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December 1998 & January 1999

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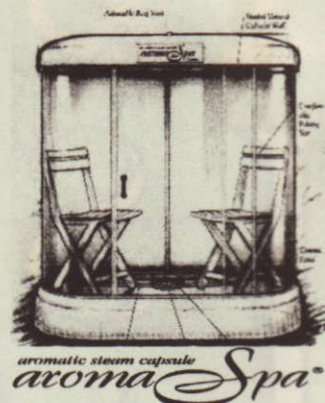
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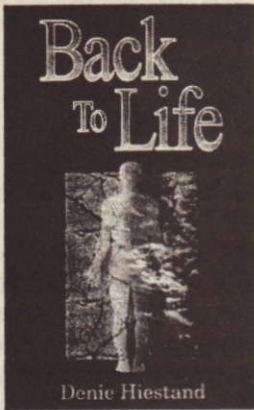
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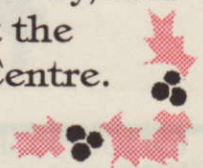
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Seasons Greetings

from Angèle, Marcel & Jan
at ISSUES Magazine
and

Michael, Urmi, Nywyn, Carol,
Dr. Glenn, DCTM & Garry, RMT
practitioners at the
Holistic Health Centre.



Seasonal Celebrations

with the Unitarians

| | |
|-------------------|--|
| Dec. 13, 10:30 am | Commitment: A Hannukah Reflection |
| Dec. 20, 10:30 am | Advent: What Are We Awaiting? |
| Dec. 21, 6:00 pm | A Solstice Event, including potluck dinner |
| Dec. 24, 7:00 pm | Christmas Eve all-ages service |

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From the Editor...

Chit Chat

with Marcel

One of the most misunderstood aspects, of our bodies and our lives, is pain. I am referring to all pain - physical, emotional and mental. Our society generally considers pain as something to be avoided at all costs. Millions of dollars are spent each year on pain-killing drugs and tranquillizers, with unfavourable side effects. It is obvious to me that this is a treatment that is attempting to stifle a symptom and gives no thought to the unbalanced condition that is the cause of the pain.

At the point when I decided to take complete responsibility for my health and well-being — I found this to be a necessary step when I realized that no one else was going to do this for me — I realized that pain needed to be looked at in a much different light. I began to see that pain is the voice of my body. A voice that is trying to let me know when an unbalanced condition exists. It starts out speaking in whispers, but when I don't pay any attention, it has no choice but to scream and holler.

I look upon pain as I would a small child. If your child was unhappy and crying, you wouldn't shut it away in a soundproof closet so that you couldn't hear the racket any more, you would try to soothe and comfort the child with understanding and by giving it your attention. It is the same with pain, when we take pain killers it is like shutting the pain in a soundproof closet so that we lose our awareness of it. A much more responsible and lasting solution is to face the pain and give it your attention. I sit quietly and go into the pain and try to communicate with it. Ask what it needs. With practice it is possible to begin to understand the impressions that come into your awareness revealing reasons for the pain and ways to deal with the problem.

This is a meditation I would like to share for working with this situation: Sit quietly and visualize a knock on your door, which you open to find a very unhappy, dirty, crying, small child. Perhaps like one of the children from Africa that we see on TV. Understand that this is the symbolic form of your pain and/or unwanted condition. Embrace this child lovingly. Bath and feed it with great care. Then sit and comfort it while feeling much love and caring. Notice how it has become chubby and healthy and smiling. Now take the child and hold it over your heart chakra while still radiating an abundance of love. Then you will notice that the child is becoming much smaller and eventually disappears as if being absorbed into your heart where it is completely transformed by the power of love.

I have always felt a strong sense of empowerment when I face my pain (physical or emotional) and recognize it as part of my entire being. Then embrace it with my attention and love and ask for guidance that leads to transformation.

Marcel

New Forest Monastery

Old Tradition

by (Vens.) Sona and Thitapuñño

Something unusual is going on not far from Princeton. You won't find another like this for 1000 miles in any direction; a Theravada Buddhist Forest Monastery, that is. Perhaps you're wondering, "What exactly is a Forest Monastery?"

Well, physically: 18 acres of countryside, a large 5 bedroom monastery/house and 6 cabin/trailer hermitages. On the human side: there are two fully ordained Canadian Buddhist monks; Ven. Sona is the abbot and Ven. Thitapuñño is the second monk. A flow of lay-people come and go—some for a brief visit, some to stay for a few days or weeks on retreat.

It's a quiet place, peaceful, as you might expect. It's also friendly and welcoming. Most resource centres are places designed to be exciting, impressive or entertaining whereas a forest monastery is designed to provide a calming and inward-pointing environment where simplicity and peace are the hallmark. For people who have time to devote to spiritual development the forest monastery is the ideal place to learn and practice meditation, discuss issues and questions concerning Buddhism, lifestyles, decisions, attitudes, stress and its relief, morality and ethics, and on and on.

The resident Canadian monks (Vens.) Sona and Thitapuñño are here to provide support and instruction in a way that allows each lay resident to enjoy plenty of private time and space. Our approach is more comprehensive, flexible and integral than the typical fixed-schedule, short-term meditation retreat known to western meditation practitioners. Visitors are always welcome; for those who would like to experience the monastic lifestyle as medium to long-term lay residents or for applicants wishing to try the monastic lifestyle (monks/nuns) there is a preliminary assessment period. There is no charge whatsoever for the use of this resource.

As monks and nuns refrain from growing/cooking their food and handling money, the lay community traditionally supports the monastic community, generously providing them with lodging, food, clothing and medicines. The guidance and selfless friendship of the members of the monastic order in turn is a key element for the spiritual support of the seeker who wishes to benefit from all aspects of the practice.

Theravada Buddhism is the largest and oldest school of Buddhism, largely unchanged since the time of the Buddha. It is found throughout Southeast Asia and is now appearing in the West. It appeals particularly to the western seeker of relief from a too demanding and materialistic society. The appeal of Buddhist teachings is that it works, and has worked for millions of people for 25 centuries. The skills required to live happily and skillfully are never taught in our schools or institutions. Here is where the forest monastery comes in for rescue as a vital resource that has benefitted individuals and societies for centuries.

Vens. Sona and Thitapuñño extend an invitation to anybody wishing to find out more about our monastery. For information regarding reservations, accommodation and general/guidelines please contact: "The Abbot", Birken Forest Monastery, PO Box 992, Princeton, B.C. VOX 1W0 Phone/fax: (250) 295-3263.

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Musing

with Angèle

publisher of ISSUES



An Unclaimed Treasure

Many thanks to all the folks who mentioned to me that they 'love them ol' photos.' My Mom deserves the applause — she wanted a record of homesteading and captured many moments for history. This month's photograph is not one that she took but one that she saved. Let me introduce you to Uncle Bob, Grandad's oldest brother, "an unclaimed treasure or a man who never married," as Mom would say. This photograph was taken at the Edmonton Exhibition Grounds in the 1920's. It is Fall Fair Time and the surrounding towns liked to partake in showing off their treasures. Grandad and his three brothers lived on a farm in Grimshaw, Alberta, where they trained these moose to pull their sled. They would drive them to town and to do errands around the farm. I chose this photo for this month's front cover for the moose remind me of reindeer and Christmas.

Each family has its traditions, depending on the memories that are passed down and included in the next generation. I don't remember Santa and his reindeer dropping down on our roof when I was young, but since I had lots of invisible friends to play with I believed that anything was possible. By the time I was eight years old, I helped Mom with the shopping and wrapping of Christmas presents so by then I knew better. Christmas holidays were a time to socialize and relax— sort of. Cooking a turkey and fixings for ten to twenty family members took time and effort as did the dishes, but we all loved the left-over turkey and the abundance of desserts, so we continued with the tradition till I became a vegetarian.

As I became older Christmas gift-giving became less important in our family. Dad didn't like going to town, let alone shop and Mom preferred to give when she felt like it and not just on stat holidays. To me that made a lot of sense, and as my awareness shifted, so did what I wanted to do. Nine years ago on Christmas Day, I moved from our family home. I remember walking into the building and listening to my new landlord gasp, as she saw Rae's truck pull up. She said to her husband, "I can't believe that they are moving her in on Christmas Day." I could, for it made sense to me: my three sons were home for the holidays and I had the muscle power to move my belongings, one load each day. Besides it gave us something to do as a family, and I thought it was a great way to end our relationship.

When my marriage ended, I asked the universe for a rest. I needed time to myself, to find out who I was, someone other than my children's Mom, Rae's wife or a lifeguard. After living alone for six years and enjoying every second of it, I could feel a change in my bones— it was time to allow a man into my life. I looked up into the sky and said, "If you have a man in mind, drop him in my lap, for I don't have time to go looking." For the next year I eyeballed each man as he came and went from the Centre, wondering who the universe had in mind. Then in March of 1996, a young man registered for a vegetarian cooking class, who afterwards asked questions about the

Spring Festival of Awareness. Wanting to be part of a group with similar beliefs, he volunteered to make posters and anything else I could think of. After the Festival he took off to Chile for three months to work and when he returned, he dropped in to the Centre to say Hi to everyone. He was waiting for a phone call to go back to work. The call never came, but in the meantime, he kept busy helping with the Fall Festival of Awareness. He then made a trip to Edmonton with me to deliver ISSUES and share some time with my boys. He was a good driver, had a great sense of humour, and we talked about our many similar interests. He was a dedicated vegetarian right from the start and we enjoyed eating out but vegetarian restaurants are few and far between so we had fun sharing the cooking and eating at the Centre.

One Saturday night there was a potluck at Urmi's, so Gerry and I went in his truck. Late that evening he dropped me off and as he left, I asked him, "Are you taking a break from volunteering tomorrow?" He replied, "We'll see how I feel in the morning." About ten am, I heard his truck pull up while I was still in bed. I laughed to myself, looked up to the sky and said, "Thanks, I now know what it means to have someone dropped in my lap." With this as a clue that he might be the one for me, I asked for his birthtime and had my astrologer check him out. I wanted to know if there were any major obstacles if I got involved with him... for I am very practical woman who does not believe that love is blind. The astrology reading was delightful, with lots of inside info as to potential possibilities, with hardly any negative aspects, considering our age difference.

It was now a month before Christmas and he had time on his hands and was hoping to see more of BC, so he decided to take up the challenge of driving my Mom from Terrace to Penticton, in her Motorhome, to be with me at Christmas. He took the bus up and my Mom actually liked him. Later he told me he enjoyed her company and her many dogs... I gave him two bonus points for it was starting to be obvious that he was the one, but still I wanted confirmation. Christmas Eve arrived and the three of us visited and as he left to bicycle home to Summerland, I gave him a big hug, one that lasted several minutes. As I did, a song started playing in my head. It took a while for the tune to become clear but after he left I kept humming it till I remembered the words. It had been a long time since I had heard it. The next day we went for a walk and I sang the song, that had been in my head, to him. It went like this...

♪ Do you love me, I can really move, ♪ Do you love me I'm in the groove, ♪ Do you love me ... not that I can tell.....? After listening to me sing the song he looked at me with a puzzled look and said, "What do you think it means?" I said, "I think it means I am supposed to ask you for a date." He just about lost his footing in the falling snow and said, "I will think about it." Over the next several weeks we had some serious discussions as to the implications of the two of us dating, but as far as I was concerned, this was who the universe sent and I seldom question its wisdom. Gerry needed time so we let the process happen slowly. An occasional movie, trips to Kelowna to do yoga and long walks or talks. During one of our evening chats we both had an amazing experience as we watched each other's face change shape in the soft light of the room. We took turns describing each other as the images appeared and faded for we both sensed that they represented ourselves in past lives. Today our commitment is comfortable and solid and we look forward to what the season brings.

Annie

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Honouring Reality

by Flo DeWitt R.N.

What does it mean to honour those we love? I have given a great deal of thought to this since I last wrote in this magazine last month. I wrote that "All is well".

As a mother of two, a son and a daughter, I would like to take this opportunity to recognize my deep sense of acknowledgment for their Presence in my life. Somehow, as parents, we tend to think that children are children but I want to say that I wholeheartedly acknowledge these two as my friends. This puts a different light on our relationship immediately. In a friendship, there is equality for one thing. One does not consider that one has all the answers to every problem that comes to mind. And as friends, we can talk together rather than talk at each other. I love that feeling that someone so close can just listen and not have to judge nor change anything!

Then there are issues which come. My issues are quite different in size than theirs because of the age difference but I can also acknowledge that how we handle these issues can be the same. However, the very fact that now we are friends allows us to converse at a different level - not mother to daughter or mother to son.

It is also wonderful to recognize that what we share is very different. My daughter and I can discuss how we FEEL about anything whereas my son and I would more than likely discuss how it can work out - financially, physically, mentally.

So there is a deep recognition that each one of us carries a point inside of us that is connected with the "All that is" and that these two can address their connection equally as well as myself (their parent). And developing that awareness together is perhaps the most important factor we as parents can do. I know that it is my conscious decision to bring that HIGHER SELF into everyday living that brings the magic of destiny accomplished.

With that fact before me, let me now honour both my son and my daughter. *see Life Force Therapy ad to the right*

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Creating Magic


by Carol Rienstra

It is just recently that I have begun to recognize my true self. I never realized how much we 'role play' in our lives. I played roles in which I became the person I thought my husband, friends, parents, and children expected me to be. Over the years I created someone who was not me, nor was I the person I thought I should be. The only thing I managed to do was create someone who had totally withdrawn from everyone. Someone who never showed emotion, someone who was literally dying inside. I became so insecure and shy that it was extremely difficult for me to make friends or even function socially. Crawling out of that shell I created has not been easy. I still find myself hiding sometimes.

Imagine my surprise when I discovered I liked meeting new people and working with strangers. I realize now that my true self is full of love, compassion, and laughter. I have discovered a desire deep in my soul for sharing this magic that is within us all. Imagine my joy, in realizing that I am creating this reality of laughter, love and abundance in all aspects of my life. I no longer have to play roles, I am simply myself. Best of all - it's contagious. Through my own personal growth I see all those around me slowly discovering their own magic.

This magic is there for all who wish to create it. Through releasing emotional blockages, reprogramming limiting belief systems, meditation, communication with angels and the ascended masters, and working with my clients, my life has taken on a new and wonderful direction. I have chosen to be successful in everything I do. Relationships with family and friends have never been better and I have learned to trust and love myself.

My workshops are an important part of my own personal growth. Each group has given me many personal insights. Teaching and sharing the gift of magic with everyone possible is my greatest desire. It is my fulfillment. Do we not all seek the magical Merlin within us? *See ad to the right*

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Carried Away by the Flow

by Karen Timpany

We'll all heard of the expression, "Going with the flow." I did and have. Been there and done that. With all the changes going on around me these past few years, I've only just realized that I was no longer going with the flow, I was being carried away by it. My expectations were the same as they were four and five years ago. I assumed, everything would carry on as it had. My classes in the holistic arts would continue and clientele for the healing work would grow. Imagine my upset, disappointment and disbelief, when the energy from these areas began to ebb. I worked harder, spent money on promotions and advertising, phoned people, did mail outs, everything that business stats say work. It didn't. Depression set in and I felt that I had failed not just myself, but my family, friends, students and clientele. I began to withdraw into my own little world devastated and disillusioned.

Although feeling down, I never gave up and decided to open an office in Kelowna. Still the students were few; this in itself suited me as I really enjoy small classes, but I wanted it the same as it was a few years ago. Income was becoming more and more important as the bills piled up.

I began to notice the type of students and clientele I was attracting and the type of questions they asked. In a Reflexology or Acupressure class, I was suddenly discoursing about energy, chakras or the power of thought in healing, et cetera. Dragging my class back to the course at hand, another question would come up. I found myself at lunch or after class continuing or expanding on the earlier discussion. Teaching has been and is at the very core of my being. I love to share knowledge and give it freely whenever I can. I also found that in teaching various subjects, I was suddenly channelling information to various individuals or groups. I then began playing with psychic readings. They were okay, but I wasn't completely in my comfort zone. Although the psychic readings wandered off, my growth and expansion in the areas of channelling were growing stronger and stronger. I still held onto the belief that everything should be as it was. For such an aware person, I was being incredibly dense. The message finally came through and there will inevitably be a time to pass it on and move on. My life as a teacher will always be with me, but not necessarily the same subjects. It is time for me to include other areas of teaching and this has come in the reawakening of the psychic/channelled readings. They involve your spiritual path, who's guiding you and why. I'm often asked to include a picture so that the visual aspect of the reading can be studied any time. Every few months another picture and reading is done. This allows for the changes within the person's life to be realized. I would have understood mine faster had I had a progressive reading done for me. I instruct on the chakras, the colours, your guides and angels and their purpose for you. Your health and how to enhance it. It is teaching about what we really are as energy fields of love and light, how we work electrically and what we can do with our lives to make it a better place for self and others.

Spiritual growth, and the understanding of who we really are and how we work is of the utmost importance if we are to survive the industrial/technical age into the new millennium. So go with the flow, be open to changes and experience life's challenges as the miracles of life unfold for you. A special thank you to Angèle and my many other dear friends for pushing and shoving me, and most of all for believing and having faith in me.

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This is how I felt when I danced the "Divine Dance: Tree of Life", there was an awakening, a celebration of life within me and a new level of consciousness had been unveiled to my being. The Divine Dance: Tree of Life is the art of tuning our awareness to the Divine presence among us by the means of sound, posture, and gentle movement accommodating all levels of physical ability.

"All levels of physical ability" were key words in convincing me that I could participate in this dance, because I am the type of person that always goes the opposite way everyone else is going. When everyone is going left, well, I'm going right and

trying desperately to follow those arm movements. It takes focused concentration for me to be able to follow any group dance or martial art movements.

So when I participated in the Divine Dance, I was pleased at how easy it was for me. I was also impressed because of how it affects our whole body, on all levels. This wonderful dance stimulates our cellular consciousness, awakening it to the ready presence of the contemporary, eternal Being who sustains life, that powerful Source of energy within us all. The benefits of the Divine Dance: Tree of Life are interdimensional; the Tree of Life system is universally based within our physical body, much like an endocrine or circulatory system, much like the acupuncture points, or the energies of the chakras.

The Divine Dance is a key to the awakening, "I AM THAT I AM", which is the Divine presence in all people, in all places and in ourselves... The sounds and motions reawaken and bond our cellular memories and creative intelligence to the Divine model and its "universal mode of reality". The bond is ignited within spirit and within body. We as children, are becoming more like the parent, secure and loving in creation.

When we dance this sacred Dance, the Tree of Life lights up within our whole body system and it connects us in many dimensions, with the ability to give and receive energy. It also increases communication throughout the eternal family: our brothers and sisters here on earth, our guiding beings and our angelic supporters, and it harmonizes our natural highest power-filled functions to bring in the gentle transformation for the reality of "heaven on earth".

And guess what? When you join in the dance, one of the greatest discoveries, is that it is fun! Laughter is a main ingredient, after all, with laughter you can leave social consciousness behind and just be yourself. When you are in joy, your energy passageways and valves are opened and pure positive energy flows through you. See ad below.

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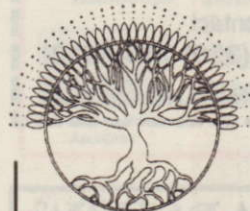
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Herbs vs Prescription Drugs

by Sarah Bradshaw

The arguments put forth against alternative medical practices and for allopathic medicine with prescription drugs, are often that drugs are carefully tested before being released and are therefore safe for human use. Herbs on the other hand are dismissed by many allopathic physicians as either useless or dangerous because of the lack of medically controlled testing and monitoring. How realistic are these arguments and perhaps more importantly how much safer are prescription drugs than herbs.

In April 1998 the Journal of the American Medical Association (JAMA) published a report that reflected the results of 39 studies done in the United States since 1966. These studies took an in-depth look at deaths from prescription drugs. The results were a real eye-opener for anyone who has believed the "prescription drugs are safe" line. After excluding drug-induced deaths that could be classified as dosage errors, suicides or drug-addiction related deaths the researchers were left with deaths as a result of adverse drug reactions (ADR's). This means that the patient took the right medication, in the right manner, at the right time, in the right dosage and for the right reason and still experienced problems. These ADR's resulted in an annual death rate in the US of 79,000 -137,000 people. This puts ADR the 4th highest cause of death in the US. In Canada the figures of 9,000 to 13,000 per year reflect the same percentage of deaths and makes ADR the 5th highest cause of death.

Dr. Bruce Pomeroy of the University of Toronto headed up this study and published the results. He and his team of researchers applied their findings to Canada and 22 other countries where allopathic medicine is supported by government funding of some sort. They discovered that the US statistics reflected the situation in all of the countries.

Some of these deaths were caused by patients taking incompatible drugs, however over 1/4 were due to allergic reactions to the drug. Although their deaths are alarming they are only the tip of the iceberg. The study also states that ADR's which diminish health and quality of life but don't result in death could be 5-7 times higher than the death rate.

These statistics are the result of careful research within the guidelines accepted by the AMA. Therefore by their own standards the allopathic practitioners have proven that the use of prescription medicine is not particularly safe.

There have been fewer studies done on herbs and their side effects. The results of the two done in Canada, that I have read, indicate 0-10 deaths per year. In every case these deaths were the result of people self-medicating without consultation with a qualified practitioner. Choose a knowledgeable practitioner and keep yourself fully informed on what you should be taking, why you need it and what you should be monitoring your responses for. There are risks involved in anything you do in this life. Minimizing this risk seems to be easier with herbs than with prescription drugs. *See ad to the left.*

Healing Journey

by Kimberly Crawford

There are a million stories in the 'naked city,' many involving mystery, excitement and the stuff Steven Spielberg produces, but I haven't decided if my story would add up to that. Still, I think my journey of healing is worth a mint to me.

It all started on a balmy night in Chilliwack, August 14th, 1988, when my boyfriend and I had completed a birthday feast with his godmother. As we headed back to Vancouver in the wee hours of the morning I was struggling to get comfortable so I could grab a few winks and in that moment of 'it could never happen to me', I took off my seatbelt. Well, with all the distraction, my boyfriend looked down, and then when he looked up we were careening off the road. He tried to correct but slammed on the brakes and the front wheels locked. The car, being a front wheel drive, then spun in a complete circle and hit a telephone pole.

Neither of us remembered the actual impact and don't to this day. Apparently, the brain removes extreme trauma or perhaps there was divine intervention, but when all was said and done, I was in the back seat with all my ribs and my 4th lumbar shattered in addition to some extreme trauma to major organs and my teeth and neck. I spent the next few months in a number of hospitals trying to mend, in and out of consciousness and finally in a full body cast.

When doctors first called my family, they were told I "probably wouldn't make it through the night." When I did, they said "she may recover but without the use of her legs," and when I did they patted themselves on the back and said, "Well-done" and put me in therapy.

In one of the many hospital transfers, the ambulance attendant recognized me from the crash scene. I described to him the entire scene from a thirty foot perspective and realized I had been out of my body, but I won't go into my little "vacation" now.

After many years of regular therapy, you know, the one where they put electrodes on body parts or hot and cold packs on you, I found that it only did so much. I still limped and it was uncomfortable to sit.

After moving to Kamloops and starting back to work, a customer came in and mentioned that I seemed to have low energy and I looked quite pale. I replied that I 'always' looked that way, in fact the nurses often checked to see if I was breathing because I always looked - uh - dead. He said he could help me and gave me his card. The card said 'Al Berry' in Salmon Arm. When I went to see him, he practised Touch for Health on me which includes Kinesiology, acupressure and he incorporated Chi Gong and I felt fantastic. Not only did I feel a thousand times better, I started walking straight and I no longer looked dead. I asked him if he could teach me. He said "sure!" Since that time I have learned Touch for Health, the Melchizedek Method for meditation, proper nutrition and the healing properties of food, to cut out the 'bad' from my diet and I took up martial arts three year ago (Hey Doc! How about that!).

Today, I am a totally different person than the one in that car in 1988. I consider my accident a catapult into a new life and the beginning of my healing journey. *See ad to the right.*

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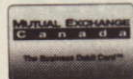
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Higher Mayan

I was born with my past life memories intact. It has been like having a movie screen in my head, that retrieves and plays back on demand. A few years ago I was guided in a journey by a friend of mine, Adelle. By asking intuitive questions and me answering them intuitively, I found myself in a memory that I had only had flashbacks of before. The vision I encountered was of a Mayan city, actually an individual pyramid in the Aztec design, with steps going up the outside. In this journey I am a seven year old girl with blond hair, with my hands raised to the sky and tears falling down my face.

Going further back I found that this was the exact time when the First Mayans, the time/space travellers, left earth after initiating their root race. The information I received was that these Mayans were not compassionate souls. They planted the root race, and then knowing that it would take thousands of years for the gap of evolution between the two races to meet, they left. However, they did not leave until they created a special link. The Mayans chose to have offspring with the root race, and these children were left behind to create bridges of evolution, to speed up the process.

My memory was of being alone that day, however, over the last six years, I have met and greeted those that were there with me. Children of all skin and hair colors. All who went off in different directions to somehow find a way to be a bridge. As in situations like the Vietnamese/American war, where the offspring of the two different cultures were ostracized, so did these children feel this. Not welcome with the culture they were left with, they began a search of discovery, to find a way to meet their life's work.

I spent many lifetimes attempting to be this bridge. A few were spent being the fearless, naive explorer; always going to wonderful places, having nothing to lose. These were very no-holds-barred, exciting, short-lived existences. The difficulty came when those who did have things to lose, chose to follow me on my adventures. These were my times of being the Guru. Those who

Frequencies

by Shae

followed me did not have the same level of detachment as I did. Again they did have things to lose. Finally, I spent one of these lives living to old age, being the hermit. I watched as those who chose to follow me, lost everything and hurt those they loved and cared for in order to follow my way of life. I chose at that time to never be the Guru again. I work consciously to empower others to find their own paths and creations. This was one way of trying to be that bridge.

There were others. The most difficult ones were being the Shaman with new teachings; spending many lives being on the outside with my gifts. Looking in on what should have been home, but because I brought new ideas that challenged the old, I was once again ostracized. I remember most specifically being the Hopi medicine woman. The clothing, and my kiva. Eventually, finding it too difficult to continue with my work and tired of the constant fight to express my truths, I sat cross-legged in my kiva, and slit my wrists, letting the blood run into the dirt floor.

This life has been wonderful. I learned at a very young age that I was safest alone. I laugh when I tell people who ask, that I was fortunate to have lived in a family where I wasn't paid a lot of attention. I had what I needed and was loved; I just spent most of my time alone.

When the vision of the Mayans leaving came in so strongly that night with Adelle, I came to a time of remembering and meeting those others who were there that day. And with meeting them, delved more into what it meant to be a bridge this lifetime around. The bridge is very simple. Love. Happiness. Forgiveness, healing. Allowing people to release old wounds and behaviour patterns. Allowing people to accept that they no longer need to struggle with pain, sickness and unfulfillment.

I have been aware also from that vision, that the Mayans are on their way back. The timing seems to be around the year 2012 point, as the prophecies state. I had heard that I was to become a direct channel with these Higher Mayans. As of October 7, 1998, this has come about. There are many messages coming through and I feel like a completely open transmitter. The being/Mayan, has also shown himself, and they are on their way here. He is giving me specific information about evolutionary patterns and steps along the path that we need to look at.

The first is about letting go of our need to feel shame around death. He says that letting go of this creates a world where we no longer need to get sick or die traumatic deaths. They are asking us to become more conscious about our lives. Allowing ourselves to know when it is time to leave and exercising this gift. He is showing me a place where people would go when contemplating death. A place where there are teachers, facilitators, through the death process. A wonderful place where we would study death and let it be the final experience, not the biggest fear. When we lose our fear of death, we will be able to choose another dimension experience without the trauma of dying. Any brand new souls would remain on earth, learning their lessons, without the need of being born over and over again. Letting go of any struggle, fear, grief, pain is an evolutionary step.

See ad to the right.

Shae 

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How My Family Beat the Flu Season - For Good!

by Debbie Jmaeff

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All of my life I have suffered from depression, PMS, irritable bowel syndrome, always had every cold and flu that went around and generally felt the pits most of the time. I went to naturopaths, fasted, food combined; you name it in health, I tried it. Still at best my immune system functioned at average. My children also caught everything going and have been to the naturopath more times since birth than I can count. The remedies definitely did help but were expensive and had to be repeated on a continual basis. My son was sensitive to practically every food you can name and for the first year of his life (I nursed him) we were severely restricted as to what we could eat. My hair fell out, I suffered post partum depression. I think you get the picture. Anyway, along came Phytochemicals, Cell-to-Cell Communicators and Dioscorea.

At first it seemed like we were catching more than our share of colds, flu and the like, the difference was we were able to fight them off in less than half the time. Soon, we noticed that we could be around people and not even get so much as a sniffle. We stopped going to the naturopath, my son's sensitivities cleared up and I no longer need medication for my depression!

It has been just over a year now and I am happy to report that the start of the flu season has so far bypassed our family, we have not had any colds to speak of, there are absolutely no food sensitivities in this home and my depression, irritable bowel and PMS are a thing of the past. In fact, we are healthier than most of our friends (I don't include the ones taking these supplements).

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by Iain Ritchie

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Hook-up, the term used to describe the meditative state in which the Trager practitioner works, is critical to the practice of the technique. Milton Trager would often refer to the feeling one gets when regarding a baby or when viewing a beautiful sunset when describing the hook-up. Central to learning Trager work is learning how to go into and maintain hook-up. Like meditation, hook-up is very difficult to describe in words: however it is in hook-up that practitioners best connect with, and move clients, and are enabled to maintain a relaxed, non-reactive emotional state while working.

Trager work is an educational process that addresses both the physical and nonphysical aspects of our being. Trager often said, "from my mind, through my hands, to the clients' tissue, to the mind." Both the practitioner's and client's bodies are media through which an ultimately mind-to-mind, heart-to-heart communication occurs. Longtime Trager work instructor and *Job's Body* author, Deane Juhan has theorized that the class of molecules found in our body called neuropeptides serve as a mediator in both the practitioner's and client's bodies for this communication. In any case, when it comes to hook-up, when it comes to the feeling of Trager work, when it comes to experiencing the value of the work, Trager said time and time again, "this is like the measles — you get it from someone who's got it."

Through his life Milton Trager (1909 - 1997) touched the lives of thousands of people. The bodywork approach that he began developing as a teenager in the 1930's is now practised by more than 1,000 Trager work practitioners throughout North America, Europe, Israel and Australia.

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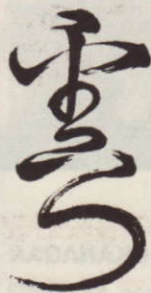


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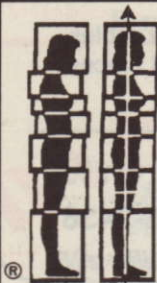
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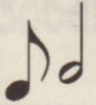
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Dec 3 (Thurs) Celebrate the Sagittarian Full Moon
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Dec 4 (Fri) The Benefits of Holistic Health

Karen Timpany is an instructor of Reflexology, Acupressure, Reiki, Polarity Therapy, Colour and Light Therapy, Nutritional Counselling and more. see story page 10

Dec 8 (Thurs) Opening to Spirituality with Michael Simonson. An evening of meditation and words of wisdom. see story page 22

Dec 11 (Fri) Learning to Trust an evening with Rev. Sandra D. A new resident to the valley she will provide us with more options for our spiritual growth. see story page 29

Dec 20 (Sun) Holy Christmas Service with Rev. J. C. Rivera & Rev. Roberto Rivera. Worship of Father & Mother God. see story in Nov. issues, p.30 (No donation accepted)

Dec 22 (Tues) at 5:30 pm - Please pre-register.

Solstice Vegetarian Feast A celebration to honour the changing of the season and the return of the Sun. A Celtic tradition with hosts Nywyn, Gerry and Angèle. Featuring live music with Auberte. Cost: \$12 for adults and \$5 for children under 12.

Jan 8 (Fri) Astrology with Moreen Reed, our monthly columnist, will explain the coming changes and how they will effect us, individually and as a group. see pages 20 & 21

Jan 15 (Fri) Self Massage with Urmi - Self preservation and physical maintenance for women of all ages. ad p. 8

Jan 17 (Sun) Holy Superet Light Doctrine Service with Rev. J. C. Rivera & Rev. Roberto Rivera. (no donation)

Jan 19 (Thurs) Opening to Spirituality with Michael Simonson. An evening of meditation and words of wisdom.

Jan 22 (Fri) Mark Lasinski author of a manual, soon to be published titled the **Art & Science of Traditional Thai Massage**. A manipulative therapy that includes yoga stretches and shiatsu rather than a typical massage.

Jan 29 (Fri) Iain Ritchie presents **Trager**, a soft touch release work that teaches 'hook-up.' see story page 17

Feb 5 (Fri) Diana & Gordon will make a presentation on the opportunity that **USANA** offers. A nutritional product line for preventative health.

BACK SELF-CARE

by Cassie Caroline Williams, Ph.D.

There are twelve thoracic vertebrae (T1-12) of the ribcage with their ribs and five lumbar (lower back) vertebrae (L1-5), then the five fused vertebra called the sacrum, and three to five very small vertebrae of the tailbone (coccyx). Each of these areas will be addressed separately.

The thoracic vertebrae will be addressed generally. In the upper thorax (T1-4) stiffness or soreness may be addressed seated or lying face down. I will describe this for someone who is seated. If your upper back (thoracic) vertebrae are uncomfortable, pull back on the opposite shoulder to form a "cave" around the sore area. Hold a minute or so, until relief is available. For the mid thorax ((T5-8), do the same as above with some more pulling back and twisting. For the lower thorax (T9-12), do the same as above with the twist also moving into the pelvis. Ribs when out can be quite painful; if pushed forward, they hurt either side of the breastbone (sternum), or if pushed back, they hurt just to the side of the vertebra. However they can also twist, overlap or underlie the sternum. Basically accentuate whatever the rib is doing gently for relief.

The lumbar spine causes many people problems, especially with its discs. This area is addressed lying on your back for L1 and L2. Hug your knees, or hold your leg(s) in whatever position gives you comfort; pushing gently on your knees into your hips releases more. This position also can help with painful periods, etc. To address the lower lumbar vertebrae (L3-5) you lie on your belly, drawing up the opposite knee into a comfortable position and turning your head to that knee. Hold as long as you like. An alternate way to help the lumbar spine is to lie on your belly and place pillows below your feet; the higher up the lumbar spine the discomfort, the more pillows are used (say 3-4 pillows to address L1 and one to address L5).

Discs may be inflated using a non-invasive technique from Advanced Manual Therapy. A passive hand is placed at the area with the disc problem or joint discomfort. The other hand I call active, for it initially rests over your heart (midchest, a bit to the left) about a minute; then with the passive hand still over the vertebrae, the active hand moves to the top of the head for about five minutes, during which time you may feel rotation of that vertebra as it corrects itself.

The area of the sacrum; if it feels good to hug one knee (forward rotation), do so. Likewise, the other knee may feel comfortable pulled behind the body (backward rotation); these exercises are easiest done while on your back and side respectively. Then the area between the sacrum and ilium (sacroiliac joint) may be addressed by lying on your back and finding a comfortable position in which to hold the knee on the sore side, as done for L1-2 release. Also a small air filled ball about the size of a grapefruit can be placed under the sacrum while lying down and rolled upon until in a comfortable position.

To release the tailbone (coccyx), the easiest way is to place a finger at the top of the midpubic bone gently, and to have a finger over the tailbone between your buttocks. Hold for several minutes, as the energy between your two hands aids your coccyx to reposition itself.

Congratulations! You have now completed releases down your own spine! Now you have a few tools in your tool box for your own personal self-care. *See ad to the right.*

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Astrological

for December ... by Moreen

December will likely begin on a rhetorical note. World situations will be up for review, and natural law will be making itself known in obvious ways. What might that look like? Pick an issue, like 'Global economy' where the science god has been replaced with the 'Investor God'. To sustainability when we degrade the biosphere at every turn. A shift in meaning of what is acceptable 'life' in the 21st century is the question facing us, as the effect of our recent history impacts on us all.

The Full Moon on December 3rd is at 7:20 am. We are asked to shine the light of awareness on our personal world view. Is it sustainable? Does it fit with 'natural' law? The highlighted degree symbolism* 'A flag that turns into an eagle that crows'. The key word is adjustment. Can you be open to letting go of attachments to values that are no longer sustainable, making space for a new way?

The last of Mercury's retrograde passages for 1998 ends on December 10th. I'd like to note the degree it pauses on. The key word is irrepressibility, an indomitable resourcefulness to face problems! Our lives can resume normal programming. Important negotiations, contract and decisions can be made, as it is possible to have all the facts in now.

Venus makes her annual entrance into Capricorn this week, paving the way for emphasis on our relationship to community. The practical side of relating can also come up. Look to the divisions of responsibilities for possible revisions. Mars will also be playing strongly. He dances with Pluto on the 12th and then Uranus on the 15th. For many this will translate into the drive to be ready for Xmas. On the world stage these are times connected to major offensives. Steer a path around people who harbour resentments.

The New Moon is at 2:42 pm on December 18th. Today we plant the seeds for the expansion of our world view, finding new meanings, and connecting to natural law. The highlighted degree symbolism* 'The sculptor's vision is taking form'. The key word is immortalization. Can you take responsibility for motivating yourself to bring your vision into concrete manifestation? The verbal struggles seen at the start of December can come to resolution now.

Winter solstice comes at 5:56 pm on December 21st. Bringing forward a workable world view is emphasised. Many futurists and prophets may be heard on the street corners.

The intellectual flavour will permeate throughout Xmas. Christmas day has a promise of joy with a Pisces Moon to start the day and jovial Jupiter and active Mars flavouring the natural direction for the day. Latter in the day when the Moon moves into Aries, the dance between Uranus and Mars may show its aggressive in-your-face energy (everyone wired on sugar).

On December 29th. Saturn completes its last review of how well we show up with our hearts' desire, and deal with our fears that prevent us from acting on our passions (Aries). From now till the end of February you can commit to making changes with Saturn's help. Next test Aries in 29 years. We end 1998 on an accelerated note. Uranus the agent of revolution is aspecting Pluto, our collective evolutionary drive. Together these two inspire major change. The themes they are currently expressing coming from the signs they occupy, Aquarius and Sagittarius respectively. Translated we would see the following themes, community and meaning, freedom from the known and natural law, objectivity and optimism.

* The Sabian Symbols by Marc Edmund Jones

Moreen is doing a public lecture in Penticton, see ad to the left.

Forecast

for January ... by Moreen

January begins with the Full Moon at 6:50 pm. We are asked to shine the light of awareness on our positions in community, and our personal emotional intelligence/maturity. The highlighted degree symbolism* 'A student of nature lecturing'. The keyword is Explanation. Can you notice where in your life honest application and reporting serve self and others? Can you also see where smugness and pride of intellect are limiting you?

As the first week unfolds we have Venus moving into the sign of objectivity, Aquarius. We all get to examine our dreams of relationships with a cool objective eye. Hmmm This will also be the month that many will show their 'true colours'. Some will also notice this week that issues arising from 'disease' move from intense experiencing to core belief material, as Chiron the wounded healer moves out of Scorpio and into Sagittarius. The shift is not permanent yet, Chiron goes back to Scorpio in the summer. During the week of January 12th be on the look out for acts of bravado that are instructional to the naive. On January 13th take a step out of conditioned relating.

The predominate feeling tone of this month will begin to show itself by the end of this week. Mars will be opposing Saturn during the next two weeks. When the desire to act gets walled in by the dictates of duty and responsibility most of us feel frustration. What will be required of us all is disciplined energy, focused on specific tasks. The uphill push!! Which I hope is not literal! We all have heard the dire predictions from the farmers almanac for this winter.

The New Moon is at 7:45 am, January 17th. Today we can plant seeds in our communities, be a seed for a community, or participate in the care and maintenance of a community. The highlighted degree symbolism* 'A large aviary' The keyword is community. Can you take responsibility for fulfilling your role in the community? Now if you're feeling like a sandy beach on a deserted island suits you better... NOT. This new Moon focuses the predominant theme of discipline, so no back door sleazing available. By the end of the week we get a reprieve from blissful Neptune. Most likely Neptune's effect won't last long, but for a few days you can slip the bonds of this reality.

At the start of the last week of January, the trickster Mercury checks out the Mars Saturn discipline with the challenge to not get seduced by hopelessness and thoughtlessness. If you are involved in any contractual situations you must have all your 't's' crossed and 'i's' dotted!

January ends with a Lunar eclipse (Full Moon) at 8:06 am. We are asked to shine the light of objective awareness on our social, political and economic conditioning. The highlighted degree symbolism* 'People on stairs graduated upwards'. The keyword is Progression. Can you take the next natural step in your life? Or are your actions and direction dictated by who appears to be ahead of you? Eclipse patterns set the world tone for upwards of 6 months. Take note of a tendency to focus exclusively on losses, which can rob you of energy.. Any in a weakened position will need extra amounts of discipline for the up-coming months.

* The Sabian Symbols by Marc Edmund Jones



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My Spiritual Path

by Gillian Davies

As a small child growing up in England, I used to see pictures in the coalfire which proved to foretell future events. On another occasion I was standing at the gate of my grandparents' home with my grandmother, when I announced that a man dressed in a Royal Air Force uniform would shortly be coming up the road, and that from a distance he would look like my uncle who was missing on a raid over Germany during world War II, but he would NOT be my uncle. A few minutes later the airman appeared, and did in fact bear a striking resemblance to my much loved uncle, but turned out not to be him. Thus my grandmother was spared the anguish of thinking her son had returned from the war after all, only to have her hopes and dreams shattered.

One summer evening when it was still light, I was in my bedroom, when I became aware that there was a profile of a man in the mirror of my wardrobe. I wasn't at all scared, and was fascinated that he stayed for quite some time. He didn't move or speak. It was as though he was a painting, except the whole image was white, rather than in colour. I had never seen this man before, but six weeks later when my mother and grand-

mother were cleaning out the attic they came across three family portraits, one of which was the man I had seen in the mirror. I then learned that this was my great grandfather, whom I had never seen, but resembled at the time of my birth.

Forty-five years later after the incident in the mirror, I was at a time in my life when I was so stressed out, I felt I couldn't survive another day without help. On the recommendation of a friend I had a reading with the renowned intuitive, clairvoyant trance medium Sarah Scott Simonson. After an incredible reading with her, she asked her husband, clairvoyant counsellor, spiritual healer and medical intuitive Michael Simonson to talk to me, and suggested that I join his Wednesday meditation class at the Wholistic Centre in Vernon that evening. This proved to be the turning point in my life.

Prior to this I had been under so much stress at work and at home for the previous five years, that I had 'suffered through' two frozen shoulders (losing 145 degrees out of 180 degrees of movement in both arms) for twelve months, and then learned I had fibromyalgia. The time came when I thought I would never walk again, and would be confined in a wheelchair for the rest of my life. Because of the stress I was undergoing, Spirit closed the small meditation circle I had run in my home for two friends and myself for over 10 years. I was devastated. Four years passed when I was unable to meditate, and then came that eventful evening in April 1996 when I attended Michael Simonson's meditation class. Through his guidance I became connected with my guides once more, and had the most incredible meditation I had ever experienced to this point. When Michael hugged everyone as they left the Centre that night, I was blown away with the pure, unconditional love which emanated from this man. I had never experienced anything like it before. I didn't drive home that evening, I FLEW. It was the most uplifting experience I had ever had.

I attended the meditation group regularly after that, and four months later had a healing appointment with Michael, as

one of my fingers was becoming stiff. I was so impressed by this session, that the following week I asked him if he would be my teacher, as I wanted to learn how to become more spiritual. He agreed to take me on, but explained the necessity for daily meditation rather than once a week, if I wanted to pursue my spiritual path. He also suggested that I write my meditations down and show them to him at my weekly healing sessions, explaining that I needed to heal myself, before attempting to help others. A few days later I produced my first piece of homework, and was rewarded with so much love and encouragement, I have never looked back since. I came to realise that in spite of running a circle for over ten years prior to meeting Michael, I had not been taught properly, and needed to unlearn everything I had formerly been taught. My desire was to get back to the clairvoyant abilities I had experienced as a child, which had faded as I became an adult, and to improve on them. I wasn't aware at that time however that I was going to get the healing bug REALLY STRONG.

In addition to my own healing appointments, Michael has allowed me to expand my horizons by attending part of his sessions with his clients. I feel greatly privileged to be part of this, and more recently, in order to gain more experience, have joined forces with five ladies who have become very special friends, to practice healing on each other, as they, like me wish to open up to their healing and clairvoyant abilities. Two years after my initial meeting, Michael continues to be my teacher, but in addition to this, he and Sarah have become my very dear friends and confidantes. My love for healing grows daily and has become a passion. I am now feeling fulfilled for the first time in my life. I no longer have fibromyalgia or stress, and look fifteen years younger than I did, because Michael has taught me how to take my power back from those who I felt ruled my life. I have learned that I, and I alone am responsible for my own experiences. I rule my own destiny, and am not subject to anyone else in my experience. I am not a victim of circumstance.

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Giving & Receiving

by Auberte Campeau

Through performing music and practising Reiki, I'm learning how giving and receiving works: when I sing for the public, as in a coffee shop, I can feel the difference in my voice if I know that people are receiving the music I'm producing. This doesn't mean that they need to be a "captive audience", the nature of a coffee shop being social, people usually go to have coffee or tea and chat with friends. But I know when they feel the spirit coming through the music or if they are not affected by it. It's like plants receiving sunlight or rain: if the sun does not shine for a long time the plants will be affected. If it does not rain, vegetation will shrivel and go to seed. When the sun shines or when it rains, plants and flowers reach up towards the heavens as they receive this celestial nourishment.

Or think of water and earth: the earth will absorb, receive water easily, eagerly, but if water is poured on cement, it won't penetrate it. The cement will not receive it, so the water has nowhere to go. Its energy is dissipated.

I think we need to practice giving and receiving. It does not happen overnight. When I sing, I want to be open to the Spirit of God to come through me and go out to the people around me. But I also want to be open to receiving the spiritual energy that comes from those around me who are receiving the music.

When I am giving Reiki to someone, I want to be open to the Spirit of God to come through me and out to the person who is receiving Reiki. Also, when someone is giving me Reiki, I need to open myself to receiving this energy from the Spirit of God through the person giving the session.

This process - giving and receiving - is new for me because, like many women, I've been told throughout my life that it is more virtuous to give than receive. I need to remember that a giver needs a receiver. It's really all one thing. I intend to continue the practice of receiving, remembering that it is an integral part of giving. *See ad to the right.*

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Unlike any instrument I have listened to, I found the sound of the hammer dulcimer to be a breath of fresh air. Christy Cook has created magic with the rich tones of the standard and bass hammer dulcimers and the gentle input of the wooden flute, tingsha bells and chimes.

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Jan

**Book
Reviews**

Be careful what you ask for... well, I wanted more books to review and got my desire — a whole library full of them!! I was like a kid in the candy store when the boxes of books were unpacked; Angèle even commented on the gleam in my eyes. Hey, what can I say, I love information which explains things I don't understand, helps me to grow, options for future reference and sometimes just pure entertainment.

Books, books, books! We got 'em. Over seven hundred titles now grace the shelves of the Holistic Centre Lending Library, so I've been much busier cataloging than reading in the past month. That doesn't mean I didn't sneak a peak between the covers of more than one or two books; I had to get a gist of the content for categorizing them — Yeah, right!

There are many authors and titles I have heard of but never had the chance to read — Deepak Chopra, John Bradshaw, Barbara DeAngelis, John Gray and Choa Kok Sui to name but a few. I started out with a dozen categories like health/healing, personal growth, spirituality, the environment/nature, esoteric and women only to find that many books didn't fit into any of my categories. I lumped astrology, tarot, crystals, palmistry and auras under the heading of divination until we need separate categories, and it didn't take long for the pages to add up. Oooo, it's just like Christmas!!!

I got all the books cataloged that we'd purchased from Andrew Schneider, the boxes of donations found their way onto the list and I'd caught the bug. I went through all my personal books and decided to donate a bookshelf of them (complete with bookshelf) to the library so that others may also enjoy them. Pretty soon the ladies in the office were going through their own collections and bringing in bags of books. I'm in heaven!!! All these options: where do I start? Lots of choices for a book review.... which one? More books arrived and are still coming in. No time to read one for this month but I definitely will have an interesting time finding one for the next issue.

I would like to see more on childbirth, relationships, health/healing, personal journeys, a section for children and we'll build up a resource section that stays at the Centre. The possibilities are endless which makes it so exciting! Volunteers are still needed a couple of afternoons a week and if anyone would like to donate holistic or metaphysical books or tapes(audio or video) we'd be pleased to have them.

Thank you to all those who have contributed to our lending library and the volunteers who are coming in to help. This is what we at Issues Magazine and the Holistic Centre are all about — information and education.

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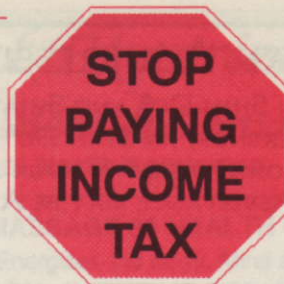
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INCOME TAX IS VOLUNTARY!

Not Mandatory
Not Compulsory....



It is important to understand that the paying of income tax in Canada has always been VOLUNTARY, it is not mandatory nor is it compulsory. In FACT, there is no law anywhere stating that a Canadian Citizen must file a specifically named income tax return or report to Revenue Canada. This can be easily proven by reading Revenue Canada's own documents TOM 91 (Taxpayers Operations Manual 91) page 9110 paragraph (3) "Our taxation system, based as it is on voluntary compliance, places great importance on public affairs. Taxpayers can comply with the law only if they have sufficient information about what is required of them." In addition, the Charter of Rights & Freedoms states that we cannot be compelled to give evidence against ourselves. When filing an income tax return signed by you, you have volunteered by filing this deceptive contract and Revenue Canada will hold you to it and prosecute you based on you volunteering this evidence against yourself.

The British North American Act clearly states that direct income tax can only be collected by the Provinces. These rights cannot be given to the Federal Government from the Provincial Government nor can the Provincial and Federal Governments share these rights. Any deviation or change of the original Act would make it UNCONSTITUTIONAL. This interesting fact proves that the Federal Government does not have the right to impose income tax nor to collect it. In a Supreme Court Case dated May of 1950, THE CROWN versus THE LORD NELSON HOTEL in Halifax, with nine Supreme Court Judges presiding, seven Supreme Court Judges concurred that INCOME TAX was UNCONSTITUTIONAL!

Income Tax originated from the War Measures Act of 1917 and the Banking Act of 1913. Note: In the definition of Income now where is there a reference to labor, income is a profit made from an investment.

The Income War Tax Act gave four provisions:

- 1) Income tax was to be voluntary.
- 2) Income Tax was to be temporary, approx. 24 to 36 months.
- 3) Income Tax was to apply only to those with income in excess of \$10,000 per year (approximately \$300,000 at today's value).
- 4) Income Tax was to be applied at a rate of 10%.

Under these terms, income tax was to pay off the debt for World War 1 and then it was to cease. This Income Tax was imposed on Canadians primarily to pay for the cost of borrowing money from private banks.

In our process, called, 'De-Taxing,' it requires you to understand that you are a natural person with inalienable rights, to know what is Law and what is not. We the people have been controlled by false, deceptive, and misleading information, or no information at all from those voted into Power. Why and to who's benefit? Why were we not informed of our RIGHTS? Why the secrecy? Why is it that twenty-five Corporations in Canada alone have collectively deferred \$65,000,000 in taxes? Many people who begin to understand this information ask 'Why don't they just change the law and make income tax compulsory?' The answer is that they CAN'T. You cannot be compelled to give evidence against yourself (see Section 11 of the Canadian Charter of Rights and Freedoms.) Isn't that exactly what an income tax return is — evidence against yourself?

OUR GOVERNMENT is trying to pass through (slide through) Parliament in MID DECEMBER, 1998, legislation giving a PRIVATE COMPANY TOTAL RIGHTS TO COLLECT ALL 'DEBTS' INCLUDING, PROPERTY TAX, INCOME TAX, GST, PARKING TICKETS AND MORE from the Canadian citizens? IS Revenue Canada changing their name to COLLECTIONS CANADA? ? ? WHY JUST BEFORE XMAS? WHY ISN'T IT FRONT PAGE NEWS? WHY DO WE THE CITIZENS NOT GET TO VOTE ON THIS? IS IT CONSTITUTIONAL? PHONE YOUR LOCAL MP, NOW! WITH YOUR QUESTIONS? DEMAND YOUR ANSWERS!!!

Slowly, but surely, our God-given RIGHTS and FREEDOMS are being taken away from us. Can we call ourselves 'FREE' when we pay greater than 50% of our 'INCOME' in taxes. Why, do we have a graduated income tax system? Are their hidden REASONS? Our country's problems are not going away, they will continue to get worse, unless we stand together and take back our RIGHTS & FREEDOMS'. Be part of the solution, not part of the problem, OUR CHILDREN WILL THANK US.

For further information call, Riun Chase or Toresa Moriz at 250-770-1339 or attend CANADIAN DE-TAX SEMINARS in Kelowna, at the Best Western Inn, Hwy 97.

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The Great

All living things seek homeostasis, a state of equilibrium and balance. Homeostasis is the relative stability in living organisms, cells or populations regulated by feedback mechanisms. For example, body temperature is regulated by our body fluids and our external environment; concentrations of chemicals in our cells are regulated in the internal environment of each cell. When things get out of whack nature has assigned regulators to keep things balanced.

When things go wrong, as they do when we are ill, we can be thrown off balance. Like all living things, people strive for homeostasis. To be healthy, we need a sense of balance and control. Nothing seems more out of control than having cancer and wanting to be well.

Psychologists Susan Kobasa and Salvatore Maddi discovered in their research that people with high stress levels who did not become fatigued or ill, shared many characteristics. They felt in control of their lives, viewed unexpected events as challenges rather than threats, felt strong commitment to what they were doing and maintained a sense of humour.

It is important to look for balance, to strive for excellence, not perfection and stop to smell the flowers once in a while. Keep fit, eat well, get enough rest, exercise, make time for friends, have some purpose in your life that you respect and are proud to work toward, concentrate on what's really important and check your balance grid periodically.

A balance grid is something I've been working on for many years. You start out by writing down the things that matter the most to you. For example, family, work, accomplishment, community service, independence, security, freedom, health status, friends, intimacy, challenge, moral fulfilment, spirituality, love, and whatever else that matters to you.

Now choose nine of those things that you value the most and plot them on a grid that has two vertical lines and two horizontal lines (Like playing Xs and Os). In the middle square put the value that is at your center, the core of your being. This is what keeps you grounded through the tough times. The four corner squares are your corner posts, these keep your

Balancers

life in balance. Then fill the remaining squares with other things you highly value. For example, at the center of my grid is inner peace. My four corner posts are family, work, health and community service. The other four are creativity, friends, learning and intimate other. Joy and humour are threads that run through it all. I check my grid now and then to see if I am giving enough to each area. Often I find that I have neglected one or two areas and I do a little adjusting.

All too often people focus most of their time and energy on one or two areas. When something happens in that area they are thrown off balance. If work takes up 80 - 90% of your time and energy and something happens to your job, you don't have much else in your life to give you support. Look at your balance grid. Are you giving enough time and energy to the things that are really important to you? If not, what do you need to do about it? Do it. Get balanced.

Remember to hang on to your sense of humour and have some fun every day. Laughter helps us to keep things in perspective and face our difficulties with courage and hope. I have often written and spoken about my Laughter First Aid Kit (LFAK) scrapbooks. It is heartwarming to hear the many stories about people making them for themselves and as gifts for others. My friend Donna, at the Cross Cancer Institute in Edmonton, tells me about seeing patients and staff walking around with their LFAKs under their arms. Joy and laughter are the great balancers.

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 life. Her books, *Healing with Humour*, *Telling My Sister's Story*, *Workscapes: Keeping Spirit Alive at Work* and *Building Bridges: The Heart 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>

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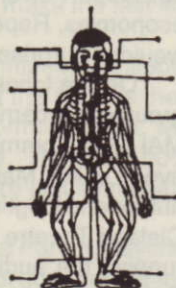
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by Harry Naegel

How can an international trade deal that seeks to tighten the corporate stranglehold on the citizens of the global commons be turned into something positive? This seems to be happening. The groundswell of opposition to the Multilateral Agreement on Investment (MAI) has grown from being "merely" groups of concerned citizens to now including many municipal governments in North America, a few provinces, Western Governors Assoc. and the recent withdrawal of France citing its unwillingness to 'sacrifice sovereignty.'

The MAI is a 225 page corporate bill of rights that allows an international company the option of suing country, province or municipal government if it felt there were laws limiting their ability to make profit. Negotiated in secret at the Organization for Economic Cooperation and Development (OECD - the 29 wealthiest nations), the MAI puts everything on the table "whether or not for profit, private or government owned."

There are literally volumes of documents critical of the deal and I am rather tempted to go on about just how rotten and no-good their deal really is, but I won't. Allow me to focus on the reasons I can feel rather optimistic in spite of the fact the plan is to proceed with the MAI. I don't think it's going to work. France, which is hosting the OECD/MAI meetings, has pulled out. Good. Fewer nations seem willing to give up control of their economies. Reports are that the talks are at a crisis stage. It wouldn't surprise me to see them dissolved.

On the local front, I had the pleasure of working with a group of concerned South Okanagan citizens calling itself the MAI-NOT Committee. It was initially formed to put together an event using Maude Barlow (Council of Canadians Chair, author and longtime social activist) as keynote speaker. At the Cleland Theatre here in Penticton Maude did a super job of running the audience through the pitfalls of the MAI. Shaw Cable carried the taped event several times. I had the extreme pleasure of meeting a really nice human and interviewing Maude in our much too hot backyard.

The MAI-NOT Committee then resolved to lobby local governments to declare themselves MAI-FREE ZONES. Toronto, Vancouver, Montreal and quite a few other Canadian municipalities have expressed concern about MAI. The City of Penticton did recently pass a well-worded resolution. Other Okanagan municipalities may follow suit.

A truly positive reaction to the MAI is an idea put forth by the Council of Canadians and the Polaris Institute of Canada (with input from many social justice advocates worldwide) is the Citizens' MAI. It would be based on the United Nations' fifty year old Universal Declaration of Human Rights which at its core asserted citizens rights over political and economic tyranny. And that is as it should be. A local chapter of the Council of Canadians is forming and would like to educate and empower you as to your rights. If you can attend the next meeting give Harry Naegel: 493-0663 or Joanne Calkins a call: work 492-2388 or home 492-5267. Or check out our web site at: Internet <http://mai.flora.org/home page.htm>

It's Love!

by Rev. Sandra D.

If you have ever felt guided on your "Life's Path" perhaps you will understand how Pentiction can be over 30,000 miles from Vancouver. Yes, we really could travel when my husband and I felt we were being guided to go forth on a "Quest". We were following our guidance through meditation and channeling and trusting in our Guides to set us in the right direction. We found that trying to understand and follow what we were being told can be a real challenge, but we were determined because we wanted a new life.

We have worked with our guides many times before but this time was going to be different. It started out simple enough. We bought an old Class A Motorhome we named "Bets" and headed South. We followed our "Guidance" and searched through Washington State then Oregon. Back and forth from the flatlands to the mountains into the forests and down along the coast. We had some intriguing experiences with time warps and spacial shifts and many other things that we came to understand as "Sign Posts" along the way.

After several months we found ourselves in Brookings, Oregon on the California border with no answers. After much meditating we decided to throw caution to the wind and we headed South once again. We travelled state after state with even more and stranger experiences including a Scorpion bite that I received toward the end of our journey in Quartzite, Arizona. Eventually we headed back North and after a few months in Vancouver we were led to finally make the last leg of our trip to Pentiction.

My life started out on the Prairies in Winnipeg, Manitoba. I won't even try to describe my first years at this time as they were also part of the strangeness that has formed my life. My parents were like so many others of the time. They put 100% of their effort into surviving and children were just something that happened and had to be dealt with.

Looking back from where I am today as a Parent, Psychic and Minister I realize that our culture does not support training for parenthood in any significant way. Parenting is perhaps one of the most important aspects of our lives and for the most part it just happens. Another very important part of our lives is the ending and transition to another plane and yet once again our culture does not provide any significant support for this most emotional time. The recent passing of my Mom has brought this home to me very clearly.

One of my biggest challenges in life has been to learn and understand "Trust". Like many I grew up in a very dysfunctional family and "Trust" was far from my experience. Over the years I have taught classes on Trust and I know the concepts. Trust is about loving yourself and knowing that you are worthy of all good things. As a Minister in the Church of Divine Love I know that the "Source of All" the "Divine Oneness" is "Pure Love". I, and all that open themselves to this light of truth, know that they are part of this all encompassing "Love", the power and force of the Universe.

Life has a way of checking our "Knowingness" every so often and I found this true with the passing of my Mother a few weeks ago. On the last night as I held her hand, I told her that

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everything was okay. The past with all its pluses and minuses was over and that everything was forgiven. I told her that only the good times would be remembered.

As the night went on I talked to her about seeing herself walking toward the Beautiful Light and Music. I suggested that she could see a path and feel a loving presence guiding her home. I wept with sadness but also with joy because I could see beyond her tired, wasted body that once had been her home on this plane. I could feel her spirit moving as I released her with love. With my soul vision I saw her once again young and beautiful running free across fields of light. In that moment I was blessed with knowing my Mom for the very first time. My Mom, Evelyn (DeGagne) Cote returned "Home" on October 15, 1998 and will live on in the "Light and Love of the Divine Source of All". *See ad above.*

Fruit of the Dwarf Palm for Prostate Health

The prostate gland is an essential part of the male reproductive system and is necessary for reproduction and sexual function. Major health problems associated with the prostate include enlargement of the prostate, called benign prostatic hyperplasia or BPH, prostatitis or inflammation of the prostate and prostate cancer. The human pain and financial costs of these conditions are staggering. It is estimated in the United States alone that health problems directly related to the prostate account for 5.5 million dollar visits, 950,000 hospitalizations and 43,000 prostate-related deaths per year! Resulting in a total cost of about 7 billion dollars annually.

BPH - The symptoms of BPH may be divided into two categories: urinary obstruction and bladder irritability. Obstructive symptoms include a decrease in the force of the urinary stream, hesitancy, dribbling and a feeling of bladder fullness even after voiding. The need to urinate frequently, especially at night (nocturia), pain, burning and difficulty in starting and stopping urination are typical irritative symptoms.

According to estimates by the American Foundation for Urologic Disease, more than half the men ages fifty and above suffer from an enlarged prostate! This number increases with age, and by age eighty, approximately 80% of the male population have prostatic enlargement. One quarter of these men will undergo surgery to alleviate symptoms. Approximately 10% of all men in the United States will have prostate surgery at some point in their lives.

Fruit of the Dwarf Palm (*Serenoa repens*) - The dwarf palm is the best known natural remedy for problems associated with

BPH. This palm-like plant native to North America has fan-shaped leaves and bears berries the size of olives. The therapeutic qualities of the plant have long been documented, but recent trials have shown more precisely the benefits for prostate ailments. The fruit of the dwarf palm helps to appease the symptoms of BPH in the initial stages and helps to halt or prevent the progress of the condition. Not only does it contain compounds that support hormone metabolism, but the fat soluble extract of the fruit demonstrates very impressive results in the treatment of the enlarged prostate, prostatitis and urinary tract infections.

"In a three month trial, 505 patients with mild to moderate symptoms of BPH were treated with an oral preparation of the dwarf palm, at a daily dosage of 160mg twice daily. Using the International Prostate Symptom Score, the quality of life, urinary flow rates, residual urinary volume and prostate size, patients taking this herbal remedy showed very significant improvements after only forty-five days of treatment. After ninety days of treatment, 88% of the patients and physicians considered the therapy successful."

The famous Swiss Naturopath, Dr. Alfred Vogel, has long touted the dwarf palm, having had great success with using the extracts of this fruit in his naturopathic practice and studies. He was convinced that the dwarf palm was the best remedy to treat initial conditions of the prostate. Today, many health professionals recognize the benefits of this herbal remedy and include them in their everyday practice.

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The Road to Self Love

by Albert Wessel

A couple of years after dropping out of high school I started driving a truck. I told myself it was something to do while I figured out what I was going to do when I 'grew up'. But I knew I had found a place to hide. Books made the difference. Thank God for the printed word. About fifteen years down the road I stumbled onto something with a very different perspective. A radical departure from the norm in terms of cause and effect. I knew immediately that it was truth. I spent the next few years reading everything I could find on the topic. My occupation allowed me lots of time to ponder. Who has more time to think than a truck driver?

And it came to pass that I began to feel an urge to do something with my knowledge. I saw an obvious gap between what I had read and what was going on in the world. The new information I had gave me the confidence to venture forth. After a few false starts I found myself training to be a volunteer crisis line worker. Oh, but the real world can be a shock after being an armchair philosopher for twenty some odd years. The material in the presentations was the first surprise; it was much more advanced than I had anticipated. But that was nothing compared to the participation required in a workshop setting. I had no idea what I was getting in to. Comfort zone? Right off the scale for me. I was being challenged in every way. I was on the verge of leaving for the entire training period.

But I got through my first solo on the phone lines, and after about a year I got good at it. And I got involved with all kinds of other activities including teaching new volunteer trainees and becoming a peer counsellor. Finally I was there full time in a paid position. I loved what I was doing. On Friday nights I couldn't wait for Monday to be back at work again.

The people involved at the crisis and counselling centre represented a wide spectrum of philosophical beliefs and points of view. There was even the odd person with beliefs similar to mine; like Willie. We found that we were able to express a different perspective through working with dreams. The abstract principles we believed in were, and are, quite acceptable in the dimension of dreams.

Life was good. It would be hard to improve on a situation where I was pleasing myself and making a contribution as well. But I guess that wasn't good enough for my higher self. I had a much bigger and more important lesson ahead of me.

I have great respect and regard for people with a formal education. I have special admiration for people I have met who have the letters and an open mind. It probably wasn't necessary that I clash with the faction that represented the status quo, but what the hell; it was quite enlightening if you don't count the

devastation. Anyway, my inability to reconcile that important difference was the cause of my departure. But who cares. Yes, there was great mourning over the loss of something most dear to me. And yes, it meant another ten years of wandering in the wilderness (it's a good thing there is longevity in our family). I'm back and I have the great privilege of being here in this moment in history. It would have been cheap at twice the price.

About two years ago the idea came to me to work with dreams again. It seemed a bit ironic that this idea came right after I had done some serious cutting from the past. I had just finished throwing out many old items, including all the material I had on dreams. Maybe I was heading towards a new beginning. I made a few false starts. For one, I was convinced that I was to do this entirely on my own. Spirit had other plans. I couldn't ignore three very clear signals that pointed me back to my present partner. (Stay with me here, we are almost to the present.)

On two separate occasions I coincidentally saw Willie under circumstances that required precise timing. A couple of seconds either way and we would have missed each other. And then I found a rare book that clearly pointed me to her. So big surprise. Her thinking had been paralleling mine.

We are very different, Willie and I. Her credentials and practicality lend us our credibility while still allowing me my idiosyncrasies (I didn't say I had become a saint just because my world fell apart once). We have a partnership that works. Our differences seem to be our strongest teaching tool.

So now I work with people again. And I have noticed a subtle but distinct difference in myself. We insist that each person is his or her own authority; that all we are trying to do with dream work is remind you of your knowing. That leaves me with the privilege of being present at times when someone gets closer to his or her own truth through the understanding of a dream. Still, sometimes I am looked at as if I am some kind of authority. I am not. All you are seeing is someone who has taken one small step on the road to self love. *See ad below.*

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CALENDAR of Events

December 4, 5 & 6

Discovering the Real Woman with Flo DeWitt in Penticton. p. 09

December 11 - 13

Reiki Level 1 & 2 with Yvette Eastman in Port Moody. p. 28

December 12 & 13

Canadian De-Tax Seminar in Kelowna. p.25

December 13

Seasonal Celebrations with the Unitarians in Kelowna. p. 03

Divine Dance: Tree of Life Celebration with Sue Peters in Penticton. p. 11

December 17

Channelled Healing Circle with Shae in Kamloops. p. 15

December 20

Holy Christmas Service with Rev. J.C. Rivera & Rev. Roberto Rivera in Penticton. p.18

December 22

Solstice Vegetarian Feast at the Juicy Carrot in Penticton. See Speaker Series p. 18

January 4

Certificate of Professional Counselling begins at Counsellor Training Institute in Kelowna. p. 02

January 15

Self Massage for Women, Intro with Urmi Sheldon in Penticton. p. 08

January 16

Reiki Level 1, in Coronation, AB, call Michael Fletcher for further course info. 403-578-2489

January 16 - January 31

Acupressure & Oriental Therapy, three weekend certified course, Nuthery Institute of Canada in Kelowna, 1-888-284-3333.

February 6 & 7

Reiki I, Nuthery Institute of Canada in Kelowna, 1-888-284-3333.

Introductory Trager Workshop with Audrey Mari in Vernon. p. 17

February 13 - March 21

Polarity Therapy, Six weekend certified course at the Nuthery Institute of Canada in Kelowna. 1-888-284-3333.

February 20 - 24

Energy Awareness Seminars with Denie Hiestand on Vancouver Island. p. 03

ONGOING EVENTS

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Live Music on Fridays, page 18

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