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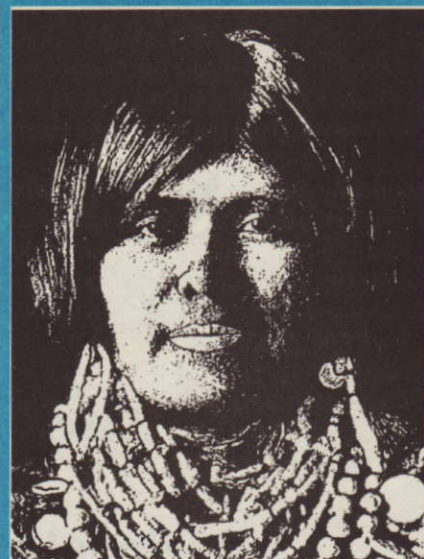
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Art with Heart

by Jane Kane, Vernon Art Therapist

When I try to recall the starting point of my present journey, I have to say it began as a preschooler in the orchards overlooking Lake Ontario. I often chose my own company and experienced the magic of the natural world. As a young adult I transferred that love of other realities to my artwork which continued as a profession. My personal exploration led me back to my Scottish birth, and Findhorn in the 70's, where I lived until I started a family. Raising my children, I again moved to the country, to show them the wonder available to them in a softer environment. Those skills have served them as young adults, and I continued my adventure by becoming an art psychotherapist. I have always followed my inner promptings, and its incredible potential manifests daily. A wise woman that I had quoted in my graduate thesis six years before, came into my life a year ago, through synchronicity (a friend introduced us). The wealth of my new friendship with her has been the treasure of my life. But you know, I only met her by travelling my road since childhood, making the choices that made me who I am. Edith who lives in Santa Fe, N.M. studied directly with Carl Jung, and as an 89 year old, embodies the most delicious mix of child and wise woman. She affirmed my work as an art therapist, and enriched the content of it immensely.


From using Clarissa Pinkola Estes' *Women who run with the Wolves* as a point of departure, I honed my year long art therapy women's group down to a weekend introductory playshop, which often births monthly winter sessions. Friday evening, we explore the Predator, who sets up roadblocks on our forking path, through collage. Saturday morning we share last night's dreams, then each woman makes a doll, which represents our inner voice to bypass the Predator. A little humorous role play and symbolizing it is the afternoon's pursuit. Through common experience, the women of all ages reach new insight of Self and Other. It's very touching to share our stories, with the art bringing out new information, from the same place our dreams come from. Each group has a very individual energy, part of the synchronicity again. I always photograph the group of dolls, which embodies the personality of the various groups of women, and share them with the following groups.

The playshop "Journey Into Moontime", was inspired by my daughter Aideen and is dedicated to our time together (she's now on her way to Britain to live as a 20 year old woman). In my private practice I encounter many stories of pain that started between mothers and preteen daughters, that finally get addressed in therapy years later. This special day which I created for mothers and their preteen daughters, offers an opportunity to celebrate the feminine, and to carry that positive relationship to weather the storms of adolescence. Special personal sharing is offered together as a pair, with token being created for the other, and a followup mailing included to preserve the time together, into the future.

I also do Jungian tissue paper collaging (Edith's technique), and work with all ages and sexes in my art therapy practice, but that's another story. It was my father that noticed recently that I had chosen to live in an orchard again, on the banks of a lake, as I had as a young child. Hmmm.....

see ad to the left


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From the Editor...

Chit Chat

with Marcel



I have an unquenchable thirst... and unquenchable I hope it will remain.

I am speaking, of course, about the Spiritual Search; the Quest for my Highest Potential. My search started many years ago and I am only now realising what an adventure it has made of my life. In the early days I was always looking for and hoping to find the 'Ultimate Truth' that would create paradise in my life. But gradually I began to consider, "What would happen if I found this truth? What then? If I found the answers to all of my questions, if I found the ultimate truth at the heart of the Universe. What then?" Horrors! Gone all the excitement and fun of each new discovery. Gone the mystery and adventure of the search. Gone the stimulation and growth. And when there is no growth there can only be stagnation and decay. So then I began to see that it wasn't about reaching a destination it was all about the 'Journey.'

During my life I have been accused of always changing - one year I'm into natural supplements the next year I'm into pure eating and fasting. Another year it's rolfing, the next emotional release. I am really glad that people have noticed this about me because I hope never to be stuck and stagnating in one idea for the rest of my life. It seems to me it should be more about finding the gems - your own personal truths - in each new venture and then continuing down the path with your basket of gems.

I found there is a pitfall that one should watch for. In my early days, I was so caught up in the searching - reading numerous books and attending workshops - that I didn't use the gems that I found. I needed to put these ideas and methods into practice before they would have an effect in my life. In a dream workshop that I attended once, during a powerful meditation, I received this guidance from one of the characters in the dream that I was working with: "You pay too much attention to other people's words and ideas. You need to start doing the Work."

So I continued searching and started working; often stumbling and wandering off the path, but always learning and reaching new understanding. I'm sure I must have worked on almost everything at one time or another, from affirmations, creative visualization and meditation to tai chi, universal rays and yoga. Through these years I began to realize more and more that it is the reflections of my life, as well as my own inner knowing, that teach and guide me more than any philosophy or teaching. When I can remember this it becomes easier to not get caught up in my troubles and instead look for the lesson to be learned in each situation. Then life becomes an adventure with new opportunities for growth.

And so I will continue to chase my illusive butterfly, catching glimpses of its fluttering brilliance in the distance, all the while hoping that I never actually catch it.

marcel

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Jan, Marcel and Angèle will each choose a response and the chosen people will receive a FREE pass to the '99 Spring Festival of Awareness, April 23, 24 & 25.

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

"They said it couldn't be done." These words are on the back of this month's front cover photograph. They were written by my Mom as a memento of her accomplishment. Getting her beloved piano moved from Michigan to Rosswood, BC was quite a feat since my Dad didn't even want her to play it. He didn't like piano music and asked that she not play whenever he was in the house. To me it seemed such a shame but Mom always found ways to make herself happy despite her circumstances. Once, when we talked about her being in the convent for her entire school life, she said, "It was the only way a girl could get an education and that was important to my Mom." Grandma was very educated: she spoke four languages, including Russian, and rode horses as her husband was a veterinarian. In the convent, all the young women learned to play the piano. There was also drawing, cooking and sewing classes as well as the regular school work.

When I was about ten years old, we moved from the original Rosswood homestead to the new one that Dad built a few miles away. I remember helping Mom unpack boxes and for a moment I stood in awe looking at the beautiful art work she had created during her last years in the convent. One of the pictures was of a white cat curled up in a fish bowl. The subtle details and the beautiful look of the cat made me ask why she didn't become an artist. She said she was busy raising a family. I loved listening to her sing when she played the piano for she had trained with the Royal Conservatory of Music and had passed their high standards. I enjoyed the many sing-songs we had on the long, bumpy road when we drove into town. If Aunt Cathy was with us it was even more fun, for she loved to sing and she knew lots of songs.

Mom attracted to her women who were different and they provided good role models for me. I thank her and my Grandmothers for giving me a feeling deep in my bones which knows about being myself and doing what makes me happy. After last month's release I know that I still carry memories in my body of my mother's feelings about events that happened to her.

As the year draws to a close, I take time to reflect on my chosen journey. I ask myself... "Was my soul given the opportunity to learn what was asked of me?" My 1998 journey was to learn about *Maturity and Trust*, and with all the shifts and changes in my body and a recent dream I had, I would say my journey feels complete. Even the bones in my feet are shifting. For the past several months when I get up in the morning, my first few steps are intense. My heels feel like they are stepping on spears as the energy shoots up the back of my calves. After the Wise Woman Weekend that sensation stopped, and now the soles of my feet are very itchy. To me itchiness means more blood circulation and therefore healing as my hips and one more vertebra shift into place, allowing my spine more ease so

that my shoulders can roll back a little bit easier.

My breathing has changed once again. Now it is easy to feel my breath going into the top of my lungs without effort. It just happens. I try to notice this new sensation as much as possible for I know that with time it will fade and all that will be left is a memory of how tight my lungs used to be.

I feel I have matured this year. My relationship with Gerry has grown into being a helper in his business as I get a chance to improve my cooking skills by making soup for the lunch special at the Juicy Carrot. My oldest son got married this summer and I got a chance to dress formally. It has been ten or twelve years since I have put on a pair of pantyhose, regular shoes and a plain colored dress. Listening and watching my son and his fiancée plan every detail for over a year helped my heart to open, for I have judgments around spending a lot of money on a wedding. My business relationships with Jan and Marcel have deepened as I come to appreciate their unique qualities more and more. They allow me to grow and expand as more things just seem to happen. Our Centre is thriving because there is so much love in each one of us. We are learning to live in the moment and let go of fear, knowing that each of us will speak our truth in an honest, open way.

Menopause has also arrived and I am experiencing warm flashes. I won't say hot flashes because I am a person with deficient heat and I savour each heat wave. As Jan says, "You are the only women I know who thinks hot flashes are a blessing."

And finally the dream I had, one that is much lighter than last month's release of energy. This dream showed me how far I have come with getting in touch with the various parts of myself. The dream goes like this: *I am about to cross a busy street, one with at least six lanes. The cars stop and I am about half-way across the intersection when I realize I have to go pee. There is no holding and I feel the warmth on my thigh but instantly, I realize I have a pad on and it is okay. I can let go and it will be contained. Half way across the street I notice a woman following behind me. As I reach the other side I see an outhouse in the bushes and I hurry up the slight incline. As I close the door I look at the wise, dignified woman, dressed in a business suit and think to myself, "She can wait, she has the look of a mature woman who knows herself, she is in no hurry." I then lean over the hole of the toilet seat and start wringing out my wet pad.*

To me this dream has a simple interpretation: it is the younger side of myself letting go ... wetting my pants. Urine is the by-product of the kidneys and water in my dreams has to do with my emotions. In Chinese Medicine the kidneys rule the emotion of fear. I am wringing my old fears back into my childhood, for that is what the outhouse represents. The woman waiting for me is my wiser self, a patient, mature woman who knows how to hold things. She is waiting for me and has lots of patience. Her presence reassures me that I can call on her any time for assistance. The wise woman part of myself is making herself known, I just have to remember that she is part of me and all I have to do is ask for help.

All in all, this year has been very productive, very full, and I feel very blessed to be living in my body, feeling all the sensations that it has to offer and learning to slow down enough to enjoy the process.

Anjale



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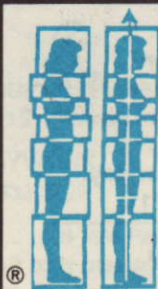
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Magic of the Heart and Mind

by Dr. Ron

As each of us has been taught various lessons we discover new things about ourselves that amaze the individual. I have been asked by countless friends, groups, and family that, knowing what I know now, would I go back and change all that has happened in order to improve my life? I would say "No"! Not one thing would change! All that I have learned comes from the lessons I was placed in.

Just to "check out", as they put it, is the easy way out. I found by opening my heart and mind to a new way of learning I have been able to overcome the old chaos, which most people like to play in. With my new awareness I am able to see that what goes on around me only I create.

Chaotic thoughts create chaotic surroundings. Only one's self is able to will the chaos away.

Joining the path of other Lightworkers, I have opened up to the gifts that lay dormant in most of us until the right button is pushed. These gifts create the feelings of just believing in oneself.

A few years back, two beautiful angels were placed on my path to activate a few more gifts. Being told that I was both a Channel and Teacher left me confused until I looked into what others were letting me know. Through my own studies, courses and workshops I learned what would work best for me without too much struggle.

Through correspondence I became a doctor of Metaphysics, certified psychic and spiritualist. I learned hypnotherapy and counselling as a minister. I wanted to be able to share my knowledge with others and to be the best I can be.

My angels and guides have led me on the path of Healer/Teacher and have taught me that what we need to know, we already do know, we just have to become aware.

Let the angels guide you from straying off your path. If they need you to do work for them, they will pull, push and love you all the way back through groups or friends. It may be difficult to listen to your guides and angels. Through the Magic of the Heart and Mind we learn how to forgive ourselves and believe our connection to the universe. Through the tools we use to get answers, whether that is channelling, tarot, pendulums, auras, etc., we all have a way to find the truth.

I have been pulled towards sharing with others all that I have been taught. I use the K.I.S.S. method, "Keep It Simple Spirits". With these basics I have been able to see the Magic when it helps improve lives.

Through group meditations, life readings, or healings, we will always teach so a child may understand. We must become innocent children at times in order to believe. We must know that Angels do assist us always.

As we say in our group: Believe in yourself and Live, Love, and Laugh.

See ad to the left

*Dr. Ron is also speaking at the Friday Night Speaker Series
in Penticton, Nov. 27, see ad on page 13*

THE OLD WAY IS NOT WORKING ANYMORE

by Victoria Fabling

We know this, yet we still sometimes look into our past experience for wisdom and insight as to how to behave. We know we need to constantly adjust and change, but we still like to control the amount of change we are willing to experience.



Let me share with you my story as to why I am fully committed to healing and helping people to stretch their focus in all directions. I was raised in a family which placed particular value on stoicism and correct behaviour. I was never shy, but my opinions were those of a child and so were merely acknowledged, not properly heard. By the time they were fifty-five most of my relatives were dead. At their funerals I behaved as I had been taught, I did not add to the grief of showing any, and no doubt due to this show of emotional strength no one had cause to comfort anyone else. Fortunately, I was so upset by the coldness of the last funeral I attended, standing listening to pleasantries without receiving any comforting words, let alone food or drink, that I felt a relief in no longer having those close relatives. I set in motion my resolve to find a place where people expressed themselves with more naturalness and warmth, and months later I left the UK for Canada. I am pleased to be here, I feel loved and, not surprisingly, I am sharing and attracting the freedom of expression that is so vital for me.

The lessons I learnt from hearing stories about the previous generation and watching the depletion of my current family were that each individual opted out of life at the point when they felt powerless to make it go the way it "should", which was not even a case of unfulfilled dreams. My uncle was CEO of a large stockbroking company; he was told to leave when that company merged and almost simultaneously a brain tumour appeared. I reached out to say - "You are a good artist, let's join forces and start a greeting cards company." He insisted he preferred the corporate world to a more insecure world of self-employment, and he never regained good health. When my mother was dying I also asked her in an encouraging way what things she would do differently if she were healed completely. She replied that she might look into care support, but other than that she would maintain her isolated lifestyle.

It was my mother, though, who acknowledged the healing touch in my hands and together we worked on shrinking her tumour from grapefruit to grape size. Had she been willing to make a commitment to a lifestyle change I feel sure she would still be in remission. I went on to investigate spiritual healing, found that it worked for me, and started on a relentless, continuous journey of self-development in order to be as clean and open channel as possible. I was happy about practising healing, just a bit nervous about working with cancer patients in case by emphasizing I gave my own body a subtle message that I loved the disease. About that time I recognized that what we resist persists, so lots of cancer patients booked specific appointments with me at our wellness clinic, and together we



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focused on loving the cells, reminding them that they originally looked a bit different, and that with the help of the healing light they could see once again how to be healthy cells. I supported each client's visualization of the healing light pouring in and creating a flow of liquid sunshine round each smiley-faced cell. We had fun with it, the clients who abandoned control achieved an immeasurable increase in their quality of life, particularly in relationships. They realized the old way wasn't working, they allowed their open hearts and increased self-awareness to transform them, and their transformation had a ripple effect on their families, friends and society.

How beautiful this transformation, how inspiring. Envisioning healthy cells may not be conventional but it certainly works, and other senses can take the place of "seeing."

I also show individuals how they can restore wholeness and lasting success to all areas of their lives, for envisioning a more pleasant outcome from the one we fear can be applied to a marriage, a business, a career, a vacation, a new home, anything.... the only conditions are that we need to be open to receiving a happy result, we may have to change our expectation and behavioural patterns, and we may also have to learn to see more clearly how the world is changing. If what you are doing isn't working and you feel stuck then visualize something better; give yourself permission to connect with your dream lifestyle using all your senses, giving thanks that **THE NEW WAY IS WORKING FOR YOU!**

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Health Matters

by Doug Muldoon
at Nature's Fare

Kava Kava -- Herbal Relief for Anxiety

Kava Kava has been used for over 3,000 years for its medicinal effects as a sedative, muscle relaxant, diuretic, and as a remedy for nervousness and insomnia. Its most popular use has been in ceremonies and celebrations because of its calming effect and ability to promote sociability. Kava Kava is still used today by inhabitants of the island communities of the Pacific. It is thought by many researchers that the regular consumption of Kava Kava is why these people are often among the happiest and friendliest in the world!

Kava Kava is the most relaxing botanical known, with the exception of the opium poppy. Its active ingredient, kavalactones, produce physical and mental relaxation and a general feeling of well-being. Kava has been used in the treatment of ailments of the urinary tract including vaginitis, gonorrhoea, and menstrual cramps. Kava is a diuretic and anti-inflammatory, thus it is useful for gout, rheumatism, bronchial congestion, cystitis and as a pain reliever when applied externally as an ointment. In fact, Kava Kava is so effective as a pain reliever that it can be used instead of aspirin, acetaminophen, and ibuprofen!

Recent clinical studies have shown that the herb Kava Kava is a safe non-addictive anti-anxiety medication, and is just as effective as prescription anxiety agents containing benzodiazepines such as valium. Benzodiazepines tend to promote lethargy and mental impairment, but Kava improves concentration, memory and reaction time for people suffering from anxiety.

Herbalists have traditionally used Kava as a remedy for nervousness and insomnia. Kava Kava is an effective relaxant able to induce a feeling of relaxation, peace and contentment, along with a sharpening of the senses. As a sleep aid, it promotes deep and restful sleep and is also a muscle relaxant that can help relieve cramps due to muscle spasms.

Kava Kava extracts are, like St. John's Wort, gaining popularity in Europe in the treatment of anxiety and depression. Several European countries (Germany, United Kingdom, Switzerland, and Austria) have approved Kava Kava preparations in the treatment of nervous anxiety, insomnia, and restlessness on the basis of detailed pharmacological data and favourable clinical studies. Many recent studies have demonstrated again and again that Kava Kava is quite effective in relieving anxiety and depression. Some double blind crossover studies use Kava Kava compared to a placebo, whereas others use Kava Kava compared to Oxazepam, a drug similar to valium. The Kava Kava groups consistently exhibit significant improvement in several standard psychological assessments of anxiety, such as feelings of nervousness, and complaints such as heart palpitations, chest pains, headache, dizziness, and feelings of gastric irritation. The most important finding is that Oxazepam and similar drugs are associated with being addictive, as well as possessing side effects. Kava Kava is nonaddictive and totally free of any side effects at its recommended levels.

Kava Kava is an herb that's in a class by itself. Its remarkable ability to improve relaxation, without a loss of mental sharpness makes it the perfect herbal supplement for today's working-too-hard-to-stop, shop-till-you-drop, too-busy-to-relax lifestyle. Best of all, this remarkable herb is free of the side effects and addictive properties common to prescriptions and anti-anxiety drugs. Kava Kava even has the potential to one day replace benzodiazepines in the pharmacological treatment of anxiety. It is able to produce comparable anxiety relieving effects, but is free from the common side effects of these highly addictive drugs. If an individual's depression is associated with a great deal of anxiety, Kava Kava extract can be extremely effective in relieving symptoms.



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You Can't Afford a Prolapsed Stomach

by Joel
Whitehead



I can already answer your first question. What is a prolapse? A prolapse is a drop in the physical stature of an organ within the body. The second question is: Can the stomach actually, physically drop? The answer is "yes", and it is quite common. It is often seen during barium enema x-ray evaluations and is so common that it is most often ignored. Actually the western medical community doesn't have a clue what to do about it anyway, except that is... (gulp) operate. The fourth question is: If it is so common, is it important? The answer is "yes" and that is the purpose of this article.

The last question might be: How do I know whether or not I have a prolapsed stomach? Well then, let me ask you a few questions:

1. Do you have consistent problems on the left side? These include: left shoulder or left hip pains, headaches that come up on the left or are in the center of the forehead and nauseous as well, problems of stagnation in the left breast, perhaps even cancerous, aching down the outside of the left leg.

2. Do you get filled up easily? You may get filled up easily and it seems as if the food dives for the very bottom of your lower abdomen. Aside from this, you feel you have to eat more frequently to avoid getting sick. Sometimes you find it difficult to swallow. You may be prone to heartburn. You may frequently get sharp stabbing stomach pains when there is stress.

There's a lot more when we consider the way it interacts with the rest of the body, but mostly, we want to emphasize the fact that when you have a prolapse it can cause an actual physical crowding in the lower abdomen that can lead to other problems. While the stomach should sit about two inches above the umbilicus (belly button) it will most commonly reside two, three or four inches below the umbilicus. This has a lot of ramifications.

Digestive Problems • When the stomach hangs down that low it crowds the intestines and causes considerable strain on the ability of the body to absorb food and even interrupts peristalsis of the bowel as well. If it is the small intestine that is involved, it will cause looser bowels. If it rides down on top of the large intestine, it can cause prolonged or chronic constipation. Sometimes the stool backs up for awhile and then forces through, first hard, then soft which is what we term

irritable bowel. As the stomach prolapses mainly on the left, adenomas of the sigmoid colon or rectum are, in our opinion, probably due to the stomach constantly resting upon it.


Urinary problems • This same prolapsing action causes some major problems with urination. Crowding in the lower abdomen can cause a multitude of stagnation problems. When things stagnate they press upon each other and do not flow well or freely. We believe the prostate in men suffers from this effect. Where things crowd and don't move, things grow, so things like hyperplasias and cancer can certainly be implicated. The prostate may very well begin to swell in part as a response to this effect.

Many women have problems of prolapsed bladders for which they go in to have surgically resectioned. This can cause a lot of problems like incontinence or having trouble forcing the urine out. In almost all of the problems like this that I have seen or treated successfully, this prolapse was only the result of the prolapse of the stomach and could be fixed and relieved with the raising of the stomach.

Menstrual problems • Prolapses of the stomach most assuredly lead to a prolapse of the uterus, in my opinion. I have seen this far too much to think any other way. Just as I had mentioned above, however, it is the crowding of the lower abdomen that causes the bigger problems. As I mentioned before, where there is crowding and a lack of proper circulation, things grow, like scum on water in a stagnant pond. This growth factor can range from anything like dark and painful periods with extra clots, to more disturbing growths like endometrial growths or tumors, even hyperplasias that become cancerous.

One of the most common problems that I treat is of prolonged uterine periods or extreme hemorrhage. Oddly enough, in Chinese medicine one of the commonest causes of this problem is blood stagnation in the chamber of blood (the uterus) that causes the blood to bypass its normal channels. This extravasation of blood is most often relieved by creating more space in the lower abdomen. I use a therapy known as NESHU to raise the abdomen in order to force the blood through.

Solutions • Nesshi therapy can measurably raise the prolapse of a stomach in a rather short while. If you have this problem you may want to find out what Nesshi therapy can do for you.



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Companion Energy

by Gerry



Upon sitting down to write a column about my latest venture, the Juicy Carrot and just wondering where to start, I was suddenly filled with a joy that comes every so often; a feeling of complete satisfaction of who I am and that everything around me is just okay as it is without any mental comment. While enjoying this feeling, my attention connected with all the special moments in my life that flowed with a pure joy and knowing that each day is an opportunity to connect with life in this way. It hasn't been this way all my life though...

I have been a loner for as long as I can remember. Working with others was often hard for me because I didn't feel like I was ever a part of the 'team', a fifth wheel that only was needed if really needed. I can remember being picked almost last for most of the school gym teams and always felt like I was participating more so because I had to rather than really wanting to. I kept telling myself that sports was not my thing (it still isn't) but I knew deeper down inside that this was not the case since I was never really motivated very much in groups in all my other classes. All I knew was that I really enjoyed working on my own things and could get much better marks as a result.

My family was one of my only real teams I could 'play' on and feel the togetherness. Our cottage in Ontario was an excellent opportunity for this to happen. Whether it be wood cutting, fishing trips, collecting the water for the cottage, making maple syrup or playing cards, it felt good to participate however, I still felt separate from most other people.

Travelling out to Vancouver, BC, I was introduced by some friends to a Spiritual teacher named Winged Wolf who taught me about *"Companion Energy - being so in tune with another that you resonate together; total acceptance of what is, without opinion or judgement."* After living a life of feeling mostly separate from others and always seeking how I could do things on my own, the teaching of companion energy resonated with me to the point where I knew that I couldn't run away from others any more if I was to grow as a person.

It wasn't long after I moved to the Okanagan that I was presented with one of my most precious opportunities to share true companion energy with another person. Meeting Angèle for the first time was like looking at a part of myself in the mirror. Our compatibility made it very pleasing to communicate with her and allowed me to open up. Projects we worked on together had a wonderful flow (with the occasional bump, but even the bumps taught us how to work together better).

Our twenty year age difference and her being a public figure, and publisher of Issues magazine, sometimes made it hard for me to truly resonate with her, but because of her maturity and acceptance of being a public figure, she was able to teach me exactly what I needed. Occasionally I would feel very "exposed" in her presence and old patterns of wanting to shut-down would take over. Getting me past my embarrassed or uncomfortable feelings took a very sincere, patient and trusting soul. Angèle talked with me many times allowing my fears to gradually be replaced with trust and letting the quiet side of me speak up, allowing our times together to be more clear and special.

Now, two years later, I am finding it much easier to open myself up to the moment and as I do, find that it is a big step towards living in companion energy with other people and all of life. When I am in companion energy with life, I am 'in the flow'; opportunities present themselves just when I need them the most. Asking for things I don't really need or manipulating events to make things go my way, especially when I am attached to the outcome immediately, takes me out of companion energy and the outcome is always skewed in some way. When that happens, life becomes very confusing and frustrating and a knot fills my belly. Catching myself doing this is not always easy, but by learning to accept these situations as lessons and learning from them rather ignoring them is helping me to stay in companion energy.

Having someone like Angèle to practice companion energy with and having a teacher like Winged Wolf who provides me with teachings of self empowerment, makes life very enjoyable so that I want to share companion energy with everyone who comes to the Juicy Carrot.

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Nov. 13 Vera Ito of Kelowna. **Awareness and the Pyramid of**

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Nov. 20 Rev. J. C. Rivera & Rev. Roberto Rivera of

Summerland presents **The Human Aura** with slides by Dr. J. C. Trust, Jesus Christ's Soul Light Service.

No admission fee or collection taken, see story on page 30

Nov. 27 Rev. Dr. Ron MacIntyre of Kelowna

Magic of the Heart and Mind - Dr. Ron is Spiritualist/Channel, a.k.a. Dr Paul from the Psychic Lines. He will offer guidelines to help us move towards a more fulfilling life and freedom. Learn a little bit of it all. See story on page 08

Dec. 4 Karen Timpany of Kelowna

The Benefits of Holistic Health.

Karen is an instructor of Reflexology, Acupressure, Reiki, Polarity Therapy, Colour and Light Therapy, Nutritional Counselling and more. Lots of time for Questions and Answers from an expert. Read story in next month's issue.

Admission is by donation.

for information call the Events Line: 492-0039

Dec. 22 Solstice Vegetarian Feast - Tuesday at 5:30 pm

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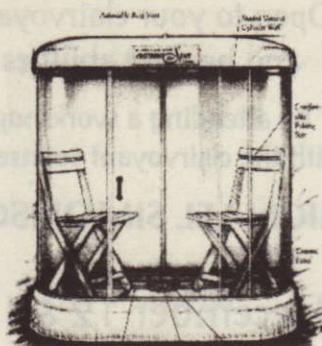


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All is Well

by Flo DeWitt, R.N.

What does it mean to be a REAL WOMAN? In this day when all is changing around us, how do we handle the fears of failure, the fear of dying slowly, the fear that the world around us is being polluted beyond our own control, the fear of not being able to provide the necessary factors just to survive - how do we handle this?

I don't think we can in our human strength. All my past experiences have been under different circumstances with the rest of my world intact and at least something seemed stable. Absolutely nothing is stable today - not even the breath we breathe!

So what can we call upon to make this work? As a woman, I can sense a sweetness, a gentleness, a humility, a serenity, a joy, a deep knowing that somehow "All is well" even though the world seems chaotic. I can hold this feeling that "All is well" in the midst of the greatest storm when I remember WHO I AM.

I know there is something greater than myself which makes the whole universe work and somehow it is up to me to recognize my role in the midst of it all. The next step is in acknowledging that WHO I AM has value and power and is connected with the "something greater than myself" or God, or the one SPIRIT and that through that connection I will know moment by moment, just what my role is and how I must move. Life is full of change, so change we must. Let us let those changes come within our conscious awareness of that still small point inside each one.

In my own personal experiences of nearly sixty years on this planet, the major changes occurred within a period of approximately seven years. Within that period of time, absolutely everything I could relate to as MY world dissolved before my eyes. First my job as president of my own company and creator of a new business ended, my body hit what is known as menopause and I not only felt waves of grief then anger but also absolutely no energy to do anything. Then the real estate values dropped severely and my house of \$600 thousand became less than \$200 thousand and with no job, I lost it through a small mortgage. My car went next as I now had to file for bankruptcy, something that had never even entered this consciousness. But this was only getting started. My daughter was sixteen and she wanted to understand life in general so she found herself friends who showed her the way to leave home. She did that while my son left to visit his father in New Zealand leaving me totally alone in my ordeal. Following that my lover departed for other parts of this earth, and the leader of the group, with whom I had been associated for some thirty years in what I would term my spiritual path, died and the group spent the next three years going their own separate ways.

Gone - absolutely everything!! Perhaps many of you can relate to this unfolding. In the midst of my personal life changes, it is obvious to notice earth changes, and all of this put together would overwhelm us if we were not capable of staying in the simple state of living life moment by moment, step by step and in fact, breath by breath. I lost the self-assurance that "All is well" once in awhile but there is nothing to come back to except that. And somehow we will survive these changes - won't we?!

Let us acknowledge that we are in this world exactly as it is, TOGETHER and if we take each other by the hand and offer our individual gifts of love, we will create something far more powerful than anything that was before. Let us do that!

Flo is doing a workshop with Carol on Nov. 13, see ad page 21.

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Soul Mastery

by Craig Russel

On November 20, 21 and 22 Soul Journey presents "The Soul Mastery Intensive", Level One, in the city of Kamloops. Soul Journey is now in its fifth year and is anchored in Vancouver. A part of

our work is dedicated to travelling internationally as well. With all the guiding light of the Angels and Masters of Light, we have put together four levels of Soul Mastery that will be presented over the next two years. Each level offers whole new realms of awareness and applications for personal use in our evolution. These intensives are fun and involve contemplative meditations and intentions designed to address the current realities we are each participating in. They also involve deep conscious healing of our mental, physical and emotional bodies. The workshops show how each of us can leave mediocrity behind us and live lives of excellence, joy and success in an environment of love. The work teaches us to empower ourselves through the knowledge of our

Higher Selves and assists us to find our place in the universe, leading each to unveil the mysteries of life. This Mastery Intensive offers a whole new awareness waiting for

each of us to integrate into our daily lives. The following areas will be covered: God/Goddess, All That Is; The Human Self, Consciousness and the Higher Self; Civilization, Seven Golden Ages; Planets, Dimensions and Systems of Worlds; Birth of Perception and Belief Systems; The Human Form and Manifestation; Nature of Thought, Feeling, Imagination, Human Life Force and Free Will; Individual and Collective Realities; Intentions, Wanting, Desiring, Choosing, Invocations, Affirmations and Inner Sight; The Human Ego and Human Heart; The Seven Chakras, Atoms, Cells, DNA; Soul Contracts; Fields of Resistance and Resonance and more. Three fun and full packed days of knowledge. Gifted Composer and music channel Paul Armitage will provide radiant Angelic music for this Mastery Intensive.



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LIFE JUST KEEPS GETTING BETTER!

by Jan



October 28, 1988 — a very memorable day except that I was unconscious for most of it while undergoing a spinal fusion. First diagnosed with spondylolisthesis back in 1978, I wore a Wilson brace off and on and used drugs to keep me functioning. With two young children and a household to maintain I only slowed down when the pain became unbearable.

Something changed in 1988. Maybe tripping over the snow shovel had something to do with it, but my back was steadily getting worse. I went through months of waiting for appointments with specialists, x-rays, the side effects of drugs and the pain! That summer I could no longer function in any of the roles that had given my life meaning — wife, mother, sister or daughter. Everyone else in my life had places to go and things to do; there I lay. When my kids introduced me, I was "the body on the floor". I felt abandoned and alone. I could no longer sit or stand for ten minutes even though I could walk. I had developed a weird gait to avoid the glitch in my lower back, my legs would go numb in mid-step, I had stopped taking drugs because of my reactions to them, and there was only the pain. At one point I felt that it would be better to end my miserable life because I was so tired of the constant struggle.

On one of my walks I contemplated how easy it would be to step in front of the next semi. As the tears streamed down my face so that I could barely see, I thought of my sons and walked straight into a telephone pole. Talk about a wake up call! I went home and lay on the floor.

and cried for hours. It felt like my heart was literally breaking inside my chest — I didn't know a human heart could hurt so bad. But somewhere in my pain and tears I let go of expecting everyone to be there for me and made the decision that if I was going to get through my surgery and the subsequent recovery time, I was going to have to do it on my own — starting with that moment.

I put everything I had into taking care of me. I went shopping for positive audio tapes that would inspire me for the challenge ahead — Lee Pulos had a great one to prepare for surgery and I used an Alan Cohen one for relaxation. I increased the distance I walked each day so that I would be in the best possible shape for the operation and a walkman kept the beat for me so that my strides were even instead of my previous waddle. I prepared a recovery room by covering the walls with positive posters, inspirational sayings and bright colors. I got my personal papers in order and each day for two months lived as if tomorrow I would get the call to go into hospital.

The surgery went well. I was kept drugged for three days, pulled off the IV and told to go for a walk. The first thing I noticed was that I could put one foot in front of the other when I climbed the stairs. I hadn't been able to do that for a long time. After ten days I was transported home lying in the back of a station wagon. I was confined to bed except for sitting for ten minutes at meals and couldn't even manage that, so I lived on my bed except for a walk first thing in the morning. My friend, Ann, came to help

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me dress and take care of my personal needs.

I had a remote control TV so I channel surfed all day. I began to notice that all the talk shows were about codependency, but didn't relate it to myself. Then on December 15th, when I was finally able to walk the few blocks to Cherry Lane Mall the book *Co-dependent No More* fell off the shelf in Coles directly at my feet. With a back brace on I couldn't bend over and had to ask my friend, my ministering angel, Ann Brown to pick it up for me. When I saw the title I knew the book was for me. I devoured it! I spent hours working through all the exercises and came to understand that my behaviour was not working in my life any more and I could choose to make changes. What a concept! You mean I have choices about how I choose to act and relate with others!

Now I pursued my personal growth in earnest. Every walk I'd check out the bookstores for the latest in self-help books. I started a journal and began the fascinating and often terrifying journey of self discovery. Almost a year later, when I could sit for longer periods of time, I started counselling and joined a twelve step support group. Art therapy was a wonderful medium to access the hidden emotional blocks. I took the first level of Reiki because it felt right. I didn't feel anything for the first couple of months, but my teacher said to trust, and those with whom I did sessions all thanked me for the relaxing treatment. For almost a year Arlene Lamarche and I exchanged Jin Shin Do and Reiki which helped bring things to the surface where I could feel and let go. Meditation evenings frustrated me because I just couldn't see all those beautiful scenes that I was to imagine and I felt like a failure. Later I learned about Neurolinguistic Programming and discovered that I am kinesthetic, I pick up information on a feelings level. When I applied that to meditation, it worked. I also spent a lot of time contemplating, looking to nature to calm and nurture.

Life was on track, but the more I changed, the harder it was in relationship. I couldn't go back to being the person I was — she didn't exist any more. I had experienced so many changes and wanted more. After twenty years of marriage I decided that it was

continues next page



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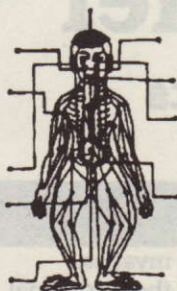
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best to divorce. Not any easy decision.

I started fixing up the house for sale; repainting and repairing were an incredible challenge, but I did it over time. My back started to get sore, then worse, so I went to the doctor, it got more painful with bedrest, so I wrote to the surgeon who had done the fusion. By then I was concerned that something had happened to the fusion itself. Again I waited for appointments, x-rays, more appointments, and finally the diagnosis — bone spurs at the site of the surgery. I'd done such an incredible job of growing my bone that I'd overdone it. Prognosis, not good! A life of pain, pills, more surgery and probably two months in bed a year and this at a time when I needed to get out in the workforce and start working outside the home. I cried all the way home from Kelowna because it felt like I'd been given a death sentence.

I phoned Angèle who advised that I take my cat scans to any practitioners who would listen. The chiropractor, physiotherapy and massage didn't hold much hope for me, but thank goodness for Hank Pelser. He could see that the pain was not caused so much by the spur but by the difference in size between the two sides — it was almost as if they were torquing the spine. He suggested magnesium for the inflammation and there were no side effects! He showed me how to massage the low back to help stretch out the shortened fascia and the pain level dropped within a few weeks. My days were spent on the floor resting, working the low back with my own hands, stretching or walking. I needed to be well enough to get a job! What an incentive!

After the Spring Festival Angèle invited me to go looking at buildings with her as the future sight of a holistic centre. I didn't know how I was going to pull it off, but I had got the message years before that I was to work with her. When the renovations started, I could only pull nails for ten minutes and then I was in so much pain that I had to lay down on the thick rug she provided exactly for that purpose. I'd run for coffee for anyone working on the building, or go out for something from Canadian Tire. At least I felt useful. The music would blare inspiring songs for women, we laughed at the unevenness of all the surfaces, and I had to let perfectionism go. As my back improved, I could carry tools, then paint or help clean up. I kept insisting to Canada Employment that one day I would

go to work with Angèle, which seemed impossible when I still couldn't sit in a chair.

When the office was ready to open I would sit for as long as I could stand it and then lie on the floor with the phone beside me to answer any calls while I rested. Angèle taught me the computer in short blocks of time that I could manage and I would go for walks or run errands to get the back loosened up.

One day while sitting in the workshop space I adjusted my back ever so slightly to ease the discomfort and heard as well as felt a loud crack. I knew it was coming from inside my back, and I was terrified to move. Oh my goodness, what had I done!!! When I finally moved there was no pain and I figured it was the bone spurs breaking off. I have no way to prove that except to have x-rays at some time in the future.

As the Holistic Centre got busier, I started to meet bodyworkers and availed myself of their talents. Over time the treatments helped to release old holding patterns (overcompensating to protect my back), and layers of armour (protection I had built up over the years against all the hurts - real and imagined). Each session built cumulatively upon the last as I released tons of emotional baggage and could see my physical body changing rapidly. My back feels better than it has for most of my adult life.

The past four years have flown by. My relationship with Michael has offered many opportunities to work on old programming and behaviour, and we are both committed to growth. I continue to release old emotional hurts, fears and grief as needed, my physical body continues to "shift" and I require less bodywork. Now when I feel pain I know that there is something I need to look at and ask inside for my answers. I still read for information and insights but I don't hunger for the changes as I used to. I am so grateful to all those who have supported, encouraged and nudged me along the path.

Life is wonderful!

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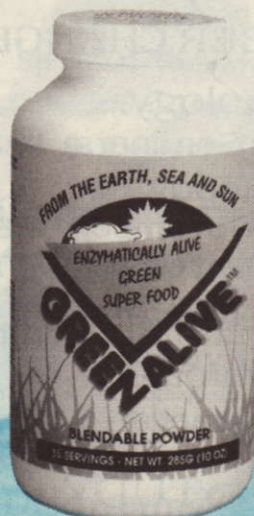
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Losing

What happens when your child breaks the law? My own son gave me this truly unwanted experience just over two years ago. After living with his father for two years in Ontario, my son moved back home on January 29th, 1996. I had to get to know him all over again. Although he had lived in our community, his absence except for visits, meant he had to reestablish his social connections.

The first group of friends that he associated with were not a good influence on his behaviour. Ignoring curfews, shoplifting, drugs and alcohol were obviously their favourite pastimes. After several discussions about the "friends" he was associating with he finally seemed to fit in with a group of boys that were more responsible. His closest friend was a pleasant and polite young man who was an A student.

On May 28th, 1996, a phone call from his school, and then from the RCMP, revealed that a school bus, with children on board, had been hijacked. They informed me that my son and his new friend were the hijackers. It was completely bizarre, unbelievable. Here was a teenager, just turned 16, embarking on an escapade that was serious enough to draw national attention, as well as the RCMP's critical response team. Thankfully the whole incident ended with no one physically hurt, although it meant an emotional upheaval for all those involved.

Remembering that day still causes me to shake with the fear I felt not only for my son but also for the other children and parents involved in the incident. It was only the beginning, I was soon to realise I had lost my son to the "system" with absolutely no say in what happened to him. Lawyers fought over who would handle the case (politics). My son himself caught in the delusion of his later diagnosed schizophrenia did not care what happened to him. The media often knew more than I did. It was not necessary to inform the parents as to what decisions had been made. Often I had to read the paper to find out what the next step in the process was. I felt alone and helpless.

As we began to unravel the truth of what really was going on in the minds of these two youths it became clear that there were more youths involved in the original planning of the hijacking. When asked why, both youths responded with the belief that they could extort land from the Canadian Government to create their own country. (I still wonder how much the referendum and Quebec's insistence on separation influenced this kind of thinking.)

Media played a major role in the whole scenario as truth was often mixed with half truths or downright fiction in some cases. Lawyers, eager to play the public, would release information to the media, before or without informing parents. It was the first time I realized how much the public is manipulated in our thinking by the media and the "system". The public was angry at my son for what he had done.

Through all this, somehow, I survived. Emotionally I set up barriers that kept me from feeling the pain and hurt that my son had caused me. It was only recently that I was able to release some of these emotions that I stored within my body so as not to feel them. I was deeply hurt.

Control

My son's first six months in custody were spent assessing his "mental state" at the time of the incident. There were endless interviews with Psychiatrists, Psychologists, Social Workers, et cetera, for him as well as the rest of the family. It was finally decided that both youths had indeed come from "good families". During this time he seemed quite content, although depressed, and adjusted to his new situation quite well. He was attending the internal school with an A average and receiving "awards" for his scholastic achievements.

Then came the Diagnosis. Paranoid Schizophrenia is a chemical imbalance in the brain that causes delusional thinking, auditory and visual hallucinations. The medical text books say that Schizophrenia is a lifelong illness that requires constant medication. My son spoke of being possessed. A program of medication was started and steadily increased until the "possession" was cleared. This medication affects the brain in such a way as to cause slow thinking, "spaciness", languor and laziness. School work and physical activity ground to a halt as my son was no longer able to concentrate on anything for longer than a few moments. He also had to take a medication for the constant nausea as well as an antidepressant until he was able to stabilize the drugs a little better. My concern for my son's future grew as I saw that the diagnosis was a lifelong "sentence".

Through all this the lawyer was asking my son to make technical decisions about his case. There were hearings to transfer the case to Adult Court, the trial itself as well as an Appeal. Each time a decision was required parents were not consulted unless my son chose to consult us. I felt powerless in the face of the "system". No one ever questioned whether or not a 16/17 year old, diagnosed as a paranoid schizophrenic and heavily medicated, could or even should be allowed to make his own decisions as to how his case should be handled. The lawyers controlled the show.

The ordeal is over now, my son at almost 19, is released conditionally upon taking his medication. He is attending school four hours a day, and is getting involved in local church youth groups. He is slowly metabolizing the medication so that each time I see him he is becoming more and more his old spontaneous self. He still has a long way to go.

Emotionally I am still dealing with this trauma. The hurt, frustration, fear, and anger are still there in varying degrees. As all mothers do, I love my son unconditionally. It is not so easy to forgive myself, or to understand the how and why of things. The "if only's" still sometimes haunt me. If only I had realized.... If only I had foreseen.....If only.....

When I catch myself going back to the "if only's" I redirect myself with affirmations, self love and Emotional Polarity Therapy to clear the emotions that still surface from time to time. I thank God and Archangel Michael for the protection of all those that had been involved. My journey of searching for the answers as to why this had to happen has released my own spirituality and given me insights into my son's illness and my own emotions.

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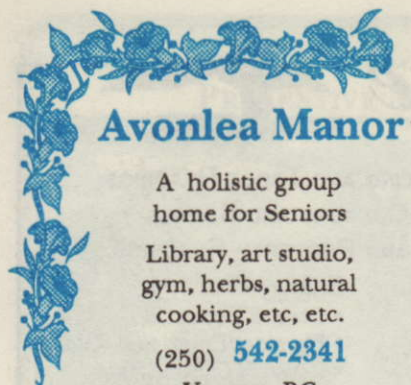
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CALENDAR of Events

November 3

Michael Simonson, Clairvoyant Counsellor, evening seminar in Penticton, p.13

November 6 & 7

Reiki Class with June Hope in Princeton at The Garden, see back cover

November 6, 7 & 8

Advanced Emotional Therapy in Penticton with Carol Rienstra, p. 21

November 7 & 8

Reflexology Certificate Seminars Level 2 in Port Moody with Yvette Eastman, p. 20

November 13 & 14

Women Who Run with the Wolves in Vernon with Art Therapist Jane Kane, p.4

November 14 & 15

Touch for Health IV in Okanagan Centre at Turning on the Light Learning Centre, p. 32

November 20, 21 & 22

Magic of the Heart & Mind with Dr. Ron in Kelowna at Dare to Dream, p. 8

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

Soul Journey -Craig Russel in Kamloops, p.15

November 20 - 30

Creative Insight with Moreen Reed Astrologer, in Calgary, p.27

November 21

Waldorf Christmas Market in Kelowna at The Waldorf School, 429 Collett Rd, p.31

November 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

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Integrated Body Therapy with Cassie Caroline Williams in Kamloops, p.24

November 23

Professional Counsellor Training begins in Kelowna at Counsellor Training Inst., p.2

November 28 - 30

Pranic Psychotherapy - Level 3, in Kelowna at Global Institute, p.3

December 6

Fair Wares Faire, Penticton Lakeside Hotel International Crafts & Local Wares, p. 2

December 20

Holy Christmas Service with Rev. J.C. Rivera & Rev. Roberto Rivera in Penticton, p.31

December 22

Solstice Vegetarian Feast at the Juicy Carrot in Penticton. See ad p. 13

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

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If I'm HAVING FUN I CAN'T REALLY BE WORKING, CAN I?

by Catherine Fenwick © 1998

Just as laughter is necessary for a healthy lifestyle, it is also necessary for a healthy workplace. People who enjoy their work and are able to play (appropriately) at work are more effective, efficient and productive. When our spirits are up we get along better with others and do better work.

A healthy sense of humour at work helps to keep things in perspective, reduce stress, facilitate change, build confidence and (your boss will like this one) boost morale which increases productivity. What's nice is that you don't need to think about boosting morale - it is a natural outcome of doing work we love and having more fun at work. Of course I'm not talking about goofing off - I'm talking about motivation and drive. Let's look at three myths about why people can't or don't have fun at work.

If I am having fun I can't really be working. This notion comes from the old "Listerine" management model: "it has to taste bad to be effective". Work has to feel like work or it really isn't work. If it feels good it might be play, or something worse. In reality, people who enjoy their work say they cannot tell the difference between their work and their play - it feels so much the same. To be passionate about something means to love it. Some people love their work, can't wait to get there, and they do more of it than people who dislike or feel indifferent toward their work.

If I use humour at work, people will not take me seriously. They might think I am lazy, flaky, or maybe even a bit crazy. Witty, energetic, creative, productive people are fun to be around. When you think of all the people you have worked with, most likely you will remember the ones who had a good sense of humour. You will also remember that you learned more from these people than from some others you have known. When you use humour appropriately, people probably will not think you are lazy, flaky, or crazy. You may have to give people time to get used to the idea of having fun at work and still getting the work done.

Appropriate humour is based on caring and empathy. It builds confidence, brings people closer together, is mutually supportive, and invites everyone to laugh. When humour is used inappropriately, people may be left feeling hurt or belittled. Racist and sexist humour must be avoided. The goal is to laugh together, not to laugh at others.

People in my workplace would never allow us to have fun at work. The old adage that "laughter is the best medicine" is true. Stress and burn-out are big topics, laughter and joy are the best antidotes for stress. If you ease into the idea of having fun at work and slowly help to spread it, you will be surprised how quickly people pick up on the idea.

How can you get more joy into your workplace? It helps if you really like your work! Lighten up and let go of some of your need to control. Don't be afraid to try new ways of doing things. Plan spontaneity! Organize informal social gatherings outside of work. Celebrate successes. Create an atmosphere of joy with posters, pictures, cartoons, jokes and friendly banter with co-workers and clients. Create a staff skit for your next staff social. Start meetings with people sharing something funny



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Catherine Fenwick is an author, educator, career and work consultant. She develops and delivers workshops and keynotes on how to get more healthy humour into your work and your life. 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/healinghumour>>

NECK SELF CARE

by Cassie Caroline Williams, Ph.D.

Many of us have had trouble with our neck at some time in our lives. To understand it more fully, an explanation of its anatomy will be given. The neck has seven cervical (neck) vertebrae, and the first two are called the atlas (C1, or the first neck vertebrae) and the axis (C2). The atlas is so-named because it supports the head, as did the mythical Greek Atlas who was supposed to support the world on his shoulders. C1 articulates with the base of the cranium at the occipital condyles. There is a tooth (dens) extending up from C2 around the atlas pivots, hence the name axis. Between these two vertebrae there is no disc, but between all the other cervical vertebra and down the spine there are intervertebral discs. C7 articulates with T1, the first thoracic vertebra with the first rib.

About 95% of my clients have restrictions at the cranial base, usually due to "whiplash" at some point in their lives. We may get a restriction there at birth and be colicky, or we may slip on ice and land hard on our bums, seeing stars. Even landing hard on the bum can induce a "whiplash", as the impact is translated up the spine by the vertebrae. This can also be a difficult area to release, since C1 is wedge-shaped and can jam at the base of the cranium, pinching up to three cranial nerves exiting there and the jugular vein. Those pinched nerves can cause tight jaw, neck and shoulder muscles, or indigestion and nausea.

Ideally to release the cranial base, the thoracic inlet (C7-T1) at the base of the neck should be released first. When that area is tight, we can also have tight shoulders, especially in the trapezius muscle. First determine which side is tight by feeling the muscles at the lower neck. To relax those muscles while seated, you may roll your head away from the sore side. As the area feels more relaxed, then slowly bring the head back to the center, staying in any one position as long as it feels good.

Next the midneck can be released. Determine which side is tight or sore, and roll your head to that side, holding it there for a minute or so. Repeat as often as necessary.

The cranial base can really be a bug-bear of an area to release, in part due to possible internal restrictions in the spinal cord, the windpipe, the oesophagus and so on. One way to overcome some of that is to employ the use of the eyes and even the tongue if you like. Determine which side is tight or sore (you can feel this just below the earlobe, in the hollow between the jaw and the bony bump behind the ear, the mastoid process). Like the Balinese dancers move their head directly to the side (translation of the cranium over C1), move the head away from the sore side. Next tilt the head slightly over the sore point and hold that position until things relax. Using your eyes will facilitate a faster release; move them to whichever side feels most comfortable while doing the exercise. Likewise the same for the tongue. Basically with all of these exercises, they should feel comfortable to do and should give you some relief.

Some of us have a marked forward curvature of our necks, usually due to whiplash. To release this area, intertwine your fingers and place them at the back of your neck, pulling forward. (This accentuation of the body's "preferred position" is the approach that some osteopaths use and is the basic concept behind Ortho-Bionomy, developed by osteopath Dr. Arthur Lincoln Pauls)

Other ways to help a stiff neck include a two-hand hold and a cranial base sweep. The two-hand hold places one hand on the neck muscles and the other at the base of the cranium; you then pull your hands towards your respective elbows in opposite directions. If it feels uncomfortable, reverse your hands. The cranial base sweep addresses one side of the neck at the top of the neck at a time. To address the right side, you reach behind your head with your left hand to the bony bump behind the ear (the mastoid process). Then you pull firmly, or with whatever pressure is comfortable, across the base of the cranium to midline. Repeat as often as necessary. Reverse for the opposite side. This exercise can avert headaches. Thus you can do something about your own pain in the neck! If discomfort persists, do seek some advice, or consider who/what in your life is a pain in the neck. *See ad to the left.*

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Cellular Nutrition

The Key to our Future

by Heather Gill, RN

Our bodies began as a single human living cell. This cell multiplied and divided billions and trillions of times to form a human body with all its organs and tissues. To be able to function properly our cells require the correct balance and a steady daily input of nutrition — Cellular Nutrition.

Twenty or thirty years ago it may have been correct to assume that we could obtain a good balance of vitamins, minerals and other trace elements strictly from our diets. Unfortunately this is the furthest thing from the truth in today's world of "convenience" foods. The quality, even of our "fresh" foods, has deteriorated over the years mostly due to the effect of Free Radicals in our soil, which today is badly depleted of nutrients. If it's not in our soil it's not in our food. Agriculture has changed drastically over the years also. The demand for volume has led to farm animals being fed "super-charged" formulas, antibiotics and grossly inferior nutrition. This ends up in our food supply as inferior quality foodstuffs. To obtain the daily necessary vitamins, minerals and trace elements which used to be in our food, we would have to consume ridiculous amounts.

So where is this leading? Well, the bottom line is our bodies are becoming deficient in essential nutrients. This means our cells are not receiving sufficient nutrition to be able to function correctly. This, in turn, leads to malfunction of organs and tissues and ultimately disease both acute and chronic.

As a nurse for the last twenty-three years I have seen a drastic change in people's health. People are becoming sick with life threatening illnesses such as cancer, heart disease and diabetes at a much younger age. In a recent article issued by the New England Journal of Medicine there was a red flag raised as to why so many of our young people are being struck with Type 1 or Juvenile Diabetes in epidemic proportions.

Unfortunately in our busy lives we sometimes fail to notice our bodies failing until the symptoms are pronounced and we seek "help". By that time our cells have been badly damaged and modern medicine then bombards our bodies with chemicals in an attempt to correct things.

We all know that an ounce of prevention is better than a pound of cure.

I truly believe the answer to many of our health problems lies in prevention. I became involved in "alternate" therapies about six years ago when I decided that there had to be another answer to our society's escalating health problems.

I began to study Cellular Nutrition because I knew that the cell is where everything begins. In our cells are the building blocks. As an experiment I went to a Health Food Store and began to collect an assortment of vitamins, minerals and trace elements which I considered essential for supplementation. I was horrified to see that \$209 later I had over twenty different bottles. There had to be something better. Fortunately I have discovered a Superior Cellular Nutritional Supplement which in only three basic bottles (at a fraction of the cost) supplies the body with every essential element required for our cells to

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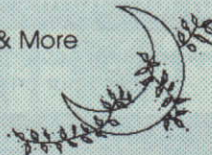
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PSYCHIC SKILLS BRING BUSINESS SUCCESS

by Colin Christenson



If the purpose of a business is to survive (make money) and grow (become more successful), then how can psychic skills help? Most business people use a variety of mental tools to get them through the day, here are a few that can be added to your toolbox.

1) Knowledge from Learning and Experience.

There is the knowledge that comes from learning and experience. This is derived from years of education and instruction, or from time spent working in a business or career field. This would include knowledge of specific technology or the use of critical thinking skills such as logic. This is usually the knowledge and experience we see on a resume.

2) **Intuition...** Then there is knowledge that comes from intuition; when, through our inner senses, we pick up feelings, sensations, perceptions and emotions. Our sense boundaries are extended to include more than just learned knowledge or past experience. Intuition is like an extension of our normal sense perception - which goes beyond our skin and picks up information from the environment or from other people.

3) **Psychic knowledge...** Beyond intuition, lies the knowledge that comes from psychic knowing, an instantaneous knowing, like the immediate grasping of a whole concept or set of ideas. This way of knowing (which bypasses anything we would normally call thinking) leaves us asking "Where the heck did that come from?" This is knowledge that we could not have known about beforehand, those magical insights or inspirations that just pop into our conscious mind from who knows where. This is the kind of "knowing" that we can call psychic. It can be developed as a skill and is a marvelous source of ideas and innovations.

Although we tend to think that only fully documented psychics have this "ability," many of us can develop the same skills by paying attention to where our knowledge is coming from. We become aware of which level of "knowledge" or "ability" we are accessing by asking ourselves, "Are we using learned knowledge, or an intuitive ability, or are we using our psychic skills?"

Psychic skills may become the most important skills of the 21st. century and to be successful in today's business, we need to utilize all these skills. Are you prepared to develop psychic skills? Skills that can help in problem solving, decision making, and in creating new products and services for your business; this may be the most economical and most effective way to become more successful in business - or you could just hire a business psychic. *Please see ad to the left.*

Astrological Forecast

for November ... by Moreen

The continuing review of reality (Saturn Retrograde) will hold sway during November generating increasing amounts of frustration for many.** A balance can be struck with the Sun, Venus, and Mercury moving into optimistic Sagittarius this month. They will have the power to trigger Pluto into cataclysmic changes in our lives. Also during the first two weeks Mars and Jupiter dance together giving the risk takers a chance to escape Saturn's frustrations with an outburst of activities.

The Full Moon on November 3rd is at 9:18 pm. We are asked to shine the light of awareness on Scorpio's themes of power sharing, whether that's literal or in relation to resources, death and sexuality. The highlighted degree symbolism* 'A young couple walk down main street window shopping'. The keyword is Visualization, can you see the possibilities in the co-creative process?

Jupiter, the Lord of Luck, stations and turns direct on November 13, that's Friday the 13th. This could be a queer day for any who have 19 degrees of mutable signs emphasized. The spirit review is over again for another 12 years. It is time to move forward in regards to our relation to the transcendent, that's short for what is beyond time and space. Venus moves into Sagittarius on November 17th and while she is here we all have an opportunity to extend our world view to include those of different ethnic and cultural backgrounds.

The New Moon is at 8:27 pm on November 18th. Today we plant the seeds for co-creative activities. Successful healing journeys can begin now when you join others for mutual support. The highlighted degree symbolism* 'A military band on the march' The keyword is Intrepidity. Can you draw events to a focus, direct their course to what might seem like an impossible end? Picture the drama unfolding, then invite the cast to participate.

The last of Mercury's retrograde passages for 1998, begins on November 21 and goes to December 11th. Our lives can be rearranged by this famous trickster, with delays, missed appointments, stalled contract negotiations, and other non linear events. It is recommended that one relax and go with the flow, saving important decisions when all the facts are in, usually after Mercury turns direct.

On November 23 Venus meets our current evolutionary challenges that face humankind (Venus conjunct Pluto). She asks for significant relationships to be initiated today, that can change the world!

November ends with the Sun meeting our evolutionary challenges (Sun conjunct Pluto), asking us all to choose directions for the year to come that are solutions not more problems. Can you imagine how you might be of service to humankind's evolution? The creative power of healing is an avenue to look at, as it is currently being emphasized.

* The Sabian Symbols by Marc Edmund Jones

** Relief comes on December 29th when Saturn turns direct.

See ad to the right

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FOOD - the most natural medicine

by Dr. Glenn Morezewich D.T.C.M.

Food has always been the cornerstone of our health. Food provides us with our vitality and strength. It also replenishes our energy and repairs damage on a day-to-day basis, provided you give it the opportunity. The nutrients available in the food we consume were at one time enough for our bodies to function normally. Food availability was based on the seasonal cycle. We were at one time forced to vary our diets as the growing season ended.

The question now in North America is not availability of food, but one of choice and nutritional content. Over the years food may have changed, but more than that our view of food has changed. Through advertising and marketing we have been directed to make certain choices. The choices made these days are in the direction of instant food. Convenience has outweighed nutrition in our choices. Most of the food which is publicized in the market place is advertised as quick and instant. They do not mention that it is heavily processed removing most of the nutrition. I will not call these products food. Most so-called "natural foods" are refrigerated, chemically treated, dyed, painted, wax coated and overpackaged.

What may be surprising in this age of supplementation and medication is that diet is the key to any type of prevention or recovery. In as many cases as possible I include dietary alterations in my clients' treatment plans for the purpose of trying to maximize recovery by the most natural means possible.

As a Doctor of Traditional Chinese Medicine I have seen many things in my practice, but more and more I notice a clear trend. Before the onset of serious illnesses the body has a tendency to show subtle signs: low energy, lack of vitality, sleep and digestive problems. These signs may seem insignificant to some, but they are signals sent out by the body to warn us of early dysfunction.

One case was a young woman who expressed a problem with waking up tired, day-long fatigue, headaches and digestive disorders. As we discussed her situation she was surprised that I was asking about her diet. She had assumed that an herbal formula or acupuncture alone would solve the problem. After our discussion, I devised an initial treatment plan which included small dietary alterations and some life style changes. With just these changes alone I expected to see a positive result in her situation before the next time she was in. With a slight smile of surprise she left to try some of these new ideas.

Eight days later I received a very excited phone call from this same client. "I feel great. I can't believe the change! My energy is up and my headache is gone." She was indeed surprised that my prognosis had come true, that her situation had changed just with dietary alteration.

Two days later this same client was in my office no longer looking for supplementation alone, but for more dietary ideas. The lesson learned was to first maximize your diet and choose excellent nutritious food. Look to supplementation only after diet, exercise and lifestyle are all maximized. You cannot lead a truly healthy life living on vitamins, minerals and instant foods alone. The name "supplement" says it all; to complete something, to supply a deficiency or to reinforce. Spend your first few dollars on whole, unprocessed foods which have a history of providing good health for thousands of years: whole grains, brown rice, vegetables, fruit, beans, lentils, meat, fish, eggs and milk all from the purest sources possible. Avoid foods that are chemically or hormonally treated. Tell the people supplying them that you want meat, eggs, cheese and milk without these unnatural extras. Things to consider replacing in your diet are refined flours, instant noodles, processed meats, refined cereals and sugar. Over-refined products have had a very small history in the human scheme of things, and I believe they are part of the increases in the rates of cancer, diabetes and chronic digestive problems occurring in the general population today. Even though we are spending more money on these so called "scientifically improved foods" and supplements i.e. meal replacements, I am not seeing an improvement in the standard of living of people using them.

Things have moved to a point where I cannot trust the meat, cheese and milk my clients eat and drink. Start demanding non-hormone treated meat, poultry and fish. The food you choose is the first line of defence against illness and disease. Remember, you are what you eat. The things you ingest can either bring you ill health or wellness.

As a Doctor of Traditional Medicine, I help your body heal itself. I can be of no help however without the miracle of your body's strength to change and adapt to different situations. Without nutrition your body does not have the chance to change your situation. Provide yourself with the best food that you can. Treat yourself, both body and mind, with love, care and respect. I think you are worth it. You should too! *see ad below*

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Book Reviews

Jane



I Thirst

Seven Trips to India

by Michael de Jong

Focus Press, ISBN 0-9683566-0-5

Appropriately named, this is the author's journey to quench the unknown desire he had felt for many years. A successful businessman with a thirst for alcohol and power, Michael de Jong craved adventure. From operating a fishing boat to trips abroad, he searched for that elusive something more in life.

In 1991 he headed off for a twenty-eight day retreat, recommended by others in his church, which turned out to be an addictions' treatment centre. It wasn't easy for the author to admit that he had any problems, but the twelve step program turned out to be his first step in recovery. That fall he attended an evening lecture by Dr. Brian O'Leary about the power of the human mind. At the end of the evening was an invitation to join the host for a trip to find the miracle workers of India as research for an upcoming book.

With his first experiences in India and the subsequent journeys back, Michael de Jong found a renewed purpose.

I learned to let India teach me. Sometimes the teacher was a dying man, a rickshaw puller in Calcutta, another volunteer; other times, it was an Indian doctor, or someone associated with Mother Teresa. Saints such as Mother Teresa and Sai Baba spoke loudly to me, and I listened. I listened and learned. What I experienced in India made me cry, and made me laugh, but most importantly, it changed me forever, and the change was profound. Gradually, my thirst for power and excitement changed into a thirst for understanding and compassion. My gratitude knows no bounds.

Our spiritual paths are varied; many roads lead to one destination. This book reminds me that our teachers come in many guises and that the greatest joy can be found in the mundane.

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On Wings of Light

Messages of Hope and Inspiration
from Archangel Michael

by Ronna Herman

Sunstar Publishing Ltd, ISBN 1-887472-19-3

You established riches and plenty and then lack and deprivation; you created schools of great knowledge, forgetting that wisdom comes from within.... You came to look upon your physical being, your ego and your mind as the ruler of your universe, and put Spirit and God somewhere "out there" beyond yourself and out of reach.... All of these things were created to enhance and build the feeling of separation, aloneness, by those who could only gain strength by dividing and conquering. THAT TIME IS PAST, DEAR ONES!

It is time to reunite, to reestablish the strength and unity of the God Force of which you are an integral part.

I wasn't ready for this book when it first came across my desk. Now, months later, it all makes sense and the timing is perfect!

In very straightforward terms Archangel Michael's messages validate the experiences that many are already having as shifts occur on this planet. The good news is that we do not have to undergo cataclysmic events as part of our change in consciousness. He provides many simple exercises to help us release the old programming about who we are and how we have been expected to participate in the world. Beautiful meditations and affirmations support the changes we want to implement if we are willing to do our own work.

Of great value to me is the ten-point release exercise to let go of all that no longer serves me. I have been struggling to identify each and every thought, feeling and pattern that doesn't fit with the person I am becoming. This list condensed everything into a package that I can work with.

These messages offer hope, inspiration, guidance and the loving support of Archangel Michael channelled by Ronna Herman.

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"The Truth Shall Make You Free"

-John 8:32

by Rev. Juanita Rivera

God Bless you all. My story begins back in the 70's as a young wife and mother. I had many friends, a good income and a beautiful home. In all appearances, I was a happy and contented spirit. But, oh dear readers, if only I could have been seen on the inside.

Here I was, walking around with a heart that was longing for God, and my spirit searching, searching for Jesus Christ's Truth. I needed answers to my many, many questions. What did Jesus mean "I am the Light of the World" And "Ye are the Light of the World through me"? How? And what did Jesus mean when he said to his Apostles that John the Baptist was Elijah come back? What about Angels? Miracles? All those things that happened in Biblical Times, Why not now? Why did the pastors talk about heaven when the Bible says "above all Heavens"? Wasn't this plural? And why were some people born in the condition they were? My questions went on and on. I must say, I was not without Spiritual teachings as I had spent my life from a young age in Sunday School and Church. Still I felt something was missing, something more, proof, not just blind faith - but facts.

So my spiritual search went on. I went from church to church over the next few years, always thinking, "Now I'll get some answers, now I'll find out. There's something more here." But no, dear readers, it fed my spirit for a while, but God was calling me on. I had just ended up in the same situation. When I asked questions that they could not answer, I received the same reply — "Well, those are the mysteries of God, and we aren't to know these mysteries but some day, when we get 'over there' we'll understand it all." This was not what I wanted to hear, since the Bible said, "It is given unto you to understand the mysteries of the Kingdom of God" and I was now all the more determined to find the truth. So I sought on, praying in Jesus' name, as the Bible says to do.

Now, I must say before I go on, please do not misunderstand me. I loved every Sunday School teacher and every pastor I ever had, and I thank them all for the help they all gave me along the way as I passed through the different "grades" of development of spiritual consciousness. But I needed to fill the ache in my heart. The longing to find my Lord, and the Truth, so the search went on.

A short time thereafter I was visiting a friend and when I was about to leave she said, "I have a book I wonder if you might be interested in reading. It is about the human aura, have you heard of that?" "Yes, I have", I said, as I knew it was something about our 'atmosphere', and I could actually feel a wonderful warmth inside me and the hair on my arms and the back of my neck began rising!!!

I went straight home from there, clutching my prize, a beautiful yellow book with a rainbow on the cover titled, *Atoms Aura Reveals Secrets* by Dr. Josephine C. Trust. A woman, a scientist, a Reverend Minister. So, I propped myself up with my pillows and didn't put my book down. Here she was answering me from this book, all of my life's questions. I didn't know whether to laugh or cry, so I did them both! This was more than

I could stand. A woman pastor, a world scientist, a doctor no less, and I had been told and taught for years that a woman was not to be a Pastor or leader, that God didn't allow it. (Although I was given no scriptures of proof that women cannot preach) I had followed blindly and was taught we are to obey. We were not equal. Dr. Trust's teaching was like the New Testament's; women had enjoyed a far greater freedom in the Gospel than the women of today, as they were prophetesses, deaconesses (pastors), teachers and leaders along with the Apostles.

Now, dear readers, I have neglected to say that I was employed by the justice system and had been for a number of years, so I decided to go to Dr. Trust's Foundation, "The Superet Centre" in Los Angeles and do some investigating of my own. A book was reading, but seeing for one's self is reality. And that's what I found — reality.

Driving up to the address in the evening the first thing I saw was a beautiful big purple heart on the top of a mid-sized white church with a beautiful prayer garden full of giant roses and a statue of Jesus with arms outstretched, inviting all. Another building was attached at the side which is a school to train students. Why hadn't I heard of this before? Simple, no T.V. Evangelists and no door to door salesmen. Jesus calls us in when we are ready.

In my meeting the next day, I found out that there were miracles and thousands of people had been healed by the Lord Jesus through Dr. Trust. Many of those are attending church there or in another branch of her churches throughout the world. I also had the opportunity to see twenty 'miracle pictures', some with the Lord Jesus's face on them, some with doves and writings, and Angels. I went and investigated documents that "yes" these are authentic miracle pictures.

Continuing on, I found out that Dr. Trust had the gift from God of seeing the human aura from the young age of four years and told her parents she had seen spots and colours on people, and that she had also seen Jesus and talked to him. What a shock to the Count and Countess De La Croix of France who were her parents. They took her then to a doctor to see if she was insane and she described seeing angels. The results? The doctor said she was quite well. This continued all of her lifetime, as She was chosen by the Lord to bring His True Doctrine back to this earth again. Pastors and members told me how they had seen the Church full of Angels and Cherubim many times. That was it for me!! I had found my home, and the answer to my many questions and spiritual quest at last! I immediately purchased the books for the Aura Science Course study. From there I went on to the course of Ordained Reverend, open to both men and women in total equality.

I am so grateful to God for allowing me to find the truth of Jesus Christ's Teachings of how to develop the light in my Aura and to be God's servant to help humanity as an Ordained Minister. Now I understand Jesus' words "I am the Light of the World and ye are the Light of the World through me". Also "Ye shall know the Truth and the Truth shall make you free". I am free at last.

See ad to the right plus ad on page 13.

They are the Guest Speakers in Penticton on Nov. 20

Toys - and your child's imagination

by Lyn Turner

Has the toy situation in your home grown completely out of control? Are you concerned that your children "need" more toys, yet have so many that they don't play with? And do you dread going back into the toy stores this Christmas? Well, there is an alternative to the sea of plastic toys that break, cost a fortune and don't hold your child's interest anyway. And all you have to do is take a walk in the woods with your children! One place you will find natural object playthings, and no plastic toys, is in a Waldorf preschool.

There, children play with very simple toys made of natural materials. Soft cloth dolls, wooden cars and boats, blocks made from branches cut into slices. Small baskets are filled with chestnuts, sea shells, coloured fleece, simple knitted animals, gnomes and finger puppets, walnut shells, pine cones, coloured cloths of different sizes.

The faces of the children appear bright with wonder and plain joy when given such a natural toy as a gift. An enormous sail of a leaf. A tiny, shiny seashell. A delicate rose-shaped pine cone. A single sunburst of a straw flower. Such simple, pure magic. Those same bright faces proudly show what they have made that day. A stick with flowing, fiery paper streamers that fly in the wind. A simple doll made of corn husks and wool. A tiny, wobbly hand-dipped beeswax candle sweetly scented with honey. These children are genuinely happy- simple is enough.

The less formed a toy is, the more possibilities it has for engaging a child's imagination. We wouldn't think of giving a

child a colouring book already coloured, yet that is what we are doing when they get a doll that talks, or remote control truck. A cloth doll with very simple features can be happy, sad or angry, depending on the situation. A basket of stones can become walls or roads; they can be stirred to make soup by a chef; they can be counted as money by a shopkeeper; they can become a flock of sheep for a farmer; whatever the child needs them to be. Pieces of cloth can become houses or caves, capes or wings, rivers or oceans.

If you need-help to spark your imagination and reconnect with the magic of childhood, visit The Christmas Market at the Kelowna Waldorf School on Saturday, November 21st from 10 to 4 pm. Pay special attention to the Children's Store (so named because children can buy handmade gifts for their family for very little money). It is filled with treasures for all children- walnut shell candles and turtles, paper folded into water lilies hiding a secret place for a message, little felt bags filled with roasted pumpkin seeds, spinning wooden tops, brightly coloured crocheted pouches to hold a special crystal or other delights. Look at those faces as they try to choose the right gift for a sibling, a parent, themselves and each other and enjoy!

Many toys today do not encourage imagination, but toys from nature are real. They are pleasing to our senses. They are durable, beautiful and interesting in their shape, form and colour. They are inexpensive, if not free! So, take a walk in the woods and see what you can find. *see ad to the left.*

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VISION CIRCLES

by Beverly Hunter

I found myself watching intently, fascinated and intrigued with a man who had just a few years ago had his driver's licence denied him and been declared legally blind. There he was driving us down the freeway in California! I kept remembering people asking me if I had known him when he had glasses so thick they looked like coke bottle glasses. It seemed so unbelievable that someone's vision could improve that much without outside or other means than natural vision improvement techniques and sensory integration.

When I took my first Vision Circles course I had a hoot! I had so much fun that I hadn't really realized how much I was learning until, a few weeks later, I was doing something and noticed I was doing it differently. I noticed I had a much more open attitude about it and I could see and feel how vast the options were in doing this one task. I had known there was always more than one way to do something but this moment I could actually SEE and FEEL it. My understanding and perception were very different. This was a course that opened up doors, windows and gave me bridges to cross.

I love the way Gail has developed the thirty-two Vision Gym movements within the eight developmental circles. The eight vision circles represent eight primary ways of processing information and these eight aspects of perception develop naturally over the course of early childhood. Working through each of the eight circles gave me the opportunity to recognize and expand my perceptual abilities and explore my sensory modalities through play, art and creativity. This workshop opened up a sense of playfulness and a new understanding of the relationship between vision, brain integration and learning. And as I do these movements new perceptions enter my world.

As Gail and Paul Dennison put it *Vision takes place in the mind, not the eye. Although the health of the eye and surrounding tissue is important, vision, the ability to experience meaning and understanding from what is seen by the eyes, takes place in the brain and is the sum total of our experience.*

See ad below.

Peace and Magic Through the Camera's Eye

by Tracey Lalonde

What could be more miraculous than the world of Mother Nature? Spending just brief moments in one of her pristine environments can erase negative energies accumulated from days or even weeks in our chaotic society. I've found that wherever the wilderness is, becoming immersed in its overwhelming beauty has helped to restore precious peace within my soul. I feel truly fortunate to have experienced so much time surrounded by nature's powerful life force and the great sense of unity it's granted me, my own place within perfect harmony.

In recent years, I've discovered that taking my camera into the wild has given me a new perspective, more awareness, and an exciting view of the world in many different lights. I have adopted a unique set of eyes — the camera's eye; it reflects what I see as I absorb and frame the intriguing beauty and tranquility around me. When I focus my senses — paying close attention to the details — pieces of a scene suddenly become pictures themselves. I'm not perceiving a tree but each element which makes up that tree. Everything becomes a possible subject, picture or part of an image. Then, after zooming in on one fragment of life and really examining it, I can see how it fits with what's around it to construct a magical world.

Capturing brilliant scenery and remarkable wildlife, if only for a moment in time, is an incredible feeling. It's recording something which will only be seen once before it changes. Mother Nature's intrinsic world is just that — constantly transforming — a cycle of life and death and continuous growth. Photography in nature becomes for me a way to grow, to nourish my spirit as well as my health.

Ever since my fiancé, Phil started leading photo tours, I've realized the possibilities of such an avenue. They are a wonderful vehicle for getting out to live the magic. Knowledgeable, professional guide-photographers really know the areas they're taking their guests, as well as all the best spots (and times of day and year) to go. They can escort people to spectacular places within our own country and all over the world. And guides in tune with nature know how to approach animals more closely, allowing guests the chance to be in the presence of and even photograph wild creatures in their natural habitat — an overwhelming experience.

I've had the privilege of watching (and photographing) countless species of wildlife such as graceful sambar deer and playful, long-tailed macaque monkeys in an ancient Malaysian rainforest; baby black bear and harbor seals on Vancouver Island; and majestic California bighorn sheep and desert rattlesnakes right here in the South Okanagan (to name a few). These incredible animals appeared closer and more detailed through the viewfinder, as if they were right in front of me; it was almost impossible to take my eyes off these amazing critters, and I wished these moments would last forever.

Photography in nature has allowed me to discover peace and magic through the camera's eye. It's taken me into a new, unbelievable world where I can constantly focus on its intense beauty and then relish in the endless enchantment of Mother Nature's magnificent wilderness.

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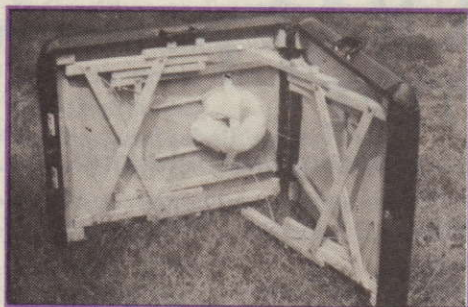
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