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Off-Centred in the Tao

'Finding Balance in a World of Conflict'

by Harold Hajime Naka.... Peace through movement

We are living in a techno-glutz, instant information, instant gratification, instant fix, consumer hungry culture where people are starving for attention, happiness, inner peace, community and spiritual meaning. We also spend much of our time living, working and escaping in artificial climate controlled environments (malls, autos, offices and institutions) which drain people of vital energy (Qi). Qigong-Tai Chi is like a breath of fresh air from the stagnant air and negative energy created by unhappy, unhealthy people who inhabit these spaces. Of course, there are those who seem to thrive in this environment. But for how long?

Qigong-Tai Chi is a gentle antidote to the stress from our try harder, do more, more is better, "Nike Rules" society that we live and go crazy in. Qigong-Tai Chi teaches one how to slow down, be softer, breathe deeper, do less and benefit more. I feel that this "treasure" from China will become the healing art for the 21st Century. I want to share with you how I found this 'gift', or did it find me?

My first encounter into the mysterious world of Tai Chi occurred one warm Friday evening in the early eighties. I was driving around Kelowna feeling bored and alone, when I saw a sign advertising 'Tai Chi Classes'. The building was an old packing house that was converted into a new age body shop. I quietly opened the door and stepped inside. There were candles flickering and eerie music filled the air and a man with long hair flowing down his back was swaying to the music as if in a trance. I stood there very still for fear of breaking the spell. I was the only student in the room and was thinking of leaving when he noticed me and came over and introduced himself as Nobu Aki. He had a presence about him that was quite intimidating, then to my great relief, three more students walked in. Nobu led us through some slow movements, then we sat on the floor and listened to him explain the unexplainable 'Tao'. After class I still did not know yin from yang, so I went back the next week. This time there was only Nobu and I. We did some movements and some 'push hands' which was very confusing for me.

I went back the third week to unconfuse myself and found the door locked. My next Tai Chi encounter was at the Recreation Centre with Richard Lautsch. His approach to the art was very different from Nobu's. There were twenty students in the class and his focus was on the martial art and the 108 Long Form. I was not interested in the 'martial' or a structured form. But I persevered and gradually learned the '108' and forgot it again. This is not a reflection on Richard's teaching (which was very good), but more on my undisciplined nature. One of the highlights from those sessions was going to the donut shop across the road after class and listening to Richard and his friends talk 'martial arts' until two or three in the morning. I want to thank Nobu and Richard for the many wonderful and crazy times we shared together. Now, thousands of Tai Chi steps later my focus is towards spiritual development and the joy of sharing and learning with friends on the path.



From the Editor...

Chit Chat

with Marcel

In various holistic articles and books that I read, I often find negative views expressed about our present medical care. Even at the Centre and in my work with Issues I notice people's comments - and I admit some of them have been my own - about the invasive treatments of drugs and surgery used by the medical establishment. However, it occurs to me that the reason for this situation should not be placed entirely on the doctors' shoulders. Perhaps this is a case of Demand and Supply.

If the demand hadn't been there the doctors wouldn't have found it necessary to supply it. I'm sure that often in the past people went to a doctor and were told to improve their diet, do some exercise, stop smoking and/or drinking. Perhaps they were even given some reading material so that they could educate themselves about their particular ailment. But all of this sounded like very hard work; too much of a shock to the patients' comfortable but dissipated lifestyle. So they would go to another doctor, one who would give them something as simple and easy as some pills that would ease the discomfort of their symptoms. But what about the cause of these symptoms? What was happening to that? The cause was forced to find another way to express itself.

Because people demanded the easy way out - the magic bullet of drugs and surgery - this is what the doctors have supplied and they so often take the blame for this approach from the holistic sector. They have become so entrenched in this approach themselves, that their governing bodies usually refuse to even consider more natural and holistic methods.

So how do we get ourselves out of this jackpot that we have gotten into? It occurs to me that perhaps we may need to apply the same method that got us here in the first place - Demand and Supply. What would happen if the next time we went to the doctor, and as he/she was writing up a prescription we said, "Doctor, I would like to try a more natural form of treatment before I start taking drugs. I would like to start taking responsibility for my own health and stop giving my power away to you. Could you please give me some information on how I can prevent illness in natural ways and not have to wait until I am sick to come to you for treatment?"

I have no illusions as to what the response might be; I'm sure anything from laughter and ridicule to anger is possible. But how will we know until we try? I know there are doctors who are willing to consider some natural methods, all we have to do is seek them out. And when we do the Law of Demand and Supply will come into effect. If we create a large and loud enough Demand the Supply will follow. The doctors who are unsupportive of holistic treatment will soon have to become more accepting or they will lose many of their patients. The power is ours, we just have to use it by taking responsibility for our own health. If we learn as much as we can about how to create good health by natural, holistic methods and pressure our doctors for assistance in this regard, it would then become necessary for the Health Care System to begin to focus more on prevention of disease rather than cures for disease.

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1. What is Waldorf education?

Waldorf education is a unique and distinctive approach to educating children that is practiced in Waldorf schools worldwide. Waldorf schools collectively form the largest, and quite possibly the fastest growing, group of independent private schools in the world. There is no centralized administrative structure governing all Waldorf schools; each is administratively independent, but there are established associations which provide resources, publish materials, sponsor conferences, and promote the movement.

2. What is unique about Waldorf education? How is it different from other alternatives (public schooling, Montessori, unschooling, etc?)

The best overall statement on what is unique about Waldorf education is to be found in the stated goals of the schooling: "to produce individuals who are able, in and of themselves, to impart meaning to their lives." The aim of Waldorf schooling is to educate the *whole* child, "head, heart and hands". The curriculum is as broad as time will allow, and balances academic subjects with artistic and practical activities.

Waldorf teachers are dedicated to creating a genuine love of learning within each child. By freely using arts and activities in the service of teaching academics, an internal motivation to learn is developed in the students, doing away with the need for competitive testing and grading. Some distinctive features of Waldorf education include the following:

- Academics are deemphasized in the early years of schooling. There is no academic content in the Waldorf kindergarten experience (although there is a good deal of cultivation of pre-academic skills), and minimal academics in the first grade. Reading is not taught until second or third grade, though the letters are introduced carefully in first and second.
- During the elementary school years (grades 1 - 8) the students have a class (or "main lesson") teacher who stays with the same class for ideally the entire eight years of elementary school.
- Certain activities which are often considered "frills" at mainstream schools are central at Waldorf school: art, music, gardening and foreign languages (usually two in elementary grades) to name a few. In the younger grades, all subjects are introduced through artistic mediums, because the children respond better to this medium than to dry lecturing and rote learning. All children learn to play recorder and to knit.
- There are no "textbooks" as such in the first through fifth grades. All children have "main lesson books", which are their own workbooks which they fill during the course of the year. They essentially produce their own "textbooks" which record their experiences and what they've learned. Upper grades use textbooks to supplement their main lesson work.
- Learning in a Waldorf school is a noncompetitive activity. There are no grades given at the elementary level; the teacher writes a detailed evaluation of the child at the end of each school year.
- The use of electronic media, particularly television, by young children is strongly discouraged in Waldorf schools.

See ad to the left

A Clean Future for Future Cleaning

by Margrit Bayer

Millions of tons of cleaning chemicals pollute our land and water every year. In addition to this, the production of these chemicals continues to pollute the air we breathe every day. The environmental problems we are facing today are the result of the past fifty years of environmental abuse. Can you even imagine what our world will look like twenty to thirty years from now? I ask myself these questions: What will our forests look like two decades from now? Will there be any clear blue sky? Will our earth's supply of drinking water be exhausted? Am I personally doing enough for my environment? But most importantly, what kind of future can our children look forward to? These are major environmental questions, fortunately there are many things I can do.

In 1977 a course was being offered in self-awareness in Kelowna. I signed up without hesitation not clearly knowing why, or even what to expect. But it all started there in the kitchen of the recreation center (due to a very noisy class next door they moved us to the kitchen). It was in that kitchen that I was introduced to the sacred practice of meditation.

Could there have been a better place than the kitchen? I think not. Is not the kitchen the heart of the house? The heart of our environment? I changed my

diet overnight. All meat, fish, poultry, dairy, processed foods, foods with additives or preservatives or sugars, were all out! My husband got scared and started to eat more often in restaurants. It was all or nothing for me; my health food cooking did improve with time. The changes that took place were astounding. Self-awareness spread into all the aspects of my life. I started to see that by knowing me better I was learning more about "Them". "Them", my fellow beings, be it man, woman or child, dog, ant or flower. "Them" started to look more and more like me. Not in form of course, but in Being. To meditation and a healthy diet, I added yoga, chanting and pranayam (working with the breath). Something most remarkable started to emerge, a stability that remains unchanging no matter how chaotic the environment. Truth spontaneously reveals itself. Life is Oneness. Being is that in which all the changes happen, yet I as That remain unchanging, ever free, eternal.

And full circle I am back to the kitchen, this time doing the sacred job of cleaning. Cleaning not as I did twenty years ago. Rather now I clean with the super-micro fiber cloth from Sweden. This cloth allows me to clean, not just the kitchen, rather all smooth surfaces in the house, with only water! The secret be-

hind it is its fiber called super-micro fiber. Each fiber is split in such a manner that it dramatically increases the surface of the material. This makes it possible for the fibers to accumulate many more particles than any other fiber. When the cloth is dry, dust and dirt are attracted and bound to the surface by a static charge. When wet, fluids are bound to the surface of the fibers and capillaries between them. Dirt particles are dissolved by the water, attracted via capillary force and are held within the micro-fibers until washed. Easy-Clean's fibers are so small that they not only remove visible dirt, they remove bacteria on the surface cleaned as well. Imagine, this micro-fiber is so efficient, its use has cut the time I spend cleaning in half and allows me, and all those concerned about the environment, to do something about it. I teach today, as I have for many years, the way of Self-awareness and I also make this cloth called Easy-Clean available to all those who are caring enough to try it. It works like magic.

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'Reflections'

A sunset on Kalum Lake, near Terrace, BC., during one of the short days of the northern winters. This cover photo finally spoke to me and I am delighted for it mirrored for me the fact that I really did slow down this Christmas and took time to enjoy nature's beauty. For many years I forgot to do that, because being a responsible adult meant being busy, taking little or no time to enjoy these moments.

During the last six months of Integrative Body Psychology sessions with Ken Martin, I have had some incredible insights as to *why I am the way I am*. Using a variety of breathing techniques, Ken has helped me release negative memories and experiences that happened to me as a child. As the stuck energy releases from my body, it frees up the energy it took to hold it in place and gives me that energy to use to heal myself.

Changing my eating habits was one of the first aspects of myself that I worked on. I had tried using various supplements and they all seemed to help for a while but still the gas persisted. I took this as a good sign, and would say to myself, "At least my stomach is still talking to me." Developing new habits takes time, so I started with learning to put down my fork in between bites. At first it felt very uncomfortable, and I was surprised at how much tension I was holding in my belly. I also realized I was breathing very shallowly as I gulped down my food, and that my stomach muscles would tighten as soon as I started chewing. My hand and fork seemed to be on remote control as long as there was food on my plate. Gerry and I have come to appreciate each other's company so we are happy to wait for each other to eat. I have learned to turn off the tape that says, "Hurry up and eat or your food will get cold." Now that I am eating more slowly it is easier to notice the subtle sensations and the repeat messages that pop up. Eating a balanced meal with only a small amount of protein doesn't make

me feel so tired after I eat. But then, I no longer eat fried egg and cheese sandwiches. I didn't realize it at the time but complex proteins combined with fried oil and bread are most difficult to digest, and over time, my system weakened.

My holiday to Ontario to meet Gerry's family was delightful. It reminded both of us how much we have changed. I went with no expectations other than to be aware and take it easy. We arrived the day before Christmas and went shopping at the Big Carrot in Toronto for our supply of organic foods. His family's diet reminded me of what I ate like as a child: there was lots of meat and some veggies. His Grandma enjoyed making desserts so they always available. Spending time with his family shopping, cooking and eating re-inforced our beliefs about why we changed our eating habits to support a healthier planet. His family had a fear that they might not like the taste of our vegetarian meals.

Christmas Day was spent watching several generations of family open up their gifts, I am glad that I am no longer involved in that tradition. Christmas dinner triggered some memories, releasing more old feelings. Gerry's Granddad reminded me of Rae, my ex-husband, including the way he talked, winked and joked. Watching him play with the grand-kids started waking up my emotional body and by the time Christmas dinner was served, his style of joking got my solar plexus buzzing and I told him what I thought of it. I am grateful I can now speak my truth in the moment for each opportunity lightens my load as my shoulder muscles loosen up just a bit more.

On Boxing Day we headed to the snowy hills just south of Algonquin Park where, for nine days, we enjoyed the quietness of walking, cross-country skiing, reading and playing cards with his family. We had fun hauling in wood, keeping the fires burning in both the house and the sauna. The last day in Ontario was incredible! The temperature rose to about twenty above, so we spent the afternoon hiking the Niagara Falls gorge. We left the next day as the freezing rain was starting to move in. The holiday felt complete, the weather had been perfect, and my body felt excited about getting back to Penticton so that I could play at work and get the Spring Festival schedule done.

Each January I choose a theme for the year, making an extra effort to reflect and live the theme daily. Last year it was *Being a Teenager* and the year before was *Being Five Years Old*. This year my theme will be *Maturity and Trust*. After a year of dating Gerry, it feels like the next step. Even though there is a twenty-year difference in our chronological ages, it

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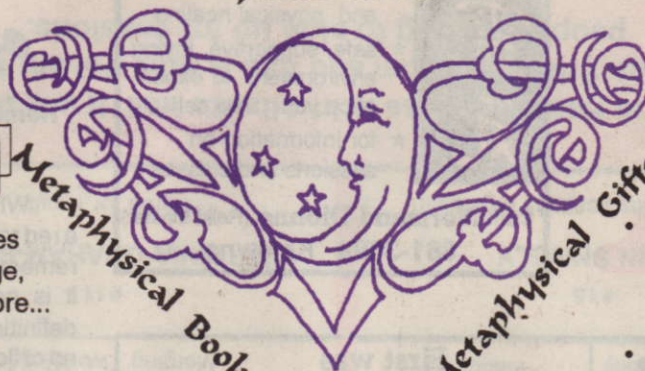
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doesn't feel like it when we are together. As my Mother put it, "He acts ten years older and you act ten years younger, so I think of you two as thirty-five-year olds." Sharing the tasks of shopping, cooking and washing the dishes is so much fun with someone as open to adventure as Gerry is. He is a good reflection for me; he mirrors back in-depth just about anything I do, including the way I laugh, and his thoughtful comments make me think about the things I say.

Life is itself a mirror for me, expressing externally what is happening internally. Being in a business partnership with Jan and Marcel and working with the Spring Festival collective is helping me to mature also. They are teaching me the importance of clear communications and the strength of working collectively. Maturing for me means to speak my truth but not be attached to it, letting the universal flow of energy happen as I get myself and my opinions out of the way. Each day strengthens my resolve that the Holistic Health Centre is a place for educating those who are ready to change and for supporting those who are on the path.

Buying the office building we moved into gives Jan, Mike, Marcel, Gerry and me the long-term stability we need to develop a healing sanctuary which can grow according to the needs of the holistic-minded in our community and to provide opportunities for ourselves and practitioners to make a living. I think that my thirty years of exploring options in the natural ways of healing myself has given me a strong foundation to help others on their journey. Every town needs a place where people can relax and allow the healing to happen, a place where like-minded folks can meet and encourage the quieter aspects of ourselves to come forward and be honored.

I think what we offer at the Holistic Health Centre is unique and so far, I have managed to put down-payments on two buildings without borrowing any money from the banks. I wish to continue to do so. The owners of one of the building want to be bought out this April. I have the amount of collateral needed to meet the bank requirements, but I would prefer not to do so. I am seeking one or several individuals that would like to have a secure investment of a first mortgage. Land is much more secure than paper-backed investments, so I am putting it out there that I am looking for financial help. If you resonate with my vision and have some money to invest, please give me a phone call at 250.492.0987. If you have been an avid reader of ISSUES for some time and would like to support our goals, a donation of money would be appreciated as the cost of renovating was expensive. If half of my readers sent in the cost of a one-year subscription, we would be not have to borrow the full amount. This would save us money in interest fees and make our vision a reality so much quicker. If you choose to send a donation, you can do so by mailing a cheque payable to Two Angels, or you can phone in and put it on your Visa or Mastercard.

My long-term goal is not to profit from this real estate venture, but to turn this facility into a school for alternative therapies. Once that is accomplished, I hope a not-for-profit collective will be set in place to make sure the school continues. Till then, Jan and I are willing to take the responsibility for fundraising so that the rent we are paying is not going into someone else's pocket. Many thanks for your support and encouragement.

Anzile



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The Lost Language of Flowers

Remembered on Valentine's Day

by Paula Linquist

While it is common knowledge that a red rose symbolizes love, rosemary for remembrance, and a white lily for purity it is not so widely known that these definitions came to us from the ancient art of florigraphy which assigned a meaning and message to every flower. This floral language has its roots in folklore and legend, and can be traced back to Greek and Roman mythology. Probably the best known of these myths is of Narcissus, who after falling in love with his own watery reflection, pined away from self-love. Thus the message of the narcissus is "You love only Yourself."

Another legend tells of Hyacinths, a youth so loved by Apollo that after his death the grieving god changed him into a flower. Hence, the hyacinth is the emblem of sorrow and devotion.

It is evident from the *Dream Book of Artimedorus*, who lived in the 2nd Century A.D. that the Greeks sent messages by bouquets, and that every flower in their garlands had a particular meaning.

The Chinese, Assyrians, Egyptians and Indians also communicated by means of floral symbols.

William Hunnis, a 16th century English poet wrote that gillyflowers are for gentleness, marigolds for marriage, and cowslips for counsel. Snippets of flower lore, like pansies for thoughts and rosemary for remembrance can be found in many of Shakespeare's plays.

A popular 17th century flower carol tells us that the white lily is for chastity, the violet humility and the damask rose patience. The meanings of flowers varies from country to country. In Turkey, it was red tulips instead of roses that said "I love you", and in ancient Rome the rose signified silence. This meaning is derived from the custom of placing a rose on the ceiling at certain festivals and gatherings. A reminder that no word spoken "under the rose" was to be repeated.

Florigraphy reached its peak in Victoria's reign, and its popularity lasted

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well into the Edwardian era. Numerous books were written on the subject and flower language booklets appeared in every bookshop along with picture post-cards displaying abridged versions of the flower language.

Although the red rose was the most popular symbol of love in England, many other blooms were used to relay the same message. These included carnations, forget-me-nots, lavender, lilac, primroses and chrysanthemums.

It is not surprising that the language of flowers was adopted so enthusiastically by lovers. Better to have a floral bouquet fall into the hands of a watchful parent or spouse, than a love letter! Of course, the system was open to falsification. If the bouquet was intercepted by an unfriendly source who knew the floral language, they could substitute the flowers for others with a completely different meaning.

However, it wasn't only love and happiness that was conveyed in these floral missives. They were used to send some very negatives messages as well. Indifference was expressed by the cyclamen, distaste by the yellow dahlia, a cancelled wedding by the mock orange and pain by gladiolus.

To receive fuchsias was a particularly upsetting event, as this beautiful showy flower with its distinctive colour was a warning that your lover was false. Equally unwelcome was a bouquet of yellow roses signifying "I love another." Floral messages were often sent to arrange trysts between lovers at an appointed hour. This was made possible by a lover's floral clock, which assigned a different flower to each hour. For example, a bouquet of ivy, white campion and sweet-william could mean: "Meet me" (ivy) "Tonight" (white campion) "At seven o'clock" (sweet-william). The hoped for reply to this request would be a posy of ivy and white clover meaning "I will meet you." Whereas a bouquet of ivy, lavender and red clover would say "I cannot meet you. Make another appointment." By prior arrangement between the sender and receiver any flowers could be used for this purpose.

The advent of the telephone which allowed discreet communication with a high degree of privacy, spelt the death knell for floral messages. But fortunately, a few persistent remnants of this charming custom still remain and blossom most noticeably on Valentine's Day.

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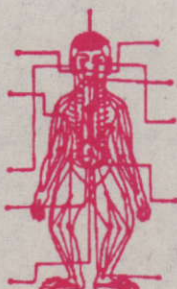


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An Interview with

Bernard Willemssen

author of *Don't Water the Stick* and *Beyond the Shadow*

by Marcia Goodwin

M: In your book *Don't Water the Stick*, you talk about human energy. Can you describe human energy?

B: Most people think of themselves as physical beings. When I began seeing the energy fields surrounding and flowing through the human body, I realised that we are energy beings and that the body lives within this energy. In the book, I explore the source of those energy fields.

M: There's an increasing amount of literature describing the relationship of mind to body. What is your view of how our thoughts influence our physical self?

B: Our thoughts are directly responsible for the quality of the energy field in which our body lives. Clean water,

healthy fish. Dirty water, unhealthy fish. We are what we think.

M: You talk about the flowing aura, an energy that flows through and around the body. Can you describe the movement of that energy and the problems that arise when that movement is blocked?

B: Thought or mind energy drives the flowing aura out the top of the head, downwards along the body, and back up through the body and around the spine, stimulating all the internal organs. When there is an unobstructed energy flow, the organs are being stimulated to their optimal level. When the energy flow is disrupted or blocked, their functioning is hampered. This will, over a long period of time, result in illness or deterioration.

M: How does the energy become blocked?

B: Disturbances in our energy flow can result from both psychological and physical causes. As I've described in *Don't Water the Stick*, when we are unable to express or deal with our feelings, we internalize the mind energies instead of projecting them outwards. In other words, we deposit them somewhere within the body. If we continue to internalize over long periods of time, these energies will form into an energy block which will interfere with the normal flow of energy through one or another part of the body.

M: What are the physical causes of a disturbance in our energy flow?

B: I have found that a common cause of energy disturbance is misalignment of the spinal column. Proper alignment of the spine is necessary for a healthy energy flow. Without a healthy energy flow, the body will be unable to heal itself. Quite often, spinal misalignment is itself the result of something else, for example, emotional stress. This has to be addressed before any healing can be expected to last.

M: In my practice, Healthy Footpath, I often meet people who are deal-

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ing with very distressing conditions that are often quite painful. Some have tried unsuccessfully to control their symptoms with a variety of techniques and become quite desperate in their search for relief. How can they be helped?

B: Pain and discomfort are often signals of an energy disturbance. Pain killers may temporarily relieve the pain, but if we want to restore a healthy energy flow so that true healing can take place, we have to look deeper to the source of the pain. There are many reasons for pain; it's impossible to generalize. Spinal misalignment is only one possible cause. Food allergies and depression are others.

M: When people come and ask you to help them, how do you begin?

B: Sometimes people come asking to be healed. If a healing is to take place, they have to want to heal themselves. They need to understand that it is not me, but their own body, that is the healer. I can only be a facilitator. People have to take responsibility for their illness and their healing. What that means is that they are responsible for preparing a healing environment for themselves, and that includes their state of mind. If a person is in a state of blaming others for their predicament, that is not a basis from which they can become healed. Nor is it fruitful to blame themselves. There has to be a state of acceptance. This is what taking responsibility is about.

M: Is it possible for a healer, or facilitator, to have a positive conscious intention yet be unsuccessful or make a mistake?

B: Absolutely. A person's intention may be good, but the subconscious mind is extremely powerful and will influence the energies that the healer uses. I wouldn't want someone working with my energies if they are busy working through a dispute with their spouse or some other disruption in their personal life. As I've emphasized in *Don't Water the Stick*, when our wish is to help others, we have a responsibility to keep learning about ourselves. This is especially important for healing practitioners.

M: It seems that you have an extraordinary advantage when working with people by being able to tap into resources beyond the usual human experience. Do spirits assist you in your work and in what way?

B: What's the usual human experi-



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ence? I've found that many people can relate experiences of being helped by spirit, while others have been helped by spirit but were unaware of it. So it's not so extraordinary. In my work as a clairvoyant, I often work with spirit. Many of my experiences are recorded in my second book, *Beyond a Shadow*.

M: What will your next book be about and when will it be available?

B: At the present time, Penny and I are thinking about the third book and I'm looking forward to getting started on

that project. I would like to call it *Why?: the path of a student*. The word "why" was the most important word in my development. It was my desire to find answers that led me to my path. A good student always has questions. Whether and how they come to be answered is another story!

Readers are invited to send in questions to Bernard Willemssen c/o Issues Magazine, to be answered in future columns.

See ads above.

Machu Picchu

Enter the Mystery or How to Visit a Place of Power

by Amrit Chidakash

Have you ever wanted to visit a place that tantalizes you with the idea that the world is a bigger place than you thought. Where knowing all the answers disappears and you are only left with the questions.

Trips like these are more about spirit and about breakthrough than souvenirs and photo opportunities. We have seen it again and again over the years in *Enter the Mystery*, a trip which focuses on the fabled 'lost city' of Machu Picchu. These mist-shrouded ruins seem instantly to capture the imagination of all who see them.

The posters for this journey are very explicit: "WARNING!" they say, "When you draw on powerful energies of the Andes and the Incas — you are liable to transform your life!"

The sentiment expressed could easily apply to sacred sites like the Great Pyramid, Aylesbury and others as well. Although those who visit such places

cannot know just how the experience will touch their lives, it is hardly a surprise that it does. Consider for example the hundreds of thousands of people drawn to Machu Picchu each year. They come from all over the world, from all ages and all walks of life. Machu Picchu is not just a travel fetish for North Americans, Germans or the Japanese, for the rich, the old or the young.

There is something more that calls people to this 'lost' city with its undeniable siren call. It is a call of the spirit in us which yearns for magic and wonder. One grows tired of our world which pretends to know it all, pushes so hard, and is so stressful and shallow. We long for something that is true and direct. We want to glimpse the unknowable and be touched by something profound. We want an experience beyond our expectations that will make our lives vibrate again with new possibilities.

What makes Machu Picchu and

other power places so remarkable is not that they can actually deliver such an experience, but that one can sense this simply by looking at a picture of them. When people see the spectacular Inca ruins of Machu Picchu for example, resting timelessly upon a ridge in the high Andes of Peru, the questions are immediate: "Where are these ruins?", "What is this place?" And with that first sight many quietly promise themselves they will visit this place some day.

Paradoxically, although many find satisfaction in travelling to power sites, many more feel the experience somehow falls short of their expectations. The problem is not in the places but in how our own travel and vacation habits can get in our way. Usually trips are planned so that all the loose ends are gathered neatly in a package that puts comfort, and sight-seeing as the top priorities. Usually, as with any purchase, we want to know exactly what we're buying. We want the benefits listed in advance. We want guarantees. We treat travel brochures like mail order catalogues. And we are conditioned into believing exceptional experiences can be reserved in advance.

However, applying the usual travel formula to places of power and spirit will usually result in nothing more than an ordinary travel experience. Unlocking the extraordinary requires a different approach. A *transformational* experience simply cannot be captured by your camera or taken home in a souvenir. It is intense, personal and cannot be mass-produced, and it will be kept forever fresh in the body-mind, the psyche and the heart.

So how does one best visit places of power? We have found in our own spiritual journeys to Machu Picchu that some fundamental principles greatly improve the quality of the experience.

1. *Prepare the vessel.* Set the highest intentions. Allow yourself to expect the most and open yourself to receive the gifts that may come.

continues page 22



MACHU PICCHU

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A New Healing Paradigm with the Hologram of Love

by Alton

If you are interested in moving beyond your third dimensional physical body, a refreshing new spiritual science now provides an effective, easy means of accessing the higher realms. The process, which I learned from Thoth (an Egyptian spirit guide), involves the time/space continuum — that realm of eternal spiritual existence with no beginning and no end.

Attached to the spine, the time/space continuum can be accessed through a process of light field activation, involving a combination of meditation, breathwork and a thought-induced holographic sphere called the Hologram of Love. This hologram is combined with a particular frequency of time to transport the individual to other dimensions.

To access the time/space continuum, however, we must first understand the meaning of linear time and its purpose of creating limitation. As human beings, we are here to learn how to live with limitation, and our linear timing of 12:60 (representing the twelve months of the year, the sixty minutes to the hour, etc) helped to create the illusion of limitation. This system has been used since it was first introduced through the Gregorian calendar, but I work with a different frequency — 13:20:33 — the frequency of all creation. This frequency is found in all living things and throughout the entire universe. We have thirteen major articulations in the body — ankles, knees, hips, elbows, shoulders, and the neck, and we have twenty fingers and toes. When you add these two figures together, you get thirty-three — the number of vertebrae in our spine.

According to the teachings of Thoth, when this frequency of time is combined with the hologram of love, the ultimate key to ascension is made available. When used in conjunction with the three-breath Merkaba (a counter-clockwise rotational field of holographic light), the original seed of unconditional love in every cell of your body is activated and simply wants to rotate counter-clockwise back through the time continuum to its

original source of love in the higher frequency divine dimensions. By accessing these higher dimensions, and thereby activating unconditional love, individuals can become a magnetic force in every cell of their body, capable of attracting whatever they need in order to become a cosmic vibration of higher wisdom. Those who are intuitively drawn to this process find that they have the most extraordinary experiences and their whole body changes.

As a result of this process, individual's psychic abilities are opened up through their pineal gland. The hologram of love, once activated, in turn activates a rotational field of life that encompasses this dimension and all the other dimensions beyond us. As soon as the hologram of love is invoked, the heart changes activating the love centre, and opening up the heart spontaneously so that much more love can be expressed and received. The hologram is then locked into your heart, becoming a part of you, like an outer skin.

This and other techniques, transmitted by Thoth, can also be used to permanently heal oneself. Several advanced cases of cancer have been completely and permanently healed using what I call the Melchizedek Method. This involves working on the 'body computer', and using holograms. The individual receives several thirty minute treatments during which a series of holograms (each one representing a particular body part) is activated around the body. Each of the holograms is invoked and rotated in conjunction with the 13:20:33 frequency, taking them into the time/space continuum. There, the holograms are cleansed and cleared off, before being brought back into the body computer. We then take a larger, all-encompassing body hologram into what we call the cosmic conscious energy — a brilliant gold energy in the time/space continuum — and turn the whole body into gold. This changes the vibration and

continues on page 22

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See article on Alton and "The Hologram of Love" in the Feb./98 issue of Shared Vision



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Shamanic Healing

by Barbara Flach

A hand reaches out of the mist toward me. It is holding a huge eagle feather. Hanging from the beaded quill on leather ties are beads, crystals and smaller feathers. "For me?" I ask. "Are you interested in medicine?" a voice, coming from the unseen face in the mist replies. "Yes", I answer. "Then it is yours."

Ten years ago this was the first of many "shamanic" dreams I'd had. Although at the same time, and for many years later, I didn't understand them as shamanic. I was, after all, a white woman, a mother of three, raised on a farm in a small rural community. I had no context for, or understanding of, such dreams even though I did have a sense of their significance.

Over the years the dreams continued and I found myself exploring the healing arts. I became a Polarity Therapist, apprenticed with a herbalist, studied Aromatherapy and Ayurveda. I made

friends in the First Nations Community and attended healing ceremonies. I had some wonderful teachers and learned fascinating things about healing, energy and consciousness.

For all I was learning though, I had a sense of frustration. The dreams haunted me and there was always this gnawing feeling that there was something more I needed to learn — but what? My dreams seemed to indicate a call to work in Dreamtime, with the spirit world, facilitating healing on more than a physical level — emotional and spiritual as well. What school does one go to to learn this?

Last spring when a friend showed me the information on Laureen Rama's course in Shamanic healing I immediately had that proverbial "aha" feeling, this was it! I didn't have a clue what soul retrieval was but I knew I wanted to learn.

So, in August of 1997, three other women apprentices and myself met at a guest ranch in Alberta and began a week

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filled with shamanic practice. Each morning, in our medicine lodge, we would rattle to call to the spirits of the seven directions to join and assist us in our work and late in the evening we would rattle again to release them and thank them for their support. To the beat of a drum we learned how to journey to non-ordinary reality, to meet our power animals and spirit helpers and access information. We learned how to extract energy intrusions that can get stuck in our bodies, causing illness, and we learned how to do soul retrievals.

Those days last summer were so amazing for me. In a paradoxical way I "went home" to a world I knew nothing about. In addition to learning new healing techniques we each had the opportunity to address our own issues and challenges as we practiced on each other. A safe environment with mature, supportive women, already healers from other traditions, created space to do serious work. My own soul retrieval healing was extremely moving and insightful. Returned to me were four soul fragments, powerful parts of myself without which my life had felt incomplete and often fearful. Several months later, I feel solidly present in my body, looking forward to facilitating this process for others.

Laureen Rama is an excellent teacher and mentor. After years of doing shamanic healing work for others she is well experienced. Processes are clearly explained with ample opportunity to practice the techniques, clarify questions and explore personal challenges that come up along the way. I learned so much in those few days, not just about shamanism, but about myself. Questions that I struggled with for years were put to rest and I feel I now have the tools to answer "the call" that has come over the years, through so many dreams, to do shamanic healing.

See ad to the left.

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FOR EACH OTHER:

THE PRACTICE OF LOVING PRESENCE

by Donna Martin

*"We are participatory beings
who inhabit a participatory
reality, seeking relationships
that enhance our sense of
what it means to be alive."*

Stephen Batchelor:
Buddhism Without Beliefs



Increasing numbers of men and women are coming out of their self-reliant and self-protective isolation to participate in self-help groups, men's groups, women's groups, Twelve Step programs, spiritual communities, and various other kinds of support groups. This is a recent phenomenon. Our culture has held independence as one of its highest values, a basic criterion of success and self worth. To ask for help was, until recently, a last resort that brought a deep sense of shame and failure.

Western culture is feeling the influence of the east and its spiritual traditions. Since the Chinese invasion, Tibetan Buddhism has been spreading its teachings of wisdom and compassion throughout the world. Buddhism, unlike most religions, is a practice more than a set of beliefs. It is possible to have another religion and still to practise Buddhism. Its most visible spokesman, the Dalai Lama, has said, "My religion is kindness". This is not so much a belief as it is a way to act.

The three main aspects of the practice of Buddhism are called buddha, dharma and sangha. Buddha (which literally means awake) refers to the act of waking up to our real nature and to the truth about suffering (anguish). Dharma is the path, the way out of suffering. Sangha refers to the community or support group.

In Buddhism Without Beliefs, Stephen Batchelor refers to sangha as friendship. "In terms of dharma practice" he writes, "a true friend ..." This idea of sangha as friendship, or a fellowship of friends, fits well with the growing phenomenon of support groups in every part of our society. These include groups dealing with everything from breast cancer to gambling, from the old men that meet every morning in the local mall to meditation groups. We're beginning to come out of isolation to seek and offer support. We're learning again that life has more meaning if we live, not just for ourselves, but for each other.

How does a group create a healing space for its members and not just become a place for people to complain about their problems while staying stuck in the attitudes and behaviors from which their problems arise? How can a group develop the emotional skills that take everyone to a higher level? What kind of leadership is needed to keep a group on track, growing and evolving as a community of healthy individuals? What kinds of activities can a group use as an ongoing practice leading to the cultivation of kindness, belonging, respect,

continues to the left

More Power of Nutrition

by Phil Biggins

In January 1990 my wife, Samantha suffered her first grand mal seizure and was hospitalized for the first of many times in the following six years. Of course, the first thing we did was to follow the doctors suggestion that she use anti-seizure drugs. She tried all the recommended drugs that were available. None of them worked and were the cause of many side effects: weight gain, memory loss and severe mood swings to mention a few. In the six years that followed the seizures continued unabated. Samantha was becoming quite depressed as none of the prescribed medications were getting any results. Her condition progressed until Sam was having up to five seizures a day.

We commenced to do a lot of research to try to find a way to alleviate her seizures taking every avenue available, including CAT Scans, MRI's, blood and hair analysis, Cranial Therapy, Naturopaths, etc. Our only course of action left at this point was to see the best neurologist in western Canada. Another new drug was prescribed along with its deleterious side effects.

By the grace of God, we were introduced to a nutritional supplement program in September 1996. Samantha and I were quite skeptical at first as we had tried a variety of herbs and supplements. To our amazement these products were the answer to Sam's seizures. We have just recently celebrated nine months free of seizures. Sam and I give our heartfelt thanks to Dr. Myron Wentz and Usana products.

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ROSICRUCIAN TEACHINGS DEVELOP BALANCE IN LIFE

by Eric Metke

Every person is born into this world dual in nature; a physical material body and an immaterial or spiritual inner self. Within every living person is an extension of the great Universal Cosmic Mind with infinite knowledge, infinite wisdom and infinite potentials. This extension of the Cosmic Mind is usually referred to as Soul. As an attribute of the Cosmic Mind or Soul within is what Rosicrucians refer to as Soul Personality. The Soul Personality is - US - our individual identity and the real everlasting part of us which is what grows and evolves during many successive lifetimes or incarnations.

As a child grows up the consciousness of its little finite objective mind is taught to focus very disproportionately, if not almost exclusively, upon the mundane, material things in life, mostly those things in life which can be perceived and realized by way of the five physical senses. Therefore the more subtle mental and psychic faculties, those faculties which can serve as channels of communication between the infinite Cosmic Mind within and the little finite objective mind, are left dormant and undeveloped. For these reasons human lives are usually very much out of balance.

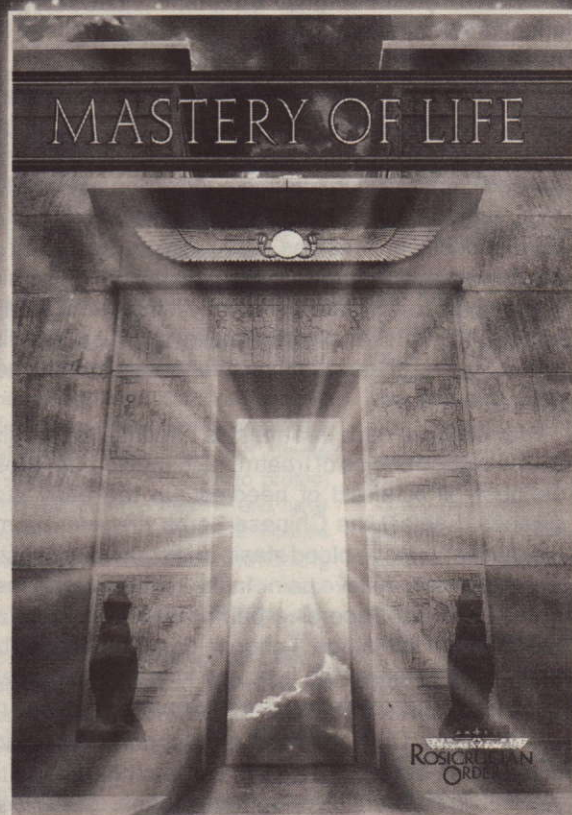
Experience in life has shown that balance in all aspects of life is important to our overall well-being. For example, for good health we need to follow a healthy well-balanced diet, establish a good balance between activity and rest, and so on. One of the important and valuable features of the Rosicrucian system of instruction is that the Monographs and lessons are arranged and presented in a very orderly and systematic sequence so that members, at all stages of their progress, can always maintain a good balance between their intellectual understanding and the development of their mental and psychic faculties and also between the mundane physical things, the esoteric and spiritual aspects of life.

For example, members are given knowledge which will enable them to better understand the spiritual side of their nature, and to better understand the purposes and reasons for the many vicissitudes of life. They are also given exercises and techniques to awaken and develop their dormant mental and psychic faculties which, if sincerely applied, will gradually establish better lines of communication between that extension of the great omniscient Cosmic Mind within every person and our own little finite, every-day objective mind. Such attunement with the Universal Cosmic Mind has infinite potentials and can lead to greater inspiration, greater creativity and greater measures of happiness in life. At the same time members are also taught natural laws and principles which, if applied in the affairs of life, will bring about greater success in their businesses or vocations and all other aspects of life. Such a well-balanced procedure leads to a more abundant, more fulfilling and happier life.

This is why I appreciate so much the balance in the Rosicrucian system which enables each member to develop a good balance between attaining greater measures of progress and development in the spiritual aspects of life while at the same time attaining greater measures of success in their vocations and greater abundance in the material and all other aspects of their lives.

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PROLAPSE OF LUMBAR INTERVERTEBRAL DISC

-- ONE CAUSE OF BACK PAIN

by Dr. Kevin Ma

Prolapse of Lumbar Intervertebral Disc (PLID) is caused in most cases by sprain, fatigue or cold. It often occurs between the fourth and fifth lumbar vertebrae or between the fifth lumbar vertebrae and the first sacral vertebra, and often in youth and the middle-aged, with the males surpassing the females in number. Most of the patients have a history of trauma or cold invasion. There arises a sudden lumbago in one side which radiates to the lower limb. Coughing, sneezing, bowel movements and other actions which exert pressure on the belly can aggravate the pain in the lumbus and the leg. The pain is sharp at the acute stage and at the chronic stage it is sometimes relieved and sometimes serious with frequent recurrences. There is tenderness beside the corresponding vertebral spinous process, which can radiate to the lower limb. The muscles are atrophic. The muscular tension is reduced. The force of toe extensor muscle and flexor muscle is decreased. The reflex of the knee and the Achilles tendon is weakened or has disappeared. The dermal sensation in the corresponding areas controlled by the sciatic nerve of the shank is reduced or lost. The extension of the lumbus can increase pain, while flexion or lying on the side can relieve it.

Clinical Types of PLID

1. Obstruction of Qi and Blood (Early stage)

Acute onset, abrupt pain of waist and legs which radiated to the lower limbs and has well-localized sites, restriction of lumbar movement, taut and rapid or uneven pulse, light red tongue or dark and purplish tongue, yellowish and greasy or thin and yellowish coating. The type is often seen in adolescent or middle-aged patients with a history of evident trauma.

2. Invasion of Wind, Cold and Dampness (Middle stage)

Lingering sick course, vague pain and sensation of heaviness in the waist and legs, numbness in lower limbs, aggravated pain following the climatic changes, with a cause of external invasion of cold and dampness, deep and rapid pulse, pale tongue with white-greasy coating. This type is often seen in middle-aged or old patients without a history of evident trauma.

3. Deficiency in the Liver and Kidney (late stage)

Physical weakness, long sick course, soreness and pain in the back which is fond of pressing and kneading and aggravated

by overwork, lack of strength in the entire body, dizziness and tinnitus, slender, rapid and weak pulse. This type is often seen in old patients.

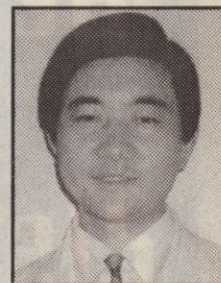
Treatment

The advantage of traditional Chinese medicine in the treatment of PLID lies in conservative therapy which makes up the insufficiency of western medicine in this aspect. Through statistics of clinically observed data, more than 90% of the patients with PLID may be cured or alleviated by non-surgical treatment. Therapeutic methods such as acupuncture, Chinese massage, Chinese herbs, etc., have unique effects on this disease.

1. The best choice of therapy is acupuncture treatment combined with *Tuina* (Chinese massage). Acupuncture promotes the blood circulation so that the injured vertebrae can get sufficient nutrition and the congestion and swelling can be removed, therefore, it helps the deviated discs restore to their normal position. Besides, acupuncture treatment stimulates the human body to produce the pain relieving chemicals called Endorphins to alleviate the pain. At the same time, acupuncture has the function of anti-infection in that it can stimulate the body to get rid of the infective substances existing between the cells and tissues.

2. Chinese herb treatment is effective to this disease and is also a good choice of treatment, especially for those who are seriously ill or afraid of needles. In the early stage of the disease, I select the Chinese herbs that can promote blood circulation, remove blood stasis and clear away obstructions in the channels to relieve pain. In the middle stage, the functions of the herb are dispersing pathogenic wind, cold and dampness. In the late stage, I choose the Chinese herbs that can tonify and replenish the liver and kidney, strengthen muscles and bones, relax muscles and tendons and activate collaterals.

3. Some Chinese herb preparations can also help the disease. In addition, we have some other unique therapy for patients in different development stages. See ad below.



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Winter Gardening with Alfalfa

by Gerry Parent

As with most plants at this time of the year, the remains of alfalfa stalks look like skeletons. If one examines them a little closer though, dormant seeds can be found waiting for the right conditions to renew life once again. Thousands of these little seeds, brought to life in the form of sprouts, may have already filled your sandwiches, topped your salads or made their way into your diet in some other way. With a root that can reach 100 feet into the earth, alfalfa has access to minerals and trace elements untouched by other plants. This makes alfalfa a natural herbal multivitamin. Sprouting helps to release these nutrients to make them available to us.

Finding the Alfalfa Patch - The best places to look for alfalfa skeletons are old fields, fence rows, vacant lots or pathway edges. Skeletons are about one to two feet high. They grow in clumps and are brownish-yellow in colour. The seed pods are light brown and arranged in groups along the stem. They have a characteristic spiral appearance.



seed
pod

Harvesting - There are two ways I've found to extract the seeds. The first method is to break off the plant at its base and then insert the top end into a large bag while shaking the plant back and forth. This releases most of the seeds with minimal chaff, but I've sometimes found the seed pods still tightly closed and not yet willing to release their seeds. This is when I use method #2: Grasp one of the stalks near the bottom of the plant between the thumb and the side of the palm, and then place a bag over the top of plant. When you slide the hand up the stalk, the seed pods get stripped off the plant and into the bag. At home, put some of the seed pods into a coffee grinder and thresh for two to three seconds. Repeat until completed.

Separating the chaff from the seed (winnowing) is the next step in either of the above methods. A light breeze is needed to blow away the chaff, and this can be provided by a fan, or by taking the seeds outdoors on a breezy day. You can also use an air compressor set on low or, if you want to get some deep breathing exercises, try blowing using your breath. After two minutes of this, I was feeling pretty light headed!

Sprouting - Put a palmful of seeds into a glass jar and cover them with about three times as much water. Soak for six to eight hours or overnight. Cover with a mesh cloth or screen, and secure. Drain the soakwater (houseplants love it!) and let the jar sit at a downward angle in a sink or basin to allow for further drainage. Rinse at least twice daily and within a week the sprouts will be ready to eat.

Gerry enjoys working with herbs and plants. He is currently starting a Healthy Foods Delivery service and is looking for customers. For a free product catalogue see ad to right.



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Machu Picchu ... continued from page 12

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Hologram of Love continued from page 13

frequency of the body to a cosmic vibration and a memory cell of eternal life. While we're out there, we introduce new commands and concepts of eternal life into the system.

This same process can be used to bring about age reversal and body rejuvenation. Every time we go out into the time/space continuum of ourselves, we automatically stop time or reverse it. Through the movement of energy, the zero point in the body can be activated. This is a transitional point at which we can move from a physical body into a light form.

The Merkaba three-breath activation is very quick and extremely effective. It can be learned by anyone in a matter of an hour or less. Because holograms are thought-induced, you just have to think about it in order to see and feel it. Described by Thoth as an experience of "moving backwards into the future through the time continuum of no time with unconditional love returning eternal", the hologram of love connects us with the sacred geometry of the universe, and the timeless wisdom of the cosmos. With its smooth curves, without straight lines or angles, our physical body is uniquely designed to remove itself from this physical paradigm through the curves of the time continuum. Working with the hologram of love means working with the continuous curves of time, the flower of life pattern into itself continuously, circle after circle. When it is converted into a hologram, it becomes sphere after sphere, with no beginning or end. That pattern is the pattern of our body, and the frequency of 13:20:33 — of unconditional love — is our frequency.

You and I, as human beings, have this pattern innately within us, and we are actually walking, talking unconditional love. We always have been; we've just never recognized it.

see ad page 13

IS

Machu Picchu ... continues

their spiritual journey before they board the plane. They are given a special journal to encourage them to make this a pivotal point for the changes they wish to bring into their lives. Once on the Inca Trail they move slowly at their own pace, lingering in ruins as they choose. All along the way they are learning techniques to become more sensitive and more aware of the remarkable places they are passing through. Instead of being given theories or speculation in advance to distort their perceptions, they are encouraged to trust their own bodies, senses and intuition — and invited later to share their experiences.

Whether travelling alone or with a group each of these elements easily can be adopted by the motivated traveller. The universal result has been a profoundly moving experience of the magic that exists in the world, in the earth and even in one's own body. It is no surprise that travellers return home with profound feelings of gratitude and humility, and a new way of being in the world.

Places of power. Sacred sites. It is a small wonder that places capable of stimulating such profound responses in those that visit them have won these names. One must simply arrive open and ready. See ad page 12

A SAD Story

by Lynn Childerhose

Yet another winter was approaching and I was dreading it. I always do. In fact this feeling starts in the late summer when I know the days are getting shorter. It seems so unfair. This year I looked up a book by Norman Rosenthal about Seasonal Affective Disorder and decided to look at my present symptoms and my past from this point of view.

It was late October and I was generally low in energy. Everything I wanted to do, especially mentally, seemed to take a lot of effort. I was frequently restless and decisions seemed impossible. Enthusiasm was difficult to sustain; I couldn't seem to remember why whatever it was mattered. I was eating more carbohydrates than usual and looking forward to sleep every day even though when I got to bed I often was unable to sleep. And I had hardly any sexual feelings at all.

I recognized that my moods fluctuate with the daily hours of light as well as the seasonal rhythms. I feel safe, comforted and happy when it is sunny, usually energetic and optimistic. When it is dark I feel an underlying anxiety. I wring my hands without realizing I am doing it. I want to relax in a hot bath. I cannot concentrate as well and I seek escapist activities such as television to put in time until I can sleep. The productive time of the day seems to be over.

Looking back, I know that spring has always been my favorite season. I love May because it feels so hopeful. I have always avoided living in houses that were low or on the south or west side of a valley. I couldn't bear for some areas to still have sun in the late afternoon or early evening. I opened curtains to the maximum throughout the day and very often started a fire in the fireplace after dark. I loved solariums and, not having one, would sit directly in the sunbeam on a winter day and follow it around.

I realized that added stresses made the symptoms worse. After six sunless days, when I was short-tempered and felt a pressure inside my head, I drove up the ski hill into the sunshine. The pressure lifted and within an hour I felt enthusiasm for the projects in my life and was busy making plans.

Studies over the past fifteen years have proven that light deprivation has a powerful effect on many of us. This can be caused by a foggy climate or windowless environments, as well as season. It leads commonly to lethargy, low motivation, overeating and sleep problems. Some studies have shown a correlation to addictions such as alcoholism.

The most effective treatment has proven to be regular exposure to intense light which is received by the body through the eyes. Light boxes being made for this purpose give 10,000 lux, which is equivalent to the light of a spring morning outdoors.

It has been validating for me to understand that unstable energy and moods might have a biological basis. I am excited about having artificial sunlight available when the real thing is scarce.

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The word 'spa' is an acronym for 'solus per aqua'. The Romans saw baths and spas as not only relaxing but as a civilizing influence and constructed facilities wherever they sought dominion. Since then the modern spa has been rejuvenating hotel guests, as the industry in North America embraces fitness and good health.

In the 90's, health and fitness have taken on a new luster and 'good-for-you' facilities that can deliver are being sought after with near religious zeal. Canada is now home to two dozen spas in cities and resort destinations offering services from basic beauty to therapeutic.

Costs for a full spa can be substantial. For example, Alberta's Banff Springs spent \$11.6 million for the development of its Solace facility. A day of treatment at a spa like

this can cost as much as \$1,000.

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Astrological Forecast

February 1998

So are you all clear with the reality or rules around power in your life? The challenge of the last couple months, with Saturn and Pluto holding court, does continue this month. The rest of the planetary picture will begin to challenge this pair, generating lots of confrontation. Of course the grouping is still tight so we add intensity and focus to this stressful stew. As you can well imagine "boil over" is likely. Review your coping strategies for short fuse scenarios. Take a "time out" or "count to ten".

The upside is creative potential that erupts out of pressure. Fiery proactive types will thoroughly enjoy this energy, as well as though who are needing a boost to break out of conditioning patterns that are holding them back.

Venus makes her station at the beginning of the month, and resumes forward motion. The results from our review of our personal relationship is now put into action. The position of Venus's pause hits a sensitive point; the Uranus/Neptune conjunction of 1993 occurred here. Historically significant partnerships from 1993 may be prominent in the news now.

The Full Moon on February 11th is at 2:23 am. This month shine the light of awareness on our ability to free ourselves from conditioning patterns. Attention will also be on healing from old abuse wounds, and the need to look at boundaries in relationships. There is also an emphasis on sensitiveness to infection, some many need to become aware of depleted immune systems. (Maybe more news on the Bird Flu.) Those who suffer from a lack of willpower or feelings of inferiority may find this Full Moon challenging.

The first Solar Eclipse of 1998 occurs with the New Moon (9:26 am) on February 26. Eclipses set trends that carry forward for approximately six months or until the next Eclipse occurs. The degree of the Eclipse becomes sensitized and shows up prominently in momentous events that occur after. Those who have 7 degrees of Pisces prominent in their charts will find the next six months significant. The symbol for this degree is "A girl blowing a bugle", and is interpreted* to mean being summoned, the degree is an eagerness for self-expression and an alertness to every opportunity for self-justification. (* excerpt from Sabian Symbols by Marc Edmund Jones). The planetary picture of the New Moon also highlights mankind's evolutionary dilemmas, the environment and global economy. The flow of ideas and sense of social justice is strong, new ideas can fall on fertile ground. Troubled relationships may be marked by permanent or temporary separations.

The month ends on a less challenging note, though the intensity remains in the form of spiritual contact or denial through spirits. See ad to the left.

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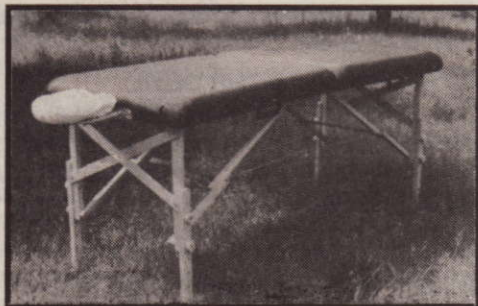
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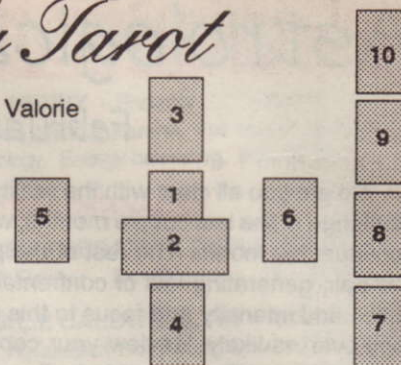
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Simply Tarot

by Maurine Valorie

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Question: My book has been completed for a year now, yet I haven't been able to progress to the publishing stage. What are the circumstances causing this stall?

Card 1 *Where I am, at this present time:* PAGE OF WANDS
Meaning: A message in career, restlessness with lots of ideas popping into the mind, then dissipating. *I know I am at a point in my career that I want movement. I want to complete what I have started.*

Card 2 *Crossing the situation:* EIGHT OF PENTACLES
Meaning: The apprenticeship is over, one is to fine tune life's experiences so to reap reward. *Through thousands of readings, this student has become the teacher.*

Card 3 The goal that is directly on top of this situation: PAGE OF SWORDS
Meaning: A message of innovative and independent thinking. *By intentionally using a simple vocabulary, my words are concise and to the point.*

Card 4 The basis (foundation) of my inquiry: PAGE OF PENTACLES
Meaning: There is a message about money and worth. *With practical and skilful application, the money to publish my book will materialize.*

Card 5 The past conditions and influences that must be remembered. THE WORLD
Meaning: I have the necessary male/female balance to complete what I have started. *I have my act together.*

Card 6 The events about to enter: STRENGTH
Meaning: By taming the beast inside (anger) and utilizing this energy, passion and courage emerge, catapulting one into action. *Rather than feeling powerless as a victim, I will have the strength and passion to handle the next step in the book's process.*

Card 7 To achieve what is desired. THREE OF SWORDS
Meaning: Not wanting to disclose, hear or see all of the ramifications. *There is a knee-jerk reaction due to my family programming, to not tell the whole story, to do it on my own and not ask for help.*

Card 8 How other people see me THE DEVIL
Meaning: Stuck, in bondage, and restricted in expressing actions and words (writer's block). *The adage "Good enough" is simply not good enough. (I am stuck, wanting a holographic cover pulsating on a book shelf saying "pick me, pick me!")*

Card 9 Hopes and Fears QUEEN OF WANDS
Meaning: A woman oriented towards career, her own or others, often so loyal to others she puts herself second. *I want to self express, and not sell out. I want to do my own "thing" and not fall prey to false feelings of selfishness. continues. >>>*

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Equilibrium

by Jessica Diskant

Equilibrium means a state of balance. We all have a different reaction when we think of this word. What does equilibrium mean to you? For me, I think of being able to keep my balance on skis, or rocks, you may think of feeling emotionally balanced and another person may question whether their life is in balance!

I choose to look at all aspects of balance in my life. One area that has always been a problem for me is my physical balance on rocks, getting dizzy easily and when I used to dance, getting dizzy when I would do spins. I never did get that down... Some people cannot balance on one foot, or even focus on an object without getting off balance.

I have found some great tools that have helped me. Some are easy exercises that integrate the right and left hemispheres of the brain. Just crossing one hand to the opposite leg, and repeating to the other side several times activates integration. It's called Cross Crawl. There are many simple exercises like this that are very effective, easy and fun.

Another area that certainly affects our balance is our ear. There are exercises which help hearing, focus, dizziness and more. They, too, are simple and effective.

Finding equilibrium in my life is foremost on my list of priorities. When one is out of balance, physically, emotionally or spiritually it will affect all aspects of their lives. I speak from my own experience. I am much more accepting and tolerant of others when I am in balance. If you wish to find out more on this subject please contact me. See ad below



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Card 10 The Outcome, the culmination of efforts. ACE OF CUPS Meaning: A desire for partnership, an outpouring of feeling and love. My urge is to have a love relationship with my readers that will satisfy me emotionally, spiritually and materially. My book will share with students my love for the Tarot.

When over-viewing the cards I note there are three Pages, the 3 of Swords, and the Number 21 in the World (equals another three). Numerologically, three's mean communication and expression. PAGES means messages. The only person in this reading appears as the QUEEN OF WANDS. This is myself in career, or a woman that will enter my career life. This is simple, isn't it? see ad to the left.

Back by Popular Demand: The Midwife

by
Phyllis Beardsley

Midwifery is making a comeback! I first came in contact with midwives during my second pregnancy in 1987. I didn't want to feel as alone and scared in the hospital as I had with my first child, and I heard there were women who could help.

What I discovered over the next nine months was more than I had bargained for. The idea of taking responsibility and making informed choices about my health had never occurred to me. "What do you mean there's a risk in hospital births? I'm having my baby in the hospital so there will be NO risk." My midwives never tried to talk me into any one choice...they just encouraged me to seek out information, and to trust in myself. I discovered that high technology has not meant that babies never die, and that medical intervention can actually CREATE problems. Women CAN handle pain without drugs. It was a difficult but rich process of discovery.

Eventually, I chose a homebirth with midwives. As well as being a wonderful start for my child, it changed MY life. I felt so full of power! What a difference from my first experience where I felt that I had done it all 'wrong'. Since that time, I have opened up to life in a way that I never had before, and I reclaimed parts of myself that had been buried. My passion for midwifery comes from my excitement about other people finding their power and embracing the richness of life. I also believe that when babies are born in a calm and gentle manner, into a space where birth is respected, the effect on their lives and on the world is profound.

Midwifery is in a state of change in BC as a result of new government regulations. I hold a midwifery permit from El Paso, Texas and have been practising since 1995. I am now calling myself a "traditional birth attendant", rather than a "midwife" until I have been assessed by the College of Midwives of BC. As of today, there are no "B.C. registered midwives" in the Okanagan - but I hope this will soon change!!!

Birth may be an everyday event in maternity wards, but it is totally EXTRAordinary to the women who are nurturing life within them. Come and celebrate this new phase of life with other parents-to-be, in a safe and supportive environment. Learn about the different choices and possibilities available, as well as what to expect during the birth process. Discover what is most important to you, for your child's birth.

See ad below and in the NYP under Midwifery.

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INTEGRATED BODY THERAPY

Cassie Benell, Ph.D.

Integrated Body Therapy is the term that I coined to describe the sort of body therapy that I do and teach to others. It is derived from techniques of various osteopathic disciplines, i.e. Ortho-Bionomy, CranioSacral Therapy, Zero Balancing, Mechanical Link and some Advanced Manual Therapy. For those of you unfamiliar with Osteopathy, it was developed by Dr. Andrew Still, M.D., in the 1860s and encourages the body to do its own self-correction. Integrated Body Therapy emphasizes enhancing circulation in congested areas, correcting dysfunctional structure so that the body functions optimally and facilitating the ability of each individual to heal from within.

Each modality will be discussed briefly to understand how they fit within Integrated Body Therapy; needless to say, there is overlap between the different modalities. Ortho-Bionomy was established by Arthur Lincoln Pauls, D.O., and incorporates judo principles with osteopathy. Much emphasis is placed on positioning the body to obtain a release in the tissues. Consequently, some people call Ortho-Bionomy the 'homeopathy of body work', since exaggeration of unusual body posture provides its release. Corrections also bring about body re-education, i.e. bringing a posture to the client's conscious mind and clearing them.

CranioSacral Therapy (named after the cranium and the sacrum in the pelvis) was developed by John Upledger, D.O., expanding on the cranial osteopathy of Dr. William Sutherland, D.O. Upledger uses the craniosacral rhythm as an indicator and releases bony tissue, cranial membranes and its exten-

sion of the dural tube over the spinal chord, and ligamentous-muscle tissue. Due to his clinically-oriented texts, this work is rapidly gaining credibility in allopathic medicine. He also wrote *Your Inner Physician and You* for lay people. Zero Balancing was produced by Fritz Smith, D.O. and M.D., and incorporates osteopathy and traditional Chinese acupuncture, bridging energy and matter in body, mind, and spirit. He authored a book called *Inner Bridges*. This method works with foundation joints of the body and the semi-foundation joints. Acupressure points act as fulcrums around which releases can occur.

Mechanical Link was formulated by Paul Chauffour, D.O., and divides the body into five parts. You determine the dominant lesion (dysfunctional area) for each area, then the dominant dominant lesion in the body, which is released first. The next most dominant lesion is released, and so on until the body has no further lesions; usually only three to four releases are needed. Or restrictions can be released by recoil as they are encountered. Advanced Manual Therapy is an extension of Mechanical Link and is still being expanded upon by Sean Kelly, RMT, of Austin, Texas. It is further refinement of Chauffour's work, and at advanced levels includes the brain, nervous system and circulatory system. It is extremely powerful in its correct application. To do this work effectively, a detailed knowledge of anatomy is required. A demonstration of Visceral Manipulation, highly complex and needing much anatomical background, is done in the courses. Visceral Manipulation was produced by French osteopaths, Jean-

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with **Cassie Benell, Ph.D.**



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brane system in the central nervous system to softly address structural restrictions. **Zero Balancing** is a meeting of structure and energy to release tension. The practitioner is acting as a facilitator so that the body can do its own self-healing. These gentle, noninvasive techniques complement other approaches and are well accepted by the body.

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Pierre Barral and Pierre Mercier. Some have called it energetic and liquid osteopathy, which addresses inner organs of the body and their suspensory ligaments. To function optimally, each organ should be freely moving.

Courses in Integrated Body Therapy use techniques derived from the above disciplines. However they are used by each individual practitioner depends upon their own specific training. The gentle osteopathic approach taught in Integrated Body Therapy can be incorporated with many other modalities of working with the body, such as Physiotherapy, Massage Therapy, Occupational Therapy, Chinese Medicine, Therapeutic Touch, Reiki, Chiropractic or whatever.

The following are excerpts of feedback from students who have studied Integrated Body Therapy. They have found the techniques very useful. Several physiotherapists working in hospitals have taken to using more Integrated Body Therapy

than standard physiotherapy techniques, because they work so well. Massage Therapists can quickly free tight muscles before massage. One student had a client who had a breastbone split longitudinally in a car accident, with one side four centimeters in front of the other. The practitioner was somewhat horrified by what she saw, but remembered the principles taught in class. By following the tissue response, she was able to get major releases for this fellow, which he felt during his session and for many days later. Several weeks later he was back at work! A Doctor of Chinese Medicine working in a small town now uses many Integrated Body Therapy techniques rather than acupuncture. She also claims that the Ortho-Bionomy approach is very similar to Qi Gong! So this work blends well with a number of modalities. What counts is whether or not the techniques work.

See ad far left

Fibromyalgia: Removing The Blocks

by Joel
Whitehead

It seems like I am compelled to write an article about Fibromyalgia about once a year. I give a lot of talks on this subject and it seems that people still want to hear more. As an increasing number of patients with the syndrome come to our clinic, the reality that a large part of the problems stem from stored emotional blocks becomes apparent. This is not to say that we have branched off into the field of psychoanalysis, but what unfolds in the course of treatment is often a release of spirit, by opening the portals of the body's energy pathways where they are blocked.

A case in point is a woman who ventured cautiously into treatment and on day five, just as we were wrapping up that treatment, she started shaking as if a great chill came through her. It was the first time for my assistants to see this, but I smiled to see the effects. This is called 'myoclonic shaking', which is a shuddering of energy, a lot of it trying to get through a small opening.

She, as I said, was a cautious, in-control at all times woman, which we find to be a common thread in our fibromyalgia patients. Her list of accomplishments and the extent of her responsibilities makes most of us look like docile couch potatoes in comparison.

She shook that day for about 25 minutes and came out drained, worried and bewildered — I just smiled. When she came back the next day she pronounced the previous day as the best of her adult life, but announced that she was afraid of repeating that same experience. She did, however, but this time for only 15 minutes. The next day during the treatment when the shaking started, she said, "Oh boy," and kind of smiled, it only lasted for 5 minutes and that was the last time. Since that time her life has become easier, freer; people ask what she's done and why she's smiling.

In 'Nesshi' therapy we work on the whole body to relieve energy blocks. We have always known in Chinese medicine that where energy is blocked, there is pain. In this patient's case it happened when we had opened all the energies and

focused on the lungs once again. The lungs react to and suffer from forces of grief. After a long road of running through life and separating ourselves from past associations, we can subconsciously start grieving for the lost relationship or the person we might have been had things been different.

When fear sets in, it is a weakening of kidney energy. In treating another patient recently, she couldn't even begin to be treated because she couldn't be touched. It was almost involuntary, as her will to do things was great, but fear was locked into almost every muscle fibre of her body. Her muscles were held tight under the skin and caused her to lash out involuntarily in an attempt to free the blocked energy within herself. Her will won the day. She brought in a friend to hold her hand through the treatment. Her headaches came away first and the rest of her problems extricated themselves as if peeling away layers. When we finished she seemed like a genuine, more open person.

When we hit strong liver lines we find backgrounds of anger or frustration. For stomachs and pancreases we find people deep in introspection and worry. Occasionally we see strong kidney people who seem to be startled easily and afraid of everything. When we separate the mind and the body, we have no understanding of emotional blocks and physical pain.

Of course we would be making a bigger mistake if we were to say that it was all emotional. Diet, environment, etc. all could play predominant roles or at least contribute to patterns of pain that seem to have overtaken our lives.

The important thing is that we don't get Fibromyalgia as if it were some sort of flu bug that befalls us from nowhere, but is more times than not an accumulation of blocks that lead to pain. To leave you with a final thought: 'We don't get Fibromyalgia ... we are Fibromyalgia'. See ad below.





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FARMER IN THE DELL

by Gwen Dell Rundle

Whew! Season to season does slip away! Each season presents its tremendous power to regenerate life. Thank goodness for the small reprieves! Year to year busy farmers and orchardists harvest their last crops, the precious portions that survived! The bulk of the farmer's work starts long before harvest and in this period of gestation many challenges are brought before the farmer that test not only his or her expertise but also patience. And like a knowing Mother with her child, a farmer develops a gut intuition about things like weather, when to do certain things, when not to do them!

Boredom is seldom the bane of farming! There are unexpected events galore! "Two major breaks in the irrigation demand immediate attention! A ten minute mid-summer hail storm wipes out months of hard work! Rain and more rain create an explosion of fungus - do we apply wettable sulphur or do we wait? There is a small infestation of fruit worms in the plums - we wait and see what tomorrow brings or do we spray? Do we have enough fertility in the soil? We need to thin the fruit, removing up to eighty percent of the fruit - otherwise they will all be too small for the buyer. We spend months pruning in sub-zero weather, and in the heat of the summer we prune again! The tractor breaks down lifting half a ton of pears and the mechanic is too busy to look at it, but the crop has to come off. The six pickers have to be sent home and the next day half of them find another job and now you're short of hands!"

Do not underestimate our farmers; they are survivors. If you think the stock market is risky business, I think farmers are the biggest risk takers of us all! When they do survive they have something that many of us may never have... a relationship with Mother Nature, with the Earth and her unfathomable mysteries that elude even scientists. It is a miracle how life exists in a seed, in a bloom, and in the soil that hosts teeming billions of microorganisms that help feed plants. It is a miracle that the regenerative power of the sun and the need for water are in all the foods we eat!

So in spite of the hard work, poor return years, high risk, debts, shaky confidence of the overall projections and the fact that the Almighty Loony may not show its face till after Christmas, the farmer still persists living off the land. How sad for us if all the farmers leave their plots and give up.

It has been said that very few ever return to the farm if they were raised on one. So I believe we should be ever so grateful for all those dedicated to the good earth. Yes, the good earth, but how good is it? Today we have a choice: conventional or organic methods of growing. I have the deepest respect for all farmers, but I believe that organic farming is not only possible and viable but is very necessary to help heal our earth. You as a consumer have incredible power and the greatest opportunity to help heal our earth by choosing locally grown organic products and not be swayed by the cheapest or most convenient. Do not sell out your body's health or your family's but most importantly ensure the quality of our environment which includes the soil, air and water. Ask your supermarket to carry organic produce. Take the time and trouble to support local stores that carry organically grown produce. It's a small start, why not try it?

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We are still very fortunate that here in Canada many still choose to farm and that keeps us independent as food stuffs are a resource that we must continue to keep.

In Canada we truly have taken a lot for granted when it comes to the food on our tables. There is no better time than the present to remember that our earth will pay us back many fold if we learn to work harmoniously with her. We need more than ideals, we need to act. Together we can make a difference. A journey of our lifetime starts with one small step.

For information on organic farming methods please contact either SOOPA (see ad below) or the Living Earth Organic Grower Association at 250.495.7959.

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AcuSomatics

In the last article I wrote for Issues, several years ago, I explained how I went from being a typical beer drinkin', tobacco puffin', junk food inhalin' regular old Canadian from the suburbs into awell, , into a herbal tea drinkin', air breathin', brown rice eatin' regular old Canadian. In that article I wrote of the 'events' which occurred as I grew into the person I am today. I focused on the external happenings. But now I would like to tell a different story, inspired by my present surroundings. At my desk, here in Kumano, an ancient healing pilgrimage destination in the mountains and fertile island of Japan, I am moved to tell something of the hidden meaning behind those events.

My experience tells me that I am an Eastern soul born into a Western body and that I have some bridging to do in this short lifetime. I have felt a strong calling to bring the light of Western knowledge to the East while bringing the light of the Eastern wisdom to the West. Hence my coming and going and also the tendency of my work to blend the best of the Eastern and Western ways. But it is the Eastern ways that have taught me to see patterns and these patterns tell me something of the world of meaning behind the appearances and glamors of daily living.

Is it coincidence that my uncle, who had an Oriental physique, was immersed in the Oriental arts as I was growing up and that my father had his connections with the Orient too? Maybe... Is it coincidence also that most of my close Occidental friends have recollections of being Japanese in past incarnations? Maybe... And is it coincidence that I often feel more at home in Japan than in my native land? Maybe... Is it coincidence that my best friend in Japan, who is a Shinto priest, Buddhist monk and father of eight, recognized me immediately from a past lifetime as a monk here in Kumano? Is it coincidence that Kumano is one of the main entry points of Chinese Taoist culture into Japan? And is it a coincidence that I have devoted almost eleven years teaching Taoist arts to the Japanese? Is it coincidence that when I first read the Taoist poets and the Zen writings that I felt I had found my own thought there, and that it spoke to me as if it were my own writings? Maybe... maybe this all just a coincidence, an accident of history, and well... maybe not.

Personally, I don't believe in accidents of history. I believe there is always a meaning behind the pattern. And the pattern of my life has led to a blending of East and West and has given birth to what I have come to call AcuSomatics, though I hesitate to name my practice. The 'Acu' from 'acupuncture', is a translation of the word meaning 'point' in the Eastern languages, and has to do with the treatment of illness through an understanding of the meridian system and the acupuncture points. It denotes, in other words, that part of my practice which is grounded in Oriental Medical Theory.

The 'Somatics' part of the practice comes from my training in Hanna Somatic Education. It was Thomas Hanna, Ph.D. who in fact coined the word "Somatics" for the first time and is largely responsible for the popularity of the term today. Although the field of Somatics is essentially a western notion, what I found in Somatics was a return to the essence of what I understood the Eastern practices to be — internal. Unfortu-

The Art of Total Health

nately, many Oriental practices in both the East and the West are taught 'externally'. Form has become more important than authentic experience, and is exemplified in our preoccupation in both the East and the West, with the 'body', which we endlessly manipulate, drug and surgerize while simpler, less invasive and far more effective approaches are overlooked.

AcuSomatics is therefore partly about bringing the attention back to the experience of the 'soma', or the body, as experienced from within. In Western terms it simply means to heighten the sensory input into the brain in order to heighten motor control. Since the experience of movement through time and space is the sum total of our entire physical experience, this sensory awareness and motor control are extremely important for a quality existence. For without acute sensory awareness, fine motor control is not possible. The lack of motor control brings about a diminished sense of physical existence. In modern society we move less, meaning less sensory input. This leads to less motor control. The Gamma motor system then takes over and we become a collection of unconscious muscular reflex patterns which distort our structure, cause most forms of chronic pain, and diminish the effective functioning of the normal human physiology. Private sessions rapidly reverse most of the 'sensory-motor amnesia' in the largest muscle groups and within about three sessions most clients experience complete relief of all chronic pain and accompanying systems. Homework is given and usually I never have to see my clients again. Some, however, choose to develop higher levels of integration and wish to integrate the practice into their daily life in order to gain the highest level of self-reliance. For this we have regular classes, trainings, seminars, as well as a video and manual for beginners. A book on AcuSomatics is on the way.

Written by Wayne Nash who offers workshops, please see ad below for details.



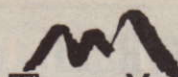
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Life Force Healing

by Kim McCarthy

Have you ever experienced your rational mind giving you all the reasons why you must move in one direction, while your gut feeling was telling you to go another, later to find your "gut feeling" was correct? How empowered would your life be having a mind anchored in knowing, rather than preconditioned belief. How many of us are left in negative emotion and thought patterns by simple exposure to someone else's drama a continent away (television). Why not walk through your life with feet firmly planted in your own truth rather than the view of some television reporter with an economic investment in keeping you in negative thought patterns (advertising). People feeling lousy are more likely to buy something to make them feel better. To all of these questions, those of us participating in Life Force Healing have one standard answer. WHY NOT?

All of the great prophets the world has ever know demonstrated to us a unique and binding quality. This quality was the true awareness of having a direct access to communication with God. From this access these beings were able to bring enlightenment into a world hungry for understanding. Christ's covenant "These things shall ye do and more shall ye do" was directed towards taking a few men and women and opening their consciousness to the potential available, in order that they could manifest through service all of the gifts demonstrated in Christ's life and works. The many miracles, healing and personal transformation demonstrated by the disciples were proofs of a transpersonal power well beyond the cultural beliefs of that time period. Why not allow ourselves to move beyond the limiting aspects of our own belief system in to the realm of pure Life Force Energy, an energy unqualified by thought or form. Wasn't this in essence, the core teaching of all the great prophets?

Life Force Healing itself is a light acu-touch healing art and science used to harmonize physical, mental, emotional and spiritual states, to restore the body to its natural balance. This gentle, non-intrusive technique naturally relieves suffering and tension, reduces stress, induces relaxation and rejuvenates the body, supporting health, well-being and wholeness. This unique Art was developed at Antioch Centre for Healing and Wellness in Colorado, and evolved from Chinese acupressure, Japanese Jin Shin Jytsiu plus ancient and western healing practices. The touch of two hands to acu-touch points synthesized with loving care, focus, intention and breath are utilized to release, direct and support energy in freely flowing throughout the body. Life Force Healing is simple to learn, and the skills taught to the client can easily be passed on to family and friends to help uplift and enlighten our communities, bringing peace and harmony into environments sometimes ruled by chaotic energies. In Life Force Healing the practitioner is careful that he is only helping the client explore and understand life from the client's own truth, rather than impose any dogma or belief of the practitioner's. Information, understanding, clarity and action, based on the client's truth are the keys used to allow the client to move back into a life posture of health, prosperity and love. Sounds too simple? As my father used to tell me "if you don't try it, you won't know." WHY NOT?

See ad to the left

The Huna Healing Circle

by Theodore Bromley

South Pacific!

Those words create images of romance, sensuality and beauty; images of white sandy beaches, exotic food, music, and beautiful friendly people; images of warm, turquoise blue green ocean. Since early childhood I have been captivated by stories of Captain Cook, the Maoris of New Zealand, the mysterious statues on Easter Island and by Hawaii.

Hawaii is the only island chain north of the equator that is included in the twelve million square mile area known as Polynesia. The South Sea Islands are what remains of the Continent of Mu. Legend has it that Mu (also known as Lemuria) colonized and spiritualized all of the Earth. Mu first received teachings from star beings.

In 1970 I was introduced to this intriguing spirituality through the written work of Max Freedom Long. Max was a white mainland American who lived and taught school in Hawaii from 1917 to 1926. During this time he observed Hawaiians walking barefoot upon molten lava without getting burned, he witnessed a healer restore a boy's broken arm to normalcy in just a few minutes and he saw a man stand upon a rock and command the sun to shine when it was raining, and it did. Max Long became obsessed with these miracles. He wanted to know how to perform them. The knowledge had been declared illegal and it was possessed by just a few islanders who were unwilling to share it with him, a foreigner. Therefore Max was unable to learn what he wished while he remained in Hawaii.

In 1935 Max was inspired through a series of dreams. He was shown that the Hawaiian language held all the keys to the teachings. He discovered that the secret knowledge was available to anyone who was willing to work for it. It was Max who gave this knowledge a name; he called it Huna. Huna means "secret". I have garnered much that has been valuable to my spiritual growth from a variety of sources. But it is the spirituality of the South Pacific, specifically Hawaii with which I resonate the most. Huna is magical, powerful and beautiful. Above all Huna works for me.

In 1991 and 1992 I facilitated Huna study groups in Vernon and in my home town of Enderby. The most popular part of these groups was the healing circle that always ended our gatherings. In the intervening years the Huna Healing Circle has evolved and expanded to the point where it has become the main focus of my Huna work.

I have designed a workshop that will help participants to understand the Huna principles behind every prayer, deep breath, chant and declaration that is involved. This workshop will enable participants to facilitate a Huna Healing Circle. I will present this workshop Saturday, February 21 in Vernon and on the evening of the twenty-first I will facilitate a Huna Healing Circle. The circle is open to anyone who wishes to attend. Please come.

I join with Max Freedom Long in saying that Huna is a secret that I would like to share with the whole world.

Aloha!!

See ad to the right

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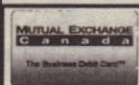
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CALENDAR of Events

February 5

Birth Film Night with Phyllis Beardsley in Vernon, Free. p. 27

February 6 - 10

Astrology, in Victoria with Moreen Reed, p. 25

February 9 - 12

Machu Picchu information lectures in Vernon, Kelowna & Salmon Arm, p. 12

February 10

AcuSomatics, Introduction in Nelson with W. John Nash, p. 33

February 11

Learning to see Auras, in Kelowna at the Nuthery Institute, \$15. 1-888-284-3333.

February 16 - March 23

Introduction to Meditation, 4 Monday evenings in Penticton with Cheryl Grismer, p. 15

February 18

Introduction to Muscle Testing, in Kelowna at the Nuthery Institute, \$15. 1-888-284-3333

February 20

Introduction to Pranic Healing Training in Kelowna with Marilee Goheen, p. 3

Introduction to Life Force Healing, in Kelowna with Kim McCarthy, p. 34

AcuSomatics, Introduction in Penticton with W. John Nash, p. 33

February 21

Brain Gym in Penticton with Pat Brady, p. 39

Huna Healing Circle & Workshop, in Vernon with Theodore Bromley, p. 35

February 21

Brain Gym in Okanagan Centre with Bev. & Grant Hunter, p. 17

February 23

Introduction to Meditation, in Westbank with Cheryl Grismer, p. 15

February 27 - March 1

Healing Touch Workshop Level 2A, in Kelowna, p. 34

February 28

Spiritual Intensive, starts in Westbank with Cheryl Grismer, p. 15

Touch for Health I, in Okanagan Centre with Bev & Grant Hunter, p. 17

March 6

Human Energy Workshop, Intro in Kelowna with Bernard Willemsen, p. 11

March 7

SOOPA Forum & Trade Show, in Cawston, p. 31

March 11

The Hologram of Love, Introduction with Alton, p. 13.

March 18

Making Colour Baths with Aromatherapy Oils, in Kelowna at the Nuthery Institute, \$35. 1-888-284-3333.

March 21 - 22

Intro to Hakomi and the Practice of Loving Presence, in Vernon with Donna Martin and Valerie Owen 545-9088.

Integrated Body Therapy, in Kamloops with Cassie Benell, p. 28

March 27

Dressing the Wounds, in Vancouver with Sobonfu & Malidoma Somé, p. 14

March 28 & 29

Wholebody Reflexology Course Basic and Advanced, beginning in Kelowna at the Nuthery Institute. 1-888-284-3333.

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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Interesting People



by Urmi

Jon-Lee Kootnekoff



Jon - Lee first came into my world through our local television production, "The Holistic Networker". I had been doing interviews for some time so it was pretty routine to be in the studio in front of the camera. I never knew who would be the next person I would be talking to, but the minute Jon-Lee walked on to the set I knew he was no ordinary guy. Apart from being over six feet tall (six two to be exact), he was wearing an orange, red and yellow track suit which glittered under the lights like a space suit worn by some interplanetary traveller. Jon-Lee's personality was as extroverted as the track suit he was wearing. I soon discovered that we shared a passion for basketball. He played for Canada at the 1960 Olympics in Rome. The half hour interview barely seemed to touch upon what this man was about.

That was eight years ago; Jon-Lee and I have crossed paths several times since always enjoying a good laugh; I recently invited him to do another interview.

He attributes much of who he is to his family background. He is open, friendly and very generous with his time. In the four hours we sat in a coffee shop doing this interview he never once gave the impression that there was any where else he needed to be. Here's how he told his story:

"I chose to be conceived in a hay loft November, 1934 at 10:10 pm. and I was born August 10 at 10:10 am. Legend has it that the prize rooster crowed when the midwife delivered me. My mother was a very spiritual person; she encouraged my imagination and was interested in psychic phenomenon and faith healing. My father was very passionate, he loved to sing and dance. He was very open and social. My parents were from the Russian Doukhobor sect and much of my upbringing was influenced by that way of thinking and lifestyle."

I asked Jon-Lee what type of cultural influences were a part of the Doukhobor belief system and he explained a few basics. "We were raised vegetarian, the idea being that all animals should be respected. Plants were also respected and the whole community would pray over the seeds that were to be planted. The belief that God is within eliminated the need for institutional religion. Follow Jesus, question the Bible. The Doukhobors are pacifists, question militarism and are nonconscripting. They believed that there is a God Consciousness that we all dip into." Even though it was a very alternative community Jon-Lee's father still recognized some hypocrisies. He wanted his children to be independent thinkers and made sure they were acquainted with all types of people. He moved his family to Mission and lived outside the Doukhobor commune.

I was surprised when Jon-Lee described himself as a shy clumsy child who spent his time sleeping and dreaming. I can tell he is not a linear thinker as our conversation goes back and forth through his life picking out the highlights in random sequence. He was joking all the time and putting in his wise philosophies and candid comments about his past. So how did he evolve from shy Doukhobor boy to Olympic athlete to the

motivational speaker that he is today? He explained the metamorphosis; "Although my mother's philosophies were a constant guide to my life, at one point I realized I needed to become more conscious. When I discovered I could play basketball it offered me the medium of expression I was looking for. I loved the reaching, stretching and leaping beyond my limits that was required. I felt it was a way to allow myself to be outstanding. Playing gave me the sense of freedom I craved and became a creative way to express my passion for life and use aggression in a positive way."

Jon-Lee continued his career in basketball by coaching. This gave him experience in moral boosting and started him on route to working with the development of self-esteem and motivational talks. His mother's saying "It is better to light one candle than to curse the darkness" kept him on track and working with the code of the Pygmylian Theory: "Don't treat others as they are, treat them as they can be," has shown him the potential in himself and others. Today he is a welcome speaker in schools, prisons, First Nations gatherings and as a team builder for corporations. He finds it a challenge to awaken and expand awareness using the tools: love yourself, think for yourself, and find out why you are here. Passing on his wisdom, using humour and relaxation techniques, he focuses on the elimination of the mind parasites: guilt, fear and shame.

I asked Jon-Lee to sum up his life, he concluded: "There are times in life when the boredom sets in and something says you are off your path, you are not doing what you are meant to do. When that happened to me I felt I wanted to pass on what I knew to the next generation. It's exciting today because there is a high level of consciousness that we are a part of. Love and truth are formless, love and truth flow through form. We are that form." Jon-Lee alternates between wise sage and Slavic comedian; he is known by his family in Saskatchewan as "Doukhobor Dan Dee". He understands that the strengths we have are born out of our weaknesses and laughing at ourselves is often our greatest protection. "My life's journey is to love myself and others unconditionally, raise my consciousness and serve."

Check out his Laugh in Hootenany • Feb 13 at the Clarion Lakeside. Come share your jokes and stories. Fund raiser for Brain Injury Society.

Check out ...From Kooty with Love (presently being scripted into a television movie)

Jon-Lee Kootnekoff is a motivational speaker available for seminars counselling and courses. For more information
Phone: 250 493-7309 toll free 888 493-7307, fax 250 493-4355
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Book Reviews

by Jan



Garbage and Flowers

My Year's Sojourn in the Holy Land

by Agnes Toews Andrews

Isis Moon Publishing, ISBN 1-55056-536-2

Like no other travel guide I've ever read, **Garbage and Flowers** takes me to the cities and sites of the Holy Land through the senses of Agnes Toews Andrews. Her descriptions of the people, places and situations is so vivid that at times I could feel as if I were there. As a Reiki Master/Teacher, the author's awareness of the energies of this powerful vortex provide a new perspective to her surroundings as experienced during her year living in Israel.

What began as a journal is a very personal account of the trials and tribulations, the emotional highs and lows, the physical stress of living in a such a volatile country, and the personal growth that came from her adventures.

Amidst the garbage, the sewage and the hostility the author found the beauty, the magic and the flowers. I found **Garbage and Flowers** to be a positive look at life in an extremely negative country, reminding me that I have a choice how I respond to the happenings in my life.

Back to Life

by Denie Hiestand

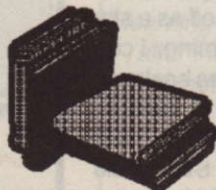
ProMotion Publishing, ISBN 1-57901-019-9

The more I read the more knowledge I wanted, so I sought out books from libraries and friends, and purchased as many as I could afford..... I had a knowing that kept me from getting caught up in some religion or cult, and if anybody tried to tell me their way was the best or only way, I would backpedal fast.

In the beginning, not knowing or understanding the dynamics of personal growth, Denie Hiestand's journey was fraught with incredible highs and lows. The passion of his words as he tells of that time in life vividly portrays the struggle within as he tried to understand what was happening.

From New Zealand farmer to international healer and teacher, his turbulent journey affected all aspects of life. The synchronicities (coincidences) that brought the author each step along the way demonstrate the magic of letting go, trusting and going with the flow. Teachers would appear when necessary, events would put him in the right place at the right time and the experiences built on previous experiences.

The knowledge gained from his personal transformation has become the basis for a school founded by Denie Hiestand and his partner Shelley, to give others the opportunity to learn about vibrational healing.



Where Mountains Touch Heaven

by Ena Kingsnorth

Hancock House, ISBN 0-88839-365-2

A healing journey comes in many forms, and for young Chris Logan and his family, their poignant tale is told by Ena Kingsnorth in **Where Mountains Touch Heaven**. The heart warming story of a family's interaction with a mountain sheep named Sam, who chose to live at their ranch off and on for several years. When Sam headed out into the hills one fall, Chris decided to follow him and thus came an opportunity to heal old wounds.

Vividly descriptive and narrated in an easy-going style, the Logan family's trek on horseback through the mountains has its share of excitement.

I was emotionally touched by their struggles to heal from the past and blend as a family. Each with their own unexpressed pain, the majesty and wonder of the Rockies supported a powerful healing for Chris, his father and step-mother. In their shared experiences came awareness, compassion, understanding and love.

Braving the Void

Journeys into Healing

by Dr. Michael Greenwood

Paradox Publishing, ISBN 0-9695822-1-8

For it seems that though we instinctively flee pain, we need not. Like so many of my clients, I have come to understand that at their deepest level our symptoms are often thresholds to the discovery of ourselves, that however fearful, they are potentially nothing less than gifts to be embraced. Pain, it seems, asks only that we do not reject it but invite it to reveal its great secret. By embracing pain, we can discover who we really are and allow our pain to become the greatest boon our lives have to offer.

Writing of his personal experiences and those of clients at the Victoria Pain Clinic, the author demonstrates the enormous healing possible when we dare to journey into the "void". He describes the void as "a state of consciousness in which we can experience reality without the usual imposition of pattern recognition, based on the memory of similar forms we have come across in the past." Using acupuncture and breathing techniques to access the emotional, mental or spiritual trauma that blocks the physical healing, Michael Greenwood and his colleague, Mary Joan Zakovy have helped clients to go within and release the energy required for their healing.

Pain has a way of getting our attention and though it is sometimes easier to medicate rather than look at the underlying causes, pain is a wonderful teacher.

Having personally lived with chronic pain for years I could relate to the debilitating agony, depression and the toll taken on health in general. Looking back I can see the gifts that I have received because of my experiences and encourage others to take control of their lives and explore this powerful healing process !!

Movement: The Key to Learning

by Pat Brady

"I can't" were words I heard too often as a teacher. My students were suffering from behavioural disorders. I do mean suffering. The behavioural disorders impaired their ability to learn so they were labelled 'learning disordered'. They were caught in a vicious circle which could only result in despair and frustration. I spent a while working with traditional teaching approaches but I saw no significant improvements either behaviourally or intellectually. My reaction was to assume that these approaches were either inappropriate or insufficient. I had for a long time been interested in alternate approaches to health and personal growth. As so often happens, just as I was looking for an alternate way of approaching the needs of these students, a possible solution presented itself.

"Have you heard of Brain Gym?", I was asked. "No, but my brain could do with some exercise", I answered. "I'm not being funny", I was told. I was to learn that Brain Gym was a form of Applied Kinesiology, Educational Kinesiology, which uses specific movements to enhance an individual's ability to meet his/ her goals whether it be to read more fluently, work with numbers or change destructive behavioural habits. I immediately enrolled in a course.

I learned that movement is the door to learning. Children love to move. Just try to keep an active group of youngsters immobile for thirty to forty minutes. It rarely works. At the initial course I practiced movements that would integrate the right and left brain, both needing to be accessible and active in the process of learning. To my amazement I also learned to do 'balances', a pattern of exercises that could improve my vision, my hearing, my ability to move more fluidly, and more. This was not only great for children but also for adults. Who doesn't want to improve in some way?

I went back to my classroom and with the consent of the parents and school administration incorporated these exercises into my daily routine. Prior to starting the program I gave each child a Standardized Achievement Test. For eight months every morning and afternoon started with Brain Gym to the accompaniment of many giggles. Even this was an improvement. Laughter was replacing anger. I saw dramatic improvements in behaviour and ability to deal with anger. We became friends instead of combatants!

At the end of the year I again administered the Achievement Test. The test is designed to have two versions so that results cannot be contributed to memory. The results were staggering. Some students had progressed two years academically while even the poorest result showed an eight month improvement. Remember that many of these students had shown little or no improvement over a number of years.

I went on to study Brain Gym and Applied Kinesiology in depth. Over the years I have experienced many personal benefits and seen many individuals, from young children to grandmothers, like me, make dramatic improvements in their lives. Like many effective therapies it is extremely simple, based in sound common sense and research. I have now retired from the classroom to pursue my interests in complementary health care and to promote the benefits of Brain Gym.

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