

Priceless

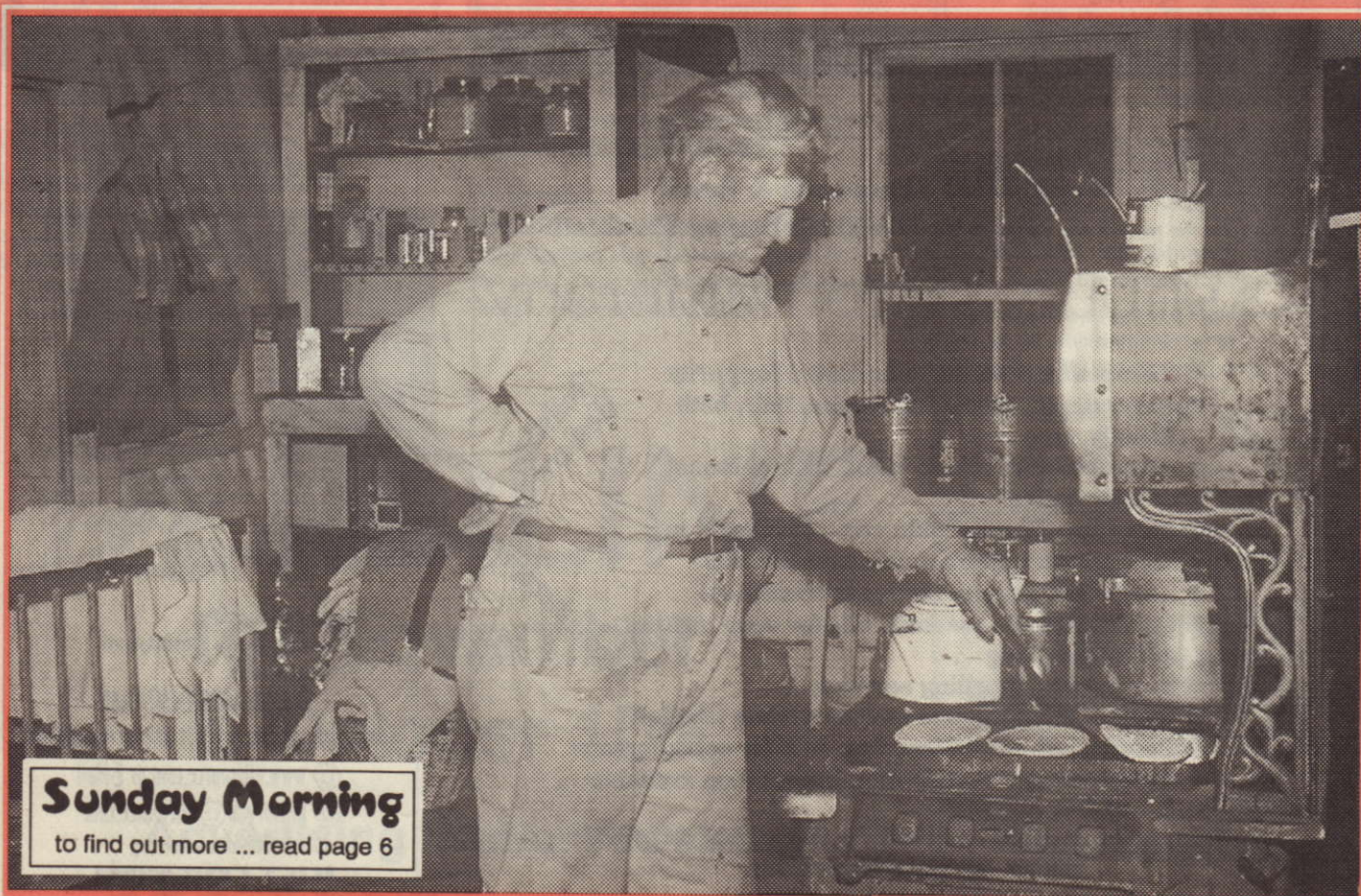
FREE

ISSUES

MAGAZINE

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

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



Sunday Morning

to find out more ... read page 6

October 1998

Counsellor Training

for Professional Careers and Personal Growth

Certificate of Professional Counselling (18 weeks) begins Oct. 26
 Certificate of Counselling Science (1 year, Correspondence) begins Nov. 16
 Call for a FREE Information Appointment

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

- Correspondence students meet once a week to practice counselling skills with instructor feedback
- **Diploma of Counselling Practice** is awarded with additional 24 months of Internship and supervision.
- Pre-registration qualifies for student loan repayment assistance.
- Emphasis on practical skills drawn from all clinically sound approaches.
- Skills are demonstrated by experienced therapists, followed by students practicing in pairs.
- All students and interns are covered by essential Professional Liability Insurance.
- All Interns are listed in the *Canadian Registry of Professional Counsellors*.
- Training qualifies for Registered Professional Counsellor (RPC) and Certified Addiction Counsellor (CAC) designations.
- Tuition is fully tax deductible and G.S.T. exempt.
- Registered with the Private Post-Secondary Education Commission of B.C.



To receive a current catalogue, call **1-800-665-7044**

Counsellor Training Institute of Canada

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

E-mail: cti@istar.ca

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

On Site Courses Now Available!

AIM BARLEY GREEN®

BARLEYGREEN® is the powdered form of the pure, natural juices of young barley leaves, with small amounts of brown rice and kelp. It provides one of the widest spectrums of naturally occurring nutrients available in a single source on the earth today.

You can prevent sickness and promote good health for as little as 44 cents a day.
 Free delivery.

Do you want to hear more?

Hartley Fawcett

177 Westview Drive,
 Penticton, B.C. V2A 7V9

Phone / Fax: **250-493-4324**

**Wholesale & Retail
 Holistic Health & Beauty Products**

Ashbury's Aromatherapy

Estheticians

Holistic Healers

Aromatherapists

Massage Therapists

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

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

E-mail: michaels@dowco.com

visit our Web Site at: www.ashburys.com

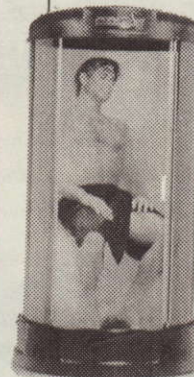
#145, 3751 Jacombs Road, Richmond, B.C., V6V 2R4

Singular Quality and Service!

aromatic steam capsule
aromaSpa®

Available in 3 Models

"Serene, Gemini,
 & Health Capsule"
 Phone for current prices



- * Strengthens your Immune System
- * Detoxify-Releases Fat stored Toxins
- * Relieves Respiratory Discomforts Due To Colds, Allergies & Asthma
- * Reduces Arthritis Pain

- * Relaxes Muscles
- * Increases Body Metabolism
- * Aromatherapy

Also NILE SOURCE ESSENTIALS

Come check out our product line on the Internet

@ www.nilesources.com or E-Mail

@ justforyou@nilesources.com

BC Distribution By :

JUST FOR YOU

PH : (250) 861-9185

Outside Kelowna Call Toll Free

1-888-310-2211

Gaia Green

PRODUCTS LTD
PRODUCTS FOR SUSTAINABLE AGRICULTURE

For the highest quality, and largest selection of

ORGANIC FERTILIZERS & NATURAL SOIL AMENDMENTS

Come to the specialists at GAIA GREEN

Located at: 9130 Granby Road,
Grand Forks. B.C. V0H 1H1

Call 1-800-545-3745
for the distributor nearest you
Distributor inquires welcome



Learn
**how to build
better
relationships
at home
& at work**

with Nadine Hanchar
& PROGRESSIVE EDGE PLUS NLP INC.



VISIT OUR NEW WEB SITE

<http://www.progressiveplus.com>
or call now 1-800-449-4657 or in Victoria 384-1341



"MAIL ORDER"

TABLES / CHAIRS
STRONGLITE
OAKWORKS
PRAIRIE
PISCES
OILS / LOTIONS
BIOTONE
SOOTHING TOUCH
BEST of NATURE

BOOKS
CHARTS
HOT / COLD PACKS
LINENS
ESSENTIAL OILS
ACCESSORIES
MASSAGE TOOLS
HAGINA / MINT OIL
BROCHURES

#203, 8815 - 92 St., EDMONTON, AB. T6C 3P9
www.planet.eon.net/~massage

PRANIC HEALING TREATMENT AND TRAINING Now available

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

PRANIC HEALING is a natural technique that scientifically uses prana (energy) to treat illnesses, physical, emotional, mental or spiritual. Pranic healing transfers subtle energies from one person to another, it requires no drugs, gadgets, or physical contact.



MARILEE GOHEEN
Certified Pranic Healer

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

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

GREAT FOR YOUR CHILDREN & PETS TOO!

KELOWNA

FREE Intro Evening Tue. Oct 6, Ramada Inn 7:00 pm

Oct 16 -17	Level 1, Hotel Eldorado	\$ 200
Oct 18 -19	Level 2, Hotel Eldorado	\$ 300
Nov 28-30	Level 3, Hotel Eldorado	\$ 350

AINSWORTH HALL

FREE Intro Evening Thur. Oct. 22 7:00 pm

Oct. 23+24	Level 1, Ainsworth Hall	\$ 200
Oct. 25+26	Level 2, Ainsworth Hall	\$ 300

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



Sponsored by
Global Institute & Global Harmony Health

From the Heart

by Carol Rienstra

When I began to write the article for last month's Issues Magazine about Emotional Polarity Therapy, I had a great deal of difficulty writing my personal story. My own personal protection barriers went up with the thought of baring my soul to the many readers of this magazine. My first instinct was to stay with the technical benefits of the therapy and stay away from my own personal story. I am glad that Marcel and Jan persisted and asked me rewrite the story from the heart. It has allowed me to grow in a very profound way, enough so that I can write about the spiritual journey I am currently undertaking.

EPT has brought me to this wonderful stage in my life where I feel great joy in the work I am doing, and have great confidence in the services I provide for others. I have learned to sense emotions in clients immediately and identify the exact emotion that we are dealing with. A true gift that is making my work much simpler in helping to find balance for my clients, but is not as easy to use for myself.

I realize now that for most of my life I had basically shut down my emotional body, blocking all emotions, positive and negative, setting up a complete and solid protective shield in which the only emotional sensation was numbness. I grew up within a wonderful family with genuinely caring and concerned parents. So where did this emotional shutdown occur? Why

did I choose to feel nothing?

Through Relaxation Therapy with my own EPT therapist I was able to access early childhood memories and I now realize that children are often born with full knowledge of who they are and why they are here. Often loving parents unintentionally and unknowingly reprogram us to forget this knowledge. Our culture plays a major factor in discouraging a child's inner knowing as well.

As a child, I know now, that I was fully aware of who I was and what I came here to do. Even at that age I was a caring and loving soul who desired to help others and relieve their pain and suffering. Feeling the pain, anger and fear of others constantly at such a young age lead me to set up protective barriers. At the age of four I was able to see the darkness of souls who were gripped by negative emotions. I was also able to see the angels, spirits, and guides that surrounded us. Negative experiences during this vulnerable age can cause us to withdraw from this spirituality, and in my case the emotional body as well. Understanding the cause of my emotional withdrawal was the key to reopening the door to my emotions. With guidance and affirmations, EPT and release, I have been able to find balance within my emotional body and align myself with the light. *See ad to the left.*

Life Force Therapy

Soul Retrieval
Spiritual Guidance
Relaxation Therapy
Physical & Emotional Healing

Carol Rienstra

Certified Emotional Polarity Therapist



Beginner Muscle Testing

A fundamental kinesiology (muscle testing) clinic with hands on experience and basic knowledge of human energy systems. Includes simple balancing techniques and testing for various truths.

Oct 10 • 9am-5am \$50 • Penticton

Advanced Muscle Testing

This clinic will introduce the use of muscle testing for Spiritual Guidance and the creation of your own reality.

Oct 17 • 9am-5am \$50 • Penticton

Emotional Polarity Workshop

Learn how to use simple muscle testing to access the emotional energy blockages within your body and release them simply by using affirmations and self love.

Oct 23, 24, 25 \$150 • Penticton

Advanced Emotional Polarity Workshop

Learn how to use techniques such as Relaxation Therapy, Soul Retrieval, Past Life Regression, and Spirit Release.

Nov 6, 7, 8 \$150 • Penticton

Osoyoos 250-495-2702 Home

Penticton 250-492-5371 Holistic Centre

ept@desil.com & <http://www.desil.com/ept>

Shae



PSYCHIC CHANNELLING AND TAROT READINGS
HERBS, AURIC COLOURS AND STONES
HOME, BUSINESS AND PROPERTY READINGS

Shamanic Healing

- Soul Retrieval
- Past Lives
- Extractions
- Child Birth Trauma Release

Energy Therapy

- Stress Reduction
- Physical/Emotional Release
- Relief of Chronic Pain
- Long & Short Term Health Issues

Body Memory Readings • Deep Breath Work/Rebirthing

Touchpoint Foot Reflexology • Pets • Children

Ear Candling - Candles Retail & Wholesale

CHANNELLED HEALING CIRCLES

3RD THURS. OF EACH MONTH. 7PM. CALL AHEAD TO BOOK YOUR SPACE

MONTHLY SHAMANIC HEALING WORKSHOPS

BE PREPARED TO STRETCH YOUR PERCEPTION OF REALITY

Weekly Tarot Classes

(upstairs) #201-255 Victoria St., Kamloops, B.C. V2C 2A1

1-250-828-0370 • E-mail: jams@kamloops.net

Connect with your Highest Potential

Office space for rent, daily-weekly-monthly

Come see me at the Body, Soul & Spirit Expo
in Vancouver October 17 & 18
as advertised in Common Ground



From the Editor...

Chit Chat

with Marcel



We are definitely living in the information age. With computers, internet, e-mail and a continuous flow of books, magazines and T.V., we are constantly presented with a conflicting barrage of theories and ideas. This is certainly true of the holistic and metaphysical field; what one authority presents as new research and information another authority will dispute and question. Never before has there been such an array of choices in supplements and remedies for working with our health and never before such a choice of theories and concepts for working with our personal growth. Like my Mother said to me recently, "The older I get the less I know what to believe." So what is a person to do when faced with this deluge of choices pulling us in all directions?

The only answer, it seems to me, is to remain self-referral; be your own authority. "But," you may say, "it is impossible for one person to investigate all the possibilities and even if we did it is impossible to really know which one is true." But perhaps we have been given a mechanism that will help us deal with this situation; something that Deepak Chopra calls the 'Finest Level of Feeling'. As he explains in his video tape, *Seven Spiritual Laws of Success*, there is a level of feeling in our bodies that we can tune into when making choices in our lives. It is located in the area of our heart, and while some people may insist that the heart is sentimental and unreliable, he claims that the heart is wise. If we take time every day to tune into this inner knowing we can become more aware of it and become familiar with its signal of comfort and affirmation when considering a

wise choice for ourselves and the feeling of uneasiness and discomfort when considering an inappropriate choice. The trick is to trust and have faith in this process and not allow our logical mind to distract us with doubt and negative thinking.

I feel we also need to trust the reflections in our lives. The situations that we meet on a regular basis are probably what we need to listen to. For example, if an article about Yoga catches your attention one day and then shortly after in a conversation someone mentions that they are practicing Yoga, then the next day you notice a poster advertising Yoga classes, perhaps this is a message that you need to do some yoga to deal with the stiffness and soreness in your body. This method of being observant and aware of the guidance reflected in our lives can be greatly enhanced by giving thanks, daily, for the inspiration continually lavished upon us by the Universe.

Something else to consider is 'Simplicity.' As Stuart Wilde says in his audio tapes, *Thirty-three Steps Beyond the Earth Plane*, "Who said it was hard? Who said it was difficult? The greatest concepts of all time are the simplest....Philosophy, the Inner You, it's simple. It is so simple we miss it."

It seems to me it is our logical mind that makes things complicated. This is why we miss it. When making choices in my life I give special consideration to the simplest choice. For instance, I now believe that a diet of mostly raw fruit and vegetables with grains, nuts and seeds and regular fasting is a valuable method of improving and maintaining good health. Now, what could be more simple than that?

Life always flows better for me when I remember that what is best for me at any particular time may not be what is best for someone else and that what is best for me can also change from time to time. I can only determine this by tuning into my own 'Finest Level of Feeling'.

Marcel



DARE to DREAM

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

★ Special Membership Benefits ★
Listening Centre & Meditation Groups/Classes

READINGS & ALTERNATIVE HEALINGS AVAILABLE
MON. - SAT. BY APPOINTMENT

Dr. Keith: Intuitive Counsellor · Tarot
Dr. Ron: Channel · Counsellor · Angel Healings
Margaret: Ortho Blonomy · Cranio Sacral Therapy
Jenny: Massage · Reiki · Reflexology
Ms. Paulina: French Esalen Massage
Michael: Reiki

Rooms available for rent by the hour or day.
168 Asher Road, Kelowna · 491-2111



RETREATS & SEMINARS ONLINE



Looking for a
great getaway?
A revitalizing
workshop?
On line searches
lead to...

www.retreatseminarscanada.com
and now: www.retreats-online.com
Vacations that can change your life!

Monthly prizes - free!

Add your retreat or workshop.
RETREATS & SEMINARS ONLINE CANADA,
City Square P.O. Box 47105,
Vancouver, B.C. V5Z 4L6
Email: retreatseminars@canadainmail.com
Phone: 604 872-1185. Fax: 604 872-5917.

"We link you to the world!"

Musing

with Angèle

publisher of ISSUES



Sunday Morning

Seems like so much happens between each writing ... each time I sit down to type, I ask myself, "Where do I start? Where am I at in my life? Recently I made the comment to Betty Nickerson, as I drove her to the airport, that I seem to work best while I am in the middle of process. She had remarked on how well the Wise Woman Weekend was organized. I thanked her, for it was a special weekend of incredible networking and educating people that there are choices and the first step is being aware of them. To her and the 160 women who attended, it opened up the possibilities of growth, freedom and love of themselves. For me it was a time to process deeply. With that many woman appreciating and showing their love with hugs and words, it was easy for me to sink into myself, feeling some deeply buried pain that has been inside of me for a very long time. Pain way beyond me, pain of women who have been raped, including my Mom.

I will start at the beginning and try to put into words my understanding of what is happening. As many of you know, I have done five years of intense bodywork and emotional releasing. Each session of release being reflected in my yoga asanas. As I stretch deeply, there is a point in my left shoulder that feels like a knife is cutting me. When I hold the pose long enough, I feel like throwing up. To localize this point of pain, I have had to let go of the many layers of tightness around it, becoming more aware each day of the subtle energy that is in my body. Many times, I have asked my body to let go and release and finally the other night I had a dream which I shall repeat to you later in the story, where something shifted, but first I need to update you on some details.

Five or six years ago, while Mom was visiting Grand Forks, a group of motorcycles pulled up and parked beside her as she walked on the sidewalk. She almost fainted, to the point where

a policeman walking by asked if she was alright. What had happened was that this incident brought up an old memory, one that she had forgotten about. I was delighted that she had the courage to tell me about the rape that happened to her when she was 17. Just out of the convent, she had returned home to Portland, Oregon and found a job driving taxi and late one night, a phone call came in to the taxi company; someone wanted beer and pizza delivered to a park nearby and they wanted Tess to deliver it. My Mom being naive and wanting the work said "Yes." It wasn't till she parked that she realized it was a group of Hell's Angels. She was gang-raped for hours and left to die. When she came to and drove home, the only person she could tell was her brother, for you didn't talk about those things in those days. He grabbed a gun and went looking for the men but they had moved on. Mom didn't get pregnant but she was badly hurt.

At the time she told me, it was just information; I could sense Mom's distress but I didn't feel the pain and neither of us cried. After my Rolf session last month, a small bruise appeared just below my left collarbone, I rubbed and kept loving it. The bruise disappeared in a few days as the pain shifted. During the next week I noticed whenever I breathed deeply, the inside of my lungs hurt and when I lifted small items the pain went down my arm. It then shifted to my sternum, which felt like it had been badly bruised. But life goes on, so I kept my awareness on my breath and how my body was feeling during the business of doing workshops and looking after details of the Wise Woman Weekend. On Sunday after packing up, I could feel intense sadness and the need to be alone, so I begged off going out for dinner with Betty and the organizers and went to bed. Tears came easily and thoughts of my Mom passed through my mind as well as remembrances of things she had said to me as a teenager that never really made sense at the time, like "Never tease a man," or "Don't say it unless you mean it." I would respond with a puzzled look and say "But Mom, I don't do that."

After these thoughts passed I let myself become a rag doll, broken and battered and hurt as I cried myself to sleep. I awoke at 10:30 pm to go pee, something I had done all weekend every couple of hours. I had made note then that I was peeing more than usual and I wasn't drinking that much so I figured that my body was releasing old fear from my kidneys and cell tissues as the energy cleared. As I repeated my dream to myself upon

ISSUES MAGAZINE

☎ 492-0987
fax 492-5328

272 Ellis Street,
Penticton, BC, V2A 4L6

AD SIZES & RATES

Twenty-fourth.....	\$35	Quarter.....	\$149
Twelfth.....	\$53	Third.....	\$187
Business card....	\$83	Half	\$275
Sixth.....	\$108	Full	\$468

Typesetting charge: \$10 to \$50 Color of the month: \$5 to \$15

NATURAL YELLOW PAGES

\$25 per line per year. 3 months only: \$15 per line

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

ISSUES has a circulation of 18,000 to 20,000 copies.

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

ISSUES welcomes articles by local writers. Please keep them to approx. 500-700 words. Advertisers and contributors assume responsibility and liability for accuracy of their claims.

✉ E MAIL ...issuesmagazine@img.net

✉ WEB SITE on the Internet

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



waking, what was happening to my body started to make sense. So now I will tell you about the dream that happened the night before the Wise Woman Weekend started.

The phone rings, it is my Mom, and she needs something...something to do with computers or telephones. I say I will be right over. Gerry and I jump in a vehicle and we start across town. As we go through the downtown core, (it seems bigger than Penticton) I see a commotion, and a woman I know is laying on the sidewalk. As I get closer she raises her head. She is a native woman, and she feels powerless to move. There is a man half-laying and half-sitting to her left side, holding her hand. I sense his powerlessness as he watches what is happening. I sense she is pregnant. I look at her and see her vagina. There is another man clawing at her thighs. I grab his hand and start to bite it. The first man says "I wouldn't do that, he has pneumonia and it is contagious." I stop in mid-air, assessing whether I have punctured the skin. Naw, I am okay. Now there is a glass window between me and the threesome. The man starts clawing his way up the woman's legs again. I knock very hard on the glass as I feel the energy in me bursting out. I say in a loud, stern voice "You never enter a woman's body without her permission." A loud round of applause happens as I leave the scene looking at my watch. It is 2:30 am, and it is too late to contact my Mom, so I will try later.

My interpretation of this dream is as follows: the phone is a way to communicate, and this time it is with my Mom. I leave with both parts of myself intact (the masculine and the feminine)... for it is both Gerry and I in the dream. (Please realize that as in all dreams, all the characters are a reflection of the different aspects of myself). When a town seems big, I take it to mean that the issue is bigger than me, it involves community. The lady is my Mom, the native part of myself. Seeing the vagina and the man scratch her thighs expressed the rape and biting the man's hand was my way to express rage, for when I was very little, I bit hands and everything else I could find. My Mom has had pneumonia more than once, which Traditional Chinese Medicine says is grief stored in lungs. Knocking hard on the glass was a way for me to release energy as I spoke my truth. The most vivid part of the dream was feeling this intense power inside of me. The cheers from the crowd symbolised the joy my dream ego felt as I spoke my truth for all women. Looking at my watch and seeing 2:30 am, could refer to the time when the original incident happened. And once again there was a reminder to communicate with my mom before it is too late.

I am sure there are many levels and many ways to work with a dream that is this intense but I am grateful to be aware enough to know that most of it has to do with clearing up unfinished business. The details will come to me as I am ready.

The front cover photograph is one of Grandad making pancakes on a Sunday morning, one of my favourite times. Mom, my brothers and I sure appreciated having him around. Perhaps another time I shall share some stories about him. I choose this photograph as a reminder that there are sweet times in life and that men are certainly a part of them.

I put time into my release work once a month, when I am least busy here at the Centre — my reward is that after each session I have more energy and can stretch deeper into the yoga asanas. Both my real work and my release work are important to me for I do believe the person who said "To heal the earth, we must first heal ourselves."

Angie



urmi sheldon's **massage**
call for an appointment

HOME 497-8970
250.492.5371
Penticton

Guided Imagery Workshop

with Dr. Dustin Shannon-Brady

- One of Canada's foremost authorities on Therapeutic Guided Imagery
- Professor, Author, Therapist
- Member of Academy of Guided Imagery
- Presenter at World Conference of Guided Imagery



Workshop 1 Using Guided Imagery for Relief from Stress and Pain

– Friday, Nov. 6, 9 a.m. – 4:30 p.m., lunch 12-1:30 p.m.

In this workshop learn how to apply guided imagery to manage stress and pain through experiential activities exploring imagery, breathing, and relaxation. Images relating to safety, symptoms, coping and healing for optimal health will be covered.

Workshop 2 Guided Imagery for the Health Care Provider

– Saturday, Nov. 7, 9 a.m. – 4:30 p.m., lunch 12-1:30 p.m.

In this workshop learn how principles and practices of therapeutic guided imagery can be utilized in the helping relationship. Each person will have the opportunity to learn several imagery applications utilized at various stages of the healing process.

Fees: \$80 per course early registration (paid by Oct. 16)

\$100 per course after Oct. 16 or at the door

Location: Conference Room, Penticton and District Retirement Centre
439 Winnipeg St., Penticton, BC



To Register or for more info contact:

OUC Continuing Education

583 Duncan Ave. W, Penticton, BC

250-490-3959

In person or by telephone

Structural Integration



Deep Tissue Manipulation

Re-aligns your body providing:

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

Jeffrey Queen, B.A.
Certified ROLF Practitioner

For sessions in Kelowna/Vernon
call 1-888-833-7334 or in Penticton: 492-3575

The
Melchizedek
Method



Patricia Zierler & Gayle Swift

Certified Teachers of the Melchizedek Method
Reiki Masters/Teachers

The Hologram of Love Workshop

activates the Merkaba Lightbody with 3 easy breaths
and encodes the chakras

The Melchizedek Method Workshop

is a most remarkable new method of healing, rejuvenation,
age reversal and Lightbody activation.

Reiki Workshops (all levels)

a safe, gentle hands-on technique offering practical skills and tools
for clearing and healing emotions, attitudes and physical self.

Please call for the next available course.

Gayle 250-545-6585 • Patricia 250-260-3939 • Vernon, BC

PRIVATE HEALING SESSIONS AVAILABLE

MANDALA BOOKS

3023 PANDOSY STREET
IN THE MISSION, KELOWNA
860-1980

New
Location

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

Now in stock.... Beautiful Indoor Waterfalls

Astrology Services

& Computer Reports
Personal Astrology Readings
with Guy or Bonnie

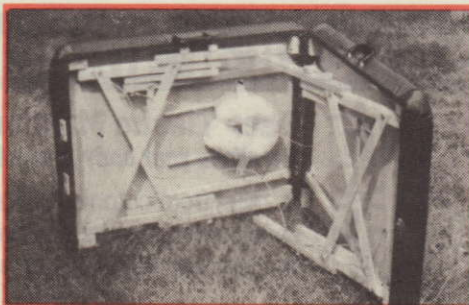
Readings with Dee

By appointment
Saturdays 10 - 4
Clairvoyant • Tarot

OPEN MONDAY - SATURDAY 10AM - 5:30PM

Handcrafted Massage Tables

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



Made in
Naramata by
althaea works



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

The Good Life

by Michelle Dunlop

On October 6th, 1997 I underwent an intended minor, routine surgery to remove an ectopic or tubal pregnancy. I was completely unaware of the fact that I had been pregnant for the previous two to three months. The laparoscopy (scope) surgery was performed by a well-known gynecologist with an excellent reputation in Vernon and I had no misgivings or fears about the procedure at all.

As far as the fallopian tube was concerned, the half hour surgery went very well, however, in the process an artery in my stomach was accidentally nicked by an instrument. Unfortunately, this was not apparent until two or three hours later when my blood pressure and body temperature were dropping, my heart rate was rising, my stomach was swelling from the blood accumulating there and I was still unconscious, now from loss of blood not from the anesthetic. I remember drifting into consciousness for brief intervals in the recovery room and being aware that I was nearly naked on a cold, metal trolley type of thing. I wondered why each time I woke up there were more people standing around me and managed to ask the time once. It was 6:30pm, four hours after the surgery started and about two hours later than when I was initially told I would be back in my room. That was when I realized that something wasn't quite right but I never did get nervous — more annoyed that everything wasn't going as planned. The last conscious memory I have in the recovery room is of my doctor shaking me and waking me up to tell me that I was bleeding internally and that they were going to have to go back in and try to stop the bleeding. I thought, "What do you mean TRY?" But somehow I was still not very apprehensive and only mumbled, "You're the Boss." Then I got put under again. A different surgeon did the second surgery because by now I had lost about half the blood into my stomach cavity and they couldn't wait for the doctor to finish the surgery that he was performing. I didn't regain consciousness until 10:30pm, so I have no idea when my next experience happened.

I was suddenly in a place where everything was very white, bright and quiet. I could vaguely see a figure standing on the other side of a fuzzy, 'squarish' opening. "Hello Shelly", said the strongest, kindest voice I have ever heard. I knew that it was God and a feeling of complete trust and peace came over me like I have never known before. I started to drift upwards towards Him but when I was almost at the opening, I stopped and looked back down to see a dark group of people huddled together with their heads bowed. They were very far away and I couldn't tell who they were but I could feel their pain and sorrow. I turned back to God and said, "But if I go now there will be so many people who will be hurt and there is so much good that I can still do here." God didn't say anything, just smiled gently and looked at me with absolute love and understanding and I felt that He agreed with me. I was totally at peace with whatever He decided because I trusted Him so completely. I just put all of my faith in God because I knew that He loved me and would do what was right and best.

I also knew that if I did go now, everyone would be okay eventually; I knew that they would help each other and were stronger than they realized. What truly surprises me is that I felt

absolutely no sorrow or loss at the thought of leaving this world and my loved ones. What I felt was about ten times as comfortable, peaceful, happy, loved and accepted as coming home after a hard day and having my son come running to give me a hug.

The next thing I remember is waking up in the hospital bed with my husband holding my hand and telling me how worried everyone had been. I didn't actually recall my experience until about 1:00am the following night. One thing that really helps me when I start to doubt that this actually happened is the fact that I am absolutely positive that none of the medical staff in the hospital knew me as "Shelly", so it was definitely not a human voice that said "Hello" to me.

My recovery was painstakingly slow due to a lot of internal bruising and irritation around all my internal organs. This was from the pressure and the presence of blood that had accumulated there. Also, my hemoglobin (normally about 120) dropped from 67 after the surgery to 47 about one and a half days later, at which point I finally let them give me three units of blood. I realized that I wasn't strong enough to recover without it no matter how nervous I was to have a transfusion.

This entire experience was like a huge roller coaster ride and my head is still spinning at times. At first I was so thankful to be alive that nothing else really mattered. Then the aching cold of the blood transfusion, getting jabbed three times while the nurses tried to put in a new I.V. line, the sickening and ripping feeling when the drain tube got pulled out, the pain and weakness from trying to sit up and walk, the fifteen blood tests, etc. all got me pretty annoyed at times. Then in the next moment I would be so grateful for my wonderful experience with God and for all the love and help that I was receiving. Mom came and stayed for four days, Rob moved his office home for a month. Mom brought me the softest, warmest housecoat I've ever seen because I was always cold.

I would have incredibly gory nightmares, or not be able to sleep for two nights because the cough that I had acquired from fluid building up in my lungs felt like it was going to split my stomach open again, or I would be sitting there crying because I missed my son so much and then I would get mad again. I was so relieved to go to Grandma's and not have one single responsibility for two weeks. She is truly a blessing and I could not have had better care.

My biggest problem for the first couple of weeks was the difficulty I was having falling asleep. I would lie awake for two to four hours every night and even sleeping pills didn't help. My mind was in such a turmoil that I actually felt like I was spinning whenever I closed my eyes. I think the magnitude of what I had experienced, both physically and spiritually, was really starting to hit me and I was having trouble absorbing it. I cried a lot and prayed a lot for God to help me make sense of everything and to give some peace of mind.

For the first two weeks everything was very surreal, I felt like I was floating around in a world where I didn't really belong. I didn't want to give or receive any negativity because I now knew what a waste of time and energy it is to be negative. What is truly important is loving and giving. I felt extremely positive most of the time, although I had a hard time portraying that to anyone else. I was a new person in an old body, and the old body was saying and doing things the same old way. It is extremely frustrating to want to be a more loving person and to even know that you are capable of it but at the

continues p.22



REBALANCING

UNDER the SUN
at HACIENDA DEL SOL
in COSTA RICA

next training
Feb, March & April 1999

A three month intensive program for certification in Rebalancing. Additional workshops and daily meditations. Accommodation and vegetarian meals. Sunsets and swimming in the Pacific Ocean.

For information 1-888-354-4499

Box 914, Nelson, BC, V1L 6A5

Website: www.gratis.com/ksr • Email: ksr@wkpowerlink.com



CANADIAN
COLLEGE OF
ACUPUNCTURE AND
ORIENTAL MEDICINE

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

Established in 1985. For information or calendar (\$5) contact:

CCAOM, 855 Cormorant St., Victoria, B.C., V8W 1R2

FAX: (250) 360-2871 e-mail: ccaom@islandnet.com

Tel: (250) 384-2942 Toll-free 1-888-436-5111



Books and
Beyond *est. 1984*

Alternative Spirituality
Personal Development

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

Searches done for rare and out of print
Metaphysical and Spiritual books

Tarot Cards Read by Doreen
phone for appointment

763-6222 Fax 763-6270

1561 Ellis Street, Kelowna, B.C.

PERSONAL MASTERY PROGRAM



This 6 month course provides a loving, nurturing environment in which to heal unresolved emotional issues and patterns that affect your perception, interpretation and reaction to life. You will develop the tools to respond to life's challenges in work and relationships, and to expand your inner sense of commitment, passion, aliveness and confidence.

The **PERSONAL MASTERY PROGRAM** is facilitated by Master Practitioners in the beautiful relaxed heritage setting of "Discovery House," in Kelowna, BC. A wide variety of tools and techniques are incorporated into this experiential group program, including breathwork, interactive learning processes, career counselling, creativity expression, private consultations, bodywork, Tai Chi, African Dance, emotional management, goal setting and time management, visualization and balancing the energy of body, mind and spirit.

THE NEXT PERSONAL MASTERY PROGRAM STARTS NOVEMBER 7, 1998

*We invite you to find out more by attending a FREE information evening.
They are held every Thursday from 7-9 pm starting September 10.*

**or call (250) 763-8588 • KELOWNA, BC
INNER DIRECTION CONSULTANTS**

"Helping people grow from the inside out"

ISSUES On-Line in 1999

Issues will be celebrating its 10th anniversary this February. Angèle and her crew are looking forward to expanding the publication into cyber space. Having the magazine available on the world wide Web will take the message of better health and wiser living to a wider audience.

Over the next month or so, we will be designing and developing an on-line version of **ISSUES** Magazine, ready for its debut in 1999. We would welcome any input, advice or suggestions from Internet savvy readers. What would you like to see in the Web version?

The context of the magazine will remain unchanged, however, the layout and style will be quite different because of the dynamic design capabilities of the web.

The main aspect of a web page, is that it can be "linked" to other pages, not only within the magazine, but anywhere in the world.

We will be offering:

- A search engine - so you can locate key words in articles
- Client Advertising

- An on-line schedule of local and global events
- Links to other holistic, wellness and metaphysical sites

There will also be interactive web pages for metaphysical and alternative health practitioners, where you can order products, get advice or even a psychic reading over the Internet.

And a free chat line service, so that like-minded folks can share their ideas and comments.

All this and more in **Issues-On-Line**

Any inquires regarding

Issues-On-Line,

or if you want help with your

Professional or Business Web Site, please contact

Colin Christenson and Associates at

Phone: 250-766-5222

Fax: 250-766-1992

Email: christen@cnx.net

Your Dominance Profile

by Beverly Hunter

I've recently been working with the knowledge of the Brain/Body Dominance Profile which I have learned about through an Education Kinesiology course called Brain Organization from Dr. Paul Dennison. With practice I have become consciously aware of which side of the brain or both are actively working at any particular moment. Now some people would say--So What!? What in the world would you need to know that for? And my answer to that is, "It makes my life easier!!" And when I'm not struggling so much or working so hard, I'm Happier!!!

Let me share some examples with you. When I notice that I'm not picking up the details of a speech, a telephone conversation or maybe the instructions or explanation from a teacher, I know that my left brain and my right ear are turned off (not actively working). So I know that I need to somehow activate my right ear and left brain. Usually having a drink of water using my right hand and then tilting my head to the right side will work. All of a sudden I can hear more clearly and it's easier for me to distinguish the sounds of someone speaking, even with a thick accent.

For many years I wondered why it was hard for me to learn in a school environment. School was stressful and I felt very DUMB, yet I knew I wasn't. I just couldn't understand why I understood and knew the information one minute yet couldn't remember it when asked the next. When I was nervous or stressed I froze and my brain went dead - a common problem for a lot of us!! Now that I know Brain Gym and how my brain and body is organized I have the tools to integrate myself and unlearn many of those learned compensation strategies. So many situations where I would have hesitated or avoided are now easy and pleasurable to do. (Even writing this article) Knowing my dominance profile, how I am uniquely organized, has given me freedom, compassion and acceptance of who I am.

After testing one of my clients for their dominance profile and we came up with:

Right Brain Dominant	Left Hand Dominant
Right Eye Dominant	Left Food Dominant
Right Ear Dominant	

I asked him if the following described him when he was stressed or upset. "You can't sit still, you just have to MOVE. You have this strong need to talk, usually non-stop but you aren't making any sense. You have difficulty listening and if you really try to hear what someone is saying you just can't comprehend what they are trying to tell you. It is also difficult for you to see what is going on and you miss important information. It is difficult to focus and think things through because your brain just can't access the information you need." My client was so surprised how accurately I had described him he wanted to know more. His first question was "Is that bad to be like that?" I reassured him he was perfect just the way he was, he just

New!

AROMATHERAPY

BY CORRESPONDENCE

Approved curriculum by the CFA (Canadian Federation of Aromatherapists)

If
Y
O
U

- > Work in the Holistic Health industry or
- > Want to retail in Aromatherapy or
- > Want to learn more than the basics or
- > Want to learn more about blending or
- > Want to consult in environmental fragrancing

This NEW 60 hour correspondence course is for you.

Work at your own pace ! at home !
Proudly presented by: **Brenda Blindenbach CPA**

For more details or to order call

Peaceful Interlude

#8-7549-140th St. Surrey, BC V3W 5J9

Tel: 604-572-1136 Fax: 604-596-3444

needed to understand himself a little better. Knowing that his visual and auditory learning is blocked (not accessible) to him under stress, he will need to reduce the anxiety in specific situations by preparing himself. Sitting at the back of the room where he is free to move and process things through emotion and intuition. By playing with clay, beeswax, drawing and other such activities will keep his left brain activated, receiving the information from his right eye and ear. He will always learn best through movement and by focusing on the whole picture in context and emotional relevance to himself. Because of his particular *Dominance Profile* his biggest challenge will be to access the pieces of information and be able to put them together in a linear logical manner and communicate it.

Notice the difference in your own body in a stressful situation compared to a situation where you are at your peak (where you are on top the world). The optimal learning state is one of whole-brain integration, that *peak experience feeling*. In this state both side of the brain are equally active all the time, thus accessing ALL sensory information and effectively communicating, moving and acting on the incoming information. It sure is a great feeling knowing how to make my life easier and enjoy feeling those peak experiences in more areas of my life!! See ad below.

TURNING ON THE LIGHT

Beverly & Grant Hunter
1330 6th Street,
Okanagan Centre, BC

LEARNING
CENTRE



Touch for Health III	Oct. 24 & 25, Sat & Sun 9-5:30	\$150
Brain Organization	Oct 31 & Nov 1, Sat & Sun 9-5	\$200



100% Trade Dollars
Accepted

For Registration call: Bev or Grant
(250) 766-2329 or Lynn (250) 766-5222

Call for upcoming Workshops
& Certified Courses for Fall 98

Working with Animals

by Cassie Caroline Williams, Ph.D.

All of my life I have had a strong connection with animals, and my family had dogs since before I was born. As with many families, we had our dysfunctionalities, and I found I could relate to and trust animals more than some people. As a small child, I was put into my play pen with our wormed West Highland Terrier; Mum said that we both chewed on his bone, with me teething at the time. My first word was "wiss", which meant "hor-wiss". As more siblings were added to the family, I spent more time with our four-legged family members. I watched our cat and dogs, as well as those animals that my cousins had on their farm — ponies, horses, goats, sheep, cows, cats and dogs. During summer visits to my grandparents I used to try to keep red spotted salamanders and moths as pets. The salamanders always escaped overnight. This grandmother was quite a naturalist, rearing young swallows, whose nest had fallen into the large fireplace, in a wicker wastepaper basket that was covered. I used to love to help her feed them raw hamburger. I remember my delight, after she announced that they were old enough to release, watching them fly away to freedom. Later I caught a frightened sparrow that got into my bedroom through a hole in the screen, talked to it gently and let it fly free. It made me feel so good.

By the time I was in grade seven we had moved several times, moving every year. This was very hard for the shy child that I was then. In that year my friend was a young horse who lived about six blocks away. I used to visit him when school was out; he would whinny when I came to him with some fresh grass

in my hand. In grade eight I was teaching our young dog some obedience training. That dog was a great pal of mine, who later accompanied me when we finally got a horse and I would be out riding. Later I taught my own colt to lunge and basic riding skills. That all led to becoming a riding counsellor at a girls' summer camp, a job I really enjoyed.

Off and on for years I had contact with horses and dogs, including riding dressage for several years. I had very good rapport with the animals. I was so enamored with animals that I became a zoologist. I had decided not to become a vet, having seen at a veterinarian school how very difficult it could be to deal with some of the large animals. I studied ecology, the interconnections found between the earth, plants and animals. While a graduate student in zoology, I would be out in the woods, happy among the trees and animals. Once a sleeping fawn was almost beside a spider trap of mine; that was a special moment. Another time a curious baby skunk approached me as I emptied a trap; luckily my somewhat deaf dog didn't see or smell the young animal.

After I started to do body therapy, occasionally I would work with a dog or cat that had some injury. Animals respond so sensitively to this gentle sort of work. My son brought over a relative's pup who had fallen ten feet onto a concrete slab and had been limping. The pup was initially playing with our dog and later started to limp. I called the pup over, and he sat half asleep in my lap as I worked with his hip. After I felt a release in the muscles there, he jumped up and continued to play without limping. I also worked quite a bit on my older dog towards the end of his life last year; he had had repeated problems with his claws. I was able to pinpoint to the vet just where the dog had pain.

One of the most interesting animals that I worked with was a friend's cat who had been hit by a car, had half his head smashed and lost an eye. I was staying at their place for several days and had contact with the cat in the evenings. Initially I was able to pat the animal on his uninjured side of his body, then later was able to move up to his neck, then to the uninjured side of his head. He became more trusting and then began to allow me to gently be in contact with the area around his empty eye orbit. His cranium underwent some major changes. He seemed more at ease later, coming to rub against me in thanks.

Any animal, I think, may be worked with to alleviate pain or dysfunction. Some of my instructors and colleagues also work with animals, using Ortho-Bionomy, CranioSacral Therapy, Mechanical Link and Visceral Manipulation. It is important to have a good rapport with them, as it is with anybody with whom you work. At times an animal is beyond being able to be helped; then we have to gracefully and lovingly let them pass on, as I had to do last year. A knowledge of their inner anatomy helps, knowing the location of the stomach(s) and the like. And it can be very rewarding, given the unconditional love these beings extend to us.

Addendum re lymph drainage: For those of you attempting to release your thoracic lymph ducts, please do this gently just either side of your windpipe above the collarbones, pushing down towards your feet. See ad to the left.

INTEGRATED BODY THERAPY

with **Cassie Caroline Williams, Ph.D.**
(previously Cassie Benell)



Registered Practitioner of Ortho-Bionomy, Advanced Practitioner and Teaching Asst. of CranioSacral Therapy
Learn a variety of osteopathic techniques to release the spine, the rib cage and the pelvis.

Ortho-Bionomy is a gentle therapy which positions the body to spontaneously release tension. **CranioSacral Therapy** is an offshoot of cranial osteopathy which uses the membrane system in the central nervous system to softly address structural restrictions.

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

KAMLOOPS COURSES

Integrated Body Therapy 2 (appendages)
October 3 & 4 • \$175 (\$150 before Sept. 26)

Integrated Body Therapy 3 (cranial)
November 21 & 22 • \$175 (\$150 before Nov. 7)

We accept



Register early - space limited
Courses for credit with CMT

Cassie Caroline Williams 250-372-1663 Kamloops

Available for sessions in Kamloops & Penticton 492-5371

Rife Technology

of Killing Viruses and Bacteria
Survives 50 Years of Suppression

The Second International Rife Conference is to be held in Courtenay, BC on October 16, 17 and 18, 1998 at the Coast Westerly Hotel.

In the 1930's, Royal Raymond Rife invented a microscope which permitted one to clearly observe viruses. He also invented the Rife Beam Ray Device which could kill viruses, fungus, parasites and bacteria (including the Bacillus X Cancer virus).

The following people will be guest speakers at the Conference: Barry Lynes who wrote a book in 1987 entitled, *The Cancer Cure That Worked: Fifty Years of Suppression*, that detailed the life and work of Rife. Dr. James Bare, who re-invented the Rife/Bare Plasma Tube Device in 1995. Joe Flores, who worked with Rife's assistant, John Crane, and who has in his possession a working Rife-like microscope with a magnification of 20,000. Gary Wade, of the National Health Federation, who will help explain Rife technology. Michael Coyle of NuLife Sciences who is the only Enderleinean endorsed trainer in blood analysis in the United States and who lectures on ultra darkfield microscopy.

Areas of Rife research: Cancer, HIV, Hepatitis, Fibromyalgia, & Chronic Fatigue.

See ad in Calendar of Events Oct. 16.



Cheryl Grismer

presents

Advanced Spiritual Intensive

Our focus will be totally on heart and soul. Expect another transformation. Experience new techniques as well as deepen much of the work begun in the Spiritual Intensive. This is a much requested class.

Westbank

Oct. 16 -18, Nov. 13 -15 & Dec. 11-13

Contact: Cheryl 768-2217 Investment: \$600 plus GST

Tarot

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

Kelowna: Dec. 5 & 6

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

Counselling Sessions (Readings)

1 - 1½ hours intuitive counselling.

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



Cheryl Grismer @ 768-2217

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

YOGA with Angèle

Mon. 5 pm, Wed. 5:30 & 7:30 pm & Thurs 11 am
\$40 for 6 classes or \$100 for the season
and come as often as you like.

First Class is FREE

Come Check It OUT on Wed. or Thurs.

PreNatal Yoga with Sherry

Thursday at 2 pm ~ Call 770-1046

Tai Chi with Richard

Tuesday & Thursday, 5 - 6 pm
Cost \$40 a month

Drop-in Meditation Classes

with

Christina Goddard

Mondays

7:30 - 9:30 pm

Crystal Bowls the last
Monday of each month.



Everyone welcome, by donation.

The Yoga Studio

behind the Juicy Carrot, 254 Ellis St.,
Penticton 492-0039 for info.



MILLENNIUM

CAFÉ & ESOTERIC CENTRE



Be part of the next millennium now by joining the like-minded people at the Millennium Café in Kelowna.

A place to wine & dine or just have a coffee in our beautiful relaxing surroundings and let the gentle music soothe away any stress of your day.

Coming soon our new second floor

Relaxation Library (bring your old books for others to read.)

We support interaction and encourage you to advertise your services here (rooms available if needed.)

Don't forget! - every Friday & Saturday evening
Blues, Jazz & Swing

Plus Poet's Corner 3rd Monday of each month.

It's all happening at the Millennium Café!

371 BERNARD AVE  KELOWNA B.C

FOR RESERVATIONS OR MORE INFORMATION CALL 250-868-2085

For Rent

Rooms

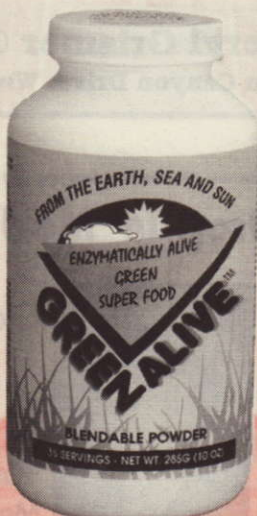
at the
**Holistic Health
Centre
Penticton**

by the month

or by the day

492-0987

Best of the superfoods to supercharge you daily



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

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

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

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

A Lending Library is in Progress

We would appreciate
your Feedback!

Would you pay \$25
per year to borrow
Metaphysical & Holistic
Books?

Would you prefer to trade
in \$100 in quality books
rather than pay for a yearly
membership?

Would you pay \$2 per
week to borrow a book?

Call the Holistic Health
Centre at 492-5371 in
Penticton
if you have ideas, want to
help or have books to
donate.



Soul Journey

Love & Success

This Autumn we embrace powerful applications for creating more love and success in our personal lives. Each of us is more empowered now to step out of the collective reality that human kind participates in. As the Light grows within each of us, we are more empowered now to create our own dynamic and successful experience. In Soul Journey we are gently reminded of Timeless Ancient teachings that, when personally applied, allow each of us to create a successful, loving and Spiritual Life. Love and Success are our Primary Rites to life. In this, the Angels come to gently assist each one to achieve a personal powerful reality.

Kamloops, Oct. 30th
The Days Inn, 7-11pm
Call Theresa 250-374-3104

Vernon, Oct, 31st
The Village Green, 7-11pm
Call Dianna 250-558-5455

Kelowna, Nov. 1st
The Best Western, 1-5pm
Call Jenny 250-764-8740

Admission \$30, Email: iamsj@axionet.com Mastery Intensive, Kamloops, Nov. 20, 21, 22



Soul Journey

by Craig Russel



In 1988, two Angels made contact with Craig Russel. They worked with him privately for six years, then guided him to meet Paul Armitage, a composer and celestial channel for the music of the angelic realms. In 1994 the Angels Akasha & Asun asked Craig and Paul to create Soul Journey. These two gentlemen were chosen by the two Angels to receive and transmit their loving radiance, counsel and music. The purpose is to create a space where many on their path of enlightenment and self discovery may come together and consciously open the door to the Holy Grail, the Chalice Within, to embody the Divine Universal Presence of 'I AM', the Higher Self or 'GOD/GODDESS ALL THAT IS'.

Soul Journey begins its fifth year this autumn. It is held in the beautiful embrace of Angelic Presence, and offers each of us a middle path, a bridge, to better understanding ourselves. It gently points the way to embracing our lives with greater

success. Soul Journey offers timeless knowledge and powerful applications that lead us to further our evolution. Much assistance is given to realizing our destiny and discovering our Higher Purpose in life. Wisdom is integrated to initiate our personal and planetary growth.

On November 20-21-22, Soul Journey presents 'Soul Mastery Level One', in the city of Kamloops, BC. In the Ancient Mystery Schools, the Students of Life continuously reviewed all they were learning in order to Integrate and Become. Soul Journey has designed four levels of Soul Mastery leading to Enlightenment. All of the levels consist of Thirty-three specific areas of timeless knowledge intended to guide the Students in their Personal Evolution. Level two will be presented in the Spring of 1999.

For more information feel free to contact the Soul Journey office in Vancouver at (604) 267 0985.



LAND SPIRIT RETREAT AND HERBALS FOR WOMEN

Weekend Retreats - \$150/weekend

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

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



Dreamweaver

Enter a world of mystical charm

3204-32nd Avenue, Vernon

OPEN

☎ 250-549-8464

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

Toll Free 1-888-388-8866

Fridays till 7 pm

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

Psychic Readings Monday to Friday

Essential Touch

*Celebrate yourself with an
aromatherapy massage*

Relaxing & Revitalizing

ask for *Nywyn*

Holistic Health Centre: **492-5371**
Penticton



Become A "DOCTOR of METAPHYSICS"

'ALL HOME STUDY'
QUALITY TRAINING

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

CANADIAN DIVISION OF
UNIVERSITY OF METAPHYSICS INTERNATIONAL
KELOWNA ... Rev. Dr. Mary Fourchalk
phone • 250-861-3388 • fax

WHEN I GO TO WORK DO I LEAVE MY HEART AT HOME?

by Catherine Fenwick ©1998

How many people work in a place where love and kindness are encouraged? How many people come to work and leave their heart at home? Workers and workplaces have taken a beating in the last several years and it has affected how we feel about our work and how we get along with each other. Changes in the global economy, workplace restructuring/downsizing/right-sizing/re-engineering have left many of us reeling. So much is happening so fast. I don't know anyone who hasn't been affected. How are people coping with all of this?

I had an interesting discussion last week with some people about how work is not as satisfying as it once was. One person said that unfortunately, "work is nothing but a means to an end. We have bills to pay and we need to eat." Another said, "I'm looking out for myself and can't really think about how others are doing."

Unfortunately, for many of us work is an empty grind that lacks spirit. Lance Secretan, in his book *Reclaiming Higher Ground*, reports that 80% - 90% of workers in North America are dissatisfied with their work. Thirty to 40% say they hate having to get up and go to work. I am astounded by these results. I would like to hear from your readers about how they are coping and what they are doing to make their work more satisfying.

To have a fulfilling life we need a meaningful activity (this includes paid and unpaid work). We need people around us who care, and we need to have some fun. Like soul food and soul music, we must have soul in our work. We need work that has passion and joy.

A joyless, dispirited workplace leads to collective depression. Perhaps this is why so many of us are in denial about the seriousness of events that are taking place on our earth, from stock market fluctuations to environmental destruction. Work without spirit is cynical, pessimistic, commercial, consumer-oriented, competitive, ego-centred, self-serving, and often demands that we leave our values outside the door. Work with spirit is joyful, courageous, energizing, playful, honoring of the work of others, helpful, compassionate, healing and does not compromise personal values.

People who are desperately looking for work are discouraged and frustrated. Too many of those who have jobs say they are very dissatisfied. They say they are overworked and under appreciated. Far too many have lost their passion and joy. Fear and uncertainty have replaced trust and hope. Dispirited striving for more stuff and fearful clinging to what we have has affected our confidence, our morale, and our ability to care about each other.

Why can't we see what is wrong with this picture and figure out a way that all who are looking for meaningful work can find it and those who are working 60 - 90 hours a week get to spend some time in their communities and with their families? Researchers and writers such as Bruce O'Hara (*Working Harder Isn't Working*), Matthew Fox (*The Reinvention of Work*), and

Jeremy Rifkin (*The End of Work*), have made many recommendations such as: a shorter week, more equitable distribution of wealth, job sharing, flexible work time, and more paid community work. These would certainly help to bring spirit to our work. Individually, we can start by saying "Yes" to a balanced life and "No" to unreasonable, unhealthy, dispirited ways of working.

A spirit filled workplace is psychologically compatible with people's needs for security, safety, belonging and community. It's important that we take stock of our lives, take charge, get some balance, and create spaces that inspire our soul. Let's look for sanctuary in our values and beliefs, in the loving, caring people around us, in creativity and service to others. Let's find sanctuary in meaningful work. Let's begin to create these special places for ourselves.

A sanctuary is a refuge, a place of safety. It can be a condition of serenity, inspiration and personal growth. Sanctuaries are places and spaces that allow us to fully experience and honor our feelings. They create a positive, encouraging environment which inspires and motivates us. This is food for the spirit.

It is possible to create sanctuaries in our work place. We can create inspired and inspiring work for ourselves. We need to expand the meaning of the word. *Work* is so much more than a "job". Good work, as defined by E.F. Schumacher in his book, *Good Work*, is filled with spirit and easily spills over into community. Good work is creative, energizing and healing.

Create sanctuaries for yourself at your job and outside of your job. Perhaps you are yearning for some creative expression, such as music, dance, photography, painting, writing, needlepoint or woodworking. Perhaps you could volunteer some time to community service. Lots of organizations and people could use your talents and gifts of time. Oh yes, good work is so much more than a job! When you are doing good work you wouldn't dream of leaving your heart at home!

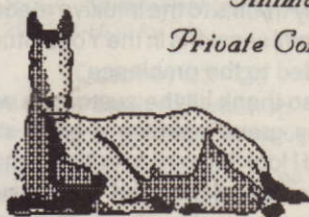
Catherine Fenwick is an author, educator and work consultant. She develops and delivers workshops and keynotes on how to get more healthy humour into your lives. Her books, *Healing with Humour*, *Telling My Sister's Story*, *Workscapes: Keeping Spirit Alive at Work* and *Building Bridges: The Heart of Effective Communication* are available from St. Peter's Press at 306-682-1770. You can check out Catherine's website at <<http://www.saskweb.com/healinhumour>>



Linda M. Collins

Animal Communicator

Private Consultations or Classes



Vernon, BC

542-5953

PERSONAL ACTUALIZATION TRAINING



The Six Month "Actualization Training" is designed to support each participant in recognizing their vision and balancing the four main aspects of their being; spiritual, mental, emotional, and physical. This balance provides a greater sense of love, innocence and prosperity. Participants learn that it is possible to claim a new lease on life as they recognize their contribution and have more of an experience of their Divine Purpose. Join us for this exciting experience of self discovery and personal transformation.

Participants will receive approximately 500 hours of instruction including:

- * Classroom Format
- * Personal Support
- * Personal Assignments
- * Private Consultations
- * Group Activities
- * Monthly Workshops
- * Breath Integration Sessions

PERSONAL ACTUALIZATION TRAINING starts Oct. 31

Find out more by attending a **FREE PREVIEW** every Thursday evening starting SEPT. 10th

Personal Growth Consulting Training Center

Kamloops ☎(250) 372-8071 or Fax (250) 372-8270

Discover Inner Development and Personal Transformation through Breath Integration

CHELATION THERAPY

This is how we like to do it. You phone for an appointment and we will give you a comprehensive consultation lasting from 30 to 60 minutes **FREE OF CHARGE**. If you are a candidate for CHELATION and wish to proceed we will send you for the required laboratory testing **FREE OF CHARGE**. If you then qualify for chelation we will treat you for a fixed price regardless of required dosage and regardless of the amount of laboratory testing required. Proper **VITAMIN** and **MINERAL SUPPLEMENTS**, **LABWORK** and ongoing **CONSULTATIONS** are all included in the price you pay. Other chelation clinics charge you \$300 to \$500 before you ever get started. Our charges prior to you starting chelation infusion therapy are \$0.



DR. WITTEL personally prepares all intravenous solutions custom made for each patient
personally starts your intravenous needle and checks on your progress with every treatment
personally answers all your questions free of charge
personally is present for the length of your treatment
personally instructs you in the proper diet
will show you the latest printed material, research and correspondence that supports our approach to Chelation Therapy (Latest ACAM protocol)

We don't advertise our prices but you will find them extremely competitive once you have had a chance to compare all the facts and quality of service.

CHELATION THERAPY CENTRES OF THE OKANAGAN

Dr. D. Wittel, M.D., Ph.D.

Board Certified ABCT (American Board of Chelation Therapy)

Member of ACAM

Kelowna 860-4476 • Penticton 490-0955 • Vernon 542-2663

Opportunities in Addiction Counselling Certification

Available as a 5 month full time program or 4 days a month for working professionals.

Alcohol & Drug Counsellor Certification
Sexual Abuse & Family Violence Intervention
Training - Courses start in September



**Four Quarters
Institute**

#302 - 96 E. Broadway
Vancouver, B.C. V5T 4N9
(604)709-3600 • Fax: 709-3550

Call for Free Course Calendar

info@fourquartersinst.com
www.fourquartersinst.com

A Grand Opening! by Gerry Parent

It's been a fast three weeks since I first opened the *Juicy Carrot: Juice Bar & Eatery* on Ellis Street in Penticton. So many of my ideas and dreams that were locked away behind "closed" doors are now on display, including clouds painted on the walls. Being in charge of creating what I want, yet being flexible enough to modify these ideas into what is really needed makes what I am doing exciting.

Our grand opening sure was grand! I planned to be open by 10 am but with the eagerness of many people wanting a taste of freshly made juice, I was serving by 9 am.

One of my first customers was a friend of mine, congratulating me as I cleared one of the tables full of tools for

him to sit at, while having to step over the carpenter who was still fastening the newly made bar to the floor so I could prepare him a juice.

Scurrying to get things cleaned up before more people arrived didn't go too well. A few minutes later, an older couple came in (who are now regulars) and sat at the bar. As I looked over at them I could only see their heads peeking over the surprisingly high bar with big smiles. They were a bit overwhelmed at just how to approach their lofty drinks for the stools were a bit short and would need adjusting. However, they enjoyed their visit and left with a look of satisfaction.

Operating the cash register was a bit tricky at first. I had programmed it myself the night before but never had actually used one, so each number and function was entered in methodically. I could feel the block of resistance to using the till slowly leave as my comfort level increased and I enjoyed my new experience.

Ordering the baked breads, butter tarts, samosas and fresh fruit pies from *Just Pies & Serious Breads* was made easy with Jude and Angèle's help. Estimating the number of carrots to have ready was a different story! I had assumed that twenty pounds of carrots prepped the night before would be plenty. By mid afternoon, we were already out! With the spontaneous recruitment of Jan and Marcel from the Holistic Health Centre next door, carrots got scrubbed and Angèle fed them to our Omega Juicer while I added the rest of the ingredients to complete the speciality drinks (which at the time, only I knew how to make). Add to that the mixing up of smoothies and serving the lunch special I felt overwhelmed doing so many things at once and I am grateful for the combined efforts of so many people that helped the day go smoothly.

Many thanks to the intuitive readers that did mini sessions in the Yoga Studio for it added to the ambiance.

I also thank all the customers who made my grand opening a great success and I look forward to enticing more people to experience the great sweet taste of organically grown fruits and vegetables.

see ad to the right

Where will you be taking your next training...

Join us this fall for nine life-changing weekends in Kamloops, BC

'98/99 Professional Practitioner Training Program

presented by

Dawn King Health International



Spend 9 weekends with Dawn that will empower and create lifelong health for you and your clients

- ◆ Certification and training in the leading technologies in natural health today.
- ◆ Book these dates now: Nov 7/8, Nov 21/22, Dec 5/6, Jan 16/17, Jan 30/31, Feb 13/14, Feb 27/28, Mar 13/14 & Mar 27/28
- ◆ Includes business training and follow-up support.

This training is for the committed individual who seeks high personal and interpersonal skills as well as top-notch hands-on healing skills. Become the practitioner you've always wanted to be and design the business you deserve! Do it in just nine weekends and be certified this spring!

Investment: includes certification in T.F.H. 1-4, Edu-K & Reiki plus Advanced Professional Practitioner training, N.L.P. & Counselling skills, nutritional consulting, business planning and marketing.

All materials included \$2,500 plus GST on or before October 15, thereafter \$3,250 (value over \$5,000 if these programs were taken separately)

"This program has been so worthwhile! It has given me the tools, the confidence, the determination to start and succeed in my business." J. Matthews, Calgary, AB

"...the greatest life and health changing program to ever come to this area. Professionally I have been trained by the best, and personally I have been with the greatest." T. Beddington, Kamloops, B.C.

REGISTER TODAY

by calling 250-573-2663 or toll free 1-888-580-8883

Dawn King Health International

All trainings 100% satisfaction guaranteed!

"resources for creating extraordinary health and exceptional living!"

SPEAKER SERIES

Fridays • 7:30 pm

at **The Juicy Carrot & Yoga Studio**, 254 Ellis St, Penticton, 492-0039

Oct. 2 Brenda Blindenbach, Aromatherapist from Vancouver
Find out how to increase your quality of life through using **Essential Oils**.

Oct. 9 Linda Collins, Instructor at the BC College of Equine Therapy.
in Vernon. **Animal Communication** ~ Is it possible? You bet!

Oct. 13 - (Tues) Eckankar - FREE INTRO - Everyone Welcome
Video Night ~ How to Survive Spirituality in our Times with Sri Harold Klemp.

Oct. 16 Carol Rienstra of Osoyoos - Certified Emotional Polarity
Therapist - **Understanding Ethereal Energy** ~ Realizing how energy
works is the key to our current evolution, learn to transform and balance it.

Oct. 20 - (Tues) Micheal Simonson of Vernon *see ad & story p. 26*
Creating your Own Reality ~ A talk, guided meditation and healing
with clairvoyant counsellor and spiritual healer.

Oct. 23 Dr. R. Keith Andrews, MsD of Kelowna. Author, working
psychic, born with these abilities. **Believe in Yourself and Follow Your
Dreams** ~ Simple steps that can change your life to attain the life your desire.

Nov. 6 Jollean McFarlen, Visionary, Comic & Author from Winfield.
Laugh & Learn about Colours that reveal your Personality ~ Learn
rhythmic coloured breathing. (*Shum Healing - personal Colourology™*)

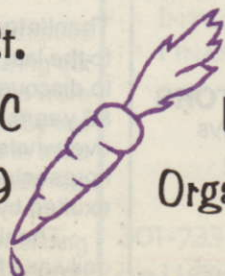
Nov. 13 Vera Ito of Kelowna. **Awareness and the Pyramid of
Consciousness** as it relates to the new millennium. Vera is representing the
newly formed World Service Assoc. who are now ready to provide training and
leadership in order to create a more sustainable and humane world.

Admission is by donation.
for information call the Events Line: 492-0039

The Juicy Carrot

Juice Bar & Eatery

254 Ellis St.
Penticton, BC
493-4399



Fresh Juices
Lunch Specials
Organic Produce

Vendors Wanted



4th Annual

Fair Wares Faire

December 6

Clarion Lakeside Hotel
21 W. Lakeshore, Penticton, BC

Sunday • 10 am - 5 pm

International Crafts & Local Wares

Entertainment • Farmers Market
Massage Therapy • Card Readers
Free Childminding

For info call: **Laurel Burnham**
492-7717

**Support Social Justice
Through Ethical Shopping**

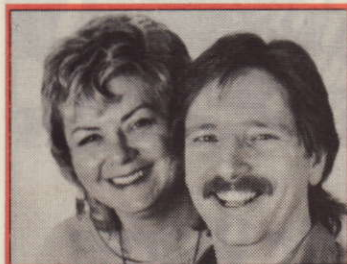
A Natural Experience Resource Place

ALTERNATIVE HEALTH CLINIC - IN THE HEART OF NORTH KAMLOOPS -

- Dedicated to bringing together alternative health practitioners
- Two levels -2800 sq. ft.- of office & workshop space in a friendly professional atmosphere. Space is available to rent on a monthly, daily or hourly basis
- A reference list of local holistic health practitioners (please call if you want to be on the list.)

We also have a fabulous partnership opportunity for a person(s) who knows that now is the time to create an outstanding alternative health clinic in Kamloops and who can invest time, finances or energy.

433A Tranquille Road, Kamloops
Theresa (250) 554-6950 Fax 554-6960



Facilitated by
Harreson & Blanche Tanner

LIFE SHIFT INTENSIVE

Nov. 1-10, 1998

On Beautiful Kootenay Lake, B.C.

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

Introductory Evening ~ Breath By Breath

Thursday, **October 15**, 7:30 - 10:00 pm
Eldorado Hotel, Kelowna - by donation

Weekend Workshop ~ The Path of the Courageous Heart October 16, 17 & 18

Contact: Arlene Lamarche, Kelowna **250-717-8968**

For information or brochure write

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



invertrac™

RELIEF from BACK PAIN

Quick & easy to mount & dismount
Traction naturally and in comfort
Easy to store and carry
Designed for use in the home.

For information contact: **LASHAW DISTRIBUTORS**

#124, 7011 Elmbridge Way, Richmond, B.C. V7C 4V5

Ph. (604) 270-4263 Fax (604) 270-2892

Toll-free-1-800-667-7795

Website-www.invertrac.com

Email - invertrac@invertrac.com

Feedback from



Organizers do
A wonderful even

I enjoyed most the s
were involved in the or

I hope to return and meet new/old friends, and wi

It made me feel a wholer and more powerful wom

Sharing women's stories...making new friends...v

I will return next year. Very organized, good acco

I most enjoyed the interesting and diverse women
here. It was a pleasure and we are all truly bless

Thoroughly appreciated and enjoyed all the work:
excellent presentations, opportunities for interacti

No pressures from anywhere; observing, listening

Excellent. Very recommendable. I will come aga

I enjoyed most the energy of women. All the diffe
ran very smoothly. Thank you all for time, care &

Wise Women! So beautiful and open. It was ver
physical changes, relaxation and pure thoughts -

The repartee with other women. Making new frie

Feedback from the In

Hello Wise Women: All 160 of you! We dou
and circled. We listened and cried, shared and la
gained new wisdom and new friends. We drumme
radiant finale. We saw wisdom, beauty, strength a
to everyone from a grateful heart. Until next year.

It was a delight to see so many of you sharing
to know more and educating yourself does my hea
of old belief systems and programming is not alway
and allowing your intuition to guide you is the thir

Thank you to all the fabulous women who sh
empowering to be in the presence of so many stron
more so every day ... **Jan**

It was very gratifying to have this weekend so w
are taking responsibility for their own lives by educa
enthusiasm, kind words and gratitude are so heart
and desire to bring you an even more inspiring we

Thanks to all the Wise Women who made the weeke
to the last hug the weekend was a success. It was
to discover themselves and opening to new conce
86 years and counting, laughing and joking their v
overwhelming inspiration I recieved from facilitatin
I presented. It is often the willingness of others that
exulted by their part in making this woman's week

Thanks to you who joined me in Self Massage a
daily and feel welcome to phone: 497-8970 or write

Wise Woman Weekend

Sept 18th, 19th, 20th 1998

uch a great job. Thank you all.
in a soulless world.

sterhood and the healing. Thanks to all who
nization of this wonderful event.

encourage my other daughter to attend.

n.

nderful information...very relevant.

modation.

of the world, I enjoyed talking to every woman
d.

ops I attended; opportunity to do some healing;
n, within safe haven.

learning. Keep it up!

.

ent choices. It was wonderfully organized and
ove!

emotional to release pent up energy and feel the
NO INVALIDATING ALLOWED!

ls - I am not alone!

Instructors & Organizers

led our numbers from last year. We sang, danced
ghed. We learned and let go, we embraced and
, meditated and painted ourselves into a glowing,
humility in ourselves and each other. Thank you
much love.... **Laurel Burnham**

nd caring! Seeing the eagerness of you wanting
good, for I believe that is the first step. Letting go
easy but it is the second step. Following your heart
—it takes time but it sure makes life fun. **Angèle**

red their stories over the weekend. It was very
, vital and wise women. And we are, and growing

I attended; it makes me realize how many women
ng and healing themselves. Thank you to all, your
arming. Your encouragement gives us incentive
kend next year... **Marcel**

d a special sharing. From the opening ceremonies
wonderful to see so many women adventuring out
s and experiences. Our oldest participants were
y along. As for myself I was exhilarated by the
at such an event. I felt very encouraged in what
ill help knowledge flow and every one should feel
nd Wise.

nd the Tibetan Exercises. I hope you are practicing
R1, 3B, C14, Kaledan, V0H 1K0 **Urmi Sheldon**



Arjuna Yoga Studio

- Belly Dancing
 - Iyengar Yoga
- (250) 372-7546



- Meditation
 - Kripalu Yoga
- 372-YOGA (9642)

Drop-ins Welcome ~ First Class Free

#302-444 Victoria Street, Kamloops, BC, V2C 2A7

Spirit Dancer Books & Gifts



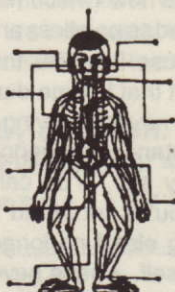
© 828-0928

Specializing in.....

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

Crystals, Jewellery, Stained Glass and more

158 Victoria Street, Kamloops, B.C.



Thai Touch

Transform Stress into **RELAXATION & VITALITY**

Traditional Thai Massage & Reiki Treatments

Unique fully-clothed acupressure massages
based on Thailand's ancient physical therapy tradition.

Tyson Bartel • (250) 372-3814

First massage 1/2 price
with mention of
Issues ad.

CANADIAN ACUPRESSURE INSTITUTE INC.

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



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

Pandora's



Bistro

with Outdoor patio

Catering

Fine Vegetarian

Ethnic & Eclectic

Foods & Deserts

2908 29th Avenue, Vernon, BC
☎ Phone 558.0298

Your Live Music Headquarters

THURSDAYS & FRIDAYS

House Band and Open Jam Night

SATURDAY

Oct 03 - Blues Gurus ~ Blues &
Psychedelic Classic Rock
Oct 10 - Pat Savage ~ Disciple of the Blues
Oct 17 - Sam Sara ~ Reggae & Funk
Oct 24 - Juanita ~ Folk & Rock
Oct 30 - Jam Night & Costume Party

SUNDAY Brunch 10-2 pm ~ Live Music

ChicoLin or Dahlia Inulin

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

NEW



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

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

The Good Life

continues

same time to still see your self acting and reacting as negatively as before. I still feel like a very stubborn caterpillar who knows that he has a beautiful butterfly inside but who doesn't want to die and let the new life come forth.

I often wonder why God chose to reveal Himself to me and I feel quite unworthy at times. I believe that it is because each one of us is as precious to Him as the next person and no one is any more or any less worthy of this privilege than I am. For the past four months now I have felt compelled to do something exceptional with my life to justify God's giving me a second chance. This has made me very frustrated at times because I'm sort of waiting for a sign to show me what God has in mind for me. After much contemplation and reading, the answer that I am comfortable with for now is maybe too simple. I believe that God's greatest gift to us is life itself and the promise of eternal life with Him if we choose. I can't think of a better way to thank Him than to cherish each day and live it to the fullest.

It is so easy for me to find joy in my day to day life now (which had previously seemed so pointless and mundane) because I realize that each day is a gift that I came dangerously close to never receiving. I also now understand what people mean when they say, "You can't truly live until you're not afraid to die." Something else I no longer fear is God Himself. I have never felt so unconditionally loved and accepted as when I was in His presence. I used to 'do good' to impress other people or to make me feel better about myself. Now I see how insincere and shallow that way of thinking was. I was not loving or helpful out of love for my fellow man but out of fear of God or for self-gratification.

I will always be thankful for that little slip of the instrument that nicked my artery. It has given me the freedom to stop yearning for the 'good life' and to appreciate, quite simply, that "life is good".

Angels

by Nicky Stewart

A flutter of gossamer wings surround my body. Soft, loving, gentle, safe. A stirring against my cheek or hair, of an unknown breath. A whispered word, a gentle sigh. Am I a mystic to have experienced this? No. I am a human being living in an incredible time of evolutionary change.

As a Reiki Practitioner it has been my privilege and honour to have seen and felt in many ways an Angel's divine presence. At times it has been with a blast and whoosh of energy so profound as to catch my breath. At others, soft and quiet, as described above.

The most memorable are those times when wings, having been caught up and bound in the physical body of a client, get released. Such moments of love and joy! Shoulders wiggle with ecstasy as they become free of a greatness so contained. Wings become unfurled and expand. Feathers fluff up. We laugh, we cry. It is all so wonderful!

Many of us have known in our hearts and experienced within our bodies not only their presence but their gifts of healing. This is no longer a phenomenon but a daily occurrence.

It is time we shared together. It is time we shared with others so that they may know their dreams as reality!

See ad below.

A
Sacred
Healing

with
Nicky
Stewart

Classes in Penticton

A Woman's Sacred Circle

ongoing ~ 6 week sessions

'Angels'

to commence October 14

For fee and times call:

250-490-8055

CALENDAR of Events

October 10

Life Force Therapy with Carol Rienstra, Beginner Muscle Testing in Penticton, p. 4

October 13

Eckankar invites you to Video Night, How to Survive Spirituality in Our Times by Sri Harold Klemp - 1997 Eck Worldwide Seminar, Minneapolis, Minnesota at the Juicy Carrot & Yoga Studio, 254 Ellis St, Penticton, 7:30 pm. All Welcome. For more information 250-490-4724.

October 14

Angels with Nicky Stewart in Penticton, p. 22

October 15

Breath By Breath, by Harreson & Blanche, p. 20

October 16 - 18

Rife Technology Conference in Courtenay, BC. 1-250-339-3998, \$140.00. p. 13

October 16 - 19

Pranic Healing, Level 1 & 2 Basic & Advanced with Marilee Goheen in Kelowna, p. 3

October 17 - November 1

Acupressure and Oriental Therapy, Acupressure for Pain and Stress Relief, Certified, Nuthery Institute 1-888-284-3333

October 17 - November 7

Soap Making - The Source Soapworks in Vernon and Penticton, p. 27

October 17 - 21

Energy Awareness Workshop, with Denie Hiestand in Victoria, BC. Second level training is being offered Oct. 25 to Nov. 1, call Elaine 250-384-7064 for more info.

October 19 - November 9

Emotional First Aid Course with Ms. Paulina in Rutland. Call 250-491-2111.

October 20

Understanding Spirituality, with Michael Simonson in Penticton, p. 26

October 23

Introduction to Shamanic Practice, with Laureen Rama in Kamloops, 7-9:30pm, \$20 at door, 274-A Halston Connector. Call Jeanne Albin 250-314-1939 for info

October 23 - 25

Emotional Polarity Workshop with Carol Rienstra, in Penticton, p. 04

Pranic Healing, Basic & Advanced with Marilee Goheen in Ainsworth, p. 03

Soap Making - The Source Soapworks in Penticton, p. 38

October 24 & 25

Soul Healing Weekend with Laureen Rama in Kamloops, \$295 incl. GST, 274-A Halston Connector 9-6pm Sat. & Sun. Call Jeanne Albin 250-314-1939 to register. Receive powerful shamanic healing (soul retrieval/removing energy blocks) that will bring you to your original wholeness, learn shamanic practice and how to care for and protect your soul.

Workshops To Heal The Spirit with Daina Paulius in Kelowna, p. 24

Touch for Health III, at Turning on the Light in Okanagan Centre, p. 11

Unitarian Fellowship presents Dr. Alex Holt in Kelowna, p. 28

October 30, 31 & November 1

Soul Journey with Craig Russel in Kamloops, Kelowna & Vernon, p. 15

1998 Biodynamic Conference in Penticton, Biodynamics at Work, p. 30

October 31

Personal Actualization Training starts in Kamloops - Personal Growth Consulting, p. 17

November 7

Personal Mastery Program begins in Kelowna - Inner Directions Consultants, p. 10

Professional Practitioner Training Program starts in Kamloops with Dawn King, p. 18

Nov 21 & 22

How to Communicate with Animals in Abbotsford. Taught by Jennifer Gross, Animal Communication Specialist. Trained by Penelope Smith, Contact Deb Bridgman @ (604) 850-1787 or (604) 850-1767

ONGOING EVENTS

MONDAYS - 7:30 pm

MEDITATION CLASSES with Christina, 254 Ellis St, Penticton, drop-in, by donation

WEDNESDAYS/THURSDAYS

MEDITATION CLASSES, 7-10 pm Drop-in meditations 1-2 PM at Dare to Dream 168 Asher Rd., Kelowna ... 491-2111

SUNDAY CELEBRATION

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

Kelowna: Sunday 10am. Kelowna Centre for Positive Living, Science of Mind, French Cultural Centre, 702 Bernard Ave. 250-764-8598.



ANGELS TOUCH

*Metaphysical Books & Gifts
Vitamins, Herbs, Crystals
and Lots of Angels*

Candace Hewitt • 250-494-9153

13201 N. Victoria Road
Summerland, B.C.

CLAIRVOYANT



Jessica

250-493-6789

**Professional, No-Nonsense,
High Accuracy**

Nature's Way Herbal Health Institute



Vernon, B.C.

**Certified Classroom &
Correspondence Programs**

**Herbal Consultant, Iridology,
Reflexology and Reiki**

For more information **250-547-2281**
www.net-talent.com/herbal



**Never Buy Tampons
or Pads Again!**

"The Keeper" Menstrual Cap

*Healthier than tampons and pads.
Small rubber cap is worn internally.*

Sanitary & reliable.

Comfortable & easy to use.

Lasts at least 10 yrs.

Used worldwide for over 13 yrs.

SATISFACTION GUARANTEED!

Free Brochure 800-663-0427

www.keeper.com

Become a Master Herbalist or Wholistic Therapist!

Wild Rose College of Natural Healing offers correspondence courses and part-time classroom study in the natural healing arts. Year-round registration for home study courses.

Call or write for a detailed brochure, or visit us on the internet.



Wild Rose College of Natural Healing

#400, 1228 Kensington Road N.W.

Calgary, Alberta T2N 4P9

Tel: 1-888-WLD-ROSE

Fax: (403) 283-0799

web site: www.wrc.net

e-mail: coordinators@wrc.net

WORKSHOPS TO HEAL THE SPIRIT

with **Daina Paulius** in Kelowna
NLP Trainer/Hypnotherapist

Chakras and their Archetypes

Discover your emotional blocks and negative patterns and learn how to work towards greater freedom and empowerment.

October 24 & 25 \$150

What Makes Love Work in Relationships

Learn how to restore balance and love in your family by using family constellations. Once the energy is acknowledged and re-directed, you can heal yourself. **November 14 \$75.00**

Communication Through the Unspoken Word

Communication by observing a persons eye movements, gestures and expressions reveals more than 'meets the eye'.

November 28 \$75.00

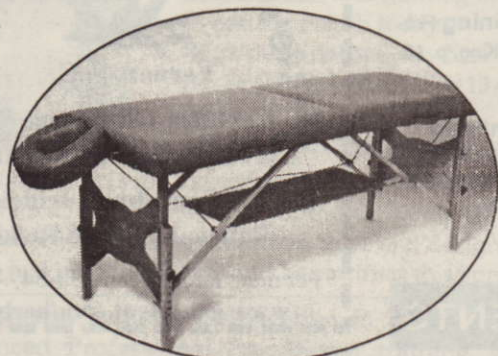
Daina is a Certified Master Practitioner and Trainer of NLP. She also has certification in Anodyne Therapy, Colour Therapy, Hypnotherapy and in any trio of workshops with Daina, you will acquire the skills and techniques of NLP and Hypnotherapy useful to healing, growth and spiritual development towards life's goals.

In her long and established healing career, Daina has learned that all healing takes some form of forgiveness and you are invited to join her and experience your own personal healing. Please call



250-707-1004

IAN RITCHIE FINE WOODWORKING



Massage Tables

Two layer foam system

Solid adjustable eastern maple legs and braces

Coated aircraft cables

Tilting or non-tilting head rest

2106 23rd. Avenue, Vernon, B.C. V1T 1J4

Phone/Fax: 250-545-2436

Call for a free brochure

MEC Members Welcome



A Fulfilling Career in the Growing Field of Solution Focused Counselling

Become a Registered Professional Clinical Counsellor
Transfer credits towards application of a B.A., B.Sc., M.A., M.Sc., or Ph. D. degree



Marilyn Atkinson
M.A. Registered Psychologist

We are a flexible, hands on college that really produces effective counsellors and personal coaches. We engage in "experiential" learning. You learn by doing.

A variety of funding sources may be available to qualified applicants.

Continuing enrollment throughout the fall.

Call now (604) 879-5600, 1-800-665-6949

Erickson College

2021 Columbia Street, Vancouver, BC V5Y 3C9



**The
Future of
Learning ...**

**SYSTEMIC
NLP**

E-mail: info@erickson.edu Website: www.erickson.edu

Book Reviews

Jan



a Path of Relationship Beyond the Masks of Human Identity

by Michael Sean Symonds
divINELY [pressed] BOOKS
ISBN 0-9681821-0-0

On the rare occasion we notice that it is possible for individuals to step out of conditioning to begin a journey and adventure where the experiences that make up their lives are based on values of excellence — expressed from within. If we watch closely and listen to the themes of those lives we too, over time, will learn to transcend the conditioning of our past and begin to live intimately and honestly in a relationship with the holy present; we too, shall express, in our own unique way, the brilliance that we are..... Our lives become a bridge of authenticity filled with relationship experiences that are based out of wholeness and joy rather than imperfection and sadness. Our lives become a dance and expression of the passion, desire and perfection that lies within our Spirit.

For many of us, the greatest pain comes within our relationships. All relationships mirror the relationship that we have with ourselves and issues of honesty, trust and vulnerability present themselves for healing if we have the willingness to surrender to the moment. We must be willing to embrace the shadow aspects of ourselves, step into our deepest fears and let go of the masks that we have learned to present to the world.

a Path of Relationship was difficult for me to read in the beginning and I now understand why the author recommends that each chapter be read three times while completing the journal questions. The subject is so in-depth and cannot be integrated in a fast read.

ELIZABETH LACHANCE
&
KINDRED SPIRITS
HAIR, BODY & SOUL NOURISHMENT
HAS MOVED
1135 MC PHEE RD
DARAMATA, BC
496-5360



mention this ad when you
BOOK A HAIR CUT IN OCT & RECEIVE
\$10 OFF YOUR NEXT MASSAGE

Real Moments

Discover the Secret for True Happiness

by Barbara DeAngelis, Ph.D.
Dell Publishing, ISBN 0-440-50729-4

I was truly in the moment when I picked this book off the shelf. I've been so busy with all the gotta do's that **Real Moments** is exactly the reminder I needed.

Have you ever heard the phrase that no one can **make** you happy? Barbara DeAngelis says that *Happiness can only come from having enough real moments in your life*. She defines a real moment as when you are consciously and completely experiencing where you are, what you are doing and how you are feeling, allowing the emotional connection between yourself and something or someone else and totally surrendering to the experience. Sound easy. It's not!

When was the last time that you: stayed truly present in conversation with a child, loved one or friend; lost yourself in nature; left the T.V. or radio turned off and just enjoyed the silence only to find yourself listening to the sound of the birds or the wind moving outside? When was the last time that you: took a walk with no destination; gave yourself the gift of time to do whatever you desired; acknowledged someone because it felt good to do so; allowed yourself to just be?

What is your true destination on your journey Home? It is nowhere but here, no time but now. It is in this moment alone that you can find yourself. It is in this moment alone that you can find God. That is because there is always nothing else but this moment, and this moment, and this moment.

BIOXY™

The Next
Generation In
Superoxygenation



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

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

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

PARASAVE

Peace Of Mind You Deserve

The most complete doctor
recommended herbal blend
for parasites containing:

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

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



eagles' nest

RETR EAT CENTRE



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

breathtaking



magical

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

Understanding Spirituality and Self Empowerment

*A talk, guided meditation and healing
with the clairvoyant counsellor and spiritual healer*

MICHAEL SIMONSON

Tuesday, October 20, 7:15 pm at

The Juicy Carrot & Yoga Studio, 254 Ellis Street, **Penticton**

Phone 1-250-768-0449 or 492-0039

OPEN TO YOUR SPIRITUAL ABILITIES

Meet and merge with your higher selves.

Learn about universal law.

Learn how to soul travel on the inner planes.

Experience hands-on-healing.

Learn about your previous lives.

Become empowered and walk your spiritual path by attending a weekly meditation group and /or private counselling and spiritual healing with

MICHAEL SIMONSON

in WESTBANK (Mon) PENTICTON (Tues)
VERNON (Wed & Sat)

Phone 1-250-768-0449 OR E-MAIL gill @cnx.net

CREATING YOUR OWN REALITY

by Michael Simonson

Twelve years ago friends urged me to go and see an English clairvoyant medium who was giving readings, but at that time I had no interest in such matters, and did nothing about it. The medium went back to Britain, but returned a few months later. Once more I resisted the urgings of my friends. The medium returned to her homeland a second time and I didn't think anymore about it, but when friends told me she had come back for the third time, I joked that I would marry her. In actual fact I met her socially at a Christmas party. Soon afterwards the medium went into trance and typed up a manuscript which went into many pages explaining who I was, what my purpose was, what my gifts were, and gave details about my previous lives. We married five months later.

At that time I owned my own construction company but when my wife told me I had healing abilities, I decided to check it out. From her I gained an understanding about guides and how energies work. Once I became aware that I could communicate with my higher self as well as with higher and lower energies, I started to understand my purpose, the purpose of the world and of the solar system and universe, and my place in the scheme of things. As I learned to communicate with my God-self (my real self) I began to understand the reason for each of the happenings in my life, and saw that they revealed a pattern of energy from one moment to the next, as well as from one experience to the next. As I opened to my own healing and got in touch with my own emotional, mental and physical issues, I learned that in actual fact these were gifts in the shape of wonderful learning experiences. I learned that I had chosen each and every one of these experiences, not only in this lifetime, but in others as well prior to incarnating. Of course this realisation did not come immediately, and I spent quite some time wrestling (figuratively speaking) with God and my guides about what I perceived as my emotional 'problems'. Their response was always very simple, short and to the point, which upset me no end! Everytime I talked to them about my difficulties they would put the ball right back into my own court saying, "You created it, what is the lesson here? Why did you choose this experience? Why did you choose these teachers (frequently family members or partners) to assist you in this experience?" My earlier impression of guides or energies was that they were caring, loving, compassionate beings, but when I got this 'treatment' I became emotionally distraught, and felt hard done by.

However as time went on I became cognizant that it was because of my guides great love for me that they kept everything so simple and straightforward. I came to realise that spirituality is so simple, that many people cannot understand or accept the simplicity of it all. We always want to make everything so complicated!! I also learned about universal law and how it affects our ability to create in our day to day lives. In time MY understanding of God /Goddess, or the universe became very clear and simple too.

Since becoming aware myself, I have been working as a counsellor and spiritual healer, assisting people in opening up to God, themselves and their purpose, as well as teaching universal law, and our connection to the higher realms and to God.

See ads to the left

SOAPWORKS

The Source Soapworks is the result of a friendship which began a little over one year ago. I, Kelly met Michelle through a mutual acquaintance and we clicked right away. Several weeks later we attended our first of many Primitive Skills Gatherings, which furthered our interest in natural/holistic alternatives. This is where we initially learned soapmaking in the traditional method. Since then we have become experts in both basic and advanced soapmaking using a wide variety of oils, fats, organic fillers, and scents.

With my background in Esthetics I was familiar with many of the active ingredients in cosmetics. However, my new interest in natural products led me to reconsider what I was using. This led to much label reading on both our parts. After we concluded that we couldn't pronounce half the contents of what we were using on our bodies we then searched for something more appealing.

We began by going to products that were labelled as natural or organic. However, we were quickly disillusioned when we realized the natural products were largely a marketing scheme and had little to do with the supposed contents. While we found that these products did contain a percentage of natural derivatives the amount was small and used solely to allow the manufacturer to cash in on the current marketing trend of being "natural". Those products we did find to be natural or organic were beyond our budget. We searched for a skin care regime that we could make ourselves that was effective and more affordable.

One Sunday we experimented with what we found in our kitchen and let me tell you, until you have seen your friend with a fruit vegetable mask that looks like something you'd find in the shower drain, you haven't truly bonded with your friends. Much to our surprise we found we could make a variety of products that worked from easily obtainable, inexpensive ingredients. After convincing our family members to be our guinea pigs we discovered that once people try these products they are pleasantly surprised by the outcome.

Now that we have worked out our own formulas for various skin types we can make a complete facial, body and bath kit in an afternoon. Needless to say everyone knows what their getting as gifts this year.

Now that we've perfected (ha ha) our recipes we've decided to share our experiences with others who are equally concerned with the effects of the mainstream beauty industry on people, especially women. We believe that true beauty is not determined by income or brand name.

It is the responsibility of everyone as a consumer to educate themselves about the things they use on their skin. Most people will consider what they put into their bodies without considering what they put on their bodies. The skin is the largest organ of the body and absorbs an amazing amount of what it comes in contact with. Applying Mineral oil to the skin, for example, can rob the body of essential vitamins as it passes through the system.

Our classes are designed to not only educate but provide an atmosphere where it is appropriate to rediscover our own inner beauty free from societal stereotypes. See ad to right.

THE MANY SPLENDID THING

3205 - 31st Avenue,
Vernon, B.C.
250-260-1027
or fax 250-558-3354



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

Crystals & Unique Giftware
Personal Growth & Health Books
Crafting Beads (incl. Pony beads & hemp)

Lomi Lomi, Esalen & Swedish Massage
Spiritual Counselling
Wednesday noon ~ Drop-in meditation sessions
Lecture Room Available

The Source SOAPWORKS

is offering half or one day classes in Vernon and Penticton

Soap Making

make five unique and fragrant, all natural soaps.
Saturday Mornings • Cost: \$35
Oct 17 & Nov. 7, Vernon & Oct. 24 in Penticton

Bath in a Box

make Bath Salt, Lip & Shaving Balm, Incense Cones & Bath Oil.
Saturday Afternoons • Cost: \$65
Oct. 17 & Nov. 7 in Vernon & Oct. 24 in Penticton

Personal Body Care

make a Gentle Cleansing Cream, Facial Moisturizer, Body Lotion,
Herbal Shampoo, Deep Conditioning Oil Pack for Hair, Tooth-
paste, Deodorant, Cuticle Cream and Medicated Lip Balm.
Sunday all day • Cost: \$95
Oct. 18 & Nov. 8 in Vernon & Oct. 25 in Penticton

Vernon classes are at The Many Splendid Thing
to register call 250-260-1027, \$10 deposit required

Penticton at 254 Ellie St, The Yoga Studio behind
The Juicy Carrot, to register call 250-492-0039
or Kelly or Michelle in Vernon at 250-503-8219



(250) 287-8044

302-918 ISLAND HWY.
CAMPBELL RIVER, B.C.
V9W 2C3

WINDSONG SCHOOL OF HEALING LTD.

DIPLOMA/CERTIFICATE PROGRAMS
MASTERS DEGREE IN HOLISTIC HEALING

ORIENTAL BODYWORK THERAPIST
ENERGY HEALING PRACTITIONER
IRIDOLOGIST PRACTITIONER
TRANSPERSONAL HYPNOTHERAPIST
REFLEXOLOGIST

FOLK MEDICINE/STUDENT CLINICS/ WORKSHOPS

PRACTICING ALTERNATIVE HEALING ARTS FOR 25 YEARS

* REGISTERED WITH THE PRIVATE POST-SECONDARY
EDUCATION COMMISSION OF BRITISH COLUMBIA

Sheepskin Boutique



Capri Centre Mall
Kelowna, B.C.
250-860-1256

Toll Free: 1-800-414-6333

SHEEPSKIN FACTS

- Helps prevent bedsores & aching bones
- Absorbs perspiration
- Helps induce a better sleep
- Environmentally safe
- 100% Wool or Sheepskin

• Mattress Covers • Medical Warmers • Wheelchair Accessories
• Hot Water Bottle Covers • Slippers • Hats • Mitts • Gloves • etc.

IF YOU CAN'T FIND IT, WE CAN CREATE IT

UNITARIAN FELLOWSHIP OF KELOWNA

1310 Bertram Street, Kelowna.....presents

REV. ALEX HOLT OF PORTLAND, OREGON

a Unitarian Universalist minister and student of Zen

Meditation for Skeptics and Other Busy People

Saturday, October 24 ~ 1 - 4 pm

Meditation in the Middle of the Mess

Sunday, October 25 ~ 1 - 4 pm

No experience necessary!

For information & registration 250-717-3978

email: bjackson@cnx.net • <http://cnx.net/unitarian>



**CARTRIDGES - RECYCLED & NEW
FOR LASERS, INK JETS & DOT MATRIX
PRINTERS SERVICED**

3906 - 26TH STREET
VERNON, B.C.
CANADA V1T 4V4

FREE PICKUP & DELIVERY
PH/FAX (250) 542-4000
TOLL FREE 1-800-499-3311

A Soothing Gift

by Auberte Campeau

"When you sing, it feels like a healing embrace."

This was the heartfelt comment made to me by a man who was listening to me sing one evening a few weeks ago in Kaleden. I've been thinking about his words ever since.

As a child I was able to soothe people's hearts when I sang or played the piano. When I left home at age nineteen, I bought a guitar and taught myself to play. Fortunately, I've always had the ability to play and sing by ear.

Several years ago, I was in a very dark place. I felt like I was in a deep hole that I would never come out of. Then I heard a song sung by Jennifer Warnes called "The Song of Bernadette" and I began to cry. I listened to that song over and over again and I allowed its healing embrace to surround me, and my tears flowed freely. I felt a tremendous sense of relief. This was the beginning of my healing.

I have had several opportunities to pass this same "healing embrace" through my singing to many people, some of whom were in the midst of significant transitions in their lives. Some were beginning to heal from divorce, some involved in grief work and some were terminally ill. I remember one gentleman who was in the hospital in a coma and when I sang for him, his family members were so moved that they later asked me to sing at his funeral.

I would like to share with you what happens to me when I sing. There is a place inside me that is connected to the spiritual world. This place is cool and quiet and clear. This is where I go and when I am there I know that all is well with everything. During those moments I feel like God is holding my heart in his hand and gently stroking it.

I feel that while we are on this earthly journey we all have an ability, a "gift" bestowed upon us by the Creator that is meant to bring relief and healing to others. This gift comes in many forms: art, bodywork, business savvy, communication skills, education — the list is endless. This gift comes through me in the form of music — and I thank God for it every time someone says, "Your voice feels like a healing embrace."

See ad below.



Creative Insight



with
Moreen Reed
Astrologer

call 1-800-667-4550

Daily forecast available on my web site

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

E-mail: mreed@cariboolinks.com



A Healing Embrace

*Soothing songs for
times of transition*

Available for a variety
of occasions

Auberte Campeau

Singer ~ Guitarist

Penticton, B.C.

250-492-5228

250-770-7750 (voice mail)

Astrological Forecast

for October ... by Moreen

The wheels of history will pick up speed this month as two of the outer planets in charge of trend setting, Neptune and Uranus, begin to once again move forward.

Continuing to colour our experience this month, is the square dance of Saturn and Neptune (there is an exact aspect on *All Hallow's Eve*). These two are noted for bringing us up close and personal with reality that impinges on our carefully constructed illusions of life. The most recent noted example would be USA President Clinton, who has this dynamic aspecting his ability to be emotionally responsible!

The first week of October should be lively with Uranus, the rebel, being triggered by socially active groups. Russia comes to mind with its deepening economic crisis.

The Full Moon on October the 5th at 1:12 pm, asks us to shed the light of awareness on our ability to be constructive in face to face relating and our social dealings. The highlighted degree symbolism **Children blowing soap bubbles*, the ability to maintain the connection to the enchantment of being.

Mars moves into the sign of Virgo on October 6th and while there will motivate us to do our best. For some, less conscious criticism of others will be unusually intense.

Neptune, the archetype of vision and illusion, turns station direct on October 11. Once again mankind can move forward with new visions. On this day speaking your vision is important.

Communication is highlighted the week beginning October 12th. Mercury is in Scorpio, which increases the intensity of discourses and leaves many at a loss for words. The challenge is to find a way to say what needs to be said.

Uranus, the agent of change, stations and turns direct on October 18th. Stalled change will be released, much like a dam bursting. The feeling of time picking up speed again may be obvious to many.

The New Moon occurs at 3:10 am on October 20th. The world is asked to sow the seeds of responsible interaction. Emphasis is on good boundaries and respect for different world views. The highlighted degree symbolism **An aeroplane hovering overhead*, calls for real skill in meeting life's crises.

Later in the week Saturn pulls us into facing the reality of our ability to act in the face of fear. For some this will bring back issues being tackled in May of this year.

The week of October 26 puts Jupiter in focus. Jupiter is currently travelling retrograde through the sign of Pisces. Many will be asked to question their world view or to exercise compassionate understanding of others' world views.

The month ends on a very busy note. All Hallow's Eve will be particularly juicy this year. The backdrop of the Saturn Neptune square dance is triggered repeatedly this night. Caution is advisable, staying grounded a must, and being aware of the reality of the bridge between the worlds an important opportunity tonight! ➤ continues

* From Sabain Symbols by Mar Edmond Jones

WINFIELD WELLNESS CENTRE 1 (250) 766-5222

Personal Wellness Treatments

- Massage for health and relaxation
- Aroma Therapy and Spa
- Steam and Body Rub
- Ear Candling etc.

Drop-in and Donation Workshops

Monday: Life Changes

Tuesday: InnerVative Problem Solving

Wednesday: Psychic Pside of Business

Thursday: Women's Wellness

Friday: Drop-in Social

(All evening Workshops start at 7pm)

InnerVations

Possibility • Opportunity • Potential

Private, Personal and Business

Consultations, Readings and Healings

(Fees start at \$20)

Winfield Wellness Centre
3175 Woodsdale Road, Winfield, B.C. V4V 1X8
Phone: (250) 766-5222 • Fax: (250) 766-1992

A note to all my interior clients and friends... As many of you know, over the past two years, my husband Larry and I have been building, literally, a new life. On September 21 we will launch our dream, *EOS*, a 41 foot steel sail boat. Breathing is important right now to contain all of the excitement, fear and loss associated with this BIG of a change in my life!! The process has stretched my comfort zone in ways I never knew were possible. Welding, cutting torches and grinders are familiar tools now and ahead lies a huge learning curve called sailing. *Eos* will be our home and the British Columbia coast our first adventure.

As an Astrologer who has enjoyed serving the interior, I am not gone permanently. I will be making road trips throughout the interior on a regular basis, and I'm available to make tapes and send them. My agenda can be found here in Issues, on my web site or on my voice mail attached to the 1-800 number (1-800-667-4550). To reach me please use the 800 number and leave a message and I will call you back. My old Kamloops number will have been discontinued in September. *Namaste*

see ad to the far left.

**Every dollar you spend is a vote
for what you believe in!**

Dr. A. A. Neil
PREVENTIVE MEDICINE



Join the million and a half people who are enjoying
better health because of

CHELATION THERAPY

YES - It is a safe and effective non-surgical way to treat coronary artery disease, heart arrhythmia, avoid stroke and heart attack.

YES - You can improve vision, hearing, memory and mentality.

YES - You can slow the aging process and look and feel younger than you have in years.

YES - A retroactive study by Claus Haencke MD (Denmark) showed that 8 out of 10 patients were able to cancel by-pass surgery after 30 treatments using 3 grams EDTA.

For more details contact our office in: Landmark Square II
605 - 1708 Dolphin Ave., Kelowna, B.C. V1Y 9S4
Ph: (250) 712-1155 Fax: (250) 712-1156
or Toll Free - 1-888-273-2222

BIODYNAMICS AT WORK

PRACTICAL APPLICATIONS FOR FARM,
ORCHARD, VINEYARD AND GARDEN

1998 BIODYNAMIC CONFERENCE

OCTOBER 30 - NOVEMBER 1, 1998

PENTICTON LAKESIDE RESORT
PENTICTON, B.C.

Sponsored by

The Biodynamic Farming
and Gardening Association
San Francisco, California, USA

Co-sponsored by

The Certified Organic
Associations of B.C.

Hosted by

The Biodynamic Agriculture
Society of B.C.

FOR PROGRAM AND CONFERENCE
INFORMATION CALL: 1-888-516-7797

BIODYNAMIC FARMING AND GARDENING, WHAT IS IT?

*Some introductory remarks condensed from various
sources by Christoph Altmeueller*

We may start by asking "What is in a name?" Derived from the Greek, BIOS is Life, and DYNAMIS is Force. Can we see life? Can we see force? No, we cannot. We can only observe their manifestations. Has anyone seen the wind? Has anyone seen magnetism? These are forces, the **effects** of which we can see and feel and make use of, but their essential inner nature remains inaccessible to our sense perceptions. So we can say Biodynamics is a science of the unseen life forces, hidden to the casual observer of outer phenomena behind nature's veil. ➔

Where did Biodynamics, this "science of life forces", come from? Today, the use of synthetic fertilizers, pesticides and other toxic chemicals has damaged our soils to an extent where they can no longer sustain food plants without ever increasing amounts of chemicals. This trend was recognized already by leading farmers in the rich agricultural districts of Central Europe at the beginning of this century. They noticed that their crop yields declined; plant and animal diseases and reproductive problems were on the rise; alfalfa fields traditionally productive for thirty years had to be plowed under after eight years, then three; seed vigor declined; the baking quality of wheat flour diminished... what was wrong? Searching for answers they turned to Dr. Rudolf Steiner, who eventually, in a course of eight lectures led them to insights that became the foundations for Biodynamics. (Rudolf Steiner, *Spiritual Foundations for the Renewal of Agriculture*. A course of lectures held at Koberwitz, Silesia, June 7-16, 1924).

The plant in and of itself, Steiner explained, cannot be diseased. When something is wrong with the plant, then one can be sure that something is wrong with its environment. With his course, Steiner gave to farmers and gardeners the knowledge needed to begin the lengthy process of rebuilding the environment of the plant - the garden, the farm, and to a certain extent the planet - so that the plant could manifest itself anew, healthy and free from harmful influences.

How is Biodynamics practised, and how does it differ from other forms of ecological agriculture? Clearly, a holistic approach that considers the Earth as a living being and includes the depth of the cosmos cannot be compressed into mere "method" or "technique"; it rather becomes a path of discovery. Yet, certain fundamental concepts apply, and their understanding and wise application are essential.

The farm is viewed as a **living, substantially self-contained organism**, relying on farm-produced manures and composts for its fertility. Animal fodders come from the farm itself, thereby closing the cycle of nutrients and creating a balanced system. Potentially harmful outside inputs are eliminated. **Composting** is regarded as an art, recognized as an archetypal alchemical process whereby new life springs from decay and death. The **Biodynamic Preparations**, specially prepared from common herbs, bear concentrated forces ➔

PROTECTING YOUR 'WINDOWS to the SOUL'

by Tracey Lalonde

With all the forest fire smoke that's been (and possibly will be) in the air, it's a smart idea to protect your eyes. Internally, this means taking in food, vitamins and herbs which strengthen our precious 'windows to the soul.' Orange fruits and vegetables such as cantaloup, yams, squash, and of course, carrots are an excellent start; carrot juice tastes fantastic and will benefit you beyond words. Extra supplements of vitamin A, zinc, beta carotene, B complex, and antioxidants such as E, C, citrus bioflavonoids, lutein (member of the carotene family), and selenium are also a good idea at this time. "Eye herbs" like eyebright and bilberry are wonderful for healing and prevention; bilberry is also an antioxidant, offering protection from damaging free radicals. There are many herbal combinations at health food stores which are specially aimed at taking care of your eyes, and some are blended with the proper vitamins, minerals, and carotenes. Echinacea, golden seal, red clover and milk thistle are all possibilities to help your body when it is needing to cleanse and heal. Your health care practitioner could help you find which products are good for you.

If your eyes are sore and bloodshot, you can try applying steeped (and cooled) eyebright, raspberry, or chamomile tea bags. *Prescription for Nutritional Healing* by James F. Balch, M.D. & Phyllis A. Balch, C.N.C. suggests these herbs and more, giving details on solutions for many eye problems.

Above all, one of the most important steps you can take for your irreplaceable eyes is rest and 'beauty sleep.' Your body will heal itself, but you need to give it a hand; it will certainly thank you for it later, and you'll not only feel the results, but you'll have no problem seeing them either.

IS

within them that "organize" the chaotic elements within the compost pile. They act as "medicines" for the Earth, drawing new life forces from the cosmos. The light of the sun, moon, planets, and stars beyond, that reach the plants in regular and precise cycles, are recognized as **cosmic rhythms** that contribute to the life, growth, and forms of the plants. In North America, the Stella Natura calendar is the most common interpreter of their influences. Good **organic principles** such as correct and timely soil cultivation, poly-cropping, crop rotations, species-appropriate animal husbandry (to name but a few) are all part of biodynamic agriculture.

Throughout the world, biodynamic food is produced by thousands of farms on over two million acres. Its superior vitality, taste, nutritional value and storage ability has attained world-wide recognition. Biodynamic farms and processing facilities can be certified under the DEMETER certification mark, which is recognized and protected world-wide. Practice has proven, and comparative studies with conventional farms have confirmed, that established biodynamic farms are not only ecologically sound and self-sustaining, but also compare favourably in their financial returns.

see ad to the left.

TRULY A LIFE-CHANGING EXPERIENCE

The Hoffman Quadrinity Process

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

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

What people are saying....

"I recommend it without reservation." *John Bradshaw*
"I consider this process to be the most effective program for healing the wounds of childhood." *Joan Borysenko, Ph.D.*

Helping Heal People's Lives For Over 25 Years



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



Touchpoint

WANT A CAREER CHANGE?

Reflexology Certificate Seminars

Level One
Vancouver October 23-25

Level 2 & 3
Vancouver November 7-11

HOME STUDY Courses available

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

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

Health Matters

THE ESSENTIALS OF FATTY ACIDS

by Madeleine
at Nature's Fare



As a natural foods consumer, it is safe to assume that you are concerned with maintaining a healthy diet. But did you know, contrary to society's latest fad, that a healthy diet is not necessarily one free of fats? Rather, by eliminating fats completely from our diets, we may be robbing our bodies of valuable nutrients that, in fact, make them healthy.

A healthy diet is important to ensure that our bodies receive the necessary supply of essential nutrients. Such nutrients are deemed "essential" because the body is unable to synthesize them naturally. Instead, we must incorporate sufficient amounts of these nutrients into our diets. Of the 45 essential nutrients, two are fatty acids; namely omega-3 (alpha-linolenic) and omega-6 (linoleic).

Essential Fatty Acids perform numerous tasks which help keep the body functioning properly: maintaining the fluidity of cellular membranes, carrying oxygen from the red blood cells to body tissues, preventing the clumping of blood cells, maintaining proper kidney function, and acting as the heart's primary energy source in addition to providing energy to the body overall. Also, EFA's have been shown to improve conditions such as Alzheimer's disease, high blood pressure, cancer, heart disease, auto-immune disorders and ADHA.

This is not to suggest that you should go out and stock up on fatty foods. On the contrary, research indicates that a diet high in saturated fats, typically semi-solid animal fats, is linked to several chronic ailments including heart disease. Not even all unsaturated fats, typically the more-fluid vegetable fats, are safe. In commercial processing, some unsaturated fats are altered by the addition of hydrogen molecules to increase their saturation. The high level of saturation can cause cell membranes to become more dense and clog.

At this point, you are probably wondering; "Then what kinds of fats should I eat to get the essential fatty acids (EFAs) I need?" Research indicates that unrefined polyunsaturated

fats, such as vegetable, nut and seed oils, seem to be the best sources of the EFAs, omega-3 and omega-6, in fact, flax seed oil is the richest source presently available with 58% of omega-3 by weight.

Experts claim that two tablespoons of flaxseed oil daily should provide your diet with the sufficient amounts of omega-3 although, most nuts and seeds provide our bodies with ample amounts of omega-6. It is also present in flaxseed oil.

The recent national fear of fat has led many otherwise health-conscious people away from these "good fats" that, as even their name suggests, are an essential part of a healthy diet. The key is to include the EFAs, omega-3 and omega-6, into your diet through supplements - like flaxseed oil - while eliminating sources of saturated and hydrogenated fat, such as butter or margarine. So don't forget the fat, just make sure it's the right one.

OMEGA - 3 FATTY ACIDS

- Beneficial for rheumatoid arthritis
- Good for all forms of arthritis
- Helps control viral infections
- Reduces cholesterol and triglycerides
- Lowers risk of stroke and heart attack
- Reduces risk of arteriosclerosis
- Improves psoriasis
- Improves immune response
- Lowers harmful effects of prostaglandins, aiding in preventing breast cancer
- Reduces severity of migraine headaches
- Improves brain function
- Improves function of the glandular system

From: *Prescription for Dietary Wellness*,
Dr. James Balch and Phyllis Balch C.N.C.

"To Ethically Assist Our Customers On Their Journey To Better Health"

NATURE'S FARE



ULTIMATE OIL BLEND



UDOs
CHOICE



Quality health from God's pharmacy

a perfect blend of nutritionally
superior, unrefined oils

500 ml.....\$17.38



- Natural & Organic Foods
- Allergy Sensitive Products
- Natural Beauty Aids
- Books & Magazines
- Organic Coffees & Teas
- Discount Vitamins, Herbs & Homeopathics

3 Convenient Locations • Open 7 Days A Week • Seniors, Family, Student Discounts

VERNON

3416 Coldstream Avenue
(250) 260-1117

KELOWNA

1876 Cooper Road
(250) 762-8636

PENTICTON

2100 Main Street
(250) 492-7763

the 'NATURAL' yellow pages

acupuncture

EAST WEST ACUPUNCTURE

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

MASTER SHA'S CHRONIC PAIN

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

animal therapy

PEGGY SMITH ~ Equine & Canine Sports Therapist - Salmon Arm ... 250-835-8214

aromatherapy

AROMATHERAPY & ESSENTIAL OILS

HOME BUSINESS. Learn & Earn.
 Hourly plus residuals. 1-800-664-6141

BEYOND WRAPTURE ... 860-0033

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

INSTITUTE OF DYNAMIC AROMATHERAPY

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

LAVENDER CREAM AROMA DAY SPA

Aromabeauty Facial, Salt Glow, Aromassage, Aroma, mud & herbal bodywraps, Hand Facials, Reflexology, Reiki, Ayurveda, Spa packages. A healthy escape at an affordable price ~ in the Kootenays 250-354-4324

SARAH BRADSHAW Salmon Arm..833-1412

astrology

LEAH RICHARDSON ~ Peachland
 Astrological Counselling & Teaching.
 767-2579 or mobile phone 862-6392

MOREEN REED ... 1-800-667-4550

For contact info & forecast see ad p. 28 & 29
 Email: mreed@cariboolinks.com

SHARON O'SHEA ... Kaslo ~ 353-2443

Charts, Workshops, Counselling & Revisioning for balance and healing. 30 years experience.
 Also Mayan Pleiadian Cosmology

VICKY STEFOPOULOU - Astrological

consultations, progressions, transits.
 Kelowna ~ 762-3404

bodywork

KAMLOOPS

ACUPRESSURE MASSAGE/THAI

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

JANICE OTREMBIA - Heart & Soul Consulting

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

JEANNINE SUMMERS 573-4006

Energy balancing/bodywork. Ancient art of Mehndi (henna tattoos) ~ Offering classes

CASSIE CAROLINE WILLIAMS

THE LIGHT CENTRE Kamloops: 372-1663
 Ortho-Bionomy, CranioSacral and Visceral Manipulation

GARY SCHNEIDER ~ Certified Rolfer,

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

NORTH OKANAGAN

LEA HENRY - Enderby 838-7686 Reiki

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

PEGGY SMITH - Salmon Arm...250-835-8214

Reiki, Reflexology & Swedish Massage

TAPAS ACUPRESSURE TECHNIQUE

Quick and Profound. Clears allergies and emotional trauma permanently.
 Patricia ~ Vernon 260-3939

TERI LEARDO - Salmon Arm 833-0680

Healing facilitator ~ Listening Hands Therapy,
 Healing Touch, Reflexology, Touch for Health

CENTRAL OKANAGAN

ALYSON GOGOL - stress reduction

bodywork combined with reflexology.
 Flexible hours. Kelowna... 861-7803

BOWEN THERAPY & REFLEXOLOGY

CONTACT REFLEX ANALYSIS

Traudi Fischer ~ Peachland 767-3316

DONALIE CALDWELL, RN ~ Sho-Tai,

CRA, Relaxation Bodywork, Intuitive Healing,
 Energy balancing, Neuro-emotional release.
 Kelowna 491-0338

FRENCH ESALEN MASSAGE - Ms.

Paulina 168 Asher Rd, Kelowna ...491-2111

EUROPEAN BODYWORK & REFLEXOLOGY

Karin Herzog ~ Peachland 767-2203

FOCUS BODYWORK THERAPY ~Full

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

HELLERWORK - Ross Short ... 712-9996

MARGARET HUMENY - Kelowna..765-5874

REIKI, THERAPEUTIC TOUCH Ear

Candling ~ Debby & Jeff Andrew ... 766-2919

HEALING TOUCH, AROMATHERAPY

MASSAGE FOR RELAXATION & HEALING

Patricia Kyle, RMT ~ Kelowna ... 717-3091

TERRY GRIFFITHS ~ Kelowna: 868-1487

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

WELL-QUEST HOLISTIC HEALTH

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



*European Bodywork
 and Reflexology*

by Karin Herzog

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

Peachland: (250) 767-2203



What Are You Aiming For?

Discover
 your
 Potential

YASODHARA ASHRAM

Yoga Courses & Retreats
 1-800-661-8711

for Kelowna classes, call Elizabeth at 769-7291

the 'NATURAL' yellow pages

SOUTH OKANAGAN

HELLERWORK - Michael Pelser 492-7995

LISTENING HANDS THERAPY

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

PRINCETON

JUNE HOPE ~ 295-3524 Karuna, Reiki
Classes, Reiki/Integrated Bodywork, Arbor
House Garden, 136 Vermillion Ave, Princeton

KOOTENAYS

CENTRE FOR AWARENESS... Rossland
Sid Tayal - 362-9481 Bodywork, Polarity,
Yoga, Reflexology, Chinese Healing Arts,
Counselling, Rejuvenation program.

books

BANYEN BOOKS & SOUND

2671 W. Broadway, Vancouver, BC V6K 2G2
(604) 732-7912 or 1-800-663-8442

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

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

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

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

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

MANDALA BOOKS ~ Kelowna ... 860-1980
3023 Pandosy St. beside Lakeview Market

MANY SPLENDID THING ... 260-1027
3205 - 31st Avenue, Vernon

OAHSPE, THE WORLD'S TEACHER.

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

SPIRIT DANCER BOOKS & GIFTS

Kamloops... 828-0928 ~ 158 Victoria St.
Crystals, jewellery, stained glass and more.

REFLECTIONS 'Your Personal Growth Ctr.'

Books, Gifts, Cappuccino - come in & browse!
191 Shuswap St, NW Salmon Arm .. 832-8892

WHOLISTIC LIVING CENTRE

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

breath practitioners

INNER DIRECTION CONSULTANTS

2189 Pandosy St., Kelowna ... 763-8588
Offering Breath Integration Sessions, Self
Development Workshops, Six month per-
sonal mastery program, Practitioner Training
and "A Course in Miracles." Patti Burns, Marj
Stringer, Sharon Strang and Caroline Ogilvie

PERSONAL GROWTH CONSULTING TRAINING CENTRE #5A - 319 Victoria St.,

Kamloops ... (250) 372-8071 Senior Staff -
Susan Hewins, Linda Chilton, Shelley
Newport & Will McLeod

WELL-QUEST HOLISTIC HEALTH

Centre - Rebirthing using hypnotherapy.
Gayle Konkle, CHT ~ Winfield ... 766-2962

business opportunities

AROMATHERAPY, essential oils. A prod-
uct & company you can be proud of. Do it all by
mail! Free audio & info 24hrs. 800-215-5270

FITNESS ENTHUSIASTS Looking for extra
income while staying healthy and fit? Wanted
weight loss coaches. Toll free 1-877-481-8230

BUILDING HEALTH & WEALTH

Looking for new associates. For as little as \$29
you can join our downline. Mannatech®
Incorporated. Jean 250-376-6494

UNIQUE INCOME OPPORTUNITY

Company managed program designed for your
success! No need to recruit! Call now for your
FREE info pkg. 800-633-7404 Ref.#GHK2096

chiropractors

DR. RICHARD HAWTHORNE..492-7024

1348 Government St., Penticton
Extended Hours. Call for your Appt. Today!

colon therapists

Christina Lake: 447-9090	Patricia Albright
Kelowna: 763-2914	Diane Wiebe
Penticton: 492-7995	Hank Pelser
Penticton: 492-7995	Michael Pelser
Westbank: 768-1141	Cecile Begin
Kamloops: 374-0092	Annette Buck
Nelson: 352-5597	Nicolo Scifo

counselling

GLENN GRIGG COUNSELLING

Personal & Relationship Development -
Embrace hope. Castlegar... 365-0669 and
Penticton ... 492-4886

HARNAM J VANBERKOM, M.Ed.

Professional Counsellor -Vernon ... 545-4035

HEART & SOUL CONSULTING

Janice Otremba - Kamloops ... 573-6033
A body/mind approach to daily living

INNER DIRECTION CONSULTANTS

763-8588 ~ Kelowna Breath Integration
Therapy. See Breath Practitioners.

PERSONAL GROWTH CONSULTING

TRAINING CENTRE Bus. (250) 372-8071
Fax (250) 372-8270 See Breath Practitioners

ROBBIE WOLFE, Registered Psychologist

Confidential Psychological Counselling,
Penticton: 493-1566

Certified Colon Hydrotherapist

Herbalist

Iridologist

Nutripathic Counsellor

Cranial Sacral Therapist

Certified Lymphologist

Deep Tissue Bodywork

Natural Health Outreach

492-7995



H.J.M. Pelser

160 Kinney Ave.,
Penticton



Cécile Bégin, D.N.

Westbank... 768-1141

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



the 'NATURAL' yellow pages

crystals

COSMIC ENERGY-STONES FROM SPACE
Moldavite-large sizes available, Tibetan Tektites. **Lowest prices** For free price list Sentimental Journey, Box 1928, Sparwood, BC V0B 2G0 Phone 250-425-0500

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

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

dentist

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

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

dowsing/radiesthesia

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

ear candling

EAR CANDLES & CANDLING
Clarified white candles 492-7113 local 25

EAR CANDLING FOR HEALTH
Alexa La Madrid - Penticton ... 490-9180

SHAE - Kamloops 250-828-0370
\$45 per 6 candle session

emotional polarity

EMOTIONAL POLARITY THERAPY
Decode valuable information from your body & release past traumas safely, gently and completely. Certified EPT Therapist~Carol Rienstra... 495-2702 Penticton Holistic Centre...492-5371 email: ept@desil.com
<http://www.desil.com/ept/index.html>

esthetician

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

exercise

PILATES - Ross Short (Kelowna) 712-9996

face & aura reading

HARNAM, Master Psychic (Vernon) 545-4035

feng shui

HEALTHY HOMES FENG SHUI...374-9656

THE WAY OF FENG SHUI ... 762-3404
Creating Health, Wealth and Happiness in your life. Vicky Stefopoulou, Kelowna, BC

foot care

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

forestry

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

for sale

DANUE TEPEES, Wall Tents, Sweat Lodge covers. Art by Shadowhawk ...250-494-3372

GODDESS PENDANTS & EARRINGS

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

SWEETGRASS - WHOLESALE

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

gift shops

DRAGONFLY & AMBER GALLERY

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

handwriting analysis

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

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

health care professionals

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

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

NATURAL HEALTH OUTREACH

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

HEALTH FOOD STORES - P. 39

health products

AVOID SUFFERING FROM COLDS & FLU THIS WINTER 100% natural, simple & affordable, with many permanent benefits for adults & children. 90 day guarantee. For FREE information and research report that proves it. Call (800) 718-2990

BODY WISE Premier pharmaceutical grade health & wellness products. LOSE WEIGHT. ENERGIZE, RESHAPE NOW! Excellent results. Henry Boas ~ Penticton .. 770-7898

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

MASSAGE TABLES, used: \$250 & \$350
Master/Teacher \$595 brandname
Physio-esthetician depilation bed \$450
Dial 1-888-424-3733

**Enjoy the convenience of ISSUES ...
mailed directly to you!
\$10 per year**

Name: _____ Phone # _____

Address: _____

Town: _____ Prov. _____ Postal Code: _____

Enclose ☐ \$10.⁷⁰ for 1 year Make cheques payable to **ISSUES**
Mail to: 272 Ellis St., Penticton, B.C., V2A 4L6

the 'NATURAL' yellow pages

herbalist

BEVERLY PAPOVE ~ Kelowna...712-8186

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

SARAH BRADSHAW -Salmon Arm 833-1412

homeopathy

DR. L. LESLIE, Ph.D. 494-0502 Summerland
Homeopathic pharmacy available - 20% off

hypnotherapy

ED PINGRENON - 1-800-959-1243

Kamloops/Monte Lake ~ Master Hypnotist & Certified Clinical Hypnotherapist
WHAT'S ON YOUR MIND? Stress, Chronic Pain, Bedwetting, Smoking, Weight, Memory, Academics, A.D.D., Motivation, Other Life issues

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

THELMA VIKER Kamloops -250-579-2021
Certified Hypnotherapist, Metaphysical Instructor, Master Hypnotist • Life Issues Self Hypnosis • Develop Psychic Abilities Habit Control • Access Unlimited Potential

WOLFGANG SCHMIDT, CCH
Rock Creek ... 250-446-2455

inner child work

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

massage therapists

ACTIVE CARE CHIROPRACTIC

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

MASSAGE THERAPY CLINIC

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

SKAHA MASSAGE THERAPY...493-6579
3373 Skaha Lake Rd. ~ Maria d'Estimauville

SUMMERLAND MASSAGE THERAPY

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

meditation

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

midwifery

BIRTH SUPPORT, midwifery information, prenatal classes Phyllis Beardsley~558-6556

JOSEY SLATER 250-335-0911

LABOUR SUPPORT, Pre-natal Classes
Sarah Bradshaw ~ Salmon Arm 833-1412

music therapy

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

naturopathic physicians

Penticton

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

Penticton Naturopathic Clinic ... 492-3181
Dr. Alex Mazurin, 106-3310 Skaha Lake Rd.

Oliver

Dr. Tamara Browne, ND 498-0311
34848 - 97th Street, Oliver

Vernon

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

nutripath

PENTICTON: 492-7995 - Hank Pelser
WESTBANK: 768-1141 - Cécile Bégin

organic

GARDEN DELIVERIES Healthy Foods Delivery Service. Organic produce, health foods, vitamins, free range eggs and more. Serving Penticton and surrounding area. 493-4399

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

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

palmistry

SUSAN SEN KO - Penticton ... 493-4178

HARNAM, Master Psychic(Vernon)545-4035

personals

CARD READINGS

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

MASTER PSYCHIC, Harnam ~ 545-4035

PUT FUN & FRIENDSHIP INTO YOUR LIFE.

Join WK Matchmakers and meet someone special. Toll free 1-888-368-3373
wkm@knet.kootenay.net

SEEKER SEEKS SEEKER- SF, 39 looking for an enlightened "sensitive new age guy." Love books, music, travelling, spiritual exploration. I'm a chubby vegetarian - also

fit, healthy & active-love walking, hiking & biking. Would like to meet a man between 35 - 45 with similar interests. Write **SSS** c/o Issues, 272 Ellis St., Penticton, BC V2A 4L6

TAROT & NUMEROLOGY READINGS
by Anna ~ Kelowna 763-5856

personal & transpersonal

RELATIONSHIP MEDIATOR ~ Ms. Paulina 168 Asher Rd., Kelowna .. 491-2111

LIFE SHIFT INTENSIVE Nov. 1 to 10/98
A ten day program for Accelerated Personal Growth. For information call Blanche 250-225-3566

primal therapy

PRIMAL CENTER OF BC Agnes & Ernst Oslender, 4750 Finch Rd, Winfield, BC V4V 1N6 (250)766-4450. Personalized intensive & ongoing courses. Convenient arrangements for out of town & international clients.
E-mail: ernsto@awinc.com,
<http://www.awinc.com/primal/ptcentre.html>

psychic / intuitive arts

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

DR. RON - Channelled readings ..491-2111

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

HARNAM, Master Psychic (Vernon)545-4035

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

JESSICA - Intuitive, Clairvoyant, Tarot, Professional/ No nonsense ... (250)493-6789

MEL-Channelled readings Kelowna 860-9533

PATRICE-Soulmate reading 1-888-242-4820

SARAH-Tarot Cards..833-1412 Salmon Arm

SERENITY - PROFESSIONAL DREAM INTERPRETATION

Send SASE for FREE info!
800 Knorr Rd., Kelowna, BC V1X 3G5

SHAE - Conscious psychic channelling & tarot readings. Group sessions. Internationally renowned. \$60 per hr. 250-828-0370

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

TAROT & CRYSTAL READINGS

1½ hr sessions \$20 - Vernon 542-4424

the 'NATURAL' yellow pages

reflexology

BOWEN THERAPY, REFLEXOLOGY, CRA
Traudi Fischer ~ Peachland 767-3316

EUROPEAN BODYWORK & REFLEXOLOGY
Karin Herzog ~ Peachland ... 767-2203

OKANAGAN NATURAL CARE CENTER
Certified, classes - Kelowna ... 763-2914

LEARN REFLEXOLOGY AT HOME
Reflexology for Every Body
Book & Video \$69.95 Tel: (403) 289-9902
www.footloosepress.com

SHAE ~ Ticklish / painful feet my specialty.
\$30 per hour. Kamloops ... 250-828-0370

reiki masters

ANNETTE GALLATIN ~ Salmo... 357-2581
Affordable - All Levels & Private Treatments

CHRISTINA GODDARD - Reiki &
Channelled readings ~ Peachland.. 767-3373

ÉVA TROTTIER Reiki Master/practitioner
Level I & II workshops. Grand Forks ~ 442 - 3604

GAYLE SWIFT - Teaching all levels; Certified
teacher Melchizedek Method - 545-6585 ~ Vernon

IRIS YOUNGBERG Use this Universal Life
Force to increase your body's natural ability to
heal itself. White Rock 604-536-6456

KATHY DEANE ~ Lumby ... 547-2281

LEA HENRY - Enderby ... 838-7686
Reiki Teacher/Usui & Karuna, Treatments

PATRICIA ... 260-3939 ~ Vernon Teaching
all levels Reiki; certified teacher Melchizedek
Method, Tapas Acupressure Technique, Ear
candling w/Reiki, Soul Retrieval, CCMBA,
Twelve strand DNA Connection

SHARON GROSS ~ Kelowna ... 717-5690

TOSHIE SUMIDA ~ Westbank ... 768-4921

retreat centres

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

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

TARA SHANTI RETREAT specializing in
individual or group retreats. Located on five
acres with stunning views. Meditative
Gardens. Call 1-800-811-3888
Email: tara@netidea.com

retreats

**SNOWFLOW: A TAI CHI/SKI/SNOWBOARD
PLAYSHOP AT BIG WHITE SKI AREA WITH
REX EASTMAN** DECEMBER 11-13, 1998
Learn exercises that enhance the perform-
ance of snow sports. You also receive two
lessons from the Big White professional staff
on any level of skiing or snowboarding. We
stay in a beautiful condo right on the mountain
with a fireplace, kitchen, hot tub, sauna and
an exercise room. The price includes Tai Chi
and ski/snowboard lessons, accommoda-
tions, two days lift tickets, and a wine and
cheese on Friday night. Cost: \$280 Kootenay
Tai Chi Centre, Box 566, Nelson, BC V1L5R3
email: chiflow@insidenet.com Website:
http://www.retreatseminarscanada.com/Sub/
kootenay.htm Phone/fax (250) 352-3714

**WATER & JUICE FASTING, NATURAL
HEALING & HYGIENE PROGRAMS**
**Naturopathic Physician supervision &
treatment.** Individualized. Wholistic educa-
tion & prevention. Deluxe accommodation.
\$725+ weekly. Free information **1-800-661-
5161 Mountain Trek Health Spa**, Ainsworth
Hot Springs, B.C. www.naturaldoc.com

RETREATS & SEMINARS ONLINE

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

schools

**ACADEMY OF CLASSICAL ORIENTAL
SCIENCES**, Nelson is offering a four year
program in Chinese Medicine and Acupunc-
ture. September '99 entry; For calendar &
application call 1-888-333-8868 Email:
ACOS@netidea.com Fax: 250-352-3458 or
visit our website at
<http://www.netidea.com/~acos/>.

KOOTENAY SCHOOL OF REBALANCING
Box 914, Nelson, BC, V1L6A5 A three month
course in Costa Rica in deep tissue bodywork
with many facets for Career and/or Self Trans-
formation. Phone 354-3811 1-888-354-4499

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

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

shamanism

SHAE - Simple, accessible new shamanic
teachings direct from Spirit. Get your life back!
250-828-0370

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

MICHAEL KRUGER



Reflexology

Reiki Master / Teacher
Ear Candling

492-5371

Holistic Centre, 272 Ellis St., Penticton

Helena Warner, RMT

Registered Massage Therapist



has moved to

650 Martin St.
Penticton

492-2744

the 'NATURAL' yellow pages

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

sound therapy

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

spiritual groups

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

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

PAST LIVES, DREAMS & SOUL TRAVEL Discover your own answers to questions about your past, present & future through the ancient wisdom of Eckankar. Experience it for yourself.. Free book: 1-800-LOVE-GOD ext 399

SATHYA SAI BABA CENTRES

Kelowna ... 250-764-8889
Kamloops ... 250-851-9337

SPIRITUAL BOOK CLUB Let's get together once a month and chat about books with spiritual or metaphysical themes. Carol ~ Penticton ... 770-9779

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

THE ROSICRUCIAN ORDER ...AMORC A world wide educational organization with a chapter in Kelowna. Why am I here? Is there a purpose in life? Must we be buffeted about by winds of chance, or can we be truly masters of our destiny? The Rosicrucian Order AMORC can help you find answers to these and many

other unanswered questions in life. For information write Okanagan Pronaos AMORC, Box 81, Stn. A, Kelowna, B.C, V1Y 7N3

spiritual healing

SPIRITUAL surgeries to unblock your chakras & restore balance. Daina Paulius .. 707-1004

tai chi

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

DOUBLE WINDS T'AI CHI CH'UAN

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

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



TAOIST TAI CHI SOCIETY

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

teaching centres

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

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

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

PACIFIC INSTITUTE OF REFLEXOLOGY

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

walks

MEDITATIVE WALKS THROUGH NATURE to get in touch with yourself. Rates negotiable. Trip-the-Trails with Maria 497-8607 Penticton

workshops

FIREWALKING-breathwork, team building(anywhere), sweatlodge, rafting, riverside tipi retreat. Golden, BC
1-888-232-6886 quantum@redshift.bc.ca.

MELCHIZEDEK METHOD - Hologram of Love Please call for next available course
Gayle ... 545-6585 and Patricia ... 260-3939

yoga

CLIFTON RD, KELOWNA-IYENGAR
Method ~ Starting Sept 8th - a variety of teachers/classes to meet a variety of needs for healthy growth and enjoyment. Margaret 861-9518 Beginners class Barbara 860-0500

PENTICTON ~ Mon., Wed and Thurs.
the Yoga Studio, 254 Ellis St. 492-0039
All levels. First time FREE.

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

ARJUNA YOGA STUDIO ... Kamloops
Kripalu Yoga & Meditation 372-YOGA(9642)
Iyengar Yoga & Belly Dancing ... 372-7546

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

ART & CRAFT COLLECTIVE

from our hands to yours ... featuring one of a kind:




Textile Designer Wear
Earth Extensions
Planter Troughs

Painting & Pottery
Nature's Creations

Walking Staffs
Custom Jewellery
Basket Sculptures



254 Ellis St., Penticton  Open 10-6 Mon-Sat.

HEALTH Food Stores

Kelowna

Long Life Health Foods: 860-5666

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

**Bonnie's Incredible Edibles & Health
Products: 517 Lawrence Ave. 860-4224**

Discount Supplements, Herbs, Books, Or-
ganic and Natural Food, Macrobiotic Sup-
plies. Friendly and knowledgeable staff.

Penticton

Judy's Health Food & Deli

129 West Nanaimo: 492-7029

Vitamins, Herbs & Specialty Foods

Whole Foods Market ~ 493-2855

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

Vitamin King - 492-4009

354 Main St, Penticton

Body Aware Products, Vitamins,
Supplements, Fresh Juices &
Body Building Supplies ~ Herbalist on Staff

Summerland

Summerland Food Emporium

Kelly & Main: 494-1353 Health - Bulk -

Gourmet - Natural Supplements

Mon. to Sat. 9 am to 6 pm, for a warm smile

Chase

The Willows Natural Foods

729 Shuswap Ave., Chase ... 679-3189

Fernie

**C.G. and the Woodman Natural and
Bulk Foods ~ 322 - 2nd Ave. 423-7442**

Better health is our business

Nelson

Kootenay Co-op ~295 Baker St 354-4077
FRESH SUSTAINABLE BULK ORGANIC.

Organic Produce, Personal Care Products,
Books, Supplements, Friendly & Knowledge-
able staff. Non-members welcome!

Grand Forks

New West Trading Co (CMSL Natural Ent. Inc.)

**442-5342 278 Market Ave. A Natural Foods
Market. Certified Organically grown foods,
Supplements, Appliances, Ecologically Safe
Cleaning Products, Healthy Alternatives**

Osoyoos

Bonnie Doon Health Supplies

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

Shuswap

Squillax General Store & Hostel

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

Marilyn Livingston

Certified Weight Loss Coach

Independant Ueana Distributor
Customized Nutritional & Fitness Plan
Personalized Coaching & Support
toll free 1 877-481-8230

CHOOSE YOUR OWN CAREER

Start your own business. Earn an
international diploma/A.I.N.S. offers over
100 home study programs. Alternative
health, counselling, self-improvement,
nutrition, new age, business, sports,
beauty, writing. Free prospectus.
American Institute of Natural Sciences
306-384-0101, (AL3) <http://www.tains.com>



AYURVEDIC MASSAGE

with Brooke McDonald

Grand Forks ~ Oct. 24 - 31

Joyce O'Doherty **250-442-8658**

\$65 per 1 1/2 hour session

HEALTH & YOU

LIVING AIR - Air purification systems
For the home or office.

Harness the power of a thunderstorm for
indoor air environments up to 2,500 sq. ft.
Portable units use ozone & negative ions.

Independent Living Air Distributors

Carl or Margorie of Santi Enterprises
(250) 547-8998 Lumby, BC

**LIFE CHANGING
NUTRITIONAL SUPPLEMENTS**

Mannatech
INCORPORATED

INDEPENDENT ASSOCIATE

Stuart • 250-493-8665

COLLOIDAL SILVER GENERATOR

\$70 1-250-860-1198

101-1865 Dilworth Drive, Suite 518
Kelowna, B.C. V1Y 9T1

DEADLINE

**for November
is October 10th**

Advertising and/or Articles

492-0987 (Penticton)

HEALTH RESEARCH BOOKS

310 - 2339 Highway 97 N.,
Kelowna, B.C. V1X 4H9

GREAT NEWS FOR HEALTH ADDICTS!

Our new 50 page book catalog is hot off the press and ready for distribution. The catalog listing of 2893 Health Related titles, segregated into 164 categories of information covers every aspect of natural health for you and your pets, natural therapies from Acupressure to Yoga and everything in between, plus Charts, Audios and Videos. For example:

AROMATHERAPY - 64 listings

CANCER - 63 listings

COOKBOOKS (Vegetarian) - 94 listings

FEMALE HEALTH - 100 listings

HERBS & HERBAL MEDICINE - 155 listings

HOMEOPATHY - 43 listings

IRIDOLOGY - 18 listings

LIFE EXTENSION - 43 listings

ORIENTAL MEDICINE & THERAPIES - 83 listings

PRESSURE POINT THERAPIES - 48 listings

In addition to the Book Section, there is a 12 page Appliance & Equipment Section with a pictorial display of the various items available, which includes the following:

JUICERS • BLENDERS • DEHYDRATERS

FLOUR MILLS • WHEAT GRASS JUICERS

WATER PURIFIERS • AIR CLEANERS

AND OTHER MISCELLANEOUS ITEMS

The catalog is priced at \$3.95 and is accompanied by a Refund Coupon for the same amount which will be accepted at face value on your purchase of \$35.00 or more of books and/or appliances. To order fill out the form here under and mail with your cheque or money order to the address shown.

Health Research Books

310 - 2339 Highway 97 N
Kelowna, B.C. V1X 4H9

Please send a copy of your catalog to: (\$3.95 enclosed)

Name _____

Address _____

Town _____ Prov _____ Code _____

Tel: (250) 862-9024

Celebration Time is Coming

Issues will be 10 years old this February and we would like to hear from you by letter or email before Nov. 10, 1998

- 1 - Why do you enjoy reading ISSUES?
- 2 - How did you first find it and how long ago was that?

**Jan, Marcel and Angèle
will each choose a response and the
three chosen people will receive a
FREE pass to the 1999 Spring Festival
of Awareness, April 23, 24 & 25.**

*We reserve the right to publish
any or all of your responses.*

*Many thanks for being part of our
ever growing circle of friends.*

A Note to Regular Advertisers

For the third time in 10 years we are increasing our ad rates by 10%.

To help you adjust we will be offering ad specials until February, when the small increase takes effect.

We still offer the best buy anywhere for advertising yourself or your products.

Join our Celebration!