

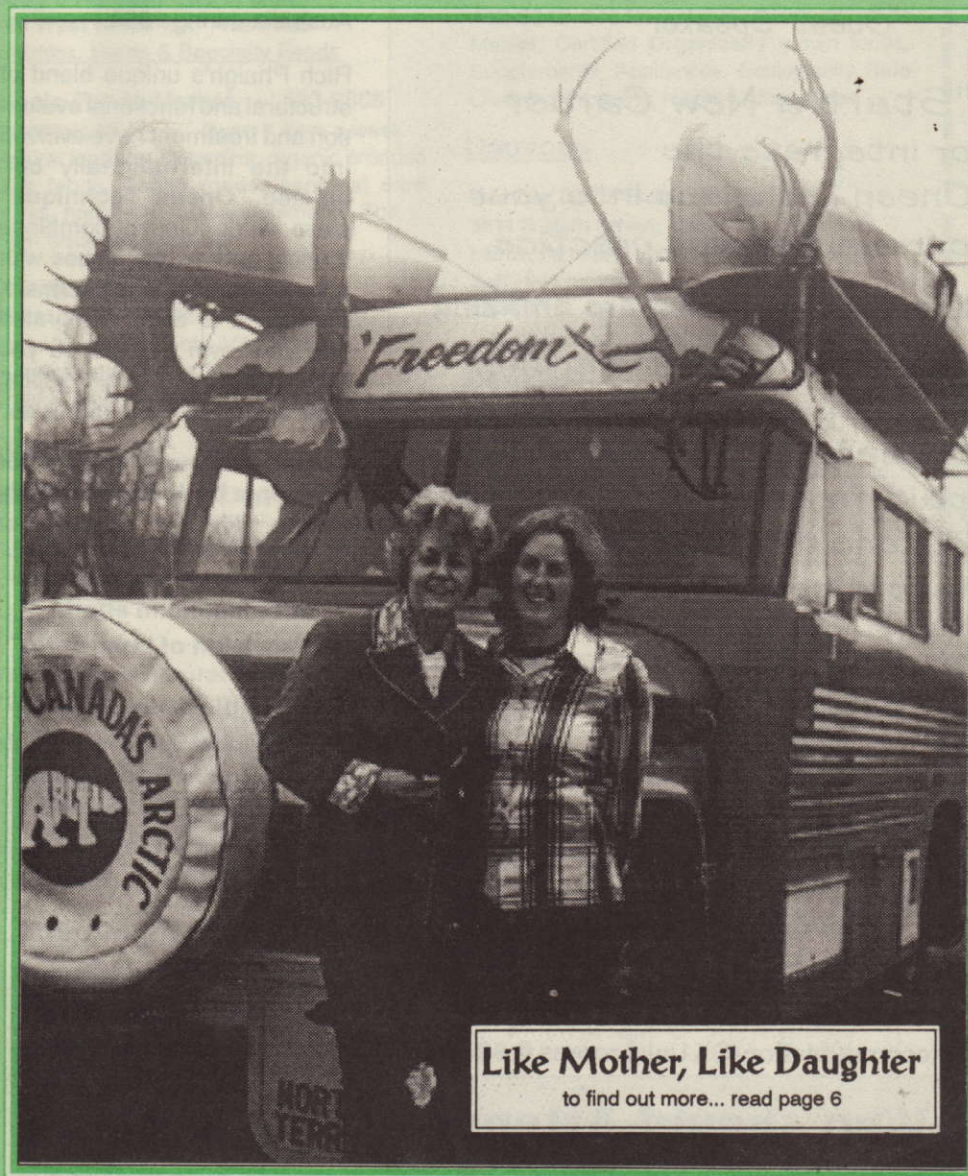
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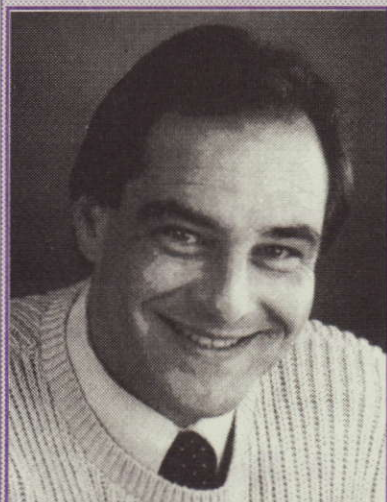
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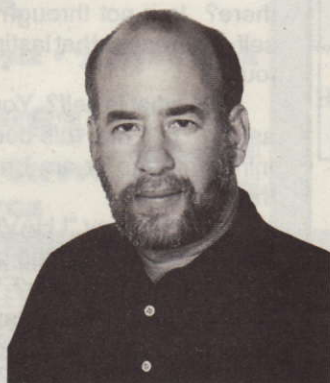
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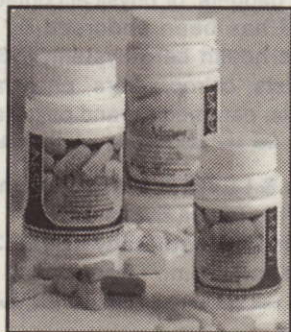
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THE ART OF LIVING

by Margrit Bayer

Living life creatively, fearlessly moment to moment! This means that I will not be burdened by the past nor will I be projecting into, or be worried about, a future which is not yet.

Does this seem like an impossible task? Do we not find ourselves often stressed, worried, anxious, dis-eased or looking for a happiness which should not slip away. Are we not running around seeking the magic formula, the promise that will take away all our cares. There certainly is no shortage of promises in this so called "New Age." If not this workshop, surely this Doctor, Healer or Guru will fix me up for good. Are we not just rearranging the deck chairs on the Titanic, until and unless we start to turn WITHIN. Is there really any magic out there? Is it not through self-study and self-awareness that lasting peace will be found?

But what is self? You might now be asking. Is it me, this body, personality, mind and ego or am I more than all of this?

Why do I say "I HAVE" a body, ego, mind, rather than "I the body am"?

Who are we really? Who is this, out of whom all the thoughts, feelings, emotions and even the world arises? Who knows, that I don't know?

That Knower or Seer within needs to be found out. In That lies all the peace and the magic. From here starts a life of creativity and utter freedom.

That Knower - I that stands alone, yet is the whole, is so close yet eludes us again and again. Do we take the time to close our eyes a few moments every day, to tune into that precious Being-ness of ours, before we start a busy day?

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Musing

with
Angèle

publisher of ISSUES

Like Mother, Like Daughter



Happy Mother's Day to all mothers and to all women who are involved with raising children. With each generation, it is becoming easier and harder to 'be true to thine own self.' Today it is TV, magazines and peer pressure that influence people. In my Mother's day, it was the church, men and lack of societal support systems which kept women in their place. Birthing seven children, Mom had little time for self-development or awareness but still her uniqueness shone through, and for that I give her credit and a special thanks from deep within my heart. It wasn't easy thirty to forty years ago, but her Mom and Grandma Kost were both amazing women and Grandma provided a role model for her as Mom has been for me.

Looking at this month's front cover photo of Mom and me standing in front of her home-on-wheels, loaded with two canoes, moose and caribou horns, you would have to guess that this lady had guts. She even had her wheel cover painted. Over the years, the motor homes have gotten more colourful and dazzling. Mom always liked it when people stopped and made comments about her travelling show, for she always said she was part gypsy. Dubbing her mobile home *Freedom* set the tone for that stage of her life, as she was about to guide a woman caravan up the Demeter Highway to the Arctic. The turn-out was small, but they did have a great time.

Growing up with Mom taught me many things that I would never have learned in school or even in university. She seldom took no for an answer and when it did happen, she gritted her teeth, seethed a little and figured out how to make happen whatever it was she wanted. Her determination is her blessing and her curse. She needed to be strong-willed to create the life she wanted and at best it was a compromise. When she married Dad, he promised her a hunting lodge in Alaska but first it was time to visit his folks in Michigan. Soon she was pregnant and Dad liked being around his family, so she had no choice.

After three kids, she had had enough of *no choice*, and packed it in and went to live with her Mom. Money was scarce, Grandma couldn't help her out forever and finding work was difficult, so when Dad promised to change, back to Michigan they went. She penny-pinchd and invested in some land even though Dad could see no reason for owning more land than you take care of. When the property values increased, she sold the land and bought the school bus that moved us to Canada. Sorting through the slides I noticed she had written on the slide that shows Dad and his three brothers moving her piano into the bus. She wrote ... "And you said it could never be done!"

During the last several months of talking to bankers, land assessors and lawyers to arrange for financing to own the Holistic Health Centre building, I could see myself acting like her. The men responded in a similar manner as well. They liked my energy and enthusiasm for I was like a breath of fresh air, but they had their doubts that two women could make money renting rooms to holistic health practitioners.

Dealing with these men triggered many buttons for me and left me crying more than once. Tears of frustration from long ago set off my program of fear around *Male Authority*. The first visit was the strongest ... as I tuned into my body, I could feel the tension and the tears rising while I walked to the Credit Union one block away. Instead of worrying or rehearsing what I would say, I listened to the creek bubbling and the birds chirping and I felt the freshness of the day on my skin. Once inside, I said what I needed to. Banker Peter was busy and business-like as he explained the rules and the costs involved. He would let me know after he had a look at the information whether financing was possible. As I walked back to the office, I could feel the tears welling up from inside as the tension released. I stood by the creek till the flood of tears was over and then went inside and told Marcel and Jan how I was feeling. I said, "The banker was a nice guy but it feels like I am being punished for something I didn't do. It's the same fear as facing a principal or my Dad when it came to report card time."

Each time one of the men phoned, my heart and my breath rate would speed up, my stomach would sink and my bowels would move. I took the time to listen to my body and feel the fear. Each time it happened I asked myself to let go, to be present and breathe. In my heart it felt right — there was no fear there but my body kept reacting.

Jan and Gerry are excellent role models when it comes to being present, for the best time to learn is in the moment. It was

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wonderful to have supportive people to help me let go and trust that if the Centre is meant to be, it will happen.

The Credit Union did agree to finance the building with a twenty-year mortgage and a guarantee from ISSUES if we default. The initial set-up fees are expensive, but in the long run we have security and the best commercially-zoned property downtown that has a creek running through it. Now we will have to trust that the right practitioners will show up — people who want to be part of our growing community. Starting in May we have a Doctor of Traditional Chinese Medicine moving here from Vancouver. He will be available for consultations, massage, acupuncture and nutritional advice, so drop by or phone if you wish to meet him. Dwight's Reflexology moved into the back space and Jeff Queen, a recent graduate of the Rolf Institute, is now available, as are Ken Martin, Cassie Benell and the usual faces that you see on our advertising page. Urmi will be back from Costa Rica at the beginning of May, ready to resume her fine-tuned energy massages. We are looking for intuitive readers and anyone else who has skills to share on a daily, weekly or monthly basis.

Each session with Rolfer Ken Martin takes me deeper into my core self and at a recent session we got in touch with more sensations in my belly. This time it was sadness... a deep sadness that was never allowed to express itself. As I sobbed and gasped for breath, I could feel the pain of never being asked how I was feeling. Ken had me imagine myself holding that part as I gave permission for feelings to rise to the surface. I asked him, "How do I hold a part of myself that I can barely feel?" Together we spoke to that part that has worked so hard for so long. I softened my attitude from asking in an authoritarian voice, "Why?"... to asking "How are you helping me?" The

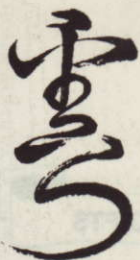
answers that come from my emotional body usually have tears with them, and that is how I know that truth is being thought or said. This time there were tears of release, tears of recognition that a part of me was finally being heard. These are not the same tears as those that come with pain. In the midst of crying, I got an answer to a question that I have asked myself many times: "Why don't I listen to my body when I feel full?" This time I see myself as a five-year-old, trying not to bother my Mom who is very busy. I have decided to stuff myself with extra food at each meal so that I won't be hungry in a short time. I learned at an early age to override the wisdom of my body so that I do not have to feel her frustration with having to feed me again. She was always cooking or feeding us. Now that I know *why* I made the decision, it will be easier to change the habit.

The emotional releasing and rolfing have been affecting my hips and parts deep inside my pelvis for the past year. My body is realigning itself in a way that makes it easier for me to lift myself upright, against the earth's gravitational pull. My chin and head still need to move back and as I put my attention on it, they too will change. If I can do it, anybody can. I have learned that I can ask for help and accept it when it arrives, and then pass the knowledge along. Awareness starts with individuals taking responsibility for their feelings and speaking the truth in the moment. Feelings are the glue of the body, the link between structure and emotion: *the two are intimately connected*. As my body changes it allows me to connect more deeply with the messages, and as the messages become more clear my body holds less tension. When I grow old, I shall walk lightly with a sparkle in my eye.

Angele



INTRODUCTION to TRAGER[®]



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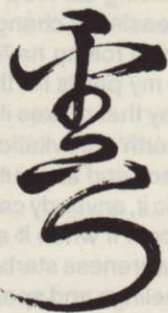
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BEING AT EASE

by Iain Ritchie

The first time I received a Trager session two years ago I was perplexed. As with many forms of bodywork I was expecting pain, and when there wasn't any I was even more surprised. I was taught some Mentastics (gentle movements to remember the session) and it had profound effect on me. I felt lighter, looser, softer. For two years I had suffered from nerve damage and carpal tunnel syndrome in my hands from using power tools. My back was so bad, I was frantically searching for a vocation that I could do that didn't involve heavy physical labour. Then I went to Vancouver for the six-day beginners' training. On the third day my back melted and the feeling came back in my hands. My life was transformed.

I continue to do Mentastics and it has become a way of life. Now, everything I do is softer, lighter, gentler and easier. Now can I give a Trager session or do something more lightly, with a feeling of relaxation and ease. Two years later and having given almost two hundred sessions I feel fortunate to be part of the worldwide Trager family and to be healed myself. Dr. Trager's legacy of sixty years of this work will be used and remembered forever.

This is an exciting time for Trager in the Okanagan. Around the world Trager continues to grow at a rapid rate, in Canada however, it takes a little longer for alternative therapies to grow. It will be great having a Trager network in the Okanagan.

This six-day intensive will enhance your bodywork style and give you a new perspective on movement education, whether you are a beginner at bodywork or a massage therapist, physiotherapist, chiropractor or physician. We are very excited in having Roger in Vernon to teach this course. He has a degree in Theater and Movement education and has been a professional dancer and choreographer as well as a Trager practitioner, and has instructed internationally for fifteen years.

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What is Black Caraway?

by
Klaus
Ferlow

Many wonderful helping plants surfaced when the cultures of our world started to share trade and teach their herbal medicines to each other. One such plant was *Nigella* commonly known as black caraway. This mild aromatic herb is indigenous to the middle east where it has been used as a traditional remedy for over 2,000 years. It was used so extensively that it became known as the seed of blessing "Habbatul Barakah".

In the 13th Century, the Arabic physician Ibn Kaym claimed black caraway could be used for over fifty ailments such as bronchial asthma, bronchitis and other diseases of the respiratory tract. Also inflammation reduction, arthritis relief, correction of digestive disorders, constipation relief, fighting parasitic infestations, detoxification and strengthening of the liver, increased energy and general good health are among the many benefits from using black caraway.

At the 71st annual meeting of the Federation of American Societies for Experimental Biology, a report was issued supporting some of the medicinal claims of black caraway. Some medicinal response may be attributed to the increase of immune enhancing T cells. This may support the black caraway's role in balancing and strengthening the immune system.

One of the active ingredients found in black caraway is called Nigellone, which has shown the ability to produce an antihistamine response in the body. Studies have shown the benefits of this antihistamine response in children and adults with bronchial asthma. Unlike most bronchial asthma medicine, nigellone produced no harmful side effects.

A study conducted by the Amala cancer research center in Amala Nagar in India showed evidence that black caraway is a potent antitumor agent. This study also showed that a long chain fatty acid found in black caraway may be the active component. The chemical composition of black caraway is very wonderful and unique. It contains many active compounds as well as fifteen amino acid proteins, carbohydrates, alkaloids, saponins, crude fibers, calcium, iron, sodium and potassium. Black caraway also contains 84% fatty acids including linoleic, linolenic and oleic forms plus very special volatile oils. These volatile oils contain important compounds that are antibacterial and antifungal. The antibacterial properties help inhibit the growth of several species of bacteria as well as candida. It is also suggested that this plant can be helpful in preventing dental plaque. Black caraway can also be combined with other substances to increase certain medicinal responses.

Black caraway contains twenty-three different plant sterols. These sterols can fit onto the hormone receptors in the human body which may be useful in relieving prostate inflammation and unpleasant menopausal symptoms. The seed is also known to help increase the flow of milk in lactating women.

This summary is for educational purposes only please consult a qualified practitioner for treatment of disease.

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The Real Truth About Your Health

Ray Kent Brings Fasting, Sunshine, Pure Eating and Love to B.C.

by Kristeen Verge

If you've ever looked for health, you're probably familiar with one or more pseudo paths of quick fixes and promises to a thinner, healthier, pain-free body. Internally you may be frustrated in your search for answers and externally, the irritation, toxicity, and lethargy will or has become aches and pains, colds and flus, extra weight, or disease.

What if, in our search for health, we have it all wrong? What if life is so simple, but in our complex "civilized society," we can not even see it anymore? The truth is, we have a built-in self-care system that follows natural laws and requires no drugs, medicine, herbs or vitamin supplements to obtain health and balance. In my own pursuit of health and happiness, I met a

man who lives by these natural laws, and for over twenty-five years, has helped thousands around the world to better health. His name is Ray Kent. If you haven't heard of him, it's time you did.

In 1970, following a dark medical diagnosis, this former businessman, soldier, drinker, smoker, overeater and medical patient, began his ascent from greed, fear, and malaise. Lectures, health food stores, vitamins, minerals, herbs, and super-foods prompted his journey through the years, until his own experiences revealed the way to overcome disease and unhappiness. Simplicity and economy, freedom and hope blossomed with each passing season. Becoming his own physician and counselor, his health and thinking began to unfold into a profound, but compact, way of teaching "all we need to know." His motto is: Fasting, Sunshine, Pure Eating and Love. Anyone can apply it, save money, and expect healthful results! This recuperative and preventative thinking and lifestyle empowers individuals to become their own health "expert." You will become your own doctor.

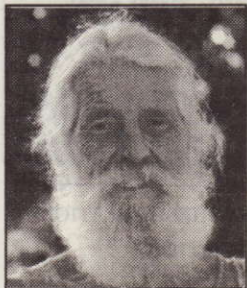
Kent is an "ordinary man with extraordinary teachings." His message and lectures are loaded with integrity, clearly waiting for the common sense to respond. By practicing what he espouses, he provides a living role model. At the core of what he teaches is youthfulness, enthusiasm, hope, sharing, and joy. Kent has personally fasted on over 30 different occasions and he is enthusiastic about sharing his discoveries and philosophy. He stirs imagination and renews faith in the miraculous machine that is the human body.

Kent is a controversial speaker, who opens the door to new ideas by challenging belief systems and areas of our lives which need to be examined. The foundation of his presentation is that people must take responsibility for themselves and the world in which they inhabit. He states, "The answers are within us, but unfortunately we have been misled from this simple truth and have given our power to a system of disease management rather than health care."

"We interfere with the body's symptoms, such as diarrhea, fever, cold and infection. We inject ourselves with medicine and herbs. People don't understand that the body is cleansing itself through these honest reactions. And that is the height of our ignorance and insanity. When the body is irritated and congested because of how we have abused it, it is up to us to facilitate its effort to expel the toxicity, by refraining from food and allowing all the energy to go towards healing."

Over the past two years, I have fasted, changed my eating habits, and assisted Ray Kent in helping others learn how to help themselves. I now know on a cellular level that fasting is the best way to detoxify the body to rid itself of undesired cravings. The sun has become a great friend. As I appreciate my new level of health, I understand that the more I eat live, pure foods, the better I feel. I know that love begins with myself; hence each new day is a new blessing of hope. I have witnessed Ray Kent at work and experienced his sense of humor and his dedication. I have had the great fortune to see people getting better and healthier on all levels. *see to the left*

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with Ray Kent

Ray Kent's message is crucial and comes at a time when prevailing fear and confusion need to be replaced by truth. Like many others, you too will say, "Finally back to basics, it's simple, easy, anyone can do it." Be there, it will change your life, if not your thinking, forever.

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From the Editor...

Chit Chat

with Marcel

Quite often in my column, when I write about a natural organic diet, I also mention detoxification and cleansing. In my opinion, cleansing with a fast or cleansing diet is every bit as important as what you eat and the ultimate method, to me, is fasting. Fasting has been a method for curing disease and creating good health since ancient times; it is often mentioned in the Bible.

The human body can not digest and cleanse itself at the same time. When we eat a meal, large amounts of energy are used for digestion. Once this is complete then the body switches to elimination mode and cleansing of the cells, blood, organs, etc. takes place. As most people are in digestion mode all day - each meal finishing digestion barely in time to eat again - then the only time left for the elimination system to work is at night. Due to overeating and unhealthy meals, this is not enough time to complete the colossal job of cleansing and detoxifying the body. The logical answer to this predicament is to extend the elimination time - thus a fast.

The length of time for a fast can be from one day to as much as 50 days or more for the very dedicated. A one-day fast once a week is useful for giving the digestive system a rest and allowing the elimination system to catch up on the backlog. However, a longer period is necessary to do a more thorough job and it seems to me that most healthy people should have no trouble fasting for up to a week. Any longer than this, or for people with health problems, fasting should only take place under the supervision of a health practitioner knowledgeable in fasting procedures. In either case each person should research the various fasting methods and techniques in order to be knowledgeable about the process.

Last New Years, I had a five day break from work so I went on a five day fast. At its conclusion I felt light and buoyant and my spirits were high. It felt like a load had been lifted from my shoulders emotionally too. This Easter I took advantage of a three day break and fasted with the same results; although not quite so pronounced as the time was shorter. On the first fast I took some fresh vegetable juice on the first day then only herbal fasting tea after that. On my Easter fast, I stayed completely with pure water. Breaking a fast is very important - be sure to educate yourself on how to do this. It is inadvisable to suddenly resume eating meals of regular size and content. It is also wise to use enemas or colonic irrigation during and after a fast as a huge load of toxins is thrown into the colon and it is important to ensure its elimination.

Many people find they are able to fast while continuing their regular working day or while caring for a family and a household. I have not been able to do this successfully. If I try to fast while working I become very tired and weak. So I always try to go into seclusion while fasting, spend my time resting, reading, walking, meditating, writing, doing yoga or emotional release.



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In this way it is not just my digestive/eliminative system that gets a rest but my entire physical body. I am renewed and rejuvenated emotionally, mentally and spiritually as well.

Ray Kent, an internationally known authority on fasting and pure eating, will present a seminar at Naramata Centre in June (see ad to the left). I am excited about attending and learning more about fasting.

Marcel

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OFF-CENTRE

CONFESSIONS OF A TAOIST REBEL

by Harold Hajime Naka

After 15 years of being "off-centred in the Tao", I have come to an embarrassing conclusion...that I have been faking Tai Chi all these years (duh, what took you so long?). It's a scary thought, knowing that I have led thousands of people down the path of unenlightenment. Zhang San Feng must be reeling up in Tai Chi Heaven, hurling curses down at me. I can't take all the credit though. In my past life, I was the only son of a Royal family. I was spoiled rotten and became rebellious, driving everybody in the court crazy. To their great relief, I was sent to a Shaolin Temple for discipline in the Martial Arts. But instead of training in hard Kung Fu, I was secretly creating a dance-like Tai Chi form. When the Taoist Monks caught me goofing off, they booted me out for being a wimp and as punishment for disgracing the temple, was cursed to come back in my present body to make amends. After floating around in the void for 700 years, it was karma to return in the year of the Dragon, nine days after Bruce Lee arrived. But unlike the legend, my life here was rather uneventful, until 1973, when Bruce died. I had not even heard of Bruce Lee nor was I interested in Martial Arts. I was about to discover my rebel nature at my local ski hill, breaking every traditional skiing rule, and creating the birth of HotDog (free-style) skiing. In 1979, I took another radical step and for the next three years I was Jazz Dancing to a different beat, when my old ski injuries told my body to slow down. Then in 1982, I was destined to take my first slow step into the magical world of the internal arts. I diligently practiced Tai Chi for a year when a classmate scolded me for being out of synch with the group. That is when I decided to start my own Tai Chi class with "no teaching and no correcting" as my principles. When I told people of my plans, they kept 'pushing' me to start. Me and my big mouth. I was caught 'double-weighted.' Then a friend opened a fitness centre and offered me the use of her space. I couldn't 'ward off' any longer.

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IN THE TAO

Sixteen people showed up for my first class. I tried to hide my nervousness and shaking legs by speeding through my flowery version of the '24' form, which I had learned in three hours at Stillpoint, a Taoist Hermitage in the Colorado Mountains where Gia Fu Feng (who told me that my Tai Chi was crap) lived and ruled. The inspiration to do Tai Chi my way or the Wu Wei came from Chung Liang Al Huang's book, *Embrace Tiger, Return to Mountain*. The new age people loved my style, the traditionalists hated it. The stress of doing my first twelve classes resulted in quite a few Tai Chi nightmares, where everything that could go wrong, did!

I persevered and after two long years of 'waving hands like a hurricane,' I figured I was ready to check out Rex Eastman's Tai Chi retreat in Nelson, BC. Being naive and feeling confident, I arrived at camp on the beautiful Kootenay Lake. After checking into my rustic cabin where I was going to spend the next seven days, I went to an open field where people were gathering. I took this opportunity to show off my form. I overheard Rex say that my Tai Chi was flowery. I took that as a compliment, feeling that he noticed me, I enjoyed the first retreat so much that I went back for more compliments. This time Rex said that my push hands was hard, that I was resisting and not yielding. I thanked Rex for the praise, thinking that my push hands must be very strong, the way I was sweating and panting. I kept going back for more ego-boosting (when you're insecure like me, you do anything for attention). When Rex told me that Andy Dale was coming to instruct, I got really excited (I had heard great things about him). The next summer I arrived early and waited for him. I imagined Andy to be a big strong Wu Shu Warrior. Finally I had to ask someone to point him out. I was surprised to see how ordinary he looked. I wanted to impress Andy with my form, when another student asked him to check out his form, Andy watched and replied "At least it doesn't look like a dance." I could have wilted.

My ego deflated, I humbly walked away. Gradually this flower grew roots and my form and push hands began to blossom. I am indebted to all the instruc-

tors who have so patiently shown me the way, and to make sure I stayed on course, a little Fa Jing in the rear. (Thanks, I needed that). Now in my 57th year of going nowhere fast, this Zen reject is about to take his first step (again) on the karmic Yin Yang Dharma wheel on a journey of 10,000 miles into the ineffable Tao. May you rest in peace Zhang San Feng---until my next Tai Chi Revolution!

Harold Hajime Naka,
(Dancing Dragon---School Without Walls) non-teaches in Kelowna, BC,
(home of the other mystical dragon, Ogopogo) see ad in the NYPages.



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THE HEALING OF

by Hermann Müller

Jackie asked, "Why am I in the shape I am in?"

It was a mid-summer afternoon at the Harmony Body and Mind Healing Centre on the Goldcoast where a small group of twenty had gathered to study Psychosomatic Therapy. They were all here to learn more about themselves and about each other. What better way to know somebody than studying that body itself!

In a firm and gentle voice I replied "Jackie, what you see here is the living history of what you are at this moment. Your body shape, size, posture, balance and body language is the result of all your past experiences and how you have processed them. They are the result of how you are experiencing life now." As I walked around Jackie I examined carefully all of the above and the musculature, the quality and quantity of muscle and tissue response of the whole body and even Jackie's face in detail.

I then continued, "Your upper body, Jackie, has very little development of tissue especially around the chest and with protective rounding of the shoulders. I am aware of the many years, from early childhood, you have protected yourself from the experiences of being unloved. The lower belly, hips and thighs are carrying some extra weight and has some protective fatty tissue to block off the suppressed emotions and unexpressed feelings. Your left leg seems a little weaker than the right that also indicates that in your early years you did not feel adequately supported emotionally. This withholding of your feelings also shows now by the way you walk with the left foot pointing slightly inwards."

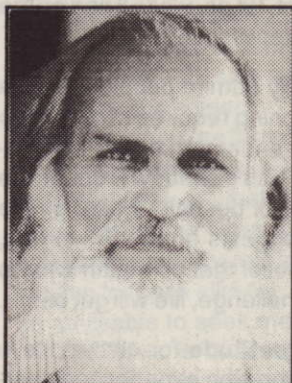
With the deep understanding of the history recorded in the cellular memory of Jackie's body I continued to describe how her attitudes and belief systems were created a long time ago and frozen into the growing body over so many years, that they had become a part of acceptance of life in the only way Jackie had experienced it. Jackie knew very well that she wanted to change many things that seemed so intangible to her yet someone who had never met her before was able to tell her accurately what had been confusing her for a long time.

Jackie had a big emotional release! Just to be understood and treated with compassion and love after so long was comforting. One could almost hear the 'soul sigh with relief', now she could have a more successful and fulfilling life as she worked through those aspects because she could see and understood them better. She also felt so supported by all the others, their nodding heads and loving smiles made her feel safe to be who she was and be accepted.....

I use the tools of Reading the Body Shape and its energy fields, the Face for the personality characteristics and Soul's path and purpose, the stories told by the Hands and the Feet. In this new age of high technology and communication science has made quantum leaps in its progress and sophistication to make life easier for us. What advances have we made in understanding and communication with each other? We call ourselves spiritual beings but how is that spirit being expressed

CELLULAR MEMORY

as a human? Medical science with virtual reality and cyberspace technology create miracles in surgery. In human relationships we have really done virtually very little to create an 'understanding lovespace.' As I tour the world each year I try to bring the intangible concepts of love, compassion, confidence, spirituality, sadness, depression and anxiety into the tangible aspects of how you experience them. Knowing why they occur does not teach us how to eliminate them. Only by recognizing them as tangible behaviour held in cellular memory so obvious in the body shape and posture, used by the subconscious mind and doing something physical about these behaviours can a person eradicate them from the physical. This is the healing of Cellular Memory. During my tour I carry this message in Seminars and workshops on "Psychosomatic Therapy and Body-Mind Analysis. This is a certificate course. Seminars are on "The Dynamics of Relationships" "The Art of Reading Faces", & "Reading Hands and Feet" and "Spiritual Purification" These are all tools of understanding and communication so necessary for every practitioner, parents, those in relationships and why not, everyone in life. Find out more about who you are and make your life better! *See ad below.*



Hermann Müller

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May 29, 7-8 pm with author Carol Miller. *see story page 16*

The Abundance Workshop - May 30-31, 9-5 pm

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Reclaim the Mastery of Life

Have the capacity to live within the world, and enjoy the world, but not be of the world. Live life with elegance, and be strong enough to not compromise the soul.

Words help to guide our actions in the search for a right relationship to life. This journey affirms and accepts that we have the ability, and inherent right to be Masters of our own lives. The process of discovery can be both pleasurable and daunting, as we meander along our way — feeling on course sometimes, off-track, at others.

There are some essential points in this map of Mastery:

Forgiveness Such a simple word, such a difficult action. Ruminating over old wounds sucks away at precious life energy. One gentleman, recently divorced

by Carol Miller



after being married thirty years, told me - life is too short to stay mad. Life at this hour requires all the energy we can muster. Don't waste available energy fretting over what could have or should have been. Forgive the Self and others for perceived opportunities missed, choices that didn't pan out, and ill-spoken actions and words.

Acceptance Once the process of forgiving has started, accept life. All of it. Remember, accepting something does not mean we have to like it. Accepting simply means we take stock of where we are at this moment. We need to learn how to own this, remove any and all elements of blame and accept the fact that there are no guarantees.

Manage the emotions Positive emotions provide us the opportunity to experience our soul, our intuition, and heightened ecstasy. Negative emotions, however, can spin out of control, deplete us, and deaden spirit. While it is important to feel it all — remaining centered is crucial to the student of mastery. Otherwise, the drama can provide emotional bumpy jumping opportunities. Who really needs this?

Life is a mystery Life is not meant to be totally understood. Don't allow the ego to claim centre-stage on a worry/fear/pain platform, forever throwing out questions such as, "what does this all mean, anyway? Or - why can't I get it?" Simply allow the Self to enter this mystery. Regard it as a friend. Love it, embrace it. Own it. The rational mind demands logic, the rational mind is not the boss.

We all have a dark side Everyone has weaknesses. Comfort your dark side, nurture it, talk to it. Provide it unconditional love. Buy it a gift. Walk into the fear, knowing that whatever is inside of the Self will set one free, not destroy.

Let go of what we don't have control of If one has control and does not take action - this is giving up. If one doesn't have control and keeps trying - this is ceaseless striving (a preliminary burnout response). A lot of stress in life is brought on by not seeing these differences clearly, and then responding appropriately.

"Judgement is a weapon I use against myself to not allow miracles to come in" (Course in Miracles). Fueled by anger, judgement represents the gap between what one would like, versus what one presently has. Judging, the opposite of love, stifles the natural giving energy of the human spirit.

Flow Doors open and close throughout our lives. Often these beginnings and endings are way too painful, for we either don't recognize the ending, or are way too attached to how things use to be. Learn to adjust, let go, while living on the road of least resistance.

Detach I really admire people who can do this. Detaching requires such a deep and profound understanding of the concept of faith. Faith's shadow is doubt, the bottom feeder of despair. Faith, on the other side, suggests hope - the strong, unwavering belief that no matter what is the present challenge, life will get better.

Show your gratitude for all that life is today. A person who experienced near-death was shown in that frame of time how glorious his life could have been had he felt gratitude every step throughout. On the darkest day, at the darkest hour, it is important to find our gratitude. I can always be grateful for my feet, as the image of an Indian beggar, with no feet and so grateful for the sandwich I gave him, is permanently etched on my mind.

Access these ideas and add others that fit. Remember, today is the best day of the rest of life. Life need not be perfect - as defined by the ego who demands outside circumstances to be just right. Rather, our ability to see perfection, the beauty and the brilliance of all that can be - in ourselves and in others - is what will comfort our souls, and provide our nourishment in this journey of life. *see ad to left*

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Astrological Forecast

Forecast for the Month of May 1998

by Moreen Reed

The beginning of May starts with a productive trend that will continue on throughout the month. The planet in charge of motivation, Mars, tracts with the Sun (direction of the flow of life) and I'm predicting that many of us will be inspired to get lots of work done. Favoured are activities that put you in direct contact with the physical world, projects that have a start and finish line, resource based and sensual. The types of activities will change when this duo moves into Gemini after May 20th, then communication activities are favoured, as well as net working, travel and work, teaching, and info management.

Relationships will heat up after Venus moves into Aries on May 4. For many, feelings can run hot and cold with no in between. Also on May 4 Neptune turns retrograde, and will remain reversed till Oct. 18. During this time your spiritual practise can turn introspective, one can question the quality, quantity or style during this time.

The Full Moon on May 11 occurs at 7:30 am, asking us to shed the light of awareness on our ability to be productive, take action with regards to our resources, and acknowledge our connectivity to the web of life. The highlighted degree symbolism* is "Moving finger points to significant passages in a book." Today we may also see heated debate on resource management, but with a twist, alliances are possible out of meetings today that benefit the social or collective need.

After May 14th with Mercury moving into Taurus, we see a turn in communications. Slow measured and thoughtful can be expected and at times very stubborn and fixed positions, not good for negotiations. Mercury will leave Taurus on June 1st.

With Uranus turning retrograde on May 17 we have all of the outer planets in their annual retrograde cycle. This is a time every year where the status quo undergoes its strongest test from those who oppose it. In particular radical Uranus brings out the more militant factions to challenge the ruling paradigm.

The Sun enters Gemini on May 20 followed shortly by Mars' move into Gemini on May 23, this combo speeds up the flow of information to dangerous levels. Consideration, patience, thoughtfulness all can go out the door!

The Gemini New Moon on May 25 is at 12:32 pm, gives us an opportunity to replace old judgements and opinions with newly sown seeds of awareness. The focus will be on how we handle our power and the area needing the most considerations are our face-to-face relationships. Question your use of power to create boundaries; is it healthy? The highlighted degree symbolism is "A radical magazine displays a sensational front page."

As this month draws to a close we have Venus moving into Taurus on May 29th bringing us a very sensual period, where all our five senses can be indulged!

The month ends on an auspicious note with a Grand Cross forming in the sky, the players line up in Mutable signs; **Pisces**: South Node, **Gemini**: Mars and the Sun, **Virgo**: the Moon and North Node, **Sagittarius** with Pluto. Much has been written about these patterns all usually grand in scope and scale. My take is more personal in style, I see a possibility for major changes without the usual resistance, almost like it's too easy.



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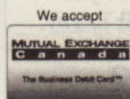
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Vision Circles	June 5, 6, & 7

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Pranic Healing

by Teresa Evans



Prana means "life force" in Sanskrit. Chinese healing master Choa Kok Sui has reintroduced the techniques of Pranic Healing to the modern world after years of scientific research and documentation at the Institute for Inner Studies in Manila. His goal is for Pranic Healing to be used as a tool of compassion and mercy to alleviate suffering around the world. Pranic Healing has now been taught and practiced in over thirty-five countries, from the cancer hospitals of India to Kaiser Medical Centre in Los Angeles. It is a complement to traditional medicine, not a replacement.

Kirilian photography has long since demonstrated the existence of a "vital" or energy body that inter-penetrates and extends beyond the visible, physical body. It is here that disease actually first appears. The energy body or "aura" enables prana to circulate throughout the physical body. The chakras are whirling centres of energy within the human aura that absorb, digest and distribute prana to the organs and the glands. The Pranic Healer learns how to assess the state of the aura and chakras by scanning or feeling with the hands. Then the healer cleanses the energy body and chakras by removing used up prana and energizes the energy body with fresh, vital prana, thus facilitating the natural healing process of the physical and emotional bodies. Pranic Healing offers a gentle and powerful nontouching approach to treating a variety of physical and psychological ailments. And it's easy! Anyone can do it!

I am a registered nurse who until recently worked in the field of psychiatry. Engaged in my own journey of growth and healing over the past twenty years, I discovered Pranic Healing after exploring a variety of therapies. I now enjoy a full-time practice using Pranic Healing in Victoria and am authorized by Master Choa Kok Sui to teach Pranic Healing classes. My course offers a synthesis of ancient oriental techniques.

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For info on Pranic Healing call Teresa (Victoria) 250-386-9261
or Marie E. Roussel 250-493-9392 for info or registration

Community Gardening

comes to
Penticton

It's been a long time coming, but this spring a community garden will sprout in Penticton. All going according to schedule, we should see a community garden of at least 30 individual plots take shape in a place called Guernsey Meadow. The site of a former farm, Guernsey Meadow is the "old time" name given to the open space on the south side of Vancouver hill, behind the grocery store, at the corner of Vancouver Avenue and Cambie Street.



by Laurel Burnham

A group of us interested in gardens and community development have been meeting since last September, acting on a community-building desire that has existed for a long time. My fellow committee members are to be commended for their diligence in bringing this impulse of mine to fruition.

What could be more natural and appropriate but a space for community members who don't have access to garden space, a chance to grow their own fresh, organic veggies on a sunny spot in the beautiful Okanagan?

Community Gardens are not a new concept. In long-populated European countries, allotment gardens have existed for hundreds of years. According to the United Nations over one-third of the world's produce is grown in cities. Here in North America, community gardens are an integral part of social, educational and environmental movements. Community gardens grow and flourish in small towns and large urban centres all over B.C.

There is lots to be done to make sure this garden will take root this spring, including major work parties to get the site ready for planting. As well, we will need to have the site plumbed (irrigated), sign up members, assign individual plots and come up with our operating procedures. We will have individual size plots, family plots and a community plot for the space loving plants like zucchinis, potatoes and corn. It will be an organic garden.

The Okanagan-Skaha Teachers Union and the B.C. Teacher's Federation have generously granted us \$3,000 to help the garden take shape. The intent of this assistance is for the alleviation of child

poverty in Penticton. Fair Wares Faire, held last December, raised almost \$500 for the gardens as well.

On Saturday May 23rd, at Gyro Park, there is a Spring Green Plant Sale, Tool and Seed Swap from 8:30 am to 12:30 pm. Individuals who have plants, seeds or tools they would like to donate or sell at Gyro Park can call me at 492-7717.

If you would like more information about the Community Garden or have stories of some good community-building projects in your neighborhood, please call I'd love to help spread some good news!

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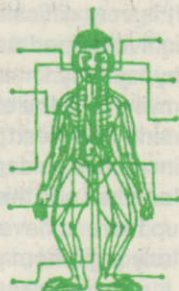


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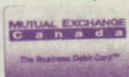
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My Experience with Alton

by Ashleigh Ryane

In February 1998 I attended a two-day workshop in Vancouver entitled "The Hologram of Love" facilitated by Alton. It was the experience of a lifetime!

As some of you know, I have been an active spiritual truth seeker for well over thirty years. I have been fortunate to experience many books, lectures, teachers and workshops of wonderful variety as I journey towards spiritual enlightenment. In recent years I feel that I have developed a greater discernment and, although I know that all paths eventually lead to God Source, I have become more selective in where I spend my time, energy and obviously my financial resources.

A weekly meditation group which I attend was introduced to the Australian magazine "Eagles Wing". This is a wonderful collection of articles that feels clean and fresh and is not filled with fear and projection. This was my only connection to the man known simply as "Alton". Imagine my surprise when upon picking up a leaflet entitled "The Hologram of Love", a strong positive vibration surged through my body! Yes, I absolutely would be doing this workshop. No question about it! Solutions to any human or ego devised problem creations such as food, lodging and fees would be looked after. I was going!

There I was at the workshop. In front of the group was a pleasant looking, normally dressed man of indistinguishable age. No Crocodile Dundee here, as I gratefully allowed my Aussie judgements to slip away. From experience I knew that my heart must be open to receive. Then he began to speak in a voice that was neither soft nor loud, gentle nor harsh. There was nothing to focus on except the energies of the words that flowed forth. My body began to relax as heart and soul felt the truth and the love. The workshop was experiential in nature. I was so "here and now" every moment. Time lost its meaning. It is very difficult to explain what I learned because it was so individualized and so personal. The information seemed to bypass my linear mind and anchor in a rediscovered part of myself. By the end of the two days there was zero doubt in my mind and heart that Alton is truly connected to Source, has incredible guidance and major integrity. Earth has many great teachers and this wonderful unassuming man is definitely right up there. I have no hesitation in saying I believe that Alton is truly a gift from god.

Unlike any experience I have received to date, I know of nowhere else that this technique is being taught. This information is so important and critical to those of goodwill in the world. I am co-sponsoring Alton's Okanagan presentation and I do so joyfully, without financial compensation, as my gift to you. Anyone can take this course. You do not need prior training in any kind of religion or metaphysics. Just be in your heart and aligned to your own personal truths and your deep desire to reach enlightenment. Give your human self a wonderful gift: Take this seminar.

**** Please note the ad on the back page and the date change from June 1 to June 11 in Vernon.**

He is also speaking in Penticton June 12 at the Holistic Health Centre Studio (rear entrance) 7 pm.



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The Garden Institute

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There is a growing awareness of the need to find links between human nature and Nature. When people begin doing inner work they realize that they have a great wish to reconnect with environments that provide harmony. They may also realize that they wish to have access to the plants and seeds that help them define their cultural and spiritual identity and they may also realize they wish to garden in a gentler fashion and have year round contact with plants. Organic gardening is a type of 'horticultural therapy' and its benefits can be appreciated on many conscious (and unconscious) levels.

Gardening is a link between personal well-being and a healthy environment. Organic gardening practices are as diverse as gardeners', their favorite seeds and practices of cultivation. Gardening is now the #1 hobby in North America. Garden books outsell Bibles and artificial lights and indoor gardens allow people contact with their plants year round.

Nancy is a soil scientist who has worked with CUSO in Asia for several years, and run her own successful consulting business in land reclamation. Sharon has gardened organically on several continents and has extensive experience in heritage gardening and seed saving.

The Garden Institute is offering an impressive spectrum of courses including Bringing the Child into the Garden, a course for adults that 'provides lots of ideas for bringing a child of any age into the magical, nurturing and fun world of the garden' and a Crash Course in Middle-Aged Yard Rejuvenation. "Yards have mid-life crises too and with some analysis you can make the existing elements of your yard work in a new way."

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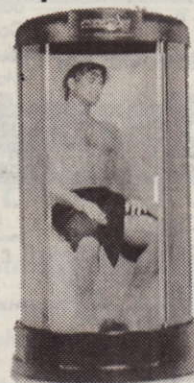
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by Margaret Humeny

My exploration of alternative health therapies began as a child through the influence of my Dad who treated all of our ailments with natural herbal remedies and alternative healing therapy. In a time when natural healing was more accessible than the local doctor, we benefited from his knowledge of what was called "home remedies". I remember from a very young age having difficulty with hip dislocation when I would become a bit too active during play. My Dad was always able to reposition my hip very easily with no pain and I was able to carry on with my play.

As a young adult, I moved away from natural therapies until 1986 when I was diagnosed with lupus. When I was told that I should accept that this illness would accompany me throughout my life and would result in greater restrictions and greater pain over time, I began a search of natural healing resources. Fortunately for me, I did find a very knowledgeable herbalist, and with his guidance I have been symptom free and have lived without pain since 1987. This "near miss" with lupus ignited my dormant interest in natural healing. Since 1987 I have studied and practiced Press Point Therapy, Touch For Health, Stress Release, Cranio-Sacral Therapy and Ortho-Bionomy. The dramatic results for family, friends, co-workers and clients are so very rewarding.

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Enneagram

by Kathleen Minards

I was living in Toronto a couple of years ago when I happened to hear through a friend, of an upcoming workshop on the "Enneagram." I had heard of it years before through my sister who had taken it in Scotland and had found it extremely helpful as a tool for self-understanding.

For years I resisted doing the workshop myself because I felt very uncomfortable putting myself - or anyone else in a "category." Finally, that weekend two years ago, I relented, feeling that anything that would help me to better myself would be worth it.

I found the weekend workshop to be a life-changing experience. It enabled me to understand myself in a way I never had before and it stands out as a high point in my spiritual journey. I not only see my traits, and where they come from as results of my personal family history, but identifying them "wakes me up" to a choice of different behaviour. For example, one of my tendencies is ambivalence. Without realizing, when feeling insecure, I would tend to wait for the reaction of others and then tailor my response to "fit in," a classic example of people-pleasing, and the seeking of love and approval. Simple awareness (through the Enneagram) became a strong catalyst for my own change and growth. I find myself, as a result, more free (to be able to be who I am), more understanding of others especially significant others in my life, and more able to choose to be compassionate and to love.

The Enneagram, from the Greek meaning *nine diagram*, is in a sense, a map of human personality, an ancient tool to advance our self-understanding and growth. It points to the particular giftedness of each person (we are created in the image of God) as well as the ways in which the gifts have been misused (the image has been marred in each of us). It can thus guide us toward the special ways we need to be open to the grace of God drawing us to become the person we are created to be.

The system points to a great range of variations within each personality type as well as indicating how people of each type will tend to modify their behaviour in situations of either stress or security. It is important to remember that it can convey ideas about the reality of our personality, not the reality itself. Categorizing is therefore invalid.

Hillary Alflatt will be bringing this workshop to Kelowna at the end of May. Fr. Hillary is an Anglican priest from England with degrees in theology, philosophy and psychology. He is a spiritual director and has conducted workshops extensively in England and Canada. Fr. Hillary's spirituality, depth of understanding and "aliveness" make this workshop an extremely energizing and insightful experience.

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come soon enough. I stayed with Evan for much too long. Don't get me wrong, I'm not trying to minimize what we had by any means. I loved him with all my heart and learned so much. But I outgrew him. I wanted other things, but stayed because the thought of being alone scared the shit out of me. And now I know it's better to be alone for the right reasons than with someone for the wrong ones.

Well Philip, I think I've nattered on for long enough (my fingers are pretty tired too). Thank you for listening to my crazy psycho-babble. I want you to know how much I cherish you and our friendship. Although we've distanced I still feel very close to you. Feel free to write me an essay back if you'd like.

Love ya.....Shannon

Letter to a Friend

by Shannon Strumecki

Hello my friend....

Once again, the week has come to an end and I find myself in the email lab before I venture home. How was your week? Kimsays you've been working a lot. I'm not surprised...probably trying to fill up those money bags before football season starts. My week was pretty good, although I haven't totally been myself. I think I'm going through a bit of emotional turmoil lately. And the worst part is, there is really nothing tangible I can attribute it to. It's funny...not being in a relationship has been one of the hardest experiences of my life. Ironically, I have grown the most during this time. Six months! Hard to believe, 'eh? I'm getting to know myself so much better. Realizing how much I rely on other people, and quite often how I use relationships and social outings to escape what I'm really feeling.

Being aware of my behavioural patterns is one thing...changing them is another. But I guess that's what life is, a work in process. It's funny because most of my life I've lived with a fantasy. It's a dream that on one golden sunny day in the future, I will wake up, birds singing, and I'll be the person I aspire to be. I'll have everything I've ever wanted emotionally, socially, spiritually, financially, et cetera. But I'm slowly realizing that that day will never come. Not that I'll never have the feeling that the world is in the palm of my hand, full of ecstasy and triumph. But realizing how as I grow and develop, experiencing life and becoming stronger, so will my thoughts and beliefs. My dreams and priorities will change. I'll want more and expect more of my life. And so it's sort of a blessing in disguise that we continue chasing after a light in the distance, even when we appear to have it all. Because I know my journey is not going to be easy. Nobody's is. But I want to play hard. I don't want to have any regrets. It's just coming to terms with the fact that a certain someone, whom you love, but haven't met yet, can't stumble along the way with you. It's sort of a double-edged sword. I want to experience total independence where my agony is only mine and my ecstasy is only mine. Where I feel like a complete human being on my own. Where I can filter out the conditioning our society has given us, that an intimate relationship will give us status. And if you haven't had a boyfriend/girlfriend there must be something wrong with you.

I know I'm not going to meet the kind of man with the depth I need until I feel I don't need a man at all. When I wake up and feel completely content as a single woman, that's the day that I'll brush shoulders with someone incredible. Because you never get it when you're hunting for it. It comes to you when you're not looking. I just have to get these philosophies through my thick skull on those lonely nights at home when I would give my left arm for a companion. I'm not even talking sexual (although we've all had that feeling). I just mean someone to laugh and share with. Someone to debate with, and playfight, and snuggle, and learn from. And I think that's going to be one of my hardest lessons in life. Loving myself first, and enjoying the process of being on my own. Not always thinking in the future, but knowing that I will share a life with someone incredible some day, and that day will

Continues to the left.

The Power of Music

by Michele Satanove, B. Mus., dip M.T., MTA

How often have you said, "Words cannot begin to express what I feel?" Words, with all their potency, often do not enable us to vent feelings which need sharing or letting go.

Music, on the other hand, directly accesses parts of the brain which control emotions, bypassing the editing and censoring of the mind. Many of us use music for its subconscious effects on our emotions when we put on a favorite recording after work for relaxation, or something romantic to accompany a candle-lit dinner.

With a trained Music Therapist, it can go much deeper. While helping in the development of a warm and caring therapeutic relationship, music can be used for eliciting feelings, expressing those feelings, and working through them.

The safety of this musical environment facilitates emotional discovery. Unexpected tears are not unusual during improvisation. Anger can be found in small corners of the inner landscape. Unidentified feelings can be released without having to name them. A trained music therapist will help the client find out how to use the music to best get his or her needs met. Verbal processing can precede or follow the music-making but it's the music which makes this therapy unique.

It can surprise some people that musical training is not a prerequisite for the client of music therapy. Even two-fingered noodling on the piano can sound proficient with skillful musical support from the therapist. It is true that the cacophony which sometimes emanates from a music therapy studio may not seem at all like music to somebody who happens to hear it! Ultimately it is the process that counts, and the only resulting sounds, which can at times be very beautiful, are only a by-product of the emotional work which has been done.

The above is a description of improvisational music therapy in a counselling context. There are as many styles of music therapy as there are music therapists working with all kinds of people, of all ages, in a great variety of settings. See ad to right

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OF CARROTS AND PAIN

by Christopher Moon

One of the more negative childhood memories of many people I know was being forced to eat some kind of food that we didn't want to eat. For me, it was boiled carrots. My parents had never heard of steaming vegetables, so the kind I had to eat had already been overcooked and packed in a can, only to be brought into our house, poured into a pot and boiled again!

Now there was a rule in our home that declared no one could leave the table until they had eaten everything on their plate, and, give my parents full marks for commitment, they made sure that rule was followed to the letter.

So one night a week for about ten years found me staring at those sickly orange cubes that I was sure were scientifically designed to make little boys gag. I tried everything to avoid putting those carrots down my throat! I thought of holding my breath, stuffing them into my mouth, and casually walking to the bathroom to eject them down the toilet. I tried to feed them to my dog. I smuggled some tissue into the kitchen and, when my parents left the room or weren't looking, I would slide the things off my plate and onto my lap where the tissue paper waited to gather them into a soggy, pulpy mass. I would even try to spread them around the plate to give the appearance of a "few scraps" remaining. But the schemes rarely worked more than once, if at all, and I was left with the sickening proposition of trying to digest the carrots that were now not only soggy and horrible tasting, but cold and mushy as well.

After a long futile battle that spanned for years, I came to an astounding realisation. It was one of those nights when, after a good hour or so of delay, a voice inside of me said, "Why don't you quit wasting time and just eat the stupid carrots!" Of course! How Simple! Instead of prolonging the suffering, simply surrender to the inevitable. With a singular determination, I confronted my task, within a minute I had finally wrestled the last awful chunk of overcooked vegetable down my throat and sighed in relief that it didn't reappear in a more disgusting form. Afterwards a huge piece of chocolate cake was placed in front of me. It was rich and moist with a thick chocolate icing, and it weighed about a pound. Then my mother spoke the most beautiful words to a kid's ears: "There's seconds if you want more." The cake was gone in less than two minutes, and the second piece didn't take much longer. Neither of my parents could believe their eyes. My father smiled and asked me, "Why can't you eat your carrots that fast?"

Maybe, as I had to do with carrots, we need to take on a whole new attitude toward our pain. Is it possible that the trials and tribulations that we suffer through in our lives are prolonged by our tendency to delay confronting the pain directly? It is a common tendency in many people to actually aggravate and empower the intimidation of pain by shrinking from it, struggling with it, raging at it, or indulging in the drama it tends to inspire. Look at how some of us choose to deal with uncomfortable situations that threaten to produce discomfort. We might withdraw, try to ignore what's happening, find some sort of diplomatic solution whereby pray that the situation will just go away. Others of us might attack those same situations with an anger that might temporarily nullify the suffering within us, and hopefully distance ourselves from it for good.

Continues page 34



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Shampoo & Cancer

by Patrick Currelle

Recently seen on BCTV and CBS Television was a study by Dr. Samuel Epstein, head of the USA National Cancer Coalition, which found that repeated skin exposure to Cocamide DEA, an ingredient found in a majority of shampoos, induced kidney and liver cancer. It's not surprising that the cosmetic industry is on edge and that health stores and salons have been inundated with questions about Cocamide DEA.

So what is Cocamide DEA? It is a cleansing agent (surfactant) which also has the added benefits of being able to thicken formulas and boost foam (lather), although instant voluminous foam has little to do with how well a shampoo works. A shampoo contains three to four cleansing agents, with water and cleansing agents comprising 92-96% of the formula, so don't be fooled by all the extracts and other additives listed on a label. Cocamide DEA not only provides the above mentioned benefits, but is also utilized because it's cost effective and blends well with most other cleansing agents.

With more consumers wanting to use shampoos with ingredients that are made without toxic chemicals and are safer for health and the environment, Cocamide DEA would appear to be an ingredient that meets the criteria, as shampoo labels list it as being 'derived' from coconut. However, what's never listed on labels and isn't required by law, are the carcinogenic and toxic ingredients that Cocamide DEA and thousands of other ingredients are made with or contain. Cocamide DEA, for example, is made with fatty acids from coconut, ethylene oxide (petroleum derived carcinogen), methanol and ammonia (which are toxic to the optic nerve and the brain). Hundreds of other cleansing agents also made with carcinogenic and toxic solvents such as ethylene oxide and formaldehyde include: Ammonium Laureth Sulphate, Sodium Laureth Sulphate, Sodium Olefin Sulfonates, Sodium Lauroyl Sarcosinate, Disodium Cocoamphodiacetate, PEG's (polyethylene glycol), Disodium Sulfosuccinates, Cocamidopropyl Hydroxysultaine.

Another concern with Cocamide DEA is that when it's combined with ingredients that release nitrites or formaldehyde, nitrosamines are formed. Nitrosamines, recognized carcinogens by authorities such as the World Health Organization (WHO) and the USA Food and Drug Administration (FDA), can penetrate the skin. Nitrosamines can form when a shampoo is blended or while the finished and packaged shampoo is sitting on a store shelf. While Cocamide DEA itself doesn't typically contain nitrites, it can become contaminated with nitrites, as can an already finished and packaged shampoo, by simply coming into contact with oxides of nitrogen in air (especially polluted air) or from being stored in nitrite treated containers.

It's virtually impossible for consumers to know which shampoos are contaminated with nitrosamines, but if you want to avoid any potential health risks of being exposed to nitrosamines, a good start would be to avoid any amine or amide ingredient that combines with nitrites or formaldehyde to produce nitrosamines. Such ingredients include those with the letters DEA (diethanolamine), TEA (triethanolamine), MEA (monoethanolamine), MIPA (monoisopropanolamine). A few ingredients that release formaldehyde are DMDM Hydantoin, Imidazolidinyl Urea and Diazolidinyl Urea.



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A good suggestion would be to also avoid shampoos with vague labelling for their cleansing ingredients, such as *cleansing agents derived from coconut; coconut foam; foaming agents sourced from sugar cane, palm, corn; soap; fatty alcohols and fatty acids*. These are not CTFA/INCI designated ingredient names. While they sound natural, there is no way of knowing what the ingredients actually are. This type of vague labelling is an attempt to make a product look more natural and safer than it really is. Would you buy an automobile without seeing it or knowing what it was?

Does Cocamide DEA, on its own (aside from the nitrosamine concern discussed above) cause Cancer by skin penetration? Unfortunately, Dr. Epstein didn't cover the applied areas on mice and Cocamide DEA was in an ethanol (aka. SDalcohol or grain alcohol) solution, giving mice the opportunity to lick off and thereby ingest the ingredients (ethanol causes Cancer). Manufacturers utilizing Cocamide DEA in shampoos state that it's safe, however, it has never been tested on humans for Cancer and Dr. Epstein's study is the first to test Cocamide on mice for lifelong exposure.

See ad above.

Bladder Infection

Recently, one of our semi-regular patients came in complaining of a pain in her lower abdomen. She had been to see the doctor because she was sure it was something serious like a cyst or herniation. The doctor offered her something for the pain which she refused and left, very sure he had missed the diagnosis. In a way he had. I knew this patient and remembered that when she came to us originally, one of her main complaints was a recurring bladder infection. I asked her to sit down and after massaging a few points on her legs, the pain went away. We talked and she remembered that she used to get lower abdominal cramps just before she got a bladder infection. I warned her that another one may be around the corner.

The underlying condition was damp heat so I prescribed some herbal medicine and she seemed to be renewed within about five days (without the onset of a bladder infection.) The sharp stabbing pain went away, but that weekend she went through some rather classic symptoms that are often associative with dry heat. She had a headache that made her feel feverish and flushed, though with no real temperature. Her mouth was dry and she wanted cold drinks but not more than a mouthful. Her hands and feet became swollen and warm to the touch and she became quite irritable.

In the West, when we have bladder infections, we usually take antibiotics. Germs proliferate where there is warmth and stagnation. Damp heat meets these two requirements and so we become a breeding ground for germs. In Chinese medicine we know that it is not the germ but the imbalance of energy enabling the germ to thrive.

Damp heat is an energetic condition. Most of the time it starts out as dampness in the body, that after stagnating, turns to heat. Dampness tends to settle in lower regions like the abdomen, but will begin to change the workings of the body as a whole. Dampness by itself causes a fair amount of stagnation, just as a pond in a stream will slow or stop the rush of water moving into it. For the most part dampness attracts coldness and a person who is more damp will feel chilled and have no sign of thirst as they have more fluid internally than they need.

The Traditional Chinese Medicine Approach

by Joel Whitehead



As stagnation increases the body become more sputum-like. Classically there may be dry phlegm at the base of our throats that we can't begin to cough up. The classic diagnosis for damp heat is *thirst without a desire to drink*. In other words, the mouth becomes dry from the heat, but because we are so full of water already, we only want a mouthful of cold water and just couldn't hold any more. The urine can become hot and burning and hard to force out causing more pain..

What Can You Do? First of all avoid all damp forming food and damp or humid environments. Damp forming foods are sweets, dairy, raw fruits and vegetables eaten during cold and/or damp weather, fried foods, fatty foods (especially like cold luncheon meats) and even an excess of cold water when forced down at the wrong times. Eating hot cooked food and drinking hot water helps the internal movement of bodily functions but spicy hot food should be taken with great care. (We traced my patient's setback to a pepperoni pizza and beer night).

Alcohol can be damp heat forming as it causes an immediate high caloric burn and is merely an exaggerated sugar. Damp heat problems attack the sedentary and not the active, so making sure that you exercise regularly with proper attention to fluid replenishment commensurate to the intensity of activity.

Antibiotics may not be a solution but can intensify the proclivity to keep getting the bladder infections. Bacterial resistance builds up and with every successive generation becomes stronger (a generation being only days, weeks or months).

Changing a precondition like damp heat or dampness is not an easy, short term effort, but the more you can distance yourself from critical levels of the condition the healthier you'll be. Worse yet, bladder infections due to damp heat may be the easiest of the serious problems you could face with this problem. It could make latent conditions of hepatitis, or other inactive conditions active, and could even be, as we believe in Chinese medicine, a serious introduction to the proliferation of cancer or venereal diseases.

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The Spring Flow



by Gerry Parent

Drip....drip.... drip. Echoes through the woods are coming from all directions as the maple trees slowly but consistently fill the buckets attached to them with their sweet nectar. Along with the lengthening days and the warming weather, the dripping of the maples is a sure sign that spring is just about here. For Western Canadians, this sound is not as familiar as it is to a former Easterner, so I thought I would share a personal story of my visit to the maple bush while up at our cottage in Ontario and illustrate how the whole process from tree to maple syrup is experienced in a small family operation.

Our maple bush is located right behind our cottage and consists of about one hundred trees that we tap. Holes are drilled at an angle into the tree with a portable drill, and then a spile is inserted that will direct the flow of sap into a covered bucket. If there is a lot of snow, then the holes are drilled at about knee level. If they are hung at chest level near the end of the season when the snow has melted considerably, the pails will be too high up in the tree for easy handling.

Cold nights that are below freezing combined with warm days create the best condition for the sap to run. On a good day, the sap is collected twice a day so the buckets don't overflow. We either take our skidoo with a small skiboose attached, or our three-wheel trike and trailer to collect the sap in five-gallon jugs. The sap is then brought back to the woodshed where we filter it before dumping it into a large pan overtop a wood burning stove. After a large fire is made, my Grandpa keeps a vigil eye on keeping the fire going at all hours of the day and night, adding more sap as needed. A lot of patience is required. My grandpa and I have spent many hours together watching the sap boil down while talking, coming up with better ideas for next year's sap run, and listening to the rolling boil with that wonderful sweet aroma in the air.

Once the sap boils down to a stage where it turns to an amber hue and becomes a bit thick, it is time to remove it from the woodstove and filter it into smaller pots onto the propane stove which allows better control of the heat. The sugar content is pretty high now and the syrup will boil over if it is not closely watched! Once the desired thickness is obtained (we make ours much thicker than the store bought kind) it is time for bottling. Anything from recycled glass juice jars to rum bottles is used, along with a small sample batch bottle to keep as a reference for colour, thickness, and amount made. Experience has taught us that the bottles need to be quickly warmed up before filling or you risk having all your work spill over the ground!

As the batch is complete, reusable filters are sent down to the cottage for my Grandma to clean. The pan is quickly rinsed, a new batch of sap is added, and the fire is stoked to start the next boil.

As making maple syrup is a weather-dependent operation, one has to be 'on call' for at least a month to accept the amount of sap that Mother Nature provides. Otherwise, waste and inefficiency are inevitable.



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Gerry enjoys sharing stories about the many splendid things that a herbalist can look forward to during the changing seasons. He also owns Healthy Delivery Service. *see ad above*



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Thai Massage

by Janice Gagnon

My first experience with Thai Massage was magic to my mind, body and spirit. Throughout my first Thai massage session I was continually fascinated by what the Thai masseuse was going to do next! This was so different from any other form of bodywork I had experienced before. It started with a footbath then I lay down on a mat, full clothed. She started on my feet and from there on, the rhythmic manipulations brought me deeper into my body and provided a haven for a natural response towards deep meditation. A meditative state of awareness and aliveness.

The masseuse massaged and stretched me in all kinds of positions that flowed from one to the next to the next. As she stretched my body I could just breathe and release holdings and tension from my body both physically and emotionally. By the end of my first session I was completely intrigued and I knew that I wanted to learn this incredible ancient healing art. The affect of the massage was like I had just done three hours of yoga. I felt alert, revitalized, relaxed and totally limber.

From this first realization that Thai massage was definitely for me to pursue, I now find myself today with Thai massage being a very important part of my life. I went to Thailand and studied with a master of Thai massage, Chongkol Settakorn. His vast knowledge and wisdom provided a strong foundation for learning and his wonderful sense of humour made it fun and helped to lighten the weight of the course content. I ended up staying in Thailand for six months and studied for most of that time. I was fortunate to become friends with some Thai people and through this circle of friends I was brought to an elder Thai woman who has been practising Thai massage for over thirty-five years, passed on to her through generations of her family. From Lek Chaiya I learned deep tissue Southern style herbal massage, which is much different from Northern style. I integrated my learning greatly by helping "Mama Lek" with Thai clients who came to her for various therapeutic treatments. Thai massage is also called Thai medical massage as it is traditionally one part of a three part medical system (massage, herbology and spiritual or shamanistic practices). Thai massage is a wholistic approach to balancing the body, mind and spirit of both the client and the masseuse. The practitioner of Thai massage benefits from the techniques by being in a relaxed state of constant motion often using Tai Chi movements, stretching and by applying body weight rather than strength when giving the massage. It is with great joy that I am now passing on Thai massage to others. Thai massage is probably one of the least known or understood forms of bodywork in the West and I am happy to increase knowledge of this amazing ancient healing art.

I believe that one-to-one instruction is valuable for optimum learning potential of Traditional Thai massage. Classes are therefore provided with a minimum of one student and a maximum of six students to ensure a quality learning environment.

see ad to the left

SETTING AND ACHIEVING SIMPLE GOALS BUILDS SELF-ESTEEM

by Wendy Binggeli

When we have a steady income, good health, happy relationships and outside interests that excite us, we have good self-esteem. We respect ourselves. Life skips along and we feel good about ourselves and our achievements.

Whether we are adult or child, male or female, self-esteem is essential for us to be effective and continue to enjoy a full life. It is normal to sometimes suffer from low self-esteem and an occasional small taste helps us remember that not everyone is so fortunate. However, chronic low self-esteem is another story. This is a condition we must try to avoid because low self-esteem breeds doubt, and with too much self-doubt, we grind to a halt.

A Canadian woman in her mid-thirties recently spoke about her fight with self-esteem while working overseas as a CUSO volunteer. Marilyn had worked hard to learn Melanesian Pidgin so she could teach village women how to generate cash by growing and selling vegetables like broccoli and cauliflower. She and her partner were located in an isolated village in the highlands area of Papua New Guinea where the clanswomen with whom she was to work spoke only their local dialect. Naturally bright, intelligent and cheerful, Marilyn's self-esteem crumbled because she could not communicate with the people around her; she felt useless.

Without noticing, Marilyn stopped caring about her grooming, avoided writing letters to family and friends and harped at her partner so much he stopped encouraging her to learn the village language. It was only after CUSO moved her to new work in an urban center where both Melanesian Pidgin and English were spoken, that Marilyn realized she was suffering from low self-esteem. Not a quitter by nature, she joined an exercise class, began experimenting with hair color and style and made sure that every day she introduced herself to one new person.

Sports psychologists tell us that self-esteem is directly linked to our ability to perform competently, meaning that we are satisfied with our efforts. When life goes out of whack, we need to remember that we can strengthen our self-esteem by setting simple goals and making a sincere effort to achieve them. The key is to set a realistic goal, stick with it and develop a pattern of performing consistently well with the chosen activity.

When we're down on our luck, it is sometimes hard to believe that challenging ourselves to identify one good thing about every person and situation we encounter can build self-esteem. But it's true, because with consistent practice, we develop and strengthen a positive outlook. If we have been passed by for a promotion and start to doubt our skills and abilities, we can restore self-esteem by setting ourselves a challenge to learn two new things each week about the industry we work in.

When setting out to learn or do something new, our goal



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must be realistic. It's impossible to quickly learn how to be a pastry chef if we have no experience at making flans, eclairs, petit fours and fresh fruit tarts. However it is realistic to learn to be consistently great at making three varieties of cheesecake.

We set a simple, realistic goal to add something more to our lives. We stick to our guns. Through this process we develop skills and knowledge. We become competent at the task by improving our ability over a period of time. We achieve our goal. We pause to applaud ourselves. We feel self-respect. We set a new challenge and move on.

See ad in the Natural Yellow Pages under Consulting.

CALENDAR of Events

May 1

Eckankar Intro Talk, Past Lives, Dreams & Soul Travel. Leir House, 220 Manor Park Dr. Penticton, 7:30pm. For info 490-4724

Free Introduction to Energy Balancing with James Minckler in Penticton at the Holistic Health Centre. Call 250-492-5371 for more info.

May 2

Wild Women Workshop with Laurel & Joan at the Penticton School of Dance, p. 19

May 2 - 3

Pranic Psychotherapy Level 3 with Marilee Goheen in Kelowna, p. 3

May 6 - June 24

Relationship Enhancement with Yourself and Others, in Kelowna. 8 week Breath Group, Wed. 6:30-10:30pm. • Holotropic & Regular Breathwork • Movement & Creative Expression • Sharing & Group Interaction. INNER DIRECTIONS CONSULTANTS 763-8588

May 8 - 19

Herbal Ayurvedic Body Work, with Brooke McDonald, Grand Forks & Penticton, p. 41

May 10

Wesak Celebration, in Vernon "The Shining of the Countenance," Meditations and guest speakers 9:30am-5pm. \$30 incl. veg. lunch. Limited seating. For tickets call Ashleigh 558-7708 or Donna 545-6042

May 15

Pranic Healing with Teresa Evans, Intro Talk at the Holistic Health Centre in Penticton, p. 18

May 15 - 17

Awakening the Healer Within with Bernard Willemssen in Kelowna, p. 9

May 15, 16 & 17

Introduction to Tarot & Divination Retreat at Shuswap Lake \$99 including meals & accommodation, 250-675-2977

Polarity & Dreaming

with Ann Fleming and Julie Carlin in Vernon p. 24

Reiki with Mary, Lenette and Micheal, in Penticton at the Holistic Health Centre, p. 5

May 16, 17 & 18

Reflexology Certificate Seminar Level 1 with Yvette Eastman in Vancouver, p. 26

May 22 & 23

Introduction to Trager with Jack Blackburn in Salmon Arm, p. 8

May 23 - 24

Bat House Building WORKSHOP and Retreat at Shuswap Lake. \$99 includes meals & accommodation • Phone 250-675-2977

May 24 - June 6

Crossing the Threshold Leadership program with Christopher Moon - Nelson, p. 22

May 29

Soul Journey Healing Night, in Kamloops, call Theresa 250-374-3104

May 29, 30 & 31

Enneagram Workshop with Kathleen Minards in Kelowna, p. 23

May 30 & 31

Soul Journey, Vernon, "Living in Grace Intensive, call Deanna 558-5455 or Jenny 764-8740

June 1 - 10

Life Shift Intensive on Kootenay Lake, BC with Blanche & Harreson Tanner, p. 5

June 6 & 7

Integrated Body Therapy 3 with Cassie Benell in Kamloops, p. 20

June 8 - 15

Healing Tao Retreats Introduction at Silent Ground, Heriot Bay, B.C., p. 21

June 11, 12 & 13

Yesmin's Alternative Therapy, Weekend Retreat & Seminar in Kamloops, p. 14

June 12 - 14

Relationship in the Name of Love with Christopher Moon in Nelson, p. 22

June 13 & 14

The Hologram of Love with Alton, Penticton Lakeside Resort, back cover

June 15 - 26

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

June 16 - 25

Health Week with Ray Kent, Fasting and Pure Eating at Naramata Centre, p. 10

June 18 - 25

Traditional Thai Massage with Janice Gagnon in Salmon Arm, p. 30

June 29 & 30

Language of the Feet with Hermann Müller in Kelowna, p. 15

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. 36

July 6 - 26

'98 Professional Practitioner Training in Kamloops with Dawn King, p. 4

July 18 - 26

Three Mountain Foundation Retreat in Kamloops with Lynne Mundel, p. 22

July 19 - 31

Onsen Technique Seminar in Kelowna with Rich Phaigh, p. 2

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WEDNESDAYS

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FRIDAYS

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

SUNDAY CELEBRATION

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

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

Book Reviews

by Jan



Practical Homoeopathy

A Complete Guide to Home Treatment

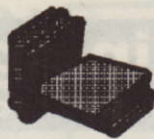
by Beth MacEoin
Bloomsbury Publishing
ISBN 0-7475-2992-2

From the homoeopathic perspective, genuine freedom from illness is a positive state which results in enhanced energy levels, an improved sense of well-being and vitality, and clearer thought processes, as well as a true sense of emotional balance and harmony. In other words, cure can be understood to have been established when the mind, emotions and body function in a state of optimum harmony, which is unfettered by pain, distress, exhaustion or trauma.

In the past few years I have used homoeopathic remedies for colds or the flu and sometimes for headaches. They always worked quickly, with no side effects. When I had a sore throat recently I pulled this book off the shelf to see what homoeopathy offered on the subject. There are ten separate listings for sore throats depending upon the location, accompanying symptoms, what makes it worse or what makes it feel better. Each description then offers its homoeopathic remedy. There's a practical self-help section for each ailment, and when it would be advisable to seek medical assistance.

The book is divided into easy to find sections for common ailments, first aid, women, children, sports injuries, the over fifties and complete listings on the essential aspects of homoeopathic remedies.

For anyone wanting to study this healing art, **Practical Homoeopathy** from England (where it is more widely used) may be a great resource.



Multiple Sclerosis

A positive approach to living with MS

by Chris McLaughlin
Bloomsbury Publishing
ISBN 0-7475-2820-9

From England comes a well-written, comprehensive source of information regarding Multiple Sclerosis, a subject I knew very little about.

Normally, the immune system protects the body against disease by destroying invaders such as bacteria and viruses but in MS, it appears to turn on itself and attack the myelin sheath. (The myelin sheath is like the coating on an electrical wire, with the wire being the nerves fibers in our spinal column, and the coating being the myelin sheath.) The result is that the tissue becomes inflamed and, if the attack continues, a small segment of the sheath is destroyed..... Since the messages can no longer be transmitted efficiently along this particular pathway, they can't fulfil their task of controlling movement or responding to sensation as well as they should.

Chris McLaughlin goes on to explain that because it is not known exactly how the disease will progress, every person's experience is different, as well as constantly changing for the individual. She discusses common symptoms, offers an overview of holistic and traditional medical treatments to date, interspersed with personal comments by those living with this illness. The resources listed are for Britain, but would give direction for anyone searching for answers or validation.

A Guest Book Review

by A. Jeanett Blijleven

35 Golden Keys to Who You Are and Why You Are Here

by Linda Anderson

Linda Anderson says that "having an expanded consciousness allows you to handle any situation better, to enjoy life more fully. With an expanded consciousness you can achieve your greatest spiritual potential."

Anderson is a Spiritual Adventurer, Ordained Clergy woman, Wife, Mother, Educator, Businesswoman, Pet Lover, and winner of national awards for play writing. She shares insights gained through the wisdom of Eckankar, Religion of the Light and Sound of God. Eckankar's spiritual exercises and techniques have helped her and many people tune in to their own inner wisdom for a higher viewpoint on the problems and situations they face daily. She writes that wisdom helps us to have more understanding and less fear and lists some points to develop this:

"You gain wisdom through the heart, not the mind. From loving, not intellectual prowess."

"Wisdom enters by listening to the voice of God, the small whispering of the Holy Spirit."

"Wisdom grows by making it a habit to draw from life the richness woven into each moment."

"Wisdom comes to those who learn how to put love into every aspect of their lives."

Anderson has included many Spiritual Exercises that help us to experience more divine love in our lives. We are introduced to a universal spiritual guidance, the Mahanta consciousness, serving all life. Soul can experience the Holy Spirit or Light and Sound of God and can work with this spiritual guidance in everyday life as well as through dreams and contemplation.

Anderson invites you to experience for yourself the guidance of those Spiritual Masters, ECK Masters, whose true purpose is to show Soul by its own path the way home to God. "You are Soul," she says, "holding infinity in the palm of your hand. You are a cell in the body of God. Spiritual training prepares you for the adventure. Eckankar helps you to be yourself. To go back to your roots.

See ad in NYP under Spiritual Groups

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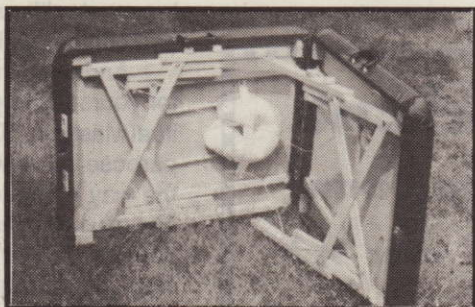


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of carrots and pain

continued from page 26

But just as those carrots kept reappearing every week, so too does the pain that our imperfect existence attracts to us. Many religions and philosophies explain the reasons, as well as the ways to liberate ourselves from seemingly endless suffering, and from a number of them, I have extracted these methods for responding to any and all hurt that might beset us in our lifetime. In none of these is the encouragement to shrink from, attack or sell out to the pain, but rather to confront it in the most compassionate, harmless, and human way that I know of:

These methods of response are:

- ✳ Give to someone through your pain.
- ✳ Sit down and feel the pain, (there are many kinds of pain) focusing until it gives way to more peaceful feelings.
- ✳ Ask your intuition what gift is being offered that the pain is distracting you from. Every problem has a gift hiding right behind it. Then be willing to receive the problem, and patiently wait.
- ✳ Ask yourself who is in more pain than you are at that moment, and reach out to that person in whatever manner you choose; whether it be through direct contact, a letter, or loving thoughts.
- ✳ Give your suffering up to a higher power, being determined that you won't "do" anything about it without a clear sense of what steps to take. Then patiently wait for the way through to be made clear.
- ✳ Give appreciations to people, recognising their gifts whether you actually know them or not. Your intuition will point their gifts out and your sense of appreciation will heal the discomfort.

All in all, there is no painful situation that truly giving of ourselves will not heal. What we have to give may only be revealed in the giving, but our intention to give rather than contract or attack will ultimately ensure that the gift will be manifested. And in the giving we will remember ourselves.

As a matter of possible interest, from the day I learned my lesson, I willingly ate my carrots first, and enjoyed the rest of the meal much more.

Christopher leads the Vision Mountain Trainings, see ad page 22

Don't Let the Ups and Downs of Sugar Get You Down

by Sophia Jesswein

Statistics show that the average North American consumes about 131 pounds of sugar each year, sixty pounds of which is in the form of refined white sugar. Sugars not only feed the anaerobic forms of life, but also cause the peaks and valleys, or ups and downs, in the mood, mental focus and level of energy we experience.

To experience a substantial level of energy, mental focus and sustained performance, the proper maintenance of constant and adequate glucose (blood sugar) levels is one of the body's most important functions.

A slow, steady absorption of glucose rather than rapid peaks and valleys which come from refined sugars, starches and even high amounts of complex carbohydrates and fruit sugars, is the key to maintaining level blood sugar.

There are some natural sugar substitutes that can be used to help you with your sweet tooth. One of the best sugar substitutes I can suggest is using Stevia leaves or Stevia Extract dispersed in Chicolin.

What is Stevia?

Stevia is a natural plant extract which is 200-300 times sweeter than sugar with hardly any calories. Stevia does not feed yeast or Candida and should be a natural sweetener of choice when dealing with parasites, fungal infections, diabetes, hypoglycemia, and to avoid the ups and downs of sugar.

In all its current forms, stevia has a taste unique to itself. With all of its sweetness, there is a slight licorice-like bitter aftertaste when the leaf extract or stevioside power is placed in the mouth. This bitter aftertaste comes from the leaf veins and variety of the plants. The majority of the veins must be removed during the cut and sift process to overcome the strong bitter aftertaste; just look for the right powdered extract or brand name that has the least aftertaste.

What is Chicolin?

Chicolin is a soluble fiber (called Inulin) derived from the tubers of the chicory or dahlia flower plant. This soluble fiber is found in numerous roots in various amounts such as dahlia flower

tubers, chicory roots, dandelion roots, burdock roots, Jerusalem artichokes, asparagus, and onions.

Inulin is really a large molecule of sugar, an oligosaccharide, which behaves like fiber. Oligosaccharides or Inulin pass through the digestive system unchanged, slow the absorption of sugars, until they reach the large intestine. There they are selectively and intensively utilized by the bifidobacterium, acting as a top rate blood sugar regulator and a super bifidobacteria growth medium.

Stevia extract cannot be used on its own; it is normally dissolved in distilled water or an alcohol base solution and used a few drops at a time. Better yet, put about five to ten grams of the stevia extract in chicolin, shake to have a uniform mix, and use the white powder as a sugar substitute in your food preparations and beverages.

Oligosaccharides and stevia are used extensively in food manufacturing in Japan and South America. However, because of powerful sugar lobbies, there are politics surrounding these ingredients. In the United States there was an embargo placed on stevia in 1991. Since then, in 1996 the American Herbal Products Association and some food manufacturers challenged this ruling, hence it is now exempt from the import alert and is classified as a nutritional supplement.

Stevia can be used as an ingredient, a food additive or a nutritional supplement, but cannot be called a sweetener. There is no ruling in Canada and the herb or extract is not extensively used or available in most stores.

To avoid the peaks and valleys that come from refined foods, starches and excessive low molecular weight sugars, try a drink of *Green Alive* superfood with two capsules of essential fatty acids first thing in the morning and mid-afternoon with one or two additional servings of Chicolin sprinkles on food or dissolved in juice or other liquid. See ad to the right.

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YOGA and Aromatherapy

by Beth Jardine

My personal journey of self discovery using the synergy of Aromatherapy and Yoga began in 1992. Several years of physical pain and emotional turmoil culminated in major surgery. On returning to my job as a Hair Stylist I developed increasing back pain. This is when I enrolled in my first Yoga class. My intention was to purely gain physically, I wanted to strengthen my muscles in aid of controlling my back pain.

As I slowly progressed with Yoga, I noticed a change developing in my body. This change was not only a gain in physical strength and flexibility, but also emotional strength and self confidence.

A brief description of Hatha Yoga is bringing opposites into balance. I recognize now I was becoming aware of my opposites within, creating inner conflict and tension. With continued instruction and Yoga practice, I developed tools to bring myself to a more balanced centre. My life started to have more meaning and for the first time I was beginning to get a glimpse of my true nature.

My back pain improved a bit, so I continued working, thinking I could not financially afford to give work up. However "Mother Nature" had other ideas. I developed a debilitating skin rash and had no other choice but to give up hairstyling. I had been using essential oils in the hair salon and had a growing interest in Aromatherapy. Being now unemployed, I took the opportunity to learn more about essential oils by enrolling in a home study course.

I put my newly gained knowledge to practical use by creating blends to help heal my dermatitis and other physical conditions for my family and friends. Once again, an ancient science, with the modern name of Aromatherapy, was not only working on a physical condition, but opening me to a realm I had not anticipated. Like the ancient science of Yoga, I found myself affected on a deeper level. These plant essences were connecting me to my own life energy, awakening me to more subtle energies. It is through these evolved plants, giving me their soul as essential oils, that I recognized my connection to the plant world, which awakened my senses and led me

to the realization that I also have an essential life force within. Through my practice of Yoga and Aromatherapy, I have come to understand that plants and people are all sustained by the one life force. In my own personal experience, Hatha Yoga and Aromatherapy have repeatedly demonstrated a synergistic relationship in bringing mind, body and spirit into harmony.

Aromatherapy is often symbolized as a lock and key mechanism, the fragrance of an essential oil being the key that unlocks past memories, emotions and experiences, thus awakening our senses and creativity. Similarly, in Hatha Yoga, our physical form is used as the key to unlock the innate wisdom held within our cells. By using a combination of Yoga and Aromatherapy to unlock past memories, I have become aware of many obstacles on my life's journey. This awareness has allowed me to remove some of these obstacles, providing me with greater freedom and assisting me to move closer to my "True Potential."

My potential is still unclear. I do know that with the continual use of essential oils and Yoga to further open my heart and still my mind, I will be guided toward my life's "True" nature and greater wholeness.

I give heartfelt thanks to my teachers. And I am grateful to the Divine Wisdom for leading on this path which allows me to share the knowledge I have gained from my studies. It is exciting to be involved in the field of Aromatherapy, helping others to heal themselves.

see ad to left

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Nonspecific Ulcerative Colitis**

by Dr. Kevin Ma



Commonly termed ulcerative colitis, its etiology is still unknown, but in recent years is associated with autoimmunity. The pathologic change attacks the rectum, sigmoid colon and descending colon. It is a kind of nonspecific inflammation which primarily involves the mucosal layer. It occurs more frequently in males than in females.

Main Points of Diagnosis

1. The chief clinical symptoms include diarrhea and abdominal pain. Diarrhea varies in severity. In severe cases it may occur dozens of times a day, accompanied with loose stool, mucous stool or bloody purulent stool and tenesmus. Diarrhea is often persistent or recurrent and resistant to treatment. In most cases, abdominal pain is localized in the left, middle or lower abdomen, pronounced before defecation and relieved after it.
2. Ulcerative colitis can be divided into three types: chronic recurrent, chronic persistent or fulminant. The first is more frequent, while the last one, though less frequent, is in critical condition and its prognosis poor.
3. Laboratory examination and Endoscopy are helpful in the differentiation and diagnosis.

Types & Differentiation of Common Syndromes

1. Downward flow of Damp-heat, frequently found at the onset or in the duration of the attack.
2. Hyperactivity of the liver and insufficiency of the spleen, often induced by psychic factors. Attacks often occurring after emotional tonus and psychic trauma.

Treatment

1. Acupuncture therapy can adjust and improve the function of the human body's self immune system, therefore it can relieve the inflammation and recover the normal working status of cells and tissues, making them no longer kill the normal cells. According to my experience, the most effective is combined treatment; that is, the patient first takes a few sessions of acupuncture treatments, then takes Chinese herb tea. The effective rate of this treatment can reach 89.6%.
2. Chinese herb tea has the following features:
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 - d. The doses can be adjusted from time to time, so the healing effect can be kept strong all the time
 - e. It is good especially for those who are afraid of needles.
3. Chinese herb preparations are also very effective, they are cheap, save time and no side effects.
4. Some chronic patients also choose *Qigong, Yoga, Taiji* and massage auxiliary treatments.

See ad to the left.

CONTINUING TO STEP BEYOND LIMITATIONS

by Rev. Dr. Mary Fourchalk

In a recent article which I wrote for Issues Magazine (March/98), I said that "We need to root out of our consciousness, out of our minds, every vestige of fear, for if we persist in our fears, the magnetic power of our minds will attract to us the very things we are afraid of." In that article I was largely addressing the individual attitudes of lack, limitations, and the role of fear in areas of health and well-being. In this writing, my focus will continue to demonstrate the role of fears and other negative thinking patterns in individual minds, but also, on the greater impact on all levels of governance, from small Boards of Directors to local, and even National Governments.

To lack vision is to try to drive your vehicle, or your life, while your vision is obstructed, or while looking into the rear-view mirror rather than through the front windshield. Still another cause of lack of vision is to be so preoccupied as to be totally oblivious to what is going on in the world around you. What I am building up to, is the global epidemic of changes occurring in all areas of our lives. Can we do anything to stem the tides of change, or is there a better way to go?

Something else I want to reiterate and to stress is that, "Our imagining faculties set the blueprint for our experiences." Most of us look to so-called "experts" to guide our thinking when it comes to the collective matters our society must deal with. For example, when we see dramatic changes in our work places, such as downsizing, restructuring, and the like, we tend to look to our economists for their learned opinions. Are they really as learned as they would have us believe, or are they obviously just looking into the rear-view mirror, and predicting that we are about to crash because all their numbers so declare? This is where it is a distinct advantage to have trained your mind to LOOK INTO AND BEYOND present facts.

To look beyond is to stop trusting the dire predictions of mass media and economists who are continuously looking backward into figures of obsolescence rather than ahead with optimistic vision. Your mind sets the climate for your life. Whether we have a static or a dynamic viewpoint will determine whether our life and lifestyle lead to a life of weed experiences or to one of quality. We do have choices, and in this matter of choices, we can see ourselves as helpless victims of circumstances and changes "beyond our control," or we can do a little creative thinking of our own.

People with a metaphysical turn of mind are those who look beyond present circumstances. They regard, and often welcome, problems as opportunities to expand their horizons. They become creative and learn to flow with the currents of life. They stretch themselves and discover that they have talents they never even dreamed they had.

It is, instead, time for us to change our focus from doomsday to opportunity-time, especially when we recall that whatever gets our attention, gets us. Dare to keep your vision alive both for yourself and for the nation as a whole. Remember to throw in a heaping helping of common sense and let's navigate our affairs with creative energy based on the knowledge that there is a giant in each of us struggling to come out. Let's remember that problems can become opportunities when we let go of fear.

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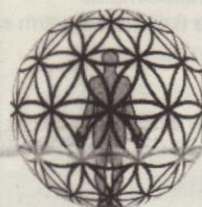
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