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# ISSUES

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**Sweetie Face**

to find out more ... read page 8

**September 1998**

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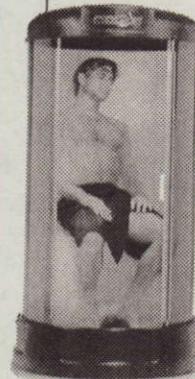
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## Soul Journey by Craig Russel

As we search for ways to find our life's mission and try deeply to understand who we are, we are lead to those circumstances and teachings which most touch us and move us forward on our path. Soul Journey is a path to enlightenment. It touches our hearts and opens our minds to new vistas of limitlessness. As we join with others in an atmosphere of unconditional love, we glimpse a time and place where each can open to a greater knowing, where harmony and peace can readily be attained by all; we are safe to be who we truly are. Self realization is the goal. Recognizing and comprehending our divinity is the result. An inner awakening takes place.

Soul Journey begins its fifth year this autumn. It is held in the beautiful embrace of Angelic Presence, and offers each of us a middle path, a bridge, to better understanding ourselves. It gently points the way to embracing our lives with greater success. Soul Journey offers timeless knowledge and powerful applications that lead us to further our evolution. Much assistance is given to realizing our destiny and discovering our Higher Purpose in life. Wisdom is integrated to initiate our personal and planetary growth.

Two beautiful Angelic Beings overlight Soul Journey. Their names are Akasha and Asun. Their friendship, love and nurturing counsel have gently guided thousands of people onto their personal path. These loving guides help each one make a direct conscious connection with their Higher Self, through wondrous meditations and informative discourses that address the relevant situations occurring in our lives today. The Soul Journey discourses lead us to that place within ourselves where our own answers are found, empowering us to know and trust the Master that dwells within. Soul Journey also offers the creative gifts of Paul Armitage, accomplished musician and composer, who creates a musical experiential atmosphere of beauty and peace reflecting the essence of Heart and Soul. His spontaneously composed musical portraits transcend time and space and lift us to greater levels of consciousness. Soul Journey is God-driven, combining heart and mind, offering a practical means to develop one's own spiritual consciousness. We are anchored in Vancouver, BC and travel internationally annually.



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## Morning Has Broken

by Marj Stringer

How do you feel when you wake up in the morning? Are you happy to be alive and look forward to what you might experience that day? Do you feel confident you can flow with the challenges and stop and enjoy the pleasures that come your way? Coming to an acceptance of life's ups and downs and having the ability to stay centred amid the chaos that often goes on around us, is for most of us a learned skill. It often comes with a letting go of who or what we think we have to be to be accepted, approved of and liked by others. When we live in our own truth, trusting our own inner Self, we are guided to what is right in every circumstance. Every one of us has behaviours that aren't always appropriate or productive, and we have strengths and unique gifts that we can share.

Life is a schoolhouse in which to creatively explore the choices that are available and to take responsibility for the consequences that result from what we choose. This is the adult way, but unfortunately many of us still have a child inside

of us that frequently runs defensively rampant and/or a criticizing parent that often oversteps boundaries in a most controlling fashion, limiting us from being spontaneous and open. Personal growth is facing ourselves and honestly assessing what works and what doesn't. We often have to mature in the process and yes, make the changes that are necessary if we don't like what we are seeing or experiencing. Unless we've broken the law, we can still make that choice. We get to stay doing what we've always done or we get to try a new way. It isn't always the "easy" way, because breaking set habits and routines means moving from the familiar to the unknown. We resist it. We get angry and afraid of it. We pout and complain, procrastinate and delay. The bottom line becomes, if you aren't getting what you want in life, you're the one that has to do something about it. The universe has a terrific plan in store for you the minute you commit to your healing and to becoming more unconditionally loving, first to yourself and then to others. It brings everything you need and the perfect helpers to assist you. The Personal Mastery Program is one form of healing and expansion that is available, offered by people who have found this commitment in themselves and are there because they want to share it with others. We try to have a few laughs along the way, because this spiritual journey once you've hopped on board, travels forever and taking ourselves lightly makes it a lot more fun. Every day does become an exciting adventure if you're willing to take the risk!

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# YOUR SENSE OF HUMOUR

A Skill That Lasts a Lifetime

by Catherine Fenwick

Humour skills, like any other skills, can be learned and improved. Like everything else we learn, our humour skills become better with practise. First we need to acknowledge that we can and want to improve our humour skills, then make a commitment to doing something about it.



Most adults really don't laugh enough. Laughter is a form of mental and physical fitness. Think of it as internal jogging. Research shows that the physical act of laughing benefits most major systems of the body. A good laugh brings in extra oxygen, stimulates blood circulation, gives the heart muscles a good workout, stimulates production of endorphins and relieves stress. Psychologically, laughter counteracts fear, anger and depression. Spiritually, laughter engenders hope. People under great adversity often find lots to laugh about.

I believe that inside each of us there is a little kid who wants to come out and play. For some people, it's as simple as letting that little kid come out. For others, it's not so easy. Research indicates that adults laugh, on average, between 10 and 15 times in a day compared to 300 to 400 times a day for little children. A lot of adults have forgotten how to play.

Laughter and play are good indicators of a healthy sense of humour. So what happens to us in the process of growing up? Where does all that laughter go? As we get older we are expected to act our age, whatever that means. We take on responsibilities, go to school, get a job, get sick—not necessarily in that order. We suffer losses, big and small. There are many reasons for why we lose our humour.

Here are several suggestions for how you can get it back. Make a list of the things that make you laugh. Who are your favorite comedians, clowns, funny people? If you haven't laughed in a long time, think about the things that brought you joy in the past, then go out and start doing those things again. Keep doing them until your joy returns. Make time in your life for joy, play and laughter.

Your home life offers an endless supply of humorous material. Our lives are just as funny as the lives of Irma Bombeck, Bill Cosby or Dave Barry. The difference is they have become astute observers of the funny side of life and write about it. Television, movies, books and songs provide an abundance of laughable material. Check out the video section of your local video store or library.

You could throw a joke party. Invite people you know who love to laugh and have everyone come prepared to share their favorite funny stories. My A.T. and T. rule for using jokes and other funny stories is: they must be

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Appropriate, Tasteful and Tactful. Healthy humour invites everyone to laugh. Laughing with people is compassionate, but laughing at them is rude, immoral and unethical. Healthy humour is based on caring and empathy, builds confidence, brings people closer together and is mutually supportive. Provide paper and pencils so people can record the stories they want to add to their own humour files. Since I have connected to the Internet, many people send me their "jokes for the day."

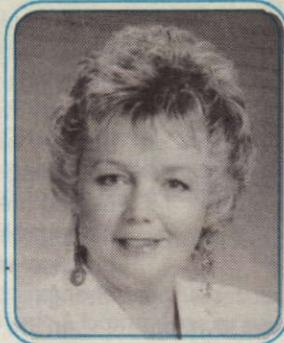
Create a laughter first-aid kit. This can include anything that gives you a lift or makes you chuckle. Write a laughter contract with yourself. "I will do one thing each day to bring more joy and laughter into my life. Today I will \_\_\_\_\_." Share happy memories and funny stories with others. Make a conscious choice to find the extra-ordinary in everyday events.

Look for the funny side of life. Enjoy what you do. Create an atmosphere of caring, support and fun in your work. When you are having fun you work more effectively and efficiently. Turn coffee breaks into humour breaks. Take 10 to 15 minutes, particularly during the most stressful parts of your day, to read the funnies, play a game, do crossword puzzles, or share something wonderful with a friend or colleague.

Be a clown, take a few risks, liberate your funny bones and your playful inner kid. Become more childlike (I didn't say childish, there is a difference). Children are naturals at laughter and play. Spend time with some, they'll teach you a lot about healthy laughter and play.

Healthy humour is an important part of our life journey. Laughter needs to be encouraged like a child, given room to grow like an adolescent, and be respected like an elder. It is a skill that lasts a lifetime.

*Catherine Fenwick is an author, educator, career and work consultant. She develops and delivers workshops and keynotes on how to get more healthy humour into your work and your life. Her books "Healing With Humour", "Telling My Sister's Story", "Workscapes: Keeping Spirit Alive at Work" and "Building Bridges: The Heart of Effective Communication" are available at St. Peter's Press at 305-682-1770. You can check out Catherine's website at <<http://www.saskweb.com/healinghumour>>*



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# Musing

with Angèle

publisher of ISSUES



## Sweetie Face

Living in the country, forty miles from the nearest town on a bumpy gravel road, it wasn't always possible to keep milk cold till we got home and during the hot summer, the creek wasn't always high or cold enough so that it didn't turn sour. My Mom was taught that children needed to drink milk, so after that first summer of not being able to provide it for us, she decided she wanted a cow. She had met a man who was selling his land and just wanted to get rid of his Ol' Betsy. She mooed and bayed as Grandad pushed her up the ramp into the back of the old school bus. For good luck the old farmer threw in a few chickens and a pig. Mom had to stop at the post office on the way home. She made it a quick one for the chickens were clucking and flapping themselves against the windows trying to get out. Grandad fed our Jersey cow lots of yummy oats as he talked to her, making sure she had lots of fresh hay in her stall until she settled down and could be trusted to stay near the barn without a tether. She loved being around children and had such a gentle disposition that Grandad renamed her *Sweetie Face*, for it suited her much better than Betsy. Once when Mom was taking a family picture of us she wandered up the hill and included herself in it. This month's front cover photo is her coming up to the front door and mooing. Her udder was full and she wanted to be milked. Grandad would answer back, "I'm coming." Our door didn't have the latch so it was easy to push on the door and have it swing open. As children we thought having farm animals as pets was pretty cool, but it wasn't encouraged by our parents as it was annoying to step in cow patties or chicken droppings just outside the front door.

Learning to look at the trees and the clouds instead of looking at the ground whenever I walk takes practice. Letting go of my childhood programming of watching out for animal poop and rocks may seem simple but it is easier said than done.

For example: my Mom always told me to stand up straight and I would try, but it took so much effort, and my shoulders would roll forward just as soon as I took my mind off them. Knowing that I had poor posture didn't really matter to me until one day my arms started falling asleep when I was walking. By then my kids were in high school and I had some time to start educating myself. Reading books on alignment and nutrition helped me to understand the basics. Going to yoga classes, getting rolfed and becoming a vegetarian helped me put into practice what I was reading about. Changing myself is changing the way I perceive the world.

In the workshop I took this summer with Hermann Müller, we learned that the face and the body are a reflection of our soul and the work that it has chosen to do here on earth. He said, "The bones of the body and the face is the karma we have come in with and the flesh that fills in and around them shows us what we are doing with our promise to our higher selves." To me that made a lot of sense as he explained in great detail how yin and yang (matter and spirit) are in constant motion to help teach us balance. As our ideas of ourselves change so does our appearance, it has to... to reflect our new belief system. One tool for self-awareness is observing the breath, which Hermann and many others have helped me to become more aware of.

For many years it was only when I swam or ran that I even noticed it. Then about eight years ago, after a Jin Shin Do session with Arlene Lamarche, I could feel a hollow spot in my left lung. After that session and for a good month I needed to suck in more air than I was used to. Several years later and after some very intense rolfing sessions my breathing shifted again, seemingly on its own. I awoke one morning gasping for air. I just couldn't get enough air into my lungs, even though I was breathing the same way as the day before. My lungs demanded more of me. All day I yawned and yawned, allowing my breath to deepen. I put my intent on this aspect of myself and Ken Martin showed up. He is an Integrative Body Psychologist from Nelson who comes to Penticton once a month for private sessions, assisting people to dig a little deeper into their bodies, discovering and unlocking their emotional blocks.

Each session with Ken involves deep, rapid breathing: sucking in as much air as possible through the nose, then relaxing and letting the air out through the mouth, with a sigh. After ten or fifteen minutes, my body starts to tingle...everywhere. It feels like electrical impulses, as pins and needles send warm

# ISSUES MAGAZINE

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sensations to my toes and fingers.

As I practice the exercises that Ken gives me, I am learning what it means to stay present in my body. For example: I recently got myself into a situation where I felt pressured to hurry up and work hard to get a task done. As I went up and down the stairs I noticed that I was thinking about miscellaneous things that needed doing, anything to take my mind off the hard work. I went into robot mode. If I didn't think about what I was doing the job got done easier. Even though I recognized the old pattern of *hurry up and get the job done regardless of how tired I am* it was hard to slow down. It was good to be the witness, watching myself. Understanding my basic programming is the first step, putting new ways into practice takes awareness and determination. I am finally realizing that when I am busy in the office, it is hard for me to slow my pace when I cook lunch. As I hurry through the preparation and then hurry to eat, I feel the coolness in my fingers and the lack of breath in my body. As I slow down and breath deeply I feel the tingles surge through to my finger and toes reminding me once again to breathe deeply and let go.

Ken says, "The mind likes control: as children we learned if we went into our heads, our feelings didn't overwhelm us. Staying with the feelings and not allowing the mind to take us out of our bodies is the only way we learn to stay present."

In my last session with Ken I accessed my emotional body once again. This time my body felt light, tingly and empty. After describing my body sensations to him I could feel a tightness in the back of my throat and my eyes started to water. Ken pried some more... "What is the feeling, Angèle?" I said, "Frustration... anger." He said, "What needs to be said." A scream from deep within released itself. He persevered, "What needs to be said?" I yelled, "Stop telling me what to do! Stop telling me what I can feel!" I could feel my face screwing up as I stuck my tongue out and hissed. It was clear to me I was screaming at my Dad. Ken then had me imagine my wiser-self assisting the younger-self in speaking my truth, even if it meant risking not getting love. My wiser-self said it was okay to get angry and tell Dad or my brothers to get out of my space. Stuffing those feelings from so long ago was using up lots of my energy reserves. It is tiring afterwards as the energy shifts but then I feel my shoulders and chest open up and my breathing deepens and the next day I feel stronger and more alive.

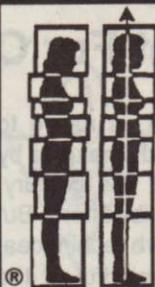
When I do the breathing exercises in the early morning I can sense feelings of anxiety or excitement deep in my belly, but to bring them to the surface on my own is difficult as is making the time to do it. Soon enough it is time for the day to start as my mind reminds me of all the things that need doing, so I stretch and yawn and get up.

Gerry tunes into these sensations in his belly more consistently than I for he didn't learn to suppress them as well as I did. He uses them as a guide to what feels right and makes his decisions accordingly. He also learned to say "No" more easily than I. Paying attention to my body, my breath and listening to my higher self (a voice inside of my head) will help me do all that I have come here to do. Feeling good from the inside out tells me that I am on the right track.



Angèle ♥

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# Health Matters

by Madeleine



## Echinacea: So Right For Our Time

The Purple Coneflower, or ECHINACEA, is native to North America and was the primary herbal medicine used by First Nation peoples. In the early years of this century, echinacea grew to be the most frequently prescribed herb. But with the discovery of antibiotics, the simple herb, echinacea, fell out of favour. Today, as we become mindful of the downsides of antibiotics treatment (decreased effectiveness and unwelcome side effects), echinacea is enjoying a well deserved come-back. In fact, echinacea is now one of the most popular herbal medicines in North America! Of course, echinacea has been used in Europe for decades, where hundreds of studies validate its use. German researchers have discovered a host of infection fighting properties, and in that country alone they have over 240 different preparations.

### A many-faceted immune enhancer

Echinacea helps our immune system on many fronts. As a nonspecific immune stimulant, it has shown amazing ability to call the body's own defence mechanisms into action. Studies show that echinacea has antibiotic and antiviral activity. It is able to activate macrophages, which are the large cells that surround and digest foreign substances such as bacteria. Echinacea also increases our defences against infection through its ability to stimulate interferon production.

### Ailments that may benefit from echinacea

Echinacea is used as supportive therapy for colds and infection of the respiratory tract and the lower urinary tract. It can also be used externally for wound healing and chronic ulcerations. Herbalists have used extracts to "help relieve sore throats, strep throats, staph infections, urinary tract infections, pelvic inflammatory disease (PID), inflammation of the bowel, candida infections, eye and ear infections, and sinus infections, as well as an external application for burns and skin infections."

### How should echinacea be taken?

Noted herbalist Dr. Daniel Mowrey suggests that "as an immunostimulant, echinacea is best taken for measured periods of time. At the onset of a cold or flu, it should be taken for a period of 10-14 days consecutively. For individuals with a

recurrent infectious process or for those wishing to add some extra defence before flu season, echinacea should be taken consecutively (daily) for six to eight weeks. A rest period of several days should follow as echinacea's immune enhancing effect may be diminished if used longer." It is also suggested that echinacea be used periodically throughout the year, a few weeks on, a few weeks off, depending on need. Those with chronic infections may benefit from a longer course of echinacea.

### Echinacea is Safe

When taken orally echinacea is considered very non-toxic. It is even considered safe for uses during pregnancy and lactation, though not in an alcohol based tincture. Echinacea has no known interactions with other drugs.

### Benefits of German Research now in Canada

Gahler Herbs, the Canadian leader in exceptional herbal products, has produced a number of standardized echinacea products. Patterened after the best German echinacea products, their extract includes a blend of echinacea purpurea and echinacea augustifolia -- two of the best known and studied species of echinacea. The standardized extract from echinacea purpurea comes from the fresh above ground parts of the plant, harvested at blooming time right here in the Okanagan Valley. Great care is taken in every step of the manufacturing process to produce highly effective, bioavailable extracts, juices and tinctures.

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From the Editor...

# Chit Chat

with Marcel



Last year in our summer issue, when writing about Rest and Relaxation, I said that my ideal vacation would be time in seclusion with nothing to do but read, write, walk, meditate, and do yoga. Well it seems that dreams do come true because this year I had the opportunity to attend the fasting and pure eating seminar with Ray Kent at Naramata Centre. In this ten day retreat I enjoyed all of the above activities plus the bonus of supervised fasting.

Ray Kent is an energetic, caring and sincere man completely dedicated to his cause. He is in superior health, with clear skin, twinkling eyes and a bounce in his step. His work schedule would over burden a much younger man, as he is now doing seminars in many places throughout the world.

Ray's teachings, that disease is caused by a toxic, congested and overburdened condition of the body and that fasting is the only true healing of this condition, was not a new concept for me. I had grown up with this idea, as my mother is very much into natural health. But it seems I had gotten away from it over the years and found fasting difficult to fit into my life. My interest was renewed, however, early this year when I did a fast at New Year's and again at Easter, so this seminar seemed like a natural progression for me.

The group started fasting on the first day. We took pure water, only when we were thirsty. We had two group sessions (instruction, discussion and questions) per day scheduled at meal times to take our minds off eating. The rest of the time was our own but we were advised to rest as much as possible because, when fasting, the body's energy is focused on the cleansing and elimination process and any unnecessary activity draws energy away from this process. I found that I didn't have any trouble resting as I felt quite weak and drained most of the time, which is a very normal reaction. In our group sessions we learned the principles of fasting - the ultimate

method of cleansing the body of all toxic congestion which then allows the body's own innate intelligence to heal itself. Our toxic condition is caused from our unhealthy lifestyle of too much junk food, rich cooked food, overeating, meat, dairy, sugar, etc. The body just doesn't get enough time to clear all of this, as well as the cellular waste, until we give it time by stopping our intake of food. Other advice we received was to do sunbathing, as the sun draws out toxins and assists our healing; do skin brushing to clear away dead skin and stimulate this eliminative organ; do slant boarding so that all the abdominal organs will fall back into the proper place and be able to function more efficiently. This also improves circulation to the upper body and head.

We then learned about Ray's system of pure eating which ideally would be raw fruit and vegetables with some grains, nuts and seeds. But he is realistic enough to know that this would be too drastic a change for most people to implement all at once. He believes in using desire and intention instead of discipline, so he advises that each fast will allow you to let certain appetites fall away. We should be satisfied with this and over the years we will advance to pure eating.

Fortunately, I have always been very healthy with very few symptoms or ailments. However, one problem I have had, with increasing severity over the last few years, is hay fever type allergies in May, June and July of each year. I had been treating these symptoms with a homeopathic remedy. On the first day of the fast, Ray suggested that I stop taking this remedy during the fast, which I did with some trepidation. But instead of getting worse my symptoms disappeared within a couple of days and have not returned. When the fast was finished and I started eating again, I felt a strong motivation to improve my diet and eat well. It seemed much easier to do this as my appetite for sugar, dairy, fats and oils and other rich food had reduced its hold on me. Another added bonus was the fact that I lost 14 pounds. When I started eating I gained some of this back, but over the summer with my improved eating I have maintained a 10 pound loss.

I am truly grateful to Ray Kent for his strength, courage and determination to interest the public and spread this information. I know it must be discouraging at times when many people seem so uninterested and apathetic about their own health. Take heart Ray, you are planting very valuable and powerful seeds.

marcel



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# ZAZEL

## The Super Dog

by Marilee Goheen

I'm glad to introduce you to Zazel; well loved, she has been named by her neighbours in her Black Mountain community—ZAZEL: the super dog.

A one year old Jack Russel Terrier, she was named after the turn-of-the century European trapeze artist Zazel, who became world famous as the first person to be shot 85 feet into the air out of a cannon. As you might soon see, our puppy was well named and we feel has earned her new title. Perhaps you will agree.

A group of her human friends were hiking in the Bear Creek Park canyon on the west side of Okanagan Lake at noon at the end of July this summer. Zazel was bouncing along on her leash in her usual high energy fashion. Spotting a chipmunk she shot under a barrier fence jerking the leash with her. She plunged, yelping 250 vertical feet to the canyon bottom below. One of the hikers was able to see her, a tiny white speck, swim out of the fast moving water to a rock ledge on shore.

There were numerous attempts by friends, hikers and park rangers to scale the 250 ft cliffs or ford the water falls but as afternoon wore on, with light rain squalls and wind, none were successful. Luckily Zazel had been hiking with five pranic healers who each had advanced training in distant pranic healing. Taking different tasks they were immediately able to validate each other and work on her most critical symptoms while she shivered on the rock ledge. One worked exclusively on keeping her stationary so she could be found by rescuers should any succeed the seemingly insurmountable odds. One healer worked at helping to remove shock from both her physical and emotional/mental body systems and alleviate hypothermia; the symptoms hit quickly, the weather, her injuries and her pain levels made it difficult to keep her stable through out the long afternoon.

Her fellow hikers/healers/owners/friends were able, through distant scanning techniques to assess Zazel's injuries, later validated by x-ray, chiropractor and veterinarian. Those not busy with

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the rescue mission were kept busy with techniques to alleviate bleeding, pain and help repair her injuries.

#### Soft tissue Injuries

Her soft tissue injuries were both external and internal. Externally; abrasions and swelling on her inner thighs, anus and urinary tract. Internally her injuries were severe. The fall had ruptured her liver, spleen; she also had a minor brain swelling concussion. Zazel's most serious trouble was six inches of perforated collapsed intestine and severely ruptured kidneys, one kidney had stopped functioning and was also hemorrhaging.

#### Bone Fractures:

The fall had cracked two ribs, a minor skull fracture, a severely broken hip complete with bone chips and her spine was severely subluxed.

#### The Rescue:

At 5:30pm courageous volunteer mountain climbers Brad Trites of the Valhalla Outfitters in Kelowna as well as Mark and Tony Bengé of Westbank/ Peachland were able to reach her, their only recourse, to bring her up the cliff dangling from her choker chain and leash.

#### The After-math:

A well loved, integral part of her family, Zazel's owners have access to and have chosen some of the most advanced treatments on the planet. Over the following six weeks natural non-invasive treatments have been given her; a continuance of advanced pranic healing, kennel rest, nutritional supplements and natural antibiotics. The only medical intervention was the x-rays. She is well on her way to health and vigour. Zazel: the super dog, is walking, eating, running and jumping. She sports no limp. She will eventually receive gentle chiropractic work for her subluxed spine. She is back to her regular work of greeting friends and clients to her home that she shares with her owners; as well, she chooses to be present and sits quietly throughout the one hour therapy/pranic healing sessions with her owners and their clients. Her owners believe her presence in the sessions is, in itself highly therapeutic for clients. The clients agree, she is sweet, affectionate and lots of fun; everyone loves her.

See ad on page 3.

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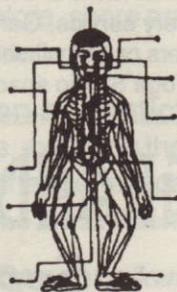
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# The Juicy Carrot

by Gerry



"Align your actions with your dreams" are words of wisdom spoken to me by my spiritual teacher Winged Wolf that I have been following lately with great success. Incorporating this simple statement into a daily routine makes me much more aware that anything I set my sights upon can be possible to achieve and thereby allows me the freedom to get what I truly want out of life.

During the last year, my sights have been set on operating my own business selling organically grown fruits, vegetables and health foods door to door. After a successful winter, I was now prepared to handle all of the locally grown produce and really pick up the business. As the summer progressed with local farmers markets and backyard gardens popping up everywhere however, the demand for my service dwindled to the point of having to reshape Garden Deliveries.

Shortly after the need arose, a solution presented itself. Déjà Vu Doo Juice Bar & Metaphysical Bookstore, which is located in the same building where I have my warehouse for vegetables, decided to move north. I was not interested in buying the bookstore but wanted to continue with the juice bar and expand the choice of food available. Being clear and yet not attached to the outcome allowed my dream to manifest.

For the past month, I have been steadily transforming the dark purple, green and red into a more cheery atmosphere of light sky blue walls with white clouds and wood trim. Searching out the equipment and supplies I needed was fun. Each item came in its own way and arrived just as I needed them. Auctions, garage sales, ads in the paper, The Salvation Army, word of mouth, horse trading and the generosity of donations made it surprisingly easy and affordable to furnish my new venture. Doing almost all of the work myself was time consuming and a lot of hard work, but it allowed me to set the tone exactly how I wanted it to be and gave me the experience of what it takes to renovate a place.

The Grand Opening will be the first weekend of Sept. The menu will consist of freshly made organic fruit and vegetable juices, smoothies, herb teas, coffees, vegetarian soups and sandwiches. We will carry a full line of Just Pies, including her serious breads, samosas and more. Coolers will be filled with fresh organic produce and bottled juices, with racks of selected health foods to choose from.

For home delivery service, Garden Deliveries will still be available during the winter months. Orders can be placed through the Juicy Carrot. Events will happen once again in the Yoga Studio space in the back. *see ad below and to the right.*

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## Sept. 11 - Friday - Colin Christenson from Winfield

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## Sept. 12 - Saturday - Nicky Stewart from Penticton

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## Sept. 15 - Tuesday - Nicky Stewart ~ Healing Circle

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## Sept. 19 - Saturday - S.O.M.E. Men of Penticton

An informal discussion of men's issues, exploring the joys and challenges we face as we learn to change our patterns of isolation and competition. Sept. 25 is the Annual Men's Retreat.

## Sept. 22 - Tuesday - Troi Lenard ~ Sensory Awareness

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## Sept. 29 - Tuesday - Angèle ~ Handwriting Analysis

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## Oct. 2 - Friday - Brenda Blindenbach ~ Essential Oils

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# Sue Miller

## Pranic Pioneer



Sue Miller an Associate Pranic Healer and the first BC trained qualified Pranic teacher in Canada [94-95]

died Aug. 11, 1998 in Vernon, BC three days after being diagnosed with liver cancer. She regained full health through pranic healing after a serious bout of breast cancer four years earlier. She was an advanced student of Master Choa's courses, including Arhatic Yoga, she had highly developed clairvoyance as a proficient, loving pranic healer/teacher. Her career included high school teacher, adult and special needs teacher. Her husband Bruce Miller also a pranic healer, her daughter Rebecca and her son Caleb will greatly miss her, as well her many friends.

Her request for the Aug. 17 memorial was one of celebration. She asked that Dr. Duncan Goheen officiate, followed by a family wake in her home. She felt her life was to be celebrated and she appreciated the extra years with her family that pranic had afforded her. For the last year of her life she focused all her attention on her family, her fruit, flower, vegetable and especially her rose gardens.

All the prayers and blessings of love sent at this time by fellow Arhats and Pranic Healers to Sue, her parents, children and husband are appreciated.

## Ode To Sue Miller

Soft blowing breeze  
Gentle detailed lace  
Plump ripe berries  
Serene loving face.

Pearl white lily  
Her warm sweet perfume  
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# Lymph Drainage Therapy

by Cassie Benell, Ph.D.

I attended a Lymph Drainage Therapy course this spring, run by founder and developer Dr. Bruno Chikly. Lymph is a clear fluid in the body and is associated with the immune system. A French physician, Chikly did his thesis on the lymphatic system, previously considered to be a "passive" circulatory system within the body. However, within the last ten years, histological (microscope examination of tissues) of lymph tissue revealed that there are three layers of spiral muscles and active valves, indicative of an active fluid system. These valves, lymphangia, are muscled units of lymph vessels with one-way valves and which act as pumps. Lymph is also moved by respiration, exercise, peristalsis within the abdomen, contraction of adjacent arteries, limb movement and external compressions.

At various points in our bodies we have lymph nodes (about 700) which collect lymph before passing it along. At nodes, lymph fluid is cleared, and toxins destroyed by lymphocytes (white blood cells), stimulating the immune system. With age and disease, the nodes can calcify or fibrose, making them less efficient. Major areas containing nodes are in the neck (about 200), the arm pits, the upper arms, the groins, inner upper thighs, and behind the knees. The main area where lymph enters the heart are the thoracic ducts, behind and below the central collarbones. There are deeper trunks along the spine, deep in the body and called cisterni chyli, which then move lymph to the thoracic ducts. More superficially there are lymph ducts closer to the surface of the skin that radiate from the nearest lymph nodes.

The slow lymph circulation is usually 1.5 - 2 litres per day and can increase up to 30L per day. By comparison, 80,000L of quickly-circulated blood move daily. We also have six to ten litres of lymph in the body compared to 2.5 to five litres of blood. Lymph may also move protein molecules between cells within tissue, often toxic to the body and causing pain; the blood cannot move these protein molecules. The lymph can appear clear or milky and contains no red blood cells as does the blood. The more fat molecules moved by lymph, the more milky its appearance.

The lymph is considered an important part of the immune system and contains many lymphocytes or white blood cells that fight infection. When the lymph system is congested in an area, then it is more prone to dis-ease and problems. Enhancing lymph circulation to an area decreases the likelihood of a problem there. The emotions also affect our lymph circulation; when depressed, it decreases circulation, while, when happy, circulation increases.

Lymph Drainage Therapy can be used to address specific areas of the body or the whole body. It can reduce pain considerably by reducing swelling (edema) in an area and moving toxic protein molecules along in the body. It relaxes the person and enhances a sense of well-being. People often drift

## INTEGRATED BODY THERAPY

with **Cassie Benell, Ph.D.**



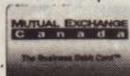
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off to sleep during the session. This very gentle technique can benefit edema, regeneration of burnt, scarred and wrinkled tissue, body detoxification, chronic fatigue syndrome, fibromyalgia, venous condition (eg. varicose veins), and various chronic problems such as sinusitis, acne, eczema, allergies, cellulite, insomnia, stress, headaches, chronic pain, constipation and muscular hypertonus (contraction). This sort of work is not used for people with cancer.

Due to the importance of the thoracic ducts and the lymph nodes of the neck, this is a prime area to release. My daughter-in-law complained of a sore throat once; by just addressing the thoracic ducts and neck, her pain disappeared. Sometimes a person will have a swollen joint, by softly addressing the thoracic ducts and the nodes to that joint, the swelling can go down and leave the person much more comfortable. This worked admirably for a lady who visited my office with a swollen knee; her pain and much swelling were gone at the end of the session.

Here is a tip for a self-care exercise to open your own thoracic ducts. At the middle-most point of your collarbones just either side of the breastbone, take your fingers to the uppermost part of the collarbones. From here, gently push over the tops of the collarbones and down towards your seat. Push, and as you feel the resistance of the inflowing lymph, release the pressure. When that decreases, push gently again, following the rhythm of your lymph flow five times. This can cause a "vacuum" in your lymph system, pulling congested lymph from areas which have been blocked. Now you have helped your own body!

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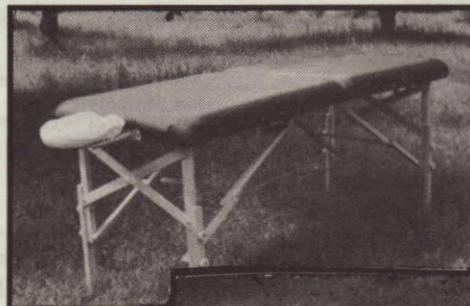
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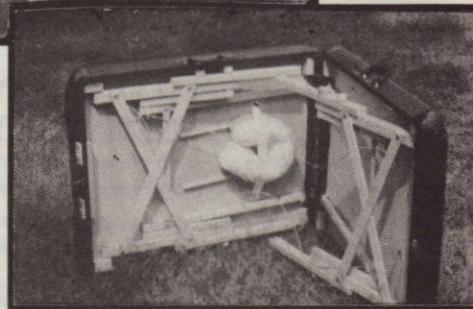
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# WHY PRACTICE QIGONG- TAI CHI?

by Debra Croley

Every activity teaches us something and I am grateful for the lessons I've learned by attending Tai Chi/Qigong classes for several years. Here are some of the things I have learned:

1. The body can hold a lot of tension. Most people are aware to some extent of places where tension can accumulate. Shoulders, necks and lower backs are obvious sites. Headaches and digestion problems may be caused by tension too. For me, the first benefit of attending Tai

Chi/Qigong classes was that I learned just how much tension I was storing up. By giving my body a chance to release stress, I became aware of the muscle patterns I had created in myself.

2. A relaxed body feels much better than a tense one. When I learned how to relax my shoulders and neck muscles, I discovered how good it felt. I wonder how many people are too busy or too stressed-out to remember what it is like to live in a healthy and relaxed state? Perhaps even children today are growing up without that experience. By experiencing a relaxed physical state of being, I learned that this is a much better way to go through life! Most people find that by the end of a Tai Chi/Qigong class they are feeling much more relaxed than when they started.

3. A relaxed body contributes to a relaxed mind. It is an amazing but true fact that when the body is relaxed, a feeling of ease enters into our minds as well.

4. A relaxed body and a relaxed mind promote health. The body/mind connection is widely acknowledged today. It is so easy to ignore the effects of our lifestyles unless or until chronic or acute disease strikes. But we don't have to wait for a major challenge to motivate us to improve our lives. Tai Chi/Qigong practice is a method that can lead to that relaxed body - relaxed mind - improved health state.

5. Life is less stressful when approached from a relaxed state of being. It would be nice if stressful circumstances and events never entered our lives, but given that they do, it makes sense to have ways of coping with them. Practising Tai Chi/Qigong is my favorite way to smooth out the bumps in the road of life.

If you are new to Tai Chi/Qigong classes, perhaps my observations will confirm what you have noticed yourself. I believe that we are lucky to have Harold as our teacher/playmate and to have such an enjoyable and pleasant way to help ourselves to better health and a better life. *See ad to the left above.*

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# The Asian Bengal Leopard Cat

by Wanda Dyck

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It is intriguing to see how many leopard characteristics have still been retained. The Bengal is a beautiful cat with a soft pelted coat of spotted marbled or snow colors. An extremely intelligent cat needing responsible breeders and owners, the Bengal is becoming very popular, although approved homes are a must.

Bengals are very special little animals, with a personality somewhat a cross between a cat, dog and monkey. They thrive on love and you can't help but spoil them. They are your best friend in many ways. They develop an incredible bond that reaches deep inside, best described I guess as a 'deep, strong love'!

When I place a Bengal with a new owner I expect a serious commitment that they will receive stability, respect, appreciation, excellent nutrition and loads of love. I have chosen a natural approach towards my Cattery, using natural, home-prepared balanced nutrition. My Bengals are very special to me and deserve the very best I can offer them. My knowledge on providing this for them will constantly grow. I have several excellent reference books as guides for homeopathic health and nutrition to provide for a healthy, well-balanced pet, both physically and emotionally, and I encourage everyone to use this approach with their pets. My Bengals get their lemon baths, eyebright eyewashes, "Udo's Missing Link for Cats," and organic meat and grains - there are also vegetarian diet recipes.

There are several excellent reference books out there to help educate pet owners and I will do my best to provide these books to anyone interested. I also have a natural, dry cat food (by-product and preservative free) available, as well as several cleaners and shampoos for felines. Unfortunately, preparing home-made kitty food doesn't fit everyone's lifestyle, although once you get set up and in the habit, it's so easy and you can freeze the food in daily portions.

The experience I am having setting up my Cattery and creating my show-line of Precious bengals is both challenging and rewarding and will offer me immeasurable personal growth, not to mention a lot of entertainment and laughs and fulfillment from the enjoyment they bring to their new families.

My future goals are to get started on my homeopathic vet course to increase the level of care I can provide my dear Bengals, and a small, practical book sharing the knowledge I'm gaining on caring for these truly special unique little buddies.

*See ad to the right.*



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# Coming Back

by Nicky Stewart

Four years ago I left Penticton as a realtor. Now I return as a Reiki practitioner and facilitator for Healing Circles. Those who have known me in the past might wonder at this turn of events. Please, smile gently, for deep in your hearts you have known the real me even before I did!

In this returning I have experienced a profound range of emotions that have surprised me with their intensity and content. Things that I thought not important or had already dealt with have come to face me with sometimes gut-wrenching activity. So, my journey back has been two-fold. Firstly to heal myself and secondly to share with you what I have learned.

When in Vancouver I became pregnant at the age of 45. Quite an accomplishment considering I was already pre-menopausal and had been for some time. Life is amazing in that we create all that happens to us. There are no victims and so this child/spirit came to me knowing what strengths I had to nurture it and help it along its way and what weaknesses it could help me to heal. At the time I shook my head as almost everyone close to me must have. For the first four months I was in total denial of its existence thinking it must be the flu. Now I bless myself and this powerful spirit for having chosen life with me because it became a strong force in

choosing the path I am now on.

In the first few months of my child's life I was desperate for sustenance and support and so created one of many Healing Circles. Through meditation, journaling, and visualization the circles gave me the opportunity to not only explore being a facilitator but a student. I learned about my belief systems, reactions and consequent behaviours and my need to be reconnected with spirit. More important I learned to take 100% responsibility for what I create every day in my life. There are no accidents. There is much power in knowing I always have a choice and my past reactions can influence it or not.

I have chosen a difficult path that often brings me to tears of pain and longing for an easier time. This is my human expression and it is to be. The spirit within has led me through the challenges and experiences so that when we meet you will know me. My story may be tragic and difficult to some and not to others. We all have a story that needs to be told. It is in the Healing Circles that this is done and so the healing begins.

In my human form I offer you my skills and experiences as a Reiki practitioner and facilitator.

As spirit I hold out my hand to you. Should you choose to walk with me along the red road I offer my love, compassion and truth. *See ad below.*

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# HELP, I'M MUTATING

by Mel Brand

For some fifteen years, I've been a student of metaphysical and spiritual knowledge. During that period of time, I kept hearing a rumour that humanity would undergo an evolutionary process. Of course like many others I never really gave it a serious thought. My answer was always, "Yes, twenty or thirty years down the road but not now!" Little did I realize, that with one experience my whole life would change forever.

It was a warm day in July about 11am I lay down to meditate. Without any warning a warm glow emanated within my stomach. This glow proceeded to move down one leg and then the other. Over a span of two hours, it went throughout my body. Not wanting to get caught up in the moment, I acknowledged it and forgot about it. It wasn't until a few days later that I realized something significant took place within me and maybe this was happening to a great many individuals.

My partner, Nicole, told me she had a similar experience in the dreamstate. We exchanged some ideas and came up with the conclusion that life was about to change. Within three months we knew we had to move. But where? Another three months had passed and our hearts signalled a grand move to Kelowna, British Columbia.

Until we actually moved, our bodies changed tremendously. We found our diet was not the same. Even our perception of time appeared to slow down while people and events moved at an incredible rate. And then it would switch, where reality slowed down and we were moving at an unbelievable pace. While this was taking place I had to refrain from driving because my motor skills seemed uncoordinated.

More than anything, it was the change in our personalities that truly amazed us. Try to imagine your personality composed of layers. These layers being labelled as psychological, emotional, mental, intellectual, ego, sensual and belief systems just to name a few. Now all of the above make up your concept of who you are, your identity, the I AM. So picture what

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it would be like if these layers evolved to something completely new? Chaos, don't you think?

Nicole and myself find ourselves these days living a different way. Non-linear thinking and time have become quite popular in our vocabulary.

It staggers the imagination as to the wondrous event that is now taking place. We have found that it can be a relatively easy process if we try not to resist or control it. Our decision to move to Kelowna was to expand, and share our knowledge with others we hope to meet, who may be also feeling and perceiving this new transformation.

*See ad below.*

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## Dowsing the Millennium

by Vita

If you find yourself in the area of the Emissaries Lodge on September 25, 26 or the 27th, you may find yourself asking this question: "Who are all of those people walking around with dowsing rods and willow sticks? Could there be gold in them thar hills?" Perhaps there is, but these folks are not working for some huge mining company. If you were to ask any one of them, you would find out that there is a convention in progress of the Canadian Society of Questers.

CSQ is a society consisting of members with enquiring minds, who will share their growth experiences, and are willing to hear and investigate the experiences of others. Fitting with our question mark logo, we are a curious nondogmatic bunch that get together to share experiences in our life quests. We dows for more than gold or water. A good percentage of us joined because we were interested in finding out more about the "metaphysical" aspect of life. I prefer to use the word "transmaterial." To me this means all that is not necessarily seen by our human eyes, but exists none the less. Many of us are dowsers, I am not. I joined so that I could talk to persons who were having similar experiences to mine. I had an accident causing trauma to my head. The gift that came from that was a greater measure of intuitive ability. Some get struck by lightning, I'm told, with the same results. I believe that all persons have this ability, ready to be used. Questers helped me to appreciate that my experiences and manifestations were real. Also, by listening to others, I was able to understand and focus my talent.

We have regular monthly meetings in our chapters, but the conventions provide more depth and a concentrated environment to hear presentations by highly experienced Questers and guests. As a bonus we more intensely participate in workshops to learn their techniques. This year we have Slim Spurling, a geobiologist coming all the way from Denver, Colorado, to talk about geopathic zones and how to neutralize and harmonize them. "What the heck is a geobiologist?", you might ask. He/she is one who researches the earth's energies and how they affect my biology, and that of all living things.

I'm happy to finally be able to hear information about the Mayan Calendar, which ends in the year 2012. What does that mean for us in the new Millennium? Perhaps Paul Blakey can shed some light on that for me. I want to hear about holograms and healing tools. I'm finding that I learn so much at these conventions that I can apply to my life. Healing with magnets is one of the topics, as well as the speakers who will talk about other healing tools. Some topics are: Scientific Examination of the Dowsing Reaction, Devas and Earth Spirits and The Fourth Dimension of Healing.

I'm so pleased to be meeting at 100 Mile House this year. The energies there are lovely. We have the choice of quiet and pastoral landscapes, as well as being close to services and facilities. I'm envisioning that there will be wonderful compatibility between us and the community. I'm hoping that people from all over western Canada will come to join us. You have the option to tent at the Emissaries Lodge, while using their facilities, bunk there or stay at other nearby motels. We have the option of very reasonably priced meal packages too.

*See ad to the left.*

# Spiritfest '98

by Virginia McCorkell

I am sourced in the Divine I Am Presence and have been in the service of connecting the Ascended Masters and Archangels of our cosmic universe with humanity. Which in turn has led me on a journey of perpetual enlightenment and self-realizations. These have been experienced as profound moments in time, to subtle self-realizations and each of these moments are unique as each soul.

During my years of service I have been honored to promote many renowned Channelers, Torchbearers and Wayshowers. For two years I have been "Overlighted and Guided" by Archangel Michael, St. Germain and many Ascended Masters in the conception, preparation, promotion and hosting of the unprecedented event of the millennium, **SPIRITFEST '98**, being held in Calgary in September. My spiritual growth has been true to me throughout my journey, but it is indeed this event which certainly holds the revelations that will guide us into the new millennia.

The turning point in my spiritual journey was immediately following the death of my mother. It was then that I really began to search and go within myself. It has since been ten years. Most recently I was ordained a Minister Director of Canada, for the Universal White Brotherhood Movement Inc., a nondenominational organization. Prior to this I was ordained (Reverend), both ordinations were performed by Minister Director, Gregory 'Ashid' Possman of the *Universal White Brotherhood*. For several years I have offered private sessions for hands-on-healing through which Archangel Michael is the primary being working through me, as well as the Ascended Masters and Spirit Guides. The healing modalities I offer are spiritual counselling, T.A.T. (Tapas Acupressure Technique) and most recently I offer the Melchizedek Method of healing, rejuvenation, age reversal and light body activation. In addition, my dear friend and I have created a new partnership and we now offer prosperity and abundance workshops through our company, White Dove Enterprises.

Spiritfest '98 takes me back to my first awakening many years ago and the freedom that the love and light of this awakening has bestowed upon me. Since my awakening I have been filled with the desire and intent to partake in these passions. My passion being, to witness together the interaction and merging between the seen and the unseen realms. Our gathering creates a collective consciousness which enables us to reach the higher and finer levels of vibration. Continuing the development of our spiritual growth and abilities also assists us in the stripping away of the veil, so we may see beyond the illusion and ultimately walk with the Masters.

The gifts bestowed upon our planet are of the highest and purest form and the Ascended Masters invite each of us to embrace these gifts and each other. It is now time to truly let go of the fear and chaos that have been cleverly disguised in our society and choose to come from the pure energy of Christ Consciousness.

See ad to the right.

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# BC COLLEGE OF EQUINE THERAPY

by David W. Collins

The idea of a College program to teach people the necessary skills for a career in Equine Therapy has been my dream for many years. As I look back, much of the ground work was being done even before I began learning the therapy. I was raised on a farm in southern Saskatchewan and have been around livestock since the day I was born. I suppose I was on a horse even before I could walk. Because of my father's health, we left the farm and moved to a small town. It wasn't long until I found somebody's horse to ride and from that time on my poor mother never quite knew where I was. The only thing she knew is that I was somewhere on a horse. Numerous times I would come home wounded and she would haul me off to the hospital or patch me up and off I'd go again.

At the age of thirteen I finally acquired my own horse at an auction for the grand sum of \$31.00. At least mom knew the horse and I would be home sooner or later. I grew up doing ranch work and my first job netted me \$3.00 a day and 50 cents a day for my horse.

After I married, my wife Linda and I began raising, training and showing horses. With all these horses around, I decided I had better learn to be a farrier. Hence the start of my professional learning (other than lots of riding instruction).

Everyone seems to have a mentor, and mine was a wonderful lady from southern Saskatchewan. She was a very gifted lady who was able to help people with their aches, pains and problems when they felt they had nowhere else to turn. So, being a questioning person I thought, why not for horses? As any horse person knows, there are always injuries, movement problems, etc. which at that time seem unexplainable. Not long after this I met a fellow trained in California who for the next two years taught me Equine Chiropractics, Equine Acupressure, Applied Kinesiology, etc. At the time I started doing this work you can appreciate that "Quack" was a kind word. My friends and neighbours made no bones about telling me why this wouldn't and couldn't work. The only problem with the whole thing was that "it was working." Of the first thousand horses I worked with, most were on their way to the glue factory unless I could help. Many of them were returned to useful work. I was hooked, so I tried to find a school that would further my work. I found nothing in Canada, the U.S. or Europe. Again my mind went to work and thought, "why not learn the techniques on people and apply it to what I already knew with the horses?"

I went back to school for another three years and studied Massage Therapy. The schools I attended focused on Osteopathic principles while using soft tissue manipulation. I now hold certificates from the Northern Institute of Physical Therapies from Blackpool, England as well as from the Western College of Remedial Massage Therapies in Regina, Saskatchewan. I am certified by the London and Counties Society of Physiologists, the MTAS and the Canadian Massage Therapy Association. After graduating I have also attended many post graduate seminars and clinics to further my studies.

Isn't it interesting that in the 90's when one opens almost any horse magazine, there are articles on massage therapy,

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## Linda M. Collins

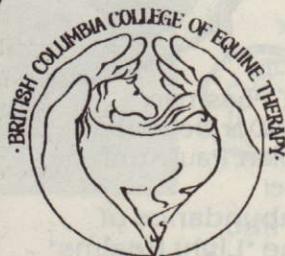
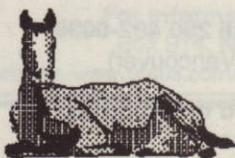
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<b>Brain Gym Balance Board</b>	Nov. 7, Sat 9-12:30 pm	\$ 65
<b>Tibetan Energy</b>	Nov. 8, Sun 9-1 pm	\$ 55
<b>Touch for Health IV</b>	Nov. 14 & 15 Sat & Sun 9-5:30	\$150
<b>Vision Circles</b>	Nov. 27 - 29 Fri. 12-12, Sat. 10-6, Sun 9-5	\$300
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**Tibetan Energy** Low energy, fatigue, pain and loss of motivation are signs that our body is functioning at less than par. Tibetans use Figure 8 energy flows and Spinning Vortices to increase energy in the seven magnetic centers.

chiropractics, homeopathy, acupressure, acupuncture, etc. etc? It is truly wonderful to see the acceptance of these practices in the industry.

As I mentioned at the beginning, starting a College became a dream very early on in my career. I was sure that after horse people discovered these exciting new ways to help horses, a need would be created for more professionals in this field. The program I now teach is a two year program which takes a great amount of work and dedication by the students to complete the material and study for exams.

In the course, professionalism is extremely important as the graduates need to work closely with other professionals such as our veterinarians. I believe this work to be complementary to veterinary care, not an "alternate therapy." We, in this industry, wish to support the Veterinary community in the same manner as Physiotherapists, Massage Therapists and Chiropractors support Medical Doctors.

I also have veterinarians teach part of my program. In the course of educating my clients, I refer many horses to veterinarians for such things as dentistry, possible joint problems, health problems, etc. I also enjoy many referrals from our veterinary professionals. I believe that by working together, great things can be accomplished for our equine friends.

It is important to present a curriculum that will properly prepare the graduate for a career as an Equine Therapist. Until now, the only courses available have been two day, five day, and possible ten day programs. Because of the short duration and possible lack of a proper examination process, anyone attempting to start a business would be ill prepared.

The College's core curriculum includes: Anatomy, Physiology, Pathology, Clinical Sciences, Massage Therapy, Principles of correct Dentistry and Farrier work and many other tools for the therapist to use in his/her practice.

*See ad to the left.*

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# In the Footsteps Of a Great Master

## **Personal Reflections on Master Sha**

by Joseph Ranallo

In mid-June, I had the privilege of spending four days with Master Sha studying Sha's Acupuncture, his unique healing modality that he developed in 1978 and has used since to heal thousands of patients in China, Hong Kong, the Philippines, Canada, and the United States.

The first day of the course was devoted to theory. Consistent with his belief that one does not need an entire key chain to open a door, he did not clutter his presentation with the tomes of ideas and abstract concepts associated with traditional oriental medicine.

"There is one big wheel of energy that surrounds the body from the top of the head to the perineal area and three separate smaller wheels in the abdominal cavity, one for each of the three burners," Sha said. "If the wheels turn smoothly and in harmony, then you enjoy balance and good health. Three key acupuncture points will promote this state of well being."

The next day was a hands-on session. The students worked in pairs to practice Sha's unique needle technique which consists of a quick insertion and withdrawal, the attainment of the traditional qi, and the generation of a mild electrical shock that clears the blocked energy from the body.

Towards the close of the day, Master Sha submitted his body to the ultimate sacrifice — he allowed the students to practice their needling technique on him as he lay helpless on a treatment table. He monitored each student personally and offered corrective advice.

For the third day, Master Sha revealed the secret of his economical healing system. He taught the students the critical acupoints for the individual body parts and systems. Again, he reminded the students that a few key points would do the job especially if the practitioners engaged their minds and souls as well as their needles.

The most enlightening day was the last one. I was permitted to follow Master Sha and observe him as he made his clinical rounds treating a host of ailments. I was able to watch as he attended to patients who suffered from breast and stomach cancers, strokes, paralysis, hearing loss, digestive disorders, allergies, muscular-skeletal discomforts, the after-effects of trauma, chronic fatigue syndromes, and a range of other problems. The treatments were quick, decisive, and focused. All patients were needled according to the acupuncture system we had just learned. Some were given Chinese herbal formulas and energy messages. During the treatments, many of the patients chanted healing mantras while Master Sha worked with them.

One leaves Master Sha's acupuncture course exhilarated. The students know that they have not only been in the shadow of a powerful spiritual healer, but also in the presence of a great teacher. Master Sha is able to translate difficult, complex, abstract concepts into simple, clear language. And unlike the typical Oriental Master who guards and covets sacred knowledge, Master Sha generously shares his insights with those who can honour and respect them. *See ad on backcover.*

# Wise Woman: Who is She and Why Is She Calling Us Home?

by Laurel Burnham

*"To resist the cultural phobias about growing older begins right at home...within our own bodies. How each of us sees our own aging process can in turn influence how the culture sees it." Helen Redman "Birthing the Crone"*

The life span for women has doubled since the turn of the century. By the Year 2010 (when the youngest baby boomers are past 50) 60 million women in North America will either be approaching menopause or have gone through it. There is a revolution in consciousness about to be born.

As the 20th century draws to a close, we are faced with many choices. On the scientific front, tampering with women's bodies and hormones and fertility proceeds relentlessly. We can choose to submit to the invasiveness of this technology, increasing our risk of cancer & heart disease. Some choice.

In some social circles, the pursuit of youth is a paramount activity, as if through jogging and vitamins and facelifts we could outrun the inevitable. We can opt for molding our bodies to some predetermined supernatural form. The ideal is airbrushed images on the covers of magazines. This illusion is getting younger, slimmer and more impossible as time goes by. She and her multibillion dollar escorts of the cosmetics, fashion and advertising industries would have us buy our eternal youth. Another dubious choice.

The voices of wise women are speaking clearly to us. Betty Friedan wonders, if by trying to artificially avoid aging, we may be wasting the possible meaning of these extra years of life beyond youth and biological reproductivity. What we know as crones, or come to discover as wise women may be evolutionarily significant for our survival as human society. So here too, is another choice.

We can listen to our own inner voice, and hear Wise Woman calling us to claim our birthright. We can see our aging as an opportunity to become fully actualized and that by becoming an old woman we can experience the fulfillment of female life experience and wisdom.

On her tapes Dr. Jean Shinoda Bolen refers to menopause as the initiation into "The Wise Woman Archetype." She sees it as a time of great creative and spiritual unfolding — although it feels like the great unravelling. Menopause is the gateway to full self realization, not the end of our value and significance as women.

As unprecedented numbers of us reach this state (menopause) virtually en masse, we have an opportunity for learning about this stage of life, to unlocking its secrets, to finally come home to who we are meant to be...wise women, Crones, crowned with the fullness of our years. This is the choice that I consciously, fully and joyfully make, before I step across the threshold of menopause.

I hope that you will join us for Wise Woman Weekend, on Sept. 18th, 19th & 20th to celebrate together this coming home.

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*"If we are to be well, we must care for ourselves. We must not cast the old woman out, but become her more abundantly.*

Germaine Greer "The Change"

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## Don't Vegetate ~ Regenerate

by Vera Ito

I'd started life in the UK, where I trained as a Medical Laboratory Technologist. At the age of twenty-four I decided to come out to Canada for a couple of years and was fortunate enough to come directly to a job in Kelowna. Well, that couple of years has turned into the rest of my life; I got married, raised a couple of sons and like so many others got divorced. Fortunately the boys were out of school by then and my new "education in life" started in earnest.

As a lab. tech. I was mentally and scientifically oriented, none of that weird new age stuff for me, and I was fairly righteous about it. My new education started with Context Associated's "Excellence Series" which I did right after the marriage breakup. Probably the most important thing that I ever did for myself. It gave me a completely new perspective on life, as well as an opportunity to look at myself in a way that I had never even considered up to that time.

The Context Programs give one the opportunity to stay involved as team assistants, etc. This I did for several years, until one of the programs produced a support group of seven that has been meeting weekly for five years now, resulting in huge amounts of inner work for all of us. It is difficult to imagine life without the group.

During those post Context years however, I also got involved in other things. Toastmasters International was one of them, I'm still a member and that too has played an important part in my life. About seven years ago, I attended a lecture by Andrew Schneider of Salmon Arm. That lecture was enough to convince me that he was my next teacher. I've been attending his programs ever since and the more I learn, the more I realize how little I really know.

It has become a true journey of spiritual exploration and together with some of his other students I have helped to found an organization that we have called the World Service Association. Our mission is to assist people to function in a way that is personally meaningful and socially ethical and responsible in all fields of human activity. We will be offering our first introductory classes in January 1999 and working on this has become an exciting part of my life.

With the closing down of the clinic that I worked for, years earlier than I'd planned on, the chances of another job in the same field were slim to none. I needed another career. I wanted one very different, one that would build on my strengths and talents. With some research... and a little help from my friends, I developed a workshop called "Retire to Fulfillment."

Unlike most retirement workshops it has nothing to do with money, but is simply about LIFE. My life as a lab. tech. gave me the opportunity to notice that many retired people were living lives that were obviously not very fulfilling. Most of us spend a fair bit of time preparing for our place in the work force, yet very little preparing for the potentially exciting life that can await us at retirement. I like to think that my life is just beginning, I hope you do too. So don't vegetate — regenerate.



## Second annual Wise Woman

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## A Wise Woman Story

by Sharon O'Shea

As a child growing up in the Nevada desert watching the atomic bomb blow its dark winds across the face of my world, I learned early on to let the forces pass through me, neither to resist nor deny, but to be aware.

Later, awareness took me from the atom to the cosmos in a series of guided inspirations. During 1965-66 while an anthropology student in Mexico, I visited Yucatan where the Mayan temples were in jungle-covered rubble. One evening, for an unspecified amount of time, I was deep underground looking into the green eyes of a carved jaguar on a throne. From that experience I have remembered previous studies in astrology from earlier incarnations in various cultures.

Upon first awakening from this experience, I thought astrology had degenerated terribly. The language was superstitious and the concepts of power-over were archaic. The politics of fear and ignorance were staggering. Then, slowly, more great minds willing to communicate were attracted to the study and the momentum built. During the last 30 years an incredible conduit for communication has taken place. As more people begin to throw off the confines of superstitions and begin relating to the myths we all share, we begin to claim the ancient threads of intelligence and our birthrights as modern human beings.

The study of astrology is a tool that gives insight into the timing of our personal and collective issues and their cyclical quality. A horoscope chart is as identifiable as a fingerprint, for no two are the same. Sharing knowledge of this method of self-understanding has provided some very mature discussions on the path toward individuation.

In my way I have tried to contribute to this revolution in comprehension by giving talks and workshops, reading personal charts, sharing my interest and passion, healing and humour.

I am a sojourner here.....as we all are.

# Woman Weekend

8, 19 & 20

## Essence of Wise Woman

by Haley Jonstyn, R.N.,  
Biofeedback Therapist



Do you know one of the ways they capture monkeys? They cut a hole in a coconut shell and place nuts inside. The monkey puts his hand inside the coconut shell, grasps the nuts and won't let go. Now, his fist is too big to come out of the hole. He could have his freedom if he just "Let Go" of the nuts.

Recently I found myself "holding on." The next step I was being asked to take on my path felt too big, too hard, too impossible and too fast. My girl friend chuckled as she saw me standing in the middle of the living room, both fists clenched shut, stomping my feet up and down, while chanting, "I can't do this." In her sense of keen observation she said, "It looks like you are holding on to some nuts." My body was tense, my breath was shallow. I looked down at my fists - shocked to see that it was my hands that were clenched. I thought I had already learned so much about Letting Go! I realized in that moment that I was hanging on to things/stuff I didn't even want to hang on to. I cast open my hands and let go of the nuts.

In "letting go" I'm open to allowing the next step/lesson to unfold. Sisters, there is a bigger picture beyond this physical body and universe. The bigger picture is being offered to us every moment. Offered to us as connection to the Goddess/God, Mother Earth, Great Spirit and all that there is. We open, unfold and discover our purposes, our gifts, our essences.

Life is my teacher. In tuning into ever deepening lessons of "Letting Go" I am open to experience more of life. These experiences I have allowed to transform me. The transformational gifts I have received are Flow, Grace, Ease, Present Moment, Shining, Joy and Happiness.

Letting go heals many blocked areas of our lives. Letting go heals 1) holding on, 2) expectations, 3) stress and 4) perfectionism. These four areas are based on some picture of or demand for how things, others and yourself should be. These demands are your idea for what would meet your needs. Letting go releases the judgements, grievance, guilt, loss, need and fear which lurks beneath every holding on. "To choose" to "Let Go" is at the heart of Letting Go.

There are great minds/healers who say everything can actually be accomplished by grace and ease rather than through difficulty and hard work. Invite ease and flow into your life — Let Go! *"Surely the goodness of the goddess is in this place. I can see her mighty power and her Grace."*

## Path to Myself

by Yarrow Alpine



When I was born, I was known as "the doctor's daughter." I had a feeling of social importance in my early years. Fortunately, it didn't last. By the time I was seven, my father, a loveable pacifist, got in trouble with our local church in California by not buying war bonds. It was World War II, a time to hate "Japs" and Germans.

As a result, we moved to an isolated homestead that I found wonderful. Instead of social status, I had a mountainside of wildflowers, farm animals, a homesteading lifestyle, and love. I grew up knowing we were people of conscience, spirited and independent. My mother, however, tried her best to make me look conventional. She wanted me to fit in and become a teacher. I tried.

By University years, I was ready to question my background. Were Dad's comments about the medical system really true? Was there really a facade of propriety obscuring what actually happens out there? I enrolled in a sociology program at the University of California and over the years did several term papers on such topics as "white collar crime," and "the political life of the American Medical Association." I wanted to know the truth. I documented my reports thoroughly and received A or A+ on all papers. I also did some hard thinking. Dad was right, I concluded. After brooding a while, I made a decision. I would never allow myself to be discouraged by society, but I would work for positive change. In a gentle way, I had already "dropped out." Nevertheless, I was successful in university and was headed towards a Ph.D. and a college teaching position, when once again fate intervened and pushed me away from mainstream. In my sixth year of college I became ill and had to go home. Discouraged, I gave up on education for awhile, and eventually got married.

From my husband I learned many valuable things; how to appreciate art and music; how to run an independent business; how to write puppet shows that hold an audience every second. Also, like most women, I learned to be second. I supported his work, but I lost myself. During these years we moved to BC. Eventually, after 18 years of marriage, I took my seven year old daughter and left. I was exhausted.

Somewhere in my weary mind, I remembered my father's medical ways (he had operated much like a modern naturopath) and decided to go back to a childhood dream and learn natural healing. I began to study again --- nutritional science (a three year program), herbalism (two separate certificates) and awareness seminars galore. I also began to write in those years, first a book, *Strong and Independent*, and later several newsletters.

In 1982 I became a primary organizer of the first Medicine Wheel gathering to be held in BC for over 100 years. I financed the gathering, handled all correspondence, and did much preliminary work. The event made front page news in "The Province" and "Sun." Discussions with Red Cloud, the other main organizer, became my beginning lessons in assertiveness. Soon thereafter, I joined a business partner in opening a natural food store. It was once again learning lessons in assertiveness.

*continues on page 40*

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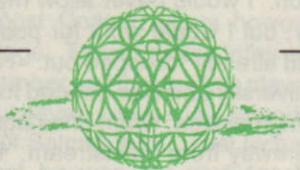
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# My Experience with the Hologram Of Love

by Gayle E. Swift

In March this year my business partner, Patricia, took the "Hologram of Love" workshop in Vancouver. She returned to Vernon full of enthusiasm and excitement. I saw a noticeable change. She was so Heart centered and she appeared to be youthful! These changes maintained and deepened as time went on. I wanted this too!! Curious, she showed me some of the basic techniques, and even though I had only partial information - WOW - I liked the high vibration of Love!!

I quickly signed up for the Penticton Workshop. The workshop was such a great gift! I left amazed and inspired.

I like simple, easy yet powerful and effective tools. That is what the Hologram of Love work offers. The emphasis is on self-development with clear and precise practises. Repetition of these practices with sincerity acquires a stronger building of the energies. I enjoyed this part, too. Lovingly I call on my new-found energy and feel it immediately respond. Throughout the day this golden love hologram is with me - supporting, nurturing and protecting.

I apply the energy techniques with myself, family, pets, clients, home, vehicle, community, earth - there is no limitation for its loving application.

I called the Hologram of Love energy in during a healing for a special friend and during the session she mentioned she saw a beautiful symbol appear. She did not recognize what it was so she drew it for me. She drew the Hologram of Love pattern - totalling validating that this energy *Does* exist.

Alton, a delightful Australian with only one name, has brought to the world through the Ascended Master Thoth, this huge and timely gift. The Flower of Life has evolved into the Hologram of Love under the direction of its creator, Thoth. This new name brings with it a higher vibration accompanied by a quick three breath application. Alton states, "The tool of the Hologram of Love has the ability to heal and rejuvenate any form of creation as it is the living conscious holographic pattern of God Source vibration."

To quote Thoth, "The Melchizedek Method is much more than a healing and rejuvenation technique or Lightbody activation. It's a whole "new formula" for body health and harmony and spiritual ascension." For myself, I have noticed my heart opening wider and a deeper belief and trust unfolding. Oh! — and yes! I, too am youthful! How much I want to be of service and make a difference!

Then, along comes great information like the Hologram of Love and Alton's Melchizedek Method and yes, I can taste how close we are to victory! It is a huge reminder for me to stay in my heart and to open my heart even more! By utilizing this energy in my body I am making a difference. This truly is healing for today and the next millennium. I am thrilled to be a part of this new awakening!

Patricia and I love this work so much that we took Alton's Hologram of Love and Melchizedek Method teacher's certification so we can share these amazing techniques. We would love to share Alton's method with you!

See ad to the left.

# My Body, My Teacher

by Marion Blake

At a seminar I attended recently, the presenter commented that I had a knowledge and understanding about myself and others that perhaps I had not to this point, "embodied". The statement puzzled me. I understood the mind-body connection. I have experienced the difference between heart-knowing and head-knowing...the difference between knowledge and wisdom.

The next day, as I was admiring a painting in a gallery, I asked myself, "Where in my body am I experiencing this painting?" I realized how unfamiliar that was for me. My process is sensation-thought-feeling-analysis-action. My head was my "hard drive" holding all the stored information about my past.. or was my body the hard drive and my head just the screen?

Some time later, Steve, a friend of mine, called to tell me that Denie Hiestand, a Vibrational Medicine Specialist was in the area and his latest book, "*Back to Life*" was out. Steve had experienced a healing of a chronic sports injury during a session with Denie. I had no ailment that was troublesome, nothing that I couldn't master with the mental processes that have worked so well for me. But I happened to be in my car and a block away from the Issues Magazine office, so I decided to check this out. A contact number was listed in the publication, and in a short time I found myself lying on Denie's "workbench." I wasn't anticipating a "healing" and my mind wandered to my day's appointments.

As Denie's hands hovered over my abdomen, I began to feel a deep sadness and tears began to flow. It startled me because I was not thinking about anything sad. Denie encouraged me to stay with the process, but my "mind manager" (in Angèle's words) took control and I regained my composure. I had experienced something I could not then understand and felt compelled to sign up for Denie's Energy Awareness Workshop that was beginning the next day.

What an amazing series of experiences I had during those five days at Silver Star Mountain. My journeying into the realms of higher consciousness this past decade has been healing, transformative and eventful. This training, however, was like nothing I had experienced or even imagined. I registered for Level Two Training and the learning and the joy accelerated.

I now understand that enlightenment is through my body. It happens at a cellular level - Embodiment.

My friends have noticed that I am far more interested in dancing and far less interested in Philosophers of Consciousness since my involvement with Denie and Shelley. I have noticed a freedom of expression in my body that I have hitherto merely imagined. I have spent a lifetime working on personal issues of self-esteem and have built a career around supporting others in increasing their self-esteem. As a result of this training, I know a love of myself that I experience at a cellular and not just a conceptual level.

Honor is Denie's favourite word. I am beginning to know what honor is... in my body and not just as a concept. Honoring myself, honoring others, honoring the universe. Honoring this particular incarnation. Honoring "showing up" here as a woman, honoring it all. Honor is love, joyful acceptance and

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Recommended reading, *Back to Life*, by Denie Hiestand, available at your local bookstore or call 1-800-207-2239.

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more. It is love without judgement or condition. It is love with respect, gratitude and awe.

As I tune in to energy, rather than words, I experience the seamless connection with my higher self and my connection with everything around me. It has taken me fifty years to experience life with this kind of freedom and I'm excited about the fifty to come! *See ad above.*

## Herbally Yours

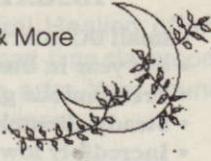
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# Emotional Polarity Therapy

by Carol Rienstra

My first introduction to Emotional Polarity Therapy came when a close friend insisted on taking me to Vernon to visit a friend of hers. I was not feeling very good about myself. My self-esteem was at about zero, I had no confidence in myself and I was retreating from life in general. Mentally I was beginning to entertain thoughts of suicide. My physical health was deteriorating quickly and I was weighing in at over 200 pounds. That ninety-minute session and subsequent follow up sessions transformed my life completely and permanently!

Using Applied and Behavioural Kinesiology the therapist was able to access the core beliefs and emotions that were affecting my physical and mental health. Your body doesn't lie! As soon as I began to realize the reasons for the way I was feeling about myself and change my beliefs about them, I was on the road back to health. By using such concepts as acceptance, forgiveness, the clearing of negative emotions, making new positive choices and affirmations, I have been able to rebuild my self-esteem and health. Using techniques such as visualization and relaxation therapy I was able to discover who I really am and what I came here to do.

The EPT course was the beginning of my true spiritual growth. Archangel Michael made his presence known to the six students and guided us all through the many different aspects of this therapy. We were taught how to use kinesiology to: unlock hidden emotions, retrieve the soul, access past lives to clear unfinished business and receive guidance from our angelic friends. It was made very clear to us that all our therapy work would be guided by the angels.

I have grown so much over the past year that I no longer recognize the person I used to be. I have since learned how to channel the Angels and Masters, and how to listen to my inner self, understand my soul and reach my inner wisdom.

Since taking the course I have been working with clients at all different levels of spirituality. I am guided by what is right for each client. I teach them that God loves everyone unconditionally and that he is not judgemental. EPT works with the same principal, the intention of the therapy is to unlock your personal truth and to help you become physically, emotionally, mentally and spiritually balanced. You learn how to create your own reality and how to live joyfully.

Some of my clients have been animals. Horses, dogs and cats respond very well to EPT. Certain behaviours are locked in past traumas or misunderstandings. If these can be understood by the owners it is often the key to changing the unwanted behaviours. Often animals that fail to respond to conventional treatments respond very well to Emotional Polarity Therapy.

I have a very dear friend, whom I have to thank. She has helped me become who I am today simply by insisting that I at least try one session of this therapy. It was a life changing experience and I want to share it with everyone.

See ad to the left

# Parkinson's is Treatable

by Dr. Glenn Morezewich, DTCM

For some reason your body does not feel the same. Maybe it's because you are getting ready for retirement, you are looking forward to the prime of your life, but you find each day, as you get tired, tremors which were slight become more noticeable. Small, fine motions with your hands become harder to accomplish. Motions, which were once simple, start to become impossible: buttoning a shirt, brushing your teeth or holding a glass of water. You feel out of sorts and off balance. You no longer move with a spring in your step. You just do not feel at ease.

You consult your physician and you are diagnosed with Parkinson's. You are placed on medication and for a while things seem to calm down. The tremors are not gone, but you notice a change in how you feel. Then the tremors return, gradually at first, then their frequency and severity increase surpassing the intolerable level they were before you started your medication. Your ability to walk has now become affected and movement that was once fluid is now jerky and uneasy. Your options now appear to be lessening.

Then you hear about a traditional form of medicine where your symptoms lead to a diagnosis, which allows your practitioner to treat the underlying problem. After the first treatment the tremors actually stop for three hours. The tremors do return, but the frequency and severity have decreased. Your affliction begins to lessen. As your treatments continue the tremors become minimal and you start to see yourself in a different light. You are now able to function in a way that provides you with the freedom to live again. You are no longer dependent on others to help you dress or function in every day life. You no longer dread social gatherings with strangers, friends or family. You are no longer viewed as someone with Parkinson's, but as the you of old. Your movements have become fluid and smooth, no longer stiff and jerky. At rest you feel calm and relaxed. There is no longer aching pain from muscles in constant motion.

The above situation documents the feelings and experiences of clients that I have treated within my practice. They are accounts of every day situations faced by an average of 1% of the population 65 years or older. This translates to approximately 194 people in the Penticton area trapped in a situation similar to that above. These people are not just numbers, but friends and family living in a situation that could be improved if they just possessed the information needed to be treated effectively and with care.

As a practitioner of Traditional Chinese Medicine (TCM) the traditional treatments I use within my practice are designed to help my clients rectify the problems they encounter and help them achieve their goals. Diet, exercise, acupuncture and herbal medicine all play an integral part in healing dysfunction and have provided relief to clients diagnosed with the symptoms of Parkinson's (slowness and poverty of movement, muscular rigidity, resting tremor and postural instability). In clinical and hospital settings from East Asia to North America



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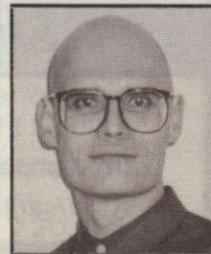
these treatments are recognized as playing a beneficial role in enabling the body to correct symptoms commonly associated with Parkinson's.

Western medical diagnosis does not determine the cause of Parkinson's disease nor does it determine a way to prevent further complications or to resolve the problem. The only tool offered by Western medicine is medication which attempts to remove or control the symptoms. The problem in treating with medication alone is if the underlying cause of the disease remains untreated the client's situation will gradually go from bad to worse. The other problem with medication is it may cause side effects such as confusion, constipation, dizziness, hallucination, hypertension, nausea and involuntary movements of the face, neck and extremities.

The key to any treatment according to TCM is diagnosing the cause of the symptoms and determining why your body has responded in this way. Diagnosis and a specialized treatment plan should correct the problem and eliminate the symptoms.

- Diet plays a role in that it provides the body with the nutrients to enable itself to repair and reverse damage and thereby lessen or remove dysfunction.
- Exercise plays an important part in the normal functioning of your body. It can help the body repattern normal movement. In the case of clients with the symptoms of Parkinson's, normal movement is limited and abnormal patterns of movements are continually reinforced by the dysfunction.
- Acupuncture helps remove blockages or obstruction within the meridian system as well as activating regions of inactivity or repairing areas of damage within the body.
- Herbal medicine improves the body's natural healing ability and can enhance the body's ability to repair internal problems, clear congestion, remove blockage and restore the normal function of the body.

*If you have any questions regarding a more traditional approach to medicine and the treatment of Parkinson's or any other physical or mental health related disorder please call Dr. Glenn at 250-770-0088 Penticton's Holistic Health Centre.*





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# Astrological Forecast

for September ... by Moreen

September, the month when many of us go back to a regular routine, the planetary backdrop shows only Saturn and Neptune of the major players active. Together these two stir up fear, then ask us to step forward into the unknown. The "Fools Card" describes the best course of action to move the fear. Other wise the faster inner planets will bounce off the slower big players creating days of note for some individuals.

During the first week we have Mars connecting with Uranus. This pair can touch off a wild ride on September 4th. The last fling of summer could be dangerous for some. This combo is responsible for revolt, mayhem, and moving anger.

The last eclipse of 1998, the Full Moon on September the 6th at 4:22 am, asks us to shed the light of awareness on our ability to work as a productive member of society. Remember this should be a two-way street, service that is nourishing to you as well as other. There is also an exceptional focus to this Full Moon which bodes well for human kind, the light also shines on unions, the coming together with others for mutual growth and benefit. The highlighted degree symbolism\* "A lady in fox fur", the use of intelligence and mental subtlety as a protection against storms and trials. These themes will overshadow world events till the next set of eclipses in 1999.

The world beyond our personal life comes into focus for people during the second week of September. Many will be expected to let go of systems that are working. Attachments are said to be the root of suffering. The third week Jupiter is triggered. Expect a generous optimistic mood to prevail, and the down side would be soap box rhetoric getting out of hand.

The New Moon occurs at 10:01 am on September 20. The world is asked to sow the seeds of service. Does your world view encompass a reciprocating flow of energy? Destructive energy that destroys vitality will be in evidence too, and will likely demand many to be either supported or supportive! The highlighted degree symbolism\* "A bald headed man who has seized power," the sheer power of personality when times require decision.

The fourth week has Neptune strong, which can trigger both vision and delusion. The Sun heralds the beginning of Fall (the Equinox is at 10:37 pm on September 22) and immediately triggers Neptune, making rituals this day powerful. Later in the week keep in mind that compromise is likely the only solution if challenged.

The last days of September bring in fresh ideas as Mercury sets off chaotic Uranus. Meanwhile Venus connects with spiritual Neptune encouraging spiritual connections, platonic relationships and artistic inspiration. *See ad to the left*



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# Free Spirit

by Pat Robertson

Equine Massage Therapy is a growing holistic form of balancing the equine athlete. Results of this therapy have been surprisingly quick and in some cases miraculous. Chronic conditions can also be helped with several treatments. As a 1998 graduate of the BC College of Equine Therapy I have been practicing full time since June of this year. The two year course taught me a great deal about the equine athlete and led to a powerful personal spiritual growth as well. I am the only practicing graduate in the South Okanagan. Typical clients of this specialized equine sports therapy are : race horses, eventers, jumpers, barrel racers, rope horses, dressage horses, performance horses and backyard pets.

The first visit includes a structural and dental assessment as well as addressing any soreness or lameness concerns. After this assessment the practitioner uses a combination of massage therapy, applied kinesiology (muscle testing for feed supplements and feed compatibility), acupressure and intuition to relieve any physical or emotional discomfort. Practitioners are taught how to balance the equine athlete physically, emotionally, mentally and spiritually.

After treatment most horses move freer and easier, their stride lengthened to their capabilities. This release of discomfort often leads to other benefits as well, such as regained appetite, brightness of coat, and a happier disposition.

*See ad below.*

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# MOVEMENT

by Patricia Brady

The interest in Brain Gym continues to grow. I have had the pleasure of introducing Brain Gym to a number of parent and teacher groups and to those who attended my Level 1 & 2 classes. I am no longer amazed to hear, "It's amazing!", "I don't believe it!", "I'm so glad I learned about Brain Gym," "I use it every day in my class." While Brain Gym is certainly NOT a magic button it IS a most effective tool in helping an individual to learn new material or new behaviour patterns. Through carefully researched movements neurological pathways are developed or blocked pathways opened.

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Level 1 emphasizes crossing the mid-line that connects left and right brain. This is fundamental to the skills of binocular vision, using both eyes together, both ears and whole body movement. Each of these is essential to academic achievement and provides a stress free learning basis.

Level 2 adds Centering, that is integration of top and bottom brain, and Focusing, front and back brain. When the brain is fully integrated learning at all levels, academics, skills or new behaviours all become easier. *See ad below*

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# MOMS FOR MOMS

by Laurie Woodruff

A few years ago, I urged my family to move to the country. It was really important to me to raise my own livestock, to tend a garden, and be a full-time mother. After a year, I realized that with my children being so young, I wasn't going to get much done on our 'raw' piece of land. I turned my attention to starting a home-based business that I could do in the house during nap-time and evenings. Some close friends encouraged us to join them in their USANA business but I was a hard sell. What do I need vitamins for? I raise our own meat, eat organic foods (I started an organic foods buying club when I moved here), exercise regularly, drink pure water and breathe clean air. Nevertheless, with my husband's urging, I signed up as a distributor and we all started on the products.

The first thing I noticed after being on the product a while was that I wasn't as 'unpleasant' in the mornings. It seemed I slept sounder, if not more. Nevertheless, the whole family was happy to wake up and see mom with a smile on her face.

Although we were extremely happy with the products, I wasn't amassing the fortune I had envisioned. I succeeded in getting my family and some close friends started on the products but that was all. With a new born baby I had no time for phone calls, and with a three-year old I couldn't keep an office organized. I also had a great fear of rejection.

Then I joined Moms for Moms and since the training, we meet every two weeks and support each other on not only the business of USANA, but parenting, self-development and health issues. We blend the talents and strengths of individuals into a force that becomes greater than the sum of its parts.

Moms For Moms has provided me with a network of wonderful friends that gives me the balance I need to be a stay-at-home mom. I have been able to focus my new-found energy. I have elaborated on my dreams, and narrowed in on my goals. With patience and perseverance, it will provide me with a substantial residual income. I look forward to my future.

After being on USANA products for a year now, I can rest easy that each cell in my body has been turned into a 'USANA Cell'. These cells are giving me optimum physical health which includes less colds, better sleep, more energy and endurance and ongoing protection from free radical damage.

It has been said before - if you help enough people to get what they want - you'll get what you want. Moms For Moms is this saying - in action! *See ad below*

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# Don't Shoot the Messenger

by Victor Nowoselski

When we ask the universe, with hand on heart, our answers may come in least expected ways. When we ask with expectations, we set limitations upon ourselves and often we miss the message or the opportunity for change. Don't shoot the messenger!

Quite sometime ago, I lived in a small town. The community was small enough where everyone shopped at the same store, did their business at the same bank and frequently socialized at the same community hall or local beverage room. A town where everyone knew everyone. We had a fire department, one that was well-known for saving basements. A call would come in, the fire truck would go out and through a combination of errors, they would consistently manage to save only the basement.

One day we had a thunderstorm and lightning hit a pig barn. One of the locals ran into the beverage room and yelled, "Fire." Our firemen in their infinite wisdom took the wrong road and the fire truck got stuck. A good samaritan ran back into town by foot to inform those few volunteers that were left behind. Meanwhile, in community spirit, others battled the fire in an attempt to save the pigs and the barn. They saved half the pigs, yet half of those saved ran right back into the fire and perished.

WHY? Why would a pig run right back into the fire? This question puzzled me from time to time. One day in community spirit, a wise old man spoke out when that question was posed. He said "The pig had only one corner where it ate, slept and soiled. Despite of what others may think, to that pig it was the only home, the only world it knew. It was safe. When the pig was thrown into a new world, a world that was completely foreign, the change overwhelmed the pig, fear took over and it ran for the only safety it knew, thus choosing its own death."

During my early stages of recovery and difficult periods on my spiritual journey, on bent knee, with hand on heart I pleaded, "What is my purpose in life? When will I see the results? Give me some type of answer...Give me some kind of sign as to why I should continue." I heard the words of that wise old man. In tears, I found myself saying, "I don't want to be like that pig. I CHOOSE LIFE."

How many of us have faced similar situations? How many times have we faced challenges and adversity, choosing to return to the old, the familiar, that which we perceive to be safe? Old thoughts, old patterns, old belief systems, old behaviours. And so it is with spirituality. Often our spiritual journey challenges us to the very core, challenges every fibre of fabric that we are woven from. The entire wholeness of us is challenged to change and this instills fear. Do we step through the hoop of fear and choose eternal life, or do we choose to run back into the fire? Clearly the choice is ours.

*See ad to the right*

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# My Life with John Lennon

by Jewelle Lewis

My life changed forever that night John Lennon was shot, in December 1980.

Fifteen years later London Heathrow was a conglomeration of black taxi cabs, private cars, coaches and the occasional cherry red double-decker bus. The honking of horns on the ground mingled with the scream of ascending and arriving jets.

My emotions always soared on these trips between centuries. Departing was bittersweet. Sad leaving my 17th Century home in Petworth, Sussex and happy returning to my current life in British Columbia.

The English town has changed little in three hundred years since I lived there as Katherine. Still remaining are the stone and timber houses, narrow winding streets, the bluebell woods in April and the 800 year old Petworth fair in November. The countryside has also remained untouched — green rolling South Downs sprinkled with massive oak trees. My soul's home. The departure process seemed endless; luggage checked, ticket taken, passport examined. Finally, the pilot announced our time to take-off and I leaned back as memories of the past few months engulfed me. June 1995, "*Just Imagine*" a past life with John Lennon? arrived from the printers. The journey of a decade, searching for my past life was now in print ready to share. That summer was a whirlwind of book signings, calls of congratulations and radio and newspaper interviews.

The ultimate was an early morning overseas call from Ros in England with an invitation from the Petworth Society to fly over for a book party. I considered it an honor. The book signing had gone well. The days preceding had been as magical as the party itself. The local newspaper sent a reporter and the B.B.C. arranged for a radio interview. It was weird knowing that thousands of people were listening to my once personal search for John and Katherine. My English friends sent a copy of "*Just Imagine*" to Paul McCartney who lived only miles away, inviting him to the book party. He didn't come of course, but we were having fun. It felt good to laugh again.

The night of the party arrived. I was terribly nervous and deeply touched. The effort of the Petworth Society was evident as I entered the ancient town hall. The ambience was perfect. A circle of chairs faced an oval table covered with an Irish lace cloth accompanied a Queen Anne chair where I would read of my search for John and Katherine. Behind burgundy velvet drapes, a barrier to a stage, John Lennon's "imagine" played softly. A grand piano with John's photo, an enormous bouquet of flowers and several copies of "*Just Imagine*" completed the scene.

Only now, as I watched the stewardess slowly push a silver cart filled with lunches did I read the speech that Peter Jerrome had read. Peter, the skeptic, whom I'd approached on my first trip to Petworth. A logical man to talk to about the 17th Century.

I smiled now as I remembered. He must have thought me mad! And now, years later, he was instrumental in organizing the book party, enabling me to bring my story home. I could hear his gentle educated voice as I read his words; words that I had barely heard the night in the town hall and only now could I truly absorb.

*"The first thing you have to say is that this is a very courageous effort, the second is that it is very much a Petworth book, one like no other, the third it is extremely readable. Simply put, the basic premise of the book is preposterous.*

*John Lennon of the Beatles was shot dead in New York City just before 11 o'clock on December 8, 1980. Jewelle Lewis, a Canadian housewife, several years Lennon's junior, had no more than a passing interest in the group, other than planning to see them in Vancouver in 1964 and being disappointed when the trip failed to materialize. She was therefore disconcerted to find her grief at Lennon's sudden death was boundless and uncontrollable and lasted through the 80's.*

*Jewelle had known John Lennon in a previous life and a first trip to England in 1985 was to Mere in Wiltshire. It proved largely abortive. Jewelle, however, refused to abandon her quest to make sense of the turmoil she was in and further psychic enquiry suggested not only that the century but also the location had been incorrect on her initial trip. The century was the 17th rather than the 15th and the location West Sussex. John Lennon had been one John Baron and Jewelle had been Katherine James. They had been engaged to be married but John died of consumption. Katherine herself had tended him for a time before dying herself of grief (and) heavily dosed with laudanum by an aunt. Jewelle returned to England in 1990, armed with more information about the James family and allied matters. As chairman of the Society I had already corresponded with her but remained somewhat uneasy about her central thesis. Ros Staker was a tower of strength for Jewelle as was Ann Bozall and her daughter, Becky. Ros brought Jewelle round to see me and Jewelle writes, "Although he had the reserved, polite manner characteristic of English men, I sensed a doubtfulness in his expression as Ros introduced us." Couldn't have said it better myself. A visit to Jumbo Taylor added some detail but I'm not going to spoil the book by telling you more. It reads like a detective story and it has real Petworth people in it as well as their 17th century counterparts. Perhaps it tells us as much about Petworth in the 1990's as about Petworth in the 1600's. That's for you to judge. I remain uneasy about the basic thesis but it's a real talking-point. I enjoyed reading it and it's certainly not as silly as it sounds. Jewelle's had the courage to write it and get it published and the book itself is its own tribute to her drive and perseverance. However cynical you may be, it does raise interesting questions and it makes you think. How many books do that? Read it, you'll enjoy it."*

I carefully folded my copy of Peter's speech as the stewardess served lunch. The last remnants of England; cress and cucumber sandwiches, scones with strawberries and cream. The warm glow of my trip began to fade about the time the pilot announced we were over northern Saskatchewan. Reality hit. My future was unclear. Christmas was approaching as was my final divorce decree. The party was over. As the Rockies and home came into view I wondered where life would go from here.

*see ad to right*

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# Book Reviews

Jan



## Dawn of Enlightenment

by Louix Dor Dempriey (Sri Pranananda)

I cannot overemphasize the fact that these are my experiences of God and I am in no way suggesting that they must be yours. Therefore, whether you choose to view this book as an entertaining piece of fiction or as a heartfelt peek at the miracle of transcendence, consider at least going for the ride. Cast your judgements and opinions aside for the time being and read this book as a "What if...?" BE in the possibility.

It was from this forward by the author that I chose to read **Dawn of Enlightenment**. I can honor and respect his truth in the telling of his story, though my own experiences to date put this into a mystical realm beyond my ken. That doesn't mean that this is not reality for many people. Spiritual growth is different for each of us - a path that for a long time no one ever spoke about. And so it was with an open mind that I continued to read.

From actor to Channel for the Ascended Masters, Louix Dor Dempriey shares his incredible journey through personal trials and initiations by the Masters. Mere words alone cannot do justice to his experiences, for they build one upon the other as he is taken each step along the path.

Regardless of the source, the information presented is valuable. Pearls of wisdom dot the pages and I accepted the jewels I was ready to hear. Perhaps another reading will bring different passages to my awareness or in the synchronicity of life I am being allowed a glimpse of what is possible.

*Attaining Enlightenment is the process through which an individual purifies the self of enough non-love vibrations (embodying habit patterns, thought forms, belief systems...) to extricate himself from the world of separation.*

Paramahansa Yogananda

Louix Dor Dempriey will be a presenter at Spiritfest '98 see ad p. 23

### Yarrow Alpine, WWW story continued from page 29

Next, I created my own herbal school. More than just a certificate program on herbs, it was a hands-on experience that brought students closer to nature and enabled them to care for their own health. It was the legacy of my Dad, from fifty years earlier, and it worked! Now many of my students are teachers, and every little BC town and hamlet is offering herb classes of some kind. A herbal renaissance!

Yet, as many have noted, in a way my classes aren't about herbs! They are about empowerment. That's been my life lesson. The many men I've been in contact with have been my challenges and my best teachers. Today I feel younger and happier than in 1979 when I separated. I continue to study, learn, change and grow. I am a child again and I love it. What have I learned? No thing is impossible!

## Time Shifting

Creating More Time to Enjoy Your Life

Stephan Rechtschaffen, M.D.  
Doubleday, ISBN 0-385-47849-6

Basically, timeshifting leads us to shifting our rhythm to join the external rhythm of the moment, or to tuning into our own rhythm and choosing to stay with it. Unfortunately, most of the time, without awareness of the rhythm of the moment, we are just swept along, marching to the beat around us. It's as though we're constantly in that first moment after the alarm clock goes off in the morning: For a second, we're befuddled and not quite sure of where or even who we are, but we're already responding to a command.

Time is mōney! Don't waste time! There's never enough time! Sound familiar? We live our lives by the numbers on the clock even when we have a day off and don't need to. Western society urges us to do more, produce more, learn more and do it faster. Computers, faxes, voice mail, E-mail, the Internet and cell phones all add to the speed of the rhythm around us. We don't know how to slow down, to take time for ourselves, to relax and truly *be* in the moment.

Stephan Rechtschaffen explains entrainment, the process of matching our individual rhythms to people and things around us, and how we function better when our rhythms are in sync. In business, decisions are best made if we can let go of the rest of the busyness and stay focused on the task at hand. The author suggests pausing for a few minutes between projects, taking three breaths before picking up the phone and practicing mindfulness by doing only one thing at a time, giving it your full attention.

I found validation for many of the steps I have already taken to better use my time. I learned from experience that I need to consciously take time to shift gears from the office at the end of the day. The unwinding process needs to flow to its own conclusion, sometimes that means a longer walk than usual or talking about events that have impacted me. Perhaps just sitting by the water, watching the clouds or losing myself in the richness of a sunset allows my body to slow its rhythm and relax.

The author offers a different way of looking at time in the areas of self, relationships, children, work, sports, play, health, aging, society and the future. He says, *Understanding time with your brains isn't enough...When you learn to embody time, when you can shift it at will, then you will experience a wholeness, a freedom—time freedom—you never dreamed possible.*

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# CALENDAR

## of Events

**September 4 - 6**

**Grand Opening of the Juicy Carrot & Mini Psychic Fair** in Penticton, p. 14 & 15

**September 11 - 20**

**The Ishayas Ascension**, First Sphere Weekends in Kelowna & Vernon, p. 44

**September 12 & 13**

**Nutheraapist Course** begins with Wholebody Reflexology open to everyone wanting certification in this healing art. Nutheraapist Institute of Canada 1-888-284-3333, p.33

**Integrated Body Therapy**

with Cassie Benell in Kamloops, p. 16

**September 18, 19 & 20**

**Wise Woman Weekend**

at Naramata Centre, see pages 27 - 29

**Women's Weekend Retreat**

in Kelowna with Blanche Tanner, p. 19

**September 23 - 26**

**Colour and Sound**

with Troi Lenard in Kelowna, p. 43

**September 24**

**A Sacred Healing**

begins with Nicky Stewart in Penticton, p. 20

**Pyramid Ceremony** with the

Rosicrucian Order in Kelowna, p. 47

**September 25 - 27**

**Dowsing the Millennium** with the Questers in 100 mile House, B.C. p. 22

**Spiritfest '98** in Calgary, p. 23

**September 26 & 27**

**Brain Gym Classes** with Patricia Brady in Penticton, p. 36

**September 28**

**Counsellor Training** begins in Vancouver at Erickson College, p. 2

**October 2 - 4**

**Soul Journey** with Craig Russel in the Okanagan Valley, p. 4

**October 2 & 3**

**Aromatherapy Seminar** with

Brenda Blindenbach in Penticton, p. 23

**October 3 & 4**

**Oriental Healing** with Joel Whitehead & Joseph Ranallo in Kelowna. See backcover

**October 9 - 11**

**The Feldenkrais Method** with Alice

Friedman in Vernon, p. 16

**October 16 - 19**

**Pranic Healing**, Level 1 & 2 Basic &

Advanced with Marilee Goheen in Kelowna, p.3

**October 17 & 18**

**Soap Making** - The Source Soapworks

in Vernon, p. 38

**October 17 - 21**

**Energy Awareness Workshop**, with Denie

Hiestand in Victoria, BC. Second level training is being offered Oct. 25 to Nov. 1, 1998, p. 31

**October 23 - 25**

**Reflexology Certificate Seminar** Level 1 in Vancouver with Yvette Eastman, p. 45

**Pranic Healing**, Basic & Advanced with Marilee Goheen in Ainsworth, p.3

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

**October 31**

**Personal Actualization Training** starts in Kamloops - Personal Growth Consulting, p. 39

**November 7**

**Personal Mastery Program** begins in Kelowna - Inner Directions Consultants, p. 5

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

### ONGOING EVENTS

**MONDAYS - 7:30 pm**

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

**WEDNESDAYS/THURSDAYS**

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# Interesting People



by Urmi

## LAUREL BURNHAM

## A COMMUNITY MINDED SPIRIT



What intrigues me about Laurel Burnham is her incredible abundance of self-esteem and boundless energy which she focuses to create community here in Penticton. Her natural lust for life inspires me.

I met with Laurel for this interview while her son was having a swimming lesson.

She is a busy mother of two young boys, a businesswoman, gardener, spouse and advocate for evolving community. Meeting at our community centre seemed appropriate. I asked Laurel about her history, looking for clues as to how she has become the woman that she is.

Born in New Westminster Laurel grew up intimately involved with the beautiful nature that surrounds that area. She describes her childhood by saying that she always felt very loved, cared for and wanted and that she has a kinesthetic memory of her birth. This has made her secure in her self-identity, and has had a profound impact on developing her self-confidence. She describes family camping trips along the Skeena river. Through her colourful dialogue I am transported in time, watching young natives hanging over the river banks spearing huge salmon, tossing them to the waiting women who begin processing, until finally the salmon fillets are hung in the smoke rooms. I try to imagine the whole village that Laurel says is involved in this endeavour. As I'm working out the details in my imagination as to how they looked and what they wore, Laurel expresses what this experience did for her: "I was profoundly moved by the workings of these people. I realized that there was more than just my immediate family and our way of doing things. When you see people co-operating on that level it makes an indelible impression on your personality as a child. There are critical stages of human development; if you are exposed to certain things you gravitate towards recreating what feels right. I always had a lot of kids to play with. We created our own games and put on plays. Somehow the idea grew that there is more fun if there are more of you."

Her connection to nature has taught her that life is about changes. "We need to open our hearts and become more vulnerable, empathetic. In a world that is completely nuts and unhealthy we have to learn to trust our selves. To me community is an organic state—people recognizing their common humanity. The missing ingredient is celebration. We have a great

capacity for joy." Laurel tells me of an experience she had of feeling showered with blessings, "I felt the infinite love, generous passion, and beneficence of existence. Responsibility came with that experience; love, be loved, give, receive. Being here is a blessing we need to be a conduit for joy." I am completely taken in with Laurel's vision, the passionate dialogue we are having is interrupted only by her undivided attention given to her son while they discussed whether to have lunch or just spend a quarter. He decides on a quarter and disappears. Laurel's view on motherhood is that it is the most devalued role on the planet. "Motherhood has to do with selflessness which is not highly esteemed in our culture. It's a great service and a blessing to be able to raise a child."

I asked Laurel about her relationship and as with everything else she had a very clear understanding about success in this area. "I gave up my personal grudges towards men. I realized that I don't need to know everything about my partner. It destroys the mystery which is the beauty of the other. I don't believe incessant, compulsive analysis is good for relationships. It is a tremendous comfort in knowing that there is somebody to share my life with and that we respect each other's autonomy."

Laurel's boundless energy for giving has taken many forms here in Penticton. Her philosophy of community has manifest in such successes as Faire Wares, Wise Woman Weekend and Canada Day. In her relaxed way she has set the stage on many an occasion for community to happen. Her most recent success is creating a community garden here in Penticton. What does it take to make a good idea manifest? "Perseverance!" says Laurel. And she has this in abundance. Fueled by her unending determination and supported by a loving family, she makes possibility a reality. "What we all need," says Laurel, "is useful work. We need to feel wanted, appreciated. Our culture is out of balance. The world is being run like a cyber-casino that has nothing to do with human existence." She concludes our interview by saying "I have a very great love for life and a desire to be a good mother's daughter. I want to do my share, have fun, and look at the full moon with awe. My main goal is to dissolve into joy." Looking at Laurel's sparkling blue eyes and feeling the warmth of her generous personality I envision what disappearing into joy would look like. The ever illusory mystery of life sparkles between us as she gathers herself together to head off to her next meeting.

Presently Laurel is working as an independent contractor to organize community events and an advocate for progressive diversified culture.



# THE SPIRIT OF AUSTRALIA

by Troi Lenard

Australia is a land of stark opposites. Surrounded by intensely turquoise water that is reflected against a deep coppery-red desert-like interior, this country demonstrates a blending of "fire and water", the two elements most unlikely to mix. The people and the land have similar values: fierce and independent and yet at peace within itself.

For me it was a sensuous adventure, stimulating both physical and emotional releases, eventuating in a feeling of peace — the peace of knowing who I am and being in the Now.

Because I have visited Australia so many times, my friends feel like family. I am treated with honesty and an open heart. I have learned that if I do not respond in an open and honest way my friends would be like the animals of Australia. A snake or scorpion-like sting may be my alternative to a big hug.

This underlying "sense of unity" in a multicultural society, birthed out of a deep sense of abandonment, has molded a unique flavour and personality that is distinctly Australian.

In the "new age" field of endeavour, time, money and distance are surmounted by the eager students willing to criss-cross the "land down under" to the many established and emerging accredited healing centres and colleges of high standards that are blossoming nationwide.

Australia taught me how to risk, be straight forward with my asking as I faced my fears of being open. It also heightened my sensory awareness for the environment teaches everyone that. Otherwise you could be like the lady in Sydney who got bit by a spider outside a shopping mall and died before she could be rushed to the hospital.

A visit to the "land of the southern cross" is a "truly magical experience" and I would encourage all who feel a calling to make Australia an unforgettable one. With the coming of the Olympics in 2000, the world is coming to Australia and likewise, Australia is coming to you. *see ad to right*

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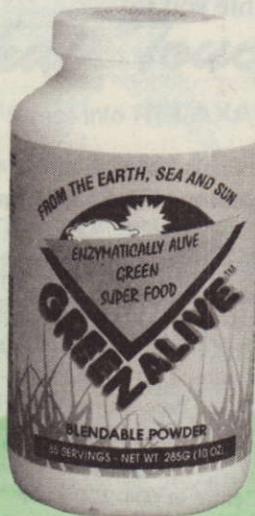
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# The Ishayas' Ascension

Ancient Teachings Brought Forth  
for the Third Millennium

An Interview with Krishnananda and Gauri

by Samaya Ryane

The Ishayas are an ancient order of Monks, which claims to stem directly from the Apostle John. After writing his Apocalypse, the Apostle John, following the orders of Christ, founded a secret order of monks and ordered them to preserve his true teachings. The Ishayas hold that the original teachings of Jesus were not a belief system, but rather a mechanical series of techniques to transform human life into a constant perception and knowing of the perception of divinity within each human heart.

These teachings were brought to the Western World in 1990, by MSI, an American who spent 18 months in the Ishaya monastery in the Himalayas. He has also written five books about the teaching and the growth of consciousness: First Thunder, Second Thunder, Third Thunder, Ascension and Enlightenment.

Currently there are just over 108 Ishaya monks teaching around the world. Their teaching academy is located in the heart of the Smokey Mountains in western North Carolina. All teachers of Ascension have taken Ishaya vows and have dedicated their lives to the healing of humanity through his teaching.

In Vancouver, a centre was opened this June in response to the interest in the Ishaya teaching. About 80 people are studying their techniques in this area. I had the good fortune

to come across this method and found it to be a delight. I've taken five of the 21 techniques and practice them daily. My stress level has gone down considerably, and my happiness and peace quotients have risen remarkably. After a full day's work, it's a pleasure to remember that I have at my disposal a system that relaxes me within minutes and makes my heart sing.

Krishnananda and Gauri are two of the Ishaya monks based at the new Vancouver Centre. Krishnananda was a very successful business executive in New England. A CEO with 6,000 employees, he also spent time as a combat infantry advisor with the marines in Vietnam. He took his first Ishaya Ascension weekend over two years ago and says, "I knew this was truth. It had a significant healing effect on me right away. I realized what a gift this was to share with the world so I studied with the Ishayas and became a teacher."

Gauri was raised near Smithers, BC, in the small mining town of Granisle. "I have always considered myself as spiritual," she says. "I attended many different churches, but could never make a true heart connection between myself and God. I considered myself separate in some way. I began looking for ways to heal that sense of separation. Two years ago, I took my first Ascension class in Prince George. This is what I had been looking for!"

## I interviewed Krishnananda and Gauri at the Vancouver centre.

**SR:** What are the benefits of these techniques?

**K:** People are drawn for two reasons: to heal stress and/or to become enlightened. Western medicine claims all disease is stress-related. By dealing with and removing stress, we live longer and more productive lives. Others want to connect to source, to become enlightened.

**SR:** What is enlightenment?

**K:** Let's look at its opposite - ignorance. Ignorance is ignoring that which already exists. We are infinite, unbounded beings. By removing the veils that keep us separate from our true selves, enlightenment or full human consciousness dawns. Most people think they have to do a lot of things to become enlightened. I used to think I had to live in a cave, but that didn't make sense because there aren't six billions caves on earth. When I found this teaching, I knew this was for me because of its simple beauty. It's just a remembering — an awakening, not a doing.

**SR:** What kind of people take the course?

**K:** People of all ages and walks of life take the course. Professionals, executives, traditional medical doctors, academics, those who mostly want to reduce stress. Then a large number of people seeking spiritual enlightenment and a connection to the source. A lot of people have tried a lot of things that haven't resonated with their heart. This is a heart teaching using the principles of praise, love and gratitude.

**SR:** How does it heal the stress?

**K:** Our minds are cluttered with a lot of thoughts. In a study at Stanford University, it was measured that we have approximately 50,000-60,000 thoughts each day. They are mostly discordant thoughts, keeping us out of the present moment,

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The Ishayas are an ancient order of monks, one which claims to stem directly from the Apostle John, following the direct orders of Christ to preserve the teachings until the 3rd millennium. They hold that the original teachings of Jesus were not a belief system, but rather a mechanical series of techniques to transform human life into a constant perception and knowing of the perfection of divinity within each human heart.

locked to the past and the future. They aren't fresh thoughts, they are the same thoughts we thought yesterday, last month, last year and possibly for years. We're locked into this loop. Ascension gives us a series of mechanical techniques that neutralize those thoughts that have an adverse effect on the nervous system.

Every moment of our life we are choosing to go towards or away from the divine. These techniques are a tool that keeps the mind in an upward current of thought.

**SR:** What makes this system different?

**K:** What happens is that the stress is removed so as to expand consciousness. Consciousness is opening us up to universal mind, to expanded states of consciousness.

One can't become enlightened by reading books and going to lectures. What's appealing about this is that it is an experiential path, not a guru-driven movement. It is a mechanical technique to expand the mind beyond the limited boundaries. This is something one must know for oneself. If you commit yourself to doing the techniques daily, it will naturally take you to enlightenment. This is not a religion or a belief system. People of all religions use these techniques. It's all based on praise, gratitude and love. How can that conflict with anything?

To reach enlightenment you don't need more than the first four techniques which are taught on the first weekend. Yet there are additional techniques available to those who want to accelerate their growth.

**SR:** How does this system affect the emotions?

**K:** Emotions have an incredible effect on the body. We have all, at one time or another in our life, felt anger, for example. Our muscles tighten up, our jaws clench and often our blood pressure rises. That is the effect of a negative emotion. All of our techniques involve the most positive emotions — praise, gratitude and love. The effects of these positive emotions heal the body.

**SR:** Is this all about light and love, or do you also deal with the suppressed dark parts of ourselves?

**G:** There are parts of us that we have judged so severely we have stuffed them and put them into what I call our shadow side—all those emotions and desires that we have been told since the childhood were not okay to have. We grow up holding on to those beliefs. There is so much suppression in the shadow side that we gave fuel to the ego to keep it separate from who we truly are. Any time we come close to who we are and feel the love, the ego starts telling us that we are not worthy of that. The ego only has power over us because we feel separate from our source.

Dealing with this sense of separation does not have to be painful. It's not like peeling an onion and analysing each layer. With the techniques, you heal the root stresses. One technique deals directly with the root of separation. Root stresses are just perceptions or judgements about ourselves, such as thinking that we were less than perfect and something was wrong with us. These heal those faulty beliefs about ourselves.

**SR:** What other benefits are there?

**K:** After one year of regular ascension (20 min. three times daily), the physiological age of the body decreases by seven years; after two years, it decreases by eleven years. Life is lived more in the present moment. The mind chatter stops and one experiences more joy and peace.

*See ad to the left.*

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# ANGEL CONNECTIONS

by Jane Barter

Four years ago, I started on a healing journey. I wanted a more meaningful life. I wanted to find my soul's purpose. Although at the time I didn't always realise it, I now believe every step of the way was divinely guided and continues to be, as I move close to clarity, wholeness and transformation.

It seems that this year I have made some truly divine connections which unravelled a whole new life for me. I found my calling. I have been truly blessed to have been connected to angels in more than one way. After taking a remarkably inspiring and intensive course from Cheryl Grismer, I have committed myself to working with and for the angels. Through automatic writing I am given awe-inspiring messages full of wisdom. I am guided daily to make connections to bring people closer to their guardian angels in the form of an angel listening. Through this I am given descriptions, meanings, directions and sometimes a specific purpose for that person's life. This usually inspires them to look within for truth and more answers guiding them to take the next step. It may come up that they need a healing, a past life regression, or emotional release work. Everyone is different and it becomes apparent which is a priority. This light touch healing is very powerful and miracles do happen. I am able to channel the divine energy, bringing in lots of angels, spirit guides and many other healing forces that are available to us. I am realising more and more that anything is possible, especially when you have faith.

Another connection came about when I met Lisa Cox, a registered counsellor. We were taking Science of Mind classes through the Kelowna Centre for Positive Living and seemed to make an instant connection. As I told her about my angel work, her eyes lit up. She was one of the first angel listenings that I did. 'Coincidentally' we were told that we were meant to be working together helping to heal our mother Earth. Lisa does very powerful transformational energy therapies that she learned in Sedona, Arizona. These therapies have the ability to release energy, emotional blockage, issues and allergies all in a matter of minutes in a very simple and easy process. We are now working together to clear and heal all those who are motivated in this direction for there is a whole new world to move into.

It seems at this time our world is opening up to some new and very powerful energies. In fact with the ozone layer opening up, these energies, the angels and divine knowledge are being brought into our world like it never has before. Our opportunities to heal, move forward and evolve are limitless. As soon as we are open to it and accept it, it is available. Ask and you shall receive.

The angels, masters and guides have been prompting me to share a message that time is of the essence. I have been given much information on the earth changes that are inevitably coming. They have in fact already started. It is up to all of us lightworkers who are interested in healing ourselves and others who will be able to help mother earth in her transition. I have been asked to run courses, meditations and group gatherings to help establish this movement. We are appealing

*Continued to the left.*

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to all who are interested, who would like to make a connection, get clear, and help us to move forward with this vital information. It is imperative that we act. If this appeals to you, strikes a chord or you would like more information, contact us. We are open to barter and are looking for a space to work in. The angels are anxiously waiting to work with us All! *See ad above*

# Relief from Allergies

by Steve Cox, R.P.C.

I recently attended a conference in Sedona, Arizona on Power Therapies and am now eager to share my new-found knowledge and success in using what I learned. Power Therapies are leading edge therapeutic techniques of working with the emotional body and the energy/meridian system in the body through acupressure and eye movement. These techniques are based on the idea that you can correct energy imbalances that create emotional issues or physical symptoms by releasing the related energy blocks. Some of the techniques presented at this conference were the Emotional Freedom Technique (EFT), Eye Movement Desensitization and Reprocessing (EMDR) and Tapas Acupressure Technique (TAT).

Tapas Fleming is a practitioner of Chinese Medicine who uses acupressure and acupuncture in helping people with their emotional issues. Her intuitive abilities led her to develop the Tapas Acupressure Technique after taking a nap where she visualized how people could be healed of trauma by holding acupressure points and asking for a release.

The Tapas Technique is a simple method that helps people get in touch with and release information about whatever is bothering them. It can be used on a wide variety of different blocks including, but not limited to, emotional issues, traumatic events and food sensitivities. The procedure consists of holding certain points on your forehead with your fingers and the back of your head with your other hand while focusing on the problem. Holding the pose for a couple of minutes usually brings about a sensation of energy moving. Observing what is going on in your body and mind will give you insights about the problem you are working on.

When I got home from the conference, I decided to do TAT to alleviate my son's sensitivity to dairy and soy products. He loves dairy, so I gave him a bowl of yogurt and, after that, a bottle of soy milk. My thinking was that he would have the dairy inside him to connect his body and mind to the issue while I held the TAT pose. He was very tired and my plan was for him to fall asleep while sucking on the soy milk. I should mention that I muscle checked all the way along to make sure that it was okay with his Higher Power to be working on both the soy and the dairy products at the same time. All was going well, except for the fact that it was taking far longer than I had expected and he wasn't falling asleep! Needless to say, two-year-olds can be very busy, and he had it in his mind that he wasn't going to sit still for that long. I was getting worried because he had consumed two things that he was sensitive to and I wasn't able to hold my hands in the TAT pose on him for much longer.

Then, I got a brain wave to try TAT by proxy. As he was watching Barney, I visualized holding his head with my hands in the pose and focused on his sensitivities. As I was doing this, I felt the energy bubbling through my hands. In exactly the time predicted by my muscle checking, the energy stopped coursing through me and I sensed the work was complete. I muscle checked again and it was done. My son now enjoys yogurt and soy milk with no ill effects. He hasn't had any reaction to dairy products since. My mind marvels at the power of this technique! It's quick, easy to do, and can be done by anybody.

*See ad to the right*

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# The Psychic Pside of Business

by Colin Christenson



How in the heck do I get off calling myself a Business Psychic?

Well, to begin with, I spent over 30 years in business, in several countries, assisting with many multimillion dollar contracts; including developing products for the Olympics.

During this time I began noticing that, when folks talked to me, I could sense this other world; while people were saying one thing with their mouths, another sense of what they were saying would pop into my mind. A little disconcerting at first but it became very useful once I accepted what was happening.

I think this extraordinariness started way back, when I was a kid. My folks would disagree, or describe something from different points of view, and I would see both sides of the conversation as separate events. I could make sense of their words, but only by creating two separate worlds.

I also had a couple of funny experiences growing up, like the time I almost died. I was sliding down a very steep cliff when Time stood still. Very weird. I was slipping and sliding along this very dangerous slope when all of a sudden, I could see "me" as if I was the one sliding. I gave myself some cool advice: "Start to run in a curve, away from the cliff. This should slow you down until you can safely stop". It worked!

Another odd event happened when I was driving along an English motorway and the truck in front of me lost a couple of wooden pallets. They came bouncing along right at me. Same thing, Time slowed down. I was cool and collected and found a path between them. It was like driving through an obstacle course in slow motion, in a car made out of rubber; it just wriggled its way around them. I wasn't even concerned; that's what concerned me, I knew I'd be fine.

And, how about that thing in Vancouver, when I was involved in a very tense selling conversation and I popped out. Yes, popped! Suddenly, I was in this dark place, listening to "me" talk. I was kinda suspended in nothingness just listening. Out of my body? Out of my mind? Whatever! It felt very natural. "I" said to my "self": "How'd that happen? Where am I? Who cares? This is neat!" When I popped back in, I asked the other fellow about our conversation. He looked a little perturbed: "What?" I asked: "Did I make sense?" He said, "Sure one of the most interesting conversations we've ever had. You got the order." Amazing!

What's all this got to do with business psychic stuff. Well, after lots of similar events began to pile up, I started my own research into metaphysics and the Mind/Body connection.

In 1990 decided to take six months off and do some serious research. I moved to Okanagan Falls in BC with about 150 books on Quantum Physics, Philosophy, Metaphysics and other related materials.

Since then I have spent over 10,000 hours in study, reading over 1000 books, and practicing many of the exercises for developing my psychic powers.

What does it mean to use PSI (Psychic Sense Images) in a business situation? As an example, it is faster, easier and cheaper to be able to solve problems and make business decisions at the psychic level, rather than in the physical world? Making and moving physical objects takes time, effort and energy. Moving energy in psychic form takes very little effort and no time at all.

From my research, it seems that at least 80% of business problems are psychic and only exist in the psyche of the people involved in the business enterprise - the owner/manager, employees, customers, suppliers, and the people in the community where the business operates. Business is a very power-full medium. The work of human enterprise is carried out on an energy level that is far more subtle than we realize.

What about using PSI for product development, or innovating new revenue streams? Can you sense the possibilities? Where, by using psychic creativity, new ideas "pop" in to your mind. New ways of improving customer service or of making more profits, are as available to you as if you could pick up the phone and order them.

We all have psychic potential. Businessmen call it gut feeling, or a hunch, (although some of the major corporations now call it by its more metaphysical name - intuition). Businesswomen seldom talk about it, but they know about it. As a Business Psychic, I'm more interested in developing ESP (Extraordinary Sense Perception) to resolve common sense problems, like cash flow and marketing and developing deeper levels of understanding between Supplier and Buyer.

I work out of The Winfield Wellness Centre, a setting we call InnerVations. InnerVations also describes the process we use to tap into your inner self, your inner wisdom and the psychic sense image you have of your business. It combines the sense of innovation (developing new ways to do something or taking the shortcut), and the idea of excavating (to dig out, or to dig into, unearth). We use it to uncover possibilities and opportunities for the business, and to reveal the deeply hidden nuggets of wisdom that lie within every one of us. When you feel like your "senses" are trying to tell you something, but you don't know what that "hunch," that "tickle-in-the-mind" is, that's intuition. For Business Owners, Organization Managers and Entrepreneurs, this means tapping into their "business sense" —the sense of a business that includes all the plans and strategies that have been developed, all the notions and wonderings that wander through the mind, all the hopes and dreams for the future. InnerVations can help you tap in-tu-it.

I am convinced that human potential is heading for a New Common Sense; a new level of service - with new ways to think, learn and understand; we are developing new and better ways to create, connect and communicate; and that "Business Psychic" will be a job description for the 21st Century.

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 Discount Supplements, Herbs, Books, Organic and Natural Food, Macrobiotic Supplies. Friendly and knowledgeable staff.

## Penticton

**Judy's Health Food & Deli**  
**129 West Nanaimo:** 492-7029  
 Vitamins, Herbs & Specialty Foods

**Whole Foods Market ~ 493-2855**  
**1550 Main St. Open 7 days a week**  
 Natural foods and vitamins, organic produce, bulk foods, health foods, personal care, books, herbs and food supplements, The Main Squeeze Juice Bar

**Vitamin King - 492-4009**  
**354 Main St, Penticton**  
 Body Aware Products, Vitamins, Supplements, Fresh Juices & Body Building Supplies ~ Herbalist on Staff

## Summerland

**Summerland Food Emporium**  
**Kelly & Main: 494-1353** Health - Bulk - Gourmet - Natural Supplements  
 Mon. to Sat. 9 am to 6 pm, for a warm smile

## Chase

**The Willows Natural Foods**  
 729 Shuswap Ave., Chase ... 679-3189

## Fernie

**C.G. and the Woodman Natural and Bulk Foods ~ 322 - 2nd Ave. 423-7442**  
*Better health is our business*

## Nelson

**Kootenay Co-op ~295 Baker St 354-4077**  
 FRESH SUSTAINABLE BULK ORGANIC.  
 Organic Produce, Personal Care Products, Books, Supplements, Friendly & Knowledgeable staff. Non-members welcome!

## Grand Forks

**New West Trading Co (CMSL Natural Ent. Inc.)**  
**442-5342** 278 Market Ave. A Natural Foods Market. Certified **Organically** grown foods, Supplements, Appliances, Ecologically Safe Cleaning Products, Healthy Alternatives

## Osoyoos

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

## Shuswap

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

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# DEADLINE

**for October**  
**is September 10th**

**Advertising and/or Articles**  
**492-0987 (Penticton)**

Discover ... ISSUES in ...

Salmon Arm  
 Kamloops  
 Sorrento  
 Osoyoos  
 Vernon  
 Nelson  
 Trail  
 Kaslo  
 Oliver  
 Creston  
 Rossland  
 Castlegar  
 Grand Forks  
 Christina Lake  
 Summerland  
 Peachland  
 Princeton  
 Sicamous  
 Enderby  
 Nakusp  
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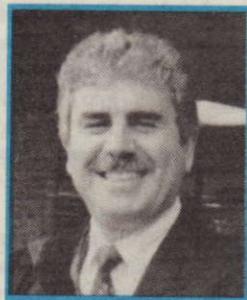
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**October 3 & 4**

Sat. & Sun. 9-6

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**Joel Whitehead**  
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