

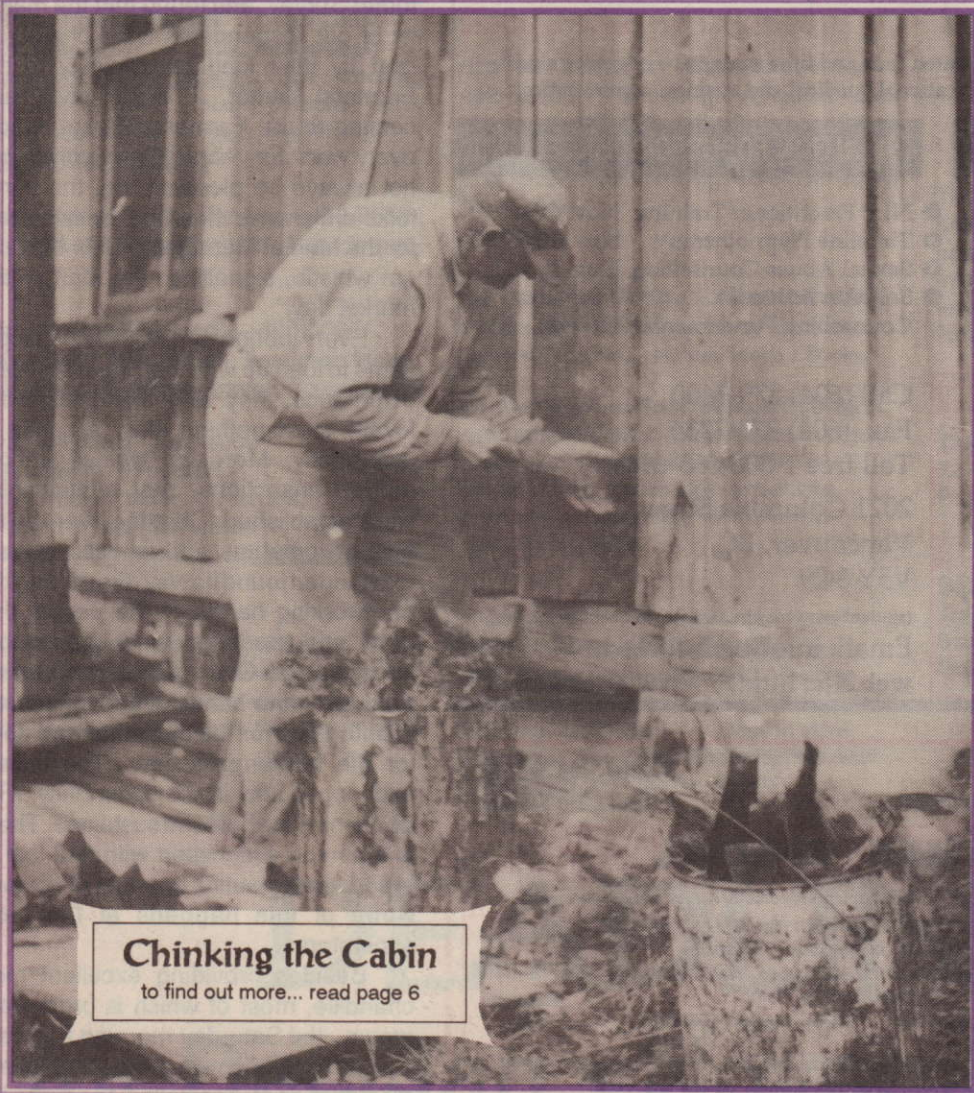
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Chinking the Cabin

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Creating

"My art is my family, my tribe, my valley, my watershed; My art is the place I live and the people I live with."

Kim Stafford

This year I had the good fortune to manage the Penticton Farmers' Market. At its peak this summer, there were over sixty vendors and over seven thousand people each Saturday morning, under the trees of Gyro Park in downtown Penticton. There was every conceivable form of locally grown produce and wonderful crafts. It is a very uplifting experience to be associated with such a healthy success, especially one that builds community like a Farmers' Market.

This season we conducted a Customer Survey, and found that the majority of our respondents were characterized by their long term loyalty to the Farmers' Market. People have been coming to the Farmers' Market almost every week for years. The weather may not always be pleasant, but the same folks are always there, patiently waiting for the Market Manager to blow the 8:30 am whistle, signalling the start of the market day.

Even though on one level people came to load up with their weekly supply of produce, they also demonstrated a loyalty to something else...a sense of community. More than typically anonymous transactions, real relationships were established. Chatting over the tables of tomatoes and lettuce, money exchanged found its way directly into the hardworking hands of the people that grew and produced what graced our supper tables. Getting fresh locally grown produce in the hands of the consumers is both good for the customer and good for the farmer/producer. The dollars exchanged stay in the community. Relationships are built and sustained. There is a person associated with that loaf of bread, that beautiful bouquet of flowers. None of this happens at the local superstore.

Besides providing excellent merchandise, most of which is organically grown, the Saturday morning Farmers' Market has become a place for people to meet friends and socialize, to admire the latest crop of babies and bask in a familiar sense of belonging. People might not readily identify it as such, but it

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Community

is something that everyone is searching for. Even in a relatively small community like Penticton, feeling that sense of community and belonging to a place is not a typical experience. The experience cannot be duplicated, no matter how hard the developers of shopping malls may try.

I am always searching for that sense of community, and the opportunity to help create it. For I believe that in building community is where our future and our salvation lies. Part of that requires a loyalty to place, quite the antithesis of our restless, rootless modern culture. I have lived in the same house for seven years, a record for me since leaving my parents' home. I still exult in the view from my garden, still bask in the beauty of the surrounding hills and lakes. It is not always easy to live and work in a small, conservative community, especially being somewhat of a radical. But beyond the daily round of school and work, struggling to fit in, to pay the rent and raise our beautiful boys, I feel a soul deep connection to this land, this place. I may not have been born or raised here, but this is where my soul has taken root.

I think that this commitment to place, and to community is part of the solution to the problems facing us. The issues that Penticton is grappling with are much like many others: political, economic and environmental. We have not yet come to terms with racism, poverty and overdevelopment. The solutions to these problems however are social and cultural.

One of the best remedies for cynicism and despair about the future that I have found to date is a magazine titled *Yes! A Journal of Positive Futures*, published by the Positive Futures Network. It is full of positive stories, editorials and accounts of all the wonderful, creative, community-creating projects that are going on around the world. Ask for it at your local whole foods store or write PO Box 10818, Bainbridge Island, Washington State, USA, 98110.



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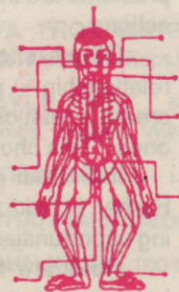


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Personal Trouble for Your

John starts to meditate regularly. Marsha commences the writing of a book. Sam stops eating meat. In all three cases, their partners react negatively. John's wife, Alison, worries about John's ability to keep grounded. Bob, Marsha's partner, feels anger at Marsha's apparent lack of time for him. Clare, Sam's wife, is annoyed with the need to change the family food plan to accommodate what she perceives as Sam's newest whim.

All three partners feel threatened with the inevitable thought, "What if I am no longer compatible once my partner changes." Reacting with fear to the perceived changes in their partners, they search for ways to control the situation.

This is a big problem in today's relationships. Many of us yearn for more authenticity and spirituality in daily life. We search, contemplate. There comes a point when we just have to take action — and honour those inner desires. Relationship flux often occurs when one of the partners changes — imbalance is created, the relationship then changes. Relationship distress occurs, maybe even chaos. The one going through the changes reacts negatively to the other's distress, which in turn makes things worse. The end result is emotional and then physical separation, which often creates more pain and confusion for both.

Some of us choose to grow nonetheless, recognizing in ourselves that not to grow is to kill our spirits. Relationship problems are then accepted as potential consequences to our actions.

Others choose to maintain the present balance in the relationship — and sacrifice their personal growth — trying to create a relationship that satisfies all desires, even individual ones. This choice falls way short of success as well.

Individual growth need not create relationship despair. Rather, individual growth can enhance the relationship, creating opportunities for increased emotional and spiritual maturity.

Here are four important considerations in learning to balance both personal and relationship growth:

1. **Honour the other's individual needs.** When we become a couple, we bond because of who we are at that time. It's a myth to believe that each of us will continue to be the same individuals forever. Loving another includes the ability to honour and support each other's changing needs, trusting the process that the outcome will lead to a heightened bonding and understanding between the two. In this context, one partner looks for what he/she can do to help out. For example, in our relationship, Carol started graduate school and soon became pregnant. For two summers, Rémi went with Carol to Washington while she attended graduate school, and cared for our then infant son during that time — to assist mom and child in maintaining their bonding.

It is not cast in stone to honour and support a partner's

Growth: Relationship?

growth. Individual changes can create very negative impact in the relationship. More on this in Point 4.

2. Eliminate control drama. The need to control is simply the acting out of an old wound from somewhere in one's past. Control does not, has not, and will not ever lead to the developing of a more mature relationship. From the earlier example with John, Alison knew very little about meditation. She was worried about what he was going to be like when he came off the cushion. It hooked into her abandonment fears — maybe he would come home from meditating and tell her the relationship was over. Therefore she felt justified in sabotaging John's efforts. A far more useful approach would have been for her to discuss her concerns with John. He could then reassure her in a caring manner.

3. Commit to increasing comfort with change. Learn to flow. This is much easier said than done, for it requires the ability to let go — with grace — of perceptions of ourself and our significant other. Recognize that change contains some element of fear. This is normal. Returning to John and Alison's situation, we discover that John fears how he will see himself after spending a large time meditating. Rather than deal with this, he throws out the fear at Alison, blaming her in the process. "If only she was more supportive," he thinks, "I wouldn't be so darned scared." This position may temporarily make John feel better, for he doesn't have to be accountable to himself. But it doesn't help either of them to grow; it just complicates things.

4. The partner must carefully choose the moments to speak up. Stating our observations to a partner's growth is far different than needing to control the situation. For example, Aaron told Holly that he was joining a mediation group so as to learn how to feel more solid inside of himself. Aaron attended the weekly group meetings four times; Holly noticed that Aaron was far more forgetful and chaotic than previously. She also noticed that emotionally she was responding negatively to his efforts. She then asked him if he wanted her insights. He agreed. She told him her thoughts and feelings, further stating that intuitively she felt this particular group was not supporting Aaron's goal. This was all stated with clear communication. Because Holly does not have a pattern of nagging or trying to control Aaron, he received her input in a non-threatening way.

These are only a few ideas. For relationships to blossom, we believe it's necessary to strike a balance. It has become all too common to end relationships for the sake of personal growth — and to end up lonely. While some of these relationships need to end, many don't. In new relationships thereafter, many individuals find themselves repeating similar patterns of interaction. When this is the case, necessary learning has not occurred — regardless of whether or not the relationship continued.

written by Carol Miller and Rémi Thiviege, please see ad to left

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'Chinking the Cabin'

After the 'Big Move' from Alpena, Michigan to Rosswood, BC in 1959 my parents found an old house to rent. To be more correct, it was an old telegrapher's cabin, owned by the government. During the war it had been used to relay messages to and from Europe across the Arctic Ocean but when we arrived it had fallen into disrepair and was inhabited by rodents. My parents were delighted to find a cabin already built, right in the middle of nowhere, so fixing it up was going to be quite a joy. Rent was twenty dollars a month. While they were tearing down one of the bookshelves to use as floor planking, twenty dollars fell to the floor so the first month's rent was free. This seemed to add to their excitement and enthusiasm for fixing up that old cabin.

Grandad took over chinking the walls. The wind blew through the cracks because the moss had been pulled out by the birds and rodents to make their nests. Grandad and a few of us kids went out and collected sphagnum moss that he pushed into the cracks (chinking), and then he nailed small poles in front of the moss so the animals wouldn't be able to pull it out. The bucket of smoke burning in the forefront of this month's photograph shows Grandad's version of a mosquito coil. The smoke helped to keep the mosquitos away while he was busy chinking the walls.

Building a screen door was the next task. Living in the woods, we often got bit by insects and for the first few weeks, we reacted to the itching and the swelling. But after a time, we didn't notice it any more. Then the black fly season came, but as pesky as the blackflies were, it was nothing compared to the no-see-em's. They were so small and deadly that if they bit you near the eye you couldn't see for a week.

Grandad loved keeping the cabin warm and chinking the walls was just part of his getting things ready for winter. He was usually the first one up in the morning and would get the fire blazing. When it got real cold, he would wake up at regular intervals all night and stoke the fire so the house wouldn't freeze. I can still remember a few mornings when the water bucket had frozen over.

I still have either cold fingers or feet most mornings. They tend to get warmer in the evening or if I am doing physical work. I tend to get chilled very easily so I still wear Grandad's long johns under my turtle-necks, winter dresses or jumpsuits and Grandma's muckluks (Eskimo boots). The clothes and boots I wear reflect my need to conserve heat. Chinese medicine teaches me that this is because my internal fire is not strong which is due partly to having a weak digestion system. To burn food efficiently the stomach and pancreatic acid need to be

strong. If they are not, then the food is like wet logs and causes smoke and gas. Learning to rebuild strength in my internal organs so that the chi or energy can flow is teaching me lots about energy, for I have come to realize that to have wellness I need to lots of energy or chi circulating.

During an emotional release session I can sometimes feel a block of energy dissolve. Sometimes it feels like steam hissing or an explosion going off, and there are many different sensations in between. Usually afterwards I can feel heat going into my fingers or toes. It has been a long slow process but improvement is happening as I feel stronger. Even with the business of moving and organizing the Holistic Health Centre and putting in long days with little quiet or down time, my strength keeps improving and digestion is getting better.

I feel honoured to be able to go through the process of changing myself... and I'm getting a lot of help from my friends. I do believe that my body is a reflection of my mind and of the way I think. As I am able to bring to the surface old programming and release it from my body, I have more energy to heal myself. Good organic food cooked with love, a satisfying job and a nourishing relationship are all helping my body to receive more energy and get it circulating so that the repair work can get done. Still, it does take a great deal of energy to open up the chi channels and flush the system, and I am learning that I can only do so much clearing in one month. Then it's time to rest, rebuild and be patient with myself.

Several weeks after my session with Ken, the one I described in the my last Musings, I had another *ah-ha*. I came upstairs after a long day of being very busy expecting to find dinner cooking on the stove. Gerry was busy fixing up things in the apartment and hadn't thought of cooking dinner. As I picked up the knife to cut some veggies for a quick stir fry I could feel my blood boil. I started slamming the knife on the cutting board. As I tried to express my frustration to Gerry, who was dumbfounded by my outburst, I could feel the need to throw something. I have done enough release work to know that this was on old block coming to the surface and that it had nothing to do with Gerry, so I said "I need to go for a walk." I held onto my anger long enough to get out the door and twenty feet past the building before I started swearing and cursing. I screamed as I threw rocks into the creek as hard as I could for about fifteen minutes. By then my throat and fingertips were raw and I felt like crying. So I switched to feeling sorry for myself as I talked and cried myself through some unexpressed emotions from long ago. That evening I felt exhausted but so much lighter and brighter. I remember at one point thinking of my brother Phillip, the one in the family who expresses his anger the most. I thought to myself... "There is no difference between him and me ... our anger is the same ... I am just better at hiding it with my Pollyanna attitude... which is more socially acceptable."

Coming to terms with this anger and being able to express it appropriately is part of my healing journey. I have noticed since that episode that my eyes feel better; they are not as dry and they do not burn as much. Anger that is not expressed is stored in the liver according to Chinese medicine and the liver governs the amount of gall being produced by the gall bladder which helps to digest food. They also say the eyes are the companion organ of the liver.

The pancreas has to do with clarity: it sorts things out. My child self felt very confused trying to understand the mixed

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messages that my parents gave me. Being good meant not expressing my anger and I needed their love and approval, so I learned to stuff it. It feels so good to have the anger come up knowing that I can now deal with it. As the anger releases from my body, it opens up the chi channels and allows my body to heal itself. Staying present and healing the past is a juggling act for me as I learn to be human.

Anne 

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by Harold Hajime Naka ... flying over the edge at LAST

This is the season when thoughts turn to snow sports. There was a time back in the early 70's when I couldn't wait for the snow to fall on the ski hill. It didn't start out that way though. In the mid-60's I was totally immersed in water, skiing that is. I was entering competitions and organizing ski shows for the Kelowna Regatta and wasn't interested in snowskiing, but I had friends who did both. They tried to talk me into snowskiing, saying that it was more fun than waterskiing and easy to learn. I didn't believe them and never gave it another thought. That is, until Last Mountain (now, Crystal) opened up behind Westbank (where I lived). Then one warm spring day my friends' words came back to me and there I was driving up to Last Mountain. The hill looked deserted, the ski season was winding down and the skiers were playing tennis. I bought a ticket, rented equipment (wood skis and lace-up leather boots) then I headed for the chair lift thinking the bunny hill too easy. Riding up the lift, I pictured myself gracefully carving turns down the hill and when I went to get off the chair at the top, my skis crossed and I landed on my bum, the ski poles hooked on the chair dragging me under it. The attendant stopped the lift and helped me get untangled and up on my feet. I told him it was my first time, he nodded, like he knew. When I gazed down the hill, it looked a lot steeper from the top. I stood for a long time in the warm sunshine admiring the scenery, but mostly to forget my embarrassing episode. After I regained my composure and recalling my friends' words, "it will be easy", I confidently set off and before I knew what was happening, I was speeding towards the trees. Fearing for my life I went to make a turn, caught an edge and flew out of my skis then crashed head first into the snow. (I had discovered gravity the hard way). The next turn was a repeat of the first. I had lost all my confidence and was cursing my friends. To make a long, painful story short, I finally made it to the bottom exhausted and soaked after countless wipe-outs and just before the hill closed down. I left the hill, vowing never to ski again. They say time has a way of erasing unpleasant memories and three years later, I was back. This time I decided to take a lesson. Then I took the rope tow up the bunny hill and spent the rest of the day there. I actually had fun, my friends were right. Soon I was hooked. And as they say, "The rest is history". I then created my radical 'hot dog' method; I broke every skiing rule and also my body.

It's taken me over fifteen years of Qigong Tai Chi practice to heal it. I tell this story to remind ourselves not to take our life accomplishments for granted. For me, it required hard work, perseverance, humility, but most of all, a sense of humor. Now I gently yield to my friend 'gravity' and when people say to me "You move so gracefully, you look so relaxed, I wish I could move like you." I smile and say "you can." It has been almost twenty years since I skied at Last Mountain. So, it was fun to take my daughter Tsuki there to experience the joy of skiing. We spent the afternoon on the bunny hill with her skiing between my legs. I still had my old freestyle skis with rusted edges and safety straps. A reminder of the "Good Old Days", when I used to 'get air' and do 360's off moguls, wearing a cowboy hat, shades and a bandanna tied around my leg.

Simply Tarot

by Maurine Valorie

In the past twelve months we've studied the astrological component of the Tarot. We know that the Minor Arcana cards have the elements of fire, water, air and earth corresponding with the symbols of wands, cups, swords and pentacles. We know there are three decans (ten day periods) in every month and that each decan represents a Minor Arcana experience. We also know that there is a personality characteristic of each month, shown to us in the Knights, Queens and Kings. Also, there is a spiritual lesson shown by a Major Arcana card.

We also know that the numerological sequences of one to nine play an important part in recognizing the relationship between the Minor and the Major Arcana; e.g. the Judgement Card, the 20th position of the Major Arcana, when taken to its last digit ($2 + 0 = 2$) is also influenced by the #2 Major Arcana card of The High Priestess. So, slip to the Minor Arcana and we have the Two of Cups, the Two of Wands, the Two of Pentacles and the Two of Swords. They all fit.... they make up a story. There is an 'assistant' to the Judgement Card (#20) and the High Priestess (#2) in the Major Arcana cards... do you know which card? Answer: The Justice Card (#11)... $1 + 1 = 2$... It's not too difficult to fit numbers together in these seventy-eight cards. These cards represent a person's life. We have different stories unfolding, but we have either been there, done that, or are about to "do" the experience. I truly don't know if this is reincarnation or if it is merely the luck of the draw!

I figure it's time to 'get on' with 'it'. Let's intuit the 'inside' meaning of these cards. When we place the cards in a preconceived pattern we have a *spread* or a *layout*. We are to trust any instinctive reactions when interpreting the meaning of the *story*. Good, bad, déjà vu, 'chicken skin' (shivers)....everything counts!

The Tarot cards are a divination method that reflects our own thoughts and the physical earth situation around those thoughts. We can 'see' a whole story when we incorporate a spiritual purpose to this lifetime and begin to think like the cards. We react from a spiritual guidance system. We want to know our purpose in life and after working a few "spreads" we know that our purpose is becoming clearer to us. Let's graduate now and begin to use our cards. Shuffle or fan your deck.... have a surrounding atmosphere of favorite music, scent, candles and calmness. Feel your personal energy entering your cards. Take your time, you need not rush answers to your inquiries.

Take the deck in your left palm and split it into three. Turn over the top card of each pile. Study the cards: their color, the terrain, the sky, the faces, the symbols, the numbers; are the cards Major or Minor? The card in the first pile tells you what's going on in your physical life, the second pile reflects your thinking life, and the third pile reflects your spiritual life. **OR:** use the three cards to tell you the past, present and future. **OR:** the child in you says... the parent in you says... the adult in you says... **OR:** your subconscious mind tells you, the conscious mind tells you, and the unconscious mind tells you....

A wise individual learns to connect with his/her true self. The Tarot is the easiest method of learning who I am that I have discovered in fifty-six years of living on this planet for *Slow Learners*.

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How Acupressure Works

by Karen Timpany

Acupressure points (also called Potent Points) are places on the skin that are especially sensitive to bioelectrical impulses in the body and conduct those impulses readily. Traditionally, Asian cultures conceived of the points as junctures of special pathways that carried the human energy, that the Chinese call *Chi* and the Japanese call *Ki*. Western scientists have also mapped out and proven the existence of this system of body points by using sensitive electrical devices.

Stimulating these points with pressure, needles or heat triggers the release of *endorphins*, which are the neurochemicals that relieve pain. As a result, pain is blocked and the flow of blood and oxygen to the affected area is increased. This causes the muscles to relax and promotes healing.

Besides relieving pain, Acupressure can help rebalance the body by dissolving tensions and stresses that keep it from functioning smoothly and that inhibit the immune system. Acupressure enables the body to adapt to environmental changes and resist illness.

Tension tends to concentrate around acupressure points. When a muscle is chronically tense or in spasm, the muscle fibers contract due to the secretion of lactic acid caused by fatigue, trauma,

stress, chemical imbalances or poor circulation. For instance, when you are under a great deal of stress you may find you have difficulty breathing. Certain acupressure points relieve chest tension and enable you to breathe deeply.

As a point is pressed the muscle tension yields to the finger pressure, enabling the fibres to elongate and relax, blood to flow freely and toxins to be released and eliminated. Increased circulation also brings more oxygen and other nutrients to affected areas. This increases the body's resistance to illness and promotes a longer, healthier, more vital life. When the blood and bioelectrical energy circulate properly, we have a greater sense of harmony, health and well-being.

Ways to Use Acupressure

Acupressure's potent points can be used to enhance many aspects of life. In addition to managing stress, you can use acupressure to relieve and prevent sports injuries. Sports massage has been widely used by athletes before and after Olympic events. Acupressure complements sports medicine treatments by using points and massage techniques to improve muscle tone and circulation and relieve neuromuscular problems.

The Chinese have also used acupressure as a beauty treatment for

thousands of years. You can use potent points to improve skin condition and tone, and relax the facial muscles, which can lessen the appearance of wrinkles without drugs.

Although acupressure is not a substitute for medical care, it is often an appropriate complementary treatment. It can, for instance, speed the healing of a broken bone once it has been set, or aid a cancer patient by helping to alleviate some of the associated pain and anxiety of the disease.

Similarly, acupressure can be an effective adjunct to chiropractic treatment. By relaxing and toning the back muscles, acupressure makes the spinal adjustments easier and more effective, and the results last longer.

Psychotherapy patients can derive benefits from acupressure by using it to heighten body awareness and deal with stress. When powerful emotions are unresolved, the body stores the resulting tension in the muscles. Acupressure can help restore emotional balance by releasing the accumulated tension caused by repressed feelings.

Check the books available in stores that guide you to self care, or have a session with an Acupressure Therapist. Try it for your stress and pain relief, you'll be pleasantly surprised at the results.



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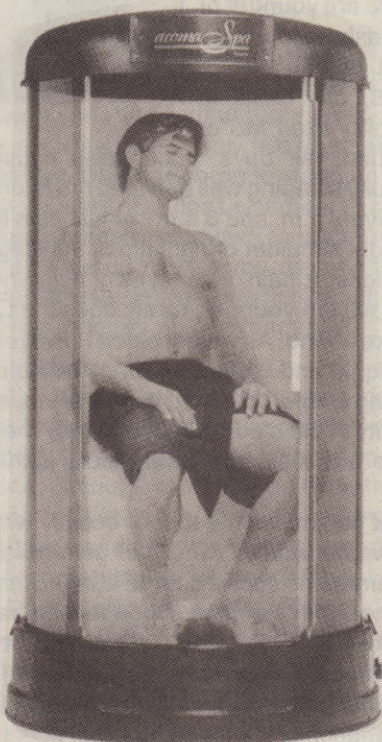
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Aromatherapy

by Linda Luider and Lynn Balfour

Essential oils are the subtle, volatile liquids that regenerate, oxygenate and build plants' immune defense systems. They contain oxygen molecules which transport the nutrients to the cells of the body. Oxygenated molecules within essential oils will literally push toxins out of the cells and pull potassium back in. Without oxygen molecules, nutrients cannot be assimilated. This is how disease can begin. Not only do essential oils contain oxygenating molecules, but they also have a bio-electrical frequency. Everything has an electrical frequency. Frequency is a measurable rate of electrical energy that is constant between any two points. Essential oils contain a frequency that is several times greater than the frequency of food and herbs. Lights, television, telephone, microwave, etc., have an incoherent, chaotic AC frequency. They fracture the human electrical field whereas essential oils have a coherent harmonic DC frequency. When we do things in our lives that compromise our frequency in our body, essential oils help to re-establish the normal frequency of the human cell. Dr. Royal R. Rife claims that every disease has a frequency and a substance with a higher frequency can destroy disease with a lower frequency. Clinical research shows that essential oils have the highest frequency of any substance known to man, creating an environment in which disease, bacteria, virus, fungus, etc. cannot live. They have not found one virus that can create an immunity against an essential oil.

Biblical prophets recognized the use of essential oils. There are over 180 references to oils in the Bible; and some such as Frankincense, Myrrh, Rosemary, Hyssop and Spikenard were used for anointing and healing of the sick. The Three Wise Men brought the oils of frankincense and myrrh to the Christ Child. Science is only now rediscovering healing substances that were used long ago. Clinical research now finds that frankincense oil contains very high immune stimulant properties. The agent sesquiterpenes goes beyond the blood-brain barrier. Frankincense, which is high with this agent, increases the oxygen to the pineal gland therefore increasing the vibrational frequency in your body. If you're looking to raise your vibrational frequency for health or to make that divine connection, essential oils help to align and balance your energy creating harmony and unity.

Bibliography: Young, G.
 Reference Guide for Essential Oils - 1996



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by Joel Whitehead

Legs That Go Twitch in the Night



As we grow older a malady that is likely to visit many of us is twitching or cramping legs, especially in the calves, as we lay down to rest at night. It can be just a twitch, a nuisance, or that problem that just won't let one sleep. In fact, most often it can be quite painful and foreboding.

Strangely enough, this is an internal wind. Mostly, a wind is generated when the blood cannot hold it.

Qi, (pronounced chi) which is energy, should be tied to the blood. In fact blood is moved through the body by virtue of the Qi guiding it and moving it. Blood and Qi are therefore integrally tied. When blood is either stuck or deficient, Qi will likely separate from it and create a wind. This wind can take the form of a shaking as in Parkinson's or something similar, or it can result in a spasm or worse a partial paralysis. Well, this twitching wind is something in between a spasm and a shake, and to each person it is going to be more like one than the other.

The organ system which controls the free flow of Qi and

blood is the Liver. When we are younger or merely middle aged, "Liverishness" as the

result of bad diet or stress, can result in irritability like PMS or just bad hair days. It can also cause difficulty sleeping well between the hours of eleven p.m. and 3 a.m. or just pain in the right shoulder or right hip or right leg, or epigastric pain or dry eyes or migraine

headaches etc. But when we are younger, rarely does the Qi and blood separate to make a wind. As we get older, however, the blood becomes less liquid and vibrant for many reasons (mostly avoidable), causing a differential between the movement of the Qi and the ability of the blood to move with it. Then the Qi moves by itself, more or less, and what results is this wind.

I have had a couple of patients come to me recently with this as a problem. One was a woman who had pain much further up on the leg that came on to such a degree at night, that the pain itself prevented her from sleeping. Upon feeling her pulse and checking her tongue it was easy to see that her problem began with blood stagnation of a serious degree. She was eighty-two years old and on blood thinners that hadn't yet begun to break up the stagnation of the blood. Another patient was more Liverish in nature. She really came in for Macular degeneration which left her eyes dry and feeling of a distending pain. Hers was more of a twitch while the former was more of a pain, but both resulted in a loss of sleep.

This is a common problem and approachable, but nothing in our later years ever goes away easily, and again no two problems are ever exactly alike as are no two constitutions. The thing to remember is that these are warning problems of possibly worse and more debilitating things to come.

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PLANETARY SHIFTS

Forecast for the Month of November 1997

by Moreen Reed

With November we return to a balance of yin and yang energy. What may be in short supply is the necessary need for relativity in relationships. This condition comes up when all the traditional planets, Sun & Moon occupy less than half the sky, which will be the case for the next few months. Personal one-sided agendas can dominate. Exceptional "Focus" is an asset of this pattern.

The month begins with challenges to existing power structures. Old models like "the powerful", calling for domination and submission, are likely to be most in trouble. The recent exposure (since the beginning of the year) of old habitual conditioning patterns has opened the door for new common sense to emerge. These departures from the status quo give a much needed boost of hope for the future. Pay particular attention to what's being said on Nov. 8, 9 and 10.

The Full Moon on November 14th, offers a reprieve from the one-sided nature of this month. Shine the light of awareness on how you act on your natural impulses. Are they mature and responsible? I would recommend taking into account the community context in which you operate. This is the Full Moon to check partnerships which work with joint resources. Are they in healthy shape? The hardest aspect of this will be taking stock of the balance of power. The Full Moon is at 6:13am Taurus Scorpio.

The focus during the later stage of the month will be on practical construction. Growth will be slowed by the need to check and re-check with what is "really happening." Brave new directions need practical applications within the status quo structures.

The New Moon in Sagittarius on November 29th offers an opportunity to plant a seed that shifts our view of the world. I would hope for a reconciliation between the old world view which held we must conquer and subdue the natural world to one in which we consider first natural law over man-made law, and common instinctual sense over rationalizations. Check out what world you live in? Is it sustainable? As individuals there may be a rebellion within as we wrestle against the old patterns which keep an old world view in place.

This column derives its comments from the planetary interactions that effect us all. This is NOT meant to be exhaustive of the possibilities. A glance at an ephemeris quickly shows that hourly the combinations can change. I base my statements and suggestions on the major aspects that occur between Jupiter, Saturn, Uranus, Neptune and Pluto.

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the HAKOMI METHOD

by Ron Kurtz and Donna Martin

The Hakomi Method is an approach to therapy developed in the 1970's by Ron Kurtz, an American psychotherapist. His book, *Body-Centered Psychotherapy: the Hakomi Method*, describes the work in detail for therapists. The Hopi word "hakomi" means "who are you... how do you stand in relation to these many realms?" The Hakomi Method helps people to explore and understand how they are organized to relate to themselves, to others, and to life. This understanding gives them more options, more freedom. It is empowering.

Hakomi can be used in a number of settings, by psychotherapists, bodyworkers, social workers, ministers, teachers, and others. It is a way of communicating based on five principles: unity, organicity, non-violence, mind-body holism, and mindfulness. What makes Hakomi somewhat unique is that it involves the evocation of experience in mindfulness. The experiences evoked tell us what kind of models the client is holding about herself and her world. More important, the models are often immediately clear to the client. This method might release emotions that would be very hard to release any other way. The state of mindfulness is a deliberate choice on the part of the client to be vulnerable and sensitive. In order for the client to become vulnerable (mindful), he or she has to feel safe. So, the first task of a Hakomi therapist is to help the other person feel safe.

Eastern philosophy teaches us that when the mind becomes silent, then the signal - which is the beauty and reality of spirit - will simply emerge. That signal, like the stars which appear when the sun goes down, is always present, hidden by the noise we make.

Here is how Hakomi works: the therapist's loving presence helps the client feel safe and understood. That makes mindfulness possible. The therapist then finds ways (little experiments) to evoke bodily experiences in mindfulness. These are direct expressions of core beliefs (models of self and the world that organize all experience). When these core beliefs are made conscious and understood, change becomes possible.

I am convinced that richness and depth in any relationship, including that of client and therapist, depend exclusively on the state of mind of the people relating. I have come to realize that beautiful work in therapy is the natural outcome of the state of mind of the therapist, a state of mind I call loving presence.

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It's a Miracle, It's Brain Gym®

by Beverly Hunter

Ring-a-ling! "Bev, it is a miracle! It is so wonderful I just have to share with you what happened."

It had been only about three weeks earlier when I had first spoken to this woman about registering for my Brain Gym® class. I remember her voice having a little disappointment in it when she realized that she had to wait until October for the class. In the meantime she took it upon herself to buy a book with some Brain Gym® exercises in it and chose three that she felt would help a young twenty year old she had been working with who had not yet been able to learn how to read: 1. Drink water, 2. Cross Crawl (touch hand to opposite knee and vice versa), 3. Brain Buttons (rub two specific points on upper chest while holding your navel with your other hand), three times a day. Within two weeks this young man started picking up books to read and asking her to listen while he read to her. Tears came to her eyes as the overwhelming feelings of joy, disbelief and gratitude encompassed her. The pain and suffering this young man had endured over the years from being dyslexic weighed heavily on her heart. What people had put him through emotionally and physically had been tremendous and yet many of them had no idea of the pain he was suffering. This woman had the hope, the determination, the courage, the love and she had found a key for this young man's world to start in a new direction.

I went on to explain the importance of the Cross Crawl. Brain research had proven that it is the left side of the brain that controls the right side of our bodies and the right side of the brain controls the left side of our bodies. We need both sides working together to be able to access all the information that we store in different parts of the brain. To be able to cross crawl

naturally and smoothly takes the cooperation of both hemispheres of the brain. She immediately connected this concept to the fact that this young man hadn't crawled as a baby. The process of crawling is one of the most important stages we go through. During this activity all our senses are being integrated and our eye muscles are learning to control themselves for convergence, both of these are needed for reading.

The Brain Buttons exercise is used by people who know its profound effect on waking up the brain, preparing it for learning. Rubbing the two points just below the collar bone increases blood flow to the brain because these two points lie directly over the main carotid arteries that take freshly oxygenated blood to the brain. This increase of blood, oxygen, water and nutrients are carried to the brain and we are able to think more clearly. Holding the hand over the navel brings attention to the gravitational center of the body which alerts the vestibular system to wake up the brain for incoming sensory input from the eyes and other senses.

These three simple techniques are three of the four steps used in Brain Gym® to prepare the body for new learning. We have twenty-four Brain Gym® exercises for Brain/Body integration that are all just as profound as these. I chose this story because I had nothing to do, as of yet, with this young man's success. Brain Gym® had worked its miracles again, and I had the pleasure of witnessing it through this woman's joy.

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AGE NOW	LIFEX MALE	YEARS LEFT	LIFEX FEMALE	YEARS LEFT
1	74.50		80.89	
50	77.65	27.65	82.80	32.80
60	79.35	19.35	83.98	23.98
70	82.46	12.46	86.03	16.03
80	87.24	7.24	89.42	9.42
90	93.93	3.93	94.85	4.85
100	102.50	2.50	102.25	2.25
105	106.03	1.03	106.04	1.04

The figures above are averages compiled by 'Statistics Canada' and are based on current life styles of Canadians.

Of every 100,000 males, 367 will reach age 100. Of these 367 only 15 will live to be 110. Of these 15 only 1 will be alive to celebrate at age 115. No male currently reaches 116 years.

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We do have the option to alter our projected date of demise up or down depending on what we 'do' or 'do not do' to change the odds.

If we are resigned to being a 'Downer' and do nothing, we may die well before our allotted time. Or, if we make it to the projected limit, it may be with only partial physical and mental capacities and may be accompanied with much pain and suffering during the final years.

On the other hand, if we are resolved to be 'Uppers', it is possible to extend our life span well beyond the projected limit with many useful years of pain-free living.

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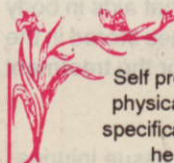
MASSAGE OR MEDICATION?

by Urmi

This month I have been involved with the illness of my mother who has spent the entire month in the hospital. I myself have only been in the hospital for the birth of my twins and for the occasional visit. Needless to say, as a holistic practitioner the hospital is not my favourite environment. I always feel apprehensive upon entering any institutional building and hospitals offer a blend of smells and vibrations that are both mysterious and obvious. Most prevalent is the presence of sickness and death mixed in with the professional and personal dramas of the staff and patients. I do hold respect for allopathic medicine and would not want to live in a world without modern medicine as it is necessary and life saving in many situations. However I would certainly encourage people to be mindful of their health and be taking steps towards diagnosis and cure long before hospitalization is necessary. The key to this is to pay attention to how you are feeling. Many of us live in denial about our health and there is an underlying belief system that life is suffering, one shouldn't complain or feel sorry for oneself, and of course the idea that it is all in your head. These beliefs keep us from paying attention to what is really going on with our health. Ignoring the symptoms and enduring ongoing or repetitive pain is a sure formula for the need for serious medical management. I would consider allopathic medicine to be extreme emergency style treatment and would suggest that you should be taking steps towards healing your ailments long before surgery or chemical intervention is necessary.

Illness starts as a very subtle dis-ease in the system. This imbalance can be caused by diet, sedentary lifestyle, negative or self defeating thought patterns, environmental stresses, relationship disharmony or genetic tendencies. All of these can be controlled and determined by us if we choose to seek out ways to live in health. We are fortunate to live in a time when we can embrace medical knowledge from around the world. We can access information on the internet, at the library and from publications like Issues. We have only to be open to the idea that we have the right to feel good and be pain free. One of the simplest things that you can do for your health is treat yourself to a massage. This is a way in which the body can be nourished and balanced. The body is designed to always function at its optimum but does have certain requirements. Relaxation and touch are powerful supports for a healthy body, particularly for emotional or stress related conditions. When the imbalance becomes very extreme chemical intervention may be necessary. However this can be confusing to the body's physiology and often it becomes unclear if symptoms are from the illness or are side effects from the drugs. This is especially true when multiple prescriptions are taken. Be sure to pay attention to what your state of health is and nurture yourself before any serious imbalance occurs.

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by Chris Huppertz

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By the end of August I was on Calorad. I wrote down all the measurements (waist, chest, etc.) at Nicole's suggestion. Before the end of the first week I could tell my clothes fit easier. At the end of the second week I had lost over 8 pounds, 3½ inches across the chest and 3½ inches around the waist. My love handles were disappearing fast and I felt a new surge of energy. For the first time since the accident I felt just great and also proud of myself. The only modification I had to make: Take a tablespoon of Calorad with a glass of water, on an empty stomach, before hitting the pillow at night. Oh, yes, 3 hours before retiring I was not to eat or drink anything (water is O.K.).

At the beginning I was worried because I do enjoy an evening snack, my only real vice. With Calorad the craving simply did not become an issue. Besides, I know that snacking after dinner is not good for me. I felt really proud of myself and my self esteem started soaring after experiencing the positive changes in my body. At the end of the third week, I lost a total of twelve pounds and 7½ inches. Life looks terrific again. My whole life has turned around for the better. A lot of the aches and pains that lingered on are leaving me. Calorad is truly a godsend and I shall be grateful to a caring friend forever. There are quite a few people I shared Calorad with and the numbers increase daily. Many healthcare professionals use Calorad for their patients very successfully. I will share this wonderful product with anyone willing to take a look. I know it works.

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ACUTE SPRAIN OF LUMBER MUSCLE AND FASCIA — ONE OF THE REASONS OF BACK PAIN

by Dr. Kevin Ma

Acute Sprain of Lumber Muscle and Fascia (ASLMF) is also called in Traditional Chinese Medicine (TCM) Shaoyao chaqiö (sudden sprain in the lumbar region) due to improper movement of the lumbus. It's mostly seen in youth and the middle-aged who do manual labour. Over 50% of those between 20 and 30 have this illness. Over 90% of these patients have the illness in the lumbosacral portion, the sacrospinal, muscles and the sacro-iliac articulation. It is often caused by an external force. There are several postures which can cause the injury, for instance, overextension or flexion and rotation of the body. If these postures exceed the activity range of the lumbus, a sprain is likely to be brought about. After the injury, a sharp pain is felt at once in the lumbus on one or both sides. The lumbus cannot keep upright and is limited in movement. There are spasm and tenderness in the sacrospinal muscle which can radiate to the buttock and posterior side of the thigh. There are changes in the physiological curve of the spine in most cases, for instance, scoliosis, disappearance of lordosis curve, etc.. The raising test of the straightened leg (Lasegue's Sign) and the rotation test of the pelvis are positive.

Types of syndromes in TCM

1. The type of the stasis of blood and qi and the obstruction in the channels and collaterals

Main symptoms and signs: There is pain in the lumbosacral portion, spasm of the muscles and limitation to activity. The tongue, the coating and pulse are normal if no other complications exist.

2. The type of the obstruction in the channels and collaterals with deficiency of the liver and kidney.

Main symptoms and signs: There is dull pain in the lumbus which may be aggravated on cloudy and rainy days, lassitude in loins and knees. The tongue proper is pale with white fur. The pulse is deep, thready and feeble.

Treatment

In general, SPLMF can be cured very soon if the treatment is taken in time and properly. But if treatment is not taken, the ASLMF may develop into lumber muscle tension and adhe-

sion. If it is delayed too long, ASLMF will become chronic and turn into Chronic Lumbar Strain. Therefore, it is important to take treatment in time and properly, otherwise it may become the disease that accompanies your whole life.

Acupuncture combined with Chinese massage is the most effective treatment. Acupuncture stimulates the body to produce its own pain relieving chemicals called 'endorphins'. These chemicals mimic morphine by attaching to opiate receptor sites found through the nervous system. Endorphins help to block pathways that relay pain messages from the body to the brain, resulting in relief of pain, general relaxation and biochemical restoration of the body's own internal regulation systems. The improved energy and biochemical balance produced by acupuncture stimulates the body's natural healing abilities, reducing inflammation, promoting physical and emotional well-being.

Chinese massage has proved to be distinctly effective to ASLMF. Under this treatment the muscular spasm can be relieved. The blood circulation is stimulated and blood stasis removed so that the muscles and tendons can be relaxed and the collaterals be activated, thus the swelling can be subdued and the pain relieved.

Chinese herbs are also effective for this disease. In the early stage, herbs that can promote blood circulation, remove blood stasis, promote flow of qi and relieve pain can be used such as Chinese angelica root, peach kernel, safflower, cat-tail pollen, trogopterus dung, chuanxiong rhizome, etc. In the late stage, herbs with the functions of tonifying and replenishing the liver and kidney, relaxing muscles and tendons and activating collaterals are used such as loranthus mulberry mistletoe, pubescent angelica root, achyranthes root, evcommia bark, fuling, dangsheng, prepared rehmannia root, liquorice root, etc. Some herb preparations can be a great help. There are preparations for oral administration and for external use. You can choose one of two kinds or use them combined.

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From the Editor...

Chit Chat

with Marcel

At the recent Wise Woman Weekend held at Naramata Centre, Gudrun Carstairs was the keynote speaker on the Saturday evening. During her talk she commented on the principle of 'Acceptance'; learning to accept the situations that arise in our lives, detach and go with the flow, let go and let God. In other words don't try to control and manipulate our lives; accept that anything that happens is what is required for our learning and growth. This she advises can be done by changing our perception of a situation from that of a problem to that of a challenge. I completely agree with her, however it occurred to me that surely there are some situations in our lives that are not meant to be accepted; abuse in any form, bad behaviour or mistreatment. Perhaps these things happen in order to prompt us to find some backbone and stand up for ourselves and make some changes. There are even more subtle situations like not accepting being dependent on someone else when you would like to learn to be self-reliant; situations where you give your power away and lose control of certain areas of your life. I'm sure everyone can think of situations in their lives that are not creating growth and expansion and some changes need to be made. I asked Gudrun the question, "How do you know where the fine line lies between what should be accepted and what should not be accepted?" Her advise was to consider these three words, Respect, Caring and Value when making a decision: "Does this decision respect, show caring for and value yourself and the other person?"

I have always liked what Deepak Chopra says about acceptance when he discusses ways to practice his fourth 'Law of Success' - the Law of Least Effort. He states, "Acceptance means, I can create the future, I can revise the past, but this moment I should accept as is.....the entire Universe has conspired to create this moment and therefore this moment is precious.....if things are not going my way right now, then I just let go of my idea of how they should be, because the Universe has plans even bigger than I imagined for me. I surrender to this moment and surrendering to this moment I accept things, situations, people, circumstances as they are, not as I wished they were. I can still create the future of course."

So it seems to me that we need to accept all that happens to us as the actual experience of our lives in the moment and attempt to remain as detached and positive as possible. But we should also be continually evaluating the patterns of these experiences to determine which need to be changed and which of these we need only to change our perception of. As with all things in life perhaps the answer lies in Balance; finding the middle path, that

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fine line between accepting situations for the lesson they teach us but still realizing that some of them may require changing to derive the full extent of the lesson. Ultimately we ourselves are the only ones that can make these decisions, and learning to contact our own inner knowing is the only way to determine our own truth; offer the challenge to the source of your being and be watchful for the guidance that returns.

Marcel

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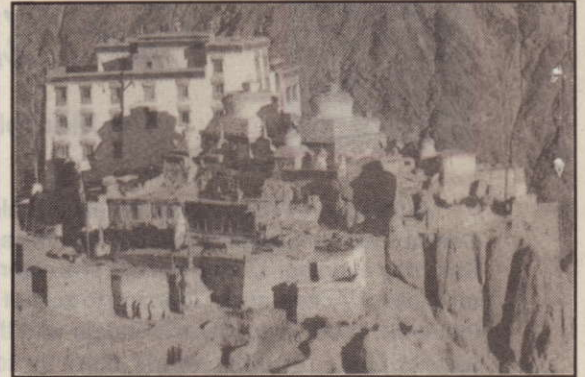
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12:30	Daniel Albas	Touch for Health
1:00	Pat Brady	Feet First Reflexology
1:30	Nywyn	Aromatherapy
2:00	Christina Hughes	Chaos & Opportunity
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3:00	Angele Rowe	Handwriting
3:30	Urmi Sheldon	Meditation & Massage
4:00	Michael Kruger	Stress Buster
4:30	Gerry Parent	The Magic of Herbs

(Schedule is repeated both days)

ISSUES Magazine & the Holistic Health Centre
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Journey to



For several years I have wanted to go trekking through Zanskar and Ladakh, some of the highest inhabited regions in the world, where ancient Buddhist monasteries keep alive the Tibetan tradition of meditation and tiny villages are snow bound for seven months of the year. The route from Darcha to Lamayeru, a monastery near Leh, the capital of Ladakh, winds its way over several ranges of mountains, crossing eight passes, four of them around five thousand metres high. Most of our camping places would be higher than Mont Blanc, the highest mountain in Europe.

We hired a guide and five horses to carry food for three weeks as well as our camping gear, and set off. I was so scared before we left that I developed stomach ache, toothache and got stung on the foot by a wasp, which was a clear reminder of how fear is created in the mind and how the mind can affect the body, but once we got going it felt wonderful to be walking where we wouldn't see a road or a car. The first pass was the highest, and still covered with snow in July. The horses had quite a time as they kept falling in up to their chests, and I developed slight altitude sickness, but finally we made it.

What an experience, to be standing on top of the world, white prayer flags fluttering in the wind, gazing out over range after range of mountains, purple cloud shadows chasing each other over the barren brown slopes, and snow capped peaks glistening against the brilliant blue sky.

Sometimes we would be scrambling up and down almost vertical slopes of rock or scree, the narrow path zigzagging over a sheer drop of hundreds of feet...the trick is not to look down! Then we would stroll along beautiful valleys through fields of brilliant green young barley, the path going from one village of tiny, whitewashed houses, their flat roofs laden with juniper bushes, to another.

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o Ladakh

by Ma Prem Pankaja

After six or seven hours of walking we were very grateful for a cup of salt tea with roasted barley meal, called tsampa, and yak butter... the staple diet around there. Grinning kids with dirty faces would ask for 'bonbons,' their word for candy, picked up from French trekkers. Women worked in the fields in their traditional dress, with necklaces of coral and turquoise, their hair in long plaits.

Other days we followed a narrow river gorge, barren rocky slopes alive with huge, prickly wild rose bushes, filling the air with their fragrance. Thyme, sage and juniper also grow among the rocks, providing forage for herds of goats and sheep which scramble up and down the sheer slopes. Crossing the rivers was often quite a dance, since the bridges are just slabs of rock laid over narrow planks a few feet above the rushing, icy water. One of the mules fell in one time, luckily not hurting himself, but pitching our sacks of rice and dal (lentils) into the water. A couple of hours spread out in the sunshine soon dried them off, which was just as well, because the villagers grow enough food to see them through the winter, but don't have any extra to sell.

When we got to Padum, the capital of Zanskar, which probably has nearly a thousand inhabitants and a road, everyone was very excited because the Dalai Lama was coming to visit. His brother is the head of Karsha monastery, a huge beehive of white cells nestling into the side of a mountain. We had earlier been shown round Phuktal monastery, which is built partly inside a huge cave. One child from most families becomes

continues page 25



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A Sense of Well-Being

by Terence Bingham

I was brought up in a very dysfunctional family environment. Like most I carried many problems with me through my life. Employed in the same occupation year after year, I did my work well and was remunerated well, but I detested my vocation. I required a constant challenge but once the challenge was over I was dissatisfied both mentally and emotionally, constantly stressed and extremely unhappy.

Several years ago I was introduced to the art of massage. I went to a practitioner because I suffered constant headaches and lower backaches that no physician seemed able to cure. My first experience was very nurturing and I thoroughly enjoyed the relaxation, but beyond that, it gave me a euphoric sense of well-being. After several sessions my headaches disappeared and my lower back pain eased and has now become minimal.

It was during this time I realized that my life and well being were far more important than the dollar value I could earn. This is what I wanted to do; to give this relief, relaxation and nurturing to others, to share that special feeling and awaken their senses. I tried different styles of practitioners and different methods but found that the one that worked best for me, not only in giving but receiving was a soothing, nurturing massage.

I have tried to combine both my work in massage and my vocation but have reached a plateau in my life where I do not wish to continue the combination. I obtain so much pleasure and satisfaction physically, mentally and emotionally through my massage sessions that I wish to devote all my time to that area. By the nurturing of the client, I have seen the positive effect of my personal attention to their needs and have found a caring energy source within me that can actually help people whether it is a release from pain or stress, their need to be nurtured or the need of just someone who cares and listens.

In my practice I have had the pleasure of having some wonderful positive results and more recently several arthritic clients have shown great improvement over several sessions. I have had the opportunity to witness a woman, who required a 'walker' to move around her home in much pain, no longer use that 'walker' and whose pain has eased to the point that she cut back her medication by half, after only several sessions.

My own experiences have shown me that the holistic approach to health has been more beneficial than I could have ever imagined. I do know that we all have that positive energy within us and if we can use it to help others, whatever their needs, what a remarkable commodity to possess.

I provide a mobile service in the comfort of your residence, a complete body massage with the combination of Swedish, light acupressure and aromatherapy. Soft music and low lighting provide the mood for relaxation. The soothing effect releases the toxins and stress from the body, renders a sense of well-being and complete relaxation. The needs of each client are special and therefore every client is given complete attention to their needs. For those who wish to have their massage in a relaxed clinical setting, I also take appointments at Penticton's Holistic Health Centre.

I believe that we all have our own special needs and requirements and if I can in any way, through my hands or presence, help fill those needs, then my needs too, are met.

see ad to the left



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Restoring Your Body's Natural Energies

by Dan Albas

"The body can enter into an ascending state of good health by getting the organs in their proper place, balancing the body, cleansing the organs, giving the body proper nutrition, exercise and rest. The road to great health begins here." Al Berry

My first experience with Al Berry's Body Management (B.B.M.) happened in the nick of time. I had injured my legs, overtraining in preparation for testing in my Wing Chun Kung Fu class. James Heinrich, my instructor had mentioned some new skills he was learning and asked if I would like him to practice on me. Even walking was extremely painful for me, so the morning before my test, I hobbled up his steps and began my first balance.

James, explained that the body has fourteen meridians or energy pathways which nourish the body, each of which Traditional Chinese Medicine has related to an organ. These energies can sometimes be blocked by physical, mental, emotional or nutritional imbalances. To evaluate my body's energy flow, he used light touch muscle testing. James explained that since the meridians supply energy to the muscle, if we isolate a muscle and apply light pressure, the muscle will either hold and lock-in, indicating that the muscle is being fed the right amount of energy or if it does not hold, it would indicate a blockage in the meridian that relates to the muscle. Then a correction to the imbalance is done. I was fascinated that my body had so much to tell. Having been in the martial arts for a few years and being still quite young I was amazed at how under-energized my body was.

Rolling over onto my stomach, it became obvious that one leg was longer than the other. This indicated my right hip had pulled my femur into my sacrum area and pulled on my lower back muscles, giving me my severe back ache. James relaxed my back and hip area by simply holding a few key areas for full muscle relaxation. Slowly shifting his hand positioning, I felt my leg get longer and my back and hips felt great.

Next we moved to the organs and how they all interrelate. My colon had dropped several inches making it difficult for my body to eliminate waste. Without the colon to support it, my stomach would droop stretching my esophagus and giving me heartburn. This puts stress on the heart, spleen and lungs as it pinches them and forces them to work harder. I had never before realized how interdependent the organs in the body are. If one organ is not working efficiently, then the others often suffer as well. After softly massaging the energy of the organs back to their proper place, we worked at the cause of the disharmony. Putting more energy into my spleen meridian would help my body move the oxygenated blood to the areas that required healing. This would help my body start to correct itself. After the session I was rejuvenated and we re-evaluated the muscles — all fourteen muscle groups locked in solid. It was then that I realized that my body was 100% towards achieving my goal — to "test to the best of my ability."

Later that evening I successfully passed my grading, kicking higher and crisper than ever before. I was even

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complemented by the head Wing Chun Kung Fu instructor of Canada on how good my kicking patterns were. While shaking my instructor's hand, I realized that what made up a Kung Fu instructor was far more than kicks and punches. It took someone who knew the body and its subtle workings; who could harness that energy to create a better, more balanced life for himself and others. I decided I would learn these techniques and offer them to others. I have trained in B.B.M., both from Al Berry, who is now retired and from his chosen successor, Brian Haraga. I now offer these services in the Kelowna and Penticton area.

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You Gotta Have a Plan

Catherine
Ripplinger
Fenwick



Few things in life just happen. If you think back to the most important, wonderful, rewarding things you've ever done in your life you will notice that they happened because you made them happen. You had a plan. Your plan probably included a goal, time lines, a strategy for handling setbacks and a strong commitment to achieve the goal.

I have a friend who wanted to compete in the Boston Marathon, not win — just compete. It seemed like a realistic ambition. She had been a distance runner for several years and was running thirty miles a week. The first time she tried she didn't finish. The failure was heartbreaking for her, but she didn't give up. She doubled her efforts, trained harder the following year and tried again.

The second time she made it, the whole twenty-six miles. I asked her what she did that helped her to succeed. She said, "This was my dream and I kept at it until I got there. The main thing is I don't quit. I do what I have to do and keep the dream in my mind."

If something is worth doing, it's worth the time it takes to come up with a plan. The plan will depend on the dream. The dream will depend on the things that are really important to you. One way to find out what's really important is to ask yourself, "What do I still want to do before I die?"

Make a list of what those things are. From this list choose

the goals, ambitions and dreams that are possible. Keeping your vision in mind, come up with a strategy for achieving the most important ones. Your plan should contain detail about what, how and by when the dream could be realized.

Barbara Sher, in her book, *Wishcraft: How to Get What You Really Want*, describes a method of backward planning for achieving goals. She says that the first thing you need is a detailed statement of what you want — your goal. You work backward from there until you get to the point where you say, "What can I do right now to help me get to what I want?" For example, what kind of a plan would I need to set up if my ambition was to publish a book?

Before I could publish the book, I would have to write a book, find a publisher and find a source of income so I could stay alive while I was doing that. Let's see how that would work planning backward. Before I could do any of these things I would have to write the first page. Before that I would have to decide on the topic. Do I have something to say that people want to hear about?

I may need to improve my writing skills or take a creative writing class. I would phone a school that offers such classes. To do that I'd have to pick up the telephone book, look up the number and dial.

Using this method I plan backward in my attempt to find a publisher for my book. Before I could send the manuscript I would need to find a publisher who might be interested. Before that I would do some research in a library, talk to writers and publishers. I would check a resource book for names and addresses of publishers. Before I could do that I would need to pick up the resource book.

The idea is to write up a plan by saying to yourself, "What must I do before I can achieve....?" Do this until you find the steps needed to get there. If you don't know where you're going you might end up some place else!

Things don't just happen. They happen when they are part of a plan. Putting a plan into action requires a vision, a dream, a clear statement of the goal, a jump-in-and-do-it attitude, and a plan of action scheduled to begin right now.

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by

Catherine Ripplinger Fenwick

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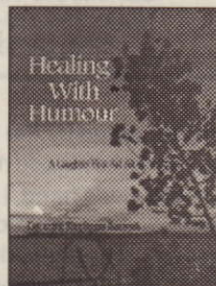
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Continued from page 19

a monk or nun, and it is fascinating to see groups of kids from eight years old running around in their maroon robes giggling and playing, or sitting cross legged on the stone terrace for their classes.

We also saw the ancient dark libraries with wildly coloured frescoes of Buddhist deities, and shelves of books - separate leaves of parchment between wooden blocks, many of them carried out of Tibet by monks escaping from the Chinese invasion. Once we passed a couple of monks leading a baby yak to the market, and when we stepped into the tiny, dark stone chai shop for a cup of chai the yak trotted in too but his horns were too wide to go through the door and he got stuck and had to be chased out with shouts of laughter.



For me there is nothing like walking in the high mountains, the air so pure, most of the time feeling as if I was absolutely alone in the world, with not a soul, or a building anywhere in sight for hours or days at a time. There is a wonderful feeling of being in touch with the earth and your own body; you have only your own legs to trust, there's no way you can just hop on a bus or into your car, but the mountains move, the valleys come to an end, and you have walked several hundred kilometres in a few weeks. Life becomes very simple, you have to live in the present: left foot, right foot, if your mind wanders too far that's when you can slip and fall. The routine is so simple - get up, eat breakfast, pack up, walk, make camp, eat, sleep. There's far less space for making our lives complicated than there is in most other situations, and the silence of the mountains can help to silence our busy minds.

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Visit Bernard Willemsen at <http://www.humanenergy.mb.ca> or email to: bernard@humanenergy.mb.ca

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Healing Touch

by Elizabeth Hodgkinson

I had the opportunity to spend time with my one-year old grandson in the last little while. There was much delight in all the new learning that was going on but there were also a few tears; he was teething and had a booster that week. We were getting to know one another since I live at the other end of the country and we don't see each other very often. During one particularly fretful time that he and I were spending together, I stroked his back repeatedly, which in Healing Touch is clearing the disturbance and balancing the energy which brings comfort and healing. He was very tired so I put him in his crib and while he cried some more, I continued to stroke his back. Suddenly he turned to me, gave me a quick teary smile, put his head down and fell asleep. The smile said to me that I had helped and I felt grateful for that little gift of thanks that, through all the discomfort, he was still able to give me.

On another occasion, I met a woman who had very bad arthritis in her shoulders and back and felt very tight. I spent ten minutes of 'unruffling,' again clearing the disturbance which in this case was pain and tension. She stood up, moved her shoulders and back and commented on how much better and how much lighter she felt, not feeling so tense and tight in that area. This was basically because I had cleared the area of congestion and restored some energy balance which helps the body to self heal. Sometimes people will feel the effect of the treatment right away but often the effects of it will come later and will continue to work for at least twenty-four hours after the treatment. If the energy which surrounds our bodies is balanced and the energy centres are open and functioning properly, the body for the most part is healthy. This then is the primary work of energy healing which is basically what Healing Touch practitioners do. Your own body does the healing. I am constantly amazed at how well designed our bodies are and how they can repair themselves with just a little help.

Healing Touch has proven again and again to help people — to bring some relief and comfort from pain, to help with depression and to restore some self-worth because it works not just on the physical level but also on the emotional, the mental and the spiritual. I have worked with people whose problem remained much the same, but they said they felt so much better, emotionally and mentally, that they were well able to cope with it or indeed, take it to a doctor or other healing practitioner which we in Healing Touch always recommend.

Elizabeth works out of Westbank and is now working out of the Holistic Health Centre in Penticton, the first Wednesday of every month.

CHIROLOGY!

by Odette Dumas

This month's topic is the nails. The nail's shape should be in harmony with the shape and length of its finger. A normal nail is balanced: neither too long, too narrow or too broad. Whatever the nail shape, it should match the shape of the fingertip or there is an imbalance. It is common to see many nail shapes on a single hand. A broad nail shows an inner stress, the person is looking calm on the outside but is boiling inside. Narrow nails show a nervous personality. In fact, usually, narrow nail bearers are slimmer because their stress is burning their fat tissues more quickly.

A square nail reveals a practical mind; precise, calculating. We have to distinguish a perfectly square nail from a square nail which is the natural ending of a square shaped fingertip. The perfectly squared nail is small, normally seen on the small finger, and, denotes a congenital heart condition. Looking at the line of heart, if we find a clear cut or islands, then the diagnosis will be precise.

The narrow rectangular nail shows a demanding being, hard to satisfy and to please, with a delicate health balance. The broad rectangular nail gives a broader mind's view and a stronger health balance. The mind is swift and cunning, liking to argue for the pleasure of the debate.

The oval shaped nail unveils a heart and respiratory condition. Of fragile health, this person cannot give a sustained physical effort for a long period, but is persevering, stubborn and ambitious. More often, this individual is very logical and efficient in their field of work but has difficulty mastering their emotions in personal life. This shape denotes introversion, contemplation and a need for harmony. An almond shaped nail, oval and gracious shows vanity and stubbornness.

The spatulated nail is easy to recognize with its narrow base going broader toward the fingertip. This shapes originality and tenacity. The being is open, frank, honest and trustworthy, also independent and takes pride in their social position.

Short nails are beared by people who like to argue. A very short nail shows a definitely disagreeable personality. The short and broad nail shows an obstinate person, seeking challenges and giving their best under pressure.

The different principles of the study of the nails forms the base of the understanding of the hands. *see ad below*



Elizabeth Hodgkinson
BA. BEd.



CHIROLOGY

with

Odette Dumas

23, 1999 Highway 97 S.,
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The Title of Herbalist

In dedication to Jackie Anagnostakis...may her spirit be free

by Gerry Parent



I would like to tell you about a wonderful course I took this year that focused on the spirit and therapeutic use of herbs in the most delightful way. It was an in-depth, six-month course based on Rosemary Gladstar's books entitled *The Science and Art of Herbology* and it was taught by a cheery lady known as Yarrow Alpine.

My apprenticeship began early last spring. I had missed the first class due to a late sign-up, but luckily for me, Yarrow squeezed me into her twenty-student class. She told me over the phone that classes would be held on weekends about once a month and that I was to bring a pencil and notebook, an interesting dish for a potluck, appropriate clothing for outdoor walks, and a tent if I wanted to sleep outside. My first weekend at her house was fast approaching. I could hardly wait to go!

Upon arriving, I was first welcomed by Yarrows' dog, Bander and shortly thereafter by one of Yarrow's assistants who showed me around the property, and then by Yarrow herself. When the other students had arrived, Yarrow summoned everyone together with a THUMP, THUMP, THUMP on her rawhide drum and we all gathered inside for classes to begin. It was a funny sight to see twenty people crammed in her living room, listening with open ears and hearts to her talks about developing self-reliance in staying healthy through natural means, local plant identification and use, herbal preparation and more. Group participation was always encouraged and we shared many personal stories on the effectiveness of herbs.

As the weather warmed, classes were held outside next to Yarrow's garden on chairs arranged in a circle. Having a

backdrop of the warming sun, fresh scents, chirping birds, and the occasional squirrel scampering through the trees accented the knowledge Yarrow presented and set a very relaxing and natural mood.

Accompanying the lessons and lore about the herbs covered, we also were able to sample many of the herbs as teas. There was a wide range of facial reactions as we tasted tonics, bitters and stimulants, gaining a deeper awareness of the herb essences and their effects on the body. We also learned hands-on how to make salves, tinctures, herbal pills, poultices and other herb preparations.

As suppertime approached, everyone put out his or her dish on the potluck table for all to enjoy. Occasionally, a dish or two would be prepared from one of the herbal recipes from our study books or from herbs and vegetables from Yarrow's garden. One of the dishes we feasted on was potatoes that the class had planted and later harvested during the course.

The last day of the course arrived all too quickly. It was a special weekend where we were able to display all of our herbal products and homework assignments Yarrow gave us. We also were encouraged to dress up in costume, sing and share any other talents with the group and guests.

Although I am happy to have completed my apprenticeship with Yarrow and graduated with my 'Title as Herbalist' diploma, I will miss her classes and all the people I met there. It was the wonderful spirit shared by all that made the course so special.

see NYP under Teaching Centres for more info.

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I Know You Are Out There...But Where Are You?

by John St. John

I am not just referring to the U.F.O.'s but to all of you who read these kinds of magazines and spiritual books, etc. The new millennium is only two years away and the time has come to stand up and be counted. So don't just meet in small groups mostly unknown to each other, but be proud of who you are and what you believe in, for now is the time to come together as one humanity!

The Humanitarian Code

"What is the Humanitarian Code?" you may ask. And for your answer I must go back many years to a time, when, like most of you, I went through life with the feeling that I was outside looking in. Consequently, I was always searching for something or someone that could help me with my spiritual quest. The same feelings also applied to my family (my wife Mary, eldest daughter Samantha and our son-in-law David). We would get together two or three times a week to talk, meditate, read and listen to spiritual books and tapes. During the past four years my wife began to channel. She received personal messages and helpful insights from a host of spiritual messengers. As time went on the bulk of information came from a group which called themselves the Brotherhood of God and numerous things they said would happen, did so.

The Visions

Mary's channelling became stronger and combined visionary images that all four of us shared. We discovered many things that helped to explain our lives together and the deep inner feelings we all experienced. One evening while we all sat in meditation, a vision came into my mind. It was a cross like I had never seen before and appeared to be of silver and gold with golden streaks of light emanating from it. It was surrounded by the golden letters H.C.O.D.E. The vision was so vivid and the emotions so strong that I immediately found pen and paper to share my vision with the others. Two nights later I lay in bed on the verge of sleep and the image of the cross appeared to me again, this time accompanied by a voice which told me that this is

the cross of humanity, it symbolizes the coming together of all religions and the letters refer to the humanitarian code.

The following nights of our meditations seemed filled with a sense of magic in the air, the whole house seemed charged with a Holy presence. The messages that Mary received were that it was time to prepare for coming events and to call upon all the churches of the world to stop segregation of different beliefs, and to commend all who work and pray for world peace and embrace all those who believe in God, by whatever name.

The Church

One night after meditating I found myself unable to sleep. The room seemed to have a purple glow to it. I held up my hand; it too seemed to be surrounded by a purple glow. Then as I lay there with my eyes closed an image of a golden pyramid filled my mind, it was as though I were being shown around the building on each level, room by room. Simultaneously feelings of love, happiness and excitement filled my emotions. When the images finished I got up and drew everything I had seen while it was still fresh in my mind.

H.C.O.D.E.

At our next meditating session, we all sat together and had an overwhelming feeling that this is a church of the 21st Century where all people, regardless of race, creed, colour or religion would meet, relax, eat and worship together, respect each other's beliefs and learn from their differences. We will then be taking the first steps to awaken the code of humanity that lies within us all.

Go West

Powerful stuff! But when, where, how? Over the next few weeks we all had the feeling it was not to be in Ottawa (where we were living at the time). A few days later we placed out a map of Canada and in turn (without the presence of the others) we each lay a hand slightly above the map, and guess what? We all were drawn to the same area ... Kelowna! So that solved the 'where!' We knew nothing of British Columbia, let alone Kelowna!

We are originally from England and the farthest west we had travelled was Toronto.

It looked as if we were in for an adventure! Our rental house had come to the end of its lease, Dave and I gave up good jobs, we sold a car and half our furniture, bought a 1979 two ton box truck and our journey across Canada began with our two younger children, eighty-eight year old mother, three cats, one dog, and a hamster. What we were going to do, we knew not. What of jobs? What was Kelowna like? Were the schools nice? These and many other questions crossed our minds. We were fortunate enough to rent a house by telephone prior to our leaving and what we did know for sure was we were following our hearts and on the road to fulfilling our souls' purposes.

The journey was not an uneventful one as you may imagine, but our faith held us strong and even with the various breakdowns and flat tires there was always someone who appeared from nowhere with the right tools and knowledge to help us to continue our journey. Seven long days later after experiencing scorching sun, strong winds, rain and roads that never seemed to end, we arrived in Kelowna.

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CALENDAR

of Events

November 1 & 2

Integrated Body Therapy 2 in Kamloops with Cassie Benell. p. 8

November 7 & 22

Book Signings, Books and Beyond, Kelowna Shannon Sambells, Mark Howard, p. 24

November 8

Astrology with Moreen Reed, Evening Talk at Book Garden Cafe, Nelson, p. 13

November 8 & 9

Grand Opening of Issues Magazine and The Holistic Health Centre, Penticton, p. 20

Intermediate Meditation Workshop in Westbank with Cheryl Grismer. p. 21

November 10

Introduction to Aromatherapy \$15.00 Nuthery Institute, Kelowna 1-888-284-3333

November 12

Personal & Relationship Growth, Intro Talk with Carol & Rémi in Salmon Arm, p. 4

November 14 - 16

Craig Russel's Soul Journey in The Okanagan Valley, p. 4

November 14 - 25

NLP Free Introductory Seminars at Erickson College in Vancouver, p. 2

November 16

South Okanagan Co-Housing Society meeting. Julie 250-494-6498, Maria 493-4233

November 17

Introduction to Muscle Testing, \$15.00 Nuthery Institute, Kelowna, 1-888-284-3333

November 18, 19 & 20

Matthew Fox and others in Nelson, Heartful Living - The Art of Community, back page

November 22

Vibrational Healing with Sound & Colour, 1 day workshop with Troi Lenard, Holistic Health Centre, Penticton 250-768-9386

November 22 & 23

Reiki-Level 1 Certified Course, \$160.00 Nuthery Institute, Kelowna 1-888-284-3333

November 24

Learning to See Auras, \$15.00 Nuthery Institute, Kelowna 1-888-284-3333

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

November 28

Free Introductory Talk for NLP Practitioner Certification, Kelowna, p. 24

November 28, 29 & 30

Hakomi, workshop with Ron Kurtz and Donna Martin in Kelowna. p 14

December 6 & 7

Integrated Body Therapy with Cassie Benell, Kamloops, P. 8

December 21st

Winter Solstice spiritual gathering, Walhachin, B.C. Drumming and pottuck. Val Carey 457-6678

ONGOING EVENTS

WEDNESDAYS

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

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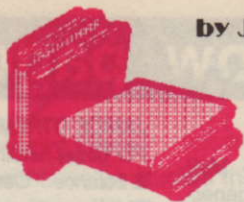
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Book Reviews



by Jan



LIVING THE SIMPLE LIFE

A Guide to Scaling Down and Enjoying More
by Elaine St. James
Hyperion, ISBN 0-7868-6219-X

At first glance, the idea of creating a simple life often seems out of the question. When we're constantly racing against the clock, it feels like there's no way to create some extra time. When we're so exhausted from moving ninety miles an hour, we're certain we don't have the energy to figure out how to do things differently. When we're torn between the pressures of work, the demands of our children, and the needs of our inner selves, it feels as though there's no way we could add one more thing, like simplifying, to our list of things to do.

But it is possible. And there's a magical, almost exponential quality about time.

Elaine St. James offers many suggestions on simplifying your life here and now. Start with where you're at and decide on a few ways that will fit in with your lifestyle. Don't make monumental changes unless you are sure that it's right for you.

I received a lot of validation from this book for choices already made that make my life easier and fresh insights into possible changes. Housework and laundry have become less of a chore and my free time can be enjoyed in nature or pursuing new interests.

All we have is today; enjoy it!

SUMMER WITH THE LEPRECHAUNS • A True Story

by Tanis Helliwell • Blue Dolphin Publishing Inc • ISBN 1-57733-001-3

The central purpose of elementals (leprechauns, elves, goblins, gnomes, trolls, faeries and devas), according to the leprechaun, is to work with natural laws to create a world of beauty and diversity. Elementals help flowers to bloom, trees to grow, and even our human bodies to live. But they do more than that. They also catalyze fun, sparkle, and mischievousness in humans, stimulating their creativity and their appreciation for beauty in all the arts.

Not being clairvoyant, I do not see the devas of the forest, though I can feel the energy of the plants, trees and streams. It is an automatic reaction to say thank you for the beauty, peacefulness and awesomeness of nature. According to Tanis this is one of the ways to work with the elementals. Our purpose is to work together to heal the planet and help each other grow.

Find out how in this delightful story, **Summer with the Leprechauns**.

SACRED LIVING A DAILY GUIDE

by Robin Hereens Lysne
Conari Press, ISBN 1-57324-099-0

What is sacred living? It is aligning our living with the rhythms of the Earth and recognizing that those rhythms are sacred. For the closer we get to the Earth, the closer we get to the great mystery.

Sacred living is living in the knowledge that we are part of something larger than ourselves. It is being grateful for life while we live it. It is observing and celebrating changes as they come every day, whether they are seasonal or personal. It is being with what is and creating commemorative moments through rituals or ceremonies when it feels right.

With a word for each day of the year to reflect upon, affirmations, gems of wisdom and the history of some of our holidays and traditions, this book reaches out and touches me.

Let it fall open to any page and see what words leap off the page at you. Or read a little each day, try the meditations or relaxation exercises or use the guidelines for creating your own rituals.

Tune in to the rhythm of the seasons, the Earth and yourself to find the sacredness in living.

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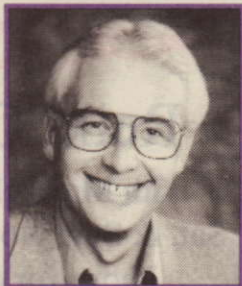
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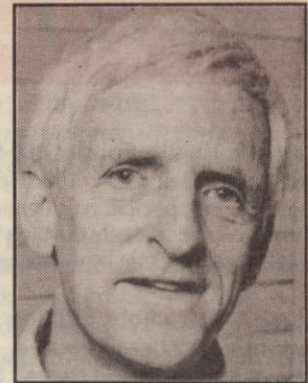
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