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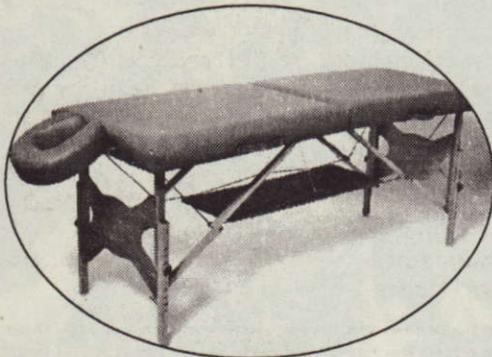
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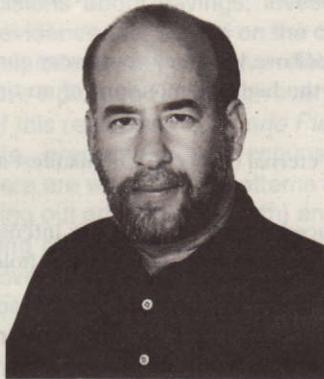
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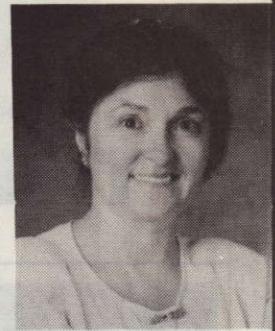
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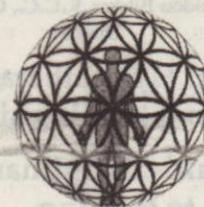
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MONEY AS TEACHER AND FRIEND

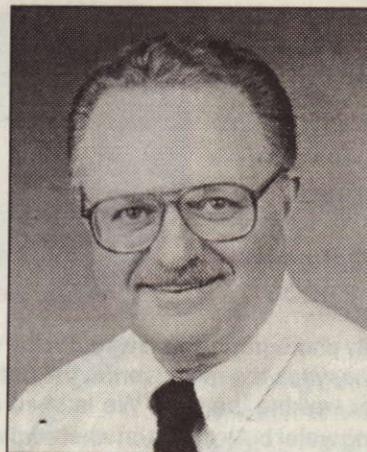
by Dr. Duncan Goheen

Writing this short piece has been a catalyst triggering an avalanche of writing which has been patiently waiting to be expressed in a book. My first book *Financial Planning for Canadians* was a pioneer effort to bring awareness and provide tools for a more holistic approach to personal finances and money management, particularly for retirement. It was the first book of its kind in Canada published in 1986. A revision of the book is now carried by Self Counsel press titled *Planning for Financial Independence*. Now it's time for a much expanded treatment of the subject of money and our significant other relationship with it. The long subtitle of the new book will be **THE EXOTERIC AND ESOTERIC DIMENSIONS OF OUR INDIVIDUAL AND COLLECTIVE RELATIONSHIPS WITH MONEY**. (The short title is coming.) Most of our thinking about money has to do with the exoteric (outer) dimension. The first half of the book will be about practical things like making wise informed decisions about savings, investments, retirement etc. and the evidence that we are on the cusp of major world changes - precipitated by our collective relationship with money - which will have a profound impact on everyone on the planet. Awareness of this reality and *Scenario Planning* is essential for appropriate preparation and responses to the pending changes. There are well defined patterns (fractals) of market behavior tracing out advances (growth) and declines (corrections, cleansing or purification of the system) over the past millennium. Every period of growth is followed by a cleansing period in preparation for the next spiral of growth and correction. We are now completing the largest growth wave in history in preparation for a correction which ends a 60 year, a 250 year and probably a millennium cycle. The degree of correction corresponds to the magnitude of the cycle it is correcting. Be prepared for major changes.

The second half of the book will be about the esoteric (inner) dimension of our individual and collective relationship with money. It will address the transformation of our perspective about money to Money as Friend and Teacher - vs. Money as Enemy and Destroyer. It will lead to the realization that some of our greatest teachers appear in some of the most unexpected places and that much of the self awareness we have been seeking can be learned through this teacher... The book will also explore the idea that the needed changes in our relationships with each other and the planet are rooted in changing our relationship with money. This requires having a spiritual life and practice strong enough to orchestrate our individual and collective material lives. A major challenge.

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'Finding Balance'



Another family photograph, this time out in the woods, our playground. A time when the river overran the banks and we had to cross over walking the logs. We learned not to look down at the moving water but to focus on where we were going, testing each step carefully before taking the next. As a child I remember this being fun, for I always loved a dare. I considered myself equal to my brothers in the fact that I was able to learn fast and enjoyed the challenge. As we got older the logs got smaller, but learning balance was a thrill and still is.

Homesteading in Canada's north in the 1960's meant no power, no TV, no corner stores, etc. My dad learned to be a logger, the only job that paid well back then. Mom cooked, cleaned, fixed things and every second week drove back and forth to Terrace, a town forty miles away on a bumpy, gravel road for groceries, gas and to make deals on what the farm needed. Grandad guided my parents through the learning process of farming, hunting, and wood gathering. Grandad taught us how to skin and tan hides, build smoke houses and make picture frames from birch logs so that we could have a surprise gift ready for Mother's Day.

Memory is a funny thing. Aside from annual Christmas photographs, which we all dressed up for and learned to say "cheese," I don't remember posing for pictures. I am now starting to appreciate my childhood collection of photographs and I am delighted that I can share them with you. It gives me incentive to write the ongoing story of how I am getting well. Creating a healing centre is part of the process as it helps me to access healers and allows them to make a living as we network and provide support for the segment of the population that believes in self-responsibility and are willing to take the time to understand how their bodies work.

As I go through the various stages of healing, I am understanding 'why I am the way I am' much clearer. Each month I feel stronger in my body and clearer in my intent as to what it is I am here to do. Being *in my body* (as opposed to being in my head) as I type, as I eat, as I go about my daily tasks, takes constant practice. Quietening the monkey mind and assuring her that she is still loved has been a ten-year educational process, but it is helping me to change. I do believe that my body is a reflection of my mind, emotionally, spiritually and physically. Slowing myself down is an illusion but most days, I feel that I have taken a few more moments for myself. Enjoying physical exercise, moments in nature and watching new babies lets me embrace life and enjoy the magic.

Writing this column every month gives me a written record of my changes as I go deeper into my body and let go of old wounds and beliefs systems. Being aware of my arms as I type keeps me in my body and I consciously breathe into my fingertips so they don't go cold on me. Every few minutes I put my attention to my left shoulder noticing how it has rolled itself forward and up. As I breathe into my shoulder, and ask the tension to let go, my back straightens as my body elongates. Staying aware in my business takes diligence and practice, but I promised myself that I would feel my feelings as they came up. Once in a while, that means I have to take time in the middle of my day and go outside and sit by the creek and have a talk with myself or cry if that is what is needed to figure out what my body is trying to tell me.

The Integrative Body Psychology sessions that I do with Ken Martin every month are taking me deeper into my core self and I am glad that my process resonates with so many of you out there. Ken is teaching me to listen to myself as I speak. Whenever I hear my voice or breath change when I am talking about something, I know I still have a charge in my body related to that subject. Knowing that the original event happened long ago doesn't make much difference; the childhood memories that are surfacing now feel like they are happening in the moment.

As I re-listened to a 1991 cassette tape with Dr. Kaplan, my vision trainer and eye doctor, it was interesting to hear myself talk, laugh and breathe. As I talked about Dad being a hard-hearted person, the tension and quivering in my vocal chords was clear and spoke louder than my words. At that time I felt I had dealt with his way of being, for he was long gone; surely

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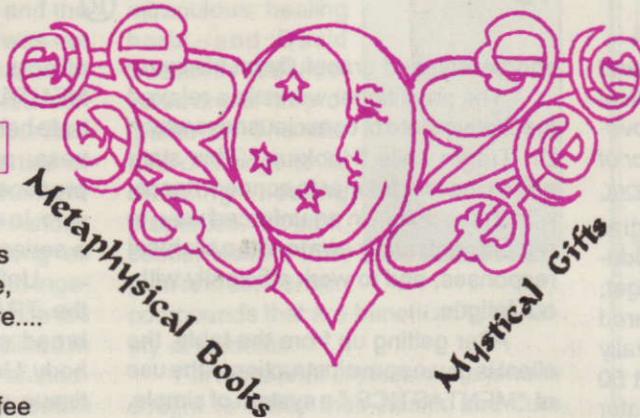


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he still wasn't affecting me. It has taken me many years to realize how much my heart had hardened in response to his not being able to be with me as a child. He just didn't have the skills. Instead of taking the time to listen and honour my feelings, he imposed his beliefs of right and wrong with a good spanking and left me believing that God would punish me by sending me to hell.

The pain and anger that never got expressed then got stored in my belly. Learning to be honest with my body is a slow process, as is being aware of my breath, practising deep breathing and taking the time to meditate. It has taken me five years to open up my emotional body so that I can heal from the inside. After one of Ken's sessions, which usually involves a fair bit of crying, my eyes feel tired, my stomach quivers from the change of energy flow, and I feel drained. It takes several days to get my energy levels back up, but it well worth it.

My latest session with Ken brought up angry feelings deep in my stomach, old pain of being punished for something I really didn't understand. *It is Christmas time and I am in grade one: we have chosen the name of another child to exchange gifts with at school. I am little enough that my Dad has to pick me up so that I can see over the counter and I choose a ball and jack set. I pick up one for her and I ask for one for myself. Dad says, "No." I put a second set in my pocket. When we get home I go to my room and play by myself, totally absorbed in the fun and the wonder of a bouncing a ball and picking up jacks. I hear the door open and look up to see my Dad. There is fire in his eyes and I know a spanking is coming, so I jump up and run into the bathroom. As I duck behind the door I am almost blinded by one*

of the coat hooks as he pushes the door open. I didn't have memory of the spanking but as Ken asked me questions, I was able to bring up my anger by making faces, sticking out my tongue and shouting at the ceiling, pretending Dad was there. Then Ken had me bring in my wiser self to fill the void left by the anger with loving thoughts of how I would have liked my Dad to have responded. Gift giving made no sense to me at the time and I just got more angry when I had to wrap up both sets of jacks. I remember thinking "I wonder if the kid that got my present wondered why she got two sets of jacks." As I tuned into what was happening now as Ken asked questions, I could feel the inner contractions as my body tried to protect me from the old pain.

After all these years of releasing, I am starting to understand why it is so difficult for me and other people to access their emotional bodies without expert help and guidance. I now understand why it is so easy for us to become creatures of habit. As I have said before, pain is a good teacher. Ignoring it, suppressing it, or drugging it usually means it will surface later in some form of illness. I decided long ago I didn't want to be pushing a walker when I am ninety years old, so I am learning to listen and I thank you for joining me.

Cynthia



*Interested in trying a session?
Ken has an ad on page 23.*

TRAGER®

By Deane Juhan, a Practitioner and Instructor of TRAGER Psychophysical Integration and MENTASTICS Movement Education. He is also the author of Job's Body: A Handbook for Bodywork.

TRAGER psychophysical integration and MENTASTICS movement education are the discovery of Milton Trager, M.D. Born in 1908, he first encountered its simple principles almost accidentally at the age of 18, and spent the next 50 years, first as a lay practitioner and later as a medical professional, expanding and refining his discovery. His long and successful career as a therapist was behind him before he began to teach his innovative form of bodywork, so that it reached his students at a very ripe stage, with a wide variety of applications.

A session of TRAGER psychophysical integration takes from one to one and a half hours. No oils or lotions are used. The client wears swim trunks or briefs, and lies on a padded table in a warm, comfortable environment. During the session, the Practitioner moves the client's trunk and limbs in such a gentle and rhythmic way that the person lying on the table actually experiences the possibility of being able to move each part of the body freely,

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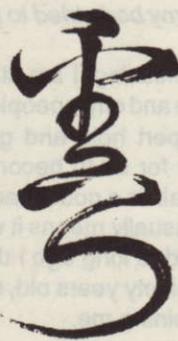
effects of TRAGER bodywork and MENTASTICS movements may penetrate below the level of conscious awareness, and, therefore, can continue to produce results even after a single session. In order to receive the most benefit, a series of sessions is recommended.

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In an hour-long TRAGER session, there are several thousand light, rhythmic contacts, and each and every one of them is an opportunity to create and to deepen the feelings of lightness, freedom, relaxation, ease, and peace. When the TRAGER Practitioner encounters stiffened limbs or hardened muscles, his or her response is never to bear down upon them, to work harder to soften them, or force them to stretch. On the contrary, his or her response is immediately to become lighter, more sensitive, more searching. The practitioner never asserts their idea of how soft or free an area should be; he or she deliberately retreats from such assertions and instead projects through the motions of his or her hands the questions, "What can be lighter and freer than that? Yes. And lighter than that? Fine. And freer than that?" And so on.

The TRAGER Approach is not a medical treatment. It is actually a *learning* experience. You are learning how your body can move. You are learning what it is like to be freer and lighter. It is really a learning approach to using yourself well, to being a whole person, to having all your pieces and parts well integrated and coordinated, to feeling yourself connected to the energies which sustain you.

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The Neem Tree - The Miraculous Healing Herb

When I was a child in Europe, my parents and grandparents taught me great respect for healing herbs and the benefits they offer. At dinner it was not uncommon to sit down to a salad of dandelions - stems, flowers and leaves - since it was considered a blood purifier. The belief in the healing properties of plants and herbs is by no means new. Naturally occurring remedies for various ailments have been used as long as mankind has had the curiosity and ingenuity to experiment with flora. While the use of natural remedies has declined in the Western world with the rise of modern medicine, they are still widely used in many cultures. In countries without the proficient medical system we enjoy, the use of such plants as devil's claw, the neem tree, rosa mosqueta and wild yam proliferates. Even in our society, the practice of seeking herbal solutions to medical problems has been increasing in recent years. However, for those of you who wish to try alternative remedies, remember that the diagnosis and treatment of any illness should come under the direction of your doctor or other health care practitioner.

Historically, the primary use of herbs was medicinal, but they have been employed for cosmetic purposes for just about as long. Seven thousand years ago, the early tribes of the Nile Valley painted and anointed their dead with plant extracts. The practice was adopted by the Egyptians who succeeded them, and it evolved into an elaborate ritual of beauty preparation for religious and ceremonial occasions. The cosmetic use of plants passed through the Greeks and Romans to Renaissance Europe where it developed as a separate interest, distinct from medicinal applications.

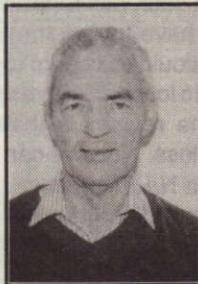
Refinements of the cosmetic properties of natural vegetation continued until the nineteenth century when the industry became more organized. Shortly after, artificial ingredients began to appear in the formulations. The use of chemical preservatives, synthetic scents and artificial colouring has increased in our century, as have allergic reactions to them. As a result, small businesses, and even some of the large ones, have once again begun to offer cosmetic products made solely from natural ingredients. One of these is a skin treatment derived

from the neem tree. The tree is called 'the miraculous healing herb', and David Suzuki, in 1994, devoted one of his programs on *The Nature of Things* to its amazing healing properties. Its bark, seeds, leaves, fruit, gum and oils contain compounds that are beneficial to a variety of ailments.

For thousands of years humans have sought to fortify their health and cure various ills with herbal remedies. While hundreds of substances have been tried and tested, few have withstood modern scientific scrutiny. Perhaps no other botanical meets the true definition of a panacea than Neem, a tropical evergreen native to India. Every part of this fascinating plant has been used to treat hundreds of different maladies from ancient to modern times. While it is still revered in India for its superior healing properties, recent investigation has dramatically increased worldwide interest in Neem and many products are now manufactured with this miraculous herb.

While legendary herbs such as ginseng are far better known, comprehensive research has proven that Neem has a far wider array of uses than any other herb. Ayurvedic Medicine, the centuries-old healing system, has utilized these timeless Neem formulations as a mainstay Ayurvedic pharmacy. Medicinal attributes of Neem were extolled in the oldest Sanskrit writings. Neem has been continuously referred to as the 'village pharmacy' due to its incredible array of healing properties. Its usefulness as a natural non-toxic insecticide, among other fascinating properties, further increases its phenomenal applications. Ferlow Brothers introduced, four years ago, Neem Tree cream, followed by a Neem Tree lotion, Neem Tree oil and a Neem Tree shampoo. Neem Tree has effectively helped chronic skin conditions that have failed to respond to standard medical treatment, including acne, eczema, ringworm, warts, athlete's foot, psoriasis (including my own of forty years suffering) and many other ailments.

by Klaus Ferlow



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See ad to the right.

ASTHMA + ALLERGIES = PROBLEM SOLVED

by Joel Whitehead



Asthma is treated rather successfully with Traditional Chinese Medicine and having people come back with reports that they hardly ever get attacks or rarely have to use their inhalers is quite rewarding. However, they would still seem to have it to some extent and were susceptible to low grade levels of trauma or threat of outright attacks. The reason is that ultimately it is an allergic response and no less. Now we can eliminate that allergic sensitivity through the NAET process.

When asthma is due to immuno-deficient disorders that are ongoing and lead to food and environmental sensitivities that are not actually allergies, balancing the body's energies may help to control it or permanently help to eliminate its potential reoccurrence. A case in point is that many young people seem to outgrow their asthma when their bodies grow into full development in late teenage, or with an increased interest in sports or general physical and emotional growth.

For the serious asthmatic, however, an asthma attack is not very fun at all. The bronchial tubes swell and muscles around the tubules go into a spasmic contraction. After that the air going to the lungs is blocked at least partially (and sometimes almost completely), leading to wheezing, coughing and labored breathing. More seriously, asthma, such as in cases of anaphylactic shock, ends in death more often than we care to believe.

Sometimes it is more of a cofactor response like cold or hot, humid weather or stress, which unbalances a normal asthmatic's coping mechanism to a response called an *allergic load mechanism*. This means that the proclivity to be asthmatic is allergic, but the extra load stressor forces the victim into an attack cycle. So, while for some of us just being

susceptible to colds, flus, bronchitis or the stresses that life can bring is bad, to be expecting it to be difficult with asthmatic complications would be almost too much for most of us to bear.

Certainly if a person gets an attack, the godsend of having something like an inhaler that relaxes the bronchospasms is a gift from heaven. No known asthmatic should be without one. The problems are that the big guns are steroidal, and when used with any frequency or extended duration, it can cause a lot of long term problems. Because your body creates its own steroids, the intrusion of strong steroids introduced into the system affects the body's abilities to produce its own. This could result in abnormal growth rates, also a weakening of the bones and osteoporosis. It is also quite common for older people to develop cataracts as a result of prolonged use of steroidal medications. Finally, steroids are a big factor in uncontrolled weight gain.

At one time it was not possible to eliminate the allergic responses of the child or the adult and so the only alternative was heavy medications and dashes to the emergency ward with someone gasping for breath. Hopefully, the good news is that being at the mercy of the disease is over thanks to NAET (Nambutripad Allergy Elimination Technique).

NAET has revolutionized the concept of allergy care. Instead of learning to live with allergies and eat around them, use rotation diets, or trying to desensitize each allergen over time with allergy shots, the allergy can now just be eliminated in a 24 hour period.

NAET is a much simpler, much more direct elimination of the problem that can be completed in about twenty to thirty minutes. Asthma may well be the most pressing and pervasive problem in the field of allergy elimination. While it is never one simple allergen, it is clear that since NAET has revolutionized the field, the key to winning the war against asthma problems is now well within reach.

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From the Editor...

Chit Chat

with Marcel

Working with people who are on a quest toward their Highest Potential is a rare opportunity for which I am truly grateful. Since I began my work with the Holistic Health Centre and Issues Magazine, I am finding every day filled with new insight and situations that clarify and deepen my current understandings. Like the other day when I was talking with a visitor to the Centre and we were discussing some of the new natural health products on the market. We were concerned that many of them are being promoted with a "Magic Bullet" type of presentation. A magic bullet is something that does everything for you. It takes away your power and stifles your initiative to take responsibility for your own health and personal growth. The consumer information says that these products have natural ingredients, contain many nutrients and are recommended for most ailments. The impression given is that they will solve all your health problems. There is no mention of giving any time or effort to reading or studying about your own body and the various choices that are available for maintaining good health. No mention of learning about natural nutrition and preparing and eating a healthy diet; no mention of putting any time, effort or energy into exercise; no mention of the benefits and self-understanding that can be derived from emotional release, meditation or spiritual practice.

To me, this approach is a deterrent, for many people, to learn self-responsibility. They purchase a pill or powder that takes absolutely no effort to take every day. I have no doubt that they receive some benefit from it, but their initiative has been discouraged to do any further searching and investigation into the actual workings of their bodies and ways to create good health. I take nutritional supplements myself but I feel that they are just that, a supplement to the other natural ways that I am eating. What concerns me most about this is the concept that nothing else is required. This is similar to the drugs that are prescribed by your doctor along with the idea that this is all that is needed to make you well.

I always try to remember not to give my power away to Magic Bullets. There is no substitute for the empowerment I give myself when I take the time to learn about the down to earth benefits of an organic, natural diet plus detoxification and all the other alternate health choices. These methods may take more of my time, effort and energy but, in the long run, I feel, are more effective, satisfying and growth promoting.

Marcel

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TELEPATHIC ANIMAL

by Jennifer Gross

What is telepathy? According to the Webster's Dictionary it is "mind to mind communication over a distance". Some people refer to it as the "universal language". How does it work? Telepathic messages can be received in a variety of ways: feelings; emotional or physical, thoughts or words, impressions, intuition, mental images or just plain knowing. It is a way of communicating something that science can't explain.

Are animals intelligent? Science has proven that animals can be taught, therefore, they can learn, therefore, they have intelligence. Dogs, horses, dolphins, chimps, and yes, even cats, can be trained to do specific things as many other animals can be also.

Can animals communicate? Animals usually show, by their behaviour, that they know what we are verbally telling them. But how do we know what they are trying to tell us? We can receive messages from them telepathically through: feelings, thoughts, mental images, etc.

Being quiet mentally is the first step towards knowing. In my communications with animals I have found that I work best when I am in a quiet, meditative state. I attempt to completely blank out my mind so that I am not dwelling on ANYTHING. I then start asking the animal questions: What is your message for me today? I understand you are doing such and such. Your owner would like to understand why so that the issue can be resolved. What is your purpose in life? Can you tell me about your past? What don't I understand about you? Do you have any physical ailments, and if so, what? Is there anything I can do for you, make you feel more comfortable, happier? Etc.

I accept the first thing that comes into my mind/body as being from the animal. If there is a blank space and then I receive something, I am much more inclined to think that it came from me instead of the animal. Blank spaces, to me, mean that the animal is either not answering or the answer is coming too fast for me to comprehend it.

How aware are animals? Bella, a dog in B.C. whom I had never met (I communicated with it from my home in Alberta while speaking to a family mem-

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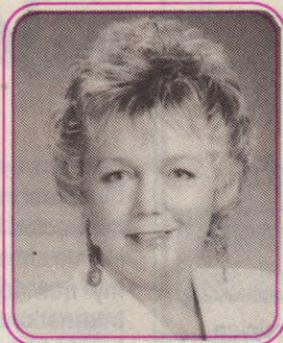
COMMUNICATION

ber on the phone) told me that she would pass away in five days. Much had to happen within the family before this could come about but it did. She passed away on the fifth day. Krystal, a cat, would not allow herself to be approached on the right side of her face and was very fearful of men. When I asked her why, she showed me a picture of her being held down by a man who was beating her on the right side of her face. She shed some heavy emotion over the memory and within two months her person could approach her right side without Krystal flinching, though she is still terrified of men. Equinox, a dog, was having kerfluffles in the park. She would muscle a dog to the ground and stand over it and growl. She never bit anyone but she sounded like she would like to. She would then go off on her merry way leaving one owner angry at seeing her dog downed and the other owner trying to pacify her. I told Equinox to stand aside and watch and gave her the preceding scenario. She was shocked that she was causing such bad feelings when she really didn't mean to. For two months there were no more kerfluffles. Then she and another dog had a growling contest with no physical contact. Her person had to remind her of our little chat and she was fine after that.

You too can communicate with your animal(s). It is a gift that everyone has to some degree. It requires you to: be open to the possibilities, respect your animal companion, quiet your mind, be emotionally calm, and let the communication happen.

In addition to working with animals and their people on a one-to-one basis (either by phone or in person), I also conduct workshops in teaching others how to communicate with animals. I live in Calgary with my husband Bruce, dog Sam and cat Penny.

See ad in Calendar



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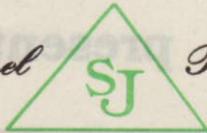
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Yahoo! Life

by Shelley Coleman

I feel very blessed in this moment of time. I feel focused, connected into my life's purpose, alive, radiant, full of health, in love and very much loved. And I would like to give thanks for my new found state of being to Denie Hiestand and the International Academy of Vibrational Medical Science's Training that I have been intensively involved with in the last two years.

Life is such an incredible journey if we chose to see it in that light. Each experience perfect in its outplay, with many gifts and opportunities to grow. I am very grateful to have been born in Aotearoa (New Zealand) "land of the long white cloud." It is a beautiful, untainted, pure country and I feel very blessed to have spent the first half of my life with the sound of the Pacific Ocean gently caressing my dream state and the freshness of the sea air clearing my mind's eye. Unfortunately in today's society I see many people caught up in their daily existence without taking a moment to appreciate the wonders of nature and gifts of life.

I always knew however, that there was something more.... some reality beyond this 3rd dimensional outplay. I experimented with many different ways of accessing that other realm, those heightened states of awareness, opening the windows to the beyond. Some of my chosen practices were beneficial to my health and well being and others were maybe not quite so beneficial. I can resonate with people's yearning to connect with that something more. Justifiably they search. There is something more and once it is found, it is fulfilling and satisfying beyond their wildest expectations.

For nine years now, I have been traveling this wondrous planet, experiencing what life has to offer, becoming one with the people I have met and integrating with the different cultures. Two years ago I was *pulled* back to New Zealand by a force so powerful I could not resist it. I did not understand it but I listened to those whispers and left a very harmonious, creative, loving environment of music, dance, dolphins and whales and returned to my homeland. It is so fascinating when one follows those little messages, goes with the flow and allows events to manifest, accepting and allowing whatever happens. For many years I had been *going with the flow* - being in the moment and doing exactly as my heart desired. Yet as with every pendulum swing, from extreme regularity in my busy daily schedule (I was an honors Law student with three different part time jobs plus doing a lot of voluntary work) to a free flowing lifestyle, there comes a time to find that balance. My heady, mind orientated University student lifestyle was replaced with a free spirited, independent, experiential way of being. Now I realize it is important to balance the two aspects of my beingness, the mind with the heart, the outgoing with the incoming, the go-get-it with the go-with-the-flow.

When I first arrived back in New Zealand I did a lot of soul searching and looked at ways to tie it all together. At this time I met Denie Hiestand and participated in the five day Energy Awareness seminar that he teaches worldwide at different power spots. Denie is a Master at fitting all the pieces of the jig

-the ultimate experience!

saw together. All the bits and pieces I knew, had learned and gathered over the years were masterfully placed so that I could see the fullness of this experience called life and understand my part within it. I had studied Chinese Acupressure Massage, Reiki, Meditation, Mysticism, Tantra and Dance Therapy and was able to see those pieces of the *healing arts* puzzle incorporated within a more comprehensive, all encompassing picture of Vibrational Medicine. What was totally refreshing was the Academy's approach to self-healing. That our body has an innate wisdom and contains all the necessary information we require for our health and well being. We do not have to learn specific techniques, certain *hand positions* or be initiated into anything. We are it all already! And the way of arriving at this new state of consciousness is through raising our vibratory rate and increasing our perceptual reality and awareness of energy. What I really resonated with was the way in which Denie Hiestand takes people to this enhanced state of awareness. Not with the old way of analysis, regurgitation, re-experiencing the old traumas, and going into our woundology, but rather a new approach of transmuting the disharmonic frequencies by increasing our energy and transforming the density. Yahoo!!! And it is fun! My kind of learning that's for sure!

see ad below.

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Recommended reading, Back to Life, by Denie Hiestand, available at your local bookstore or call 1-800-207-2239.

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THE HEALING JOURNEY

by Taron Puri

MEDITATION AND HEALING

Meditation as a destination is a space of ultimate bliss wherein the "I" has disappeared, leaving only the "One." Meditation as a process however involves an ongoing, step by step journey of self-discovery which uses and integrates various energy tools for its edification. Two such tools are the Universal forces of Light and Sound.

In ancient healing traditions, the uses of sound and light as healing agents have been varied and extensive. The native shaman for instance employs specific chants combined with particular movements to unblock and remove stuck energies in the patient's body. In fact, seventeen distinct rhythms have been identified and applied for specific healings. In Tibet and India, ageless sacred chants called mantras are enlisted by priests, monks and the general populace alike to invoke the flow of healing energies which bring about both personal and transpersonal healing.

In the Orient, these healing powers of light have been used for centuries in the forms of healing called Reiki and Chi Gong. Here, the practitioner connects to a universally abundant light source which is channelled through the healer into the recipient and helps him or her to become retuned and feel well again. And in the Philippines, faith healers manipulate matter and vibrationally alter it in order to bring about healing.

For a Healer, it is through the process of meditation that an "IN"-vironment is created which is integrated, focused, and ultimately more conducive to effective healing. Essentially, the mind becomes quiet, the "I" gets out of the way, and healing energies are free to flow through to the healee. Also, meditation opens the inner eye with which the healer sees not only to the depths of his own nature but also gains insights into the dynamics of Light and Sound Energies and their role as the building blocks of creation.

YOU AS YOUR OWN HEALER

How this discussion impacts upon you lies in recognizing that within your being, you too are a "healer!" This is because, although not necessarily in a vocational context but from a wider perspective, **the Creator has endowed us one and all with the powers of creation—thus making us co-creators with the universe.** How effectively you access, focus and direct this power depends firstly on your level of conscious awareness of these truths; and secondly on the degree to which you have chosen to develop yourself on the path to self-realization. Ultimately this recognition provides one with a proverbial key which when fashioned through the use of the appropriate tools, can open the door to an inner universe which is resplendent with peace, harmony, and light. Meditation, as a process, is one such tool.

MEDITATION AS A PERSONAL HEALING PRACTICE

As you arrive at the doorway of your inner universe, and the tools are provided for you to fashion the proverbial key, the question becomes, "Are you willing to invest in yourself through the tool of meditation to gain access to this inner kingdom of peace harmony and light?" If so, know that through your meditations you can connect with the endless supply of universal energy within which you can experience your ability to visualize and vocalize.

Through visualization, you can partake in self-directed or guided light energy healing visualizations that enable healing to occur at all levels of your being—be they physical, mental or emotional. The same is also true in working with **Sound**. For the Tibetans, sound is an intermediary for the translation of spirit into matter and vice versa—it essentially bridges between these two worlds and creates an integrated whole. Hence, through the vehicle of sound, be it in the form of toning, singing, dialoguing or even speaking gibberish, you can also can bridge and bring healing to your inner world. And to a clairvoyant, the result of such practices is clearly seen as a bright, sunny, clear and radiant energy animating every cell of your being!

For me what is essential for reaching the destination is having both the intent and the willingness to partake wholeheartedly in the "process" of getting there. And although the journey is one which will test your faith, trust and patience, it also is one which promises to bring the limitless to the limited; the transcendent and divine into a reality which is otherwise dualistic and mundane; and bliss and centeredness to an often troubled and unfocused experience which we call life! AUM

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MOVEMENT: THE KEY TO LEARNING

by Patricia Brady

While my initial exploration of Brain Gym was for its use in the classroom and with children with learning difficulties, Brain Gym is appropriate for any age and any learning experience. Let me, through some personal examples, clarify "learning experience". Perhaps some of you share this frustration with me...I used to experience extreme frustration when I would be told to close my eyes and visualize, for example, a tree. I saw nothing, and truly began to doubt that anyone really "saw" anything. After participating in a Brain Gym Balance, to my surprise, I could shut my eyes and see a tree, or any other visualization. While my lack of being able to visualize was not a major problem or likely to negatively affect my life, it is now fun to be able to do this.

At a more serious level (!) - my golf swing was an embarrassment. Not only was it uncoordinated it was totally ineffective. Again, by using some basic Brain Gym movements and a Brain Gym Balance plus continued practice, my golf swing improved significantly.

I share, along with many people, a concern over my weight and fitness. We all know what we have to do but the motivation and long term commitment is often lacking. The use of Brain Gym can help to maintain the motivation. On those days when my motivation is really low I do a few Brain Gym activities and find that I can follow up with my exercise program which in turn keeps my weight under control.

At one time in my life I was continually required to go to meetings. While I enjoy interacting with other people there were many times when the meeting was at the end of a busy day and my ability to maintain focus was severely impaired. Once I had knowledge of Brain Gym I was able to deal with this far more effectively.

Brain Gym can be used to enhance practically any area of our lives whether it be physical, mental or emotional. However, I would like to caution that it is not the "magic button" that resolves all our problems, it is a very useful and "easy to use" tool that used in conjunction with plenty of common sense, practice and adherence to existing medical or health related activities will be effective. *See ad below.*

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Shamanic Healing—Ancient and Powerful

by Laureen Rama

Shamanic practice is an ancient practice of deliberately connecting with 'non-ordinary reality' for guidance, power and healing. It is a common heritage of

almost all cultures and has been around for at least 30,000 years. Our ancestors expressed their spirituality in this way and it was integrated into every aspect of their lives. It is a wonderful complementary practice for almost any spiritual belief system. Also a powerful vehicle for personal transformation.

Non-ordinary reality is present in the same time and space as ordinary reality but we are usually not consciously aware of it. It touches us through our intuitive hunches; we are probably there in some of our dreams; it may be our own subconscious, or Jung's collective unconscious; it is what some call the spirit world, others the dreamtime. A shaman (a word from the Siberian Tungus tribe) is someone who can work with non-ordinary reality to provide guidance and healing for others.

Contemporary Core Shamanism: The method that I have learned, teach others, and use to perform shamanic healing, is Michael Harner's core shamanic practice. Harner is an American Anthropologist who developed a synthesis of the essence of shamanic practices from around the world. His core shamanism is an easy-to-learn bare bones approach to accessing non-ordinary reality without any cultural trappings. Every practitioner can develop their own personal style and ritual as to how they do shamanic practice and tailor it to their own spiritual beliefs.

Healing Practices: Shamanic healing is very powerful and usually best performed by a trained and experienced shamanic healer. When a shaman connects with non-ordinary reality to ask for healing for a client, the healing practices that may be identified are infinite, but two are common:

Soul Retrieval: Sometimes we separate from a part of our essential self. In contemporary shamanic practice we refer to this as soul loss. This soul loss is usually a healthy natural coping response to trauma (eg. car accident, abusive situation). When someone is traumatized, it can be too painful and overwhelming for them to be fully present and aware, so a part of the soul leaves to wait in non-ordinary reality for the person to become ready to address the situation, or waits until they are out of the traumatic situation. This is often referred to as shock or dissociation. Usually the essence fragment returns naturally, but sometimes it doesn't if the trauma has gone on over time or the person becomes so used to their state that they do not have a strong desire to return to wholeness.

Sometimes we experience soul loss because we have given away a quality of our essence to someone else, or allowed them to take it. We often give someone a quality of our essence (eg.

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patience, assertiveness, zest for life) because we want to help them, or they may want this quality of ours for themselves. But no one can make use of our essence but us, and when it is with another person, they are weighed down and we feel unnaturally connected to them. Co-dependent relationships are often a result of such soul trading.

When we have soul loss, we feel something's missing, we have an emptiness, and we may try to fill it through addictions, compulsive behaviour, taking energy from others, or we may simply become depressed. We may have done much personal growth work at the emotional and psychological level but still feel stuck, like there's something we can't get at. Working at the spiritual level, a shamanic healer retrieves our soul, finding and returning those lost parts of our essence. If we are open and ready, this changes us instantly and then our work begins in integrating this wholeness into our lives. We are usually called then to change our lives to reflect our wholeness and everyone in our lives must adjust as well. The focus in follow-up, which is best guided by an experienced shamanic healer, is on using these new inner resources to create a positive future. Further counselling, reading, and calling on a support group can also help us change old habits and behaviours that no longer serve us.

Sandra Ingerman, the author of Soul Retrieval, has pioneered this practice in contemporary times. It is best to ask someone who has taken her five day training course, or my seven day training course, to perform this healing for you.

Removing Blocks in Spiritual Energy:

This practice removes spiritual baggage that does not belong to us, or blockages we have created in our spiritual energy by not addressing intense emotions. For example, we may be angry at someone and stew on that anger without addressing the situation that made us angry or without releasing the anger in a healthy way. We will likely create an angry energy block in our body, usually somewhere in our torso. Then we will have a low level of anger almost all the time and be prone to easily becoming angry. If this block is not released, it may grow and over time it will affect our physical health, likely of our internal organs.

People can also project these en-

Continued on page 22.

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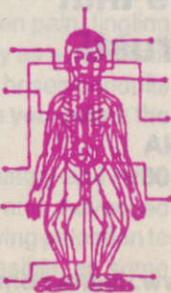


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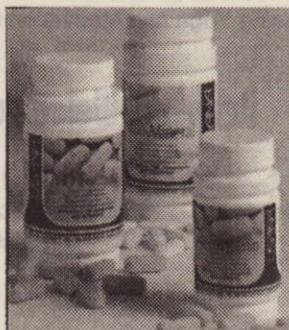
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THE POWER OF NUTRITION

by Bea Kinnear

About two and half years ago, a friend of my son was in our home sharing information regarding a new line of nutritional supplements in Canada. Although somewhat skeptical and mostly not interested, he did gain my attention when improvements with asthmatics were mentioned.

Having been a sufferer since childhood, I now needed to use my inhaler even to go halfway up a short flight of stairs. My asthma had gotten progressively worse over time. I have tried other vitamins and products on and off over the years but with no relief. In a couple of cases I even had allergic reactions.

At my son's insistence I agreed to at least try the new supplements. Two weeks into the first month's supply, I felt so sick that I wanted to stop (I now know that this was due to the detoxification process) but my commitment to my son made me carry on. Towards the end of the third week, I suddenly realized that I had slept soundly all night and that I had not reached for my inhaler upon rising. I still told myself that it was probably just a good day. Three "good days" in a row, however, my doubts began to vanish. It was clear that the supplements were making all the difference. I can say with sincerity that my life has changed dramatically in every way. Not only have I received a tremendous remission of my asthmatic symptoms, but also the migraine headaches that have plagued me for many years have now been "very" few and far between. My asthma will always be a part of my life and I will always carry my puffer with me, as an asthmatic you can never know if you can have a sudden attack. Even now, that is never as often as it has been in the past.

I bless the day that I gave these supplements a try. They are now an essential part of my life!

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VASCULAR BUNDLES

by Cassie Benell

You are probably wondering just what a vascular bundle is. "Vascular" means having to do with circulation of the blood and lymph, and the bundle refers to the protective sheath of connective tissue around an artery, vein, nerve and lymphatic duct within whatever area of the body. The vascular bundle is not unlike the flexible, metal conduit used in electrical wiring to protect the wires from damage, but instead protects the blood and lymph vessels and nerve, which runs along the blood vessels.

When we have a blow to an area or even injure adjacent tissue, it is possible to affect the vascular bundle. Some of the kinds of symptoms we can experience in such a case are numbness to the outlying tissues (for example, a hand), coldness, tingling, soreness, aching, swelling and the like. When a nerve is pinched, numbness, tingling and aching in an area further away from the spine are some common symptoms. Coldness and soreness may relate to pinched blood vessels, since the blood allows warmth to move out from the core of the body and carries nutrients and oxygen to the tissues while carrying away cellular waste products (e.g. lactic acid) and carbon dioxide. Pinched lymphatic ducts can cause swelling and congestion in the tissues.

Some common areas where the vascular bundles get pinched are under the collar bones and in the lower front shoulders. One client whom I saw had done a lot of cross-country skiing and fallen a lot on one shoulder and now was experiencing much numbness in that hand. His vascular bundle under the collar bone was quite twisted. By making gentle contact with the tissues and following them, I found that the bundle sheath there was almost in a spiral. The tissues unwound, and the numbness went from his hand. In another case a lady client had been told by her doctor that she had a partially blocked carotid artery (between the aorta and the head). When following the artery, I found a strong shear (diagonal pull) and spiraling; working with the tissues, they unwound. Then she suddenly exclaimed that she had a rush of blood to her head on that side of her neck. Her pain had disappeared. One fellow that I worked with had had a lot of irritation to the back of his knee. It turned out that his bundle sheath in the popliteal fossa (back of the knee) was twisted. By following it and letting it unwind, his pain went.

This seems almost too simple to be true. If you think of a hose, when it kinks you get no water. Likewise if you kink or twist a vascular bundle sheath, you can impair the circulation of blood and lymph. If the nerve is irritated, then pain, tingling or numbness can happen. Looking at the body as a mechanical system, it is easy to visualise that kinked hoses/conduits will affect fluid and nerve transmission. When you unkink the hose, things flow!

The techniques used to address the circulatory and nervous systems come from Mechanical Link and Advanced Manual Therapy. It does take gentle and knowing palpation to address these sensitive systems, but it is possible, as some happy clients can verify.

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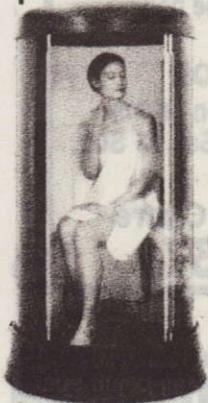
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Sweating it Out

by Linda Luider

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Working up a good sweat is essential to your physical health. It's estimated that 30% of bodily wastes are eliminated by perspiration which can be enormously beneficial to your mental well-being. The ancients were well acquainted with the rejuvenating effects of "sweat bathing" — the Romans, Aztecs and North American Peoples all used sweat baths, as did Muslims, Russians and Turks.

The popularity of sweat bathing is rising in health centres in the United States and Canada as more and more people are experiencing first hand the benefits of this soothing "indulgence". Even though most medical scientists will not acknowledge the therapeutic value of sweat bathing, many interested in alternative health care find it useful in the treatment of a range of complaints from arthritis and allergies to the common cold and poor circulation. In Finland, sauna bathing is used in the treatment of some types of rheumatism. It is also popular among athletes as a means to a speedy recovery after physical exertion. It is being used in various parts of the country in drug and alcohol rehabilitation

to help speed up detoxification. In Dallas at an environmental health centre, sauna treatment is used in conjunction with other therapies in the treatment of multiple chemical sensitivities.

My own husband, a contractor, had an opportunity some months ago to experience personally the benefits of a steam bath to help rid the body of toxic chemicals. He was about two-thirds of the way through spraying an industrial coating on a ceiling at a job site when his respirator filters failed. Being anxious to finish, he decided to continue spraying the balance. This experience left him dizzy and disoriented, nauseated and produced a pounding headache. After coaxing, I persuaded him to try the aromaSpa® for his first time. After fifteen minutes in the spa, with a blend of essential oils, he emerged feeling great! In fact, he insisted that we purchase a double unit for home for it made him a believer.

So the next time a friend tells you not to "sweat it" when you're stressed out — just say "thanks - but I need to sweat it out." You'll be glad you did.

See ad to the left.



Shamanic Healing

Continued from page 19

ergy blocks into others. Again, for example if you are angry at someone and let them have it, energetically by verbal or non-verbal projection, they may pick up and hold that angry energy in their body. We would only pick up and hold these energy blocks if we were energetically vulnerable. In a vulnerable state, we may also pick up free floating energy that could become a block in our body.

In performing healing, a shamanic healer can remove these intrusions or blocks leaving us feeling lighter and more energetic. It can sometimes effect remarkable healing of physical ailments too. I have had a client's high blood pressure drop to below normal and stay there for years. Another client had crippling arthritis in her hips and after removing energy blocks, she sat in the lotus position on my couch, and is able to dance and walk freely again.

Shamanic healing is a powerful ancient practice that is being rediscovered and brought to many more people at this time in our history when there is an openness and readiness to heal our souls and recover our wholeness.



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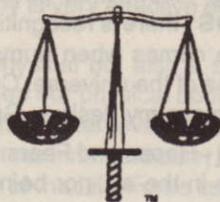
The word Gnosis comes from the Greek language and means knowledge or wisdom. We are more familiar with the word "agnostic" which means lack of knowledge or "not knowing". It is important to know what kind of knowledge we are talking about. We are not talking about academic knowledge, something that can be learned or memorized from books, or something that someone else has experienced. For us that is not direct knowledge. Nor are we talking about theoretical knowledge, knowledge that may or may not be verifiably true, or may be partially or occasionally true.

True Gnosis is something that each individual can verify for themselves. It is not something new, it is something that has been known as long as humanity has existed. Through the centuries, it has been known by many names: the higher mysteries, perennial philosophy, alchemy, esoterism, etc. Regardless of the name, the core of the teaching has remained the same. It was taught overtly or openly at times, and at other periods in history it had to be taught secretly, to escape persecution. In those times it was passed from "lips to ear."

At the present time it is being taught publicly by the international, non-profit organization known as the Universal Christian Gnostic Movement. Even though the name implies it, the teaching is in no way limited or restricted to the Christian tradition, but in fact is a synthesis of all traditions, eastern, western, ancient, and new age.

The main objective of the teaching is to awaken our own inner, latent potential. We learn that we all have a spark of the Infinite, what is known as the "Essence." Also, we all have higher senses, faculties that in most people are dormant and forgotten. Through various spiritual practices we are taught how to liberate this inner potential, expand our consciousness, and rid ourselves of the negativity that we ourselves have created through many existences. The basis of the teachings is contained in the Three Factors for the Revolution of our consciousness. One: to learn how to rid ourselves of the negative "ego" that which restricts us from our full potential. Two: through spiritual and alchemical practices, to regenerate ourselves physically, and to awaken our own latent powers, that are necessary for higher spiritual work. Three: to freely pass on the teachings to others, never expecting anything in return. All our courses are totally free of charge. See ad below.

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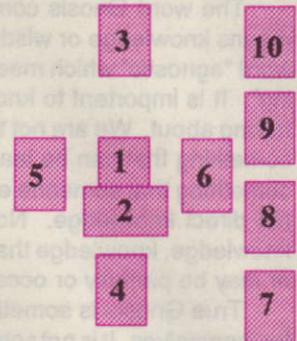
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Simply Tarot

by Maurine Valorie

Financial restraints have made the Machu Picchu trip in May with Serenity Transformational Tours "iffy." Three of my close friends are going at this time, so the October trip isn't as inviting for me. My Question: Is it in my highest good to "make" the trip to Peru happen in May?



Card 1 - Present situation: **PAGE of CUPS** - a message of loving myself enough to take the trek that I've wanted to go on since seeing Shirley MacLaine's *Out on a Limb*.

Card 2 - Crossing the situation: **ACE of SWORDS** - using the brain, not my brawn or emotion. Look at the black and the white thoughts.

Card 3 - Crowning me: **STRENGTH** - the courage and humility of discovering my true personal self without concern for outer appearances. "Mastering others requires force, mastering the self needs strength." *Lao Tsu*

Card 4 - Foundation - **7 of WANDS** - the challenges of high ambition are always vulnerable to threats from above and below. Just how ambitious am I to go in May? Am I willing to put my career "out there" and with sustained effort and skill make the trip happen?

Card 5 - Passing Influences (lessons learnt): **THE SUN** - my burning desire is to go, and it is clear and rational that the sun's cosmic energy creates love and abundance. I have an inner light of faith. By dispelling fear (the negative use of faith) I am as non-secretive as a child (this column).

Card 6 - What is entering my life?: **SEVEN of SWORDS** - muddled thinking and a standstill. A bunch of past burdens (karmic?) that I feel I am shouldering by myself. Just who do I think I am? People travel when they have \$ in their jeans, not on a pay-back-later plan!

Card 7 - Where I will soon be: **QUEEN of CUPS** - a woman that is an agent for truth. The good and the not-so-good parts of the self are openly visible. I feel joy from doing that which I feel deep in soul is right.

Card 8 - How other people see me (what I project): **3 of WANDS** - there is recognition of being on the right path. Good fortune comes when human needs lie in harmony with the patterns of the universe. Continue my present activities and I will achieve my desires. Grace is available!

Card 9 - Hopes and Fears: **7 of CUPS** - I must be realistic, no castles-in-the-air, nor being a victim of wishful thinking...my hope is to move into a deeper spiritual experience when in Peru, while my feet are on the ground.

Card 10 - Outcome: **2 of PENTACLES** - take a risk with money. Beg, borrow, jiggle, shift, do whatever. It will come back eight-fold. The exchange of energy of enthusiastically working and inspiring people to work with me ensures that money arrangements will go smoothly. YAH!

Maurine Valorie



- Tarotologist
- Light Life Polarity Therapist
- Rebirther
- Author of "Simply Tarot"
- Psychic
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WORKSHOP SCHEDULE

- April 3-6** Vancouver, Chuck & Lency Spezzano
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- April 10-12** Celista, B.C., with EXCELEX
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- April 18** Saturday in Vernon, B.C.
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HEALING with COLOR

by James Minckler

Light is the mask of the Creator. All life on Earth depends on light from the Sun, a source of life and energy. Color is the different qualities of light. Light is the masculine or positive charge in Nature, color is the feminine or negative force.

The soul always lives in color. Color is as necessary to the soul as air is to the body. When we take away the motion of light or color we have no awareness of the appearance of matter. We receive all knowledge of the Universe through this electro-magnetic radiation. White light of the Sun is absorbed from the atmosphere by the physical body and is split into component color energies, which in turn flow to different parts of the body to vitalize them. Light is a force that stimulates growth: every living thing depends upon it to build and maintain its form. Light brings about chemical changes in Nature; by changing the qualities of light we can also bring about chemical changes in the body. Therefore, light, whose source is solar energy, is one of Nature's greatest healing forces.

In 1665 Isaac Newton beamed sunlight through a prism and found the presence of the seven basic colors. The human body is also a prism that reflects this white light. Color therapy is the science of the use of different colors to change or maintain vibrations of the body to that frequency which signifies good health and harmony. Healing by means of color was the first type of therapy used by humans, it is Nature's own method for keeping the body in balance with the rhythms of life. Color expresses the way we think. Our emotions and our actions affect the electro-magnetic field which surrounds us and is reflected in our aura. Color can help to restore balance when a blockage or imbalance of this energy has resulted in disease. The use of color can help to restore vitality to the etheric body through the projection of specific color rays, which are then absorbed by the Chakra centres. The pituitary gland transforms these colors into revitalizing energies to rebuild the centres that are lacking in energy. Color healing shows us how to make light work for us.

Life is color; each organ has a specific color. Each color has intelligence and polarity, knows its functional role, and works selectively. Color is a vibratory energy that can activate a particular organ, gland and system in the body. The application of the correct frequency of the electro-magnetic force field will change the altered function of the body and help return it to its original healthy patterns. It is this energy, which is the result of applying color through light, that is important in the body and in the mind. Color therapy is very effective because it helps maintain this balance.

Color healing is not only a physical but also a spiritual force, and thus forms a link between our physical bodies and the finer forces, or vibrations, of the higher levels of spiritual growth. Color is the bridge between our inner and outer bodies. The vibrations of color are energy of the Life-Force itself and are here to aid us in our growth and progress toward the oneness which is our ultimate purpose. The more intimate our color experiences become, the more attuned we will become with Nature. The use of color is one of the many of the natural tools available to help us walk in balance with the Universe.

See ad to the right.



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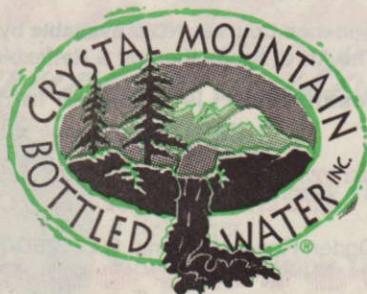
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Who is Sathya Sai Baba?

The following is from the Introduction of:
SAI BABA...The Holy Man...And The Psychiatrist
by Samuel H. Sandweiss, M.D.

I first met Sathya Sai Baba three years ago. I went to India as a western psychiatrist to study the psychology of religion at first hand and left with a deep sense of mystery about a being I could not comprehend.

Sai Baba says, *My life is my message*. He teaches about spirituality in a universal language, attracting the attention of people from all over the world, all walks of life and all religious beliefs.

What is it about this world teacher that is so captivating? His followers believe him to be more than a revered spiritual leader. Scientists, educators, leaders of government and public figures, as well as the poor, the weak and the sick—the whole spectrum of humanity—attest to the fact that Sai Baba is capable of the most extraordinary feats. It is reported that he can materialize objects from thin air and is capable of remarkable clairvoyant, telepathic and healing powers; that he is able to transform himself into other forms and identities and transport himself great distances instantaneously; that he has been seen in two or more places at once.

The scope of his reputed powers boggles the mind; it is in fact thought by his followers to extend beyond the limitations of time and space. To them, this charismatic and mysterious man is an *Avatar* (the concept of God taking birth in human form).

It is hard, to put it mildly, for most Westerners to take such claims seriously. Yet the calibre of people convinced of Sai Baba's paranormal powers, and increasing documentation available on him is impressive. To understand these phenomena, I had to become a part of them. Indeed, I took the direction from Sai Baba himself: *You must dive deep into the sea to get the pearls. What good is it to dabble among the waves near the shore, and swear that the sea has no pearls in it and that all tales about them are false? So also, if you must realize the full fruit of this AVATAR, dive deep and get immersed in Sai Baba. Come, examine, experience, have faith.*

Who is Sai Baba? If his powers are genuine, how can he lead one deeper into the innermost mysteries of our existence? These were the basic questions with which I started my search. I invite you to join my journey toward this holy man...to explore an exciting and inspirational realm of human possibility through this enigmatic figure.

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Life is a game, play it!

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There is only one caste, the caste of humanity.

There is only one language, the language of the heart.

There is only one religion, the religion of LOVE.

There is only one GOD, HE is OMNIPRESENT.

Rain falling in different parts of the world flows through thousands of channels to reach the ocean...and so, too, religions and theologies, which all come from man's yearning for meaning; they too flow in a thousand ways, fertilizing many fields, refreshing tired people and at last reach the ocean.

See ad in NYP - Spiritual Groups

My Personal Shamanic Drum Journey

Dorothy Polukoshko

It is difficult to put into words an experience which was felt by my deepest consciousness. The drum journey was one of those life altering events which only occur once or twice during one's life. Although nothing changed physically, emotionally and spiritually I have been changed forever. I am discovering that I seem to be much more sensitive to how people in my life are feeling both physically and emotionally. There is a desire to want to provide support and caring to people in a way I never felt before. If I continue to respond positively to my message, I believe that my life can be rewarding to an extent that I never thought possible.

My journey started innocently enough in the fall of 1995 when I became a yoga teacher in training with the South Okanagan Yoga Association. Then in the late spring of 1996, my yoga teacher, Mugs Mahler, told us about an International Yoga Teacher's Conference at Uluru (Ayer's Rock) in Australia. The logical, practical me said, "I'd love to go, but there is no way it can happen." However, there was a very small part of my being that knew I was going and that it was essential for me to be at Uluru. This internal voice got more assertive and by the spring of 1997, my husband, two sons, and myself had plane tickets and plans for a month's holiday in Australia, including the yoga conference. My family spent a wonderful three weeks travelling Australia and I arrived at Uluru ready for some yoga.

During the first day of the conference, Mugs, who also attended with her family, introduced me to her friend and yoga colleague, Prue Kestner. Prue is a long-time yoga practitioner and teacher from the United States. We spent a little time together and from the first meeting, I felt truly at ease and knew Prue to be one of those people who is at peace with herself and one who unselfishly cares about others. On the second or third evening of the conference, Prue offered to speak to the delegates about becoming a Shaman and what Shamanism involves.

I knew absolutely nothing about Shamanism, but I was curious, so I attended. I listened as Prue spoke about what it means to be a Shaman and I must admit, my Western scientific mind became more and more skeptical about the ability to go on a drum journey, to have guide animals, and to heal and guide souls. When she offered to do a drum journey for those interested, part of me was very curious while part of me was quite anxious about the whole procedure. In the end, I did decide to stay.

Prue explained that we were to lie down, and as she drummed, we were to imagine we were walking in a meadow and then we were to ask our guide animal to show itself. If the animal showed itself, we were to ask, "What am I to learn by being at Uluru?" Again, I felt skeptical, but I thought, "Okay, I might as well try." So, I went into the drum journey with little knowledge, an analytical and somewhat closed mind, with no expectations of anything happening. What I came out of the journey with was an extremely profound spiritual experience with a powerful personal message, which actually affected me physically for a couple of days. During the drumming, I was perfectly coherent and able to make mental notes to myself. I was never scared, although for some time an incredible pure

energy (light?/fluid?) poured up through my heart chakra. There was a feeling of pure love, acceptance, and peace throughout the experience. This energy was coming from Uluru, and Uluru was me, I was Uluru, and we were alive with pure energy and love

This description sounds so inadequate, because words just cannot express the true scope of the experience, but this is the best I can do. After coming out of the drum journey, I was quite emotional and I was able to talk to Prue for some time to debrief. She said that I had received a gift and perhaps the drumming could be healing for me, and what I needed to do about it.

This experience was meant to happen. Events in my life led me to Australia, to Uluru, and to Prue Kestner. I deeply thank Prue for being my guide, and now I must learn from my message, come to understand it and share my incredible gift with those I come into contact with. Prue is coming to Penticton April 17th and 18th to do a Shaman drum journey and to share her yoga expertise. I highly recommend these workshops to everyone interested in meeting this incredible woman!

I want to end with a quote from my journal of my Australian trip. "Uluru will forever hold a sacred meaning for me and the Rock and I are forever intertwined. I know, in my soul, that Uluru is a deeply spiritual place and that it is one of the strong energy centres (and strong healing centres) of our Earth."



Prue Kestner

Prue, from Maryland, USA, is a practising Shaman who brings much skill and fun to the session. She is also a yoga teacher of more than 25 years, a teacher member of the International Yoga Teachers' Assoc. and past president of the US branch since 1981. Her joy is in sharing with others

Shamanic Drum Journey

Friday, April 17, 7 pm - 10pm

Shamanism is not a religion but getting in touch with the universal in a direct way. Bring drums and/or rattles for the evening, homemade are great.

Now, We Begin...Yoga Workshop

Saturday, April 18, 9am - 4pm

Prue bases her teaching upon deep study of yoga as experienced intellectually, physically and spiritually. She focuses on anatomy, yoga philosophy, breathing through the chakras and how to integrate yoga into life.

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TEACHINGS OF THE MEDICINE WHEEL

Hyemeyohsts Storm's books, and the teachings he and Swan offer, have helped me realize we are all children of the Earth. We are all connected to each other, as well as to the plants and animals. Because of this, the greatest gift we have to offer is the gift of ourselves. It was an honor for me to interview these teachers.

Libby Fairweather from
Synchronicity Magazine in Calgary

An Interview with Hyemeyohsts & Swan Storm

Hyemeyohsts Storm, author of *Seven Arrows* (1972) and *Lightningbolt* (1995), was apprenticed to a Mayan Breed Indian, Estcheenah. This Zero Chief, who was born during the Indian Wars of the 1800's, was one of the wisest and most powerful Medicine Chiefs of her time, a Carrier and Teacher of the Medicine Wheels.
LF: *To start with, would you tell our readers a little about yourself?*

HS: I am a 64-year old medicine man half-breed Indian, northern Cheyenne, and many years ago, while I was very young yet, I had gone through my "thing" — trying to find my heart and my mind, trying to find my feet in society. And that was very difficult for a young man coming from a reservation then because there were no real opportunities at all for Indians. So what's interesting about my life and my situation, being a "blue-eyed Sitting Bull" and living in both worlds, it gave me an opportunity to *speak* from both worlds. Until my first book, *Seven Arrows*, came along in 1972, very few people had ever seen the Indian world from the viewpoint, and especially the language of Indians. Language is very important; it has a lot to do with our daily lives and how we command our minds.
LF: *Many people in this culture don't understand the language of medicine wheels. What can you tell us about them now?*

HS: Medicine wheels are not something you have to *believe* in — you don't believe in the sun, because it's there in the sky, you don't believe in our sacred Earth, because it's right under our feet, giving us life, you don't believe in the stars... These things don't require *belief*, they require examination, paradoxically, of the self — of who you are and how you fit into the question of life and death, because death is around us all the time, life is around us all the time. Mother Earth speaks in these languages in the medicine wheel, spring, summer, autumn. They're not poetic: they're very *real* in that we grow old, and we do get into our autumn, and we do die. And we are reborn again.

There is, in the western world, a great questioning now, about some of the old languages, old religions. Not because they're discussing what "spirit" is or "God", but how those things were translated by people of the past. Medicine wheels are like that. Medicine wheels have you question the east and the west and the north and the south. The east is spirit, the west our body, south our heart and the north our mind.

Swan Storm has studied the history of the Zero Chiefs for over a decade. Now as a Carrier and Earth Teacher of the

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Hyemeyohsts Storm

Author of *LightningBolt* and *Seven Arrows*

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Medicine Wheels, it is her life's work to bring their knowledge to people around the world. She is currently working on her first book with a focus on the history of women who are Earth Teachers, Leaders and Zero Chiefs. When I spoke to her in February, she went further into the history and significance of Medicine Wheels and of the Zero Chiefs.

SS: The Medicine Wheels are not a religion specifically. However they are an Earth science and spiritual philosophy that reaches back in the Americas thousands of years. Originally they were discovered by the Zero Chiefs — scholars and healers and teachers who discovered mathematics, and specifically the zero, simultaneously discovering the Medicine Wheels.

The Medicine Wheels reveal in a simple and yet very sophisticated way how we humans relate to life and our Earth, physically, spiritually, mentally and emotionally. And this came out of their speaking many questions, like how did creation create this amazing thing called life? Who is creation? How do I, as a human, relate to fire? How do I relate to a star? to a tree? to the ocean? Where do I come from?

There are over a thousand Medicine Wheels that all describe different aspects of life. Some describe the sacred elements of our Earth, while others describe the inward mind of the human in relationship to Mother Earth. There are Medicine Wheels that describe the first democracies of the Americas and Medicine Wheels that relate to the human self: spirit, body, emotions and mind.

So the Medicine Wheel is needed, all over the world, to renew our relationship with our Earth, and our understanding that we cannot live separately from a balanced Earth and continue as human. The Zero Chiefs taught that it's *here*, on Earth, where the human spirit wants to come. Here is where humans learn and grow — our greatest university. The children of the Zero Chiefs and their communities have this understanding of the sacredness of life. We are here for such a short time to experience the physical and spiritual worlds, with our sacred grandparents of the Sun and the Earth and the plants and the animals and the rain and the storms and the seasons and the oceans. When we leave, we cannot learn from them any more but while we're alive, we can learn from our grandparents. *See ad to the left.*

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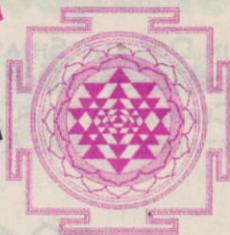
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ONE MIND...ONE WORLD

Jane Barter, R.N.

Today in this time of shifting consciousness, do you ever wonder where you can go to connect with like-minded others, to share and *rejoice* in a positive environment? Over the past three to four years I have completed lots of metaphysical learning, growing, and healing. I've absorbed dozens of books which have changed my thinking and my consciousness...from Deepak Chopra to Louise Hay to Wayne Dyer, *Conversations with God* and *Celestine Prophecy*, these have all been enlightening---still, where do I go to reinforce, expand and celebrate this teaching? How do I teach it to my children and my family?

Through coincidences and synchronicities, I ended up at the Kelowna Centre for Positive Living (KCPL). I started out with a few Sunday Services and followed with enrollment in classes in *Science of Mind* with Reverend Kenn Gordon (who is a wonderful nurturer of spirit). Now my life has evolved to a whole new level, I have become a board member with the KCPL and I feel privileged to be a part of this organization.

KCPL's vision is to awaken humanity to its spiritual magnificence. It is to teach that each and every one of us is a part of the same whole. We all evolve from the same source---a source we may call *God, Spirit, or Universal Energy*---The One Mind. It follows a very strong and deep teaching which we call *The Science of Mind*; summed up it states that we all create our own reality by our thinking "*As you think...so you are.*" Our lives are meant to be joyous, loving, abundant, creative and expanding---if we could only think and believe this.

The more time I spend in this teaching, the more I believe in our own divine power. This teaching is considered *New Thought*, yet most of it originates from ancient teachings from as far back as Plato. The *Science of Mind* text was written in the early 1900's by Dr. Earnest Holmes, who had studied all the world's religions and philosophies and was determined to create one Great Philosophy free of Dogma and Full of Truth.

I have learned a form of prayer called *Spiritual Mind Treatment*; this is putting into mind a *positive affirmative knowingness* which has the power to manifest with great potential. Every day I live in gratitude for this power and this knowingness. The beautiful thing about treatment is that it can be done any time and anywhere ---in your car, at work or making dinner...the results are amazing.

I would like to invite you all to join us...Change your thinking...change your life. See ad under *Ongoing Events* page 32

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Astrological Forecast

April 1998 by Moreen Reed

We begin the month of April with the release from the grip that Pluto (power) and Saturn (control) have held us in since November of 1997. Mars planet of action rockets us out of their grip for good on April 2, shooting us forward in classic Aries fashion, jubilant for freedom, like the intensity of a fresh spring day. This headlong dash reaches its fullness with the full Moon on April 11, after which action cools its heels with Mars entering into Taurus on the 12th. Tangible results must now be part of what motivates us all. For those with more watery dispositions, your experience of life being too fiery will change noticeably now. Mercury is Retrograde throughout this period so we may pause to consider, before plunging headlong into this feeling of freedom, or wander around confused after such a long time in the grip of power/control struggles.

The full Moon on April 11 occurs at 3:24 pm PDT, asking us to shed the light of awareness on our ability to take responsibility for our intentions. This is the courage to keep the air clear, no hidden or unconscious agendas. Look at what fears gets in your way, and develop strategies to dispel them. The highlighted degree symbolism* is "The gate to the garden of desire." There is enough Aries here to push many into direct fighting against repression.

After the middle of the month Jupiter, planet of societal beliefs, is challenged to incorporate the new spiritual wave from Neptune's recent entrance into Aquarius. Religious racism will be asked to embrace a humanitarian approach.

Relief from the first of Mercury's retrograde cycles occurs on April 20. Forward motion begins again with contract negotiations, decision making, and the planning process. You can pick your day timer out of the garbage it will work again!

The new Moon on April 26th at 4:42 am PDT gives us all an opportunity to plant the seed of literal survival! This Taurus new Moon is also tied to the current evolutionary challenges facing humankind, so the future survival of the species must be taken into account!

We close this month with Mars and the Sun tracking together in Taurus, productivity should be moving along very nicely. Memories of the recent months of intensity receding into our collective memories, Yes!

**taken from "The Sabian Symbols" by Marc Edmund Jones*



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April 28	Touch for Health, T.F.H.
May 12	Education Kinesiology, Edu-K
May 26	Vision Circles
June 9	Brain Organization

UPCOMING CERTIFIED COURSES

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Brain Gym	Weds. Eve., Apr. 22 - June 8
	or 2 weekends, May 2&3 & May 30 & 31
Vision Circles	June 5, 6, & 7

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CALENDAR

of Events

April 1

The Universal Gnostic Movement, free public lecture 7:30 pm, p. 23

April 1-15

Free Financial Seminars with Duncan Goheen in Kelowna, Wednesdays, p. 5

April 2 & 3

Energy Boosting, Free Seminars in Kelowna with Dr Zhi Gang Sha. Back cover.

April 4 & 5

Holistic Health Fair, in Penticton at the Holistic Health Centre, p. 21

April 10-12

Solar Heart Initiation with Maurine Valorie in Celista, B.C. p.24

April 11

Brain Gym Workshop, with Patricia Brady in Penticton at the Holistic Health Centre, p. 17

April 13-19

Touch for Health Seminar with Yvette Eastman in Vancouver, p. 2.

April 14

Structure of Intellect, Free intro. at Turning on the Light Learning Centre, p. 31

April 15

Holistic First Aid with Evelyn at Innervations Wellness Centre in Winfield, p. 15

Mark Phillips & Cathy O'Brien, Mind Control Goes Public, in Vernon, p. 39

April 17

Shamanic Drum Journey with Prue Kestner in Penticton, p. 27

April 18 & 19

Tarot with Cheryl Grismer in Vancouver, p. 13

April 24, 25 & 26

Spring Festival of Awareness, Naramata

Soul Journey with Craig Russel in Kamloops, Vernon and Kelowna, p. 14

April 25-29

Energy Awareness Workshop with Denie Hiestand, Silver Star Mountain Resort, p. 15.

April 27

Biofeedback with Haley Jonstyn, Intro evening in Penticton, p. 34

May 1

Energy Balancing with James Minckler, Intro. in Penticton at the Holistic Health Centre, p. 25

Healing Touch for beginners at Naramata Centre, contact Judy 498-3538

Leonard Eagle Cloud, Medicine Wheel Workshops in Kamloops, Vernon & Kelowna, p. 2

May 2

David Icke, The Biggest Secret, at the Vernon Lodge, p.36

May 2-3

Pranic Healing Treatment and Training with Marilee Goheen in Kelowna, p. 3.

Integrated Body Therapy with Cassie Benell in Kamloops, p. 21

May 3

David Icke, Book signing at Books & Beyond in Kelowna, p. 11

May 4

Counsellor Training at Erickson College in Vancouver, one year training begins, p. 12

May 9-11

Healing Touch for beginners in Castlegar, p. 31

May 10

Wesak Celebration, a day of love and sharing in Vernon, p. 40

May 16 & 17

Wholebody Reflexology, Basic/Advanced, in Kelowna, Nuthery Institute, 1-888-284-3333.

May 22-24

Journey Inside Out in Kananaskis Country, with Leanne, Taron & Maynard, p. 16

May 24 - June 6

Crossing the Threshold Leadership program with Christopher Moon - Nelson, p. 39

May 30 & 31

How to Communicate with Animals Enjoy a two day workshop in Kelowna, focusing on telepathically communicating with animals. For more info call Anissas at (250) 769-4182

June 1-10

Life Shift Intensive on Kootenay Lake, BC with Blanche & Harreson Tanner, p. 29

June 6

Health Awareness Fair 98, in Merritt, p. 30

June 8-15

Healing Tao Retreats Intro, at Silent Ground, Heriot Bay, B.C. p. 22

June 12-14

Becoming Earth People, Hyemeyohsts & Swan Storm will be in Calgary for a weekend teaching event. Friday evening \$35. Full weekend (includes Friday) \$265. Visa Accepted. To register contact Spirit Wind 403-931-3923, p. 28

Relationship in the Name of Love with Christopher Moon in Nelson, BC. p. 39

June 13 & 14

The Hologram of Love with Alton, Penticton Lakeside Resort, p. 4

June 15-26

Sheldon Bilsker, Counselling Hypnotherapy Certificate Program in Kelowna, p. 3

July 2-7

Trager, Beginner Training with Roger Tolle from New York, in Vernon, p. 8

July 5-11

Vision Quest Retreat with Laureen Rama in Slocan, B.C. p. 18

ONGOING EVENTS

Courses in Acupressure & Oriental Therapy, Reiki and other workshops. Only available weekdays and evenings until summer at the Nuthery Institute. Phone 1-888-284-3333 for more information

WEDNESDAYS

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

FRIDAYS

A Course in Miracles Study Group meets every Friday:10:00-11:30 am, 2189 Pandosy St., Kelowna ~ Inner Directions office Facilitated by Marj Stringer. Call 763-8588 for more information

SUNDAY CELEBRATION

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

Kelowna: Sunday 11am. Kelowna Centre for Positive Living, Science of Mind, French Cultural Centre, 702 Bernard Ave. 250-764-8598.

Book Reviews

by
Jan



I am me I am free

The Robot's guide to Freedom

by David Icke

Bridge of Love, ISBN 0 9526147 5 8

You stop a tyranny with freedom for all; you end violence by being peaceful; you eliminate hatred with love; you end dogma with freedom of expression; and you remove divisions by realising that all of us are One — all aspects of the same infinite consciousness we call God.

David Icke's most recent book, **I am me I am free** offers more information on the power and corruption few have ever heard about. Chapter Four - The Depths of Evil was uncomfortable for me to read. Citing the true story of Cathy O'Brien, he vividly describes the mind control, manipulation and sexual abuse that she has recovered from and chosen to expose in her book, *Trance Formation of America*. I thought, "This is horrible; what can I do to change the world I live in."

Fortunately, David Icke brings the focus back to the individual. First and foremost, take your power back! Release your emotional baggage, let go of the old programs of who you are supposed to be and create your own reality; love, respect and honour your uniqueness, and you'll find that it extends to everyone around you; trust your intuition and follow it; speak your truth. Sound simplistic, it isn't! Read **I am me I am free**, take the information that you can use and make choices about living your life!

A Guest Review: by Laurel Burnham

A Passion for the Possible: A Guide to Realizing Your True Potential

by Jean Houston • Publisher: Harper, San Francisco ISBN 0062515314

Among the contemporary teachers of the human potential movement, Jean Houston is my favorite. For over twenty years, she has led me, along with many other seekers, through our amazing inner landscapes. With Jean as tour leader and guide, it has been a wonderful experience to go exploring the worlds within worlds living in each one of us. "A Passion for the Possible" is yet another guide book, both experiential and participatory.

Written in a rich multi-sensory style that is a reflection of her own vast experience and knowledge, Jean Houston takes the reader on a journey to the four levels of our being. It is designed in such a way as to be a journey one person can take by themselves, or a group can experience together.

On the sensory level, we explore the possibilities inherent in living fully in our senses. She leads us up pine scented paths, into realms of sandy beaches, the taste of ripe peaches, the smell of fresh baked bread, all to the sounds of a Mozart concerto dancing on the edges of our hearing.

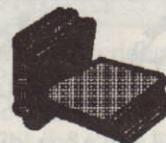
In the Psychological realm, we meet our Friend, our Spiritual Guide, who is there to help move us deeper into the labyrinth of our own consciousness. Here we explore childhood memories, and the memories that belong to us all as human beings, like the memories of dinosaurs, eating the leaves off tops of trees, Cleo-

patra sailing down the Nile in her golden barge. We eventually get to meet the multiple parts of our "selves", in order to become healthier and more integrated personalities.

On the Mythic Journey, we learn that we are participants in a greater story, our lives underwoven by mythical patterns, repeated over and over again across cultures and throughout time. Ever want to play "Star Wars" with the kids? Here's a chance to play the leading role.

The Spiritual Quest leads us into the garden of Hildegard of Bingen, 12th century Abbess, wise woman and spiritual friend. From there we travel to visit an African shaman and spiritual healer, and deep in the jungle we are introduced to the spiritual mystery and significance of the drum. Next we are introduced to the 14th century poet and Persian mystic, Jelaluddin Rumi, who whirls us into his ecstatic dance, and after him it is onto Roshi Dogen, a revered Zen master of 13 century Japan.

Woven throughout all the chapters are simple suggestions, exercises that can be practised on a daily basis, without any expensive equipment or training. WE are aware that we normally use only a very small percentage of our wonderful brains. Jean Houston has been offering simple, powerful and frequently delightful lessons on how to tap into a great deal more.



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TMJ

a common stress related disorder

by Haley B. Jonstyn, R.N.



For those who have this condition, they know all too well what the letters stand for, Temporomandibular Joint Dysfunction from grinding and clenching teeth. Your dentist recommends wearing a mouth guard and Biofeedback for stress reduction.

"I can't remember a time when I was free from my jaws hurting or having a headache in the last twenty years," said Joanne as she shared her feelings with me. "I know I shouldn't clench my teeth, but I find that any time I'm under stress at work or home, I'm constantly grinding them. I even wake up at night and find myself doing it," Joanne said as tears tracked down her cheeks. "I think I am going crazy. I just can't get my life together."

Chronic pain anywhere brings a person to the brink of despair and feelings of helplessness and hopelessness. Joanne continues, "My pain flows down my throat and even into my chest. I feel anxious all of the time and even have tightness in my neck and chest pain."

Joanne had ten biofeedback sessions. During this time she made significant strides in learning relaxation, imagery, pain reduction and other stress management skills. Her dentist was delighted with the reduction in her TMJ symptoms. Joanne learned that her symptoms were directly related to her stress and that she was very capable of transferring her new relaxation and imagery skills into all aspects of her life.

See ad below.

ALL THINGS ARE LESSONS GOD WOULD HAVE ME LEARN

CIM Workbook - lesson 193 by Marj Stringer

I remember the first time I saw a Course in Miracles Book. It was shortly after I had discovered a new "intuitive voice" while I was caring for my father as he was dying. I decided to simply listen to this voice for one month and see where it led me. While walking through the library one day, I stopped and was drawn to a book on the shelf called *A Course in Miracles - The Manual for Teachers*. As I leafed through it and began reading this book, I felt like I had come home. I totally resonated to the words and knew it would guide me where I needed to go.

That was eight years ago. A lot has happened since then and I now run a personal growth centre. Holding "A Course in Miracles" study groups is now a part of my weekly routine. What I take from this joining with others is the reminder that we are all teachers and learners. That my function is simply to let go and have faith that the right words will come, to me or to someone else. That my only part is to be truly helpful. In the Manual, it emphasizes that to teach is to learn, so that the teacher and learner are the same. It is in the giving that we receive. To teach is to demonstrate the choice of right-mindedness. Choosing forgiveness and joining—rather than choosing to blame, make others wrong and separate. I am practising these choices right now with my Mum. We are living together for four months and during the rejoining, I seem to be offered the opportunity to rechoose every day. To let go of petty ways I want to be right and be willing to experience a miracle instead. When I do, I know I am in the perfect place at the perfect time. Every time I extend or choose to connect with my Mum instead of separate from her, I feel the peace of joining and forgiveness. Being a teacher often requires some strengthening of character that comes in the form of humbleness. It is this I seem to be experiencing and seeing that my Mum is still one of my greatest teachers.

See ad below



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ORGANIC 101

by Gerry Parent

Gerry



I had the opportunity to attend this year's South Okanagan Organic Producers Association (SOOPA) Forum and Trade show in Cawston, BC where I set up a booth for my new business, Garden Deliveries, alongside many organic farmers and other businesses in the Okanagan valley. One hundred and twenty-five people registered to hear talks on soil, sales, bugs and organic philosophy that were both educational and highly supportive of the organic movement.

Cawston is not a very big town. A post office, a small grocery store and a hall make up the 'downtown core', but what it lacks in size with buildings or people it makes up for in farmland.... organic farmland that is! Cawston is the home of Canada's highest concentration of organic growers, who supply much of the organic fruits and vegetables to both Canadian and U.S. markets.

The first speaker was Dr. Art Bomke, a soil scientist from the University of British Columbia who shared his knowledge of managing soil using organic methods such as cover crops and crop rotations which are used successfully in the Fraser valley. Several UBC students were also present, listening to the seminars and mingling with local farmers to get a better understanding of how their classroom studies on organics apply in the field.

"Changing life for corporate profit" was the key topic in the next talk by Brewster Kneen, publisher of the Ram's Horn and three books on Canadian agribusiness. 'Biotechnology' has become a controversial word used by many large corporations searching for new ways to increase crop yields by genetically altering life to boost resistance to insect pests and increasingly harsher farm chemicals. He informed us that the long-term effects of these changes on human health and the environment are not yet known but the risks involved seem to far outweigh the short-term benefits.

After all of the morning's 'heavy' topics laced with dirt and genetics, it was nice to pause for a clean and healthy

organic lunch donated by many of the farmers in attendance. We enjoyed all vegetarian foods, including sprouted wheat crackers, chili, saladgreens, two kinds of pesto and salsa, with plenty of fresh herb teas, organic coffee and apple juice to wash it all down.

Linda Edwards started off the afternoon with ways in which an orchardist can use a more integrated approach to crop and pest management. Unfortunately, I missed her talk, but when I heard her speak in the closing panel discussion I was convinced that she has enough experience to recommend the right biological warfare to adopt for any kind of infestation or orchard problem you may have.

Recommendations on how to get your farm goods "from farm gate to consumer plate" were discussed by Andrew Capeau, owner of Organics to You in Burnaby, BC. He gave suggestions such as proper labelling, Community Shared Agriculture (C.S.A.), educating the consumer about agricultural practices and why buying organic is important, and showed how his delivery business fits right in with all of these concepts.

If you missed this fabulous sunny Saturday of organic speakers and savoury dishes, don't despair! Most of the growers will be in attendance at your local farmers' markets throughout the summer in both, willing to fill you in with their knowledge and provide you with a bagful of fresh organic produce as well. If you can't make it on market day, let Garden Deliveries know and they will deliver the fresh, local produce right to your door!

Gerry enjoys working with herbs, plants and organic farmers. He has started a Healthy Foods Delivery Service and is looking for customers. For free product catalogues, see the ad to the left.



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The Biggest Secret

An Interview with David Icke by Joseph W. Duggan

David Icke is the most controversial author in Britain, a former professional footballer, newspaper journalist, BBC national sports broadcaster, and U.K. National Green Party spokesman. His books, *The Robots' Rebellion*, as well as *...and the truth shall set you free*, are considered by many to be the two most explosive books of the 20th century and are a must read for anyone truly interested in what is happening on planet Earth. His most recent book, *I Am Me; I Am Free*, is another must read book in his series revealing the secrets of who controls the world and how to reclaim your freedom.

Joseph Duggan: David, we have not talked for almost a year. What are you up to these days?

David Icke: Well, I'm just on my way to spend a month in South Africa where I have television interviews and a whole series of lectures and talk shows lined up. They are very interested in my information because they realize that there is something big going on in the world arena as well as within their own country and because of their relative isolation are very keen to hear information from outside their country. What is interesting to me, as I travel, is that exactly the same agenda is being implemented in every country I travel to. Because people from different countries don't talk to each other and the international media is being used to bring about the changes desired by the global elite, nobody realizes this. For instance, in every country I've been in, they are struggling to maintain access to herbs and supplements and are under the onslaught of codex and the

WTO. Social services and support for workers is being dismantled on a global scale as country after country adopts the austerity measures being forced on them by the international bankers who have actually created the economic problems in the first place. Yet most people think that their problems are unique to their own country, this is far from the truth.

JD: Do you have a deeper understanding of this global agenda now?

DI: I can chart, with illustrations, how the same group, starting in the ancient days, have manipulated humanity up to the present day. Their organizations, corporate assets as well as secret societies can be traced by understanding the true meaning of everyday names and logos - including the real meaning of Columbia. What their agenda amounts to is basically using every tool at their disposal to maintain the status quo and their power base. Everything from mass mind control, economic enslavement, political control, media control, and military control are being used to implement a program to bring about complete domination of the world.

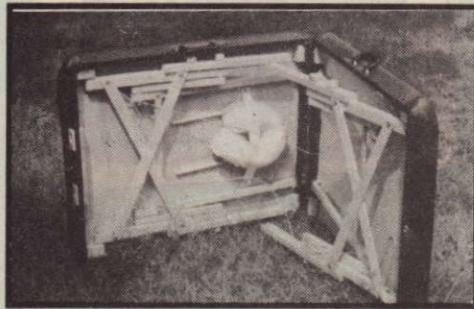
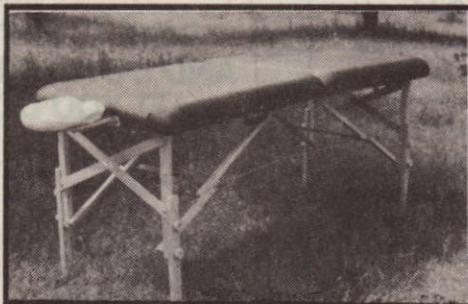
JD: What about the constitution and bill of rights as well as the BNA Act in Canada? Don't these protect citizens from domination by a few?

DI: This is what we are led to believe, but I can demonstrate that both the U.S. and Canada have never been free, even from their very inception. The very cleverly written U.S. Constitution

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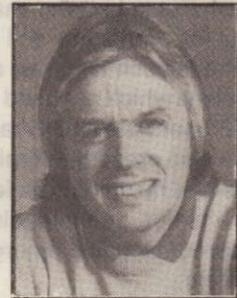


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In David Icke's new book, to be released Sept. 98, he will chart how the same groups, starting in the ancient days, have been manipulating humanity up to the present day. One group, the Black Nobility have connections to mind control, satanism and missing children. Discover the true role of the Queen of England and the real facts around Lady Diana's death. Experience David's inspiring vision of what we can do to free ourselves and our world.

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has all of the loopholes needed to circumvent it at the appropriate time. The BNA Act in Canada does not even have the implied protections of the U.S. Constitution and is basically an Act spelling out the powers given to the appointed representative of the King or Queen of England.

JD: What is the good news about all of this?

DI: The great news is that people all over the world are waking up to the truth about what is really going on. It's like a light has come on in human consciousness and the Dark Nobility is desperately trying to maintain the darkness. This information is painful and brings up a lot of fear and feelings of helplessness in people, but if we can embrace it with love and understanding while realizing that it is only happening because we have given up our power to these dark forces, it can be cleansed from our world. However, as long as these activities continue to be

carried out in secret and we are in denial about their existence, we are powerless to change anything. Standing in your light of love and truth does not mean that you personally have to go out and fight these forces, but it contributes towards the light and love within human consciousness which will finally overcome the dark forces. Sooner or later we will all have to decide which side we will align ourselves with. I'm here to point out what is really going on and to remind people that they have a choice and that we do have the power to turn things around, in fact, as I travel I feel a tremendous turning of the tide. We are going to succeed, the change in consciousness I have experienced around the world is phenomenal. We are part of it and just like it is difficult for a fish to understand what water is, it is hard for us to understand the tremendous changes happening in the consciousness of our world. Yes, humanity is waking up and we will see the effects of this tidal change in human consciousness in our lifetime.

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Influenza ☆ Virus ☆ Chinese Herb

by Dr. Kevin Ma

Influenza (flu), an acute infectious disease of the respiratory tract, is caused by influenza viruses. The disease has extremely strong infectivity, transmitted by means of droplets. Although influenza may occur in all seasons, it tends to appear during winter and spring. This disease, in Traditional Chinese Medicine (TCM) is called "shixing Ganmao."



Main Syndromes & Signs

1. A large number of patients are affected within a short period with clinical features of fever, headache and myalgia.
2. The onset of the disease is abrupt, with marked general toxic symptoms such as chill, fever, headache, myalgia, weakness, etc. Symptoms referable to the respiratory tract such as stuffy nose, rhinorrhea, sore throat and dry cough are usually mild. In some cases, symptoms of the digestive tract such as loss of appetite, nausea, vomiting, abdominal pain and diarrhea may be present. High fever, chest pain, cough, bloody sputum, dyspnea and even coma may occur in severe cases.

Differentiation

1. **Wind - cold type:** Severe aversion to cold, mild fever, headache without sweating, nasal obstruction, running nose, soreness of the limbs, thin and white tongue coating, floating and tight pulse.
2. **Wind - heat type:** Higher fever, slight aversion to cold, headache, cough, more yellowish and thick sputum, occasional epistaxis, thirst, sore throat, red tongue proper, yellow and thin tongue coating, floating and rapid pulse.
3. **Gastrointestinal type:** Headache, fever, nausea, vomiting, abdominal pain and distension, diarrhea, fullness in the chest, white and greasy tongue coating, soft and quick or floating and slippery pulse.

Treatment

1. Chinese herbs are the first choice for flu.
2. Acupuncture can improve the self immune ability using either body or ear acupuncture.
3. Oriental Magic Board, Qigong and other traditional Chinese medicine therapy are also effective. Chinese treatments are safe, effective with no side effects. *see ad below*

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Dr. Kevin Ma, T.C.M.D.

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Soul Centered Leadership Training

the Vision Mountain approach by Christopher Moon

Since the birth of Vision Mountain, there have been many questions concerning what this work is actually about. Often it has been associated with other psychological and spiritual approaches. Although we are honoured to be placed in the company of such noteworthy paths and teachers, it has also caused some confusion as to the exact nature of Vision Mountain workshops and trainings. As conceived by Christopher and Su Mei Moon, Vision Mountain was never intended to be associated with any particular philosophy or paradigm, but is rather a synthesis of many great approaches to discovering the true nature of who we really are. It is our experience that all such work is inspired by, guided by, and served by our souls. Thus we have named this work "Soul Centered Training."

Everyone has goals of a material, emotional or spiritual nature. The goals that tug at your heart are not destructive or self-centred, but rather are inspired by your soul, and are intended not only to be self-fulfilling, but also to be of benefit to those we care for, as well as to the entire world. The task of the Vision Mountain facilitator is to help each person discover that one contribution which is utterly inherent in your higher nature--that one vocation which is truly your "higher calling."

What inhibits us from making this vital contribution is the limitation of our beliefs. The art of this work is to discover what formed these beliefs, and then allow them to evolve into healthier self-concepts, which will allow us to enhance the quality of our lives, and to perceive a deep and wondrous purpose behind all that we experience.

Problems, be they around money, work, sex, relationships, creativity, etc., are rooted in our beliefs about who we are. If you firmly believe you are a poor person, no amount of money will allow you to enjoy the richness of life. If you believe you don't deserve to be loved, how can you experience the beauty of an intimate relationship? Beliefs like this minimize

or exclude the importance of who we really are. Once the soul begins to noticeably influence us, we start to perceive ourselves in a dramatically different and empowering light. The impossible becomes miraculously possible, true abundance is experienced, and we witness a greater sense of direction and purpose.

Without a clear contact and partnership with one's soul, there is little chance for clarity, direction, or sense of purpose in one's life. Although our souls are constantly in communication with us, giving us guidance and correcting our course, the nature of the human mind and its tendency toward limiting beliefs blocks us from receiving the soul's communication. We may be effective at making our way through the world, but this activity becomes little more than survival when we lack a sense of purpose or vision. Soul centred workshops give us the opportunity to re-establish a bond with our true nature, to heal old wounds that afflict our present situations, and to enjoy meaningful, loving relationships with our families, friends, society, and the entire world. This is not a fast food approach. The people who are attracted to Vision Mountain are most often those who are willing to exercise the patience, willingness, and commitment necessary to allow life to lead them to their ultimate goal.

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FESTIVAL OF WESAK

by Ashleigh Ryane

The Wesak Festival, celebrated annually at the full moon of Taurus, presents a special opportunity to claim the attention of those responsible for the evolution of humanity. At this event there is released upon earth (according to the demands of humankind) the blessing of God transmitted through the Buddha and his brother, the Christ.

During his life, the Buddha, following the dictates of his heart, determined to return once a year from the high place in which he dwells and works, to bless the world. The Buddha transmits and The Christ receives this blessing. The two great Sons of God hold it in trust for transmission and both act as transmitters of this spiritual energy to humanity.

The Wesak Valley in the Himalayan ranges is a high plateau, surrounded by high mountains covered by trees and shrubs. The valley is oblong in shape and towards the north is a narrow passage in front of which stands a huge rock. The rock is nearly twelve feet in length, six feet wide and three feet high, greyish white and veined by a glittering substance. As the full moon of Taurus approaches colourful tents appear on the slopes and near a river, increasing in number as the sacred Festival draws closer. On the full moon day the whole crowd, dressed in (predominately) white, clean clothes, gather in the southern part of the valley leaving the north-eastern part free for the Great Ones. They sit on the ground upon little carpets or blankets in an orderly manner in great silence, awe and meditation. Close to the time of the full moon, Great Ones start to come in their white robes to meet their disciples and friends and exchange blessings and encouragement.

Arriving a little later are three great Lords in their etheric bodies who stand in front of the huge Rock facing the north. They are the Manu, the Christ and the Master R. They stand in deep meditation until at a given sign the Great Ones form concentric circles and start to chant. The Christ appears dressed in a pure white robe with the Rod of Power in his hand, given to him by the Ancient of Days for this occasion. No master may touch it except the Christ. On each end of the Rod is a large diamond knob which

radiates a blue and orange aura of great beauty. There is much chanting and ceremonial movement. The Christ stands near the Rock and places His Rod upon it. On the Rock, which is covered with garlands of lotus flowers, is a crystal bowl with golden ornamentations. The Christ taking His Rod from Rock says "Ready, Lord, come." He again puts his Rod upon the Rock. A few seconds before the full moon there appears a speck of light slowly coming close and changing into the radiant figure of the Lord Gautama Buddha, sitting cross-legged in a pure yellow vestment and flooded with an awesome beauty of light and colour, His right hand raised in blessing. When He reaches a point above the Rock the Great Invocation is sounded by the Christ creating a stupendous current of energy which passes through the hearts of all and reaches to God. This is the most sacred moment of the year, the moment when humanity and divinity make contact. At the exact time of the full moon the Enlightened One passes the energy to Christ. Christ extends his hands and takes the bowl, raising it over his head before returning it to the Rock. The Masters chant sacred hymns and the Great Enlightened One, after blessing the crowd, slowly disappears into space. Christ distributes the blessed water to all present who return to their homes, renewed. The entire ceremony has taken approximately eight minutes. The Buddha's annual sacrifice for humanity is over and he returns to his high place. Year after year, He and His Great Brother, the Christ, work in the closest cooperation for the spiritual benefit of humanity.

This festival links the past with the present in a way that no other festival has ever done. It stands for a living truth and for an opportunity for spiritual stimulation. In their mutual service to the race of mankind, the Buddha and the Christ bring about a linking. A door has opened from heaven and all seekers can contact energies which are otherwise not easily available. Through that door one can approach those who guide the race of man and approach truth and reality.

**This year the full moon of Taurus
is on May 10, Mother's Day.**

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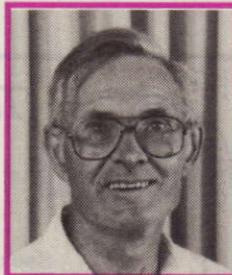
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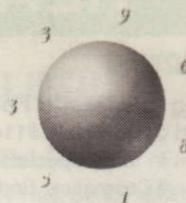
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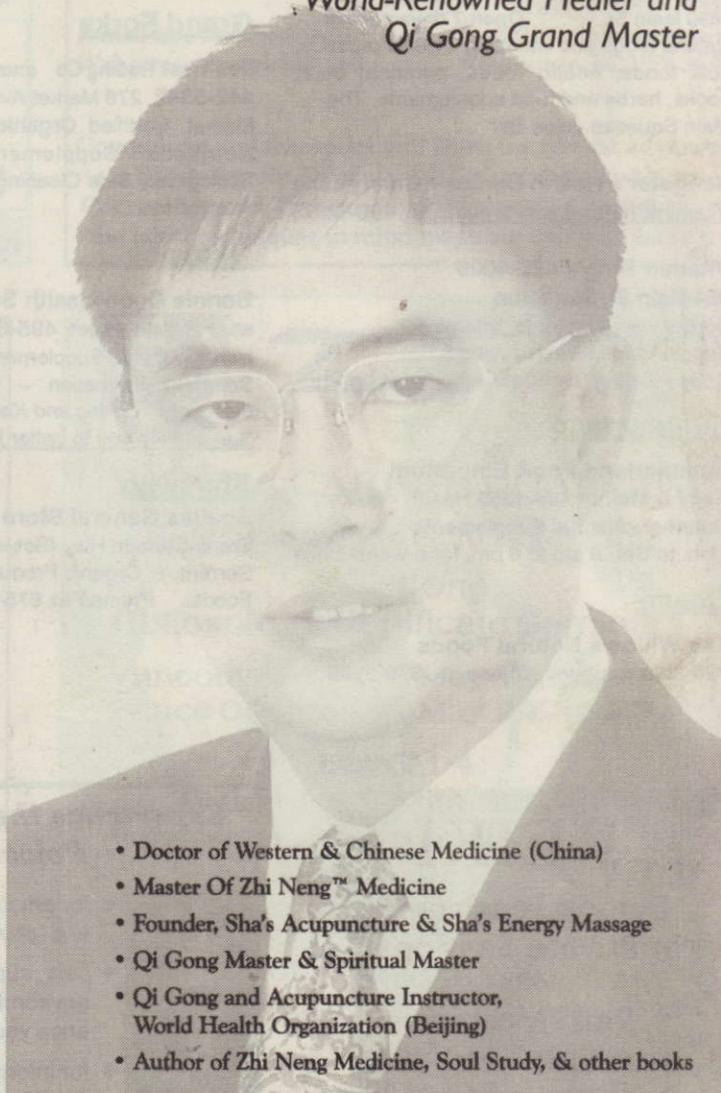
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