

Priceless

FREE

ISSUES

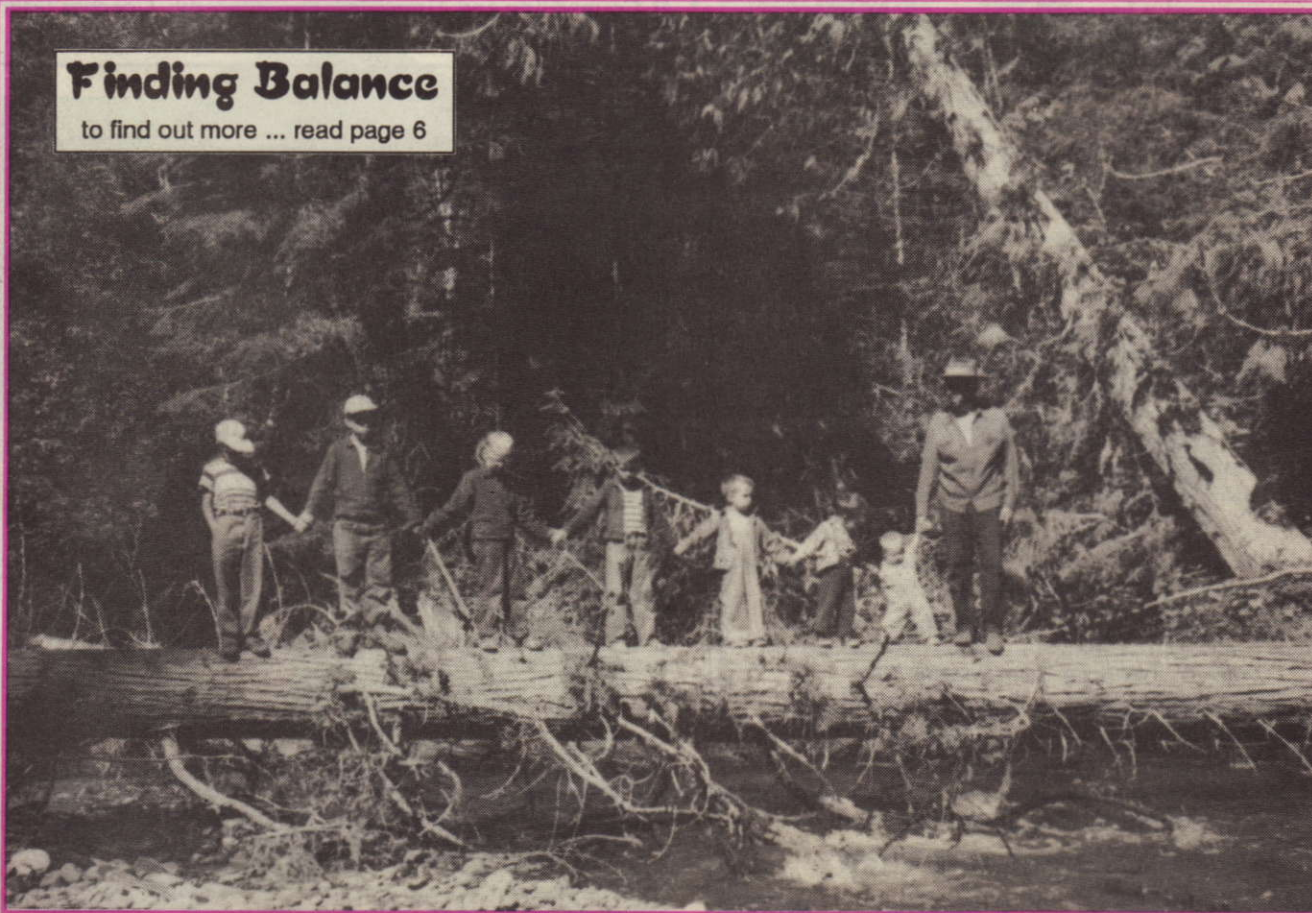
MAGAZINE

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

**A Regional Publication of Health Practitioners
Events & Options for Health & Conscious Living**

Finding Balance

to find out more ... read page 6



April 1998

Medicine Wheel Workshop



with Leonard
Eagle Cloud

- ★ *Honoring*
the Ancient Ways the Dreams,
Songs and the Dances.
- ★ *Respecting*
Our Mother Earth,
Our Spirit, Ourselves.
- ★ *Caring*
About the children
and the Elders
- ★ *Sharing*
from the Heart... a
legacy of wisdom

In this intensive workshop, we will move into totem teams. We will discover our Dream Lodges. You'll experience healing on every level. The workshop promises to be filled with fun and laughter. I'll add the touch of the Magic Cedar flute. Through song and dance, we'll move the energy to the world around us!

★
Kamloops
Friday May 1
7-11 pm
Days Inn, Hwy 5
Theresa 375-6768

★
Vernon
Sat. May 2, 10 - 5 pm
Okanagan Center
for Positive Living
100 Kal Lk. Rd
549-4399

★
Kelowna
Sunday, May 3
1 - 5pm
The Millennium
371 Bernard Ave
Jenny 764-8740

Dancing Light Seminars (604) 267-0985 or E-mail iamsj@axlonet.com

CREATING NEW FUTURES at ERICKSON COLLEGE

Training in Solution Focused Counselling,
Success Coaching and Personal Development using
Systemic NLP, Ericksonian Hypnosis and Goal
Visualization and Attainment

- Expanding your potential
- Taking effective action
- Being successful

Call for a no obligation
appointment

Financial assistance
may be available

E-mail info@erickson.edu
Web site www.erickson.edu



Free information
Seminars weekly

(604) 879-5600
1-800-665-6949
Fax: (604) 879-7234

2021 Columbia Street
Vancouver, BC V5Y 3C9

Counsellors and therapists will learn the newest advances
in PTSD, Family Therapy, Addictions, Sexual Abuse
Counselling and Timeline Hypnotherapy. Coaches learn
the latest techniques in mind mapping and goal setting.

IAIN RITCHIE FINE WOODWORKING



Massage Tables

- Two layer foam system
- Solid adjustable eastern maple legs and braces
- Coated aircraft cables
- Tilting or non-tilting head rest

2106 23rd. Avenue, Vernon, B.C. V1T 1J4
Phone/Fax: 250-545-2436
Call for a free brochure



MEC Members Welcome



Touchpoint

WANT A CAREER CHANGE?

Reflexology - Muscle Balancing

Level One

Reflexology Certificate Seminars

Vancouver May 16, 17 & 18
Prince George May 29, 30 & 31

Level 1-4

Touch for Health Seminar
Vancouver April 13-19

HOME STUDY

Courses available

Yvette Eastman · 936-3227
Toll Free · 1-800-211-3533
(outside Lower Mainland)

Email: yvette@touchpointreflexology.com
Website: <http://www.touchpointreflexology.com>

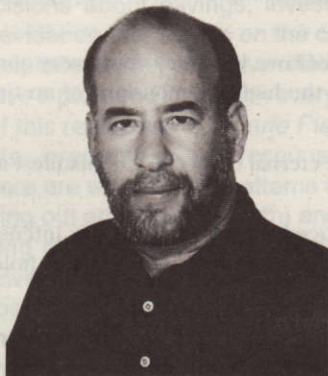
ARE YOU
CAREER SEARCHING?
OR
**LOOKING TO EXPAND
YOUR PRACTICE?**

The Orca Institute

est. 1986

200 hour
**Counselling Hypnotherapy
Certificate Program**

KELOWNA: JUNE 15 • 26
(2 weeks onsite plus distant learning)



Sheldon Bilske, R.C.C., C.C.H.,
Director

- **Successful Hypnotherapy and Counselling training since 1986.**
- **Broad multi-disciplinary body/mind approach to training.**
- **Onsite & Distant Learning programs.**
- **Registered with PPSEC and approved for credit through Summit University.**
- **Graduates eligible for C.H.A. & A.B.H. certification.**

For free brochure:

Phone: (604) 683•8710
Fax: (604) 683•8620
Toll Free: 1•800•665•ORCA (6722)
Email: "sbilske@rogers.wave.ca"
or Visit our Website at:
<http://www.raincoast.bc.ca/orca.html>

**PRANIC HEALING
TREATMENT AND TRAINING**

Now available

Specialized treatment is now available for stress, addictions, depression, fibromyalgia, pain and most acute and chronic illnesses.



MARILEE GOHEEN
Certified Pranic Healer

Making dramatic inroads into the field of traditional medicine, Marilee Goheen has introduced Master Choa Kok Sui's Pranic Healing™ techniques to health care professionals, and people from all walks of life.

Marilee is a highly skilled pranic healing practitioner and teacher. Her unique application of pranic healing, guided inner work and fifteen years of counselling experience result in powerful, safe and effective treatment for mental and physical illnesses. Pranic Healing is a distillation of the strong points of some of the world's most effective healing methodologies—Chinese Chi Kung, Japanese Reiki, traditional Christian laying on of hands, and Hawaiian Huna. Instructor Marilee Goheen studied directly under Master Choa Kok Sui and is the founder of **Global Harmony Health**.

IT WORKS:

- "After I had one session, a persistent shoulder problem virtually disappeared." M.L.
- "I have slept soundly five nights in a row, the first unbroken full-night sleep in nine years." S.C.
- "Unspoken words of the heart for the acceleration in my healing journey." L.C.
- **PRANIC HEALING** is a natural technique that scientifically uses prana (energy) to treat illnesses, physical, emotional, mental or spiritual. Because pranic healing transfers subtle energies from one person to another, it requires no drugs, gadgets, or physical contact.
- **PRANIC HEALING** has been endorsed by many professionals in the orthodox health care system, including doctors, psychologists, chiropractors, pharmacists, vets, dentists, paramedics, and psychiatrists.

**Psychotherapy Pranic Healing Workshops
Level 3 - \$350 plus gst**

Kelowna
May 2 & 3
8:30 a.m. - 5 p.m.
Ramada Inn

Victoria
April 25 & 26
8:30 a.m. - 5 p.m.
Harbour Towers

**Call today to register,
or for an appointment with Marilee**



Sponsored by
**Global Institute &
Global Harmony Health**

**KELOWNA 491-1228 or
1-800-668-3112**

PRESENTED BY SILVER HILLS SEMINARS

WORKSHOP/SEMINAR WITH **ALTON**
CREATING THE NEW PARADIGM WITH
"THE HOLOGRAM OF LOVE"



ALTON

is a clairvoyant/channel and editor of the magazine Eagles Wings, and is of the Alpha, Omega order of Melchizedek. His career as a spiritual teacher has spanned many years and he is constantly travelling the world presenting up-to-date information and techniques as he receives it direct from Spirit. He has been a guest speaker at the United Nations in New York. He also presents regular meditations and channellings in Sydney, Australia.

Quote from Thoth: "An experience of moving backwards into the future through the time continuum of no time with unconditional Love returning eternal."

This two day presentation approaches the Ascension process from a refreshing new spiritual science. The curves of time.

Now is the time to see all things in curves. If we hope to extract ourselves from the physical and seek the unlimited form of Light, we must attract to our consciousness a different form of sphere or oval without any straight lines or edges, as stated in the emerald tablets. Your physical body is smooth and rounded and has no straight lines or angles on it. It was built to easily remove itself from this physical paradigm through the curves of the time continuum to a higher divine concept.

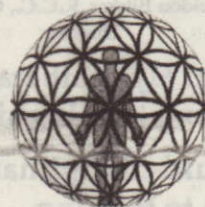
With the breath and thought intention, the Hologram of Love will obey your every command and you will transverse the angles of linear time into the higher dimensions of no time and endless Love.

Once you have unlocked the hidden door of time, the eternal body cell can manifest and the birth and death memory can be dissolved.

These exciting new concepts and techniques introduced during this two day intensive are simple, quick and very effective. you do not have to have any prior knowledge of holograms or Sacred Geometry.

The Workshop/Seminar will cover:

- The 3 breath Hologram of Love Merkaba meditation
- The 1 breath 3 Hologram of Love Merkaba meditation
- The new holographic unity conscious mudra
- Accessing the time-space continuum through the spine
- Working with the Mayan Universal "G"
- Instant holographic chakra balance
- Holographic Bi-location
- Encoding the five sacred key languages of Egyptian, Hebrew, Sanskrit, Tibetan and Chinese through the crown template into the Pineal
- Activating the ancient Egyptian Ankh through the zero point in the body
- Solar Plexus holographic manifesting technique
- Introduction to "The Melchizedek Method". A revolutionary technique accessing the time space continuum for body retrieval, physical and emotional cleaning and healing, body rejuvenation and age reversal. The Melchizedek Method is based on a spherical conscious holographic technique incorporating thought, colour, light, energy and unconditional Love.



\$225
Registration fee
prior to May 1

\$250
thereafter
Cancellation fee: \$50

CALGARY

May 23 & 24, 10am-6pm
Sheraton Cavalier
32 Ave. & Barlow Trail, Calgary
Intro Evening: May 21, 10am-6pm
Sheraton Cavalier; Cost: \$20

PENTICTON

June 13 & 14, 10am-6pm
Penticton Lakeside Resort
21 Lakeshore Drive W., Penticton
Intro Evening: June 1, 7-10pm
Vernon Lodge, Vernon, B.C.; Cost: \$20

TO REGISTER CALL 604-266-5557

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.

See ad to the right.

**EVERY DOLLAR YOU
SPEND IS A VOTE FOR
WHAT YOU BELIEVE IN.**



Dr. Duncan Goheen B.A., M.S., Ph.D.

- ♦ **Canada's First Author of Financial Planning for Canadians**
- ♦ **Host of over 100 TV shows**
- ♦ **A remarkable blend of human understanding, financial knowledge and expertise**
- ♦ **founder of Global Institute and President of Sun Financial Corp. Ltd.**

FREE FINANCIAL SEMINARS

You are invited to a series of quality financial seminars presented by author Dr. Goheen

Wed. April 1: 2-4 p.m. and 7-9 p.m.

A global financial report and a look into possible future scenarios for Investors, Small Business owners and Retirement income

Wed. April 8: 2-4 p.m. and 7-9 p.m.

How to invest and protect your money in all market conditions. Fair & Foul. Bull & Bear.

Wed. April 15: 2-4 p.m. and 7-9 p.m.

Financial Scenario Planning - What it is and why it's essential for the times ahead.

**at the Ramada Lodge, Kelowna
call now for reservations as seating is limited**

868-5754

sponsored by Global Institute



and Sun Financial Corp. Ltd
Licensed with Manulife



Musing

with
Angèle

publisher of ISSUES

'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

ISSUES MAGAZINE

☎ 492-0987
fax 492-5328

272 Ellis Street,
Penticton, BC, V2A 4L6

AD SIZES & RATES

Twenty-fourth.....	\$32	Quarter.....	\$135
Twelfth.....	\$48	Third.....	\$170
Business card....	\$75	Half.....	\$250
Sixth.....	\$98	Full.....	\$425

Typesetting charge: \$10-\$50 Color of the month: \$5-\$20

NATURAL YELLOW PAGES

\$5 per line per insertion or \$25 per line per year.



ISSUES is published with love 10 times a year with shared months of Dec. & Jan. and July & August.

ISSUES has a circulation of 18,000 copies.

Distributed free throughout the Okanagan, Kootenay & Shuswap Valleys, we mail north to Terrace, Prince George, Williams Lake, Whitehorse and many small towns in between. Issues is also enjoyed in communities in Alberta, Saskatchewan and on Vancouver Island. It is available at most Health Food Stores and Metaphysical & Spiritual Book/Gift Shops, plus many bus depots, food stores and more.

ISSUES welcomes articles by local writers. Please keep them to approx. 500-800 words. Advertisers and contributors assume responsibility and liability for accuracy of their claims.

✉ E MAIL ...issuesmagazine@img.net

✉ WEB SITE on the Internet

<http://www.retreatseminarscanada.com/contact/Issues.htm>



DÉJÀ VU DOO

JUICE BAR

JUICE BAR

- Combinations & Smoothies
Carrot, beet, apple, orange,
wheatgrass and many more....
- Hot apple cider, mochas,
cappuccino, espresso, coffee
and cafe au lait for those wet
spring days



*"There is only one time when
it is essential to awaken,
that time is now."*

Kornfield

BOOKS & GIFTS

- Everything from tarot and
divination to health and well
being.
- Find a spell-kit, essential oil or
that perfect setting of candles.
- Explore the worlds of religion
and spirituality and peruse our
selection of stones and gems.

Spring Hours - Tues. to Fri. 12 to 5, Saturday 10 to 5

254 Ellis St, Penticton ... right next door to the Holistic Health Centre

Phone: 250-490-9090 Fax: 250-490-3925

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®

PSYCHOPHYSICAL INTEGRATION
AND MENTASTICS MOVEMENT
EDUCATION

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,

effortlessly, and gracefully on his own.

The practitioner works in a relaxed meditative state of consciousness which Dr. Trager calls "Hook-up." This state allows the practitioner to connect deeply with the recipient in an unforced way, to remain continually aware of the slightest responses, and to work efficiently without fatigue.

After getting up from the table, the client is given some instruction in the use of "MENTASTICS," a system of simple, effortless movement sequences developed by Dr. Trager to maintain and enhance the sense of lightness, freedom, and flexibility that were instilled by the table work. "MENTASTICS" Dr. Trager's coinage for "mental gymnastics," are designed to help his clients recreate the sensory feelings produced by the motion of their tissue in the practitioner's hands. It is a means of teaching the client to recall the pleasurable sensory state which produced positive tissue change, and because it is this *feeling* state which triggered a positive tissue response in the first place, every time the feeling is clearly recalled the changes can deepen, become more permanent, and the client becomes more receptive to further positive change. The

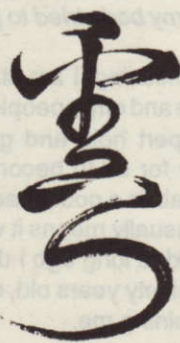
effects of TRAGER bodywork and MENTASTICS movements may penetrate below the level of conscious awareness, and, therefore, can continue to produce results even after a single session. In order to receive the most benefit, a series of sessions is recommended.

Unlike the many forms of massage, the TRAGER Approach uses no long broad strokes over the surface of the body. Unlike various techniques of deep-tissue manipulation, it does not utilize extreme pressures or rapid thrusts to create structural change, and it does not produce pain as a necessary adjunct to its effectiveness. Unlike many movement re-education methods, the client has no task to perform, but rather becomes increasingly passive to the steady, rhythmic motions imparted by the practitioner's hands.

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.

T
R
A
G
E
R®



Beginner Training

July 2nd to July 7th
Vernon, B.C.

Okanagan Valley College
of Massage Therapy,
Cost: \$750.00

First Intensive Training in the Okanagan with instructor Roger Tolle from New York, professional choreographer and dancer. He has been a Trager practitioner and teacher for 15 years.

Contact: Jain Ritchie for further information

250-545-2436

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.

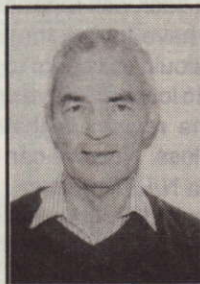
Refinements of the cosmetic properties of natural vegetation continued until the nineteenth century when the industry became more organized. Shortly after, artificial ingredients began to appear in the formulations. The use of chemical preservatives, synthetic scents and artificial colouring has increased 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



New Product
Release

NEEM TREE SHAMPOO

**100% NATURAL
SEVEN HERBAL EXTRACTS
THREE VEGETABLE OILS
TWO PURE ESSENTIAL OILS
NATURAL PRESERVATIVES**

A MILD ALL PURPOSE SHAMPOO
WHICH HELPS MINOR SCALP PROBLEMS
LIKE PSORIASIS, DANDRUFF, & DRY SKIN.
GENTLE ENOUGH TO USE EVERY DAY.

**SODIUM LAURYL SULFATE
& PHOSPHATE FREE!
NO ARTIFICIAL ADDITIVE OR SOLVENTS!**

AVAILABLE IN 60ml & 250ml BOTTLES

**100% NATURAL HERBAL
CREAMS, LOTIONS,
SPRAYS, SHAMPOO, OILS,
PURE ESSENTIAL OILS,
AND HERBAL TINCTURES**

AVAILABLE AT THESE LOCATIONS

PRINCETON

June Hope - 295-3512

KALEDEN

Urmi Sheldon - 497-8970

PENTICTON

Hank J. Pelser - 492-7995

Dwight Trahan - 493-8486

Dr. Sherry & Audrey Shanley Ure, N.D.

493-6060

Joseph & Heidi Dietrich - 490-0882

PEACHLAND

Karin Herzog - 767-2203

KELOWNA

Okanagan Natural Care - 763-2914

Sherry Armstrong - 868-8806

Joel Whitehead - 763-9805

Dr. Trevor Salloum, N.D. - 763-5445

Nicola Finch - 862-5152

VERNON

Sonia Sontag - 549-2545

SHUSWAP

Sandy Spooner - 679-3337

FERLOW BROTHERS

Mfrs. of Natural Herbal Skin Care Products
Quality & Service Since 1975



P.O. BOX 3197
MISSION, BC
V2V 4J4

TEL: 604 820-1777
FAX: 604 820-1919

E-Mail: pferlow@infomatch.com

Webpage: <http://infomatch/~pferlow/homepage.htm>

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.

RETREATS & SEMINARS ONLINE

www.retreatseminarscanada.com

The Internet Directory people choose for retreats & seminars.



Can potential clients find you on the Internet? On line searches lead to us.

Web pages for *less than \$5 a month*. Find out how you can list your retreat.

Put your name in for a free draw.

RETREATS & SEMINARS ONLINE CANADA,

City Square P.O. Box 47105,

Vancouver, B.C. V5Z 4L6

Email: retreatseminars@canadainmail.com

Phone: 604 872-1185. Fax: 604 872-5917.

"We link you to the world!"



Trade Dollars

THE
LAKELANDS

**Acupuncture
& Chinese Herbal
Centre**

featuring: *Nesshi
Therapy*

102-1100 Lawrence Ave., Kelowna, V1Y 6M4

763 - 9805

Joel Whitehead D.T.C.M.

is offering treatments for:

Allergies	Migraines	Fibromyalgia
Back pain	Asthma	Insomnia
Chronic fatigue	Irritable bowel	Urinary disorders
Depression	etc.	



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

Book Signing
David Icke • May 3rd

Books and Beyond est. 1984

Alternative Spirituality
Personal Development

Books, Music, Jewellery, Crystals
Spirit sticks, Wands,
Specialty Incense &
'Custom Runes by Aaron'

1561 Ellis St., Kelowna, B.C.

Tarot Cards Read by April
phone for appointment

763-6222 Fax 763-6270



BIOXY™

The Next
Generation In
Superoxygenation



Diseases are Bacterial,
Viral or Fungicidal, they
cannot live in Oxygen

- **BIOXY CLEANSE™** in powder or capsules, cleans, detoxifies and rejuvenates the colon.
- **BIOXY CAPS™** are convenient alternative to liquid stabilized oxygen or hydrogen peroxide.

Try Oxygen For Health, Energy, Cleansing,
Balanced Weight and Metabolism

PARASAVE

Peace Of Mind You Deserve

The most complete doctor
recommended herbal blend
for parasites containing:

Black Walnut Green Leaf & Hulls,
Cloves, Garlic, Grapefruit Seed Extract,
Melia, Bitter Sophora, Anemone, Tumeric
Wormwood, Golden Seal Root, Barberry
Bark, Butternut Bark & Fennel Extracts.

Ask For Bioxy and ParaSave at all
leading health food stores. For information
phone/fax BIOQUEST at: 1 888 922-0285



Wholesale & Retail
Holistic Health & Beauty Products

Ashbury's Aromatherapy

Estheticians

Massage
Therapists

Holistic
Healers

Aromatherapists

- ✦ therapeutic essential oils: tested for purity
- ✦ scented and unscented lotions, hair, bath & body care
- ✦ natural ingredients to blend your personal care products
- ✦ Alexa Spa Therapy skin care, developed in B.C. with premium grade essential oils
- ✦ a variety of unique bottles & containers
- ✦ cosmetic grade essential oils for soap making and fragancing
- ✦ bottling and labelling services
- ✦ most of our products may be private labelled
- ✦ Certified Aromatherapist on staff for consultations
- ✦ Aromatherapy Certification information available

For Information: Ph (604) 448-9774 Fax (604) 448-9776

E-mail: ashburys@dowco.com

visit our Web Site at: ashburys.com (accessible after May 1st 1998)

7515 Chelsea Place, Richmond, B.C. V7C 4A7

Singular Quality and Service!

Counsellor Training

for Professional Careers and Personal Growth

Financial
Assistance
Available

KELOWNA CAMPUS
One Year Certificate begins May 4
Correspondence courses begin April 15
Call for FREE Information Appointment

Since 1985, the Counsellor Training Institute of Canada has provided training and supervision which allow the graduate to offer professional services to the public. Enrollment is open to mature applicants having a sincere desire to help others.

- Pre-registration qualifies for student loan repayment assistance
- **Certificate of Counselling Science** program in a Half day, One year format or by correspondence.
- **Diploma of Counselling Practice** is awarded with additional 24 months of Internship and supervision.
- Emphasis on practical skills drawn from all clinically sound approaches.
- Skills are demonstrated by experienced therapists, followed by students practicing in pairs.
- Students explore their own issues as part of the learning experience.
- Interns may receive a fee for service from clients referred by Counselling Services Canada.
- All students and interns are covered by essential Professional Liability Insurance.
- All Interns are listed in the *Canadian Registry of Professional Counsellors*.
- Graduates are eligible for membership in the C.P.C.A. and use of the "R.P.C." designation.
- Tuition is fully tax deductible and G.S.T. exempt.
- Registered with the Private Post-Secondary Education Commission of B.C.



To receive a current catalogue, visit our campus in Kelowna at:

Counsellor Training Institute of Canada

Suite 12, 1638 Pandosy Street
Kelowna, B.C.
V1Y 1P8

or phone: 250-717-0412

E-mail: cti@istar.ca

Website: <http://home.istar.ca/~cti>

On Site Courses Now Available!

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-

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 preceeding 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



Cheryl Grismer

presents

Spiritual Intensive

For those who are committed to turning their lives in a new direction that is closer to their hearts' truth and their souls' path. This **4 weekend training** provides a uniquely graduated program where your heart and vision are opened to the presence of love.

Kamloops: May 29 to July 12

Contact: Leslie: 578-8676 Investment: \$850 plus GST

Tarot

For centuries the Tarot has been a central tool of the mystics. Come and spend a fun and informative weekend exploring the traditional and non-traditional approaches of the Tarot.

Vancouver area: April 18 & 19

Saturday & Sunday 9 am to 5 pm

Contact: Cheryl 768-2217 Investment: \$130 plus GST

Waking Up

Most of us spend a great deal of our lives in a sleep state. Enlightenment requires a waking state. This is a class for those who have a basic understanding of the spiritual path and now want to go further.

Westbank: May 23 & 24

Saturday & Sunday 9 am to 5 pm

Contact: Cheryl 768-2217 Investment: \$210 plus GST

Counselling Sessions (Readings)

1 - 1½ hours intuitive counselling.

A psychic art portrait of your energy field with taped interpretation.

Vancouver - April 15 to 17

Contact: June 604-522-4169 or Cheryl 250-768-2217

Kamloops: May 26 to 28 Contact: Leslie 250-578-8676



Cheryl Grismer ☎ 768-2217

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

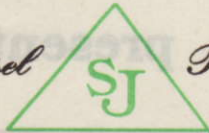
Rising Popularity

According to a recent Angus Reid Group Poll, 42 percent of Canadians now use some type of alternative medical therapy. Over the past five years there has been an 81 percent increase. Chiropractic, herbs, acupuncture and homeopathy are the most frequently used alternative/complementary methods.

Akasha & Arun present

Soul Journey

Craig Russel
Host Channel



Paul Armitage
Host Musician

Now in its 4th Year Soul Journey is a vehicle for Enlightenment and Self Empowerment. It is a great focus of Light which has made its home in Western Canada. It offers each of us a grand opportunity to integrate with Divine Universal energy that truly supports our personal needs. Thousands of people have gained new freedom in their lives. Messages for life in the New Millennium and Celestial Music for healing and meditation activate us to fully embody a state of Divine Grace. This in turns brings about new consciousness and deep understanding of the Nature of Abundant Life. There is nothing to join in Soul Journey, rather a regular gathering of people just like yourself, choosing to celebrate life from the heart. **Come and see for Yourself!**

Kamloops • April 24 & May 29

The Days Inn ~ 7-11 pm

Cost \$30

Contact: Theresa @ 374-3104

Vernon • April 25

Village Green Hotel ~ 7-11 pm

Cost \$30

Contact: Deanna @ 558-5455

Kelowna • April 26

Best Western Hotel, Hwy 97

1-5 pm ~ Cost \$30

Contact: Jenny @ 764-8740

LIVING IN GRACE INTENSIVE

**Village Green Hotel,
Vernon, BC**

**Saturday May 30,
7-11 pm & Sunday
May 31, 10 am - 5 pm**

**Cost \$125 Contact
Deanna @ 558-5455**

**Winners of the
Spring Festival of Awareness
Early Bird Draws are:**

**Ella Laughren ~ meal package
Lindsay Atkinson-Smith ~ T-shirt**



April 24, 25 & 26

**at Naramata Centre, near Penticton
Cost for the weekend is \$125 for adults,
\$45 for children and \$55 for teens.**

**Healers and Children's Festival
Volunteers are still needed.**

Call 250.492.0039 for details.

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.

Back to Life Energy Awareness Workshop with Denie Hiestand



Silver Star Mountain Resort, near Vernon

April 25-29

Your opportunity to learn the latest, leading edge advances in Vibrational Medicine. Energy Awareness certificate awarded by the International Academy of Vibrational Medical Science on completion of this five day residential intensive. "Energy follows awareness," thus the more awareness we develop the greater energy flow in life, love, wealth and health. We work with raising our vibrational frequency, increasing our energy levels and mastering this experience called life. A wonderful adventurous journey into yourself, filled with lots of fun and many different experiences to heighten your senses, expand your perceptual reality and raise your conscious awareness.

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

For registration details leave a message for Shelley at 250-717-7471 and she will return your call

(Seminar \$600, Shared accommodation \$25/night, VISA/MASTERCARD accepted)

INNERVATIONS WELLNESS CENTRE

3175 Woodsdale Rd, Winfield, BC

OPENING SPECIAL WORKSHOPS

\$29 each or \$25 if you bring a friend

Holistic First Aid - April 15 & 27, 7-9 pm with Evelyn

Hands-on workshop teaching you simple techniques from many holistic therapies to help you cope with common household occurrences including discussion on herbal tinctures, creams & oils.

Nutrition & Touch for Stress - Apr. 20 & May 4, 7-9 pm with Evelyn & Christine

Learn 10 top stress releasers and incorporate them immediately into your lifestyle. Discussion on optimizing your health and coping with stress through nutrition.

Meridians - April 22, 7-9 pm with Evelyn

Learn meridian massage, the association of meridians to the organs, the concept of yin & yang and the Chinese 5 elements.

Inner Smile Meditation - The Secret to Good Health April 19, 9 - Noon with Tim Cariou

This ancient Taoist technique is the root of immortality training with an emphasis on the circulation of smiling energy in the microcosmic orbit. Opening blockages and distilling raw physical energy into subtle spiritual essence. This introductory course is suitable for beginners and advanced healers and all individuals that want an additional tool to control their own destiny.

Beginner QiGong

May 3, 9 - Noon with Tim Cariou

Tried and true healing exercises from the Chinese Cancer Research Foundation incorporates walking, standing and breathing exercises that are simple and have proven positive results for restoring health.

Early Registration Recommended

PRACTITIONERS

Tim Cariou is a bodyworker who offers a deeply relaxing, and detoxifying massage. With his extensive knowledge of the Eastern Holistic Theory and Western Medical Sciences and instruction in Tai Chi and Kung Fu he offers a unique and healing experience.

Evelyn Mulders is a Certified Reflexologist and Kinesiologist who teaches techniques that empower people to take responsibility for their own well-being and that of their families.

Christine Pocklington is a Nutrition Consultant

Bernice Bickerdike is a support group facilitator and practitioner of Reiki and Reflexology.

Ronald Ross does Readings by appointment

Hazel is a clairvoyant on location

Thursdays 1-4 pm \$35 for 1/2 hr.

To register for a workshop or to book a private appt. please phone Lynn at (250) 766-5222

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

Re-treat Yourself Seminars™

Presents:

1998 "The Healing Journey"



SPRING 98: **Journey Inside Out (\$295.00)**



May 22-24, 1998 Kananaskis Country

SUMMER 98: **Journey Without Distance (\$695.00)**



July 30th - Aug. 3rd, at
Celestial Hill B & B, PEACHLAND*

AUTUMN 98: **Journey Soul to Soul (\$295.00)**



(A Light Gathering)

October 2-4, 1998 Kananaskis Country

To speak to us about these or other Re-treat Yourself™ offerings, call/fax
Leanne or Maynard at (403) 282-9395 Fax: (403) 284-4625; E-mail: vitagen@tcel.com
or Taron at: (403) 278-8358; E-mail: purix@ibm.net
Web Sites: <http://www.tcel.com/~vitagen> or <http://www.gopherit.net/taron.html>
*For Summer 98, call Jill @ Celestial Hill: (250) 767-9378

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.*

BRAIN GYM Workshop

April 11 • 9:30 to 5:30pm

Holistic Health Centre

272 Ellis Street, Penticton

Pre-reg. by April 7 - \$75.00, Late reg. - \$85.00

Call Patricia Brady 250-492-5371 or 250-770-1926(h)

Individual Sessions available • \$30 per hour

eagles' nest

RETREAT CENTRE



breathtaking

We welcome your group to experience the magical beauty of our brand-new retreat centre, a jewel nestled at the West Arm of spectacular Kootenay Lake. Whether you are looking for a powerful spot of rare beauty for your seminar or workshop, or a luxurious retreat location for your group or family, the Eagles' Nest offers you live-in facilities for up to 20 in a stunning setting.



magical

CALL US TODAY FOR MORE INFORMATION
AND BOOKINGS AT 1-888-689-9937
OR (250) 229-2352.

TRULY A LIFE-CHANGING EXPERIENCE

The Hoffman Quadrinity Process

**A unique 7-day residential experience
that will change your life!**

The Hoffman Quadrinity Process is designed for:
people who cannot deal with their anger;
those unable to come to terms with their feelings;
adults who grew up in dysfunctional and abusive families;
executives facing burnout and job-related stress;
and individuals who are in recovery.

What people are saying....

"I recommend it without reservation." *John Bradshaw*

"I consider this process to be the most effective program for healing the wounds of childhood." *Joan Borysenko, Ph.D.*

Helping Heal People's Lives For Over 25 Years



For your detailed brochure, please call
Hoffman Institute Canada
1-800-741-3449 Ask for Peter Kolassa

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.

Breakthrough!

To Who You're Meant to Be!

Vision Quest Retreat

July 5-11

Valhalla Tipi Retreat

Slocan, B.C.

Advanced Shamanic Healing Training

Aug. 24-30

Alberta Foothills

Unique course covering soul retrieval, extraction, and ethical practice

led by

Laureen Rama, MAEd

Call 1-800-491-7738

In Calgary: 264-4721

Fax: 403-294-0815

lrama@istar.ca

THE MANY SPLENDID THING

UNIQUE HANDICRAFTS & BOOKS ETC.

(Featuring local craftsmanship)

Candles, sun catchers
jewellery, native crafts
Imports from Thailand,
India and Indonesia

3203 - 31st Avenue, Vernon, B.C.

Owner: Mahrie Davies

Manager: Shaldena El Morya

250-260-1027 or fax 250-558-3354

mahrie_davies@bc.sympatico.ca



*Don't be afraid to dream.
For out of such fragile things
come miracles!!*

EXPAND YOUR BUSINESS!
WORK IN VERNON ONE DAY A WEEK!
GREAT RATES! GREAT PEOPLE!!

Opening in early April of 1998

Offering counselling, bodywork and lecture rooms for professionals to rent (daily rates)

Small rooms (bodywork and counselling) for rent at \$25.00 (+GST) per day.

Large lecture room downstairs (holds 60) for rent (day or evening) for \$40.00 + GST.

For information or bookings:
Call Shaldena at **503-1445**
or Mahrie at **260-4167**

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.

Nature's Way Herbal Health Institute



Vernon, B.C.

Certified Classroom & Correspondence Programs

Herbal Consultant, Iridology, Reflexology and Reiki

For more information **250-547-2281**

GARBAGE AND FLOWERS

MY YEAR'S SOJOURN IN THE HOLY LAND

By Canadian Best Selling Author
Agnes Toews Andrews

"Light from the universe, originally a spark, manifested again and again... this is Agnes. In her lifetime now the light is ready to break through to be visible to others..."

This book, a psychological adventure travelogue of multidimensions is about Israel, Gaza, Jordan, Cyprus, Syria & Egypt.

Available at bookstores or call **250-677-4272**
ISBN# 1-55056-536-2

NOW AVAILABLE

AT ONE CONVENIENT LOCATION
158 Victoria Street, Kamloops, B.C.

Spirit Dancer Books & Gifts



© 828-0928

Specializing in.....

Self-Help, Metaphysical Books & Tapes for Body, Mind, Spirit & Planet.

Crystals, Jewellery, Stained Glass and more

Shae's

Foot Reflexology
Energy Work
and Ear
Candling
Soul
Retrieval

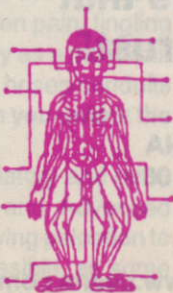


Psychic & Tarot Readings

Stones Herbs and Colours
Connect with your highest potential

(250) 828-0370

Email: jame@kamloops.net



Thai Touch

Transform Stress into **RELAXATION & VITALITY**

Traditional Thai Massage & Reiki Treatments
Unique fully-clothed acupressure massages
based on Thailand's ancient physical therapy tradition.
Tyson Bartel • (250) 372-3814

The Yoga Place

Healthy Living Through Yoga



Marni
Marriott

Certified Kripalu Yoga Instructor
Ongoing Yoga and Meditation Classes

Drop-ins Welcome

372-YOGA (9642)

Bring in ad.....\$5 Drop-in (1 class)
\$50 Monthly Pass

*\$10 off if you
mention my
ad in issues*

Best of the superfoods to supercharge you daily



Spirulina
Organic Alfalfa, Barley, Oat &
Peppermint Juice Powders,
Pure Soy Lecithin (99% oil free)
Brown Rice Germ & Bran Conc.
Organic Apple Pulp
Stinging Nettle Leaf Powder
Chlorella (Broken Cell)
Soy Sprout Concentrate
Brown Rice & Soy Protein Powders
Jerusalem Artichoke Powder
Nova Scotia Dulce
Acerola Berry Juice Powder
Chicolin™
Royal Jelly (6% 10-HDA)

Plant Enzymes (Protease,
Amylase, Lipase, Cellulase)
Non-Dairy Probiotic Cultures
(2.5 Billion cells/serving)
Rosehips Extract
Licorice Root Extract
European Bilberry Extract
Astragalus Extract
Siberian Ginseng Extract
Fo-Ti-Teng Extract
Dandelion Extract
Milk Thistle Extract
Ginkgo Biloba Extract
Grape Seed Extract
Japanese Green Tea Extract

The ultimate enzymatically alive, alkaline pH, **green superfood**
BioQuest invites you to experience the award winning Greenalife for
30 days. If you don't agree that Greenalife is the best healthy fast
food you have tried, we will immediately refund your money!

To purchase this outstanding Canadian product ask your naturopathic physician or
local health food store. For information, phone or fax BIOQUEST at 1 888 922-0285
Box 27104 - 1395 Marine Drive, West Vancouver, B.C. V7T 2X8

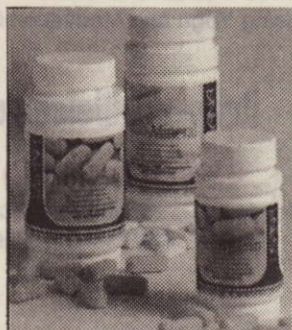
NON-SURGICAL FACELIFTS

Image enhancing/Facial Toning ~ A Service for Men & Women
Complimentary Consultations

THE STUDIO Kelowna, BC 862-1157

USANA

INDEPENDENT DISTRIBUTOR



**Take control of
your health today
by choosing
Nutritionals that
you can trust!**

For free audio call toll free 1 - 888 - 97USANA
or 1 - 250 - 549 - 7106

E-mail address : gismo@bc.sympatico.ca

For Health and Financial Freedom opportunity
1-800-299-5001 ext 04066 - 24hr. msg. Website : www.usana.com

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!

LIFE CHANGING
NUTRITIONAL SUPPLEMENTS

Mannatech
INCORPORATED

INDEPENDENT ASSOCIATE

Stuart • 250-493-8665

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.

See ad to the right.

April 4 & 5

3rd annual experiential

Holistic Health Fair at 272 Ellis St.

Saturday & Sunday Noon - 6 pm

we offer YOU an experience of alternative
bodywork therapy at specially reduced rates
of \$15 for half hour & \$25 for one hour.

Reserve your session
sign up starts Friday April 3, noon - 6 pm
Drop by and meet the practitioners Sat. & Sun.

Give us a call: Holistic Health Centre
Penticton **250.492.5371**

INTEGRATED BODY THERAPY

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



Registered Practitioner of Ortho-Bionomy, Advanced Practitioner and Teaching Asst. of CranioSacral Therapy
Learn a variety of osteopathic techniques to release the spine, the rib cage and the pelvis. **Ortho-Bionomy** is a gentle therapy which positions the body to spontaneously release tension. **CranioSacral Therapy** is an off-shoot of cranial osteopathy which uses the

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

Integrated Body Therapy 2 (appendages)
Kamloops: May 2 & 3 • \$175 (\$150 before Apr. 17)

Integrated Body Therapy 3 (cranial)
Kamloops: June 6 & 7 • \$175 (\$150 before May 21)



Register early - space limited
Courses for credit with CMT

Contact: Cassie Benell 250-372-1663 Kamloops
Available for sessions in Kamloops & Penticton



Healing Tao Retreats

1 week - 3 months
June - August

Intro June 8-15
July 6-13, Aug. 3-10

*In-depth practice and guidance in
Meditation, Chi Kung & Body Energetics.
Life-changing programs with optional
Holistic Vocal and Movement Arts.*

Come breathe by the sea!

Box 428, Heriot Bay, B.C. V0P 1H0
250-830-7212

aromatic steam capsule
aromaSpa®

To Breathe Easy



"Completely Portable
Steam Unit
Sets Up in Minutes"
CSA & UL Approved

**Introducing...
Our New Model
"Health Capsule"**

For the health conscious
individual desiring high
heat only for maximum
detoxification and
immune stimulation.

\$1,995.00

+ taxes & shipping

*Serene and Gemini models have adjustable
heat settings Health Capsule is high heat only.

Each year we are exposed to thousands of
toxic chemicals and pollutants in our
atmosphere, water, food and soil. These
pollutants affect us in a variety of ways,
including decreased immune function,
neurotoxicity, psychological disturbances
hormonal dysfunction, and even cancer.
Detoxification occurs through the body's
natural process of eliminating or
neutralizing these toxins via the liver,
kidneys, urine, feces, exhalation and
perspiration. Detox. therapy accelerates
this process to help rid the body of
chemicals and pollutants and can facilitate
a return to health. Many tout hyperthermia
(raising body temperature above its normal
level of 98.6°F or 37°C) or heat stress
detoxification as one of the most effective
detoxifying treatments available.

Nile Source Essentials

Contact us for a product list.

Practitioners discount prices available.

Purchase through our mail order service at the
following phone numbers.

BC Distribution By:

JUST FOR YOU

Ph: (250) 861-9185

or TOLL FREE

1-888-310-2211

Dealer Inquiries Welcome

Sweating it Out

by Linda Luider

For thousands of years the soothing
wonders of steam bathing have offered
a great way to beat stress, stimulate and
improve circulation, help the body elimi-
nate toxins and impurities, and even to
help prevent injuries related to strenu-
ous physical work and sports by enhanc-
ing oxygen nutrient and lymph exchange
at the cellular level. Add essential oils to
this and its benefits can be enhanced.

Working up a good sweat is essen-
tial 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 Ameri-
can 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 Dal-
las 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 ex-
perience 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 exam-
ple 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 re-
markable 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 crip-
pling arthritis in her hips and after remov-
ing 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 an-
cient 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.



SIRIUS™

Science & Nature

Herkimer Diamonds & Crystals!

An excellent selection of rocks and minerals

- * Anatomy & Reflexology Charts
- * Edible & Medicinal Plant Books

277 Main Street

Penticton • 770-1477

GNOSIS

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.

THE UNIVERSAL CHRISTIAN GNOSTIC MOVEMENT



invites you to a new cycle of free public lectures

Wednesday April 1, 7:30 pm

then every Wed. and Sat.

#204 - 2791 Hwy. 97N, Kelowna (at McCurdy)

For information: 250-862-9604

PRIVATE RETREAT

For Sale • 33 Acres

Beautifully treed, river running through, sunny exposure, quality built timber-frame shop/dwelling, water systems, organic orchard and garden established.

**A unique opportunity,
just 30 minutes from Kamloops**

\$149,000.00 ☎ 250-366-4277

Structural Integration



Deep Tissue Manipulation

Re-aligns your body providing:

- ✧ relief from chronic back and joint pains
- ✧ improved posture and breath
- ✧ increased flexibility and energy

Jeffrey Queen, B.A.

Certified ROLF Practitioner

For sessions in Kelowna/Vernon call 1-888-833-7334
Penticton: 492-3575 or the Holistic Health Centre 492-5371



Dreamweaver

Enter a world of mystical charm

**Books, Crystals, Jewellery, Aromatherapy,
Gift Items, Original Artwork, Herbal Supplies
and much more.**

3204-32nd Avenue, Vernon

OPEN

☎ 250-549-8464

Mon. thru Sat. 9:30-5:30

Toll Free 1-888-388-8866

Fridays till 7 pm

Psychic Readings Monday to Friday

Ken Martin

**Integrative Body Psychology
with 15 years of Rolfing experience**

Experience more of the present by releasing negative core experiences. Re-experience being the adaptive child who survived and can now choose to be different.

Penticton's Holistic Centre 250.492.5371

Nelson 250.352.1555



CHELATION THERAPY

in the 'Heart of Kelowna'

LANDMARK SQUARE II

605 - 1708 Dolphin Avenue
Kelowna, B.C. V1Y 9S4

**OFFERING CHELATION THERAPY AND
OTHER INTRAVENOUS TREATMENTS**

Our phone number is
(250) 712-1155

Toll Free 1-888-273-2222

Fax (250) 712-1156

DR. A.A. NEIL, MBCHB LMCC

DIPLOMATE - AMERICAN BOARD
OF CHELATION THERAPY



Maurine Valorie



- Tarotologist
- Light Life Polarity Therapist
- Rebirther
- Author of "Simply Tarot"
- Psychic
- Live Essence Products

WORKSHOP SCHEDULE

April 3-6 Vancouver, Chuck & Lency Spezzano
The Power of Love in Your Life

April 10-12 Celista, B.C., with EXCELEX
Solar Heart Initiation

April 18 Saturday in Vernon, B.C.
How to Read the Tarot

April 25 Saturday in Kelowna, B.C.
Ample Women Workshop

*Every Tuesday at Dreamweaver in Vernon
readings by Maurine Valorie*

250-549-3402

3408 - 33 Ave., Vernon, B.C. V1T 2P1

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).

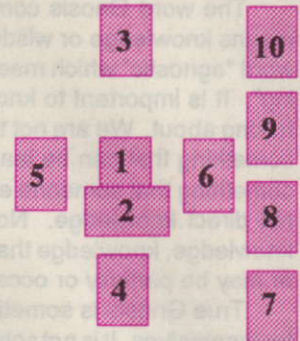
Card 6 - What is entering my life?: **SEVEN of SWORDS** - muddled thinking and a standstill. A bunch of past burdens (karmic?) that I feel I am shouldering by myself. Just who do I think I am? People travel when they have \$ in their jeans, not on a pay-back-later plan!

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!



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.



**CANADIAN
COLLEGE OF
ACUPUNCTURE AND
ORIENTAL MEDICINE**

A four year diploma program in traditional Chinese medicine focusing on acupuncture and herbology including western sciences. We emphasize the development of the personal, professional and clinical skills necessary for people involved in the healing arts. Financial assistance may be available.

Established in 1985. For information or calendar (\$5) contact:
CCAOM, 855 Cormorant St., Victoria, B.C., V8W 1R2
FAX: (250) 360-2871 e-mail:ccaom@islandnet.com
Tel: (250) 384-2942 Toll-free 1-888-436-5111

NATURE'S SOLUTION

Therapeutic Supplies & Training Centre

- Vodder Manual Lymph Drainage
- Relaxing Swedish Massage with Shiatsu
- Reflexology
- Acupressure
- Detoxifying Body Wraps & Cellulite Body Masking
- Introduction to Reiki
- Cranio Sacral Therapy

Correspondence Courses NOW available by Tisserand,
The Art of Aromatherapy & Reflexology

Wholesale Price List & Career Information
1-888-769-7394

*Registered with The Private Post Secondary
Education Commission of B.C.*

842 Ogden Road, Kelowna, B.C. 250-769-7334

Kinesiology
Acupressure
Nutrition
Emotional Connections



Aura Balancing
Reflexology
Color Therapy
And Much More

ENERGY BALANCING

A FUNSHOP WITH JAMES MINCKLER

A hands-on opportunity to explore and study the body's energy field. Learn the practical application of ancient healing arts to influence and affect how you feel. You are invited to join the circle for an educational and entertaining adventure in awareness.

HOLISTIC HEALTH CENTRE

272 Ellis St. - Penticton - phone 492-5371

— Free Introduction May 1 • 7 - 9 p.m. —

May 2-3 • 10:00 a.m. - 6:00 p.m.

Two-day Seminar \$110. Or barter. Teens free.

A Body Owner's Maintenance Manual Available. Cost \$24.



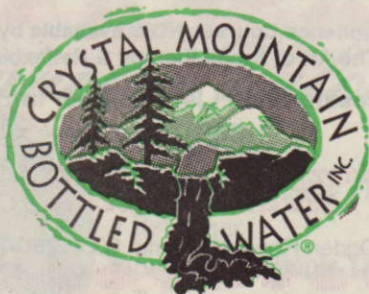
NETWORKERS !
You know who
you are...

- Would you like to have better health and more energy?
- How about improving your love life & stamina?
- Are you interested in seeing some extra income or even building a large income?
- No sign up or kit fees
- 3 x 7 Forced Matrix
- Free Catalog & Information

**It's Easy To
Get Started !!**

For more information please call:

250-769-2133



**Crystal Mountain
Bottled Water**

Purified Drinking Water
delivered to your Door!

- First 4 (5 gal) bottles are FREE
*some conditions apply
- Cooler and dispenser sales/rentals
- Family owned and operated
- Prompt friendly service
- Payment plans available

**Serving Penticton,
Summerland & Naramata**

call Judy or Gary Richardson: 493-7673

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.

Life is a challenge, meet it!

Life is a dream, realize it!

Life is a game, play it!

Life is LOVE, enjoy it!

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.

Queens Park School Gym, Penticton

\$20 Fri. only, \$40 Sat. only, \$50 Fri. & Sat.

Pre-register by calling:

Dorothy 493-5278 or Mugs 492-2587

Sponsored by the South Okanagan Yoga Association

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

BECOMING EARTH PEOPLE



JUNE 12 - 14

WAY OF THE MEDICINE WHEELS

HYEMEYOHSTS & SWAN STORM

Hyemeyohsts Storm
Author of *LightningBolt* and *Seven Arrows*

For Information & Registration Contact

SPIRIT WIND
403 931 3923

Calgary Event

Friday Evening \$35.00 Full Weekend (includes Fri.) \$265.00

Register Early Space is Limited, Visa Accepted

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.*

CANADIAN ACUPRESSURE INSTITUTE INC.

- 8 MONTH JIN SHIN DO® AND SHIATSU DIPLOMA PROGRAM
- 2 YEAR (WEEKENDS) JIN SHIN DO® CERTIFICATION
- INTRODUCTION CLASSES IN YOUR AREA
- FINANCIAL ASSISTANCE MAY BE AVAILABLE



301-733 JOHNSON STREET, VICTORIA, B.C. V8W 3C7 250-388-7475
cai@tinet.net URL: come.to/living/cai.htm

Gibson & Associates Mediation

specializing in the areas of:

- Family Mediation
- Divorce & Separation Agreement
- Harassment



Cathay Gibson, BA, MA



'Resolve to settle
your dispute'

Is conflict interfering with your life?

- Reduce high legal costs
- Release stress
- Decide the outcome

GIBSON & ASSOCIATES MEDIATION

Look for the heritage house at
 803 Bernard, Kelowna, B.C. V1Y 6P6
 862-2662 • 1-800-447-7762



Member in good standing FAMILY MEDIATION CANADA • Initial consultation at no charge



Facilitated by
 Harreson & Blanche Tanner

LIFE SHIFT INTENSIVE

June 1-10 & Nov. 1-10, 1998

On Beautiful Kootenay Lake, B.C.

A ten day program for accelerated personal growth and spiritual development. Facilitated through the dynamic healing and empowering potential of breath integration, meditation and group process.

BREATH PRACTITIONER TRAINING & CERTIFICATION

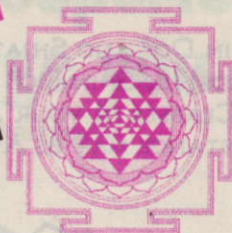
For information or brochure write

P.O. Box 174, Riondel, B.C. V0B 2B0 • Phone 250-225-3566

MANDALA BOOKS

MISSION PARK MALL, KELOWNA
3151 LAKESHORE ROAD

860-1980



NEW & ANCIENT SPIRITUALITY HEALING ARTS & SELF HELP
MEDITATION & RELAXATION MUSIC VIDEOS
BACH FLOWER REMEDIES TAROT & RUNES
JEWELLERY CANDLES INCENSE WINDCHIMES
SUNCATCHERS AND PRISMS AROMATHERAPY

ASTROLOGY SERVICES/REPORTS/IN-DEPTH READINGS

Readings with Dee

By appointment Saturdays 10 - 4

Clairvoyant • Clairsentient • Tarot

OPEN MONDAY - SATURDAY 10AM - 5:30PM

Academy of Classical Oriental Sciences

東方古典科學院

4 year program
in Chinese Medicine
Acupuncture • Chinese Herbology
Tuina Massage • Diet • Qi-gong
Western Medicine Component
Chinese Language Component

NEXT ENTRY SEPTEMBER

Financial assistance may be available

Calendars and applications call
Toll free 1-888-333-8868

533 Baker Street, Nelson, B.C., Canada. V1L 4J1
Fax: 250-352-3458 • Email: acos@acos.org • Website: <http://www.acos.org>



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

DARE to DREAM

Jewellery • Crystals • Gemstones
Aromatic Candles • Incense • Oils
New Age & Self Help Books, Audio & Cards
Used Books • Puzzles

Gift Certificates
Available

READINGS BY APPOINTMENT

Crystal • Clairvoyant
Keith • Clairsentient
Margaret • Integrated Bodywork

Store Open • Mon - Sat • 10 am - 5 pm
180 Asher Road, Kelowna • 491-2111

Health Awareness Fair 98

June 6 9am to 5 pm

Merritt Civic Center,
Merritt, B.C.

For more details call Kathy Hendrickson
250-315-0111 store 250-378-3548 home

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*



Creative Insight

with

Moreen Reed
Astrologer



call 1-800-667-4550

Daily forecast available on my web site

<http://cariboolinks.com/cardinal/astrology/>

TV Show 'Astrology Today'

Cable 10~ Kamloops~ First Sunday of every month

HEALING TOUCH CANADA



Certification through
Healing Touch Canada

Supported by the
Canadian Holistic
Nurses' Association

Healing Touch for Beginners

Level I Weekend Workshops

Naramata Centre

May 1, 2 & 3

Contact: Judy 498-3538

Castlegar

May 9, 10 & 11

Contact: Lori 364-2949

TURNING ON THE LIGHT

Beverly & Grant
Hunter

LEARNING
CENTRE



FREE INFORMATION EVENINGS

Registration Required, Tuesdays 7:00 - 9:00 pm

April 14	Structure of Intellect, S.O.I.
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

Early Registration - \$25 discount

Touch for Health II	April 18 & 19
Brain Gym	Weds. Eve., Apr. 22 - June 8
	or 2 weekends, May 2&3 & May 30 & 31
Vision Circles	June 5, 6, & 7

PRACTICE EVENINGS

Registration Required - 7:00 - 9:00pm

Brain Gym	Tues. April 21
	Thurs. May 7
	Tues. May 19
Touch for Health	Thurs. April 16
	Thurs. May 14
	Fri. May 29

We accept



Trade Dollars

(250) 766-2329

1330 - 6th Street, Okanagan Centre, B.C. V4V 2H7

Carla Buchanan, R.M.P.

Registered Massage Practitioner

- Lymphedema Treatments
- Relaxation / Stress
- ICBC Claims Accepted

Call for appointment

250 -545-2725

Gift Certificates Available

104, 3005 - 35th Avenue,
Vernon, B.C. V1T 2S9

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 Turn-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

Jean



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.



What Are You Aiming For?

Discover
your
Potential

YASODHARA ASHRAM

Yoga Courses & Retreats
1-800-661-8711

for Kelowna classes, call Elizabeth at 769-7291

Become A "DOCTOR of METAPHYSICS"

'ALL HOME STUDY' QUALITY TRAINING

- ◆ IMPROVE PEOPLE'S LIVES THROUGH **TEACHING**
- ◆ GUIDE OTHERS THROUGH **COUNSELING**
- ◆ PRACTICE METAPHYSICAL **HEALING**

CANADIAN DIVISION OF
UNIVERSITY OF METAPHYSICS OF CALIFORNIA

KELOWNA ... Rev. Dr. Mary Fouchalk
phone • 250-861-3388 • fax

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



Biofeedback

with Haley B. Jonstyn, RN

De-Stress! Latest research reveals how stress affects all the organs including the brain. Effective treatment for headaches, anxiety, chronic pain, T.M.J., insomnia, digestive problems and many more ailments

Introductory Evening Presentation

Holistic Health Centre, Penticton

April 27 • 7 - 9:30 pm • Investment \$10

Please pre-register by phoning 492-5371

Private Sessions April 27, 28, 29 • 1 1/4 hrs.

Tape provided for home use. Investment \$60

2 people - 2 hr. session \$100

Phone 250-492-5371 for appointment

Serving Trail, Nelson & Penticton

250-368-8000 • 1-888-530-2233

A Course in Miracles Study Group

Fridays 10-11:30 am

INNER DIRECTION CONSULTANTS

2189 Pandosy St, Kelowna

Led by Marj Stringer • CALL: 763-8588



GARDEN DELIVERIES

HEALTHY FOODS
DELIVERY SERVICE



new # Call Gerry
Ph: 493-4399
Fax: 492-5328

- ✓ Fresh Organic Produce ✓ Vitamins
- ✓ Free Range Eggs ✓ Health Foods
- ✓ Serving Penticton and surrounding area

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.



THE LAUGHING MOON

4600 Lakeshore Road, Kelowna

presents

- Apr. 3 Les Copeland • Blues Guitar
- Apr. 10 Ellen Churchill • Jazz/Blues Vocal
- Apr. 17 Espana • Spanish Guitar/Flamenco
- Apr. 24 O'Kannagan Trio • Celtic

We are open on these evenings for your dining pleasure, offering:
International Cuisine, Desserts & Coffees.
\$5 entertainment fee

For Inspired Giving!
Unique clothing, jewellery, cards,
art and so much more.
Featuring 'April Cornell'
Clothing & Linens

Please call 764-0664 for information

OPEN DAILY

ChicoLin or Dahlia Inulin

**DON'T LET THE UP
AND DOWN OF SUGAR
LET YOU DOWN!**



The ultimate complex carbohydrate
Keeps blood sugar level for 10 hours,
has zero glycemic index, ideal for
weight control, sports nutrition,
bifido bacteria growth medium and
increase of total energy reserves

Ask your local Health Food Store or
Phone Bioquest at: 1-888-922-0285

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.

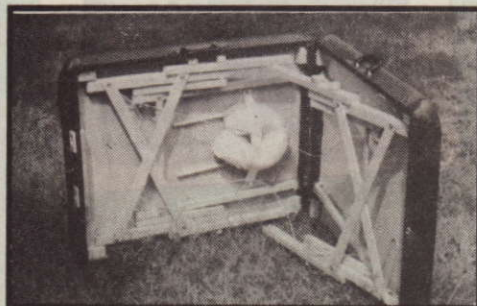
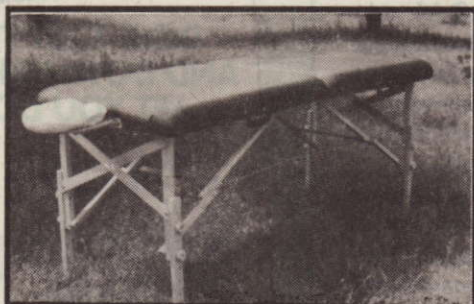
JD: What about the constitution and bill of rights as well as the BNA Act in Canada? Don't these protect citizens from domination by a few?

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

Handcrafted Massage Tables



Made in
Naramata by
althaea works



- 31 pounds
- quality vinyl
- 4 colours
- high density foam
- 29 inches wide
- Maple legs

available at the Holistic Health Centre
272 Ellis St., Penticton, BC, V2A 4L6
or phone for information 492-5371

DAVID ICKE

returns to Vernon
to expose ...



THE BIGGEST SECRET

Saturday • May 2 • 7:00 - 10:30 pm

Vernon Lodge, 3914 - 32nd St., Vernon, B.C.

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.

Sponsored by The Preferred Network

\$15 at the door, or \$12.50 if purchased by Apr. 24th

Advance ticket purchases \$12.50 available at:

Preferred Network	Wholistic Living Centre	Books & Beyond
Salmon Arm	Vernon	Kelowna
250-832-0085	250-542-6140	250-763-6222

Holistic Health Centre



Nywyn



Michael Kruger



Pat Brady



Larry Kostiuk



phone 492-5371 for an appt.

Gift Certificates available

Services offered ... AromaTherapy Massage, Reflexology, Reiki, Ear Candling and Brain Gym.

TAI CHI & QI GONG with Richard

Thursdays 6:30 - 7:30 pm

FIRST CLASS FREE ★ 5 classes - \$30

REIKI CIRCLE with Pat or Michael

an opportunity for those with Reiki training to practice this healing art on each other.

Tuesday 7 pm ★ by donation

YOGA with Angèle

Mon. 5 pm, Wed. 5 & 7 pm & Thurs 11 am

FIRST CLASS FREE ★ 5 classes for \$35

now offering...
**MORNING & EVENING
YOGA CLASSES**

HEALING MEDITATION

Mondays or Friday 7 pm

5 classes for \$35 ... phone for details 492-5371

Space for rent by the hour, day or month
reasonable rates ... ☎ 492.0987

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.

Yesmin's

Alternative Therapy

Weekend Workshops

LEARN HOW TO DO:

- HENNA TATTOOS • AYURVEDIC COOKING
- INDIAN AYURVEDIC HEAD AND SCALP MASSAGE
- AYURVEDIC FOOT MASSAGE (REFLEXOLOGY)

PHONE: 604-439-9060 • Toll FREE 1-888-317-8822

TAKE CONTROL OF YOUR HEALTH!

Did you know that 85% of all North Americans have PARASITES?

They are causing many health challenges today, such as:

Chronic Fatigue	Colitis	Crohn's Disease
Lupus	Cancer	Allergies
Arthritis	Diabetes	Mental Disorders

Are you wanting to lose weight?

A 500 year old herbal recipe can help you do it safely.

With the use of these Ancient Middle Eastern Herbal recipes you can target the cause and not the symptom to cleanse, rebuild and/or reduce weight and bring back the vibrant health you deserve.

Call: Michael G. Fox 1-250-558-4951



Brenda Molloy

Acupressure & Shiatsu

Full Body Massage Treatments
in the comfort of your home

Certified
Acupressurist

(250) 769-6898

Mobile Service
Kelowna & Area



Gift Certificates Available



LAND & SPIRIT RETREAT

AND HERBALS FOR WOMEN

Weekend Retreats - \$150/weekend

- Meditation for Daily Living
- Mask Making for Healing
- Herbs for Health
- Forage and Gather
- Tea, Salve & Tincture Making
- Letting Spirit Speak Through Art

For information contact: Virginia Graham-Smith
Box 1308 Barriere, B.C. V0E 1E0 250-672-0149

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*

Oriental

Acupuncture & Health
Centre Ltd

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

China Registered Acupuncturist,
Member of C.C.T.C.M. & Acupuncturist Society,
Member of C.A. & T.C.M. Alliance of BC

Acupuncture is good for: all kinds of acute & chronic pain, asthma, sciatica, stress reduction, facial spasm, migraine, arthritis, tendonitis, dermatitis, sinusitis, menopause, acne, insomnia, fibromyalgia, quit smoking, stroke, facial rejuvenation, tinnitus, impotence, constipation, frozen shoulder, tennis elbow, back pain, strained neck, herpes, colitis, etc.

#203 - 1455 Ellis Street, Kelowna (250)862-8420

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.

Vision Mountain  **Soul Centered**

**Leadership Program
with Christopher Moon
"Crossing the Threshold"
May 24 - June 6, Nelson, BC**

**Weekend Workshop
'Relationship In the Name of Love'
June 12-14, Nelson BC**

For info on 1998 Programs & Early Registration Discounts
Toll Free 1-888-337-0009 or 825-0009

How Free Are We?

Mark Phillips & Cathy O'Brien...



...blow the whistle on Gov't Mind Control Project

Wed. • April 15 • 7:00 - 10:30 pm
Vernon Lodge, 3914-32nd St., Vernon, B.C.

Mind Control Goes Public Prepare yourself to be shocked and amazed, as authors Mark Phillips and Cathy O'Brien, give a detailed presentation on government involvement concerning external control of the mind! Mark and Cathy reveal experiences with this secret INVISIBLE tool, known as MK-ULTRA. "As citizens, we are now *psychologically* and *technologically* vulnerable to losing our last remaining freedom...THOUGHT!" Arm yourself with the only defense there is: **Knowledge and Truth.**

Sponsored by The Preferred Network
\$15 at the door, or \$12.50 if purchased by Apr. 10th

Advance ticket purchases \$12.50 available at:

Preferred Network	Wholistic Living Centre	Books & Beyond
Salmon Arm	Vernon	Kelowna
250-832-0085	250-542-6140	250-763-6222

Pandora's



Licensed
Entertainment

Ethnic & Eclectic
Vegetarian Foods

Bistro

2908 29th Avenue, Vernon,
BC, V1T 5C7 • Phone 558.0298

Every Thursday there is a
House Band and Open Jam Night

Every Friday is Youth Night

Every Saturday...Special Events

April 4 ~ Ellen Churchill
Jazz & Blues Singer

April 11 ~ Happy Easter

April 18 ~ Saskia Munroe & Mozaik
Folk Singers

April 25 ~ House Fulla Empties
Blues and Rock Band

One Heart Miracles

a non-profit group
presents

The Shining of the Countenance



a day of love and sharing
in celebration of Wesak

the annual showering of the
Buddha's blessings on us all

Sunday May 10th, 9:30am to 5 pm

Japanese Cdn. Citizens Assoc.
4895 Bella Vista Road, Vernon

Tickets \$30 advance purchase only
A vegetarian lunch is included

Contact: Ashleigh 558-7709
or Donna 545-6042

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.**

See ad to the left.

the 'NATURAL' yellow pages

acupuncture

EAST WEST ACUPUNCTURE

Certified - Marney McNiven, D.T.C.M. & Gabriel Assaly, Adv. Lic. A.C. 542-0227
Enderby Clinic Marney McNiven, D.T.C.M.
 Twyla Proud, RN - Therapeutic Touch
 838-9977 **Salmon Arm** - Marney McGiven
 Golden Pantry 838-9977 Members of A.A.B.C.

MASTER SHA'S CHRONIC PAIN

SOLUTIONS CLINIC, Thursdays in Kelowna at #210 - 1980 Cooper Rd. Call toll free to book appointments 1-888-339-6815

aromatherapy

AROMATHERAPY DIPLOMA PROGRAM

Accredited training, correspondence available.
 Earth Songs Aromatherapy Centre, #4-539
 Queensland Drive SE, Calgary, AB T2J 4G4
 (403) 278-4286

BEYOND WRAPTURE ... 860-0033

Urban Day Spa & Retreat ~ Aromatherapy Body Wraps, Massage, Sea Salt/Loofah Glow Treatments, Mud Wraps, Full Esthetic Services, B&B, Hot Tub. 3 blocks from beach/downtown
 1965 Richter St., Kelowna fax 861-5009

INSTITUTE OF DYNAMIC AROMATHERAPY

offering Certificate Correspondence programs.
 Heidi Watson 604-737-2510 or 1-888-790-2600

SAJE ~ Nature's Remedies & Aromatherapy

100% botanical products including the finest grade essential oils. We do custom blends & mail order. Orchard Park, Kelowna 860-5833
 Mail order 1-800-355-4569

SARAH BRADSHAW Salmon Arm..833-1412

astrology

AZTEC ASTROLOGY ~ Boitanio Mall

Williams Lake 398-8198 Computer generated astrology, numerology, Cards of Destiny.
 Natal charts, yearly forecast & relationship reports. Crystals & gems, unique gifts & clothing.

LEAH RICHARDSON ~ Peachland

Astrological Counselling & Teaching.
 767-2597 or mobile phone 862-6392

MOREEN REED ... Kamloops ~ 828-6206

World Wide Web;
<http://cariboolinks.com/cardinal/astrology/>
 For contact info & forecast see ad page 31

biofeedback

R.E.S.T. & BIOFEEDBACK CLINIC

Vernon 549-1029

bodywork

KAMLOOPS

ACUPRESSURE MASSAGE/THAI

MASSAGE. Fully clothed. Tyson...372-3814

JANICE OTREMBIA - Heart & Soul Consulting

For better health, relaxation, energy & balance.
 Certified Polarity therapist & Reiki practitioner
 integrating holistic massage - 573-6033

JEANNINE SUMMERS certified body man-

agement, touch for health, reiki master, cranio
 sacral, soft laser & bio-magnetics -573-4006

CASSIE BENELL ~ THE LIGHT CENTRE

Kamloops: 372-1663...Ortho-Bionomy,
 CranioSacral and Visceral Manipulation

GARY SCHNEIDER ~ Certified Rolfer,

Cranial Manipulation, Visceral Manipulation
 Sessions in Kamloops & Kelowna ... 554-1189

NORTH OKANAGAN

LEA HENRY - Enderby 838-7686 Reiki

Teacher, Usui & Karuna, Full body massage,
 Reflexology, Energy balancing, Ear Candles

CENTRAL OKANAGAN

BOWEN THERAPY & REFLEXOLOGY

Traudi Fischer ~ Peachland 767-3316

DONALIE CALDWELL, RN ~ Reflexology,

CRA, Relaxation Bodywork, Intuitive Healing
 & Health Kinesiology, Neuro-emotional re-
 lease. Kelowna 491-0338

EUROPEAN BODYWORK & REFLEXOLOGY

Karin Herzog ~ Peachland 767-2203

FOCUS BODYWORK THERAPY ~Full

body massage treatments. Deep tissue, intuitive
 healing & emotional release for rejuvenation &
 relaxation. Sharon Strang ~ Kelowna - 860-4985

HELLERWORK - Ross Short - 712-9996

MARGARET HUMENY - Kelowna..765-5874

NATURAL CONNECTIONS Full therapeutic

bodywork massage & reflexology; conducive
 to your well-being. Kathleen Sears~769-7430
 Kelowna

SHIATSU MASSAGE & REFLEXOLOGY

Elaine Folden 762-0868 ~ Kelowna

SHIRLEY'S HEALING JOURNEY ~

Healing Touch, Reflexology. Will travel.
 Peachland.....767-6390

TERRY GRIFFITHS ~ Kelowna: 868-1487

Counselling/Hypnotherapy, Transformational
 Touch/Life Force Healing, Acupressure/
 Reflexology

WELL-QUEST HOLISTIC HEALTH

CENTRE-Winfield ..766-2962 Myotherapy,
 Reflexology, Integrative Bodywork.

SOUTH OKANAGAN

BOWEN THERAPY & BRAIN GYM

Jessica Diskant, L.M.T-Penticton...493-6789

HELLERWORK - Michael Pelser 492-7995

LISTENING HANDS THERAPY

Christine Norman, Certified Practitioner
 Reflexologist For Appointments... 497-5585

SHIATSU ~ KATHRYN Penticton-Lakeside

Fitness:493-7600 Keremeos:499-2678

KOOTENAYS

CENTRE FOR AWARENESS... Rossland

Sid Tayal - 362-9481 Bodywork, Polarity,
 Yoga, Reflexology, Chinese Healing Arts,
 Counselling, Rejuvenation program.
 Annual retreat in July.



*European Bodywork
 and Reflexology*

by Karin Herzog

Graduated 1993 from MASSEIN, College for Manual Therapy
 and Health Promotion, in Switzerland as a
 Medical-Therapeutic Massage Therapist.

Peachland: (250) 767-2203 Big White (250) 765-2245



Tara Shanti Retreat

A magic place to inspire
 vision of purpose

Retreats & Workshops

See classified for "Women's Retreat"

Box 77, 134 Riondel Rd.,
 Kootenay Bay, BC, V0B 1X0
 1-800-811-3888 • Fax (250) 227-9617
 Email: tara@netidea.com



the 'NATURAL' yellow pages

books

BANYEN BOOKS & SOUND

2671 W. Broadway, Vancouver, BC V6K2G2
(604)732-7912 or 1-800-663-8442

BLACK CAT BOOKS Metaphysical, Tarot, Posters, Crystals, Jewelry, Cards - Best Selection Sci-Fi/Fantasy in Nelson Worth the trip upstairs, Nelson Trading Co. 402 Baker St. ... 352-5699

BOOKS & BEYOND ~ Phone 763-6222
Downtown Kelowna - 1561 Ellis St.

DARE TO DREAM 491-2111
180 Asher Rd., Kelowna (Rutland)
New Age, Self Help, Jewellery, Crystals

DREAMWEAVER GIFTS ... 549-8464
3204 - 32nd Avenue, Vernon

THE HUB OF THE WHEEL ... 490-8837
123 Westminster Ave. W, Penticton

MANDALA BOOKS ~ Kelowna ... 860-1980
#9 - 3151 Lakeshore Road (Mission Park)

OAHSPÉ, THE WORLD'S TEACHER.
The New KOSMON (AQUARIAN AGE) bible in the words of JEHOVIH. A teaching & guide for all people of all races & religions on earth. Write for free literature to Oahspe Service, PO Box 2356, Stn R., Kelowna, B.C. V1X 6A5.

SPIRIT DANCER BOOKS & GIFTS
Kamloops...828-0928 ~ 158 Victoria St.
Crystals, jewellery, stained glass and more.

REFLECTIONS 'Your Personal Growth Ctr.'
Books, Gifts, Cappuccino - come in & browse!
191 Shuswap St, NW Salmon Arm ..832-8892

WHOLISTIC LIVING CENTRE
Books to help you with personal growth
Phone 542-6140 ~ 2915 - 30th Ave., Vernon

breath practitioners

LIFE SHIFT INTENSIVE ~ Ten day program for accelerated personal growth. Breath Practitioner Training & Cert. 250-225-3566

INNER DIRECTION CONSULTANTS

2189 Pandosy St., Kelowna ... 763-8588
Offering Breath Integration Sessions, Self Development Workshops, Six month personal mastery program, Practitioner Training and "A Course in Miracles." Patti Burns, Marj Stringer, Anne Wylie, Helen Kilback (Penticton), Rita Jesse and Denise Rimmel

PERSONAL GROWTH CONSULTING TRAINING CENTRE #5A - 319 Victoria St., Kamloops ... (250)372-8071 Senior Staff - Cyndy Fiessel, Susan Hewins, Linda Chilton, Shelley Newport & Marion Hausner
*see Teaching Centres for more info

WELL-QUEST HOLISTIC HEALTH
Centre - Rebirthing using hypnotherapy.
Gayle Konkle, CHT ~ Winfield ... 766-2962

business opportunities

EGYPTIAN SECRETS REVEALED
Answers to over 450 health problems. 2 hours a week, retire 2 years. Free audio. Recorded message 1-800-215-5270

FOCUS YOUR ENERGY ~ Discover yourself in creating a life of abundance in all aspects of your reality. Extraordinary personal educational product with 90% gross profit. Not MLM. Call toll free 1-888-226-7009

REDISCOVER the VALUE of ESSENTIAL OILS for Emotional and Physical Healing. Unique business Opportunity. Request a FREE Audio and Information Package. AURATILL ENTERPRISES, Dept. C, S-11, C-25, SS-1, Trail BC V1R 2Y8

chiropractors

DR. RICHARD HAWTHORNE..492-7024
1348 Government St., Penticton
Extended Hours. Call for your Appt. Today!

colon therapists

Christina Lake: 447-9090 Patricia Albright
Kelowna: 763-2914 Diane Wiebe

Penticton: 492-7995 Hank Pelser
Penticton: 492-7995 Michael Pelser
Westbank: 768-1141 Cecile Begin
Kamloops: 374-0092 Pam Newman
Nelson: 352-5597 Nicolo Scifo
Cranbrook: 489-2334 Life Force Institute
Jacques Levesque, Wholistic Nutrition Consultant

consulting

INSIDE CONNECTION SERVICES
Small Business & NGO Coaching.
Experienced, Affordable, Worthwhile.
Wendy Binggeli Ph/Fx (250)497-8995
Box 568, OK Falls, BC V0H 1R0
Email: insideconnection@vip.net

counselling

GLENN GRIGG COUNSELLING ~
Personal & Relationship Development -
Embrace hope. Castlegar... 365-0669 and
Penticton ... 492-4886

HMB PROFESSIONAL SERVICES, Helga Berger, BA, BSW, NLP Master Practitioner, Master Hypnotherapist: Individual, Family, Group Counselling, bringing out the best in us for optimal healing of selves and our relationships. Telephone: 868-9594 ... Kelowna

HARNAM J VANBERKOM, M.Ed.
Professional Counselling -Vernon ... 545-4035

HEART & SOUL CONSULTING
Janice Otremba - Kamloops ... 573-6033
A body/mind approach to daily living

INNER DIRECTION CONSULTANTS
763-8588 ~ Kelowna Breath Integration Therapy. See Breath Practitioners.

ROBBIE WOLFE, Registered Psychologist
Confidential Psychological Counselling,
Penticton: 493-1566

SUSAN ARMSTRONG, M.Ed., R.C.C.
Women's Issues, Sexual Abuse, Grief,
Sexuality, Relationships ~ Vernon-542-4977

Certified Colon Hydrotherapist
Herbalist
Iridologist
Nutripathic Counsellor
Cranial Sacral Therapist
Certified Lymphologist
Deep Tissue Bodywork

Natural Health Outreach
492-7995



H.J.M. Pelser
160 Kinney Ave.,
Penticton



Cécile Bégin, D.N.
Westbank...768-1141

Nutripathic Counselling
Iridology & Herbology
Urine/Saliva Testing
Colonic Therapy
CranioSacral & Reiki
Relaxation massage



the 'NATURAL' yellow pages

crystals

DISCOVERY GEMSTONES Crystals & Minerals for healing & collectors. 2514 - 131 Ave, Edmonton, AB T5A 3Z1 Ph/fax 472-1198

THEODORE BROMLEY The "Crystal Man" Enderby 838-7686. Crystals & Jewellery. Wholesale & retail. Crystal & Huna workshops. Huna Healing Circles. Author of The White Rose

dentist

CENTRAL OKANAGAN DENTAL GROUP 250-762-6414 General Dentists offering biological, family and cosmetic dentistry. New Patients Welcome. Saturday and evening appointments also available. #205 - 1626 Richter St. (Downtown) Kelowna

DAAN KUIPER ... 352-5012 General dentistry offering tooth colored fillings & dental material biocompatibility testing. #201 - 402 Baker St., Nelson, B.C.

dowsing/radiesthesia

Range of **PENDULUMS & DIVINING RODS** for healing, diagnosis & research 250-445-2277

energy work

BEV GARTNER ~ Penticton ... 492-8376

environment

100% BIODEGRADABLE CLEANING & PERSONAL CARE PRODUCTS. Organic foods. Highest quality food supplements available. Guaranteed. New Sales plan = finest MLM business available today. Call Shaklee Independent Distributor Bev Conquergood for more info 250-492-3746

AVALON CONSULTING ALLIANCE Kelowna ~ 868-8992 professional planning services, environmental assessment, 'green' business, innovative housing development, holistic/retreat centre design, sustainable community & wellness projects

HEALTHY HOMES FENG SHUI...374-9656

BACK TO BASICS RETAILING

435 Lansdown St., Kamloops... 314-6776 Solar, reclaimed wood, willow & sustainable gifts from A to Z. java@kamloops.com

SIMPLY SOLAR 376-6833 ~ Kamloops Solar pv panels & access. email: simsolar@direct.ca

esthetician

RENE FERGUSON ~ KAMLOOPS Esthetics/Aromatherapy, Swedish massage/bodywork, Reiki practitioner ... **828-0279**.

exercise

PILATES - Ross Short (Kelowna) 712-9996

face & aura reading

HARNAM, Dutch Psychic - Vernon - 545-4035

float centres

R.E.S.T. AND BIOFEEDBACK CLINIC Vernon 549-1029

foot care

HEALTHY FOOTPATH ~ Home Footcare, Healing Consultation, & Education ~ Kelowna Marcia Goodwin, RN, BScN ... 707-0388

forestry

UNITREE FOREST CARE INC. Tree planting, Stand Tending, et al. Harold Merlin Stevens, RPF 548-4066 P.O. Box 1359, Vernon, BC V1T 6N7

for sale

GODDESS PENDANTS & EARRINGS at Cats R Us, 376 Main St., Penticton or call for mail order brochure 250-493-0207/days 492-3886/eves

SWEETGRASS - WHOLESALE 50 or 100 braids/bundle, \$2 per braid. Saskatchewan grown. Discounts on larger orders. Jae Dean ...306-763-3338

gift shops

DRAGONFLY & AMBER GALLERY Beach Ave, Peachland BC ~ 767-6688 Unique gifts, crystals, jewelry, imports, candles, pottery & books

handwriting analysis

ACADEMY OF HANDWRITING SCIENCES Correspondence - Vancouver (604)739-0042

ANGÈLE - Certified Graphologist, Penticton Used by many businesses for an in-depth look into character traits. Phone 492-0987.

health care professionals

CÉCILE BÉGIN, D.N. Nutripathy 768-1141 Westbank ~ Iridology, Urine/saliva testing, Colonics specialist, Herbalist & more.

OKANAGAN NATURAL CARE CENTER Kelowna.. 763-2914 Master Herbalist, Reflexologists, Kinesiology, Iridology, Phobias, Colonics, Bowen & certificate classes

NATURAL HEALTH OUTREACH H.J.M. Pelser, B.S., C.H., C.I. ... 492-7995 Herbalist, Iridologist, Nutripathic Counsellor, Certified Colon Therapist & more. Penticton

HEALTH FOOD STORES - P. 47

health products

BUCKWHEAT HULL PILLOWS (organic) Hypoallergenic, head, neck support. Chiropractor recommended, dust mite free. Penny - Rossland 362-5473

EAR CANDLES & CANDLING Gift certificates available 497-8811

KLEEN AIR SYSTEMS ~ Portable electronic units send activated oxygen & ions into indoor environment replenishing the air like "Mother Nature" does. Chemical free - Not a Filter. Dealer Inquiries welcome. Call 1-800-230-8813

MASSAGE TABLES, used \$200 - \$350 Excellent condition — & more. Dial 1-888-424-FREE

Special offer \$10 per year

Enjoy the convenience of **ISSUES** ... mailed directly to you!

Name: _____ Phone # _____

Address: _____

Town: _____ Prov. _____ Postal Code: _____

Enclose ☐ \$10.⁰⁰ for 1 year Make cheques payable to **ISSUES**
Mail to: 272 Ellis St., Penticton, B.C., V2A 4L6



Menstrual Cap

Healthier Alternative to Tampons & Pads
Worn internally, soft rubber
reusable, safe, comfortable
and very reliable.
Trusted by women worldwide
for over 13 years.

You'll love it! Guaranteed.

FREE BROCHURE 800-663-0427

www.keeper.com

the 'NATURAL' yellow pages

herbalist

KATHY DEANE R. H. P. ~ Lumby .. 547-2281

SARAH BRADSHAW -Salmon Arm 833-1412

hypnotherapy

HMB PROFESSIONAL SERVICES, Helga Berger, BA, BSW, Master Hypnotist, Master NLP Practitioner: personal and group work; Time Line Therapy; clearing pathways to healing and personal fulfilment; freeing you from phobias, anxieties, unwanted habits & limiting beliefs. Telephone: 868-9594 Kelowna

PENNY MOON ~ Kamloops 314-0344

Certified Master Hypnotherapist Technologist & Counselor. Mind & Body Connection ~ Relieve Stress · Pain · Depression · Smoking · Weight Loss · Confidence · Phobias · Past Life Regressions · Relationships · Family Harmony · Self Hypnosis · Visualization

TERRY GRIFFITHS ~ Kelowna: 868-1487
Certified Counsellor/Hypnotherapist

THELMA VIKER Kamloops -250-554-3838
Certified Hypnotherapist, Master Hypnotist
Self Hypnosis • Achieve Prosperity
Develop Psychic Abilities • Habit Control
Access unlimited potential • Life Issues

WOLFGANG SCHMIDT, CCH

Rock Creek ... 250-446-2455

inner child work

JO VEN, Peachland: 767-6367 ... Registered Counsellor, Inner Child Work, Dreams, Psychic Counselling, Past Life Regressions & Hypnosis

massage therapists

ACTIVE CARE CHIROPRACTIC

Brian Amaron, BA, RMT 861-6151
#11 - 2121 Springfield Rd., Kelowna

CASEY HAYNES, RMT Kelowna-860-7345

#430 - 2339 Hwy 97N, Dillworth Shopping Ctr.

MASSAGE THERAPY CLINIC

Marilyn & Floyd Norman.... 492-0238
187 Braelyn Crescent, Penticton

PATRICIA KYLE, RMT ... 717-3091

1815 Hollywood Road S., Kelowna

SKAHA MASSAGE THERAPY

3373 Skaha Lake Rd. ... 493-6579
Mary d'Estimauville ~ 497-5658 Ok Falls

SUMMERLAND MASSAGE THERAPY

CranioSacral Therapy available
Manuella Farnsworth 494-4235
#4 - 13219 N. Victoria Rd, Summerland

VIOLET REYNOLDS-WOODS, RMT

775 Seymour St., Kamloops ... 372-3863

WILLOW MASSAGE THERAPY & CRANIOSACRAL CENTRE 490-9915

#113 - 1301 Main St., Penticton

mediation

RESOLVE TO SETTLE YOUR DISPUTE.
Family, Divorce and Separation Agreements and Workplace Disputes. Gibson & Assoc.
Mediation 250-862-2662 or 1-800-447-7762

meditation

BLESS THIS PLANET! Introductory course by mail. International Service Group. Voluntary contributions. Marion, 1005 Forestbrook Dr, Penticton, BC V2A 2G4 (250)493-8564
Email: meditation@meditation.com

TRANSCENDENTAL MEDITATION Technique as taught by Maharishi Mahesh Yogi is a simple, effortless technique that has profound effects on mind, body, behaviour and environment. Please phone these teachers:
Salmon Arm ... Lee Rawn 833-0290
Kamloops... Joan Gordon 578-8287
Kelowna ... Annie Holtby 446-2437
Penticton... Elizabeth Innes 493-7097
S.Okanagan/Boundary...Annie 446-2437
Nelson ... Ruth Anne Taves 352-6545

midwifery

FREE CHILDBIRTH SUPPORT

to the first two callers in the Vernon Area:
Phyllis Beardsley ~ 558-6556

JOSEY SLATER 250-335-0911

LABOUR SUPPORT, Pre-natal Classes

Sarah Bradshaw ~ Salmon Arm 833-1412

music therapy

KAY THOMPSON, MTA Facilitator of the Bonny Method of Guided Imagery & Music
Kamloops ... 374-4990

naturopathic physicians

Penticton

Dr. Audrey Ure & Dr. Sherry Ure...493-6060

Penticton Naturopathic Clinic ... 492-3181

Dr. Alex Mazurin, 106-3310 Skaha Lake Rd.

Oliver

Dr. Tamara Browne, ND 498-0311
34841 - 97th Street, Oliver

Vernon

Dr. Douglas Miller ...549-3302 ~3302 - 33 St

Westbank

Westside Naturopathic Office.. 250-212-5791
Dr. Daryl Robert Bourke, Westbank
Shopping Centre #118 - 2330 Hwy 97 S.

nutripath

PENTICTON: 492-7995 - Hank Pelser

WESTBANK: 768-1141 - Cécile Bégin

organic

FRESH CERTIFIED ORGANIC FRUIT & VEGETABLES regular basis/wide selection/ user friendly approach. Open to limited number of participants. 868-0813

FREE DELIVERY! Certified Organic Produce to your door! Serving South Okanagan, Boundary & Similkameen. 498-2640

LIVING EARTH Organic Growers Assoc.
Certification information (250) 495-7959

THINKING OF GOING ORGANIC? Write SOOPA, Box 577, Keremeos, B.C., V0X 1N0

palmistry

SUSAN SEN KO - Penticton ... 493-4178

HARNAM, Dutch Psychic~Vernon -545-4035

personals

CARD READINGS

Inquire at HOOT SWEETS, 469 Main St, Penticton: 11 am-5 pm. 492-8509 or 492-4245

DUTCH PSYCHIC, Harnam - (250)545-4035

PUT FUN & FRIENDSHIP INTO YOUR LIFE.
Join WK Matchmakers and meet someone special. Toll free 1-888-368-3373
wkm@knet.kootenay.net

primal therapy

PRIMAL CENTER OF BC Agnes & Ernst Oslender, 4750 Finch Rd, Winfield, BC V4V 1N6 (250)766-4450. Personalized intensive & ongoing courses. Convenient arrangements for out of town & international clients.

E-mail: ernsto@awinc.com,
<http://www.awinc.com/primal/ptcentre.html>

psychic / intuitive arts

AUTUMN - Top Professional Psychic Readings & Psychic Teaching. Clairvoyant, Clairaudient, Tarot 1-250-861-1322

ELIZABETH HAZLETTE ~ Salmon Arm
Channelled readings ...833-0262 Author
Dear Ones, Letters from our Angel Friends

HARNAM - Dutch Psychic ... 250-545-4035

HAZEL ~ Clairvoyant - Winfield...766-4466

HEATHER ZAIS (C.R.) PSYCHIC
Astrologer ~ Kelowna, BC ... (250) 861-6774

MAURINE VALORIE ~ (250) 549-3402
Intl. Reader, Teacher & Author of "Simply Tarot" at your service. Channelled readings.

the 'NATURAL' yellow pages

TANYA-clairvoyant readings ... 250-490-9726

TAROT & CRYSTAL READINGS

1½ hr sessions \$20 - Vernon 542-4424

reflexology

BOWEN THERAPY & REFLEXOLOGY

Traudi Fischer ~ Peachland 767-3316

EUROPEAN BODYWORK & REFLEXOLOGY

Karin Herzog ~ Peachland ... 767-2203

OKANAGAN NATURAL CARE CENTER

Certified, classes - Kelowna ... 763-2914

REFLEXOLOGY FOR EVERY BODY

Book & Video by Joan Cosway-Hayes. Learn reflexology, perfect your skills and more! \$74.95 post/paid to Footloose Press
3419-23 St NW Calgary, AB T2L 0T8
Tel: 403-289-9902 Fax 403-289-9151

reiki masters

ANNETTE GALLATIN ~Salmo...357-2581

Affordable - All Levels & Private Treatments

ÉVA TROTTIER Reiki Master/practitioner

Level I & II workshops. Grand Forks~442 - 3604

GAYLE SWIFT ... 545-6585 ~ Vernon

Demos, classes, individual sessions

IRIS YOUNGBERG Use this Universal Life

Force to increase your body's natural ability to heal itself. White Rock 604-536-6456

KATHY DEANE ~ Lumby ... 547-2281

JOHANNA- affordable~Beaverdell...446-2844

JOHN KING ~ 100 Mile House...791-5202

JUNE HOPE ~ 295-3524 Karuna, Classes

all levels, Reiki/integrated bodywork, Treatments, Princeton Health Food Store

LEA HENRY - Enderby ... 838-7686

Reiki Teacher/Usui & Karuna, Treatments

MICHAEL KRUGER ~ Penticton ...492-5371

PATRICIA ... 260-3939 ~ Vernon

Classes, private sessions and free demos. Ear candling • Soul Retrieval • Cellular release Colour and Sound Therapies also available

SHARON GROSS ~ Kelowna ... 717-5690

TOSHIE SUMIDA ~ Westbank ... 768-4921

retreat centres

A HEALING PLACE - retreat to a treed waterfront setting. Spa, music/book library, outdoor activities. Includes Therapeutic Touch, holistic health assessments, spiritual direction with on-site RN. \$55-\$95/night ~ (250)396-4315

EAGLES' NEST RETREAT CENTRE

Luxurious mountain retreat. Panoramic lake view. Live-in workshop facilities for up to 20 people. Nelson 1-888-689-9937

TARA SHANTI RETREAT specializing in

individual or group retreats. Located on five acres with stunning views. Meditative Gardens. Call 1-800-811-3888

Email: tara@netidea.com

retreats

KOOTENAY LAKE TAI CHI RETREAT

August 23-29, 1998

Experience nature, community and learning on beautiful Kootenay Lake. Qigong, Tai Chi, philosophy, healing, massage, push hands. Swimming, canoeing, pristine beaches, waterfall, mountain paths, nearby hot springs. Open to beginners through advanced. Instructors Rex Eastman, John Camp, Harold Hajime Naka, Arnold Porter. Cost: \$445 includes accommodations, fine vegetarian meals, instruction and boat transportation. Kootenay Tai Chi Centre, Box 566, Nelson, BC V1L 5R3

Phone/fax (250)352-3714

email: chiflow@insidenet.com

WATER & JUICE FASTING, NATURAL HEALING & HYGIENE PROGRAMS

Naturopathic Physician supervision & treatment. Individualized. Cancer education & prevention. Deluxe accommodation. \$725+ weekly. Free information 1-800-661-5161 Mountain Trek Health Spa, Ainsworth Hot Springs, B.C. www.naturaldoc.com

RETREATS & SEMINARS ONLINE

Looking for a great getaway spot?

A revitalizing workshop? On line searches lead to www.retreatseminarscanada.com Watch for monthly draws. To register a retreat or seminar call 604-872-1185 Fax 872-5917 Email: retreatseminars@canadainmail.com

VISION & HEALING QUEST RETREAT

Valhalla Tipi Retreat, Slocan, BC led by Laureen Rama. Experience profound healing or visions for your future. Let the power of nature renew your soul and transform your life! Call Laureen at 1-800-491-7738

WOMEN'S MYSTERIES RETREAT:

Evoking your Sacred Feminine. Join author, teacher Tanis Helliwell and inspirational singer Ann Mortiffee for their third women's gathering. Reunite two allies - your soul and body - with singing, ritual, outdoor activities, time for reflection and optional vision quest. July 12 - 17 at private lakeside retreat near Vancouver, BC. \$750 plus GST. Call (604) 736-7731

schools

ACADEMY OF CLASSICAL ORIENTAL

SCIENCES, Nelson is offering a four year program in Chinese Medicine and Acupuncture. September '98 entry; Seats still available. For calendar & application call 1-888-333-8868 Email: ACOS@netidea.com Fax: 250-352-3458 or visit our website at <http://www.netidea.com/~acos/>.

hair care • stress relief

KINDRED SPIRITS

hair, body & soul nourishment

elizabeth lachance

496-5360

3170 HAYMAN ROAD, NARAMATA

gifts • interesting stuff

Helena Warner, RMT

Registered Massage Therapist



Willow Massage
Therapy

#113-1301 Main St.
(Penticton Plaza)
Penticton

490-9915

• AROMATHERAPY • MASSAGE • Aveda

the 'NATURAL' yellow pages

KOOTENAY SCHOOL OF REBALANCING
Box 914, Nelson, BC, V1L 6A5. A six month course in deep tissue bodywork with many facets for Career and/or Self Transformation. Please phone ..354-3811 or 1-888-354-4499

NATURE'S WAY HERBAL HEALTH INST.
Certified Programs #1) Consultant Herbalist #2) Iridology #3) Reflexology #4) Reiki
Vernon, BC (250)547-2281 or fax 547-8911

THE ORCA INSTITUTE ~
Counselling & hypnotherapy certification programs. 1-800-665-orca(6722) Email: "sbilsker@rogers.wave.ca" or Website <http://www.raincoast.bc.ca/orca.html>

shamanism

ADVANCED SHAMANIC HEALING TRAINING
led by Laureen Rama. Aug 24-30th. Learn how to extract energy blocks and reconnect people with dissociated aspects of themselves (soul retrieval). Also learn how to support clients during and after healing and how to protect yourself. You will undergo healing and have time for integration. Beautiful Alberta foothills location. Join us for the only shamanic healing course that covers ALL the classic techniques! Call Laureen 1-800-491-7738 for info.

SOUL RETRIEVAL, Shamanic Counselling, Depossession, Extractions, Removal of ghosts & Spells. Gisela Ko, Healer of Souls ... (250)442-2391

WALK THE PATHS OF AVALON and sail to Tir Na Nog. Join our apprenticeship program. Free newsletter. Society of Celtic Shamans, P.O. Box 233, Harrison Hot Springs, BC V0M 1K0

soul work

DIVINE ADJUSTMENT & ANCESTRAL RESCUE!
with valeria! Open your sacred light corridor to The Grace of God through Ancient Sacred Process. One Monday every month in P'land. Call (250)490-0485 for details.

sound therapy

DIANNA WILLIAM - Unblock body/mind. Discover the Healing Voice using Toning & Bioenergetics. Kelowna 764-1030

spiritual groups

ECKANKAR, the Religion of Light and Sound of God, invites you to explore spiritual freedom. Worship Service 11 - Noon Sundays at Eckankar Centre 210-1579 Sutherland Ave., Kelowna. Information Line 250-763-0338

ECKANKAR - Religion of the Light and Sound. Penticton info phone 250-490-4724

PAST LIVES, DREAMS & SOUL TRAVEL
Discover your own answers to questions about your past, present & future through the ancient wisdom of Eckankar. Experience it for yourself. Free book: 1-800-LOVE-GOD ext 401

SATHYA SAI BABA CENTRE
Kelowna ... 250-764-8889

TARA CANADA Free info on the World Teacher & Transmission Meditation groups, a form of world service & a dynamic aid to personal growth. Tara Canada, Box 15270, Vancouver, BC V6B 5B1 1-888-278-TARA

THE ROSICRUCIAN ORDER ...AMORC
A world wide educational organization with a chapter in Kelowna. Why am I here? Is there a purpose in life? Must we be buffeted about by winds of chance, or can we be truly masters of our destiny? The Rosicrucian Order AMORC can help you find answers to these and many other unanswered questions in life. For information write Okanagan Pronaos AMORC, Box 81, Stn. A, Kelowna, B.C. V1Y 7N3

WICCAN NORTH - The old religion study group forming in Terrace **Note phone # 1s 798-2113** Email: northwitch@osg.net

tai chi

DANCING DRAGON-SCHOOL WITHOUT WALLS! Invest in vital health naturally with Qigong Tai Chi. Effective self-defence for "Stress". Classes in Kelowna & Westbank. Harold Hajime Naka ... 762-5982

DOUBLE WINDS T'AI CHI CH'UAN
32 yr. student of Grandmaster Raymond Chung. Yang & Chen Styles, Chi Kung. Authentic T'ai Chi as practiced in China. Day & evening classes - Salmon Arm & Enderby. Master/Sifu Kim Arnold, Sifu Heather Arnold. Salmon Arm ... 832-8229

KOOTENAY LAKE SUMMER RETREATS:
Nelson, BC (250)352-3714 see "Retreats"

TAOIST TAI CHI SOCIETY

Health Relaxation Balance Peaceful Mind
Vernon Armstrong Lumby Oyama 542-1822
Kelowna Kamloops Chase Salmon Arm
Nelson 1-888-824-2442 FAX 542-1781
Email: ttcsvern@bcgrizzly.com

teaching centres

ALPINE HERBAL CENTRE .. 835-8393
Classes on the spirit & therapeutic use of herbs. Register Jan. to March, starts in May.

INNER DIRECTION CONSULTANTS
2189 Pandosy St., Kelowna, BC 763-8588
Six month Personal Empowerment Program. Eight month Practitioner Training. Breath Integration Sessions, One Day Workshops and "A Course in Miracles" study group.

OKANAGAN NATURAL CARE CENTER
Certificate-Reflexology, Kinesiology, Life Force ~ Kelowna 763-2914

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

PERSONAL GROWTH CONSULTING TRAINING CENTRE ... (250)372-8071
#5A - 319 Victoria Ave., Kamloops, BC, V2C2A3 Breath Integration Counselling, Self-development Workshops, Six-month Personal Empowerment Programs. Training for Breath Integration Practitioners, Sunday Celebration, CIM Study Group and quarterly Newsletter.

workshops

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

yoga

KELOWNA ~ IYENGAR A variety of teachers to meet a variety of needs for health and enjoyment. Call Margaret ... 861-9518. 16 years of experience instructing yoga.

PENTICTON ~ Mon., Wed and Thurs. Holistic Health Centre, 272 Ellis St. 492-5371

SOUTH OKANAGAN YOGA ASSOC. (SOYA) for class/workshop/teacher training info call Daniel 497-6565 or Marion 492-2587

YOGA PLACE Kamloops..372-YOGA(9642) yoga postures, meditation & children's classes

YOGA THERAPY: Personal programs, tapes, videos, books, workshops, trainings. Donna Martin, M.A. Kamloops 374-2514

DEADLINE

for May
is April 10th

Advertising
and/or Articles

492-0987 (Penticton)

HEALTH Food Stores

Kelowna

Long Life Health Foods: 860-5666
Capri Centre Mall: #114 - 1835 Gordon Drive
 Great in store specials on Vitamins, Books, Natural Cosmetics, Body Building Supplies & more. Bonus program. Knowledgeable staff.

Bonnie's Incredible Edibles & Health Products: 517 Lawrence Ave. 860-4224
 Discount Supplements, Herbs, Books, Organic and Natural Food, Macrobiotic Supplies. Friendly and knowledgeable staff.

Penticton

Judy's Health Food & Deli
 129 West Nanaimo: 492-7029
Vitamins, Herbs & Specialty Foods

Whole Foods Market ~ 493-2855
 1550 Main St. Open 7 days a week
 Natural foods and vitamins, organic produce, bulk foods, health foods, personal care, books, herbs and food supplements, The Main Squeeze Juice Bar

Sangster's Health Centre ~ Cherry Lane
Vitamins, herbs & sports nutrition. 490-9552

Vitamin King - 492-4009
 354 Main St, Penticton
 Body Aware Products, Vitamins, Supplements, Fresh Juices & Body Building Supplies ~ Herbalist on Staff

Summerland

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

Chase

The Willows Natural Foods
 729 Shuswap Ave., Chase ... 679-3189

Fernie

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

Keremeos

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

Nelson

Kootenay Co-op ~295 Baker St 354-4077
 FRESH SUSTAINABLE BULK ORGANIC.
 Organic Produce, Personal Care Products, Books, Supplements, Friendly & Knowledgeable staff. Non-members welcome!

Grand Forks

New West Trading Co (CMSL Natural Ent. Inc.)
 442-5342 278 Market Ave. A Natural Foods Market. Certified **Organically** grown foods, Nutritional Supplements, Appliances, Ecologically Safe Cleaning Products, Healthy Alternatives

Osoyoos

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

Shuswap

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

Kettle Gardens Nature Sanctuary

Looking for investors
 196 acres on the Kettle River
 Great land value
 Campground/Wildlife

for more information write
 Box 54, Westbridge, BC
 V0H 2B0

Arts & Crafts Collective

NOW OPEN

at
 254 Ellis Street
 Penticton

Still accepting members & consignment

contact Michael at the
 Holistic Centre 492-5371 or
 leave message 492-0522

REIKI

Demos, Teachings
 or Private Sessions
 with

Reiki Masters

- ◆ Patricia 260-3939
- ◆ Gayle 545-6585

Vernon, B.C.

Experience the Healing Power of Reiki



- ◆ for emotional, spiritual and physical healing
- ◆ safe, supportive, loving environment to experience your true self
- ◆ for information on sessions and classes

call: **Normand Dionne** (Reiki Master)
 861-3689 Kelowna

FOR SALE

Vega Test II

Complete Vega Test ampoule sets
 Portable carrying case
 Excellent condition

For more information call
 Margaret
 at 1-800-333-9671
 or 492-4009 Penticton

2
Healing
Workshops
with Dr. Sha

Energy Boosting & Self-Healing Workshop



Heal Yourself with Zhi Neng™ Qi Gong

Learn how to relieve chronic back pain, arthritis, cancer, migraine, stress, etc.

- Boost immunity
- Relieve pain in minutes
- Strengthen organs and tissues

Workshop Apr. 4 & 5

Okanagan Univ. Coll. Theatre (10am-5pm)
1000 KLO Rd., \$195 (Register by April 3 for 10% discount)
Register in Kelowna with Betty Grummett: 762-6586

Free Presentations 7-9 pm

Apr. 2: Ramada Lodge Hotel

Apr. 3: Okanagan Univ. Coll. Theatre

Soul Study

A Spiritual Development Workshop

Access your highest powers with Master Sha and learn the hidden secrets of soul power.

- Soul development
- Soul communication
- Soul healing

Access your soul's power through "soul language" and receive guidance on matters of health, relationships and business. Communicate with other souls and the higher saints.

Workshop Apr. 18 & 19

6 INCREDIBLE LEVELS!

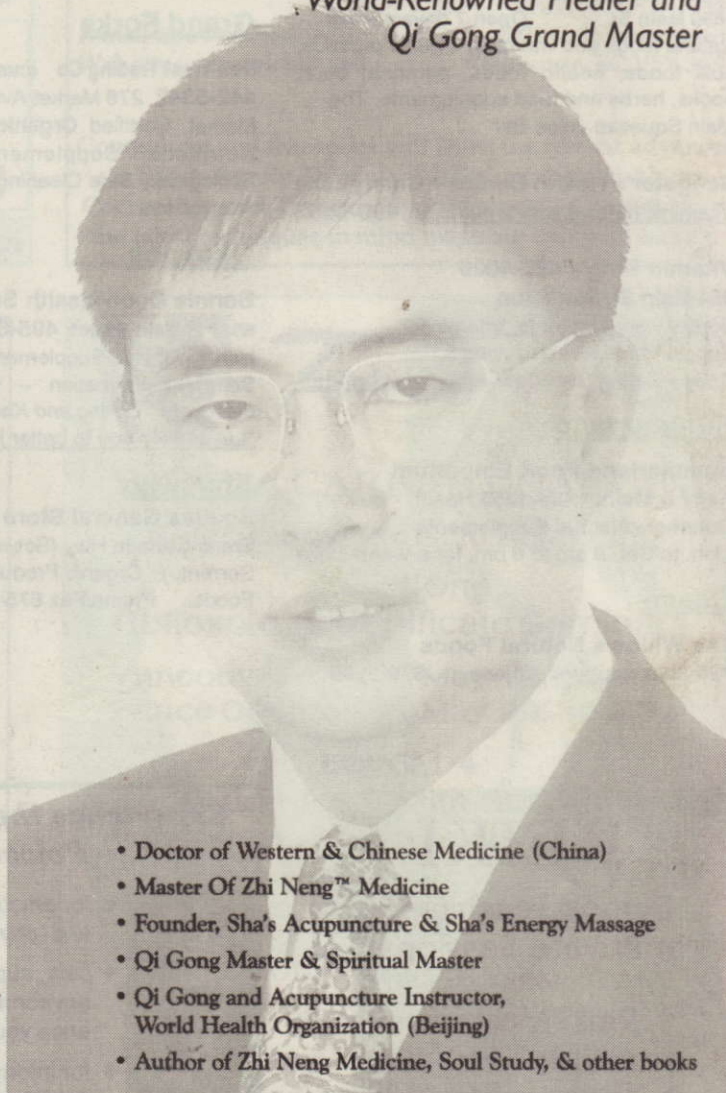
Free Presentation 7-9 pm Apr. 2 & 17

Ramada Lodge Hotel
2170 Harvey Ave., Kelowna

Register by calling
1-888-339-6815

with
Dr. Zhi Gang Sha

*World-Renowned Healer and
Qi Gong Grand Master*



- Doctor of Western & Chinese Medicine (China)
- Master Of Zhi Neng™ Medicine
- Founder, Sha's Acupuncture & Sha's Energy Massage
- Qi Gong Master & Spiritual Master
- Qi Gong and Acupuncture Instructor, World Health Organization (Beijing)
- Author of Zhi Neng Medicine, Soul Study, & other books

SHA'S HEALTH CENTRE
Chronic Pain Solutions

Acupuncture Clinic Thursdays in Kelowna
210-1980 Cooper Road • Toll-free 1-888-339-6815