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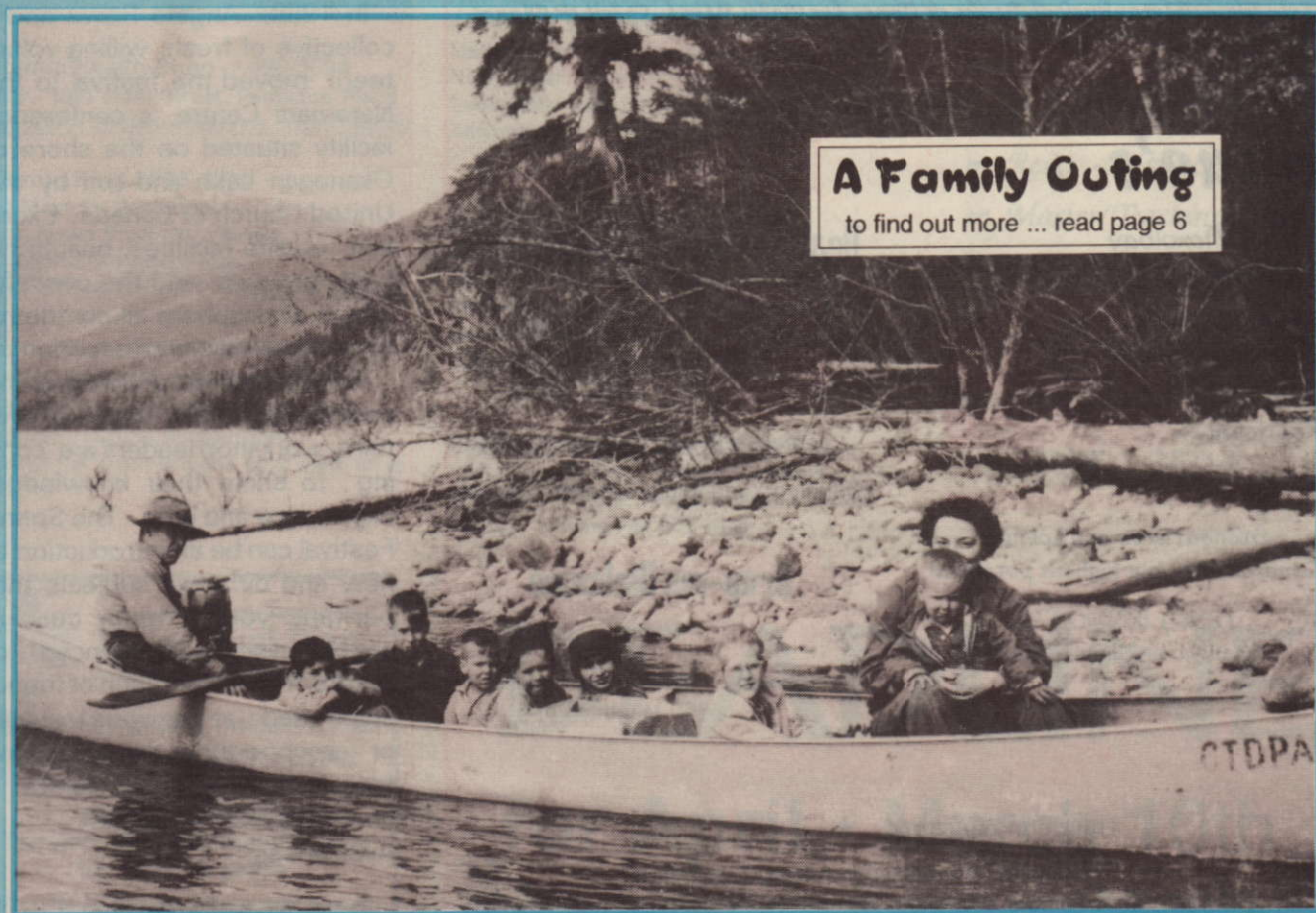
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# ISSUES

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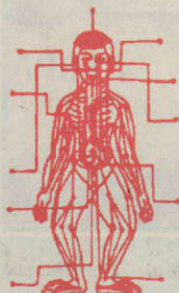
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The Spring Festival then moved to Vernon and continued for another three years before the group ran out of energy and decided not to continue organizing it.

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# Aishteru

by Gwen Rundle

Aishteru means "I love you" in Japanese. It's the first Japanese phrase I learned. The world's attention has recently been focused on Nagano, Japan and the Winter Olympics. The past year was a great learning lesson for me and my husband who is of Japanese heritage. What I wish to share with you is about a very special person who died after nine months of physical suffering and what I believe is the great "Black Hole" of trying to care for a loved one with a terminal illness.

My reason for telling you this is that recently Joseph, my husband, and I returned from Australia where we attended the funeral for my mother-in-law, Tomiko. Tomiko was Japanese. I visited Japan eight years ago at Cherry Blossom time and I could never have imagined how beautiful it was. I was just astonished because I thought I would see wall to wall people and very little countryside, but there is beautiful country in Japan. Quaint farm villages with thatched roofs, gentle rolling hills with Buddhist temples, and the gracious people have left an imprint on me.

The parks were among the most beautiful I had ever seen. Bamboo grids supporting old cherry blossom trees, wonderful hiking trails lined with bent bamboo curves as a low fence, surrounded by delicate colorful shrubs and the odd flowered bush or a flower patch here and there as a piece of *colorwork*. Most temples were serene and laid out so as to make you feel transported from the outside world. Japanese masters have perfected the art of silence and so too had Tomiko. She would assess all situations before ever saying one word. Now there would be only silence from her, even though I may feel her presence. She has found her resting place. Her funeral was beautiful complete with seventy fragrant Casablanca lilies (one for each year of her life).

Tomiko lived a very healthy lifestyle, walking several miles each day, eating wholesome organic foods, avoiding caffeine and alcohol. Yet she was diagnosed with glioblastoma in her brain. The doctors said there was no hope. No cure. Terminal. It was the fastest growing,

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worst kind of brain tumor and it was located near the brain stem hence inoperable. They put her on steroids to keep the pressure down, as the tumor pressed against her brain causing her to lose consciousness. Tomiko was a firm believer in alternative therapies and flatly refused any radiation or chemotherapy to the chagrin of the doctors, and even refused the steroids. However, it became painfully clear to all of us that without the steroids she could not survive. What ensued was a delicate balance of enough steroids to keep her functioning and a series of alternative therapies we hoped would cure this terrible condition.

She lived for another nine months ever hopeful that one of our remedies would halt the tumor. We tried Dr. Hulda Clark's cleanses, 714X of Gaston Naessens, Dr. Budwig's flax oil diet, Dr. Koda's whole food diet, shark cartilage, essiac tea, pycnogenol, vitamin therapy, aromatherapy, ozone therapy and even color therapy. Two of my husband's sisters took turns administering the therapies while she was in a palliative care hospital. She progressively worsened and in the final days she was totally blind and barely conscious. Joseph's father ordered an autopsy so we could find out if the tumor had diminished. Ultimately she died from complications arising from fluid in her lungs. The steroids that kept her alive also shut down her immune system and she had a four to five inch abscess in her right lung that was several months old. No one knew about this. And because we pursued alternative therapies, no medical doctor or specialist would intervene and run tests. We felt as if we were on our own.

Cancer still eludes us, and although many alternative therapies exist not all of them are effective for everyone. Tomiko's condition was especially severe and time was a real factor. The difficulty was we lacked a bridge between established medicine and the so-called alternative therapies and a capable physician or health practitioner to oversee what was happening to Tomiko. Once one is in a palliative care hospital you are there to die and no one is thinking of cures, and if one refuses radiation and chemotherapy then one is outside the pale of a physician's care. I would like to call this the "Black Hole" of health care, and until established medicine is willing

*continues on page 22*



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# Musing

with  
Angèle

publisher of ISSUES



## 'A Family Outing'

A canoe ride on Kalum Lake with the family, including Aunt Cathy holding my youngest brother Donny, then me, followed by my five brothers with Dad bringing up the rear. Mom was taking the photograph that is on this month's front cover. We weren't wearing life jackets in the photo for they were scarce and expensive when I was a kid. Our canoe was made in the States, with a guarantee not to capsizes: it was designed for heavy loads and up to seven people. I can remember my Dad returning from a hunting trip once with only an inch or two of the bow above the water ... he had it loaded with two moose. It was painted bright yellow to match the school bus that was used to move my family from the United States to Rosswood, BC. The letters CTDPAPBMD painted at the front of the canoe stood for the first letter of each family member's name starting with C for Clarence (Dad), T for Tess ( Mom), and then us children in order of our ages David, Phillip, Angèle, etc.

I don't remember many outings in the canoe. The little ones couldn't keep still or quiet and Grandad complained that we made such a racket we scared all the fish away. The ole' fishing hole was the best place to take the family—on foot. There the bites were guaranteed, and the young'uns could run around.

After we moved to Rosswood, there was so much work to be done we seldom took the time to do family fun things. Usually Dad, Grandad and the older boys went hunting or firewood cutting. Mom and I and one of the younger brothers usually went to town to do the shopping. I loved it when the boys all left and it was just Mom and me to cook and wash dishes for ... that seemed like a holiday to me.

My Dad was a good guy in many ways, a genuine family man who wanted nine kids. He loved cooking, doing the laundry and even liked changing the baby's diapers. He was a good provider for we always had quality food on the table and a roof over our heads. My parents seemed to like to work long hours, rarely thinking of themselves. They never drank or smoked and seldom

cussed but Dad did have one bad habit... he liked to kick. Most of the time it was one of the dogs, but once in a while it was one of us kids. He seldom repeated his orders about what needed doing. Reminders usually came as a boot in the butt. Sometimes he did it just for the fun of it, and then it really hurt.

Some years ago I told the story of one of my processings ... a recall incident that was one of the first major energy shifts for me as I started on my journey towards understanding myself. It was with Dr. Michael Greenwood of the Victoria Pain Centre. He used Acupuncture and deep breathing to help bring up this incident, one of being one and half or two years old and seeing my Dad sleeping on the couch. I could feel my mouth drool as I leaned over and bit Dad in the knee, thinking, "If I bite off his knee he will never kick again." Before this session I didn't remember him kicking.

My last session with Ken Martin and Integrative Body Psychology released another memory. For those of you who have never had a session where memories are brought up in the emotional body and released through the physical body, here is a shortened version of what it is like.

*I am lying on the table with a warm blanket and pillow, and Ken asks me to check into my body and describe how I am feeling. I do some deep cleansing breaths, building the level of charge in my body, then I describe the swirling energy patterns that I am noticing in the moment. This will continue until I say something of interest to Ken or until he notices a change in my breathing. If that happens, he says, "What thought just crossed through your mind?" As I say the thought, my body will react if it is something that it wants to process, and I never know what that will be till the moment arrives.*

*This time, my leg started hurting just below the bum cheek. It had been aching for the past two weeks and I kept rubbing it wondering what was shifting to cause this awareness. He asked what my sore spot felt like. I said, "A boot in the butt." He then asked what my body wanted to do. I said, "Scream! It hurts." He said, "Go ahead and do it," so I screamed out my frustration through gritted teeth, growling and biting. Ken then said, "What do you want to say to him?" Choking back my tears, I tell him I don't want to be hurt. He said, "Tell your Dad that." I laugh and say, "I already asked him not to and it didn't do any good. He's too big." I added that I have been watching Mom who always argues, and I've decided that her way doesn't work, so I am not going to fight him. I'll find another way. By the age of four, I have made a decision not to cry and to do what Dad tells me to the first time and I will avoid him whenever possible.*

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Ken then clarified that I had not felt supported or loved whenever I said "no," so I never got a chance to practice this skill as a child. He then brought in my bigger self, my Angel self, and asked me to look into my Dad's eyes. I looked and said, "There is only emptiness." "Look deeper," he said. I stared deep into his eyes, and as I did my Dad's handwriting appeared in my mind and I said, "He was born a sensitive, just like me," and the tears flowed for I knew how deeply hurt he must have been as a child to act this way as an adult. I know we repeat what was done to us so that we can look at our patterns and change or heal them. For several minutes I held my Dad in my loving big angel wings, soothing his pain of not being held or listened to.

Then I went back into my child-self state as I drew my legs to my chest and started rubbing the sore spot. Ken asked "What is happening?" I said, "My leg is burning." He said, "What does it want to do?" I said, "Kick." He pulled off the blanket and said, "Go for it: it is a good way to release the stuck energy." I kicked for about five minutes then my awareness shifted to another sore spot in my groin, a spot that when pressed felt like my funny bone was getting hit. I shrieked, laughed and cried tears for about five minutes, and then the sensation was gone and I was back to reality, exhausted but feeling lighter.

Ken and I talked about setting boundaries, and he gave me some visualizations to practice to help change my energy patterns. He said, "By not being given the choice of saying 'no' as a child your boundaries were dishonoured by your father, and your body set up a contraction in your pelvis, stifling the flow of energy throughout your body. It is as if your body is still waiting for another boot in the butt."

Learning to reprogram this automated response will take

time but with a man like Gerry it will be fun practising. I know whatever I decide to do is just fine; with him, it is going through the awkward stage of feeling the swirling in my stomach that makes me hesitate. Marcel brought up an interesting point. She noticed that I always got angry whenever I had a persistent telephone solicitor. I couldn't say "no" in a normal voice." It has taken me time to get comfortable saying "no," and to figure out my bodily reactions and to ask myself if this is what I really want. I still have to remind myself to slow down and that I won't get booted in the butt if I don't answer or do something right away, and my armpits no longer sweat when I say "no."

As a child I did not have the skills to understand my Dad's pain and did not want to feel my own, so I rationalized why my Dad would hurt me. Going into my head helped dull the pain and the body stored it away, saving it for a time when I would be big and strong enough to let it surface. For the past eight months Ken has been helping me get in touch with parts of myself that I didn't know existed, childhood survival patterns that are no longer needed, that are in fact causing me pain for ignoring them. I have learned that pain is always caused by contraction, the tightening of thoughts or muscles, physically or emotionally. The two are interconnected. Watching myself make decisions as a child is awesome and is helping my inner child mature. So too is trusting myself and learning to set clear boundaries ... my chosen journey for this year.

*Amélie*



If you are interested in a session with Ken, call 492-5371.

He comes to Penticton once a month.

# FELDY WHAT?

Cassie Benell, Ph.D



Last October my friend Alice Friedman came to Kamloops to teach a Feldenkrais workshop and will teach here again in early April. When I tell people about the Feldenkrais Method, they find the name difficult to pronounce and often their response is, "Feldy What?" But this method is actually easy to work with and very effective. Moshe Feldenkrais was an Israeli engineer/physicist who had a bad knee injury and was told that nothing could be done for it. He did not accept that as an answer and began to study anatomy and physiology. Applying his knowledge of mechanics, he devised a series of exercises to rehabilitate his knee, and they worked. He was also the first black belt in judo in Europe and incorporated those principles as well, uniting East and West. From there he developed other ingenious and effective exercises for the rest of the body.

This work is called the Feldenkrais Method. There are several aspects involved, group sessions called Awareness Through Movement (ATM), and individual sessions with a practitioner called Functional Integrations (FIs). In the ATM the participant may be lying or seated on the floor, seated on a bench or standing. The practitioner then asks everyone to move in specific non-habitual patterns, with lots of rest in between. One participant said she loved coming to a workshop where she was asked to lie down and rest so much! The more subtle and small the moves, the more we can become aware of our bodies, hence the term Awareness Through Movement (ATM). The

exercises are called lessons. As infants we learnt many of these types of routines as we explored our environment and the capabilities of our own bodies.

I am going to give several simple examples of lessons, which you can try if you wish. They make you appreciate the simplicity of the Feldenkrais Method and its profound effects. One simple example is that of standing and raising your right arm up in front of you and taking it as far behind you as possible, watching it with your eyes. Note how far you are able to move, rotating around your lower body. Then for 8-10 times, move that arm from in front of you to behind you, while moving your head and eyes to the left. Next go back and recheck with your eyes how far your arm is able to move behind you. Usually there is a considerable improvement in your rotation. To do the left side, you can just imagine doing the same after initially checking with your eyes how far in excursion you are able to move. After imagining the exercise for 8-10 times, recheck with your eyes how your body learnt through imagination. Surprisingly, it learns a lot!!

A classic lesson is that of the pelvic clock, which may be done either seated or lying down on your back. If seated, place the soles of your feet together while supported from behind by

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your arms; if lying down, lie with your knees bent. A rounded back moves your pelvis into the 12 o'clock position, and an arched back moves it into the 6 o'clock position. Move your pelvis in a clockwise curve from 12 o'clock to 3 o'clock (your left side) and back about 8 times; next go from 12 to 6 o'clock and back about 8 times; then try between 5 and 9 o'clock (9 o'clock is to the right), and between 8 and 12 o'clock as before. You complete the clockwise direction by moving that way several times. Then you reverse the direction to counterclockwise, moving that way several times. In between each of these attempts at movement, you lie on your back and rest, which allows the body to adjust neurologically to the changes. You can also become aware of the differences in the way your body makes contact with the floor during the course of the lesson. Usually it changes considerably. At the end of the lesson, you roll to one side and sit up.

Another lesson might include moving a shoulder in all sorts of directions, forward, backward, in circles, and the like, with rests in between the different movements. The side worked will feel light and easy moving, while the unworked side will feel heavy, giving you a new awareness. As with raising the arm and moving it from in front of to behind you, you can imagine doing the same series of movements with the unworked shoulder. Then check how it moves, relative to its first feeling.

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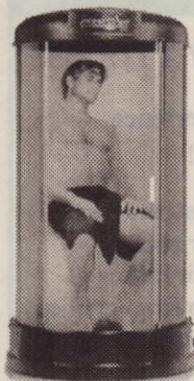
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## SUPPORT Reform Health Freedom Amendment

From the office of Dr. Grant Hill, MP - Health Critic, The Reform Party of Canada

We now have a Private Member's Bill which will make Health Canada prove that a natural health product is harmful to human health before they can regulate it as a drug. In other words, if the "health police" can't scientifically prove that melatonin is harmful to humans (when used as suggested, indicated or recommended), they can't infringe on your freedom to buy and consume it.

### The Reform Health Freedom Amendment

This bill, called the *Reform Health Freedom Amendment*, will also allow anyone to make truthful health claims about natural health products. Right now, Schedule 'A' of the Food and Drugs Act makes it illegal to say, for example, that vitamin B6 alleviates morning sickness or that regular zinc supplements help ward off glaucoma. If we can get this bill passed, Schedule 'A' is history!

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Two years ago, the Government tried to ram Bill C-7 (which eventually turned

into Bill C-8) down our throats. While C-8 did eventually pass, with your support through letters, petitions, talking to friends and relatives, I was able to get enough support to make the Government concede some significant concessions on behalf of freedom of choice. And remember the Government's site licensing regulations they were trying to force upon us which would have made natural health products more expensive? Again, you made the difference. Because of your vocal opposition, the Government retreated. On October 4, 1997, Health Minister Allan Rock was forced to announce the withdrawal of these sinister hidden health taxes that were supposed to come into effect on January 1, 1998. Congratulations!!

We must not relent. If we can get enough Members of Parliament (Reform, Liberal, Bloc, NDP and Conservative) to vote in favour of the *Reform Health Freedom Amendment*, Canadians will have the most progressive, least restrictive health freedoms in the developed world. We will have a system whereby if a substance is not harmful, the federal health police will have no business banning, suspending or in any way restricting our access to it.

The *Reform Health Freedom Amendment* is the tool that will ensure your freedom of choice in health care prevails. But it will only happen if we can convince enough Members of Parliament to support it.

Your encouragement for support of this bill can be stated in a letter to your Member of Parliament. The most effective letter is brief, to-the-point and hand-written. And remember, no postage is necessary when you mail your MP. Address your letter as follows:  
(Member of Parliament's name), MP  
House of Commons, Ottawa, K1A 0A6

For more information on federal government health policy and the Reform Party's positions and proposals for health reform, contact: Dr. Grant Hill, MP, Reform Party Health Critic, Room 619 Confederation Building, House of Commons, Ottawa, ON, K1A 0A6 (no postage necessary) Phone (613) 995-8471 Fax (613) 996-9770, Email: hillg@reform.ca



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# Kuthumi Reveals the Fourth of the New Laws for Residing in the Fifth Dimension The Law of Detachment

by Dr. Norma Milanovich

*Through the heart of The Most Radiant One,  
I Kuthumi, deliver this next message of importance  
to those who choose a higher state of consciousness.*

In the days and years to come, many Light Workers will advance to the Fifth Dimension where they will want to permanently reside. In addition, many will journey into this higher realm, but stay only momentarily, for their vibrational levels will not be able to sustain the higher frequencies that will be required for permanent residency on this higher plane of existence. One reason for this is because these candidates for higher office will not have mastered the Law of Detachment. This Law is one of the most important laws on this higher realm. Therefore, it is deemed critical that an understanding of this law be revealed now.

On the Earth plane, to detach means to sever and separate. It implies a permanent separation, one item or person from another. When an individual detaches something from another, the eyes can physically see the movement as the two or more items distance themselves from one another.

In the Fifth Dimension where all is sustained on a higher frequency and described in energy, detachment implies a command of the emotional body. It is defined as an attitude of nonjudgment, whereby one being of Light allows another to pursue his or her own path without interference. An attitude of detachment not only brings peace and serenity to the heart and soul of the individual who has mastered this state of mind, but it also serves to guide the person to embrace all others in the realm of compassion, rather than to push them into a state of separation. Thus following the Law of Detachment actually

facilitates Oneness.

Our observations of individuals on Earth today reveal that detachment is the one quality that is yet to be mastered by souls who are serious about the ascension process. While many speak that they have mastered detachment, we reveal today that we count only nine souls presently in embodiment on Earth who have fully mastered this higher state of mind and experienced the bliss that it brings. Thus, it is obvious to us that much work needs to be done to raise the mental and emotional levels of the Light workers to such heights that their minds and voices are capable of relaying only perfection.

Think No Evil  
Hear No Evil  
See No Evil  
Speak No Evil

These are the codes of the higher commands that govern the Fifth Dimension and higher. These are the codes that have been introduced to souls in embodiment on Earth also, but few have learned the power that comes from actually existing at this level of mental and emotional control..... Detachment assures that no blockages are present, for a truly detached mind and soul will see only the perfection in all of God's creation. Therefore, judgements and criticisms are a way of the past. This state of mind opens the doorway for higher truths and the individual thus learns greater aspects of wisdom and becomes enLIGHTened.

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# The Making of A World Renowned Healer and Qi Gong Grand Master

by Seann Ryon and May Chew

It was like any other day in the peaceful park. The Old Master stood gracefully, like an aged willow, bending to the universal forces. He stood with many others who were practicing Tai Chi, but he was the Old Master, the one almost everyone in this park had learned Tai Chi from. He noted the grey hairs on a man's head to his left. He noted that he had taught that man when he was a young man. "And when was I ever young?" he smiled to himself.

Having allowed himself this distraction, the Old Master brought himself back to the flowing movements and still mind. Tai Chi was his foundation. He loved it and he loved sharing it with those who understood the power of the slow, focussed movements. But not everyone could be a Master. He felt the eyes on him, and he was used to people watching him. But today, he observed that he had a special observer. It was that small boy again. No more than six, always tugging at his mother's hand whenever he passed through the park, wanting to join the exercises. *Not ready, child. These are adults and you are going home for lunch*, his mother would say, bustling him off. But today, the boy was alone. He must have gotten out of the house saying he was going to play nearby.

And now he was in the park, watching the Old Master with intense curiosity. The Master continued with his routine as always. Neither rain nor snow had interrupted his practice in seventy years. He was a little boy like this one when he first went to the park. He went to learn and he stayed. And now this little

boy was still here as he completed his exercise. Patient. Watchful. The Old Master nodded, smiling to the little boy, who bowed and said, *I want to learn Tai Chi and be a Master like you. Teach me, Grandfather.*

The Old Master nodded, smiling. *You are very small. These are very slow movements. How could you have the patience to learn them?* The young boy stared up at him, smiling, eager, and would not look away. *I cannot teach a boy your age*, said the Old Master pausing. *Not without your parents' approval.* With that, the boy leapt and turned and went running out of the park. So fast. The Old Master watched him disappear down a lane, knowing that he would be back, knowing that this was the beginning of the boy's formal training.

As he mastered Tai Chi, the boy also took up Qi Gong as a natural evolution. As a teenager, he would spend hours practicing in the park at night, and during the winter, the snow-covered courtyard of his family's home would bear the sweeping evidence of his early morning exercises. Accepted as a disciple by renowned Masters, he grasped the mysteries of Tai Chi, Qi Gong, Buddhism, Taoism, I Ching and Feng Shui. As a young man, he became an acknowledged Master of these ancient arts. As a balance to his Eastern training, his thirst for knowledge brought him to Western Medicine. He earned his Medical Degree and went to Beijing where he distinguished himself as a doctor and Qi Gong master and represented China at the World Health Organization's International Acupuncture and Qi Gong Training Centre For Foreign Doctors. However, the more he practiced his healing skills, the more he found that Western medicine offered little in the way of solutions for people suffering from chronic conditions such as arthritis, migraine headache, deafness, cancer, stroke-related paralysis, etc. With each patient he treated, he would ask himself, *How can we relieve people of chronic pain?*

Part of the answer came to him in 1978 when he combined his knowledge of the healing arts with his knowledge of Qi Gong and the ancient philosophies and created a revolutionary new acupuncture technique known as Sha's Acupuncture. In 1988 he found another solution to chronic pain when he encountered Zhi Neng Medicine. This powerful new healing science was Qi Gong in action. Simple and effective, it fulfilled his need for a healing system that anyone could learn and use to heal himself or herself. And so, he began teaching his patients and giving public lectures and has since shared the revolutionary benefits of Zhi Neng Medicine Qi Gong with hundreds of thousands of people - doctors and nurses in the hospitals, support groups and the public - in North America and in Asia, in person and through the major media. People did not have to be Masters or medical doctors to heal themselves. He would teach them to awaken the *Healer Within*.

In November 1997, at the 2nd Annual Congress on Qi Gong in San Francisco, there were 500 masters from all over the world. Having delivered a keynote address and demonstrated his techniques, that little boy was recognized as a Qi Gong Grand Master.

*See ad on the back cover.*

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From the Editor...

## Chit Chat

with Marcel

Recently I read an article that impressed me very much. It was printed in the Fall/Winter 1997 issue of *Earth and Sky* published in Creston, B.C. The article was *Equal Energy* by Margaret Ruby from Sandpoint, Idaho. Margaret tells how, in her life and in her work with clients, it became evident that she was using the wrong approach. She began to realize that she had been trying to fix and repair people. She also realized that there was a more equal balance of energy when she did not perceive people as broken and when she supported and encouraged them to create wholeness in their lives. As she states, "People are not broken, they have just been given lessons from life that offer great opportunity for becoming whole. Expansion is seeing strength in the lessons that come our way."

This article reminded me of a principle that I have been aware of for some time, but one that I find so easy to lose sight of. I like to call it the principle of the Dark Room. When we want to create light in a dark room we don't carry out bags full of darkness we simply turn on a light. But so often in my life I approach my challenges from the negative side of "carrying out bags full of darkness." In the case of my health, it is so easy to get caught up in finding the right supplement or treatment to fix my symptoms, when I know that a detoxifying cleanse, an organic natural diet, exercise and emotional release will create wholebody vital health and the symptoms will automatically disappear. In the area of my finances, I spend time organizing my debts and worrying about getting my bills paid. When the opposite approach of focusing on creating abundance would soon take care of my bills. In my relationships expressing unconditional love and support for the other person would bring more success than trying to fix the problems by blaming and expecting the other to change.

When we try to fix what we perceive as broken in other people we take their power away and make ourselves the powerful ones and of course we have no right to be powerful in anyone's life but our own. When we try to fix the circumstances of our lives we give power to these circumstances. But when we focus on creating the positive opposite we retain our power.

It was good to be reminded that none of us are broken or need to be fixed, we are merely on the path to wholeness, but are not quite there yet. The things we perceive as problems in our lives are really the lessons meant to guide us toward this wholeness. If we respond to these lessons in a constructive manner by asking, "What positive is this urging me to express?" and not "What is this asking me to fix?" our journeys will be easier and more fulfilling.

marcel

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## More Power of Nutrition

by Wendy Reid

I would like to share with the readers of Issues Magazine what nutritional supplements have done to change the quality of my life.

Fifteen years ago I started to have a lot of different health problems. After seeing numerous doctors, the diagnosis was eventually to be Fibromyalgia.

The symptoms experienced were overwhelming fatigue, total body pain, poor sleeping patterns, early morning stiffness and difficulty thinking, headaches and poor concentration. Accompanying these were periodic low grade fevers, sore throats and swollen glands. At other times, I suffered with Irritable Bowel Syndrome.

With the progression of my deteriorating health, I became depressed and almost totally disabled. I was not able to work any longer and had given up hope of being anywhere near normal.

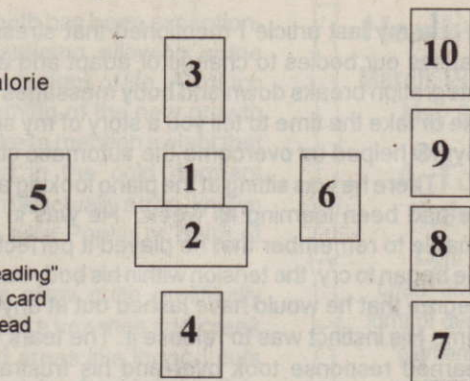
Doctor after doctor tried looking for any kind of relief. Every type of drug form, antidepressants to anti-inflammatories were tried to no avail. Next in line, of possible treatments, were massage therapy, physiotherapy and finally chiropractors. Little or no relief was again the result. I had resigned myself to a life of pain and suffering.

In the spring of 1997 a good friend, knowing of my plight, encouraged me to try a nutritional supplement program that he said had been showing good results for a lot of people. After all that I had been through I was totally skeptical, but was desperate and agreed. Now after slightly less than one year on the program I can say it was one of the best choices that could have been made. Two months on the supplements and I started to sleep better, have less pain and more energy. Today I feel that I have improved about eighty percent. My fibromyalgia will never be completely gone but I feel two hundred percent better than I did last year. There are still days when I experience some of my symptoms but only a fraction of what they were a year ago.

It is a good feeling to know that there are alternative therapies and that they do work. See ad to the left.

# Simply Tarot

by Maurine Valorie



A typical "Reading"  
with the ten card  
Celtic spread

## Question

*Is it in alignment with my life's purpose to stay in the Okanagan and continue my training as a Light Life Polarity therapy with Excelex?*

**Card 1 Present Situation :** EIGHT OF PENTACLES - I am no longer an apprentice and my life experiences will fine tune my skills and bring financial comforts.

**Card 2 Crossing me:** KING OF SWORDS - An intellectual mentor that makes balanced decisions without becoming emotionally involved.

**Card 3 Crowning me:** SIX OF PENTACLES - A gift of being at ease and receiving rewards with little effort

**Card 4 Foundation:** THE CHARIOT - By balancing my male and female energies, whatever I focus on leads me to my spiritual pathway.

**Card 5 Passing influences (lessons learnt):** TWO OF WANDS - It is my birthright, to live up to my potential, to be all I can be.

**Card 6 What is entering my life?:** TWO OF SWORDS - Not wanting to decide which way to go from what I've seen and heard.

**Card 7 Where I will soon be:** PAGE OF CUPS - Truly liking and loving myself. (Okay!!)

**Card 8 How others see me, my projections :** THE WORLD - I've got my act together and am complete. (Yeah!)

**Card 9 My desire, yet my fear:** DEATH CARD - I must change and cut away activities and people in my life that do not expand me, so that a new chapter in my life can begin.

**Card 10 Outcome:** EIGHT OF WANDS - I am to take a journey that will be fun and creative and may lead to future travel. (Machu Picchu?)

**Summation of my reading ...** All suits of the Minor Arcana are represented. There is love of self, career opportunity, a mentor to learn with and material comfort. The Major Arcana - The Chariot, The World and The Death Card - tell me that my spiritual practice is transforming and heading towards complete balance. This reading clearly suggests I continue what has been presented to me. I say "yes" to everything the Universe is offering me!

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# Learning and Stress

Part two by Beverly Hunter

In my last article I mentioned that stress is anything that causes our bodies to change or adapt and under stress brain integration breaks down and body messages get confused. I'd like to take the time to tell you a story of my son and how Brain Gym® helped us overcome the automatic stress response.

There he was sitting at the piano looking at a piece of music he had been learning all week. He was in total overwhelm, unable to remember that he played it perfectly just yesterday. He began to cry, the tension within his body had escalated to the degree that he would have lashed out at anyone who touched him. His instinct was to release it. The tears flowed. Then the learned response took over and his frustration came out in words of despair. "I can't do this", "I don't know How." and "I hate this piano."

I quickly walked to his side and sat down beside him. I gently told him that it was okay, I was there. This of course did nothing for his ability to understand what that piece of music said but it did let him know I was there and he was not alone. In the past, anything within reach would have either flown across the room or been ripped to shreds. Now it was okay to let it out in tears. Mom could listen to it now without going into survival herself. It was okay to witness the pain he was feeling inside. When the panic subsided I asked him to put his hand on my back. This created an electrical circuit between us so whatever happened to me would effect him also. He faced the piano and I sat on the very edge of the piano seat facing the opposite direction. I quickly held my Positive Points (on my forehead) and did Crosscrawl touching my elbows to my opposite knee. THIS was the MAGICAL part. He began to take deep breaths, and his hand on my back became relaxed. His tears began to subside and he looked at the music in front of him. Then one hand reached for the keys and then the other hand. Within five minutes he was calmly playing his song with easy movements, perfectly capable of finding the notes that were written on the paper.

When my son sat down to play the piano he was unable to see or understand the linear symbolic written code we call music. The ability to use both eyes, both ears and both hands together to work in the midfield (where the two areas controlling the right and left sides of our bodies overlap) was not accessible to him. When he could not do this he was unable to stay calm and he became uncentered, expressing confusion, anger, irrational fear and despair. This led to an inability to comprehend what was happening to him, which takes place in the frontal lobes. The blood had reached his outer limbs so his primitive reflexes took over for survival (back brain).

When I held my Positive Points on my forehead it stimulated the blood flow to this part of the brain where we can THINK things through. Holding my Positive Points as I did the Crosscrawl calmed my son down enough to create the bridge to integrate the left and right hemispheres. This created the feeling of being capable. The message in his brain now said, "It's okay!" "I can do this!" "I do know how!" "I am capable!"

Brain Gym® is a wonderful, effective tool for overcoming the natural automatic stress response we all deal with on a regular basis. It has changed and enhanced the quality of my life and the people I love. See ad to the left.

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# Balm of Gilead

by Gerry Parent

The past month has been exceptionally warm in Penticton allowing some plants to show early signs of life. As much as I await the coming of the new growth though, I would like to mention a plant that is best gathered in the cold dormant months. This plant is actually a tree, known by many people as a Poplar or Balm of Gilead.

Poplar trees grow quite prolifically around wet areas like beaches and creek banks or cleared areas like logged cuts and areas burned by forest fires. It is known as a 'pioneer' species: the first to inhabit a site and prepare the ground for the following generations of plants and new life to follow. There are as many species of poplars as there are fruit flies, so instead of trying to remember which species to look for, check several poplars until you find one that has large buds that when squeezed ooze out a thick tawny gold sap and smells like a sweet plum-apple tree growing in a refreshing tropical rain forest. Upon passing, I often smear a little sap on the end of the nose and breathe in the fragrance which opens the airways, refreshes my mind and soothes my spirit. Externally I have found it excellent when applied to small cuts, minor burns and dry skin.

The best way to bring these wonderful medicinal properties home with me, is to gather two good handfuls of the buds. I pick from several trees so that I don't take away too many of the new leaves and collect them in their dormancy when it's cold to prevent the sap from oozing out and getting everything super sticky.

At home I turn on my small crock pot to low, add the buds, then pour in enough extra virgin olive oil to cover. I let this 'brew' overnight filling the house with its fragrance, giving off a smell like a sweet hot apple pie baking in the oven. A pot on the stove set to minimum would also work as long as the temperature was kept around 80-125 degrees. Experiment!

When done, the oil is then strained and the buds discarded. At this point the oil can be used as a bath or body oil, or taken one step further and made into a balm or salve.

To do so, warm oil in a pot on the stove. For every cup add approximately 1/4 cup beeswax. Any additional ingredients can be added at this time like vitamin

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At this point it is important to test the consistency of your salve by placing a tablespoon of it in the refrigerator and letting it harden. If you desire a harder salve, add more beeswax; for a softer product add more oil. Once consistency is correct, pour into small containers, label with the name, ingredients, uses and date made. For a long shelf life, store in a cool shaded area.

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# Herbs: A Vital Part of Health

by Klaus Ferlow



Growing up in Northern Germany 'country style', I quickly developed a love of mother nature, especially flowers, vegetables and herbs. My family used an almost unlimited amount of herbs in our daily diet, as well as for healing illnesses. One of our favorite herbs is the "stinking rose" garlic, which in our family is considered a wonder herb!

Herbs have been a part of civilization since our ancestors first walked the earth. For thousands of years, herbs have formed the basis of medicine chests, cosmetic bowls, culinary spice jars, perfume vials and dye pots.

Herbs have a remarkable history of healing the human body and maintaining good health when properly used. Most herbs in their natural state are safe and do not leave residue in the body that produces side-effects. Drugs, on the other hand, that are extracted from plants are not used in their natural state, causing possible side-effects.

The term HERB is applied generally to any plant, part or all of which has been used for such purposes as medical treatment, nutritional value, food seasoning or coloring, and dyeing of other substances. Historically, the most important uses of herbs were medicinal. Herbalism has a long tradition and herbals describing the uses and effects of plant medicines were produced and have demonstrated their efficiency as healing agents within many cultures.

Herbs have played a very important role in the spiritual healing ecology of the Native North Americans as well as Europe (Greeks, Romans), Africa and the Arabic world, especially Egypt. Every culture has had a basic healing flora from which remedies were selected.

The chemistry of herbs is a fascinating science. Herbs contain compounds that work with the body to promote healing. They work together synergistically, giving the whole effect of a herbal remedy a vastly greater value than the sum of its individual constituents.

Essentially all plants have therapeutic properties because they contain a variety of biologically active substances. Medical scientists can't always tell us how the individual compounds in an herb

work, and often aren't even aware of them at all. Herbalists use the whole plant so that all of the compounds can work together. As the pharmaceutical industry developed the ability to synthesize medicine from inert substances such as petroleum and minerals, and developed sophisticated marketing strategies, the therapeutic use of herbs diminished.

Now, coming full circle, more and more people have lost faith in drugs and antibiotics and are re-discovering herbs as an effective and comparatively inexpensive form of health care. It is as useful in preventing illness in combination with a healthy diet and exercise as it is in curing it.

Herbal medicine represents a particular approach to healing, one that differs from our traditional medicine. Not relieving a single symptom with a single active ingredient, but as a holistic herbal therapy, it strives to heal the entire system by treating the cause. Medicine can only be truly holistic if it acknowledges the social and cultural context in which the illness and the desired healing take place.

The revival of interest in holistic herbal medicine, as well as a great number of other alternative therapies, has spawned changes within the traditional medical profession. There is legislation in Nova Scotia, Alberta and Ontario that now allows medical doctors to talk about complementary medicine without the fear of prosecution by their College of Physicians. Closer to home, an institute for complementary medicine opened last year in the Vancouver General Hospital thanks to a \$6,000,000 donation by a Taiwanese Buddhist organization.

Given the financial crisis our medical system is in, it is incumbent upon us all to seek out and utilize appropriate health alternatives. These opportunities will be increasing in the coming years.

*A Herbal Health Care Guide - Natural Healing Properties of 81 Common Herbs is available free of charge. Please contact a consultant listed in the ad to the left.*

# Following My Bliss

by Wendy Binggeli

Famous author and expert on myth, Joseph Campbell was absolutely right when he said, "You will simply know when you are following your bliss." As is so often the case with a mini epiphany, my purpose in life simply sneaked up and tapped me on the shoulder.

My husband and I were working and living in Papua New Guinea (PNG). In mid-April of 1996 I sat watching a crowd of Black and White Fantails barter as usual for the best position on our power line, as I drank my morning coffee. My thoughts were zooming in and out of history while I wondered why it had taken me fifteen years to accept my special talent, that of being able to successfully help women turn their confidence into certainty.

Perhaps my waking-up process dragged on because I have always worked equally well with women and men, and I take pride in the fact that I am egalitarian. Possibly it had something to do with having worked as a banker and small business coach for so many years, in fields where the governing mindsets are decidedly patriarchal. Then again, maybe I was just too darned busy working at helping other folks to pinpoint which of their skills they should build on.

So here I was, sitting at my desk, trying to complete an evaluation for a rural kindergarten program run by an amazing Papua New Guinean gal, when it struck me. I now KNEW that my heart belonged to those women who dare to believe they can succeed with their goals, even when faced with remarkable challenges.

My genuine kindergarten heroine, Anastasia Ame, is just one capable women among hundreds who have risen above their difficulties through a combination of faith in themselves and faith in others. I consider myself very lucky to have been one of those "others" who touched Anastasia's life, helping in turn to strengthen both her crumbling organization and her self-esteem.

Even though she had lost both her father and her closest teammate to terminal illnesses, Anastasia persisted. Despite the fact that the kindergarten's only vehicle was nine years old and on its last legs, this strong woman was undaunted by the work required for us to raise \$25,000 to buy a replacement bus. Nor was Anastasia deterred when twenty or more rural kindergarten workers jumped ship to new paid employment, made possible through a restructuring of PNG's education system, which seemed more attractive than the voluntary honorarium Ana's non-governmental kindergarten could afford to pay her workers.

With the right combination of encouragement, support and practical guidance, my wonderful Melanesian friend from Madang province carried on and is now managing her revitalized program with a knowing inside that her kindergarten will continue to positively influence the lives of thousands of rural Papua New Guinean children for many more years to come.

In reflecting, I concede that it was through working with Anastasia and women like her in Papua New Guinea that I came to accept my unique talent. My husband and I returned to Okanagan Falls in the summer of 1997, and



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after allowing time to let reverse culture shock work its way through our systems, I re-started my former business, called Inside Connection Services. And it is with absolute certainty that I have chosen ICS to specialize in helping women to fine-tune goals and set strategies for their personal success. See ad in NYP - Consulting



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# Muscle Injury

by Haley Jonstyn

We generally respond to pain in ways that make it worse. We tighten up and resist, trying to hold ourselves away from it. We say "No" to it with our whole bodies, but paradoxically, the more we resist the worse it gets and the longer it stays around.

Those of us who have used breathing for pain management during childbirth know this paradox. The more we relax and breathe into each contraction, the less discomfort we have.

A more universal example would be what happens when we stub a toe. As the pain shoots through us, we stiffen our bodies, tense our muscles, decry the pain and curse the toe. Fear that the toe might be broken tenses us even more. The sharp pain has a way of feeding our fury, most of us will feel intense and irrational anger at ourselves for not having seen the offending obstacle or at the miserable low-life who left it there. This tenses us even more.

Once again our old friend adrenaline is the culprit. If we were fleeing from the ubiquitous sabre-toothed tiger, we'd have the requisite amount of energy to do so. But to be in this extreme alarm state, biochemically armed and dangerous so to speak, in order to contend with a toy truck on the bedroom floor, clearly shows a lack of evolution on our part. These responses usually prolong and intensify the pain by increasing muscle tension (bracing) and internal stress. If we were face to face with the tiger, it wouldn't matter, we'd be in a very focused right-brain state, concentrating too hard to feel pain.

Back to the toe...we try to psychologically and energetically wall off the pain, hold it away from us and disown it in an attempt to get away from it, and this response only intensifies the pain. But when we take deep breaths, gently massage the toe, and send kind, calming messages to it - in other words, when we treat our toe the way we would treat one of our own hurt children - the pain does seem to dissolve faster.

With the use of electromyography, a biofeedback modality that lets you see into a muscle and measure the amount of tension, you can teach that injured or tense muscle to soften and release the pain. The visual feedback of the muscle easily stimulates the brain creating a mind/body connection. From that learning a "feeling sense" of smoothness, relaxation and ease is created and this learning is integrated into daily life.

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by Dr. Kevin Ma



## Clinical Types and Differentiation

### 1. Early Stage

The patient has swelling and pain in the knee. He is intolerant to any movement. There may be dry mouth, fever, constipation, deep-colored and hot urine. The tongue is dark red with yellow or white fur. The pulse is rapid.

### 2. Late Stage

The joint is rigid, unrelaxed or there is a stabbing pain felt in cold conditions. The limbs are weak and have difficulty in movement. The tongue of the patient is pale with white fur. The pulse is deep and feeble.

## Clinical Treatment

### 1. Chinese herb treatment

a) Early stage: Chinese herb treatment can remove heat from the blood, promote blood circulation, remove stasis and alleviate pain. Snakegourd root, peach kernel, Chinese angelica root tail, safflower, pangolin scale, lycopus leaf and motherwort are often used.

b) Late stage: It can relax muscles and tendons, activate collaterals and relieve rigidity of joints. Club-moss, chaenomeles fruit, achyrantes root, Chinese angelica root, loranthus mulberry mistletoe, carbonized dipsacus root, eucommia bark and white peony root are often used.

The patient should do dirigation during the herb treatment. At the early stage, the contraction activity of the musculus quadriceps femoris can be employed to subdue the swelling of the limbs and prevent the muscles from becoming atrophic. At the late stage, the range of the knee joint activity can be gradually extended and the patient can practise walking on crutches until the function of the joint is completely restored.

2. Acupuncture treatment can relieve rapidly the swelling and pain to promote the function of the knee joint restored to normal state. The effective rate reaches over 90%. It can be more effective if combined with Chinese massage treatment.

3. Chinese herb preparation and some special therapies such as GWASHA, XIAO DAO ZHEN can also be chosen to treat this disease. GWASHA therapy sometimes can achieve unexpected effects when other treatment cannot get good results.



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# Astrological Forecast

March 1998

by Moreen Reed

We begin the month of March still feeling the intensity of the grip that Pluto (power) and Saturn (control) have held since November of 1997. There are three planets and the Sun in Pisces at the beginning which may allow for a transcending of stalemates that exist on the world stage. Both Venus and Mars change signs this month, and will dance together all month. We can expect to see smooth sailing in the relationship realm, with a lot of new relationships beginning, and old ones experiencing a renaissance.

The first of several mutable grand crosses of the year occurs on the 8th of March, this brings into focus service to "other" and whether it is on the world agenda. "Does your creative fulfilment nourish other as well as self?"

The yearly pause in evolutionary forward momentum occurs on March 10th with Pluto turning retrograde. The intense pressure to change will begin to back off for some and for all affected by Pluto's travel, they will begin the review phase. Pluto turns direct again on August 15/98.

The full Moon eclipse occurs on March 12th at 8:35 pm and marks the 22 degree of Virgo/Pisces as highly sensitive till the next eclipse on August 7th. The eclipse of February which highlighted the 7th degree of Pisces will also be triggered again with this eclipse, Jupiter the planet of expansion and justice is conjunct this degree. To all bring the light of the Full Moon to bare on your ability to be; forward thinking, active in social issues, and tolerant of other cultures.

The spring equinox occurs on March 20th at 11:54 am with the Sun moving into Aries. The new Moon on March 27th at 7:49 am gives us all an opportunity to plant a seed of Aries direct action response. But there is a significant twist, first for the first time in five months another planet other than Saturn (control) leads the way. It is Mercury. We could expect finally to get out of the intense rut we've all been in for months with some fresh thinking, but wait maybe not! Mercury stations and turns retrograde, just four hours later! History shows with Mercury Retrograde you can expect decisions to stall, appointment calendars to be thrown into disarray and travel plans scrambled, all of which can be easily negotiated by those not tied to linear thinking. So yes action is called for, but throw out the time table, you can retrieve it on April 20th.

Yes, Mercury retreats back behind Saturn but at that same moment we do finally get relief as Mars and the Moon catch up to Saturn and pass on to take up the lead. This amazing conjunction occurs around 5:00 pm PST, not so visible here but if you're in Newfoundland it will be like an eclipse. The degree highlighted is 21 degrees Aries. Anyone with degree prominent can expect a break dance kinda day!

March ends then with more feeling for forward momentum than we have seen in a long time.

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## Aishteru continued from page 05

to work with other health modes, this gap will continue to exist. There is a very good chance that you or someone in your family at some time will develop cancer or another life threatening disease and if you are the type to obediently follow your medical doctor's advice then this article is not for you. It is for people who refuse to believe that an illness is "terminal", and choose to search for a safe non-invasive therapy to achieve health. The question is what therapies would one choose and under whose care? Self help is fine for minor things, but when a major one comes along we need the guidance and knowledge of a capable health practitioner whom we can trust.

Tomiko blessed all that she touched and she was a guardian angel to all in need. Tomiko did more than bridge a gap in many people's lives, she was a pillar for others and everyone thought she would live a very long life, however, she died on the 8th of December, 1997. I am left with her imprint. Aishteru.

# Book Reviews

by Jan



## Kitchen Table Wisdom

Stories That Heal  
by Rachel Naomi Remen, M.D.  
Riverhead Books, ISBN 1-57322-610-6

When we haven't the time to listen to each other's stories we seek out experts to tell us how to live. The less time we spend together at the kitchen table, the more how-to books appear in the stores and on our bookshelves. But reading such books is a very different thing than listening to someone's lived experience. Because we have stopped listening to each other we may even have forgotten how to listen, stopped learning how to recognize meaning and fill ourselves from the ordinary events of our lives. We have become solitary; readers and watchers rather than sharers and participants.

The kitchen table is a level playing field. Everyone's story matters. The wisdom in the story of the most educated and powerful person is often not greater than the wisdom in the story of a child, and the life of a child can teach us as much as the life of a sage.

During her career as a pediatrician, through her own chronic illness and her experiences as a counsellor, Rachel Naomi Remen found that healing came when she encouraged people to tell the stories of their lives. Sometimes crises initiate a period of growth, when our way of doing things suddenly doesn't work any more and we enter into a steep learning curve. It is only when looking back on the events of our lives that we can see the growth that came from adversity. When we share our stories we may discover new insights into old patterns or unhealthy behaviours.

Inspiring, powerful and full of heart, I found **Kitchen Table Wisdom** a source of strength at a time when I was feeling physically and emotionally low. The sharing of stories gives the opportunity to connect with the heart, to feel heard and to honor each other.

It has been a pleasure and sometimes a challenge to write book reviews for *Issues*. Thank you to the publishers and authors who have sent me their latest creative endeavors. For those who have loaned me your personal books so that I may also enjoy them, my appreciation for allowing me to benefit and also pass along worthwhile titles.

Some of the books in the last three years have facilitated my growth; they are the most difficult to review as I struggle to find words that do justice to my experience. Others provide valuable information that I can use on a daily basis and I need time to put into practice what I am learning. And at other times I need books that are solely for entertainment or bedside books that I can pick up at any time and find words of inspiration, validation or comfort.

For as long as I can remember I have had a passion for the written word. By seeing something in print my mind can comprehend better than just hearing the spoken words.

Thank you again to all those who encourage me to share my love of books. If you have feedback on my column I'd like to hear from you.

## Where Mountains Touch Heaven



by Ena Kingsnorth Powell  
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 Powell 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.

*My apologies to Ena Kingsnorth Powell for the omission of her surname in last month's column.*

## A guest review by Angèle

### The How to... On Whole Food Cook Book

by Harriet Greene & Roanne Lewis  
illustrated by Martin Goldman  
ISBN: 0-933294-04-2

available through Backroads Publishing  
RR1, Site 8, Comp. 9, Golden, BC, V0A 1H0  
or phone Calgary 403.228.0703

I wish I had this cookbook twenty years ago. These two women did a great job of compiling information and getting it onto paper. I have read many of the same books trying to figure out how to cook in a healthy manner. I give them bonus points for actually taking the time to correlate their notes and providing a reference book to which they added cartoons, one or two on every page. This task was done by a man who takes lightly all the personal growth he has done on himself and I saw very little humour in his dark sketches of himself as a cowboy with his two female friends discussing the finer points of being a vegetarian. The typesetting of the book reminded me of my original commodore computer; it was better than a typewriter because it had the option of doing corrections before printing.

The book includes a wide variety of recipes, using the many delicious grains now available in health food stores, along with tofu, nuts and beans as protein options. Cooking from scratch is the healthiest and so they have included helpful hints on the how-to's of making your own pasta, sprouts, wheat grass, pre-soaking beans, making soup stock and sauerkraut. If you want to make your own granola bars and herbal teas this book is great. Plus there is a section on food combining, cooking with different oils and fats, acid and alkaline foods, vitamins, minerals and enzymes and sources of whole foods and organic seeds. It is certainly more than your average cook book and well worth the time and money if you are just starting on your journey towards wholeness.

# Journey Without Distance

by Leanne Dalderis

There's something about taking a journey that excites me and makes my heart beat fast in anticipation. I'm full of excitement and also trepidation, because a journey can go anywhere and take you anywhere no matter how well you've planned and organized it. I know, for me, the journey starts long before the actual calendar date -- it begins the moment I decide to make the journey. Journeys have many aspects to them and each one teaches me something about me, about the world around me and how I'm reflected everywhere.

I remember driving in Southern Alberta one summer, following the main highway into Cardston. At one point we took a side road and found ourselves in the midst of a huge yellow canola field. There was the blue sky above us and acres and acres of brilliant yellow flowers surrounding us all the way down to the deep blue lake. It was breathtaking. Once on the main highway again I remarked to my husband, "That was a nice detour." Immediately my inner guidance corrected me with, "What makes you think that was the detour?"

This incident sticks in my mind as a reminder we are on a journey without distance. I think so many paths I take are the detour. I wonder how I get way over in one direction or why I find myself in a particular place or situation. I'm reminded once again of, "What makes you think this is a detour?" The journey without distance isn't a detour. No matter what it looks like, I think spirit is always trying to bring us home, trying to show us

there really is no distance, we don't have to wander so far from ourselves, from our Higher Power.

Often we think healing has to be painful and difficult. If it doesn't hurt, we think we're not doing something right. More and more, I'm seeing that healing is about ease and lightness. I'm also seeing that our journey doesn't have to be long, arduous, and filled with struggle. As a matter of fact, the healing journey is without distance. We don't have to go anywhere on this journey because it leads us to what is in our hearts, to what is within.

Another summer, another journey. I was hiking in the Rockies near Shadow Lake with my husband and a friend. My sense of direction has always been excellent and was a source of confidence for me. But this summer, much to my dismay, I was continually getting us lost. No matter how I studied the maps, no matter how I read the signs, I ended up misdirecting the group.

This trip I was determined not to get lost, to stay on the right path and know exactly where I was going. Needless to say, half way through the journey I was lost. Somehow I had gotten us off the main path and we were wandering through alpine fields of flowers and water falls. Oblivious to the beauty around me I was cursing at the map and trying to see where I had gone wrong. I kept mumbling, "Where's the damn trail?" Again guidance came gently to me. It said, "Have you noticed you are in the midst of Paradise?" I grudgingly admitted that I hadn't and saw that where we were was incredibly beautiful. But it wasn't the right path I complained. We should be on the other path. The guidance gently replied, "Maybe you need a wider path -- one that includes beauty, adventure, a wider focus, and more awareness. You're not really lost, you've just tried to narrow your journey. What if your journey could include everyone and everything in support of you?" It was true, we weren't lost. We connected with the lodge over the next rise and by a much more scenic route -- my path needed to be wider and more inclusive.

Sometimes the journey becomes too hard and we think we can't continue. This happened for me on the West Coast Trail on Vancouver Island. It was my first day on the trail, and although I'm an ardent hiker, this trail far surpassed what I perceived my capabilities to be. I wondered how on earth I was going to continue. I was exhausted and unable to continue and we still hadn't reached our camp for the night. The Guides asked me what the difficulty was and I wailed, "I can't do this. It's too hard. I'm never going to finish this trip and I can't go back because that's too hard too." And the Guides as gentle as ever replied: "Well, is it okay for you to continue, not being able to do this journey? Is it okay for you to walk on this trail, not being able to do it?" And as strange as this statement might seem, it brought me peace and I could continue walking the trail. I needed to give up having to accomplish the journey, so I could continue walking the journey.

I've always loved T.S. Elliot's comments on the journey. To me it sums up the whole journey without distance. "We shall never cease to explore. But the end of all our explorations will be to return to where we started and know the place for the first time."

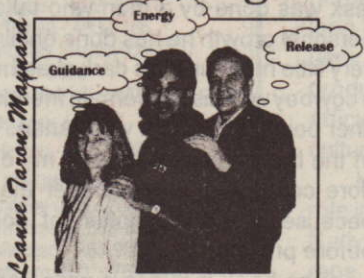
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# WATER

by Judy  
Richardson

Water is probably the most important element we ingest and yet most people are not aware of that importance. I had a friend explain the benefits of purified water and I was hooked, but never for a moment thought it would lead to marriage and become my life's work. When doing research I discovered that water is used by the body in many ways. It is required for the transport of electrolytes and other nutrients and is essential in metabolic reactions. It is also responsible for temperature regulation, lubrication of joints, cushioning of the nervous system and transmission of sound in the ear. I found the smell and taste of the city water to be very distasteful, so I switched to a store-bought water pitcher with charcoal filter, however it was quite expensive and cumbersome. I then tried purified bottled water. That was five years ago. As life's twists will have it I married the water delivery man, Gary, and with time we started Crystal Mountain Bottled Water in Penticton.

I really noticed an increased need for water during my recent pregnancy with son Jesse—now nine months old. Going back to my research I found that there is an increased need for water because of the extracellular fluid spaces, the needs of the fetus and the amniotic fluid which is replaced every third day. I estimate I have increased my water consumption from about one or two glasses a day up to eight or ten glasses a day. I attribute the extra glasses of water to the fact that I am still nursing.

Experts agree that water is also quite possibly the single most important catalyst in weight loss. Water suppresses the appetite naturally, and helps the body metabolize stored fat. Studies have shown that a decrease in water intake will cause fat deposits to increase, while an increase in water intake can actually reduce fat cells.

Runner's World Magazine points out the importance of water intake while exercising. In its August 1995 issue it stated, "One problem is that many runners simply don't give water the respect it deserves. True, it doesn't supply energy, and it's not a vitamin or an antioxidant, but water is involved in virtually every process of the body, and studies show that losing as little as two per cent of your body weight in water hurts your performance. Water helps to maintain proper muscle tone by giving muscles their natural ability to contract and by preventing dehydration. It also helps prevent the sagging skin that usually follows weight loss—shrinking cells are buoyed by water which leaves the skin clear, healthy and resilient."

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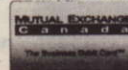
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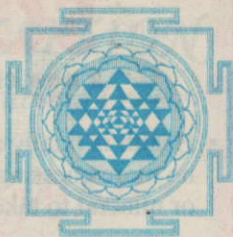
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## The Pollution Solution Starts with You!!

by Bev Conquergood

Good health doesn't just begin with the food we eat or the supplements we take. It also begins in the environment - in the air we breathe and in the earth which nourishes our food. Dr. Forrest C. Shaklee, Sr. recognized the relationship between the health of our environment and our health long before it became popular. Basic-H Concentrated Organic was introduced in 1961, featuring biodegradable surfactants that didn't harm the environment.

It has been estimated that 65% or more of the water pollution in North America's lakes, rivers and underground water supply, comes from household pollutants. North America's homes are the biggest polluters — industry comes in second. So you can see how important it is to make an ecologically minded choice each and every day. With Shaklee products it's easy. They don't pollute and .... they work!! Help clean up Canada — use biodegradable products every day and use personal care products to keep harsh cleaners and soaps away from your family's skin. Avoid aerosols and recycle wherever possible. Here are some ideas you can implement right away.

- Save gallons of water everytime you flush. Install water saving devices in all toilet tanks, or use a large plastic bottle filled with water and weighted with stones inside your tank.
- Don't run the faucet while brushing teeth or doing dishes.
- Keep our lakes and waterways healthy; use Shaklee Laundry products without phosphates, borates or nitrates.
- Wash full loads of laundry in warm or cold water.
- Only run your dishwasher when full. Use Basic-D to keep poisonous chemicals off your dishes and out of your body.
- Cook foods only as long as necessary, overcooking wastes energy and nutrients.
- Prevent air pollution by walking to wherever you need to go if possible. By car-pooling to work with a group of people, thousands of gallons of gasoline can be saved per year.

The water on the earth now is the same water our ancestors used millions of years ago. It is the same water we will have available thousands of years from now. Nature recycles the water continuously. You control the cycle through your home; start there to make the world better. YOU DO make a difference. See ad The NYP - Environment

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# The Story of a Rainbow

Based upon a Native American Legend

by Karen Timpany

Once upon a time the colours of the world started to quarrel; all claimed that they were the best, the most important, the most useful, the favorite.

**GREEN** said, "Clearly I am the most important. I am the sign of life and hope. I was chosen for grass, trees, leaves - without me, all animals would die. Look over the countryside and you will see that I am in the majority."

**BLUE** interrupted, "You only think about the earth, but consider the sky and the sea. It is the water that is the basis of life and drawn up by the clouds from the deep sea. The sky gives space and peace and serenity. Without my peace, you would all be nothing."

**YELLOW** chuckled, "You are all so serious. I bring laughter, gaiety and warmth into the world. The sun is yellow, the moon is yellow, the stars are yellow. Every time you look at a sunflower, the whole world starts to smile. Without me there would be no fun."

**ORANGE** started next to blow her trumpet, "I am the colour of health and strength. I may be scarce, but I am precious for I serve the needs of human life. I carry the most important vitamins. Think of carrots, pumpkins, oranges, mangoes and pawpaws. I don't hang around all the time, but when I fill the sky at sunrise or sunset, my beauty is so striking that no one gives another thought to any of you."

**RED** could stand it no longer. He shouted out, "I am the ruler of all of you - I am blood - life's blood! I am the colour of danger and of bravery. I am willing to fight for a cause. I bring fire into the blood. Without me, the earth would be as empty as the moon. I am the colour of passion and of love."

**PURPLE** rose up to his full height. He was very tall and spoke with great pomp. "I am the colour of royalty and power; kings, chiefs and bishops have always chosen me for I am the sign of authority and wisdom. People do not question me - they listen and obey."

Finally, **INDIGO** spoke, much more quietly than all the others, but with just as much determination, "Think of me. I am the colour of silence. You hardly notice me, but without me you all become superficial. I represent thought and reflection, twilight and deep water. You need me for balance and contrast, for prayer and inner peace."

And so the colours went on boasting, each convinced of his or her own superiority. Their quarrelling became louder and louder. Suddenly there was a startling flash of bright lightening, thunder rolled and boomed. Rain started to pour down relentlessly. The colours crouched down in fear, drawing close to one another for comfort. In the midst of the clamour, rain began to speak, "You foolish colours, fighting amongst yourselves, each trying to dominate the rest. Don't you know that you were each made for a special purpose, unique and different? Join hands with one another and come to me." Doing as they were told, the colours united and joined hands. The rain continued, "From now on when it rains, each of you will stretch across the sky in a great bow of colour as a reminder that you can all live in peace. The rainbow is a sign of hope for tomorrow. And so, whenever a good rain washes the world, and a rainbow appears in the sky, let us remember to appreciate one another. *see ad to the right*



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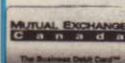
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# SHINGLES

## THAT JUST GO ON FOREVER...

by Joel  
Whitehead



If you have a challenging life at all, as the years roll by, you're likely to meet the shingles nemesis at one point or another. "Shingles" or Herpes Zoster, as is the case for most viruses, is opportunistic when certain energies are low. In the case of Shingles, however, it follows a great stress of one sort or another.

If you catch it early enough, taking a good program of homeopathic Rhus Tox in the 30C range is a good bet to stop it. Usually, however, once it sets into its full blown stage most people just wait it out.

It is a pain like no other. Because it is a rash of sorts it has a kind of maddening, frustrating itch that is so deep that the inability of not being able to ameliorate the demon with a scratch leaves one beside oneself. Underlying all of that is a constant pain that makes you feel like you were just whacked with a baseball bat in that same area. What hits us worse is that the severity of onset and duration of the problem both increase as we get older. Perhaps it is just the Omnipotent Being's way of saying that as we get older we should learn to take life in stride.

While we treat this active stage with a good deal of success, what we are most often called on to do is to treat ongoing cases of Post Herpetic Neuralgia. While enduring a couple of months of the active stage would be enough to send most of us over the top and into the looney bin, having the deep pain continue beyond this stage is more than any man or woman should have to bear.

Let's give you some insights on the whys and hows of the disease in an oriental perspective. Most of the time the impacted area tells the story. While stress, usually prolonged, exposes us to the disease, the clue to our weak points is

exhibited by where the disease settles. For instance, if it settles on the left lower or upper rib cage we would suspect stomach or pancreas problems. If it settles on the right rib cage we would suspect the Liver or Gallbladder. If it is in the center of the low back it is kidney or bladder and further up on the chest might be the heart. Therefore, the disease has already led us to the organ and meridian that we have to treat. Because the problem centers on stress and is a wind itch of sorts, we work on calming that old bully the Liver and freeing up the flow of blood.

When it is in its Post Herpetic Neuralgia stage however, there can be nerve damage and/or, depending on the health recovery of the patient, the active stage can come back many times. Barring the return of the active stage, the neuralgia can go on forever or the nerves can come back in one or two years.

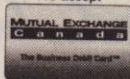
With such a large unknown in one's life, and being left almost unable to cope with doing any other activity, people will seek out help. This is where the basic health of the patient and the duration of onset will determine the basic speed of recovery.

It is lovely to treat a person full of life who comes in determined to get rid of a problem that is just slowing them down. However, it is quite another to see someone for whom the neuralgia is just one of many grave problems.

We believe that it is not just something that has to be tolerated or waited out. In fact, if the basic health pattern is not significantly changed, it can be a problem that is never completely shaken. Bringing the energies that made the virus opportunistic back into balance should still be a priority whether one gets remission or not. See ad to left

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# NUTRITION FOR ENERGY

by Patricia Brady

Five years ago I hit an all time LOW. I had no energy. I had no enthusiasm for work or play. I certainly was not giving the one hundred and twenty students I met every day for Language Arts or Drama instruction a fair deal. I could barely drag myself to the gym or indeed to participate in any of my interests. I dragged myself out of bed in the morning, went through the motions of teaching and returned home wanting only to vegetate in front of the television and crawl into bed. This was not the way I wanted to live. While not clinically depressed I was certainly suffering from depression.

A good friend of mine had watched the decline of my zest for life and was concerned. For a long time I assured her that I was "Okay," and didn't need the addition of the food supplements, which she sold, to enhance my life. I WAS STUBBORN. After all, I ate well and up until that point in my life had exercised regularly. This was just a stage I was going through. Does this story sound familiar to some of you?

The decline in my health and enthusiasm for life continued. "Pat, please come over and at least listen to me," she said. "I am concerned about you. I want my vital and healthy friend back again."

At last I recognized that I needed help. What could I lose? Remember that clinically there was nothing wrong with me. A variety of tests showed all systems 'normal'. I visited my friend and listened. She acknowledged that I did indeed eat good foods, or at least the best available. During the course of our visit I was to learn that in spite of my best efforts I may not be getting all the nutrients I required. Indeed I may not be fully utilizing the nutrients from the foods I ate.

Why not? I learned that much of our food is nutrient depleted. Soil nutrient content is often severely depleted, farming technologies such as 'plant engineering' and early harvesting, result in less than full nutrient value. Water and air pollutants not only decrease nutrient value but indeed add toxins to our diet! Prolonged storage, freezing and canning result in decreased nutrient value. Refining, particularly of our flour and cooking all result in nutrient loss.

My friend then told me about the products and how the scientific research into their efficacy and the raw materials from which they were made all contributed to enhancing the way our bodies could receive and absorb the nutrients needed for good health. What could I lose. I was even guaranteed my money back if I saw no improvement. I agreed to try the Feel Better Program. In one month I was to report back to Vicky. Within a week my energy was returning and by the end of three weeks I was back to my usual high energy and love of life.

Yes, I wanted to know more. Yes, I am now retired from teaching but I retired on an upbeat note. My decision was not dictated by exhaustion but by desire for a change of pace and the opportunity to pursue my interests in the field of complementary healing and to share my newly acquired knowledge about food supplementation and the business opportunity offered by Golden Neo-Life Diamite, the company whose products gave me a new lease on life. See ad to the right... Explore

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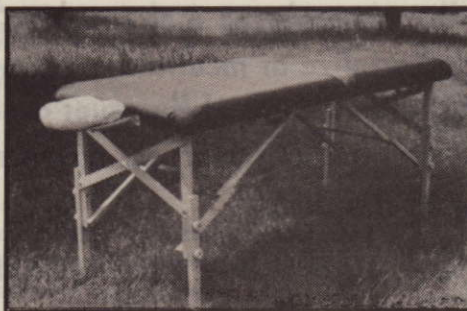
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# Stepping Beyond Limitations by Rev. Dr. Mary Fourchalk

A question I am frequently asked is, "What is metaphysics? Quite simply, the prefix "meta" comes from the Greek word meaning "beyond". Therefore metaphysical thinking is thinking that goes beyond the physical or material limits. It includes the clear reasoning involved in physics but it also transcends and stretches our thinking abilities. Mr. Webster tells us that metaphysics deals with First principles and seeks to explain essential reality and the nature of being. It includes the mental and spiritual qualities that lead to the fulfillment and completeness of the individual. Until very recently hard core science completely ignored all aspects of life that could not be experienced by the five senses. However, in the 1960's, after astronaut Edgar Mitchel had a supernatural vision in outer space, he became very interested in the paranormal and in a new branch of science, parapsysics. He founded an organization of leading scientists who could work with him in the exploration of consciousness. The organization is the Insti-

tute of Neotic Science, and here scientists do their research with the very latest technology, much of which was developed especially for work in space.

Metaphysics has always existed as a viable discipline for clear thinking by inquiring minds in all areas of human endeavour. Modern application to scientific reasoning is believed to have started in ancient Greece by Aristotle. Even Einstein was quoted as saying that he had to go beyond the limits of physics in order to develop his general theory of relativity.

What does this mean today to you and me who may not necessarily want to get into the scientific side of things too deeply? Metaphysics teaches us to go beyond the evidence of our senses, to look for answers within ourselves and to take responsibility for our own lives in both the negative downside and the positive, upbeat side. We all are starting to recognize that each of us creates our own reality. Our life's adventures cannot be blamed on anyone else. It is also comforting to realize that what we created, we

can recreate. In other words, there is a principle involved here.

As we know, there are laws and principles involved in physics which explain the cause and effect principles. The same is true of metaphysics. The same general rules, or laws and principles are generally involved but in a more refined way. The vibratory rate is somewhat higher; brain waves are also said to vary. In mental and spiritual thinking, our thoughts are the prime CAUSE; the events of our lives are the result, the effect. No one can change our thought patterns but ourselves. When we begin from this reasoning, it is easy to see how the "rules" of life, the laws and principles of harmonious living, can be learned and applied effectively. In other words, we can change the details of our lives by changing our words, thoughts, feelings and attitudes. We can look ahead to how we want our lives to be, and start to travel a different path at will.

A few years ago a medical doctor me the story of a former patient of his. This lady was absolutely certain that she had a cancer that was about to kill her. She was admitted to hospital overnight for tests. The very next morning as he was about to enter her room to give her the results, she suddenly exclaimed, "I knew it! I've got cancer!" Then she turned over onto her side and died immediately. The results of her tests which the doctor had not had time to give her had showed that she was absolutely free of all signs of cancer. Did she die of cancer? NO! She died of the fear of cancer and her negative expectation to die of it. You see, we need to root out of our consciousness, out of our minds, every vestige of fear, for if we persist in our fears, the magnetic power of our minds will attract to us the very things we are afraid of.

Mere repetition of suggestions and affirmations are not usually enough to create the results we need or desire. The healer must first free himself from any negative false beliefs, fears or doubts. In other words, we must "repent". (re-pent — think again, or rethink your situation. It means, change your mind, get a different mental picture or expectation.) When we entertain negative expectations over a

*continues to the right*

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long time, we develop a malaise, a feeling of discomfort or disease. Disease is an outcropping of the inner feelings, of our ignorance of the very real influence of our minds and souls on our bodies. Our imaging faculties set the blueprint for our experiences.

Our minds are like rich garden soil in which we plant seeds. Our attitudes determine whether they will produce unwanted weed experiences or those of high quality. As with the farmer, the choice is always ours. Another wise friend once said to me, "Mediocrity is self-inflicted; Genius is self-bestowed." Need I remind anyone that we are created in the image and after the likeness of our Creator, unique and priceless individuals?

*I welcome your question and/or comments  
via Issues Magazine.*

See ad to the right

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# CALENDAR of Events

March 6, 7, & 8

Human Energy Workshop, in Kelowna  
with Bernard Willemsen, Intro. Fri. night. p. 17

Reiki 1, Penticton 492.5371

March 7

Polarity Therapy Course (Certified)  
begins in Kelowna at the Nuthery Institute  
1-888-284-3333

How to Read the Tarot, in Prince George  
with Maurine Valorie. p. 15

March 11

Astrology, in Vanc. with Moreen Reed. p. 22

March 12

Dr. Zhi Gang Sha, in Kelowna. back cover

March 14

Reiki I, Kelowna Patricia Ann... 763-4775

March 15

Reiki II, Kelowna Patricia Ann ... 763-4775  
Reiki III upon request

March 16

Biofeedback Belly Breathing, in Penticton  
with Haley B. Jonstyn, p. 20

March 18

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

March 19

Pranic Healing, Intro. in Ainsworth. p. 3

The Spirit of Aloha, Intro in Vancouver, p. 17

March 20

Eckankar Intro Talk, 254 Ellis (rear entrance), Penticton, 7:30pm. Info. 490-4724

March 21

Wholebody Reflexology course (certified)  
begins in Kelowna at the Nuthery Institute  
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March 21 - 22

The Heart of Hakomi, in Kamloops with  
Donna Martin & Valerie Owen. p. 3

Touch for Health II, in Okanagan Centre  
with Beverly & Grant Hunter, p. 16

Integrated Body Therapy, in Kamloops. p. 8

March 27 - 29

Exploring Inner Movement, in Rossland  
with Doris Maranda. p. 32

Spring Holistic Health Fair ~ Salmon Arm  
phone for table or info .... (250) 833-1412

Gathering Wisdom from Within, at Tara  
Shanti Retreat with Blanche & Lorna, p. 10

March 27 - 30

Reflexology Level 1 (certified), in  
Vanderhoof with Yvette Eastman. p. 9

April 3

The Mind/Body Connection, in Penticton  
with Angèle Rowe. p. 13

April 3 - 5

Moves for Ease & Efficiency, in Kamloops  
with Alice Friedman. p. 8

April 4

Acupressure and Oriental Therapy  
course (certified) begins in Kelowna at the  
Nuthery Institute 1-888-284-3333

April 4 & 5

Holistic Health Fair, in Penticton at the  
Holistic Health Centre, p. 15

April 15

Mark Phillips & Kathy O'Brien, in  
Kamloops. Call Preferred Network for advanced  
tickets. 250-832-0085

April 17, 18 & 19

Dr. Norma Milanovich, in Vancouver. p. 11

April 18 & 19

Colour Therapy Workshop. Understand-  
ing the energy and power of colour in healing and  
health. Nuthery Institute in Kelowna  
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April 24, 25 & 26

Spring Festival of Awareness, Naramata

May 2

David Icke, at the Vernon Lodge. Call Preferred  
Network for advanced tickets, 250-832-0085

## ONGOING EVENTS

### WEDNESDAYS

Okanagan Metaphysical Society Kelowna  
LAST Wednesday of the month.  
Guest speaker and/or presentations each month.  
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### FRIDAYS

A Course in Miracles Study Group led by  
Marj Stringer at Inner Direction Consultants, every  
Friday, 10:00-11:30am. Starting March 13 at 2189  
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### SUNDAY CELEBRATION

Kamloops: Sunday 11- 12:30 .... 372-8071  
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# the 'NATURAL' yellow pages

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**HEALTH FOOD STORES - PAGE 39**

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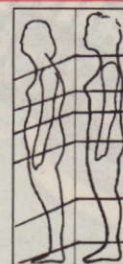
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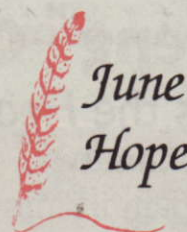
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