us the Virgoan personality. He is an active master of growing and cultivating responsible situations. The incredible financial successes are a result of a trust in the Nature of Life. This person works with a simplicity of mind... Get the job done! Liking quiet beauty in his surroundings, there is nothing garish, there is no contemporary art, no Ukrainian Easter Eggs. Everything must have a function and show a high respect for nature. Potential careers: Watchmaker, Horse rancher, A Wheel-dealer in Real Estate or New Age Guru.

**August 23rd to September 1st** - First decan Virgo: The Eight of Pentacles life experience has you learning money lessons - through perseverance, discipline and commitment. With practice, you can climb any mountain, but ...you do need the necessary equipment. You have all the real keys to success. Go to animated movies to get any of your missed lessons!

**September 2nd to 11th** - Second decan Virgo: The Nine of Pentacles teaches a sense of accomplishment. You have learnt that your ego pales next to your soul. By working hard you deserve the fabulous abundance coming to you! I call this my Frank Sinatra lifetime card, "I did it my way!"

**September 12th to 22nd** - Third decan Virgo: The Ten of Pentacles experiences a life of achievement materially. You are a visionary and have created your own 'story'. Now you are to teach what you know, so that future generations will benefit! A painting ~ A book ~ A legacy! Ongoing contentment and security are the gifts of your ancestors, for your family, friends and spirit guides. All is balanced and in a perfected state.



*Maurine  
Valorie*

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# The Act of Sacred Searching

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by Bonnie Marks Hall

*"Throughout most of my adulthood, I searched, although for many of the years I did so without knowing! What did I search for? Perhaps for an identity, an expression of who I was. Perhaps for meaning to my life's experiences. I couldn't define what I was searching for, only that I was searching. I couldn't grab onto its elusiveness. I just knew I didn't feel complete or whole. I knew that there had to be more to life than just life, there had to be! I felt so strongly within my soul that there was something I was supposed to do, something I was supposed to find, some profound reason why I was here!"*

Regardless of the diverse paths that we may individually create to bring understanding, enlightenment or growth, we all begin these paths from the human experience of birth, complete with the chaos of pain and despair and/or ecstasy of joy and love. The above quote that introduces the story of my life's journey, *In Search Of ... Finding and Loving My Multi-Dimensional Self*, reflected the need within myself to be something more than the result of my experiences. As a child, I lived within the denial of my chaos. While my outward appearances showed me to be at ease within the structure of my large family circle (I am second oldest in a harem of six daughters), a secret robbed me of my childhood fantasies and forced me to display a face to the world that did not belong to me.

Sexual abuse is paramount in today's world that strives for gratification of the ego — power — and affects a despairing number of males and females. Since our sexuality is an expression of how we see our Self, sexual abuse becomes Self abuse, and denial of the abuse becomes denial of the Self. Our world's focus on the ego — material acquisition, intellect, vanity — really focuses on power over, and control of our Self because our Self cannot be found outward, only inward. The more "outward" we live our lives, the more we continue to deny who we are.

When we don't gain understanding from a single experience, we continue to create more experiences until we do. Many years and additional traumas eventually were my catalysts to begin searching. As a young adult I was date-raped, continuing denial of my Self through my sexuality. In desperation from the silent chaos which was consuming and close to destroying my life, only after the life-threatening birth of my son who later developed a chronic disorder (Attention Deficit and Hyperactive Disorder) did I begin to search for meaning within strife, question that which society and family had inherently taught me, and develop spiritual philosophies that were more aligned with who I really was and which *felt right*.

However, I was still not allowing the world to see my true face that was vulnerable instead of strong, and that reflected my human reactions of pain and suffering. I was still not *being* who I was. All my searching was intellectual and of the mind as I tried to understand my humanity. Although I was awake, I was still in denial because understanding is of the mind, while acceptance is of the soul, and I had yet to accept my identity. I had yet to really touch that elusive part of my Self that was of spirit and not of human. As long as I denied allowing the world to truly see my human Self, I continued to deny my spiritual Self, because one was found through the other.

I truly feel that I am no different than my neighbour, my co-worker, or a stranger that I have never met. While I am me, I am also you, each and every one of you. My experiences can reflect your experiences; my emotional reactions can reflect your emotional reactions even if our experiences differ. That's what being a human is all about. Even then, in a sense, our experiences are irrelevant. What only has relevance to our spirit are the reactions to our experiences. Therefore, the more we deny our reactions, the more we deny our Self the ability to understand our humanity and to remember the godliness of itself.

The birth and sexual maturity of my daughter was what eventually allowed me to touch my traumas and denials, and I began to accept my childhood as she left hers. As I began my release, I began to search for meaning to my experiences, my place in the world, and our humanity's place in the cosmos. One path led to another, and another and another.

My search for understanding and meaning eventually brought me to discovery of who I am, what I am and why I am. I am now able to know, honour and accept my sacred, multi-dimensional Self, my godliness that is human *and* spirit, and love that which is truly me.

"The fulfilment of my search is not always of importance, and may never be realized. What is significant is my search, and what are important are my stops along the way, those stops being this life's experience, or another, or another. And as each of my life experiences unravels in its complexity, sometimes with only minute changes from one existence to another, each reaction's understanding weaves a different thread into the whole of my fabric. My circle is never-ending, without beginning or ending, and always in motion, as my search continues."

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# A New Beginning

Recently there was a television commercial that used a model train set to illustrate what happens in a person's life when the pressure and stress of today's lifestyle become too much. Moving too fast, the train derails and the announcer explains that this is the result of buildup of stress.

Like the cartoon at the bottom of this page describes, our lives often become filled with obligations and irritations that sometimes build up and overwhelm us. For many people, a crisis will occur internally or externally, signalling the need for change and the correction of some life pattern that has become unbearable. Sometimes these derailments appear to be major: the loss of a job, the loss of a loved one, the break-up of a marriage. More often it is just the continuing daily experience of stress, unhappiness, fatigue and strained relationships with family and coworkers that accumulates over the years until the individual realizes and decides that enough is enough. Even people who have tried in the past to change other people and circumstances in their outer worlds, will at some point reach the truth of the situation and take responsibility for healing the conflict at its source - *within*. This desire for real and lasting change in life is the beginning of commitment to healing.

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Mental, emotional, physical and spiritual purification lead to an awareness of how Spirit within creates more ease, fulfilment and joy. All that is required is the true desire to let go of the repeated patterns of pain in your life and a willingness to experience yourself as healed and whole. This transformation can occur more readily, easily and rapidly in the environment of unconditional love and safety of the Program.

The hundreds of graduates of Personal Mastery Programs in cities across the US and Canada look back on the "derailments" as the lessons that led them to awakening. A deep commitment to themselves has led them out of the darkness into light; away from pain and separation into a new awareness of themselves, both as individuals and as members of a greater spiritual family.

*Adapted from an article written by Lura Smedsted, a program teacher in Minneapolis, Illinois.*

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# Insight thru the Dimensions Direct to You

by Hazel Culley

Health. A major concern for us these days. As we attain to higher levels of spirituality we oftentimes forget about the physical body.

When the stomach growls we put whatever is at hand into it, not checking to find out if it works for the body. The bowels are cramping so out come the commercial 'laxatives'. The funny sparkling lights and pain in the head are called 'migraines', off we go to the nearest pharmacy or better yet make an appointment with our favorite doctor. It is covered by Medicare after all!

Some of us are paying close enough attention that we're doing cleanses to purify our physical body. In a rush we stop for deep fried fish and chips. What a treat. What a high. Good God, why have I been so ill for the last two or three days? What happened to all that wonderful energy I started to get back? Could it possibly have been...? Have you ever seen a grease trap in a restaurant? It's not on my list of priorities.

Listen up my friends. This Spirituality process is a complete process. The physical body is a big part of our lesson. The time is getting short. We are in our contracts now.

Our physical bodies need to be in prime shape for the vibrational energies we will soon be bringing in. Otherwise, as some of us have already proven to ourselves, it will be very exhausting and painful. No matter how much bodywork we do, how many supplements we take it won't change until we start paying attention to the kind of nourishment we choose.

It's about choosing to nurture ourselves on a whole body connected level. Not with ice cream and such - with whole fruits and vegetables. When we reach for that package on the shelf - read what's in it. Better yet, put it back and choose a whole food instead. Even to the point of growing our own organically. Now, that's a whole new world out there. A pot growing thyme on the window sill anyone?



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No, it's not easy. The longer we leave it the harder it gets. Remember to be discerning. What's right for some is not always right for all of us.

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If we're in touch with our guides on a regular basis about everything else in our lives, why not ask for guidance about our physical bodies as well? Listen every time we put something in our bodies, hear what it tells us.

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# Treatment & Self-treatment of Headache

by Dr. Kevin Ma



Headache is a subjective symptom which can occur in a number of acute and chronic diseases such as hypertension, migraine, sinusitis, common cold and glaucoma.

## Types of Syndromes:

- 1. Migraine Headache:** Chiefly in the temples, accompanied by a burning feverish sensation in the head, bitter taste in the mouth, dry throat.
- 2. Occipitocervical Headache:** Can be accompanied by fever, aversion to cold, rigidity of the nape with backache.
- 3. Vertical Ache Headache:** Accompanied by dizziness, vexation and irritability, flushed face and insomnia.
- 4. Sincipital Ache Headache:** Mainly forehead ache which can be accompanied by dysphoria, thirst and constipation.
- 5. Deficiency of Qi Headache:** Lingering headache, heaviness sensation, blurred vision, lassitude, weakness.

## Therapeutic Methods:

- 1. Acupuncture:** Acupuncture has a distinctive effect on headaches, especially on migraine and neural functional headache which are mostly seen in women. The headache induced by hypertension and glaucoma should be treated with a combination of Chinese herbs. The functions of acupuncture are: supplementing qi, nourishing blood, promoting the flow of blood, removing obstruction in the channels and alleviating pain.
- 2. Chinese herbs:** Chinese herbs can be used internally and externally. I often use the following herbs: *Herba Schizonepetae*, *Rhizoma Seu Radix Notopterygii*, *Radix Angelicae Dahuricae*, *Rhizoma Ligustici Chuanxiong*, *Radix Ledebouriellae*, *Radix Bupleuri* and *Flos Chrysanthemum*.
- 3. Oriental Magic Board with Chinese Herb Oil:** This is a unique treatment with features of high effectiveness, painlessness and safety. If you are afraid of needles, you can try this special treatment.
- 4. Tuina (Chinese Massage):** By doing massage on related acu-points, Tuina can effectively dredge the channels and collaterals and alleviate the pain. I will select different points according to different types of headache

and use different massage maneuvers.

**5. Self-treatment by Practising Qigong:** It is advisable to practise Head and Face Qigong except for the Deficiency of qi and blood type. Practise inner-Nourishing Qigong and Roborant Qigong for this type. Head and Face Qigong has the function of regulating the facial channels and collaterals, promoting the circulation and flow of qi and blood as well as beautifying the body, strengthening and protecting health.

(a) *Preparations:* Assume a sitting or standing posture. Relax the body, get rid of stray thoughts, raise the tongue tip against the hard palate and slightly close the eyes.

(b) *Push the forehead:* Bring the index, middle and ring fingers of both hands together, push with the palmar parts of the fingers from the middle point between the two eyebrows directly to the front hairline of the forehead for 40 times; then push from the central point of the forehead to the bilateral sides for 40 times. With even and long breathing, push forcibly when exhaling and lightly when inhaling. Pay attention to the qi sensation under the hands.

(c) *Knead and rub the temples:* Press the middle fingers of the hands against the excavations beyond the eyebrows, rub in a retroauricular motion for 40 times. The mindwill and respiration are the same as in the above.

(d) *Bathe the face:* Rub with the palms from the top of the forehead first sideways and then down bilaterally, then rub reversely upwards from the sides of the nose for 40 times, then rub in the opposite direction for 40 times. Breathe naturally and focus the mind beneath both palms.

(e) *Comb the hair:* Keep the five fingers naturally spread and slightly bent. Comb the hair with the fingers from the front to the back in conformity to the hair-line as with a comb for 40 times. Focus the mind beneath the hands, breathe naturally and raise the tongue against the hard palate.

(f) *Rub the back of the head:* Interlock the ten fingers of the two hands, hold the lower part of the occipital bone against the palmar bases and rub from above to below. Focus the mind beneath the palms. Rub 5 times when exhaling and stop temporarily when inhaling. Do 5 breaths altogether.

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# Unraveling the Web

by Linda Mrau

Twenty months ago, I engaged in research to better understand intrusions on my physical wellness. The unveiling of mental and emotional effects on the body became a turning point in this life's journey. I applied an introspective view to the person I had been, the person I was presently, and how this person could evolve.

Not having been an avid reader, except of nutrition and exercise books, I found myself having several on the go at once! The common theme among these was how thoughts and emotions direct their energy to either strengthen or weaken our bodies, harmonize or strike discord in our lives.

We are body, mind and soul, though the soul may get disregarded in the face of modern life. When not paying homage to every aspect of existence, homeostasis cannot be maintained. The ego has several "I SHOULDs" and "WHAT IFs" that keep people from doing what it is they need to feel whole. The yearning for truth from the inner most being always speaks. We may not hear, but that does not mean it is not crying out for recognition.

Transforming from living life how we've come to believe we "SHOULD", to living it in accordance without authentic agenda, involves a gestation period. The birthing process may be laborious, at times tedious and frustrating. Altering established behaviour patterns requires desire and patience. Intention of attracting things to serve our HIGHEST GOOD is the start of restructuring the course of our lives.

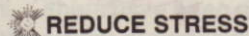
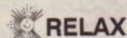
Changes occur in steps. Acknowledgment of each occurrence carries us one notch closer to aspiring goals. I have discovered by taking chances, trusting and following my inner truth to its entirety, things magically fall into place.

Reiki, an ancient Japanese hands-on-healing art, is something I discovered by "accident." After having experienced the serenity of a treatment, the path I was intended to follow became illuminated. I KNEW this was what I must pursue. Having received all three levels of Reiki from June Hope, I have just set up the business in my home. I look forward to meeting with clients and providing both the relaxing and energizing benefits of Reiki treatments.

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# PURPLE ENERGY PLATES

by Patricia Harris

**M**ost of us have already learned that each material object, animal and human being vibrate to an individual frequency of angstrom units (light waves) per second. This is the life force energy responsible for universal harmony and synchronicity ... the Oneness of the Universe. Everything in the Universe is energy and vibration. Each basic element of the known atomic chart consists of energy at different rates of vibration. The difference between gold and silver is due to the difference in atomic structure and vibration rates. In Yoga philosophy, this life force energy is called *Prana*, but whatever you call it, you couldn't live without it, and at present you're using a fraction of its power.

Your 3-D mind can use this energy to become in tune with the harmony of the Universe for within this frequency all magic is conceived and all miracles are born. There are many ways to tune in. Not just two or three. Many!

One of them is an Aquarian Age, Tesla-inspired discovery I call "purple plates", (and so do many other people). These plates have been channelled to earth from the higher realms, through the mind and brain of a man who knew Nikola Tesla and has studied his discoveries in depth, but who prefers to remain anonymous.

The plates have been anodized with the colour Violet, which represents the 7th Ray (and the violet flame of St. Germain). It is also the healing ray of the rainbow spectrum and corresponds with the seventh energy center in our bodies also known as the crown chakra. The atomic structure of these aluminum plates has been altered so that the plates are in resonance, or in tune, with the basic energy of the Universe. They function as transceivers creating a field of energy around themselves that will penetrate any material substance. This energy (the life force) is very beneficial to all life...plant, animal or human.

The life force energy can be measured with radionic equipment and other ways also. When using this measurement, the energy level of a person who's begun to work on him/herself might oscillate at, say, 25,000 cycles per second. When you hand this person a purple plate the reading will instantly increase to 90,000 or 95,000 cycles per second. It won't remain at that level but with continual use of the plate it will gradually bring the individual's energy to 100,000 plus cycles a second permanently. Beyond that, you might guess the energy of the initiate to be 100,000 cycles or more. Enlightenment. However you quantify it, you are a wave-state that is oscillating through this physical experience. The use of this Tesla "magic" will eventually raise your frequency rate, which is of obvious benefit to your spiritual evolvement.

First and foremost, these plates will help to raise the vibrational rate of any individual using them, and that's of prime importance. In no way can these plates be harmful. The plates seem to neutralize anything negative in food or water. Many people place their food on the large plates when they are still in paper sacks from the market. The time required is about fifteen minutes. Plate energy will change the taste of wine...and for some reason, cheap wine improves and expensive wine becomes like vinegar. A glass of water may become energized in two or three minutes by sitting it on a plate. Travellers in foreign countries energize their drinking water and eliminate illness and stomach upset from water changes. A plate that is placed on top, or under, a vodka martini, will ruin the martini...it will taste like water. Coffee changes taste, cigarettes become milder, pineapple becomes sweeter.

Some people sleep on these plates by placing them under the pillow or mattress. This helps to give them more energy and raise their vibrational rate. Other people cannot sleep with

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the plates near them, as they will remain awake most of the night. By wearing the small plate in a pocket, most people will feel an increase of energy and less fatigue. Some people find the best results by using them for shorter periods...perhaps only thirty minutes or one hour each day, or twice a day. This all depends on the individual.

Science has proven that by projecting "love" or positive energy to a plant, the plant will flourish and grow vigorously. The plate energy will do the same to plants. If a child is injured, it will run to its mother who automatically will project love (positive energy) to the child... and by laying her hands on the painful area, she automatically releases "energy" or "prana" and the pain is relieved. The plates can do the same thing when placed upon an injured area of man, plant or animal. If a person receives a burn, they have suddenly changed the normal vibrational rate of the tissue...and they suffer pain. The plates will help to quickly return the burned area back to its normal rate of vibration. All faith healing utilizes this energy.

The plates have been in use for more than twenty-five years to my knowledge. I have had my own for eleven years and they still function as effective as the day they came into my life. Once the structure of the atoms of the aluminum has been altered, it will remain in that condition, probably indefinitely. The plates are not "charged", they are simply altered to vibrate with the life force energy of the Universe. It's what Nikola Tesla called "free energy."

*See ads to the left.*



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# Tektites of Tibet

by Deborah Jardine

I am unable to describe a particular stone without first explaining the significance it holds for me. Each mineral has a special purpose which is deeply connected to me from another source. Encountering Moldavite, star stones from the heavens (see Issues Magazine 03/96) in my dreams revealed an ability beyond my expectations. Not only to get in touch with my spirit guides, but to travel further and deeper into different dimensions accompanied by my power animals.

Intense, yet at the same time with a magical quality I journey frequently in my dreamtime with a pair of eagles. In awe of these magnificent birds, I often metamorphose into the same form and experience visionary spirit flight as we journey beyond space and time. Repeatedly, I have held small stones not remarkable in colour or shape, yet I sensed were of great importance to continue a quest towards spiritual development. These cosmic stones are the Tektites of Tibet.

These Himalayan cousins of Moldavite were virtually unknown to western civilization until a few years ago. For the first time a small amount of stones were offered for sale outside of Tibet. The tektites or "Tibetanites" as I shall refer to them are gathered from the Northern Plateau of Tibet in the Chang Tang region near the Thangha Mountains. The area is surrounded by steep mountain ranges from 14,000 to 18,000 feet above sea level. The region has been home for centuries to nomadic herdsmen who act as traders with other nomadic groups. The nomads travel between the numerous lakes which are located about twenty miles north of the city of Lhasa, the capital of Tibet.

The Buddhist monks collect the Tibetanites while tending to their herds, or on trading trips. These tribesmen consider the Tibetanites to possess powerful talismanic energy, and regard them as "Gifts from Heaven." The nomads have traditionally collected the Tibetanites for the monks living in the monastery. The stones are prized so highly by the monks and lamas that they readily accept the Tibetanites in lieu of monetary support. The monasteries are primarily financed through voluntary donations by the rest of the population. The monks regard the Tibetanites as sacred stones, and use them to enhance meditative states.

These Tibetan stones have a blackish-brown coloring familiar with many Asian tektites. The shapes, textures and sizes are very similar to Moldavite. The energy of the Tibetanites is very pure and strong. When carried alone they automatically give a spiral cocoon of protection. Combined with Moldavite, the Tibetanites would create an exceptionally high and rapid acceleration for spiritual evolution.

Healers who work with stones may wish to explore the use of Tibetanites in regard with nervous system disorders. Kundalini activation of the spinal column may be achieved by placing one at the base of the spinal column and rotating the other above the crown chakra. Individual experiences may vary and use with meditation is recommended. Placement of seven of the Tibetanites on the body, one at each chakra point, is optimal for stimulating and activating the light body.

As with all Tektites created in outer space, the Tibetanites carry the energies of galaxies and a connection with all planets throughout the universe. See ad to the left



# Separateness - The Big Illusion

by Denie Hiestand

As a result of the life changing process I went through, I finally started to walk my path. As well as building up a large international clientele with my healing practice over the last ten years, in 1994 I founded the Geometry of Divinity, Inner Awareness Movement (God I Am) which is now part of the International Academy of Vibrational Medical Science, that was established in 1996 by my life partner Shelley and myself with an international faculty to teach and share with others the most profound truth of their own beingness. Looking around the world and noting what was on offer, in regards to self-improvement/spiritual/esoteric teaching, I became increasingly alarmed at how these important life skills were being taught. In fact it was my opinion that religion and some aspects of the so-called new age movement and its general teachings were cloaked in do-gooders flowery clap trap and mumbo jumbo. There was no realness, everything was out there, wherever that was. The concepts, the understanding of the myths, the real message of those that have walked the path before us had been missed. The messenger had been made into a god or killed, and the message got bastardized depending on the cultural and vested interests paramount at the time. So the new age movement was floundering in a hotch potch of disinformation and half truths, of taking seekers down a path that had very little to do with themselves and everything to do with something outside of themselves. It was becoming a religion all over again. A judgment? Well maybe, but I would rather call it an observation.

To me, spirituality can only be an inner journey, a journey that takes the seeker on a path through all dogma, all control, all shoulds and shouldn'ts. That sets the seeker free to be everything that they are. Allows those who truly want and are ready to experience the god presence from within. Not from an intellectual or knowledgeable third dimensional thinking reality, but from actually being that reality, from experiencing such a change at a cellular level that they could find a way to never go back to their old emotional reactive ways. To a knowingness at such a deep level that there would never be any doubt that they and god are one and the same. To realize that the cosmos is our home and there is no separation on any level, that god experiences through our cells. These bodies of ours are not in isolation to the rest of the cosmos but in fact are an intrical part of it. We are connected to everything and everything to us. Our only limitation is our belief that we are separate. That is the great illusion.

So how do I get this across to people in a way that they can experience a real change, to experience a real shift in their consciousness. That's the hard one, every thinking man and woman since Adam and Eve have tried to crack that. So what would it take? This is where I had come to.

I went back to ground zero, the starting point of this whole expansion that is this cosmos to find the common denominator that everything else revolves around. The thing that makes everything tick. And you know what? I didn't find god, I found me! And then I found god. That was the clue I had been looking for. Most every method was trying to teach people that there was this reality out there some where, and nobody could find it because they were looking outside of themselves. But how

do you look inwards? How do you find yourself? Now that's the real question.

If we have to find ourselves then surely it would be an advantage to start with what we are made of. So what's that? Flesh and bones. Yes, but what's that made of? Cells, yes, and what's that made of? Atoms, and what's that made of? Vibrating frequencies of energy. Right. So we are energy and isn't that the basis of all of the known universe, and the basis of all our scientific understanding ( $E=MC^2$ ). Wait a minute you say, am I saying that those on a scientific quest and those on a spiritual quest are heading towards the same goal but from different ends of the field? Darn right, and what's more they are playing on the very same field and if each one of us let go of our judgements and belief structures we would see that everybody is on the same field and we are heading towards the same goal.

This is the background on which we put together our school. The goal was to cut all the floweriness and dogma out of what most would call a spiritual quest, and to share with those who are ready, a level of mastership and knowing that few have achieved. We start with energy, energy awareness and that leads us to self, and self leads to mastership and mastership leads to enlightenment. This is the mastership school. From small beginnings this school has grown to be recognized as one of the major esoteric and personal growth learning institutions in the western world.

*The above is an excerpt from Denie's latest book "Back to Life"*

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# Interesting People



by Urmi

## VAL MORCHE

Every so often you meet someone who stands out in the crowd. In fact they don't seem to be part of the crowd at all. Val Morche is such a person. At eighty-two she is a spry chickadee delighting in whatever project she is undertaking in the moment.

Upon entering her house of fifty years I notice that many of the walls had been painted in a variety of styles, from murals to flowers, with exotic borders around windows and doors. Val tells me that she painted those pictures fifty years ago when she first moved into this house. "We didn't have much furniture", she explains as she escorted me into the living room full of couches. "Now there is barely room to hang a picture", she motions to a pile of framed pieces leaning up against the wall. The style of the room is a mix of old English and an assortment of collectables from around the world. I immediately know I will not have enough time to explore all the available artifacts lining the mantle and positioned on coffee tables. The room is bright and a variety of coloured glass bottles grace every window ledge, giving the room a cosy carnival like atmosphere. "Sit anywhere", Val motions (I pick out the nice big red couch in front of the window) "Except over there," she says indicating said chosen place, "I can't see your face if you sit in front of the window." Okay, choice number two. I settle down to collect all the statistics: born 1914 Sheffield, England, first passion art, worked in advertising until the war upset the economy.... As I gather this information I wonder how I can do justice to the character I am representing. How to paint the picture of Val who is often seen at parties sporting leopard print stretchies, exotic glasses, and engaged in bubbly conversation? Okay, ascend to particulars.

Val became interested in psychic and paranormal phenomena at the early age of eleven. Her grandmother would tell her stories from the book *Mystics and Magicians in Tibet*, and both her grandfathers were ministers. These influences gave her perspectives in spiritual concepts from very different cultures. Reading anything she could find (and in those days books on parapsychology were rare) she studied astrology, mediums, and the ancient spirituality of Egypt, Tibet and Europe. This kindled a life-long quest for something more than the physical and emotional. A search for whatever is out there, the unanswered, the unseen.

When the war started Val was put to work as a welder. As more men were called away she found herself in charge of teaching the women how to weld. As a spirited young woman Val made the best of the war situation. She met her husband who was in England as a refugee from Chekosllovakia. "It was just one of those things, we met and that was that, we wanted to be together all the time. It was one of those soul level connections." As I listen to this story I get a glimpse into the



way that political occurrences can affect our lives and the clever ways that humans adapt to situations.

In 1947 Val and her husband moved to Canada and bought an orchard on Naramata road. This started a project that fifty years later is still a daily passion for Val.

On arriving in Canada what did she miss most from her homeland? "Well there weren't any ghosts here, there was a feeling of no history, no culture." Val dealt with the isolation of the Canadian west by creating a local theatre group, the Naramata Players. This afforded her a creative outlet and the intellectual stimulation she needed. She acted, directed, made costumes and sets and even wrote a few plays. The Naramata Players entertained the community for about fifteen years putting on classics from Shaw, Ibsen, and Molier. While looking at some photos of these productions I remarked at how the pictures did not seem dated that they could have appeared in today's paper. "Drama and art are always contemporary" was Val's reply. When the community hall burned down the Naramata Players dissolved and Val turned her avidity to gardening. Collecting plants and rocks she has designed her property like a landscaped stage setting, that perpetuates itself as a wonderful wild haven of flowers and trees.

Val's husband died suddenly and her spiritual aspirations were put to test. They had an agreement that whoever died first would try to make contact from the other side. Val's understanding of death included the concept that grieving and being upset would confuse and disturb the deceased so she always felt happy for her husband. She feels he has been promoted and gone on to a better place. After his death Val connected with mediums and healers to help gain this reassurance. She had many messages from spirit which were very personal and particular to experiences with her husband. This gave her the confidence that when we die we go into a different dimension but are still in contact with the living. "He says it's wonderful there." The experience has given her a yes towards life and death. There is also a feeling of trust that they will be reunited.

Since her husband's death, Val has travelled extensively to all the interesting places of spiritual merit. She has watched ritual with a Peruvian shaman, drunk tea with the Tibetans, meditated with the pharaohs and swum in the oceans and seas of Hawaii, Thailand and Bali.

So what's the secret to a successful life? "I've always done what I wanted to do, maintained a cheerful disposition and I believe everyone should feel better for having met you." These few words at the end of our lengthy interview put it all on a flower petal for me and I certainly am better for having met you, Val!



# RETREATS AND SEMINARS GO ON LINE

by  
Ken Johnson

*"I link; therefore, I am"*

A new all-Canadian Internet Directory service featuring retreats and seminars begins this month (September, 1997). In answer to the difficulties organizers and operators face getting their messages out, Retreats and Seminars Online Canada will provide a central exchange for information on times, location and content of retreats, seminars, workshops and conferences across Canada. It will also serve to direct worldwide attention to Canadian retreat locations, such as the Okanagan, Shuswap and Kootenay valleys.

The service has been in preview mode for most of the summer. It features **Retreat Centres** - like the Holistic Healing Centre in Penticton, that offer regular in-house seminars, **Retreat Getaways** - like God's Mountain Crest Chalet on Skaha Lake, **Special Event Destination Resorts, B&B Retreats** - the familiar family-style two or three-bedroom accommodations and "farm vacations" in off-the-beaten-track locations, **Seminar Events** - focussing on development of mind, body and spirit and **Armchair Seminars** - self-help resources for bookworms and shut-ins or for people who prefer to seek guidance in seclusion.

ISSUES Magazine joins a series of publications across Canada in announcing that the Directory service is available; RSOC, in turn, carries information on current and past ISSUES, and promotes use of the magazine both locally and internationally as a key resource for personal growth and healing services.

## Relating to the Internet

The world wide web is to some an intimidating beast, to others a lifeline. It may well be the first technology that lives up to the cliché billing of trying to be "all things to all people". Embracing and absorbing everything from atomic trivia to cosmic trauma in its global bosom, the Internet is reproducing itself exponentially—currently a million new users come on line around the world every month.

Many entrepreneurs, large and small, are puzzled by internet technology. They want to get in on the action but don't know how and/or cannot afford to hire someone else to do it for them. Some-

including retreat and seminar operators pay handsome sums to have a local "guru" create a web site for them. They may end up with a beautiful site, but no one (except friends) ever finds it!

The advantages of a Directory like Retreats and Seminars Online Canada, are two-fold: it is inexpensive, and it gets attention. It can direct traffic toward existing sites, or serve subscribers as their web site in its own right.

## Surfing

If you haven't found Retreats & Seminars Online Canada yet, check it out at (<http://www.retreatseminarscanada.com>.) You will find the link to Issues Magazine under "Associates." You can get more information on how you can use the service with or without an internet connection of your own by post. See ad below

*We link; therefore, we are!*

*"Readers who have found enrichment by reading James Redfield's best-selling book, 'The Celestine Prophecy,' may well find these two books enlightening as well."*

— Ruth E. Maier, American Eagle News

*"Don't Water the Stick is a valuable insight into the majesty and mystery of the psyche and its role in healing."* Larry Dossey, M.D., author of *Recovering the Soul*

*Beyond a Shadow: the path of the spirit*, companion and sequel to *Don't Water the Stick*, brings Bernard Willemssen's 20 years' experience of spirit realms vividly to life, providing a fascinating insight into the life of the spirit and a deeper understanding of our own psyches.

**Kelowna, Sept.13-17:** Bernard Willemssen will be offering a workshop, public lecture and private sessions. See Community Calendar for information.

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## RETREATS AND SEMINARS ONLINE CANADA <http://www.retreatseminarscanada.com>

**Can potential clients find your retreat or seminar on the world wide web?**



RSOC now offers you a web site of your own, or a hotlink to your existing site—part of a worldwide internet Directory of retreats and seminars across Canada. If you want to have your program included in the Directory, you can easily download a Registration Form from our web site, Or, contact us directly at:

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While on site, click "Associates" to check current articles in ISSUES.



# Farewell to a Dear Friend

by Cassie Benell, Ph.D.

**F**or ten years I had a friend and companion living with me. We went through some hard times and some good times. He wore a liver brown coat trimmed smartly with white and had white whiskers. He was loyal, unconditionally loving, was willing to comfort me when the going got rough, and never talked back. His gait was jaunty, sometimes provocatively so. His feet were exceptionally large, and his body heavy-boned, such that some people mistook him for being overweight. His parentage was uncertain, but could be guessed at; he probably was a Bassett-Labrador cross (a "basselab" or a "labassett"). More specifically, he seemed to have a Bassett body with a lab head, tail and webbing between his toes. He was most unique. His name was Ralph.

Ralph was well-travelled, originally born in Winnipeg. He went to New England and Montreal, and he'd been between Winnipeg and the interior of BC twice. Last summer he went to the Yukon and Alaska. On the ferry ride from Skagway to Prince Rupert his favorite stop was Petersburg, Alaska. At three am he walked about excitedly, sniffing the air eagerly; there are several fish canneries at Petersburg.

He loved a good time — a long walk or cross-country ski trip, scratching his back while rolling on a rug, the grass or the snow, and chewing on a bone. He especially liked to chase cats, squirrels and eat mice which crossed his path. Fortunately he had a respect for bears because they were so big and smelly. He was like a child when travelling in the car; he knew the words "horse" and "cow," and at times barked and whined

at them in passing. However, when he really got close to them, their sheer size dampened his excitement.

Some of Ralph's behaviour was feline. When he was a pup, we had four cats in the household. One female tolerated him walking side by side, but swatted him on the nose when she'd had enough. One kitten always let Ralph "manhandle" him, picking him up by the head and carrying him about; afterwards the kitten looked as though he had a spiked hairdo. Ralph rubbed against you like a cat, licked his body, especially his feet, and cleaned his face with his paws. He even had hairballs at times. People would laugh when I said that this dog, who looked like a bulldozer, was quite feline.

Ralph LOVED to eat. Given a chance, he was one of those beings who would live to eat. He could not be trusted near any food in the house or car which was unattended. Once he nosed the lid off his dog food container and ate several days' worth of kibbles. I found him lying on a rug (instead of asking to go for a walk), bloated and burping, looking like a stuffed sausage. Four days later, when he was more svelte, he got his supper again. What Ralph ate was amazing — just about everything except for raw onion and banana peels. He ate fruits, nuts, olives(!) and vegetables, as well as grains, meat and fish. When presented with something he didn't like, such as ground pepper or a pungent spice, he wrinkled up his nose in disgust and pulled back his lips as a human would do.

Obedience came easily for Ralph, knowing that he would be rewarded with food. He had to sit or lie down to wait for his food as it was being prepared. Then after a short while, he was told that he could eat. The only problem was cleaning up the slobber afterwards. This guy could really drool.

Ralph had minor complaints with his feet and the start of cataracts in his eyes, but nothing major. So it was a shock when he went suddenly; at least he hardly suffered. I had just been away three days and left him boarded at a vet. A friend walked him each day and said he was quite slow the day before he died. I picked him up first thing after my return, to find him very low and unresponsive. They said he might be sulking; I wasn't so sure. I was out that afternoon and had left him in the yard with his favorite bed, and food and water in the shade. When I returned, he had slipped into a coma.

I think Ralph waited for my return. At some level, even in a coma, he knew I was there. I carried him inside where it was cooler. I told him that I realized that he would soon pass over, that I would miss him, and that he could go whenever he had to, for I knew that his time had come. Soon his eyes rolled forward and his lips started to flutter as if to bark. I believe that he was being greeted from the "other side," just as we humans are. And then he was still.

The saga is not over. When I go for a walk I feel Ralph's spirit romping around. Even just after his death his spirit felt so happy and free. Now he can go anywhere without a leash or collar, roll on his back and smile. Even when my friend and I dug his grave on a hillside overlooking the North Thompson River, his spirit was gambolling about happily in the bushes and trees. On his grave are four stones (for the four directions), two species of sage, five species of flowers and a large twisted stem of sage. And he is completely free.

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# We Don't Walk Alone

by Bev Gartner

As I awoke one morning, dreams still fresh in my mind, something happened to me that would change my life forever. I heard a voice. It was as if there was another being in the room with me, and to my surprise and amazement there was. I could not see her. Her name was Sarah. When I reached out to touch her, it was as if this being shot straight up into the sky. I guess she was not expecting that, as I heard her saying, "This is not allowed."

When my husband arrived home that night I didn't know how to explain what had happened to me, for I didn't know. That was the first day I started to channel. Apparently my throat chakra had been opened. I didn't know what was happening to me; I started hearing more voices. At one point I felt as if there were forty spirits trying to communicate with me all at the same time, my head felt like it was going to blow.

One day a neighbour stopped over. I had not told anyone of my experiences for I didn't know how to explain them. I didn't want people thinking I was losing it; but for some reason, before I could take the words back, out of my mouth came my story. When I finished my sentence I wanted to shoot myself. "Why did I open my big mouth," I thought. She looked at me and replied, "Do you know what you're doing?" I answered jokingly, to ease the tension, "Going crazy!" "No," she said. "You're channelling. You're talking to the other side."

"The other side; the other side; what other side. You live, you die, that's it," I always thought. She gave me a few names of people to contact who might help me out more. Christmas was coming and I had a big dinner to prepare for the family. I didn't want to deal with this until after the holidays. That was my plan; others had different plans for me. The phone would ring and no one was on line. Beside the phone, staring me in the face, was the name and phone number of these contacts. Well, if this wasn't a sign I didn't know what was. So I picked up the phone and dialed.

I was taking my first step in my spiritual journey. I was reaching out. The phrase "It's a small world" really hit home. The number of the lady I was to contact was also channelling the same entity that I was. This was incredible! By now I had a million questions: Why me? How? I needed more answers so I again picked up the phone and contacted Cheryl Grismer. While Cheryl definitely had answers I just wasn't ready to accept it all yet. Just as I was starting to is when the second most incredible thing happened. I was channelling my grandfather, who had died over thirty years ago. He came to me and said Sarah was leaving me. I cried and cried. He had a message from her. I'll never forget his words. "Sarah is being reincarnated to teach unconditional love to someone. She has a gift for you; the gift to heal." What was the gift to heal? Could I wave my hands over someone and they would be healed? I had no idea what was in store for me next nor do I think anything could have prepared me for it.

Dancing with angels, playing with angels, learning energy work from healing angels. For three years I have studied with healing angels. I learned how to feel energy fields, find blocks, remove blocks and channel universal energy to repair damaged cells and tissues. I have been called everything from angel to witch. I don't expect every one to believe me, and that is okay. I have been trained by the best, people feel the energy I channel and they feel the difference.

My dream now is to integrate it into the hospitals and work in harmony with physicians, bringing the best of both worlds together to help mankind. With today's technology and universal wisdom there are no reasons why mankind should suffer. Feel the universal energy, acknowledge the wisdom the higher realms channel and make your own judgment. Yes, there are angels. Yes, they are able to communicate to us. Yes, they want to help us. WE DON'T WALK ALONE.

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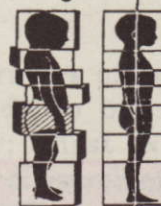
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## teaching centres

### ALPINE HERBAL CENTRE .. 835-8393

Classes on the spirit & therapeutic use of herbs. Register Jan. to March, starts in May.

### INNER DIRECTION CONSULTANTS

1725 Dolphin Ave., Kelowna, BC 763-8588 Six month Personal Empowerment Program. Eight month Practitioner Training. Breath Integration Sessions, One Day Workshops and "A Course in Miracles" study group.

### OKANAGAN NATURAL CARE CENTER

for info. on classes, Kelowna 763-2914

### PACIFIC INSTITUTE OF REFLEXOLOGY

Certificate basic & advanced classes. Instructional video. Sponsor a local workshop! Info 1-800-688-9748 or 875-8818 #535 West 10th Ave., Vanc. V5Z 1K9

### PERSONAL GROWTH CONSULTING TRAINING CENTRE ... (250)372-8071

#5A - 319 Victoria Ave., Kamloops, BC, V2C2A3 Breath Integration Counselling, Self-development Workshops, Six-month Personal Empowerment Programs. Training for Breath Integration Practitioners, Sunday Celebration, CIM Study Group and quarterly Newsletter.

### THE CENTER ~ Salmon Arm..... 832-8483

Growth & Awareness Workshops, Meditation, Retreats, Summer programs, Metaphysical Bookstore & more.... Program catalogue free.

### TRUE ESSENCE AROMATHERAPY

Home Study and Certification ... 403-283-5653

## workshops

### HEALTHY HEART, HEALTHY MIND & HEALTHY SOUL - Arrange a Creative Arts Workshop, Playshop or Training Session in your community, organization, church or business. Reshape your emotional life and increase control. Activate emotional and spiritual intelligence in relationship, community, career and family. Dynamic, creative, feeling-level, Healthy-Soul Work...For All ages. "Art: Heart and Soul" Patrick Yesh. Phone/fax (250)428-2882

e-mail pyeshart@kootenay.awinc.com.

### FIREWALKING-BC & AB Tipis, Sweatlodge, Vision Quest, Breathwork, Meditation & Team Building. S8, C12, RR1, Golden, BC V0A 1H0 (250)344-2114 or Toll Free 1-888-232-6886

### WOMEN'S WEEKEND RETREAT

**Sept. 12, 13 & 14 ~** With Blanche Tanner - "Gathering wisdom from within" An opportunity to meet and gently come together in thought and spirit to learn from each other and discover how to empower every aspect of our lives. **Tara Shanti Retreat** Call 1-800-811-3888 for information and registration

## yoga

**KELOWNA ~ IYENGAR** A variety of teachers to meet a variety of needs for health and enjoyment. Call Margaret ... 861-9518

### SOUTH OKANAGAN YOGA ASSOC.

(SOYA) for class/workshop/teacher training info call Dariel 497-6565 or Marion 492-2587

### YOGA PLACE Kamloops..372-YOGA(9642)

yoga postures, meditation & children's classes

## Helena Warner, RMT

Registered Massage Therapist



272 Ellis Street  
Penticton V2A 4L6

492-5371



## Tara Shanti Retreat

Experience the peaceful healing energy and spectacular natural setting of *Tara Shanti*.

134 Riondel Rd., Kootenay Bay  
Phone 227.9616 • Fax 227.9617  
Toll Free 1.800.811.3888  
Email tara@netidea.com





# HEALTH Food Stores

## Kelowna

**Long Life Health Foods: 860-5666**

**Capri Centre Mall: #114 - 1835 Gordon Drive**  
Great in store specials on Vitamins, Books, Natural Cosmetics, Body Building Supplies & more. Bonus program. Knowledgeable staff.

**Bonnie's Incredible Edibles & Health**

**Products: 517 Lawrence Ave. 860-4224**  
Discount Supplements, Herbs, Books, Organic and Natural Food, Macrobiotic Supplies. Friendly and knowledgeable staff.

## Penticton

**Judy's Health Food & Deli**

**129 West Nanaimo: 492-7029**  
Vitamins, Herbs & Specialty Foods

**Whole Foods Market ~ 493-2855**

**1550 Main St. Open 7 days/week**  
Natural foods and vitamins, organic produce, bulk foods, health foods, personal care, books, appliances, herbs & supplements, Vitamin Discount Card

**Sangster's Health Centre ~ 490-9552**

**Cherry Lane** Vitamins, herbs & sports nutrition.

**Vitamin Health Shop ~ 490-3094**

**#929 - 1301 Main Street, Penticton Plaza**  
Mail orders. 20 years experience. Yours naturally

**Vitamin King - 492-4009**

**354 Main St, Penticton**  
Body Aware Products, Vitamins, Supplements, Fresh Juices & Body Building Supplies ~ Herbalist on Staff

## Summerland

**Summerland Food Emporium**

**Kelly & Main: 494-1353** Health - Bulk - Gourmet - Natural Supplements  
Mon. to Sat. 9 am to 6 pm, for a warm smile

## Keremeos

**Naturally Yours Health Food Store**

**499-7834 .. 623 - 7th Ave.(the main street)**  
Whole Foods, Vitamin Supplements, Herbs and Spices, Body Care, Books & Health Info

## Nelson

**Kootenay Co-op ~295 Baker St 354-4077**

**FRESH SUSTAINABLE BULK ORGANIC.**  
Organic Produce, Personal Care Products, Books, Supplements, Friendly & Knowledgeable staff. Non-members welcome!

## Fernie

**C.G. and the Woodman Natural and Bulk Foods ~ 322 - 2nd Ave. 423-7442**  
*Better health is our business*

## Grand Forks

**New West Trading Co (CMSL Natural Ent. Inc.)**

**442-5342 278 Market Ave.** A Natural Foods Market. Certified **Organically** grown foods, Nutritional Supplements, Appliances, Ecologically Safe Cleaning Products, Healthy Alternatives

## Kamloops

**Be Prepared Centre....Aberdeen Mall**

**Phone: 374-0922** Dehydrators / Cosmetics / Juicers / Vitamins / Natural foods / Books

**Grove Organic Food Market 376-2811**

**449 Tranquille Road** Large selection organic produce, bulk grains & seeds, natural grocery items, herbal teas, wheat free products, personal care & household cleaning products

## Osoyoos

**Bonnie Doon Health Supplies**

**8511 B Main Street; 495-6313** Vitamins, Herbs, Athletic Supplements, Reflexology - Self Help Information ~ Many in store discounts *Caring and Knowledgeable Staff*  
"Let us help you to better Health"

# SKIN DISEASE SPECIALIST

**Dr Andy Zhou**

MD Degree of  
Traditional Chinese Medicine



Specializes in:

- Eczema
- Psoriasis
- Athlete's Foot
- Herpes
- Acne
- Skin Rash
- Skin Allergy
- Skin Itching
- Hair Loss
- Vitiligo

Using ancient

Traditional Chinese  
herbs as ointment  
combined with internal  
herbal treatment

306-1701 W. Broadway,  
Vancouver  
(Medical Building)  
Call (604) 736-6010

## Vernon

**Terry's Natural Foods 3100 - 32nd Street 549-3992** ~ One of the largest selections of natural products and organic produce in the Interior of B.C.. Low prices on bulk foods and environmentally safe products and natural footwear.

## Chase

**The Willows Natural Foods**

**729 Shuswap Ave., Chase**  
Phone: 679-3189

## Shuswap

**Squillax General Store & Hostel**

Trans-Canada Hwy (Between Chase & Sorrento) Organic Produce, Bulk & Health Foods. Phone/Fax 675-2977

# DEADLINE

## for October • September 10th

Advertising and/or Articles • 492-0987 (Penticton)





## What is the Goddess Connection?

We are in the process of reclaiming an ancient heritage of honoring the Divine Feminine.

At the Goddess Connection women of all ages and backgrounds gather to recognize and honour the gifts that we inherently offer the world.

In a safe supportive and tranquil setting we explore ways to access our potential and become empowered and strengthened as women.

Together we weave a tapestry of sisterhood and rejoice in our truly Divine Feminine Nature.

### REGISTRATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Accommodation Preference: (no guarantees)

☐ Lodge ☐ Chalet I would like to share with: \_\_\_\_\_

I would like to share my talents for \_\_\_\_\_ hours

I would like to offer: ☐ Bodywork ☐ Psychic/ card readings

☐ Entertainment ☐ Food preparation ☐ Organizing workshop area

☐ Other: \_\_\_\_\_

## Women's Weekend Retreat Oct. 3, 4 & 5

at the beautiful  
**Idabel Lake Resort**

45 km east of Kelowna, BC

### Come Celebrate with Us!

Gather with women in a beautiful, tranquil setting to honour the Divine Feminine within and around us. Share your talents, love and joy with like-hearted women for a weekend full of fun, relaxation and adventure.

• Our focus for this week end is  
Honouring the Sacred Power of Women

### ACTIVITIES

Bodywork • Ongoing Workshops  
Drum Circle • Chanting • Yoga  
Reiki • Meditation • Sacred Dance  
Hiking • Camp Fires • Canoeing

Evening Entertainment  
and much more!

**Idabel Lake Resort** has charming rooms, and enchanting chalets overlooking picturesque Idabel Lake. It is located 45 km east of Kelowna on Hwy 33, 6 km past turnoff to Big White ski resort. The resort phone number is 765-9511

**Accommodation:** shared queen, double, sofa beds, and a few single beds. Beds will be assigned in the order that the registrations are received. All rooms are non-smoking.

**Price of \$170** includes accommodation, all workshops and delicious vegetarian meals. A small donation will be accepted for healers and psychics. Merchants are invited to bring their goodies.

**Limited Registration:** To reserve your space, a fully refundable deposit of \$70 is required by Sept. 12 with the balance due before Sept. 26. Please send registration form with cheque or MO payable to: The Goddess Connection and mail to: Caren Miller, 3903 14th St, Vernon, V1T 7N3

**Arrival Time:** After 2 pm on Fri., Oct. 3 - Dinner at 6:30.

**Closing Ceremonies:** 2 - 4 pm Sunday, Oct. 5

**Suggestions for Things to Bring:** Travel mug, comfy shoes, warm clothing (for mountain climate), flashlight, bathing suit (or birthday suit), towels and toiletries, exercise mat, floor cushion/blankets for circles, any sacred objects (crystals etc.), drums, rattles and other musical instruments and foamies for sofa beds.

*Get high on Spirit, not spirits, no drugs or alcohol, please.*

**For more info. please phone Caren: 250.558.3944**