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# ISSUES

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**July & August 1998**



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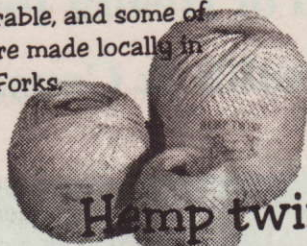
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# Musing

with Angèle

publisher of ISSUES



## Aiming High

Life on the farm was not always work, especially if company came. Mom always enjoyed having the nuns from town come out for the afternoon to play. They were game for just about anything, including baiting their own hooks if we went fishing for the day, looping their skirts up into their waistband if we were going for a mountain hike, or getting serious if it was a day to practise shooting a gun or bow and arrow as shown on this month's front cover photo.

As I gaze at the photograph I wonder about the gifts that were given to me by having this group of people in my life. Feeling connected to God is part of it. Seeing both sides of these women helped broaden my horizons for it was quite a contrast; the strict, controlled, do-it-perfectly side, and the let-it-fly-in-the-wind side. At Rosswood, many boundaries were crossed concerning what nuns were allowed to do. When I asked them if they could do these things, they said... "it was their day off from church and they could do what they wanted."

One of the older nuns had more gumption than the others. She set an example that the other nuns could choose to follow if they wanted to. She was delighted to be involved in whatever was happening in the moment. And if that included tucking your skirt so high that your leggings showed, so be it, for it made sense if you were going on an adventure. They laughed loud and often, squealed when the fish wiggled in their hands, they ooh'd holding the baby moose, and grunted while pulling back on the bow string. They never swore, but they said words that meant the same thing. The nuns said and did things that felt honest to me. They were real people when they came out to Rosswood, while back in Terrace they had to be their more formal selves. They confided in me one day that they didn't always like being so disciplined, but that was the rule in their commitment to God. I thought it was good that they knew the difference and accepted their roles. I much preferred the noisy,

fun-loving side of them to the hushed, follow-the-rules, be-on-your-best-behaviour side.

Being around many different types of people at an early age gave me an opportunity for choice... I liked trying out different ways of being. This training was largely unconscious at the time but it did plant the seeds for me to allow myself to be unique. The nuns could have fun and be themselves, even if it was only one day a month. Mom's other friends were also unique. Aunt Cathy was publisher of the *Terrace Herald*, a weekly publication up in Terrace, the town nearest to where we lived. "Aunt Cathy," was our chosen name for her. She was given that title for that was how she treated us, and all our real aunts lived far away. Changing the rules to suit the situation was something my Mom did well. Looking back on some of her antics still brings a smile to my face for it took courage and she taught me more than I can put into words.

This issue is focused on women, women who have changed themselves and their surroundings to make the world a little more special. Following our heart's desire is not encouraged by the education or business sectors of our society. Children today get programmed by TV, peer pressure and the school system... being guided by their instincts no longer comes naturally. I am thankful I grew up in an environment away from the "normal" society. I still have no time for TV but once in a while I take the time to enjoy a movie.

Looking back on my upbringing, I see the similarities. My latest emotional release session brought up another memory that helped me to release some old blocked energy. As Ken and I chatted, I said how tired I was feeling and that I needed a rest. At the same time I know how much needs doing and since I made the commitment and do enjoy what I do, it is hard to take time off. As the session progressed and after I had done my deep breathing, Ken asked my emotional body why I push so hard. I could feel the tears rise as my throat constricted while a memory flashed. It was an incident with my Dad coming down the stairs and telling me, "I want all the boys' beds made, their rooms cleaned and the laundry done before we get back from fishing." I fumed silently, for it was not my job to clean my brothers' rooms, let alone make their beds. I just glared at him till he left and then had a chat with Mom. We decided to do some cooking and we gathered up the dirty clothes, for doing the laundry was my job, and I enjoyed being outside where our old wringer washer and clothes line were.

## ISSUES MAGAZINE

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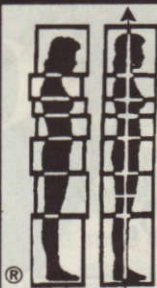
Ken then asked me "What was it I wanted to say to my Dad but didn't at the time." I could feel the frustration but my more mature self didn't want to get angry. Ken coaxed me along and in no time at all I was sticking out my tongue, hissing and shouting at Dad to get the hell out. I was surprised at how much energy was in me, for it took six to eight minutes of telling him off before I could feel the charge dissipate. As the energy dissolved, it made sharp, knifelike sensations in my lower colon and my left cheekbone.

Then he asked me, "What do you want from your Dad?" I knew Ken had said something, but I had to ask him to repeat it. I concentrated real hard to hear what he said and I then answered his question in a roundabout way. He then said, "You still didn't give me an answer." I gave him another answer and he repeated, "What do you want from your Dad." I explained that it was not possible to get what I wanted, he wouldn't listen and if I protested I usually got a boot in the butt. Ken then rephrased the question ... "Pretend your Dad is sleeping and you had an angel that could whisper in his ear and he had to listen and give you what you wanted ... what would you ask of him?" Tears came to my eyes and I said, "I don't know." I was quick to add... "Time off, at least once a month."

Then I started to remember some of the time he did spend with me and most of it before we moved to Rosswood. By then I was seven years old and he didn't know how to be with a girl; the boys were more to his liking. He spent so little quality time with me that by the time Mom and he split I was glad, for his way of joking often hurt her and she was still my friend. One repetitive comment that I remember most was ... "just to hear you holler." Mom would ask him for something and he would say no, then she would ask why and they would argue. Exasperated, she would throw her hands up and walk away. He would then slap her on the butt and say... "Of course you can have it...I just wanted to hear you holler." I didn't blame her for fuming and stomping off, mad, hurt and more determined than ever to change her circumstances. Leaving him was not easy and I give her a badge of courage. She went to work for Aunt Cathy, got a bank loan to buy a house and once a month took off time to have some fun with her friends.

I can see how my parent's programming influenced me more than I can consciously be aware of. Each awareness I have helps me to love myself a little more. Learning to be gentle with myself takes time for I am more used to pushing. The push-and-get-it-done-regardless-of-what-it-takes side of me is the part of myself that Dad liked best, so that is the part that got most developed. Now I am discovering there are other

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parts of myself that need nurturing and noticing. My homework for the month is to ask myself... "What does little Angèle want to do that is special for herself... something different from the way I usually do things." I have some excellent teachers, so it shouldn't take too long to change. It sounds easier than it is, for it does take constant vigilance not to repeat old ways of doing things. Each time I do it, the more I feel free, and the more creative I become. Generally speaking, I do know how to allow the flow to happen and with each new awareness things flow a little more easily, with less doing or figuring out on my part.

To allow me to change even more, I need more help. Help publishing ISSUES Magazine and running the Holistic Health Centre. It is time for one more person to join our company. Someone with advertising, promotions and computer skills who is holistically and metaphysically inclined. We ask that you volunteer at first so that Jan, Marcel and I can get a sense of how we work as a team. Once we are all comfortable that we can work together, buying shares in our limited company is the next step.

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*Angèle*



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From the Editor...

## Chit Chat

with Marcel



I am pleased to have a small yard and garden this year, after living in two condos and an unlandscaped new home over the past three years. Only now am I realizing how much I missed them. In Depak Chopra's *Seven Laws of Spiritual Success*, his recommendation for accessing the *Field of Pure Potentiality*, along with meditation and practicing nonjudgment, is spending time in Nature. How much more intimate can we be with nature than to have our hands in direct contact with the soil while planting, weeding and cultivating? I find these activities can truly be a meditative experience. Closeness with nature can also be experienced in the delight of watching the new growth burst forth with a myriad of colours, shapes and fragrances.

I am grateful to my husband, Larry, for his willingness to get our yard and garden started in the spring. He loves to go shopping for plants and then get each one set into its own special place. He doesn't use much planning or organization in this job, but seems to sense instinctively where each plant would like to be. I have to think that he is in deeper contact with this process than I am, when I heard him announce that this year he was going to plant flowers in amongst the vegetables... "because the flowers will make the vegetables happy." While we are working in the garden he likes to share the experience of each new discovery with requests like "Come and look at this little guy, he's going to make it after all." or "Come over here and see this flower, you will really like the colour." I get a little impatient sometimes with these interruptions, especially if I am busy trying to get all the weeds pulled, but I must admit I do admire his enthusiasm for new growth and the beauty of nature.

I am also happy to be composting this year for the first time. My daughter Jodi, who lives next door, and I attended the composting seminar at the Farmer's Market. We got lots of good tips and information for getting the project going. We both bought new composting containers and I am looking forward to working with her on this project. Larry and I drink a lot of fresh vegetable juice, so now I can finally put the waste from the juicer to good use.

Another advantage of having my own garden is knowing that the vegetables will be free of all chemical fertilizers, herbicides and pesticides. Because my garden is small and can't supply everything I need I will also be making regular trips to the Farmer's Market for a good supply of organically grown produce.

I appreciate Larry's suggestion when he said, "Why don't you write on something that I know about, like gardening?" and I am looking forward to a summer of harvesting my "happy" vegetables.

Marcel



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# Emotional Well Being

by Alex MacRae

Emotional well being was a state I had chased after for many years. Growing up in a family with an alcoholic father taught me many valuable survival skills, however, it didn't teach me how to truly live beyond survival and into fully alive.

After the birth of my first son life was looking very difficult and hard. I enrolled in a Human Potential Seminar, and discovered that I might be a whole lot more capable than I had thought I was. Soon after that seminar I was hired by a holistic health magazine selling advertising and was exposed to a wide variety of natural healing and alternative health practices beyond my Jethro Kloss book. Before I knew it I was on my way to changing my life. But what a struggle it was. Nothing seemed to come easily.

As I continued my journey toward health, life continued on and I eventually ended up in Tucson, Arizona and training as a Clinical Hypnotherapist. I had found, not only with my own journey, but others as well, that emotional stability and further, emotional well-being, ap-

peared to be crucial to growing towards health. I thought that hypnotherapy was an effective way to deal with past emotional hurts and trauma.

I loved my work. In addition to seeing clients individually, I taught meditation classes, developed a seminar for women on weight issues, and began publishing a holistic health newspaper. However, after a couple of years I found my clients were almost all women dealing with issues of abuse. It was the hardest, most painful work I had ever done. For every memory we dealt with more came to life. It was long, hard, gut-wrenching work; it was hard on the women and their families. I started looking for something, anything that would work. By work, I wanted something that would bring relief instead of embedding more trauma, and something that was not so time consuming. That's when I met the woman who developed Neuro-Emotional Release (NER).

This stuff really worked. My first experience was clearing myself of the anger I held about the pain my clients were going through. I felt so unburdened. There was a workshop coming up to become a NER Practitioner and I took it, did my clinical hours and got certification.

This technique is so effective, and quick I could scarcely believe the change in the women I was working with. The shame and guilt gone. The insecurities,

gone. It was like a miracle. The changes were permanent and easy. In a month's time, it was almost unbelievable the differences in my clients. And the most amazing discovery of all for an analytical processor like me, there was no processing, no digging, and it still worked.

I've been an NER Practitioner for six years now and it works the same for everybody; it is quick, painless, safe, stops re-occurring negative patterns, lets you forgive and move on. NER is not long term, talking-it-out therapy. Most people feel relief right away, and after four half hour sessions, life is different.

It seems that as fast as the stuff we need to clear comes up, techniques to clear emotional pains just as quickly become available for us. Former clients have said, "When the actual NER session was so easy, it seemed as if nothing had happened. Only in retrospect, everything had changed." One client came complaining of a tight feeling in her throat, chest and abdominal pain. We worked on the problem for 45 minutes and she felt better but within the week she got very ill with a flu. She said in a letter "When I 'got better' I felt nothing in my throat, chest and abdomen. Nothing. I realized I had come to treat that tight feeling as normal. Well it's not."

I know NER works because I've seen the changes in myself and my clients. The most satisfying aspect of the work is seeing clients get clear and move on to a more joyfully alive life, I love seeing them go. *See ad below.*

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by Beth Jardine, RAHP

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# Super Green Foods

by Sophie Jesswein

More and more people are becoming aware that food processing and aggressive agriculture methods have deprived food of its life-giving nutrients and enzymes necessary for optimal health. Our bodies, like plants, are better able to process nutrients from whole, natural organic sources rather than synthetic. At a time when adulterated food and the stresses of a fast-paced lifestyle threaten to overwhelm us, 'super' foods offer a great deal of promise.

Greens and grasses didn't always get the respect they deserve. This food was fit for cattle. Finally, science is discovering the power of chlorophyll and phytonutrients in whole foods. Enzymatically live whole foods result in better assimilation, higher blood building, longer nutrient retention time and most importantly, increased nutrient activity in each cell. Concentrated green super foods are reputed to strengthen the immune system, increase energy,

improve stamina, add alkalinity to the system, sharpen mental activity, give internal organs a rest and allow the body to repair, regenerate and cleanse the cells and colon of toxins.

A good super food blend should start with the earth's most nutritious greens or be a combination of algae such as Spirulina, Nova Scotia Dulse, Chlorella and cereal grasses such as alfalfa, barley, oat and rye. The chemical composition of chlorophyll and the heme portion of human blood are identical.

We are designed to be alkaline, but just about everything we do makes us acidic. The minute a pH of 4.4-5 begins to show, degenerative process will begin to occur and the body's alkaline mineral reserves will begin to deplete. All fresh fruits and vegetables and chlorophyll-rich ocean algae are alkaline ash foods. They aid the body in restoring its proper pH as well as offset the acidic effects of food or metabolism.

Plant enzymes such as protease, amylase, lipase and cellulase are essential to ensure the delivery of every nutrient to the cells and make up for the ingredients that are not enzymatically active. Plant enzymes are found in all living cells and are the driving force behind every biochemical action that takes place in nature. Neither vitamins, minerals nor proteins can do any work in their absence. Without enzymes life itself would be impossible.

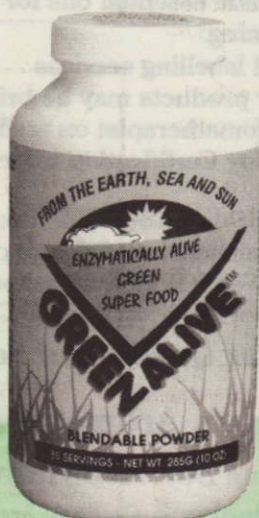
When selecting an enzymatically alive green super food formula, you will want to evaluate true performance. How the 'contents' actually fit you personally and not just the size, its milligrams or description on the bottle. Avoid blends that contain excessive amounts of lecithin, rice starch, rich flours, fibre fillers, grains that require digestion or maltodextrin. Weigh the cost of the product to the quality of ingredients, convenience and performance. It is important to drink plenty of good water when starting on greens to assist your body with the cleansing process.

Try several good quality blends and base your opinion on how you feel, days or weeks after taking it. Listen to your body and trust the messages.

Health is a lifetime practice, it is not gained or lost at the cellular level, on a one time basis. There are no miracle cures. Remember, your body deserves the best. Be good to yourself now and it will be good to you later.

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# Breema Bodywork

**A Taste of Heaven**  
by Alexi Strandberg

Breema bodywork deeply relaxes the body and expands consciousness by going beyond the mind through the body, integrating an experience of *oneness*, an experience to cherish, a taste of heaven. Breema creates an atmosphere of acceptance and true connection with one another through connecting to oneself. It is a peaceful method of *touching* our own essence through *being in touch* with another. It is a compassionate touch that relieves the anxiety of the mind and the heart through the body. The body becomes our path to well-being.

In the action of Breema, sadness, anger, even longing is scooped out of the body's energy field, scoop by scoop, touch by touch. It is said that there is only one body, one consciousness, one awareness, one existence. This existence of self is recognized when *being in* the body. It feels welcoming.

Breema has come to the west from a small Kurdish village in the eastern mountains of Iran along the border of Afghanistan. It has been a way of life in this village for thousands of years, mothers giving Breema to their children, elders holding the knowledge of Breema to pass to future generations. Before this the *source* of Breema is unknown. Recently I have talked to people who were in Katmandu saying that Breema is also being taught there. The instructors said they have studied Breema in Tibet. In my personal *mystique* surrounding Breema I believe it was before there were countries, in a time without boundaries, when humankind was still very much connected to its essence, to its existence.

Nearly twenty years ago Manocher Molran began to teach this single method of bodywork that he'd experienced all his life, especially from his grandfather, in his small Kurdish village. What he began in Oakland, California, his village

would never have thought of as a style of bodywork, just a way of being, a restoration of harmony, a simple prayer.

Every time someone asks me, "What is Breema?" I never know what to say first. How do I describe something that is so simple and yet so profound. Breema touches the source of self, the instinctive wisdom of the body. It awakens consciousness. It emanates through the life force of our existence, our vitality. It is joyful and playful. For me this ancient method of bodytouch is simply a beautiful gift of teaching a way to be present in the body, being in harmony with all that is.

The movements of Breema are comprised of various sequences of sweeps, stretches, leans, releases, swings, holds and rocking. The recipient's body is cultivated as one might cultivate a garden. The body *matter* is treated like rich soil in which all life grows. It is kneaded, turned, held, loosened, fed and watered. As well-cultivated soil produces a healthy yield, a well-tended body is relaxed, open and fully alive.

Breema is unique in its approach. You are never trying to diagnose, treat or fix anything or anyone. The aim is to increase vitality, not to fight sickness. The aim is to be nonjudgmental. The mind becomes receptive, registering the breath, the comfort of the practitioner, flowing with the natural rhythmic movements of the body.

Breema is not limited to the bodywork alone. Its principles apply throughout our day-to-day lives. The practice of Breema and its principles cultivate awareness. Awareness exists everywhere in a way of being in the world in a place of nonjudgment. It is a path of freedom through the body. From the village of Breemava has evolved a simple prayer of peace that echoes beyond time and space.

*see ad to the left*

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### WEDNESDAYS/THURSDAYS

#### MEDITATION CLASSES, 7-10PM

Drop-in meditations 1 -2 PM at Dare to Dream  
168 Asher Rd., Kelowna ... 491-2111

### SUNDAY CELEBRATION

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

Kelowna: Sunday 10am. Kelowna Centre for  
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# Options

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

What has brought me to this place at this particular time? As the title states, options. From an early age my family always provided me with options, things to do, places

to go, ideas of all manner. Religion, politics, ideas of all shapes and sizes were open for discussion. From a child's perspective, I assumed that this how the entire world worked. Being a shy youth I learned to listen and watch all that flowed around me. My parents were filled with stories of family history and experiences. I was always asked what I thought. As I progressed through school I started to notice not everyone had the same view of life. Not everyone had been taught that they knew more about their own lives than any other. I was always taught to problem solve for myself, and to question why or how I got into a particular situation.

Then it happened, at about age 13, I severely hurt my back. Never having really seen a Western physician on my own I decided to try it. I consulted a doctor and I was told that I had hurt my back. I was then referred to a physiotherapist. They did some work with me and then one day I was told my treatments were over. At this point I was still waking up every morning in the shape of a question mark. I could not function normally and now I was being told that was all that could be done. My gosh, was this what life had in store for me? At that point my dad took me aside and told me that he had been in the same situation as a teenager. He had decided to take charge of his own recovery and worked in whatever manner to correct his problem, vowing to turn his weakness into a strength. Upon hearing my dad's story, I chose the same path. I worked every day to recover from my injury. It was a long, hard and mistake-filled process which took time. The one thing I had a lot of was time. It was my life and I was willing to do whatever it took. I vowed from that point on that I would educate myself on how my body worked.

I chose, for good reason, a more traditional approach where treatments had a long proven history. After all, I am valuable. There is only one of me and I do not want any invasive treatments, nonreversible surgery, or new experimental drugs. Don't get me wrong. If surgery had been my only option, I might have considered it. However the less invasive the treatment the better. I used self massage, hydrotherapy, acupressure, exercise, diet and anything that seemed like common sense to rehabilitate myself. At 34 years of age, I have recovered fully from my back injury and I have also stayed true to my vow. I have educated myself on how my body works.

I am now a Doctor of Traditional Chinese Medicine (D.T.C.M.). My post secondary education background is quite extensive and includes University and private learning institutions and experience in both hospital and clinical settings.

I have been trained in anatomy, physiology, pharmacology, pathology, internal medicine, Western diagnosis, paediatrics, gynaecology, dermatology, acupuncture, massage, herbal medicine, Chinese food cures, Chinese medical diagnosis, external diseases, health and physical assessment, nutrition, physical training (strength, endurance, and flexibility training), martial arts, and qi gong.

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My education continues to this day with each new person I encounter in both my private practice and every day life. Within my clinical practice I have worked with clients ranging in age from newborns through to seniors and have treated a variety of conditions from Parkinson's and Meniere's disease to addictions and the common cold. It is twenty-one years later and as I look back to the options or tools I had then and to what I have now, I am happy. I can provide people with options.

I have designed my practice with as many options as possible available. I provide my clients with a personalized approach and beneficial self help techniques, or homework, to help facilitate and maximize the body's own ability to recover from dysfunction, infirmity or illness. I review my client's health, diet, movement, history, signs and symptoms and then set up a detailed treatment plan that both myself and my client agree on. I keep in close contact with my clients and encourage them to keep me informed of their progress so that I can alter their treatment as their situation improves.

I look forward to meeting you in the future.

*Glenn is at the HHC in Penticton, ad page 48*



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## The Gifts of Failure

by Carol Miller & Rémi Thivierge

Have you stated your intention to the Universe that you want a more spiritually-based life? Taken steps to release the parts of your life that no longer serve you? Maybe you have feng-shuied your house - or consulted with a clairvoyant or channeller who has predicted personal brilliance and abundance. Maybe in practising manifesting, or in using affirmations, you have experienced good success in some area of life. Maybe you believe now that life will be prosperous, as long as you keep focusing on your alignment.

But what happens, when some parts of life feel to have failed miserably? The mind deliberates this thought. How can failure be experienced while committing to a life as stated above? Herein lies the gift of failure, available whatever our path, as long as we are able to detach and learn from our experiences.

Failure can imply a loss of faith in who "I am" — that place of potential, connection and essence deep within. If some of the above resonates with your present experience, here are some ideas that may help.

1. If we have big life goals around personal growth or becoming a deeper person — maybe the experience of failure is the most efficient manner to help us achieve these goals. Because we are such creatures of habit, however, the cycle can become self-perpetuating, and then destructive. Then failure, in itself, becomes a habit, albeit not a particularly useful one.

2. Old core beliefs such as *feeling less than* can also play out as failure. Digging into our being can reveal points where we decided that we couldn't or shouldn't be as prosperous as another, for example, because we are female, rural, uneducated, etc. These beliefs may be surfacing now because the Universe thinks you are ready to tackle them and change them into ones that support you more fully.

3. When consulting with a channeller, healer, or any source of outside wisdom or inspiration, remember it is the journey, and not the destination, that is most useful to focus on. While it can be exciting to hear about our potential future successes, we must be wary of the mind's ability to become attached to expectations. John Heider, in *the Tao of Leadership* states, "When I let go of what I am, I become what I might be. When I let go of what I have, I receive what I need." If our expectations do not evolve (in our predetermined time periods) negative emotions such as shame and guilt may occur. Then we may start to try too hard, thereby creating losing solutions. Research, including Bernie Siegel's, states that people often resort to blaming themselves when they do not manifest the return of health. Again, this is a counter-productive reaction.

4. Are you in your zone? Peter Gabrielle croons, "*There's a place where we all belong*". Finding that place, where the natural cause and effect within the world feels supportive and rejuvenating, is a challenge of the 90's pilgrim and spiritual seeker. Perhaps you have asked for more abundance in your life — and yet you find that this seems not to be developing in your immediate community. While there may be some personal lessons that are being played out, the situation could imply that there is somewhere else where your talents and gifts may

*continues to right*



# Chronic Pain

It doesn't have to be

by Garry Kuse

The chronic pain felt by many people in their joints and muscles can have several causes such as arthritis, chronic fatigue syndrome and autoimmune conditions such as lupus or multiple sclerosis but it has been my observation that many times the problem stems from structural misalignment. Poor postural habits or internal scar tissue formation caused by trauma can lead to a number of conditions. One is muscle imbalance where some muscles are short and strong while others are stretched and weak. This can effect the movement of individual joints which in turn will irritate surrounding tissue setting up a pain tension cycle. Another is nerve and arterial entrapment such as in thoracic outlet syndrome. Here the scalene and pectoralis muscles may entrap the subclavian artery and the nerves which service the arm and shoulder girdle.

The formation of trigger points in muscles may also cause considerable pain. The role of the massage therapist is to identify where these problems exist, apply the necessary techniques to relieve the tension and most importantly, teach the person how to stand and move properly to prevent a re-occurrence of the problem. A treatment plan is formulated usually consisting of a series of frequent sessions followed by a maintenance program where treatments are spaced one or two months apart. This, coupled with lifestyle changes, usually provides in very positive results. *See ad to the right*

## The Gifts of Failure

be better utilized. If you think this angle could fit for you, consider other factors such as how your body reacts to the local weather, the local values, the various community dynamics being played out, and how connected you feel to the environment and to the people.

5. If feeling failure, you may be working on a lesson around developing patience or endurance. While our job is to do whatever is humanly possible to make something happen and to make our lives work, it is the Universe's job to open the doors and to set up the connections. So, sometimes we do have to wait.

6. Maybe you are being asked to listen more to your inner wisdom. It is fairly easy to have faith and be lazy, and not to have faith while being a doer. It is much more difficult to have faith and take action. Learning to trust yourself, while taking the steps that you think will make life feel more meaningful and satisfying, requires the ability to hear, honour and act on your own inner voice.

Self-care is extremely important when feeling failure. Love thyself with as much compassion as possible. Comfort that side that feels sometimes lost and afraid, and ask it to reveal and open the gift of failure. In experiencing the gift, the failure can then be released. A deeper understanding and heightened appreciation of life is then realized.

*Carol will be at Dreamweavers ... see ad to the right.*

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## Chronic Degenerative Disease and Regeneration

by Dave Street

As we age our overall cell oxygen levels decline and the tissue of our bodies tend to become acidic. Some factors contributing to this include a nutrient deficient diet, medications, pollution, stress and more.

Oxygen is our most precious nutrient. We can go seven weeks without food, several days without water, but only several minutes without oxygen. Oxygen levels get impeded and decline over time when the above takes its toll on the liver, respiratory, circulatory and lymphatic systems.

According to two-time Nobel Prize winner, Dr. Otto Warburg, one of the prime causes of cancer is the replacement of oxygen in normal body cells by the fermentation of sugar. When the oxygen deficiency becomes prolonged, the cell does everything possible to survive. Trying to adapt, the cells incrementally surrender their aerobic metabolism to the more primitive anaerobic metabolism. This is known as fermentation. Cancer and other CDD's are examples of this primitive metabolism.

Another two-time Nobel Prize winner, Dr. Alexis Carrel, has proven that the life of the cell is in fact immortal. It is the fluid in which the cells float that causes the cells to degenerate. Carrel is regarded by some as the father of Regeneration Therapy. Let's take a deeper look into his fascinating experiment that started in 1912.

Dr. Carrel succeeded in transplanting heart tissue from a chick into an invitro (outside the body) culture. He kept the heart tissue alive for an incredible thirty-eight years. Carrel was especially careful that the correct medium was provided for the tissues. He added embryonic chick juice or some other liquid nutrient to the original artificial medium. Carrel then bathed the tissue in fresh nutrient and discarded the used medium to ensure the removal of wastes. Carrel's experiment has been reproduced and confirmed by other scientists. Doctors Max Gerson, Nicholas Gonzalez and George Goodheart have all used Carrel's regenerative therapy as a foundational starting point with many of their patients with so-called incurable diseases. These doctors have all added an important ingredient which Carrel's experiment didn't. In humans, balancing and optimizing neurological expression is also used in Regeneration Therapy.

To summarize —Carrel's and other notable natural healers' methods involved four main prerequisites

- Frequent and regular detoxification of tissues
- Optimal saturation of the tissues with oxygen
- Feeding of unadulterated nutrient rich foods
- Balancing and optimizing neurological expression

In my opinion the future of healing will move away from linear treatments and instead adopt a Quantum Healing approach that treats individuals as unique whole beings with Regeneration Therapy. My ongoing research of people who self-heal themselves shows most of them overcoming their egos' need for separation and division and thus becoming more in tune (open) with their bodies' self-healing signals. *See ad to the left.*

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# PREMENSTRUAL TENSION SYNDROME

Dr. Kevin Ma

Premenstrual tension syndrome includes a series of symptoms such as distending pain in the breasts, headaches, dizziness, restlessness and insomnia, distension in sternocostal region, edema, diarrhea, restless sleep and general malaise.

## Main Points:

1. Some or all the above symptoms can occur before or during menstruation.
2. Physical examination shows no abnormal findings. Organic diseases are excluded through gynecological examination.

## Differentiation of Common Syndromes:

Type I: Stagnation of the Liver-qi

Type II: Deficiency of Qi and Blood in the heart and spleen

Type III: Yang insufficiency of both spleen and kidney

## Treatment

### 1. Chinese herb therapy

**A.** Main symptoms and signs of type I: premenstrual distension and fullness in the breasts, thelalgia, dizziness, headache, distending pain in the lower abdomen or involving the chest and hypochondrium, restlessness and tendency to anger, dark colored tongue with white and thin fur, taut pulse

Therapeutic principle: soothing the depressed liver to regulate the circulation of qi, promoting blood circulation to remove obstruction in the channels

**B.** Main symptoms of type II: premenstrual palpitation, restless sleep, lack of vitality with asthenia, cold extremities, excessive thin clear leukorrhea, pale tongue with white fur, deep and thready pulse

Therapeutic principle: nourishing the heart to calm the mind and reinforcing the spleen to remove dampness

**C.** Main symptoms and signs of type III: premenstrual edema in the face and limbs, dizziness, bodily languor, drowsiness, loss of appetite, loose stool, abdominal distension, lassitude in the loins and legs, corpulent tongue with teeth marks on its margin, white and moist fur, deep and thready pulse.

Therapeutic principle: strengthening the spleen and warming the kidney to promote diuresis

### 2. Acupuncture

The effects of acupuncture are:

- a. balancing the two kinds of nerves with reverse fluctuations, that is, the nerves controlling the tension and relaxation, adjusting the nerve to be relaxed
- b. balancing the secretion and metabolism of the hormone so that the level of hormone can be normal
- c. promoting the circulation of blood and qi, removing the stasis and unblocking the channels
- d. regulating the functions of organs

In my experience, most of the patients can get cured after three to six sessions of treatment. It should be mentioned that acupuncture treatment has also very good effects on Preexamination Tension Syndrome of students

**3. Chinese massage and Qigong** can help if you persist in exercising for a long time

**4. Chinese patent medicine** is good especially for those who are afraid of needles.

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# AN OPPORTUNITY FOR HEALING

by Jan Stickney and Michael Kruger

The University of Life, where we have received most of our education, has offered us yet another opportunity for growth this past month. The Artists & Crafters Collective at 254 Ellis, which Michael opened two months before, was broken into. Several small rocks had gone right through the plate glass windows but they didn't shatter, so the front door was destroyed with large rocks. That provided entry for the thieves who then stole the Tai Chi practice swords from the display counter and the pyramid display case containing Joyce Ravenwood's jewellery.

Our first reaction was shock; we haven't experienced anything like this before. Michael's initial response was that we were looking at the effect and wondered what would cause someone to act out in this manner. Numbly I helped where I could. I tried to resume a normal workday at the Holistic Centre/Issues office and help Michael with the clean-up next door. I found it very difficult to focus on the tasks at hand.

The reactions of people coming by and into the store was varied. Some were horrified that this could happen in

their neighborhood while others were oblivious to the holes in the windows and did not notice that there wasn't any glass in the door.

Michael and I took a list of the stolen property to the R.C.M.P. later that evening. Fortunately Joyce always autographed her creations with her own unique symbol making them more identifiable. Within hours a police officer phoned to have us meet him at the store. He had four pieces for us to identify, an easy task and somewhat encouraging. After he left, my only comment was that somehow there could be healing around what happened.

I went to sleep quickly and woke in the morning with a partial dream of a healing circle in which Joyce, Beth, Angèle, Michael and I were each telling the offenders how the theft had impacted our lives. For me the emotional jarring of the theft and the violation of my boundaries was exacerbated by the fact that Joyce is a special friend. Over the years she has made me some beautiful jewellery and I know the love and joy put into the making of each piece. Hers are one-of-a-kind creations, as are so many of the items offered at the Collective.

Just like in the book *Returning to the Teachings* by Rupert Ross, we feel it is important for the offenders to bear witness to the number of people affected by one single act of violence: the artists and crafters, surrounding businesses, the building owners and the people who live in the neighborhood. Our other concern is that the offenders be responsible financially for the damages since it is a natural consequence of their actions. What they break, they pay for!

For a new business on the street the care and concern of the neighbors is heartfelt and reassuring. Many lives have been affected in this one incident; not only the people involved in the store but the offenders as well. From the feedback received since sharing my dream, we believe that we can heal from the experience with the help of the judicial system and the community.

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# Finding Yourself

by Karin C. Bauer

I was recently asked: 'Why do you enjoy counselling so much and how do you keep a positive attitude doing this work?' My answer was that both 'why' and 'how' are directly related to my belief system and values. For one, I really believe that everyone has gifts, purpose, and soul, even people who have seldom truly connected with their given gifts. I believe this because I have discovered an awareness of true balance by applying my life purpose and gifts. Also while travelling through my own journey, when I fulfil my own destiny, my soul is happy.

Although it is not always easy I do appreciate the process of learning how to choose my own destiny. There is a tremendous sense of power in creating what feels right, what is soulful and intuitive. I also believe that everyone has this potential to discover and uncover an abundance of gifts, purpose and soul. Often we can find our true selves by clearing the clutter away. When a person is ready to do this uncovering process, often he or she begins by looking for some type of guidance and support. This seeking is the result of the person's innermost true being or soul calling out and finally the person listens. I believe in this process because I am also on this journey; always so delighted and honoured to guide others through finding themselves.

I believe some of the gifts I have been given are to uplift and inspire, to counsel, to write and create. These are wonderful gifts as I enjoy meeting so many other gifted people, my clients. To connect on a soulful and true level is very rewarding. That is what keeps me going. I created a piece of art some time ago that symbolizes my beliefs and values very well. It is picture of two whales in a

circle, which at first looks like continents on our planet earth. While in the spirit of creation, I wrote: 'There is power and energy within everyone. There is love and harmony, spirit and intuition. It is up to us to capture it all by giving and receiving. It's the circle of life and harmony.'

A person's power and energy can be used towards achieving important life goals. As these life goals are being achieved, often a sense of feeling more powerful and energized arises. When people ask me what my greatest achievements have been so far in my life, I search my memory and say, "One of my greatest achievements is that I have come to feel completely and fully alive." The next greatest achievement would be that I am able to guide others to also feel much more alive. My more tangible achievements include walking on a bed of hot coals without harm, gently taming a wild horse, sharing honest relationships and earning a bachelors degree in Social Work. It is important to remember that all personal achievements should not just be achieved to 'get' or 'have' something. It's more about the empowerment, growth and self-actualization that happens for a person. When life goals are achieved, it happens by breaking through fears, thus clearing away more of the clutter. This clearing away may lead a person to finding the true self, the potential and the essence of life.

In my work as a counsellor, I come from the perspective of empowering everyone to be his or her absolute, outstanding best. I am a life coach, therapist, motivator and inspirational speaker. In my practice I utilize a variety of effective strategies and give the client the tools to meet his or her own needs. Yet, most of all, I practice from the heart and soul.

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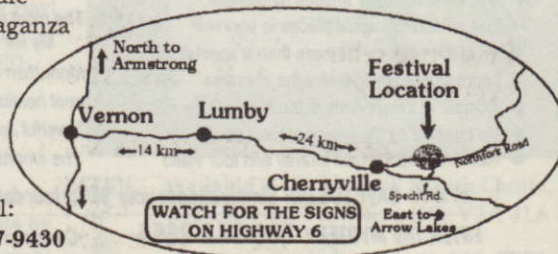
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# MACHU PICCHU

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*Are you feeling attracted to some exotic destination? If so, you are in good company. These days just mention Machu Picchu, Tibet, the Pyramids, Stonehenge, or the Yucatan peninsula, and imagination takes off.*

This is hardly a surprise. Now, more than ever in history, people are feeling the limits of our western culture. Somehow what we have is not enough. Sitting here at the pivot point between the 20th Century and the Millennium, we may be congratulating ourselves for launching the 'Information Age'. Yet paradoxically we still can't seem to find out what's *really* going on.

Whether your primary concern is how to move the kids to soccer practice or how to move into the 5th dimension, you know one thing is clear: we are in a time of change. Things just aren't working like they used to. Ready or not, all of us are being nudged awake.

In the broader scheme of things, the yearning you have to travel is a call, an invitation to join a kind of 'advance guard' on a quest on behalf of us all. This quest is for some new solution, for other possibilities—for that elusive something 'else' that will lead to answers—to an *ancient Truth*. That's why words like 'Power Spots,' 'Other Dimensions,' 'Sacred Places,' catch our attention. It is why the names of places like Machu Picchu and the Great Pyramid resonate so deeply in us.

### A New Way to Travel

On such a quest it is not enough just to move your *body*. Your mind too must move. To see something new we must be able to change the way we see. We have been manipulated for so long by bright images, and shouted slogans—"Buy it and you can have it!", "What you see is what you get"—that we have forgotten as a society how to feel subtler energies and hear quiet Truth.

The insights to be found in sacred places are not written in bright lights, or sung in catchy jingles. They are *behind*

*continues to the right*



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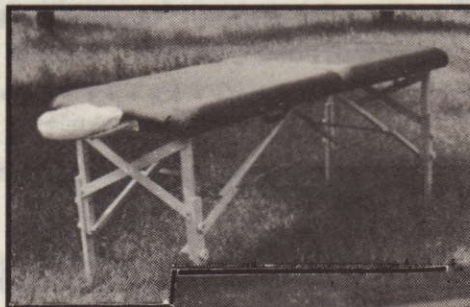
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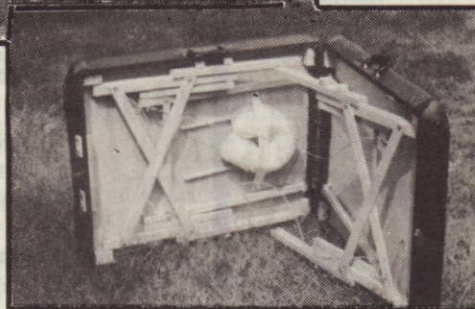
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by  
Gerry  
Parent



Images of space aliens from another planet, landing on this secluded organic farm just north of Summerland, BC and seeding their strange varieties of garlic came to my mind the first several times I drove by the Galactic Garlic sign on the highway. Meeting Nityam and Michele at the farmers' market in Penticton where they were selling their organic produce, and later on their farm soon changed my impression of what their farm name really represents... a way of life for their family and the people they serve.

Nityam explained that *Galactic* refers to the four elements—earth, wind, fire and water, which gravitates around everything setting a universal base to begin planting a garden that is inline with the earth's energies. The word *Garlic* refers to their farm's vegetable speciality which is a representation of their intentions of planting being grounded to the earth.

Two young people were in the garden busily planting the later varieties of produce like corn and squash when I arrived. Over lunch of fresh produce from their garden, I found out that these two people were from China, working under the WWOOF program (Willing Worker On Organic Farms). Travellers from all parts of the globe trade hands-on work experience on organic farms for room and board. "This is our second year under the program, which is a big help with all of the work that needs to get done," Nityam commented.

Michele showed me around the farm introducing me to all of their organic produce lusciously growing, many sharing the same row such as lettuce, carrots, onions, beets, beans, and of course lots of garlic! Everything growing was planted according to the correct phase of the moon and in proximity to other plants that would most benefit each other, which is known as companion planting. For example, the smell of garlic or onions planted next to carrots fools damaging insects

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## Nityam & Michele on their Galactic Garlic Farm



into missing the carrot patch. Colour is used in the opposite way. Several patches of dill, fennel and chamomile were grown for their alluring benefits to attract beneficial insects, to help pollinate the fruit trees and keep crop-damaging insects under control. Nityam mentions that "conventional spraying of pesticides and herbicides is not only detrimental to our health but also upsets the natural balance in the food chain that Galactic Garlic and many other organic farms try to preserve."

Two small taps from the main house on a branched network of connector hoses is all that they use to water their two-acre garden. Because of their low water consumption, straw and compost are used to retain soil moisture, to minimize erosion, to keep the weeds under control and also to add nutrients slowly to the growing plants. Farming in this way also creates a home for many soil-dwelling organisms to thrive, helps to aerate the soil, breaks down nutrients for plants to use and keeps the damaging insects in check.

"Stress is kept to a minimum on the farm," said Nityam as he eased back in his chair. Not worrying about every crop being perfect and accepting that sometimes you lose some of the crop to bugs or a gopher makes farming more enjoyable. As long as the delicate balance of nature is supported through biodiversity, crop rotations, natural pest management and a love of what you are doing, then everything naturally takes care of itself and the result is plenty of high quality produce that you can taste, feel and enjoy."

Several sections in their garden contained plants that were over-mature and were on their way to producing next year's crop. "Seed saving is something we're getting more into this year" states Michele. "We want to become more reliant on our own seeds to carry on our particular varieties and also to save some money on having to buy them every year."

Education is important when it comes to choosing the foods we consume these days with all of the chemicals and pollution in our modern world. Michele is passing her knowledge along to the young students of Otma Squil'xw school by helping them to grow their own organic garden. "Getting the young generation back to the land increases their self-esteem and worth, which allows them to feel like they can make a difference in the world by the choices they make."

Buying organic is a great place to start on the road to good health and caring for the environment. Supporting your local farmers like Galactic Garlic or with a home delivery service like Garden Deliveries can sure make a difference. Remember, every dollar you spend is a vote for what you believe in!

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# MY SON'S FIRST YEAR OF SCHOOL

by Vicki Lightfoot

Since my son, Peter, was born, I started counting the years before I would have to make a decision about his education - home school, public school or private school? Five years to go - four years to go - until last year when September came along. He was six and we started home schooling. After two weeks, he made it clear that he needed friends to play with and school was

the place to be. I guess I just wasn't ready to send him off every day for seven hours. I told him I would miss him and he agreed to continue to home-school until at least Christmas. It wasn't long, however, before he started asking to go to school again.

It was a hot Saturday afternoon, Peter and my husband had gone fishing and I felt I needed a



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B. Sc. degree and has studied numerous forms of holistic healing, holds a certificate in acupressure and is a reiki practitioner.

walk to think about sending Peter to school. I left my three year old in the charge of my ten year old daughter - something I hadn't done before. I started walking toward town and ended up in front of the town bulletin board on Main Street. My eyes immediately focused on a small note that read: *Daycare with Montessori program; 3-6 year olds welcome.* I had known about the Montessori system of education for almost a decade. My daughter had attended a Montessori pre-school as well as one year at the Kelowna Montessori school where she thrived both mentally and spiritually. I called Marilyn Savoie, the name on the note. She agreed to enrol Peter for his first year.

Marilyn happens to be a forester and her knowledge about bugs, plants, pond life, atoms and molecules and space, was soon having a noticeable impression upon my son. It isn't easy being a parent who not only questions public education but also opts out of it. My reassurance in knowing that what I am doing is right comes from observing my son. When we walk in the woods it is he, of my three children, who stops to point out a caterpillar starting to pupate, who screams when my toddler is about to step on an ant and explains to us that this little ant is part of an ecological cycle, who points out various constellations in the sky at night. He's a happy, content, self-assured and curious seven year old. There is no test for his self-assuredness or knowledge and appreciation of nature, but then again, no one is testing him.

How does learning happen? It's a simple formula: surround children with the things they are naturally curious about: ponds, fish, birds, caterpillars, bull frogs, etc. Let them observe them,



help them answer their own questions, read lots of stories about what interests them, nurture and respect their curiosity. From this comes an enormous motivation to learn. And when this takes place, a classroom where children support each other emerges.

Skills such as reading, writing and mathematics are also developed in the Montessori classroom. I see three and four year olds playing letter bingo; identifying words; matching animals and their corresponding first letters. Marilyn has a deep-rooted understanding of how children learn. It is the Montessori understanding that children learn skills such as reading and writing only when they are ready. The Montessori program prepares them to learn to read and write and it is up to the teacher to recognize what stage the child is at in the reading process and prepare his/her program accordingly. A child may be ready at the age of four or not ready until the age of six - a child will always learn to read, it's the ability to understand how an individual child learns and at what stage they are at that will lead them to reading.

What makes a Montessori school special is the teacher, and Marilyn is a typical Montessori school teacher. Her love for children, her ever-expanding knowledge of children and how they learn, her understanding of the environment that children can meet their full potential, have made my child's first year of school a positive and permanent memory.

So what about grade two? I guess I'll do what I did with grade one - leave it up to the universe. *see ad below*

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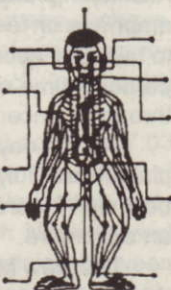
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# Astrological

## Forecast for the Month of July 1998

Looking at the aspects for July, I'm struck by the fact there are no major new trends beginning. The big three outer planets all are retrograde and make no aspects amongst themselves. The faster moving personal planets are very busy, triggering a variety of personal event scenarios.

From the beginning of the month till the Full Moon on July 9th, Mercury is the most active trigger. It will be useful to stay conscious of what role you're choosing to play, what values you're defending and if your vision and another's are in balance.

Mars moves into Cancer on July 6th and life will slow down somewhat. Motivation now coming from an attitude of sensitive support and the need to feel like doing it.

The Full Moon on July 9 is at 9:01 am. We are asked to shine the light of awareness on Cancer's theme of self awareness. Do you check in with self on a regular basis, taking responsibility for seeing that your needs are met? Failure to do so at this time can leave one open to opportunistic infections. The highlighted degree symbolism \**"A hen scratching for her chicks."* Also highlighted with this Full Moon is spiritual activities and community involvement.

The next few days are pretty quiet, of note is July 14th when power struggles could come up and the only solution is compromise, which will not be what either party wants! On July 17th Jupiter stations and turns retrograde. Till November 13 we are all asked to review and reconsider our involvement with community, the beliefs that shape our ideas about community, and our ability to making meaning out of life.

Venus moves into Cancer on July 19 shifting the mood of relationship and social activities to one of less activity, more emphasis on feeling and support being present. Excellent time to take that second honeymoon, or hold the family reunion. A personal time out would be rewarding while Venus sojourns through Cancer. She leaves Cancer for Leo on August 13.

On the day before the new Moon, the Sun moves into playful Leo (July 22). Here in the northern hemisphere take the best sign for creative endeavours outdoors, be active, go for an adventure.

The New Moon is at 6:44 am on July 23. Today we plant the seeds of creative expression. Neptune is in exact opposition to this New Moon, like a spiritual full moon, revealing the true intent of our creative outpouring. A dance irresistibly done in service to the collective? The highlighted degree symbolism\* *"Blood rushes to a person's head as their vital energies (Chi) are mobilized under the spur of ambition"*

We end the month with the second of Mercury's retrograde passages for 1998. From July 30th to August 23 our lives can be rearranged by this famous trickster with delays, rearranged schedules, stalled contract negotiations, and other non-linear events. It is recommended that one relax and go with the flow, saving important decisions for when all the facts are in, usually after Mercury turns direct.

*\* An Astrological Mandala by Dane Rudhyar*



# Forecast

## Forecast for the Month of August 1998

In August we may see a maximizing of polarization between the people aligned with the status quo and those who are rebelling against it. This peaks on the 15th, when for about ten hours we have an unusual time with six of a possible eight planets in retrograde motion. Bracketing this moment are our old friend's from this winter—Saturn "reality and the rules we play by" and Pluto "who has the power?" With Mercury one of the planets retrograde, a resolution to the impasse is unlikely. The world will need to remember to keep breathing!

We begin the month on a feeling note as Mars and Venus travel together for a few days in Cancer; it will be best to own up to getting what you want in a direct manner!

This month we also experience the next set of eclipses that set the world stage for six months. The first is a partial eclipse of the Moon (Full Moon) on August the 7th at 7:10 pm. We are asked to shed the light of awareness on our creative out pouring. In particular, whether our energy is useful to humanity in general or is an act of separating from the main? Can you recover from those moments when the audience is less than enthusiastic about your accomplishments? The highlighted degree symbolism\* "Sunshine just after a storm." This theme will overshadow world events till the next set of eclipses in '99.

Venus moves into fun loving Leo on August 13, get your friends together and play. On August the 15th we first have Saturn, planet of "reality checking", begin its annual retrograde stint. We will all be checking on the changes, or lack thereof, we have put in place in the last three and half months. Then for about ten hours, we have six planets retrograde. I'm predicting that the world will feel like it's holding its breath... When nothing dire happens? Forward movement will be required and Pluto then stations and turns direct giving power to make changes.

Just prior to the next eclipse Mars, planet of action, moves into playful Leo, cranking up the desire to be active and enjoy adventures only summer can bring.

The partial eclipse of the Sun (New Moon) occurs at 7:03 pm on August 21. The world is asked to sow the seeds of trusting our creative instincts and yet this is polarized strongly with the collective need, highlighted by both Neptune and Uranus in the opposing sign of Aquarius. Tension between personal ego and the collective may be very strong this next six months. The highlighted degree symbolism \**"A mermaid emerges from the ocean."*

On August 23rd we go back to regular scheduling as Mercury stations and turns direct! Contracts, negotiations, decision making, and connecting in general have less hang-ups and snags. August ends on a typical responsible note as we all go back to our routines, this is reinforced by Saturn in practical Taurus aspecting service-oriented Virgo Sun.

*\*taken from "The Sabian Symbols" by Marc Edmund Jones*

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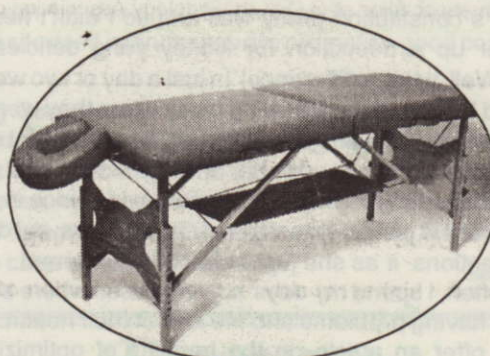
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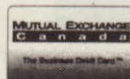
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# POWER UP AND MOVE

by Joel  
Whitehead



## Chinese Medicine as Sports Medicine in our little community of Summerland

As can happen with kids, school, extra-curricular activities and all the things they want to do in life, they can just get worn out. This winter my daughter, age ten, hit rock bottom and my wife asked me to make her a formula . . .

The day she asked me, my daughter and her class had been off for a round of cross-country skiing at Apex. Word had it that she dragged her way through it all and might have been left behind altogether had it not been for a caring friend and fellow parent who stayed behind to wait for her. She came home exhausted. Well parents, what comes with a tired child? You guessed it; nothing was right emotionally either and we all suffered the consequences.

If you hear the distant trumpet of a calvary charge coming to save the day you are not to be disappointed. I know my daughter's constitution pretty well and so I didn't hesitate to make her up a decoction for kidney yang deficiency and energy. Well, what a difference! In just a day or two we got our happy kid back and the following week when they went cross-country skiing again, she pretty well led the pack. A lot of adults asked her what happened to her and she simply said proudly, "I took Chinese herbs." This is also amazing since in, spite of the fact that it is just an extension of my business, my daughter rarely mentions it as she just hates being different.

So often, I spend my days solving cases where someone is sick or having problems and the loss of their health. It feels great to offer an article on the benefits of optimizing your dynamic self in spite of having only a few problems.

### Blood herbs:

Sometimes people are fine with energy, but they are low on substance so they need to have more blood. Last year a well-known female runner came to see me. She had been wanting to get pregnant again but had not yet been able to conceive. Her periods were brief, but she said that that was normal for a long distance runner of her calibre.

There was no doubting the efficiency of her body to perform, but she lacked the substance, blood, to allow for building strength, especially for developing a baby. When she asked me if she needed a cleanse, I retorted instantly "No, you need to build your blood." I gave her the appropriate herbs and she later conceived.

### Qi Herbs:

Most often I find people with adequate substance, but very little actual energy to drive it. Qi herbs, when combined with substance, help to make blood and free up internal movement. Of course movement itself like adequate exercise, is often like Qi provided by herbs and can help optimize body efficiency. So, once we get them the energy to start an exercise program they may only need herbs for the extra push when needed.

### That Extra Push

A few years ago Chinese runners started to dominate middle distance events in the world of running. They were training on Chinese herbs. Last weekend our little town had a running event the whole community turns out for. I haven't really done much running for fifteen years or so, but my daughter wanted us to do it together. She had been taking herbs again (she asked for them) for a couple of days, so that day, knowing I would need all the help I could get, I took them too. Well, we really surprised ourselves. To my daughter's mind there was no doubt that the herbs helped a lot. To my mind it could have been the only thing that actually got my heavier behind through all those miles. After my own experience, I have been getting pretty excited about supporting athletes and sports medicine.



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# Waldorf Education: Is it right for your child?

by Riley White

## About Steiner

Waldorf Education is also known as Rudolf Steiner Education. Steiner lived from 1861 to 1925 and studied math, science, and philosophy in Vienna, earning his doctorate degree from the University of Rostock. Over the course of his life, he wrote nearly 30 books and gave over 6000 lectures on spiritual science, education, medicine, agriculture, social issues, science and the arts. He put his ideas into practical use, and though the methods he developed were and still are revolutionary, there's no denying the results. His life was dedicated to creating tools for ensuring a fulfilled life; among these tools are a guideline for schooling, a method of "organic" agriculture now known as Bio-Dynamic farming and gardening, methods of medicine, and the art of Eurhythmics - "visible speech and visible song." All of these tools are designed or drawn from the desire to support and nurture healthy, alive, evolving and creative human beings of body, mind, and soul. Steiner called his spiritual science 'Anthroposophy'. He recognized that conscious spiritual perception is potential within every human being and can be activated through exercises in concentration and meditation - spiritual research using the scientific method. His work was to create a path of knowledge that could "lead the spiritual in the human being to the spiritual in the universe" with the understanding that a healthy social, artistic and scientific existence depends primarily on spiritual development.

*"The Science of Spirit wishes to use words, concepts, and ideas in order that something living may stream down from the spiritual world into the physical. It does not only seek to impart knowledge; it strives to awaken life."* - Rudolf Steiner

## About Waldorf Education

Waldorf Education is necessarily permeated by art, since effective education must have soul. The 'modern' method of education by illustrative materials, including television and computers, are not pursued in a Waldorf school. The teachers involved with Waldorf Education continually strive to comprehend the individual as a spiritual being - body, soul and spirit - so that they may train the body, soul and spirit of their students in the discovery of the connection between work and spirituality. This is in direct opposition of modern teacher training with its materialistic saturation.

## Educational Principles

The Kelowna Waldorf School offers grades from pre-school to grade 8, enrolment permitting. The methods of instruction are determined by the age-group of the child; the three phases of childhood being from birth to age 7, next to age 14, then to age 21. For example, from birth to age 7 children learn best in a home and family environment, learning through imitation, which Steiner states is the basis of social freedom. The pre-school and kindergarten are designed with that in mind, and the teacher is often found baking bread, doing daily household chores, gardening, etc. which the children imitate and help with. Circle games, songs and rhymes are part of the core curriculum.

## What is Not Taught

There is no religious instruction given in a Waldorf School. Anthroposophy is not taught. It is recommended, however, that parents of students familiarize themselves somewhat with the tenets of Anthroposophy - karma, re-incarnation, the existence of an invisible aspect of reality which is populated by angel hierarchies, nature spirits, etc. since this is the space that the Waldorf teachers are coming from, a new method of teaching and handling teaching.

## Physical Aspects of the School

It is recognized that along with the need of a spiritually aware teacher, the physical surroundings of the learning environment are also important, since children are aware of and experience their whole environment. The size and shape of the building, the classroom, the colors, the furniture, even the air can be designed to be friendly and nurturing. The building site itself is landscaped to promote a good contact with nature.

## Closing Comments

In closing, we would really like to greet your child every day at our school. Please get in touch with us for further details. Our Website is also a good source of links to information about Waldorf Education, Bio-Dynamic agriculture, Anthroposophy and the case against TV viewing.

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# DEATH, TRANSFORMATION and LEADERSHIP

by Christopher Moon

It was many years after the death of my parents before I finally learned to grieve, but it was not until I experienced this grieving that I began to understand the purpose of death. Up to that point, I looked at death as just another example of what a terrible place this world was. In my mind, death was everywhere, from the moment of our conception to our final tragic parting from the few loved ones we managed to find in the brief span of our senseless lives. The day that I realised I am not a victim in this world, I began to transform my entire perception of death - and birth.

We have died so many times in our lives. We have lost so much of what we were, and many of us never really recovered from those traumatic losses, even the losses that were completely forgotten. These deaths hang onto us in forms that we do not recognise, and so we become imprisoned by our pasts. How? Through our needs.

Have you ever wondered what needs are? We're driven by them constantly, and they often give our lives purpose and meaning, for in the process of trying to get these needs met, we form relationships, choose jobs, plan our lives, and pursue goals. Most achievements were inspired by some need, and yet the nature of the need itself may have never been identified,

and so the achievement rarely fulfills the achiever completely. Could it be because a need is in fact an unmourned loss, and until that loss is grieved and let go of, the need can never be satisfied? In the pursuit of all your goals, is it possible that what you are looking for is you - the great and powerful being that you intuitively feel is your real self? Let me give you an example of what I mean.

My mother died in 1976, and my father in 1978. I had very little feeling about either of these, other than a sense of relief that their suffering was over, and a hope that they had gone on to a better place. But basically I was fairly cool and numb around their passing. Many years later, I was sitting with a friend, telling her about my father when suddenly, the grieving process finally happened. It seems that I cried for hours, first out of anger for how unfairly I felt he had treated me. Then I cried for all the feelings I could never share with him, his absence from my childhood, and for how afraid I had been of him. Next came the tears for the brief friendship we shared before I left home, and then for how much I missed him. I found I was not only crying for the man that had died in 1978, but for the father that died when I was two years old, five, seven, eight, and right up to the present moment. For every time I suffered a heart-break, a part of me died, and sometimes the death was reflected by a father/son trauma where I experienced the loss of some vital connection with him. But that loss was inside me, and I never properly grieved those losses until that day.

Holding the memory of him in my heart and mind, I wept freely. For every tear that dropped from my face, a tear of mercy would drop into some old wound inside me, until all that was left were tears of love for the great man that my father in truth had always been. For some time afterwards, my only regret was that I never got the chance to tell him in person.

After that day, many changes took place in my life. I quickly became aware of the kind of work I wanted to do, my money situation vastly improved, and my shyness in social situations began to dissolve. My sense of myself as a man became more solid, and I was suddenly being recognised for my gifts. A few years later I learned that, psychologically, fathers symbolize money, society, work, direction, and expression of who we are, to name a few. I do not believe it would have been enough to simply grieve the man who died; I had to mourn the loss of all those parts of myself that were reflected in my relationship with Dad. And in grieving those deaths, I could finally let go of what I had lost, thus letting life do its work with me. For whenever we truly let go, we create a space for something to be given to us; something greater than that which we lost.

Some time later, I was blessed with the opportunity to grieve my mother's death, with very similar and powerful results. Mothers represent creativity, relationship, feelings, family, intuition and other aspects, all of which I experienced the growth of after I mourned the many deaths of Mom.

There is still more work for me to do, for there are times that I miss my parents, but I know one thing; they are more alive now than they had been for many years previous to my grieving processes. They live in my heart, for they are me.

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# Why Come to a Men's Retreat?

by Michael Bertrand

We live in times of unprecedented political and spiritual confusion. People find themselves living through sweeping changes in culture and nature, walking amidst the increasing effects of environmental degradation and the seeming triumph of greed under the banner of 'progress'. Meanwhile, gaps grow between classes, genders and generations.

Choosing to live fully in such times requires finding positive roles amidst the confusion and collapse. Though challenging to the human spirit, **chaos** is the condition in which the primal forces of imagination **find renewal and expression through creativity, social action and ritual**. By looking through the cracks and gaps of culture, we can glimpse 'grounds of meaning' where life can be re-stored and re-storied and purpose can be re-found or renewed.

I first attended a retreat in 1988 with Robert Bly, Michael Meade, James Hillman and others, partly because I was very leery of men and realized that I had to get through this particular barrier, so that I as a man could relate with some confidence to this half of the human family.

Here's a list of reasons why a man might consider going to a longer retreat for men. These are suggestions only, for perhaps the best way to approach it is, as with most experiences, without expectations.

1. Directly confronting the myth that to be with other men in a large group is to court violence. The experience is the exact opposite, as it's the compassion and shared vulnerability of men opening to themselves that is the overriding experience at the retreat. Yet, too, not to shy away from the fact that conflict will be present, but to realize it does not have to turn to violence, that without the energy of fire, there is no transformation.

2. To enter into the mysteries, through story, poetry, drumming, and the rediscovery of positive ritual, to look at what being human and being a man means here and now.

3. The joy of working together on a larger project that serves the whole of the retreat.

4. Through the stories and poems, rediscovering, or discovering for the first time, the beauty of language as it relates to deeply felt experiences that every man has gone through or will be faced with.

5. To have the opportunity to share as much of your story as you want to, and to particularly work on what is up for you, or what the theme of the retreat brings forth that asks to be looked at.

6. It's fun, in the way producing a work of art, or a family or a community is. And to dance, sing, drum, make masks. There's a chance for qualities of soul, of

a real sense of the connection of a man's life to the rest of this existence to emerge, or be clarified.

7. At this retreat, deep in the secluded woods of the Coast Mountains, with no city noise or lights, far from the distractions of TV, phones, 20th century life, away from family, jobs, daily commitments, there is an opportunity to create the kind of ritual space our ancestors sought when attempting work related to change and transformation, a chance to be present with the elements in their basic nature.

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## How Betty Became Betty!

by  
Betty Nickerson

My first pleasant memories began in Oregon wandering through a fir forest finding wildflowers. As the eldest in a largely dysfunctional family of seven manoeuvring through the Depression, pleasures were where I could find them. Alone in the forest was the place I called my Limberlost and fancied myself as "The Girl of the Limberlost" discovering magic in every part of the grove, under every fallen log and in the clear night sky. I did the normal things kids did in those difficult days, working at the harvest eleven or twelve hours a day, finally graduating to the prune dryer which meant ten hour days standing before a vibrating conveyor belt picking "pogies" which were often steaming hot. A pogie is an incompletely dried prune and they burned my hands. There were cherries, strawberries, peaches and hop-picking days when you stripped those juicy green blossoms from vines that cut my hands until I learned the value of hockey tape. Worst of all were walnuts which stained my hands mahogany brown and embarrassed me for a week or two at the beginning of school. But I had a plan.

I wanted to go to college to learn everything books had to offer. I had been amazed as a ten-year-old to learn that people wrote books. They didn't just happen like the Bible had. One day the authors of our civics text visited Dallas. I could get to college on a scholarship so I set about getting straight A's and being a debater. Girls could get debate scholarships. They wouldn't let me in the dressing rooms for sports scholarships, and I didn't much like sports anyway.

The adventure began, working summers, evenings and after school, often coaching bully football players through snap courses. And dancing. I'm still in love with my dance partner of nearly sixty years ago. Debating went well. We won a number of tournaments and I can still argue a turtle out of his shell if there is any point in it. Good training.

continues page 34



Second annual

# Wise Women

## Are you ready to live at a higher frequency?

by  
Lynne Mündell

All warfare is accomplished! Now what? What happens when healing is complete? What happens when you are well? What happens when everyone around you is fine and there's nobody to fix?

We're not there yet, but what if it happened to you? Are you ready to live without conflict and disease? How will you adapt to a life with no problems to solve?

Let's face it, our culture is addicted to problem-solving, to figuring things out — games, mysteries, how to succeed at this or that, how to get well or — how to fix someone else.

The universe is evolving. Our planet is changing. This all seems obvious. But let's take it the next step — you and I can evolve with it. At some point this means we have to allow ourselves to be in tune with our planet or we will be sloughed off like dead skin. Mother Earth is healthy. Gaia is in tune with her Creator, she lives in love and dances in the Eternal Now, unfolding, infinite. Meanwhile she has a bit of a rash on her skin. We call it the human race and we think it is important. But it is nothing much. Nothing that won't disappear almost unnoticed as Gaia twirls and bends, leaps and runs, songs of joy cascading from her lips and fingertips.

No need for a healthy organism, our planet, to be too concerned about a bit of acne. It will pass.

As the universe evolves, we humans



Not to be missed by any woman wishing to herself and other women. A choice of fifteen workshops communicate the importance of being a woman gathering happens Sept. 18, 19 and 20th and is for who feel drawn to come. These pages celebrate instructors with an introduction to them through More autobiographies of our instructors in the S

See the back section of this Issues for work

## Clear, Deep Pools

by Jo Clarke

The Enchanted River of my Mind/Soul flowed through a Wonderland where Form and Structure lived in harmony with Curious, Beautiful, Mystical & Joyous.

The River gently curled past the glacial Stones of Conventional Thought, around the Pillars of New Dictums

(No meat, No magic, No Co-dependents, Be a Good Feminist, Up is Down) through the Weirs of How To's (all saying "Straighten Up and Fly Right") before stopping to muse in clear, deep pools whose pebbles reflect the Secrets of the Universe.

Year by year the stones and pillars and weirs multiplied, forming an impenetrable Wall; behind it Rivers joined to become a barren lake guarded by the militant sentries of Should and Should Not.

the Wall is cunning. With much ado it trickles out Clever Ideas so the Lake can deny danger; pretend, believe the Wall has all the Answers Salvation.



continues page 35

continues page 37



# Woman Weekend

at Naramata Centre, near Penticton

by  
Noor-un-Nisa



Thirty years ago this month a group of people left California to begin a new life as part of the back-to-the-land

ing to honor the *Wise Woman or Crone* in  
teen workshops to empower, educate and  
woman. This autumn equinox celebration  
and is for women, thirty-five years and older  
celebrate the *Wise Women* who will be our  
through the stories of their healing journeys.  
n the September ISSUES.

or workshops and registration details.

## Snap Shots

by  
Christina  
Goddard



After reflecting upon my life I have come to see the value of lessons learned and have come to understand what

John Bradshaw says about life... *What isn't talked about is acted out.*

I was born an illegitimate child, for my parents got married after I was born. We started our life together in Wells, British Columbia. Mom, Dad, half sister, Roseanne and I.

We did not stay long but while there my parents became good friends with a family that had five children. We moved a few times and settled in a town called Ymir. When George, their father was killed, my father became a surrogate father to them. This was fine except at times when Susan, the youngest and I would fight over whose father he was but it was all done in fun.

I helped my father do all the chores such as feed the chickens, gather rocks, plow the snow off the road, and get sawdust. I was like the son my father never had and it was okay with me. I liked being outside rather than in the house because I loved nature. I stood up for what I felt was right and did not take any guff from anyone. One day a few boys said things about my older sister I did not like and I took on all three of them at once; they got the worst of it.

I remember the day that Roseanne got really mad at me and told me that my father was not her father. She informed me that she was not his real daughter and that she hated me because I was. I was only ten years old at the time and hearing that I was illegitimate had a very

continues page 36

## Buried Creativity

by Beth Sellars



A self-taught artist, I came to the area of creative endeavours late in life, actually with half a century of other interests and careers behind me.

Originally from Ontario, I spent most of my life there, primarily the city of Toronto. Married young, I was a single parent of three children and recall those years as "pretty tough". Although I had secretarial training, I felt compelled to contribute to humanity and at age twenty-eight, returned to school for training in Social Services. Those were a couple of lean years; for the children, it was new patches over old patches. Pot luck dinners with other students featured baked beans; one meal I remember with dismay was vegetable soup over macaroni. The years were tough but the experience exhilarating. Six years in the field of social work and disillusionment set in; it wasn't so much the people I was trying to help but the bureaucracy. I guess this was when I recognized my tendency to go against the flow. However, still desirous of working with and helping people, I moved into the field of Human Resources. Working with individuals, getting to know their strengths and selecting appropriate venues for their skills, was highly satisfying. Frustrations occurred dealing with the corporate structure which I experi-

continues page 39

movement, new pioneers headed for British Columbia, the 60's "pastures of plenty." I was among them, taking the scary leap to living without electricity, without much I had known, having to learn new skills quickly. I had two small children, a pre-teen and lots of self-doubt, yet a calm part deep within knew I was coming home.

I was born and raised in Los Angeles, did a degree and graduate work in Music and Education, married, had one child, taught school. I never fit in the city; visits to the high mountains opened a sense of wonder and delight.

In 1971 I moved to this secluded valley with a partner and my children to build, raise Jersey cows, pigs and poultry, grow fruits and vegetables. I made cheese, preserved food, home-schooled the children.... where did I ever find the time? When my partner returned to California in 1984 my life changed. I began a counselling practice, became a Reiki Master, facilitated workshops in many locales. Loving friends helped me so much in this time of transition.

I live a half hour from any town, still without electricity, cook and heat with wood, which a beloved friend supplies yearly. It's not an easy life, yet deep country is in my bones, in more ways than one as osteoarthritis gnarls overtaxed joints. I don't know how much longer my aging body will allow me to stay here.

Why do I stay? Peace, beauty, the movement of life, the cycling of the seasons, good air and water, the joy of growing food and flowers. I sit in repose on the stump in the garden, feeling at one with the land, with the good earth, deeply grateful for how richly my life has been supported and enhanced here. Birds trill and dart by, the creek sings its water song, the sun heats my body and illuminates the shimmering green surround.

I'm a sojourner here, a land steward,

continues page 35



# Yesmin's

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## continued... How Betty became Betty

It was during World War II, and I was in full stride. But I married at twenty and all of my expectations dried up as my husband needed help through his PhD, his MD, a post-doctoral work, etc, etc. He made it and became a famous scientist. Meanwhile I worked as a public relations officer in the Baltimore Office of Price Administration with ten hour days, rushing home to stand in line to get a bit of rationed meat, sugar and butter, or occasionally, shoes when they were in the stores.

While the war was still on there was one wonderful year at an all-girls college in Baltimore where I learned more than in the five years of university afterwards. But I got yanked out of that and followed my lord and master to Salt Lake City, more jobs, my MA, and finally kids. Three wonderful kids - two boys and at last a girl.

We moved to Winnipeg, Canada -- but that's a story for another day. When my eldest son was in elementary school I got furious at the stupid things he was being taught about "other" people and their cultures. They still had Little Black Sambo running through the rainforest with a bone through his nose. Samuel was actually at the London School of Economics by this time so I set out to use my book-learning and wrote a whole syllabus for social studies. When I proudly presented it to the head of the Winnipeg School District, he took one look at it, without turning a page and asked if I had a Manitoba teaching certificate. Of course I didn't, so he dumped it straight into the waste basket. I muttered something uncouth about Jesus being unable to make suggestions in Winnipeg, got in our rickety old car and headed home. I was still fuming when I passed the CBC building. Hmmm, I thought, if I can't join 'em, maybe I can outflank them. My kids were always talking about television, and although we didn't have a set in 1954, I stopped, asked to see whoever was in charge and right out of the blue presented ideas for six television shows. He said "Yes! Start next Wednesday." And there I was knowing absolutely nothing about television. Panic!!!

Somehow I fastened on the idea of children's art. It worked. Seven years later and thousands of children's paintings collected from over sixty countries, I moved to Montreal to do a pavilion for "Man the Creator" at Expo 67. The young artists had opened the world for me and my television viewers, showing us their cultures, their homes, families, games and festivals and especially how they grew their food which became my first book. Two years later, *Celebrate the Sun* was published and is about to be reprinted after forty years! Those twenty-five years with children's art were magnificent. Me and my slide projector travelled twice across Canada, to Europe and India presenting the world as seen through the eyes of our children. It was glorious! The paintings are now in the National Museum of Civilization in Ottawa-Hull; parts of them on permanent display in the children's section.

I left Montreal and my famous husband, set out on my own at fifty-five, and invented an idea to raise the level of creativity among Canadians by setting up a national Foundation called "All About Us". We invited kids to speak, write or paint about what mattered to them. And they did. A quarter of a million of them over a ten year period. I saw Canada in all its glory because children paint their lives with love. They write quite differently, often with sorrow, frequently with profound understanding.

*continues to the far right*

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continued...

## Living at Higher Frequency

feel the cosmic dance. We feel the movement, and the growing, the changing. We feel it as pulsations, waves, surges of energy in the cells of our bodies. Then, in our monotonous attempt to figure out what is happening, we label these surges of feeling "emotions." And we figure they are caused by circumstances, relationships, memories, etc..

Observing organic, natural life I have come to see that it is more simple than that. Evolving with the Universe, our very bodies are being changed. Moment by moment all physical form is rearranging itself at sub-atomic levels, and we are simply part of it. Vibrationally we are shifting into finer frequencies, and we feel it.

Meanwhile we keep trying to figure it all out and in so doing make ourselves uncomfortable, call the discomfort disease, try to fix it but only make it worse. If the human race keeps doing this it will end up so alienated from the organic Earth, that the unhealthy process will be recognized and, quite naturally, allowed to die out. The human race will simply exterminate itself. Cosmically seen, not a huge loss.

But I love being human. I love being conscious. I love being in life and in love. I love dancing the dance of relationship, of intelligent discovery, of song and humor and creativity. I love to plant and paint and draw and write, to walk and run and explore. For most of my life I have wondered why "grown-ups" sit and watch and get bored and boring. Now I am a grown-up and I see why.

But I am not giving up as most grown-ups do. For seventeen years I've been calling people together to try something new—to rediscover life as it is meant to be. Not serious. Not difficult. Yet to get to where it is not serious and not difficult we must be willing to pass through all the seriousness and difficulty that we have unwittingly imposed upon ourselves. We have to be willing to look into our darkness. That's the first step. Not easy, but it can be fun. Yes, there is work involved, yes, discipline. But on the other side of work and discipline lies a way of being in life that is far more simple, far richer, more poetic, more passionate.

Each summer, in July, I invite people to join me in a week-long journey into Reality. We will dance and sing, walk, run, share dreams and experience, delve into ourselves and into Life. There is room for you. Are you ready to discover what lies beyond disease, beyond fixing disease? Are you ready to accept life at a new vibrational frequency? *see ad last ISSUES*



## continued... Deep Country Dweller

very temporary in the grand plan. The wild would reclaim this small clearing in so few years. Already I've surrendered plots once cultivated to thick sod, bracken fern and seedling trees. Every year I prune my efforts, becoming more contemplative. All around my life thrives. I am part of it.

*"There is no real aloneness. There is solitude and the nurturing silence that is relationship with ourselves, but even then we are part of something larger."*

from *Dwellings* by Linda Hogan

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by Gail J. Dahl



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## continued... How Betty became Betty

adults did, who stupidly bought into the Cold War propaganda. The kids knew about threats to the environment before adults would admit it. Some of them wrote, "If I grow up..."

Along the way there was Voice of Women because of a keen interest in peace, and eventually the Green Party because of our pressing concerns with the environment. I ran twice for Parliament as a "Green" never winning a seat but able to inject some important ideas into the otherwise self-serving political proclamations. I had once thought about becoming a politician or a stand-up comedian, only to discover they were pretty much the same.

Then, along with millions of other women, began to realize that I was becoming invisible just because I was getting old. so I wrote *Old and Smart: Women and Aging*, published it through "All About Us", and began to reap the benefits of hundreds of letters from other women who were also feeling themselves ignored because of age. I didn't want our wealth of experience to vanish into the file-cabinet of life. It was too important, held many useful observations of how to manage in a world of few jobs, decreasing resources, loss of status, loneliness and a kind of medical victimization. So for many reasons, including a dream, I organized a gathering of "Amazing Greys" where women could learn about their present, recount their pasts, rejoice in the possibilities of elderhood. So that's why I'm here. This is at least a thumb-nail sketch of how Betty became Betty. I am blessed to be in Beautiful BC surrounded once again by wild flowers, tall trees and the grace of nature. BLESSED BE!!





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## continued... Snap Shots

profound impact on my life. Later that year my sister saved me from drowning, risking her own life to save mine. This helped me realize how close love and hate really is.

I was not a very good student but I did the best I could; I always felt like I was different. At times I wondered if I was retarded because I could not spell or remember things like the other kids could. I was left-handed and one of my teachers asked my father if he could teach me to write with my right hand so that I would fit in. I am glad my father said no.

My father died when I was fourteen and this changed my life forever. Until that time I had in my own way talked to God. I tried different churches but I was angry with God because he took the most important person from me.

My mother then moved us to New Westminster. This came as a shock to me. I was raised in a town with no sidewalks, no street lights and only one little store and here I was in a big city. I was all alone and scared; the school had more people in it than my whole town. At age fifteen, I met Ken and fell head-over-heels in love; he was twenty years old and the first man I slept with. I got pregnant the first time. When I went to the doctor I said, "Who me? I do not know how this happened." We got married when our daughter was five months; her brother was born sixteen months later. We stayed together five years and he left me for a fifteen-year-old. At age twenty-one, with two children I felt very alone. This time it was too much for that strong little girl I once was and I fell to pieces. I let my son go live with a person I had met in the Mormon Church and I tried to get myself back together. A year later I got my son Don back and continued my life but this time I was not going to let others tell me what to do. So I did what I wanted: sex, drugs, you name it, I tried it. Then I met and married number two, we had two more children and then he left because I did not want to do the drug lifestyle anymore. Once again I found myself alone with three children and pregnant. During this time I would find food and clothes for my four children any way I could. Raiding the store garbage cans after midnight for food, and the Salvation Army boxes to find clothes, there was never enough money.

Then I found religion and got involved in the church and was sure I had all the answers. But I was wrong again. My two youngest children have had many problems for they both chose a hard road. I watched them go through drug and alcohol addiction, prostitution, jail time, mental and physical abuse.

During all this I did a lot of volunteer work, went to school and got my grade twelve, learned bookkeeping and worked at many different jobs. I healed myself, took Reiki and became a Master, taught and facilitated different courses. All this has made me who I am today... A mother, a woman who communicates with her children, with her friends, sharing, talking heart to heart. Loving people and honouring their journey is part of my process. My mother still changes the subject whenever I ask questions about my birth but that is her story.

Two years ago I went to my first psychic, the first thing she said, with tears in her eyes is "Spirit feels for you because of the pain you have gone through; you choose that path so that as you help others you could really say I have been there and know your pain." This gave purpose and meaning to my life for the cry of my heart is to be the physical manifestation of spirit on earth. I am now happily married and continue joyfully on my journey with peace in my heart.



## Clear, Deep Pools

*continued*

Storms of nostalgia sweep through,  
bringing memories of Enchantment  
and clear, deep, pools  
(whose pebbles reflect  
the secrets of the Universe),  
and the River beats against the Wall  
helpless  
in a churning fury of sad, angry loss.

As the Torrent pummels the Wall  
A tiny rivulet separates,  
slipping fearfully through a crack;  
What lies ahead?  
A deadly, scorching desert?  
Re-Enchantment?  
Another Wall?

The Rivulet tumbles past sentries  
blinded by a certainty that none  
would dare defy them,  
over mossy rocks,  
under cover on a lush forest floor.

She looks back to see hundreds more  
sliding into a web of cracks in the Wall,  
creeping past as thin, transparent  
ribbons,  
boldly breaching the top  
disguised as harmless spray.  
Some turn back  
frightened by their own daring  
or ashamed when the complaisant  
Lake

scorns their resounding "Enough!"  
Others creep silently under bushes  
or slip underground through tiny holes.

In the safety of downstream  
They join in celebration in a  
clear, deep, pool  
(whose pebbles reflect  
the secrets of the Universe).  
They bask in their Re-Enchantment  
and glory in Their Re-Connection to  
All That Is,  
before taking their separate  
sometimes lonely  
paths  
back  
to

The One Mind.

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**Crone**

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"Crone...represented the power of the ancient tribal matriarch who made the moral and legal decisions for her subjects and descendants. As the embodiment of wisdom, she was supposed to have written the first tablets of the law and punished the first sinners...She acknowledges no master." Barbara Walker: *The Crone Woman of Age, Wisdom and Power*



# Book Reviews

by Jan



## The Robots' Rebellion

The Story of the Spiritual Renaissance

by David Icke

Gateway Books, ISBN 1-85860-022-7

*A journey of a thousand miles begins with one step and a transformation of human understanding can begin with one thought and one rebel.*

*Every improvement in the human condition has come from someone pushing against the tide and speaking out, no matter what the consequences. That person is within all of us. Rebellion and the desire for positive change is at the heart of the human spirit.*

Do you question what you read or see happening on the television, or wonder at the truth behind the news? Does it seem like the history books are somehow slanted to one perspective or another? What's really happening with the political and economic systems? When we are only presented with only one side of an issue or one version of a story, we cannot make up our own minds as to the truth. David Icke has researched mounds of information, his own and others, to identify the recurring themes in the disinformation and myths that we have come to accept. Take your power back! Thoughts and words are powerful; explore the subtleties of mind control (past and present programming), do your own research and decide for yourselves what rings true.

Are you unhappy with the way things are in your community but aren't sure if there's anything you can do about it? Read, talk to others, find those who want to come from a place of love and co-operation. We are not robots (human doings) but spiritual beings. We do have choices, we can make a difference. Remember that change begins with the individual.

## A Guest Book Review

by Jon & Jolin Stickney

Interactive CD-ROM

## The Interactive Herbal with Dr. Terry Willard

©The Follgard Group Inc. ISBN 1-578570-01-8

The Interactive Herbal gives a broad understanding of various herbal practices and how they influence modern medicine. Sections on the CD include Herbal Estate which covers: *Wildcrafting*, how and when to gather, identify, prepare and store herbs. *Ask the Herbalist* lists a preset page of common questions asked. *Herbal Traditions*, describes the different herbal traditions of the world. *Body Systems* talks about each of the different systems in the human body. (Each of these areas require a sound card to listen to the descriptions and information given in spoken format.) Other sections include: an Easy-to-use Herbal Encyclopedia which indexes many herbs. Each entry lists synonyms, a description, the parts used, uses, mode of action, therapeutic action, energetics, folklore, toxicity / contraindication, dosage, and any references to books pertaining to the herb. A section on Ailment and Remedies which has an easy-to-use index and covers many different ailments and their remedies. Herbal Formulas talks about what is in each formula, it uses an easy access menu and explains what each herb or vitamin in the formula is needed for in the body. The Programs and Diets area with an easy access menu gives suggested diets for different ailments.

This program combines, information and diagrams about herbs, their uses and how to prepare them. This makes it ideal for those wishing to be healthy without using over-the-counter and prescription medications or those who wish to learn how to identify, prepare and use herbs. The program is especially ideal for those who have used herbs for healing ailments in the past. We found it to be of more use to adults than for children as child size dosages are not listed, however there is a remedy listed for diaper rash. For new and nursing mothers are remedies for childbirth afterpains and lactation support.

The program itself is easy to use even for the novice computer user, it includes easy to follow installation instructions and all required programs. It is compatible with Macintosh system 7.01 and IBM 486 with Windows 3.1 or better. Program loads quickly with high-quality music and video graphics. There are also options to print out your search or go to a related topic.

## "The Interactive Herbal" CD-ROM with Dr. Terry Willard



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## continued... Buried Creativity

enced as being inhibiting with a negative impact on initiative. In the meantime, my three children grown and moved from home, familial obligations had lessened. A personal relationship ended on a sour note combined with job frustrations, coincided with a letter from my daughter, now living in Cawston, BC. She was planning a home birth for her first child and I was asked if I would like to come out west for a while. Given my current dissatisfaction, the idea had appeal. I resolved that I would visit British Columbia for six weeks before the birth and six weeks after, just to help out. Not apparent at the time, this proved a pivotal point in my life, a monumental decision. Chucking the secure job, leaving the house I had striven so hard to acquire, defying the expected norm, the hallowed goals of a home in suburbia and a secure job, this move contrasted strongly with middle class values but the decision was made. The much welcomed homebirth of my first grandchild was one of the most joyful events in my life, certainly as satisfying as my own children's births (less painful, too). It was unparalleled joy!

That was the turning point, no going back now. No going back to Ontario, no secure employment opportunities. At age forty-five, how many employers are beckoning? The suburban townhouse was exchanged for a bus as living quarters. When that got too cold, I tried something else. No jobs? Make my own. The area was thought to need a coffee shop. No booming success financially, I wrote it off as another phenomenal learning experience. Burnt out after five years, my photography hobby opened another doorway and I had the opportunity to purchase some picture framing equipment.

Ever searching for stimulation and new learning, Okanagan Summer School of the Arts offered two classes of interest, photography and watercolour. While photography was experienced as a technical medium, the watercolour class was one of the most frustrating endeavours I had tried to date. However the class included a camp-out weekend; this immersion in the medium broke the ice and I was hooked on watercolour painting! Its spontaneity, its unpredictability, its demand for communion between all aspects - the magic of colour mixing, the paper, brush and artist; it all captivated me. Early attempts were stilted and tight, but the unpredictability of the medium demanded that I loosen up. Recognizing my own need to get in touch with something long buried, I went on a search for my own creativity. This coincided with a request for me to teach children's art. Exploring books on the subject I became entranced by the exercises and lessons for children. I practiced them myself finding it stimulating, exhilarating and freeing. I organized a group of six striving artist friends for Sunday afternoon get-togethers where I led the more stimulating of these exercises. My unique art work "Earth Extensions" (watercolour and slices of rock) grew from this same approach to life and art for by now the two are fully entwined. I have since acquired additional skills enjoying oil painting and pastels. My summer plans are to try canvas floorcloths.

I can be found at my studio in Cawston or at the recently opened Arts and Crafts Collective in Penticton.

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### Wise Woman definition

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# **TAKING BACK CONTROL OF OUR MONEY SUPPLY**

by Joseph W. Duggan reprinted from Shared Vision

Money is the lifeblood of a technological society and it is extremely easy for a mere handful of individuals to control billions of people if they own and control the banking system. Most of us have heard of the golden rule, whereby whoever owns the gold, makes the rules. What we have forgotten is that we own the gold and are letting an elite banking group make rules which serve only their narrow self-interest at the expense of the vast majority of humanity.

#### **What is money?**

Initially, money had intrinsic value in gold and silver coin, the weight of which represented a certain value in goods and services. Later, notes were printed which were redeemable in gold and silver and, although once removed from precious metals, had intrinsic value as well. Currently, money is purely an agreed-upon medium of exchange for goods and services based on faith in the ability of the issuing country to make good its financial obligations. Under this system, money has no intrinsic value, but whoever creates it and controls it can charge for the use of it. This is how the principle of charging fees for the use of money came about.

During the thousand-year, biblically-inspired ban on usury in the Middle Ages, lending institutions could only charge fees (not interest), and engage in investment of their client's money. This resulted in an unparalleled time of prosperity when massive cathedrals and the entire infrastructure of Europe were built. The sole purpose of interest is to enrich the few holders of capital at the expense of everyone else. The true producers of wealth — the artisans, tradespeople, inventors, workers, business people, etc — are slaves to the money masters who, with their compound interest system, create more debt than there is money in circulation to pay for. Through propaganda, we are told that the few scraps from their banquet tables served to us as interest on our savings and RRSPs justify their whole system. Nothing could be further from the truth.

#### **Where Does Money Come From?**

The average person thinks that the government prints the money supply and that banks lend the money we have deposited with them as savings. These have to be the two biggest lies ever foisted upon us. In Canada, the government currently creates only 1-2% of our money supply. We have in circulation about 7% of our money supply as paper notes printed by the Bank of Canada—not the federal government. The rest of our money supply has been created by the private banking institutions as a debt or loan.

Banks create money by making book entries, or computer entries, based on the collateral of the borrower. Basically, the real wealth of the borrower—his house, land, car, labour, etc—is pledged against the value of the loan requested. The lending institution merely creates a book entry out of thin air and, presto, the borrower has a deposit in his bank account or a cheque in his hand. For this book entry, the bank collects interest at a rate as low as 4% (in the 1960s) to as high as 28% (in the early 80s). At one time, Canadian banks were required to maintain cash 5-7% reserves, limiting them to creating 26 times their reserves in loans. Currently, they have no limitations on the amount of money they can literally create out of thin air. This is a lot of control in the hands of individuals notorious for greed, corruption, and disregard for the interests of capital, people, society, and the environment.

We now live in the age of usury, whereby some 99% of the increase in our money supply every year is created as debt by lending institutions and requires that interest be paid on it. However, only the loan is created by the lenders, not the money to pay the interest. The money needed to pay the interest doesn't exist. The interest can only be paid out of the 1-2% of the money supply created by the government. This is the basis of usury—charging compound interest





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which creates more debt than can be paid for by the money in circulation. The charging of interest on loans results in debt and the seizure of assets pledged to 'secure' loans.

When loans are written by lending institutions, figures are entered into a computer, the credit is then deposited into the borrower's account and the money supply has increased by that amount. Excessive increases in the money supply as loans leads to inflation and spurts of economic growth. When loans are paid off and interest rates rise, recessions, depressions, and bankruptcies occur. These 'business cycles' are very painful and extremely damaging ways to correct the underlying flaws of the fractional reserve system.

A major, fatal flaw in our money system is that whenever a loan is paid off, a corresponding portion of the money supply is destroyed. This is why our national and personal debts can never be paid off. It would eliminate our money supply. The great depression happened because the money supply was so diminished by tight money policies of the banks, that there was not enough money in circulation for people to buy and sell goods and services. This is a tremendous power to have concentrated among an elite group which meets secretly behind closed doors. The interest system can be eliminated when fees for the use of money are taken out of the principal borrowed and there is no compounding interest applied to loans. No wonder the term 'usury' is so seldom used nowadays

by economists; it actually describes how our economy works, and that's the last thing the money masters want us to know.

#### Our Government is Controlled by Money

It stands to reason that whoever controls the money the government spends, controls government policies and politicians. In Canada, the federal government owns all the shares of the Bank of Canada (BoC), but has no voting power, even though the Minister of Finance has a seat on the Board of Directors. This is supposedly to separate the banking system from the excesses of uncontrolled government spending. However, the BoC is directly under the control of the Bank of International Settlements in Geneva, Switzerland, which dictates to all the member banks.

What this means is that, instead of our government deciding on monetary policies that benefit the majority of Canadians, we have an elite group of unelected bankers meeting behind closed doors deciding on policies which affect us all in profound ways. Booms, busts, recessions, depressions, inflation, deflation, unemployment, investment, interest rates, and currency rates are all under the control of this elite group which only acts in the interests of capital, not people or the environment. To get back control of our government we have to take back control of our money. The only way to do this is to stop paying taxes, which, except for duties and excise taxes, are illegal under the provisions of the BNA (British North American) Act. The



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original taxation provisions of the BNA Act are sufficient to finance all government social and state functions without income taxes or GST if the government—rather than the private bankers—creates our money supply. The federal government has the power to create our money supply as debt-free money through the BoC and did so during the depression and World War II. These policies fueled the economic growth which lasted into the early 1970's. In fact, since 1974, the government has reduced its borrowing from the BoC such that we are paying \$7 billion in unnecessary interest to borrow from the private banks—money it could be using interest-free.

### Why Do You Pay Income Taxes?

First of all, the Federal Government cannot legally collect personal income taxes in Canada as, according to the BNA Act, direct taxation is the sole privilege of the provinces. The only way the Canadian Government was able to enact an income tax was to bring it in under the War Measures Act in 1917 as the Income War Tax Act, which is still in effect. This was opposed by those who knew that the Federal Government did not have the legal right to collect income taxes. Four provisions were eventually included in the Income War Tax Act and they served, at the time, to pacify the critics. First, income tax was to be voluntary; second, it was to be temporary, lasting a proposed 24 to 36 months; third, it was to apply to only those earning in excess of \$10,000 per year (equivalent to some \$300,000 today); and fourth, it was to be applied at a rate of 10%. Under these terms, income tax was to pay off the debt for World War I and then it was to cease.

### Why Was an Income Tax Imposed on Canadians?

Income tax was imposed primarily to pay for the cost of borrowing money from private banks. This goes back to July 6, 1913, when the government of Canada inexplicably enacted a law known as 'An Act Respecting Banks and Banking,' which was cited as the 'The Bank Act.' Under the terms of the Bank Act of 1913, exclusive jurisdiction for the control and issue of the nation's currency and credit was given away to the Canadian Bankers Association. The consequences of this illegal transfer of power were not long in being felt throughout the country. In 1913, Canada's national debt was a minuscule \$550 million. By 1917—only four years later—it had nearly quadrupled to just over \$2 billion. Today, it is roughly \$600 billion.

It soon became very obvious that the issue and control of currency and credit, once out of government control, would incur a heavy debt load. However, instead of recovering those rights given away in 1913, the Federal Government decided in 1917 to put a system into place to collect income taxes in order to pay the debt and interest costs incurred by the war. This system is the Income War Tax Act which came into being as the inevitable result of this 'mistake,' illegal as it was, that was made in 1913. Believe it or not, we are still paying income taxes under the Income War Tax Act which was never rescinded. Although voluntary, the origin and validity of this income tax have been distorted so that payment of the tax is now perceived as obligatory, and has become a modern form of economic slavery.

### How Do You Stop Paying Income Taxes?

The most important thing to realize is that the payment of income taxes in Canada has always been voluntary. There is no law anywhere stating that a Canadian citizen must file a specifically named income report to Revenue Canada. This can be easily proven by reading Revenue Canada's own



documents. In addition, Section 11 of the Charter of Rights & Freedoms states that we cannot be compelled to give evidence against ourselves. However, if you file a signed income tax return with the intent of cheating on your taxes, you come under the full power of the income tax legislation. Revenue Canada keeps this information unavailable because the government wants to keep you enmeshed in their web of control arguing over details of the Income Tax Act. This can be circumvented by remaining outside their system.

First of all, it is very important to protect all of your assets with common law trusts, properly set up in joint bank accounts without SIN (Slave Identification Numbers), and a legal entity for yourself which exists outside the system. Many turn to offshore banking and trusts, but it is much easier, less expensive, and safer to do it here in Canada. The establishment of yourself as a corporation sole or a self-directed common law trust are excellent options. Maintenance of privacy is essential. A simple form letter, the Public Servant Questionnaire, presented to any government representative which guarantees their confidentiality, their use of any information given dependent upon your written approval, as well as their support of your rights and freedoms, goes a long way towards ensuring privacy. One twist in the scheme of things is that Revenue Canada has no definition of a 'dollar,' as stated by the Queen in the Filter case (93-1407IT; 11/7/1993), which means they cannot legally collect that which they cannot clearly define. This information has been extremely difficult to access. However, three Canadians—Byrun Fox, Phil Naudi, and William Kennay—have collectively put in over 40 years of research to create a De-Taxing Information Kit with simple, effective strategies for taking back control of your money and your life. If enough of us do it, the government will soon have to listen to us instead of to the international money masters. *see ad below*

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# Ginkgo Biloba: Food for Thought

New light has been shed on one of the oldest living species of trees on Earth. The enduring Ginkgo tree, existing for two hundred million years and capable of living over one thousand years, contains substances in its leaves that have remarkable effects on problems associated with old age.

Ginkgo leaves have been used in Chinese and Hindu medicine for five thousand years and the Western World is quickly catching on! Over 1.2 million prescriptions for ginkgo products are dispensed in Europe each month to treat geriatric problems such as vertigo, tinnitus (ringing in the ears), short term memory loss and circulatory problems. Asians and Europeans spend over five hundred million dollars annually on over-the-counter ginkgo products sold in Europe. However the therapeutic use of ginkgo is still in its infancy in North America.

Ginkgo's most remarkable property is its beneficial effect on the circulatory system. It dilates blood vessels and increases blood flow to the brain, which oxygenates brain cells. Deficient blood flow to the brain is one of the principal factors responsible for cerebral problems associated with old age. Naturally, increasing cerebral blood flow would have a beneficial effect on the mental faculties, the ears, nose, throat and eyes. Ginkgo increases the cellular absorption of glucose and oxygen, which is particularly useful for brain cells.

Several documented tests with geriatric patients have demonstrated a remarkable lessening of symptoms such as ringing in the ears, dizziness, memory loss, depression, hearing and eye problems. In one particular study, one hundred and three patients treated with ginkgo for ringing in the ear all reported a significant improvement!

Ginkgo has also been successfully used to treat chronic cerebral vascular insufficiency, diabetic peripheral vascular disease, post phlebitis vascular problems, Raynaud's Disease (spasms and constriction of blood vessels), embolisms, varicose veins and nervous palpitations.



Clinical studies indicate that ginkgo extract reduces platelet stickiness, a cause of allergic irritations and asthma, and it inhibits the formation of blood clots. Ginkgo also plays an important role as a free radical scavenger which helps protect arterial walls.

These properties of ginkgo biloba are being seriously researched by the medical community. The Journal of the American Chemical Society reports that chemists and botanists at Harvard are working on a chemically synthesized substance that duplicates the active ingredients in ginkgo. It is being studied for its beneficial effects on asthma, Alzheimer's Disease and circulatory disorders. Some researchers speculate that ginkgo may become as well known as aspirin to the average consumer within the next decade!

The use of ginkgo is not limited to the geriatric population. A double-blind study showed that ginkgo increases the brain's alpha rhythm (associated with mental alertness) while decreasing the brain's theta rhythm (related to lack of attention). Ginkgo extract is becoming increasingly popular with young students and athletes who use it as "brain food" for greater achievements.

Ginkgo biloba is a gentle acting natural supplement with a gradual effect on health. In contrast, pharmaceutical drugs used to treat some of the conditions mentioned above work much faster, but have notorious side effects. There are no side effects or known toxic levels of ginkgo biloba, even as a 24% standardized extract. The dosage used in many of the studies is one tablet, three times a day for three to six months. A sufficient level of flavonoids must be present in the blood before the beneficial effects can be measured. It is important to take ginkgo biloba on a regular basis (every day) for at least three months for the effects to be noticeable.

Hopefully, the ancient ginkgo tree will make all our golden years shine with vitality so we can enjoy and share the wisdom that comes with age!



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# The Millennium

(Kelowna's best kept secret!)

by Patricia Zierler

Do you love fantastic food and wonderful conversation??? Then have I found the place for you!

A bunch of us were heading home to Vernon (and points north) after the Alton Magical experience in Penticton (we give Alton a TEN on the Richter scale of WOW!) and by the time we got to the Kelowna bridge our tummies were talking louder than we were!

"So, God I AM of our Beings, where can we nurture our physicals and keep our joy percolating at the same time?" We commanded magic, and by gum, we got it!

The van found its way a few blocks from the south end of main street (Bernard) and parked itself in front of "The Millennium." Ooo-oo. So far, so good! We peered in the window like the hungry waifs we were...Egyptian stuff, attractive colours, other people eating, looking happy...(always reassuring in a restaurant you haven't tried!)

Bang! We were in the door, our backsides firmly planted on a cushy benchy thing, saliva flooding our mouths from the delectable fumes wafting erotically from the kitchen.

Before the innocent waiter could utter a peep, we demanded menus and commanded he feed us immediately! But, since we were smiling as we cracked the whip, he didn't call the police.

The menu. What can I say??? Tons of selection. Carefully spiced. Lovingly prepared. Abundantly supplied. Reasonably priced. Hey! We're on to a good thing here! And the ambience. You can be intimate (in the socially accepted sense, natch!) or celebrate with your friends.

Needless to say, our foray into food was pure delight. The squawking cacophony of our tummies was speedily transmuted to a smugly satisfied purr.

Three cheers for "The Millennium" experience — good vibes, great chow and a warm, homey, huggable staff!

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# Interesting People

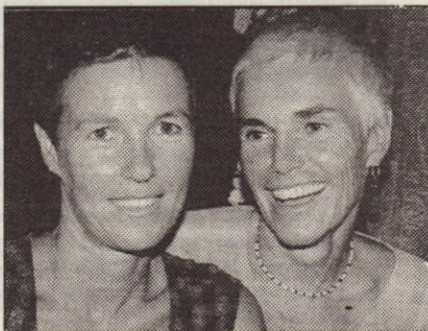
## PARTNERS IN PARADISE

We all have a dream but rare are those who actually live their dream. I was fortunate to be invited to cook for a three month bodywork school which took place in Costa Rica. This story is about the two interesting women who are turning their dream into a reality by creating an alternative learning retreat in a tropical paradise. Let's take a look at the life experiences that have made Karen Krajewski and Menlha Bruneau the interesting people that they are.

Karen was born in South Africa to English parents. She was raised with an African nanny who influenced her deeply. When trouble came to South Africa they moved to California. Karen adapted to the complete cultural change but not without facing aloneness. By the age of twelve she developed a passion for tennis, by the age of sixteen she was playing the Wimbledon Jr. Woman's competition. At nineteen she revisited South Africa and began teaching tennis and working as a model. Injuries and surgery put an end to her tennis career, and Karen turned her energies towards campaigning for a candidate running for the position of Governor of California. Contacts and friendship with people like Jackson Brown, Linda Ronstadt and Mik Jaegger were developed. Connections gave her work at Jane Fonda's first aerobic studio. In 1983 she refocused her energy to include healing. She attended the acupuncture college in California and did a six month study in China. As a practising acupuncturist she relocated to Nelson British Columbia where she met Menlha.

Menlha's first stirrings towards spirituality happened at the age of twenty-one. While travelling in Australia she decided that she wanted to experience living with nothing. She spent the next two years living on a beach eating one fish a day with natural roots, grasses and coconuts. Since there was nothing to do except walk, the thoughts dropped away and she experienced meditation. At one point she knew she must return to the world. The world she chose was Indonesia then Java. Here she was fascinated by the mystical spirituality and was drawn to a group of yogi's who she stayed with for a year. They expanded her meditations with very austere yogic techniques such as sun gazing, standing for seven days and fasting. She chose to do a forty-day fast in a cave. After this she was ready for change. The next step was Daramsala, India, to see the Tibetans and the Dali Lama. Here she received initiation and the name Yeshe Menlha which means Medicine Buddha. After returning to Australia she started doing massage because she wanted to give something back. This stage of her life involved giving workshops, living in alternative communities, experimenting with enhanced gardening techniques and in general expanding her ideas about living and working in ways supportive to her personal ideals.

When Menlha returned to Canada she became involved in the creation of a Tibetan centre which did an import export business. Menlha married and had a daughter. It was at this time that Menlha became interested in the enlightened Master



by Urmi

Osho as she and her family moved to Oregon to live on the Osho Commune International. She took the Rebalancing training and for the next several years operated the Relaxation Plus Clinic in Nelson and created the Kootenay School of Rebalancing. This brought Menlha to another stage in her adventure. She travelled to Costa Rica with

her daughter to check out real estate available on a large piece of ranch land. During the ten days they camped on the land the vision of a retreat centre blossomed. She decided to buy the land and relocate her school. Menlha named the land Hacienda del Sol (house in the sun). She wanted to create a natural setting and incorporated the traditional Costa Rican architecture in the design of all the buildings. Now after only four years Menlha and Karen have created thirteen cabinas, a large meditation hall, a dining hall with a fully equipped kitchen, beautiful tropical gardens and an organic vegetable garden. Within walking distance of a beautiful beach, the Hacienda del Sol offers year round retreat space and vacationers accommodation as well as a high quality vegetarian restaurant.

What did Menlha have to say about her partnership with Karen? "We are two sides of the same coin. We met in time and space and our vision is the same. We have a strong force that has brought us together and the Hacienda del Sol is an outer manifestation of that force. Our vision is to create a space for people to experience their authentic being. The rebalancing school offers a medium with which we can provide a structured environment for the transition towards authentic being and a skill with which to share this with others."

I was very grateful for my invitation to Hacienda del Sol. Apart from never having heard of Costa Rica, I had never been south in a Spanish culture. I love the tropics and this gives me one more spot between the Tropic of Cancer and the Tropic of Capricorn to wear my gypsy shoes. Cooking for three months for a group studying bodywork and meditation was a challenge and a privilege. I love the closeness that living in a retreat situation can create. It was great to cook for a group of health conscious individuals and I always learn a lot especially from the vegans and the no wheat eaters. Being in a remote area (no stores)

forced me to get very innovative, organized and creative. I loved the simple ways of the local people and their gracious hospitality.





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