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Allergies: Our Body's Way Of Protecting Us

by Joel Whitehead

"What?" You might say. Protect us? "Allergies have done nothing but make me miserable and sick. What do you mean protect us?" Allergies are a blocking agent designed to protect us. The autonomic system of our body is like a computer and an allergy is like a default override mechanism built into our program to make sure that the whole computer operation doesn't crash. This is precisely why we can eliminate allergies today with very little effort.

Let me explain a bit more. In normal healthy circumstances our body adjusts to threat through a variety of mechanisms. If it is bacterial or viral our immune system would rise to the occasion and kill it off. If it was something toxic in nature, the liver might break it down into separate constituents and detoxify us or flush it out. The lymph would take the toxins out as well.

What if these elements catch us off-guard? Maybe our immunity is down by sickness or we are down by being emotionally distraught. If all our operations are preoccupied or just not functioning for some reason, our autonomic sense of things makes a decision for us; a default protection mechanism to block us from harm.

For example, let's take the example of Mary. She is newly married within one year and is already having second thoughts about her relationship. She is moving into a new apartment. She gets a new job in a ministry at a higher position and level of responsibility than she is used to. New relationship, emotional adjustments, moving and new job. All very high quotient stress situations. Her physical and emotional immunity are being severely challenged. She goes into her brand new office in a brand new building. It is fantastic, but is also an off-gassing time bomb. While her liver and other parts of her body are busy processing emotions she is being poisoned by the off-gassing and other elements and so her default blocking mechanism kicks in. Maybe she starts to cry uncontrollably when someone is wearing a strong perfume, or she starts to develop deep muscle aches when she goes into an office with new furniture.

She goes home early and gets into a fight with her partner. He leaves and she eats alone and it makes her sick. Thereafter, whenever she eats the same type of thing, it makes her sick; intestinal cramping, bloating with diarrhoea.

The above is just scenario, and only a possible rationale. The most common type of allergy we think of is a histamine reaction with a runny nose and sneezing. If you are not strong, pollens and the like can be read by the body to be a very strong substance. Other possibilities are diarrhoea and constipation. The blood may stagnate causing headaches or joint pains or even menstrual irregularities. The bronchial swell to protect infusion to the lungs, but we call it bronchitis or asthma.

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Traditional Thai Massage

by Tyson Bartel

I am a native to Kamloops and have travelled extensively. In Thailand I lived in Buddhist monasteries and began learning about meditation, Yoga and Traditional Thai Massage. While staying in a Krishna temple in Malaysia, a fellow pilgrim told me of a teacher named Asokananda who took a small group of students into the jungle of Northern Thailand for the month of March each year to practice yoga and meditation in retreats. I arrived in Chiang Mai at the end of January to make sure I would be a part of this experience! Before meeting Asokananda I was guided to study with a yogi named Kabool, who changed my understanding of yoga profoundly (that is a whole story unto itself!). After the month-long retreat with Asokananda (another whole story) he invited me to learn the basics of Traditional Thai Massage from him while staying in a Lahu hilltribe village. Asokananda's approach to Thai Massage is in keeping with its ancient origins as a form of meditation and spiritual practice, so we would wake early to meditate and practice yoga before beginning massage instruction. It is a beautiful way to learn!

Thai Massage originated in ancient India and migrated to Thailand with Buddhist monks who applied their skill and compassion as meditators to the art of healing bodywork. This style of massage has much in common with Hatha Yoga and is playfully called "yoga for lazy people." After learning the basics of Thai Massage, I went to India where I gained deeper insight about the transformative power of yoga, meditation and massage to heal and awaken our highest potential. In Lucknow, the capital of Uttar Pradesh state, I met a self-realized master named Poonjaji who encouraged me to nurture the seed of Peace sleeping within me and share it with all my relations. In being with Poonjaji I found that my life's purpose is to tune myself to that deep Peace at the centre of my being and assist others to know that peace within themselves.

In 1994 I returned to Canada and began providing Thai Massage in Kamloops. Under the guidance of Marni Marriott I began teaching Kripalu Yoga in 1996 and a year later was certified as a yoga instructor. Those quiet times sitting with Poonjaji have led me to a busy life with my Thai Massage practice, teaching yoga, working at Spirit Dancer and going to the United States for training to be a Feldenkrais practitioner. My interaction with people, whether through massage, meditation and yoga classes, workshops or day to day life is grounded in the transmission I received from Poonjaji, a remembrance that peace is within each of us. Every day, I intend that this seed of my real self sprout a little more so that I may serve in alignment with the Dharma (the Universal Harmony of Creation).

This year I will be facilitating a number of Saturday afternoon workshops at the Arjuna Yoga Studio.

"Intro to Massage" will be a four hour introduction to this ancient form of healing bodywork. Like acupuncture, Thai

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ancient form of healing bodywork. Like acupuncture, Thai Massage helps balance and enhance "Life Energy" flow through body and mind by stimulating pressure points. Thai Massage uses acupressure, gentle stretching and movement of the joints to relax the muscles and soothe the nervous system. It is a fun and pleasurable way to give and receive healing energy. Participants will learn to give acupressure massage along major energy lines of the body, how to be comfortable and relaxed while giving and receiving massage as a meditation practice. Imagine four hours of alternating between massaging and being massaged and then going home with the ability to share it with others! All you need are comfortable loose clothing, a blanket and a pillow.

"Back to Basics" will present therapeutic exercises for the neck, shoulders and back. Participants will learn a variety of movements that improve the way the body feels and functions as a whole. These exercises are suitable for people of all ages and abilities and will be particularly useful for anyone interested in holistic approaches to healing back pain.

"TMJHealth" will present therapeutic exercises for the jaw, head and neck. You will learn a variety of movements that will improve the way you "use your head" by releasing tension from the shoulders up. These exercises are suitable for people of all ages and abilities and will be particularly useful for relief of TMJ problems, headaches and neck pain.

I believe that the body is the temple of the soul. When we remember how to tune in and listen to our bodies we open up unlimited potential for healing and empowerment. I also believe there will be peace on earth as we remember the peace within ourselves. Before you go on to the next page or something else, pause a moment and visualize going "back to basics", content with the riches of the inner world and the simple things in life. Sit quietly a moment with that vision. May Peace be with you. Om Shantih. See ads to the right.



Tyson will be an instructor at the Spring Festival of Awareness April 23, 24 & 25

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Musing

with Angèle

publisher of ISSUES



Visions...Unlimited

This month's front cover photo is a picture of the Kalum valley from a point somewhere on Mount Goaty. It was where my family enjoyed hiking and my oldest brothers got to practice their shooting skills as mountain goats made great targets. I never climbed this mountain, for I didn't like the killing and I found other things to do. This month's *Musings* is about the mountain I have climbed to establish my business... Visions...Unlimited Network Inc., the legal company name for ISSUES Magazine and the Holistic Health Centre.

After moving to Summerland from Terrace in 1980, I met Hugh Gibbs. He came to pick up the clothes that I had mended for him, he sniffed the air and said, "Smells good." I said, "We are just about to have lunch. Would you like to stay?" He smiled and said, "You bet." I liked his honesty, for most people would have been polite and made an excuse not to. He shared with me his vegetarian beliefs and I started attending his meditation evenings. I could feel energy as it moved from the heavens through my body. Herbal, nutritional and metaphysical books have always fascinated me and I studied Astrology when I was living in Terrace. I was glad to meet this kind of person in Summerland for I had discovered that the more time I spent with these people the more I wanted to be around them.

When I was working at the Summerland pool, people would drop by to ask me questions about using natural remedies, and I started to realize how much I knew. Any extra money from working was spent on educating myself, travelling to Vancouver for workshops or to Vernon to attend the Spring Festival of Awareness. After a very busy day of organizing the Giant's Head Run for Ellen, my supervisor at the pool, I remember looking to the heavens and saying, "Give me something to organize that I would like to attend." By now it had been thirteen years of working at swimming pools and the chlorine was drying out my skin. I was glad to be doing more organizing and promotional work. As much as I loved instructing swimming lessons, the cold water was also starting to bother me. Then one day Ellen hired a new pool manager and I tried my best to please him. One day as I walked around the deck, I heard a voice in my head; it said "Smile, Angèle, smile." I argued with myself that there was no way Peter was getting a smile out of me. After I had walked to the opposite side of the deck, the voice became louder. I gave in and smiled, and as I looked up there was Peter, with his arm up in the air. He was checking my scanning skills, and I had failed miserably. He told me I would never work at a pool again. I remember going home in tears. Rae asked, "What is the matter?" I told him of my frustration and he said "...Then quit." I said "Really? That would be okay?" Rae replied, "If you are not happy, don't do it." This was advice that I had given many times to him but for me to do it felt scary. At the same time I felt so special and so loved.

Our family needed my wage to make ends meet, so that night I looked up at the sky and said, "Please give me six months to figure out how to make ends meet and I will quit." I knew deep in my bones it was time to do something else and that Peter was the kick in the butt from the universe. In about two weeks Peter was transferred and work became fun again, but I remembered my promise and shifted my attention to figure out new ways to make a living. That summer we moved from Summerland to Penticton, figuring that a bigger town would provide more options. I scanned *Shared Vision* and *Common Ground* magazines from Vancouver and circled every ad that looked like an interesting vocation. A week later I pared it down to about six choices. I followed with letters or phone calls till I became clear with what I wanted to become, keeping in consideration time, money and that my new livelihood needed to be holistic but kind of grounded and scientific.

The lady on the phone said that I could make \$50 an hour once I was certified. I thought to myself I would be happy with \$20. So I signed up for a two-year correspondence course in Graphology, knowing I could put in more effort once I was finished working. I then informed my boss of my intention to quit and went through an eye-opening experience. I was feeling a little burnt out and UIC sounded real good in that it would give me a rest and time to make the shift.

Earlier that year we had accepted a foster teenager into our family because he was a friend of our son's so we applied to Foster Parents and got a twelve-year-boy and a sixteen-year-old girl. That extra income allowed me the money to finish the Graphology Course. Five teenage boys consume enormous amounts of food and since I made everything from scratch, including grinding my flour, I was soon wondering how I had ever found the time to work.

In the meantime the Harmonic Convergence Meditation was happening at Lynn's house. I attended along with twenty or thirty others and it felt like I was in heaven. A few of us continued meeting at the Leir House. Cheryl Grismer was one of our first speakers, and I was impressed. I wanted more...so I volunteered to find a speaker every second Friday and the Penticton Metaphysical Club was born. A few people helped at the start. Floyd kept a list of the attendees and I would telephone to remind them what was happening. I was using my kids' computer to type up a schedule and was passing out copies wherever I could. As the membership grew it was harder to make all the phone calls, so I tried mailing. It was expensive and I didn't get the same response.

Wanting to earn my UIC doing something that I felt was important for my community, I accepted the opportunity to organize the Spring Festival of Awareness. I had written my Graphology exams and had flunked. The examiner said I could rewrite in six months, but first my English and writing skills needed improving. I felt frustrated and said to myself, "I will organize the festival for six months then I will rewrite my exam and get on with my life." At the same time, I was starting to realize how hard it would be to make a living as a Graphologist. The rosy picture my instructor had painted was starting to fade.

I had so much fun organizing that first Festival and meeting so many like-minded people that once it was over, I wanted to do it again. Urmi, Laurel, David and Marion agreed. I wanted the challenge of doing a better job of promoting and organizing it, now that I knew what to expect. I had discovered how

continues on the next page

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expensive advertising and brochures were and I wanted to find a cheaper way to do it. At about the same time, I decided to check out the entrepreneurial program at SIDCO. I had an idea and the coordinator loved it, for she already had a Reflexologist and a Polarity Therapist on the program and she needed someone to help promote them. Within a few weeks the paper work was done, and I had business cards that said I was a promoter: all I needed to do was figure out how to do it.

This was now the spring of 1989 and the first festival was complete. I got involved with Shaw Cable and started a TV show and called it *The Holistic Networker*. It was a good way to network and forced me to continually find interesting people to interview. I then drove to Vancouver to talk with Samaya at *Shared Vision* and the men at *Common Ground*. The men just about laughed in my face at the thought of selling advertising in the Okanagan, but Samaya said, "If I can do it, anybody can!" So I made arrangements to buy two pages at cost in her magazine and she would print me extra copies to spread around the valley. I called my section *Inside BC*. I learned lots, met special people, and hired someone to lay out the two pages for me. A week later, I headed down to pick up 5,000 magazines. I was thankful to those early advertisers for supporting me, for the *Interior Source* had just folded and people were shy of being burned again. By August I had sold a few more ads and bought four pages, allowing a little room for editorial. By then I was checking out the price of computers for my son's two disk drive computer needed a few more features. I wanted to do layout myself for I found it frustrating explaining my ideas to the printing people. As I was mulling over these thoughts in my head, a voice said to me... "Start your own magazine" I looked up to the sky and said, "And what would I call it?" The reply came... "ISSUES." I said... "What an ordinary name for a magazine, but find me the money to buy a computer and I'll start one." Within a short time I had a computer, and someone to show me how to get past some of my frustrations of learning complicated programs with no training.

The December edition of *Inside BC* was eight pages and cost me \$1,000. Thoughts of starting my own magazine looked promising so I checked out Webco, a printing company. They could print 16 pages for \$1,000 and I still got 5,000 copies. When I picked up the December edition of *Shared Vision* in Vancouver I spoke with Samaya, dreading her disappointment but feeling it was the best step. She surprised me with her reply: "I was thinking the same thing. I am not making any money selling you pages at cost." We hugged and I drove home full of love, light and enthusiasm. I was finding new spots for drop-offs and talking with as many metaphysical people as possible and the second Spring Festival was coming together.

Taking a break from the computer and going for a walk one day, I mulled over the idea of what I needed to do next. I wanted a front cover that was simple, reusable and not 'new-agey'... I didn't like the latest cover of *Shared Vision*. Samaya had told me how much money she was spending on designers, layout people and proof readers. I didn't have the money for these options, so how was I to do it? As my mind quieted I heard the voice say, "Use your Mom's photographs." What a great idea, and it would make my life so much simpler, so I called Mom. She was delighted and

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shipped me down all she had. The next day as I went for my daily walk I heard the voice again, which said, "You are to write your own column." I looked up and said, "And what would I call it?" The voice said, "*Musing*." I said "I will look that up in the dictionary," and hurried home. Shortly afterwards, I typed in my first short editorial saying that I looked up the word in the dictionary and it means to meditate in silence; think deeply; dream; so my column was to share with you my thoughts and dreams.

Getting the first edition to print reminded me of giving birth to my first child. I worked right through the night and ISSUES was ready for printing that morning. The staff at Webco was supportive and I had a few days to rest before going on the road to do distribution. After the third publication, someone asked me how to tell the different months apart. "I said by the colour, but you have good idea, I think I should put the date on the front of the magazine." That was how little I knew about publishing! At about the same time my husband decided he had had enough and wanted the old me back. He was not interested in helping out with ISSUES, as was originally planned, he felt uncomfortable going to vegetarian potlucks and he was not looking forward to another Spring Festival of Awareness. He asked me to move out. I said, "As soon as the next edition goes to print." Over the next six weeks, I found an apartment, bought a new desk and put a down payment on a new car. In the meantime, I typeset the January/February edition and took that to the printers in mid-December. On Christmas Day 1993, my boys came home and helped me move. Two days later I was back on the road doing distribution. I made it through my first year, and there was so much more to learn. I was up to 10,000 copies with office hours officially from 7 am to 7 pm. A year later things finally slowed down enough so could I rewrite my Graphology exam. When I took my papers to Vancouver to be marked, I asked the examiner why she had flunked me the first time? She said, "A voice told me to, it said you needed six months. I felt bad but I have learned to listen to the voice." We hugged and though I don't officially work as a Graphologist, I am grateful for the insights that I see in people's handwriting and use it as a tool for understanding them.

ISSUES continued till I outgrew my apartment. The voice in my head said I was to find property on the creek. I also knew it needed commercial zoning at a price I could afford. While paying the bills of the fifth Spring Festival I found the perfect spot, and started planning how to make it happen. My occasional working at the Arena in Summerland had become full-time as one of the men there had had a heart attack. That money helped me to renovate the old Skaha Sound building and eventually put a down payment on it. Jan, my best volunteer for many years decided to become my business partner. A few more volunteers came and went till I was too exhausted to think anymore. It was a week before Christmas when my boss called me into his office to let me know I was out of work: Harold had recovered from his heart attack. I danced for joy, for now I could focus my energy on building the Centre. I continued with the speaker series and started teaching Yoga to make use of the space. Reiki Circles, Health Fairs — I was starting to get the hang of promoting. I did my own personal healing work which helped to re-open my heart chakra. Life had a flow and I tried to stay in it. Planning events, getting the word out and then letting go of expectations helped me to do it over and over, till the energy built and ISSUES became known.



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ANDREW HARVEY
The Direct Way to Christ

TALK: FRI., MARCH 5, 7:30 pm,
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The long hours on the computer were starting to take their toll so I advertised for a third business partner. This ad was answered by Marcel Campbell. She joined as a volunteer and at the end of six months, she knew enough to take over editing and I slowed down just a touch. I remember thinking to myself, how wonderful it was to be single for I sure didn't have any time for family or socializing. The building next door came up for sale and the universe decided it was ours. A year and half later, and me with no desk for the volunteers needed a place to work, we decided to move into the larger, newer premises. Life got really busy once again, but I found time to be with Gerry. That story is in last month's ISSUES. Today I am needed to help get the Juicy Carrot and Gift Store off the ground so I am more there than here and life just got busier. I am looking for a fourth business partner to join our now-incorporated company.

Many thanks to all who supported me. Special thanks to Gardom Lake Retreats and Larry Campbell for those early ads and to Laurel Burnham and Dave Curson who took time to write editorials... To Hank Pelsner, Cécile Bégin, Inner Directions, Books and Beyond, Cheryl Grismer, Spirit Dancer Books, Andy Schneider, Kootenay Coop, Moreen Reed and any other long-term friends and advertisers that I have forgotten to mention ... To the growing number of continuous advertisers now in ISSUES... without your support I couldn't have done it.

Marcel



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STARTING OVER

Discover Your True Potential

by Shirley Price

If someone had told me ten years ago where I would be today and what I would be doing, I would have said that they were crazy. Ten years ago I was very unhappy, confused and I had no clue of what I really wanted for myself. Asking for what I wanted was something I didn't do. My life was set out and I just went along with it. Our 25th wedding anniversary had already passed and our three children had all left home. My husband had recently started up his business to which he gave all his time and attention and our relationship was getting more and more distant. Things had changed drastically from the life I had been used to for many years, including my role as wife and mother as I had known them. I didn't like what was happening, I felt totally let down and abandoned. This was the first time I had really been alone. Like many others, I know that it's possible to be lonely even in a relationship but this was different. My work became my saviour, a place to go to see friends and to have some social time. It was also a way of being somewhat financially independent. I was thankful that my one daughter and her family lived close by. I have been fortunate to have three wonderful children who are also my close friends.

Over the next few years things didn't improve at all and our marriage was over, we had separated. Within that time I had come to terms with the fact that I had to take action to find myself and what I was going to do with the rest of my life, a couple more years and I would be fifty and this was a frightening time for me. I listened to some powerful tapes and went to personal development workshops and started reading good books, etc. My husband and I became friends, we would see each other occasionally, do the family thing at Christmas, etc.; it was as if we couldn't be together but it was also difficult for us to let go of each other completely. I felt my life was in limbo and if I didn't do something, this situation could go on forever. I had to make some serious decisions.

In my search for a new life and the new me I came across NLP (Neuro Linguistic Programming) by accident at first. I really didn't know what it was but I got very interested; that's when my life really started to take a turn for the better — at first my interest was for my own personal reasons, it soon became much more than that. I really started to take charge of my life, I enrolled in college and started a six semester program on NLP and Solution Focused Counselling. At first it was part time and I travelled back and forth a lot and still had my job. While taking the program which is very interactive I was continuing to work through my own issues; it was time to make some more choices. Within a short time I made major change — I quit my job, rented my home and moved to the coast—to an area where I had always wanted to live but had thought it out of reach. Even more so, without the support of my husband, I went to school full time, made new friends and I've never looked back. It was the best thing I could have done for myself. I have taken training from the Red Cross and am now an educator on abuse prevention in the schools on a voluntary basis, which is very rewarding. I think that I have a good, well-balanced and satisfying life. I go dancing which is something that I loved to

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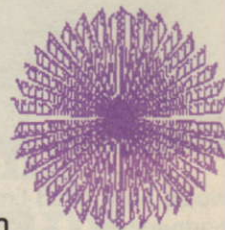
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do when I was young and then just stopped. It's amazing the way we give up things that we love to do and put them out of our minds as though they don't matter and it's really nice to know that we can bring them back into our lives too. Isn't it also amazing what we are capable of once we know what it is that we want and how once we set our minds to it, things start to fall into place? I didn't stop there either. I continued my education in my field of interest; I knew now how powerful this all was and I wanted to be able to help others find their personal power. It had taken me a long time to get to where I was in many respects but I didn't have this knowledge available to me when I started my search. I used to think that if I had I could have dealt with my own stuff and moved on much sooner but I know that this must have been the path that I was meant to take, so that I would learn and be able to help others do the same. I was very specific about what I wanted to invest my time and money in when it came to choosing ways to improve and expand on the skills I already had in this area. I wanted effectiveness and speed. I am trained in Satir Brief Therapy, an elegant and soft approach used for individuals, couples and families. I am trained in EMDR (Eye Movement Desensitization and Reprocessing) a well-respected and effective process that is used worldwide by trained therapists for trauma, PTSD and other issues. I am an NLP Master Practitioner. Life is precious and we owe it to ourselves to move through traumas, pain and anxieties that prevent us from living life to the fullest; our physical health is also at risk when we don't deal with our emotional issues. So my friends, there are New Beginnings just around the corner. I look forward to working with you on a one-to-one basis or in my "Starting Over Workshops" coming soon. *See ad to the right.*



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From the Editor...

Chit Chat

with Marcel



When Angèle told us that she planned to write the story of "How Issues Came to Be" for our ninth anniversary issue, I thought perhaps this would be a good time to write about how I came to join the partnership.

The story actually began about five years before that. My children had been away from home for a while and I was working for my husband in his business, doing the books. Although I enjoyed book work I had been doing this for quite some time and over the next few years I increasingly began to feel stifled and definitely in a rut. As I told my husband, I felt like I was living his life and not my own.

This situation reached a crisis point in early 1995. I had been trying to think of what else I might like to do, but nothing else in the workplace really interested me. What I was most interested in were the metaphysical and holistic pursuits that I had been involved in for many years. I considered becoming a practitioner of some natural alternative therapy, but this didn't seem to satisfy me either. Although natural therapies are a wonderful support for people on their healing journeys, I had always felt that the way to truly heal people was to encourage them to take complete responsibility for their own health by learning about their bodies and all the natural ways to heal and care for it. It seemed to me that this can only be done with education and a readily available supply of information.

About this time my son told me about a friend of his who had just been offered a terrific job. He didn't have to go out and look for it, it just fell in his lap. This presented me with very first hand knowledge about how wonderful opportunities can happen. The idea that something like this could occur became more clear and possible for me at this time.

So one day in May 1995 when the dissatisfaction had become quite strong, I raised my arms to the Universe and said with heartfelt emotion, "Some people have opportunities fall in their laps. Why can't I have an opportunity? Please give me an opportunity."

I had read Issues from cover to cover since the time it

started and the next month while reading the June issue I noticed an ad that said Angèle and Jan were looking for a third business partner - right away bells started ringing. This was something I could be interested in; it was all about helping to inform and educate people.

The next day I called Angèle. I had known her for several years through attending the various lectures and workshops that she organized. We had a couple of meetings and at the end of the second she told me she felt that with my background of metaphysical and holistic interests I would be a good addition to the company. I told her that I would enjoy being a part of Issues and the Holistic Centre. All along I had a clear feeling of inner knowing that this was a good step for me to take.

One of the stipulations was that a partner would give a few months of volunteer time as a token of their sincerity and dedication to the cause. I spent several hours at the Centre over the summer to get a feel for what they were doing and while making the transition from my other work. Then in September I started working part-time, as I didn't really want a full time job.

During this time, Angèle taught me the computer program that Issues is compiled on and gradually I began typesetting most of the ads. This was a big stretch for me as I had never used a computer before. I also started editing some of the articles, so after a while I took over the Editor position and became a paid employee as well as a partner. Eventually I started writing Chit Chat - another big stretch for someone who used to avoid writing letters or anything else whenever possible. This has been an interesting learning process; when I actually write about various ideas and concepts they become much more clear in my understanding. About this time I was asked to do part of the bookkeeping for the business as well.

There has never been a dull moment over the past three years. In September 1997 we moved into new premises in the building next door and also started a new annual event, the Wise Woman Weekend. Our Metaphysical and Holistic Library has recently opened and we are now in the process of looking for a fourth business partner.

It has been a true delight being associated with Angèle and Jan. I consider it a privilege and wonderful learning experience to work with two women so committed to their own healing and personal growth and to helping others. The learning, satisfaction and fulfilment I have derived from this partnership and from the experience of working with Issues and the Holistic Centre have been invaluable. I am now living my own life. Thank you, Universe, for this beautiful opportunity.

Marcel



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Nurturing Our Children

by Diana Ward

Our children are our most precious resource. They are our future, the future of the planet and the future leaders of the world. They are also, for those of who are parents, what we probably love the most in our entire lives.

Yet, future or no future, there are careers to attend to, meetings, car pool, music lessons, homework, after school practice... the list is truly endless. It is easy to allow the details of living to take precedence over the real job — the proper nurturing of our children. What happens to them during all of this "busyness"?

They survive. Some better than others, but they survive. When a child is first brought into the world, the parents look at this perfect, innocent piece of humanity that has been entrusted to their care, and they make all sorts of promises. They promise to give this child the very best of themselves they possibly can. As Elton John sings, to "pick a star from the sky... You'll be blessed, I'll give you my best, I promise you that". We don't often look into the eyes of our newborn and promise, "I'll try and I'll hope you survive".

The best parents are those who do not flog themselves, but rather take the time they are given and make the best of it. They do not always give their children complete and undivided attention, nor do they always say or do the right thing. We all do the best we can at the time. Every child is a different person and has individual needs that may or may not be in the latest book on parenting. The best that parents can do is make sure that their children know, without a thread of doubt, that they are loved.

Each of us has a gift to offer the world. If we are nurtured well, we can develop these gifts and share them with the world. Our kids are no different. They each have something to share and it is up to us to make sure they are healthy enough to pass it on.

With the busy pace of life these days, we need to be creative in how we let our children know we care about them and love them for exactly who they are.

1. Sit down and read a story when it's not story time.
2. Think of the question you would most like to be asked, and ask your child that question.
3. Get out some finger paints and make a poster of your child's name with decorations all around.
4. Make a collage with your child, putting on all his favorite things.
5. Ask her what the best part of her day was. And the worst.
6. Have a five minute family meeting (they're not so bad, really) and have two people name something they would like to do this week, then make it a priority to do them. Next week, do two more.
7. Eat together as a family at least five times a week. This is a main ingredient of happy families.
8. Water the plants together.
9. Don't just drop them off, stay for the game.
10. Tuck them in and stay for a few minutes to talk...and listen.

The ideas here take only a few minutes, but the effect can last years.

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Spiritual Emergence Network by Janet Taylor

Thousands of people are seeking enlightenment. Most gradually attain feelings of great peace and loving kindness, but some may find they are having problems along the way. Many of us are not aware of all the possible ramifications we might experience on our journey to wholeness. Some of them can be emotionally disturbing and/or physically uncomfortable. Others find themselves going through spontaneous spiritual transformative experiences they didn't ask for and they have no idea of what it's all about. Barbara Harris Whitfield in her book, *Spiritual Awakenings* says spon-

taneous spiritual awakening can be triggered by a near-death experience or any of these other happenings: childbirth, meditation, intense prayer, experiencing the death of a loved one, withdrawal from chemical dependence, bottoming out from overwhelming loss, an alien encounter including angels and other beings, an intense transcendent sexual experience, spontaneously when in nature, when reading spiritual literature or hearing a spiritual talk, in a "Big Dream" that is remembered for life, a kundalini experience, breath and bodywork or gradually without first having a dramatic

experience. Sometimes intense concentration can trigger it; for instance, a university student studying long hours, illness or terminal illness, or energy work such as Tai Chi, Reiki, Chi Kung, etc. It can be triggered by touch or eye contact from a teacher, a child or anyone. Musicians, dancers or artists may find themselves transported into a spiritually transformative experience.

This can be frightening. The downside effects can mimic ordinary physical and psychological problems. Typical reactions from someone going through a spontaneous spiritual awakening with no prior knowledge are: "Is this real? I don't believe it!", "You're going to think I'm nuts but...." or "Why didn't anyone tell me?"

With such wide-spread interest in ascension many new teaching methods are being presented. Some are excellent but others may not offer as much support as is given by the teachers of established traditions. People who teach energy work or breathwork don't always have awareness of what this might do to themselves or to their students. Combining such disciplines as meditation, chi kung and energy healing can be explosive for a few people. It's nice to know what your personal 'big bang' is all about. Some who experience extreme problems may find it creates more problems. Your family or partner may lack understanding or tolerance. You may find yourself all alone trying to battle something you don't understand. It can be a great relief just to find someone to talk to.

The Spiritual Emergence Network is an international information service which can provide referrals to therapists experienced in counselling persons having psycho-spiritual crises. One of the main services offered is listening to and validating the experience of the caller. What the Spiritual Emergence Network does when you call is find out from your story what you most need and then refer you to a qualified therapist in your area or to a "listener" or to both. A "listener" is usually someone who has had the same experience and knows how disruptive it can be to your life.

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Meditation and the Millennium

by Annie Holtby

What better way to prepare ourselves for the changes to come with the year 2000 than to begin to meditate, to connect with that absolute value that exists within all of us. Many who are already meditating have helped prepare the fertile ground for raising consciousness to bring about life supporting changes in our world. Look at the end of the cold war with the Berlin wall coming down! Look at the growing awareness around environmental issues, around genetically altered foods, around building in accordance with natural law! These are all indicators that consciousness is rising. We now have the spiritual technology to bring global change for the highest fulfilment to humankind - our daily meditations.

Transcendental Meditation as taught by Maharishi Mahesh Yogi was brought to the west 41 years ago. Since 1970, over 600 scientific studies have proven benefits in the areas of mental potential, health, behaviour and environment. These studies make TM unique in a world of many self-development/spiritual techniques. The scrutiny brought to bear has found TM brings growth of transcendental consciousness that starts from the first day of meditation - this state of consciousness is totally different from waking, sleeping or dreaming which everyone experiences daily. Eventually the transcendent is never lost allowing life in fulfilment, without stress or suffering, with bliss and enjoyment.

The deep rest we gain through TM (twice as deep within the 20 minutes as

within 5-6 hours of sleep) allows us to refresh, rejuvenate, and remove tensions and stresses from our nervous system. One of the more recent health related studies has shown that we can actually reverse the aging process. In individuals over 50 years of age, it was found that those meditating under five years regularly had a biological age 8 years younger than their chronological age while those meditating regularly for over five years had a biological age up to 15 years younger than their chronological age. Visits to the doctor actually decrease for those over 40! This impacts not only the health of the individual but the health care system itself.

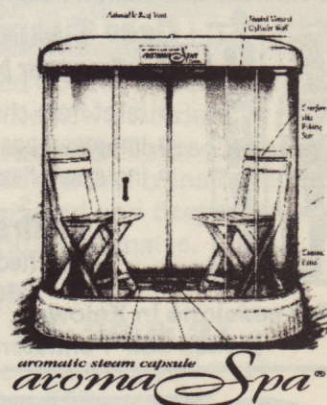
Group practice of the TM and TM-Sidhis program (an advanced program including Yogic Flying) has shown that only a group with the square root of 1% of the population practicing the technique together is required to reduce crime rate, accidents and sickness as well as the "misery index" which measures unemployment and inflation. For the world that means a group of 7000; for Canada it means a group of 500, coming together daily to do their meditation program. World Peace Assemblies have been held over the years, demonstrating the effects on a variety of factors. These WPAs have especially demonstrated that a reduction of crime rate and levels of violence is a reality. Every nation can maintain its own integrity, avert the danger before it arises if they create their own group. This is that spiritual technol-

ogy I mentioned in the first paragraph.

For individuals, just the fact that we feel better, appreciate more, enjoy more if we are rested, is reason enough to start TM - it provides such deep rest to the system that we begin to feel better right from the start - tolerance, compassion, and joy all grow from this deep rest. For societies, the rise in consciousness is felt by everyone. Everyone benefits. As meditators, we are the pioneers doing the ground work, ushering in an age of enlightenment for all humankind. The next millennium will take its positive direction from this rise in group consciousness.

TM is a simple, effortless technique that takes 20 minutes twice daily. The benefits start from the very first day and because it's a cumulative process, life continues to get better and better until it "blossoms into the best". See ad below.

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Feb. 16 - Kelowna, Ramada Lodge Hotel

Feb. 18 - Penticton, Ramada Courtyard Inn

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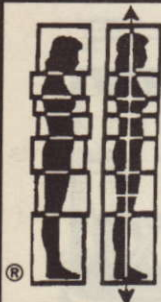
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*Thank you for taking
the time to write.*

Why do I enjoy reading Issues? Where do I start? The articles are very informative and personal. I especially enjoy Angèle's "Musings" and the cover photos. The contributors are so REAL you can relate and learn. There is so much information in each issue of Issues that I subscribed so I would never miss one!

I first was handed Issues at my meeting of Therapeutic Touch practitioners in February of this year. My nose wrinkled, "Why do we need a magazine from B.C.?" My friend said, very forcefully, "Read it!" Well! I was hooked after reading an amusing article on Tai Chi by Harold Hajime Naka. After reading it cover to cover I shared it with my Tai Chi teacher. Ever since then I have been sharing the magazine. My sister and I brought our Mother to the Wise Woman Weekend. We would not have had that wonderful experience had I not read the magazine. And now it is even more personal since meeting Angèle, Jan and all the others.

Thank you for a great magazine and congratulations on your ninth anniversary.

Cathy Gordichuk, Edmonton

Dear Issues,

My name is Shannon Becker and I would like to say that Issues has changed my life. For many years I have been struggling to find myself. I did not know who I was until I read your magazine. I felt that I needed something more in my life, but I could not figure out what that 'something' was. I felt hollow inside, and I didn't know why. Then I read Issues! Issues introduced me to a whole new world of which I was not aware of. I realised that I had finally found the piece I was looking for all that time. It was sitting on the pages in front of my eyes! I discovered how I could find my spirituality through yoga and meditation. I did not know that these resources were available to me until I read Issues magazine. I also enjoy reading about all of the different ways in which I can improve myself physically, mentally and spiritually. Today I am no longer hollow. I have found my spirituality, and I thank Issues for helping me. I look forward to reading your magazine every month! Issues was introduced to me about one year ago today. A lady came into the store where I was working and I saw her holding Issues in her hand. I asked her what magazine she had and she showed me. Seeing that I was interested she gave me her copy. It was one of the most wonderful gifts anyone had ever given me. So thank you Issues for being a "huge" part of my life!

Shannon Becker, Penticton

Dear Angèle, Jan & Marcel

First of all let me take a minute to tell you how much I enjoy the Issues Magazine. I am sure in years past, what with yearly visits to my sister who lives in Naramata, I have had occasion to glimpse at the magazine. It wasn't until January of this year that my twenty-six year old daughter went to Japan to "find herself spiritually." I thought, why does she have to go half way around the world to do this? I had a very closed mind to her new way of thinking, what had I done wrong in raising her, why couldn't she just live the way she was, she was doing fine. I wanted her to just leave well enough alone, I guess I was feeling selfish; she had always been my little girl who looked to me for advice now she was going on without me to some unknown land to find God knows what. When she first went I didn't want to understand where she was coming from when we talked and I started to feel the wedge come between us. One day I was at the gym looking for something to read while I was doing my workout on the treadmill and came across the Issues magazine. I thought why not; I started to read it and realized, heh Renee was talking about this. She is not the only one that has lost her mind, there is a whole magazine about these people... When I got off the treadmill I looked and there were about three other copies of Issues, I asked if I might take them home to read them. After having read them I sent them to my daughter in Japan. I feel with the help of Issues my daughter and I have gotten closer again and I am learning along with her about this wonderful "spiritual world" of ours. When I was in Penticton in September I had the opportunity to visit the Holistic Centre and the opening of the Juicy Carrot (I even got a couple of readings done). My sister said that she would attend the 1999 Spring Festival of Awareness with me if I could make it; she was the one who paid for my subscription while at the Holistic Store.

Thanks again for Issues. I know that it has helped my relationship with my daughter. Although I miss her terribly I feel that we are much closer now than before I started reading and practicing what Issues is trying to get across. I thank you so very much for Issues and the help that I received from the people at the Center.

Irene Lukenda, Lethbridge, AB



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Transformational Healing

by Flo Dewitt R.N.

What is the meaning of the word "HEALING"? To most people healing usually means that our body, mind and soul will be made whole through some means we choose to take—some form of external assistance that will bring this about. Since I have been in the healing profession for most of my life, I have a great deal of experience in this field. At this point in time when the medical profession is apparently in such turmoil, I have meditated upon this matter of healing for many, long hours.

Perhaps true healing is an inside job! Perhaps, all healing is a side effect of something else happening in our life - is that possible? I would say that it is true in some people's lives as well as my own.

There is someone present in my life today who has lived at least twenty years past the time allotted by the medical profession. He had cancer throughout his body, was given chemotherapy, radiation and surgery and set aside to see what all that might do - the rest was up to him. And twenty some odd years later this man walks tall.

He used herbs and trial and error ingestion of different foods, but the real factor which gives him such an aura of health and fullness was his daily meditation and his absolute passion for life.. Would you say that was an inside job, some form of magic, luck, karma or the fact that we choose our daily path?

He believed in himself and in something higher than himself and he proceeded as though he would not only survive but he could feel the joy of life again.

Most of us have small aches and pains. We go to the doctor, we seek an alternative medicine available today and we give our power to heal to another person, medication or treatment as though anyone, other than our self, can do this job.

We have some masters in the pattern we call HEALING and one such person comes in the name of Jesus - there are many more to mention here. MASTERY OF LOVE IS WHAT HEALS!!! Our own love heals, or makes whole this form in which we dwell. What a great secret has been given to us and yet we simply ignore this fact for most of our lives.

I have been guided over these past few years to come to this area and create a healing center and this is now available to all those who are interested. The present location is in Keremeos. All are welcome to participate in the continued realization of a pattern best described as love, one for another. LET US LET LOVE HEAL THIS WORLD!!!

See ad to the left.

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REFORMED VEGETARIAN SPEAKS OUT!

by Shelley Coleman

Eat Meat? No way! I was so dogmatic in my vegetarianism that when we bought our new motorhome I said Denie could not even cook up a small piece of steak in it. When I was in the Egyptian Sahara and considered an honored guest in one of the villages, a sheep was killed, sacrificed in my honor, and I could not eat one mouthful of it! Why was I so ardently vegetarian, you ask? I saw a movie when I was about seventeen about commercial chicken farming and it shocked me to my core. It put me off all animal products. I lumped them altogether and did not distinguish between grass-fed, outdoor-raised, totally natural beef and Kentucky Fried Chicken!

I became a vegetarian and a "Save the Planet" rainbow child, I fought the legal system injustices, protested outside Women Only shows with mostly naked Aussie men strutting their stuff, I was anti-vivisection, anti-nuclear weapons, anti-sexual harassment, anti-soaps and shampoos because they destroyed the environment, I even stopped shaving under my arms and brushing my hair because I did not want to conform to society's image of what women are supposed to look like nor buy into the overconsumerism that seems to plague the world.

I ate only organic fruits, vegetables, soya products, rice and nuts. I meditated religiously every day, minimized my personal belongings to one back pack and went on a seven year self-discovery journey around the world traveling to Thailand studying Tai Chi; in Malaysia learning Chinese Acupressure Massage and Chi Kung; India trying to gain enlightenment by sitting with Gurus, dancing myself to ecstasy, learning tantra, mysticism, more meditation and Reiki; in Nepal I climbed every mountain and forged every stream trying to find my dream; in Greece I spent many hours under the olive trees contemplating my navel; in the Canary Islands I returned to my cave dwelling roots, becoming one with nature; in West Africa I was accepted as a sister, learnt the language and the dance and enjoyed the simplicity of being; in Spain I lived in a teepee community; in France I worked on an organic goat cheese farm, in Australia I swam to the music of the dolphins and whales, and in New Zealand again - myself.

Only one problem.... After twelve years being a vegetarian I was diagnosed as having six major deficiencies in my body which included dramatically low levels of amino acids, protein and iron; I had high levels of Candida, anemia, emotional instability (I could not stop crying), no stamina, no resistance, no will, no goals, no nothing! If you suffer from any of these symptoms and you are a vegetarian please see a natural health consultant and make sure you are getting enough available protein into your diet. Obviously, soya and nuts were not enough for my body's needs.

Reading 'Electrical Nutrition' and meeting Denie Hiestand has radically changed my life in many, many ways - one of which has been assisting me "Back to Life," converting me back to eating good quality red meat, not mixing my proteins and carbohydrates and supplementing my body with electrically available natural nutritional supplements.

I swore in the past that I could get everything my body needed from the food I ate - unfortunately I realize now most of our food is denuded, demineralized, contains none of the necessary enzymes or flora and is basically very different to

what our ancestors ate. I had to face it, unless I grew my own vegetables in mineral rich, enzyme rich, flora rich soil and drank naturally alive water, replenishing my body with adequate levels of protein and amino acids was becoming difficult. My body fell apart because my cells needed the building blocks that protein provides and I didn't do my research properly.

I have decided that whatever nature has gifted us with must be good for us in moderate doses so now my rule of thumb is to keep everything I eat the way nature made it, as whole and as fresh as possible. I also supplement my system with necessary enzymes and flora to assist the digestive process, minerals to maintain the functions of my organs, Vitamin C and antioxidants to scavenge the free radicals that result from exposure to environmental pollution and a few other goodies such as Gingko Biloba, Spirulina, Colostrum, Herbal Cleanse and Amino Acids. Plus, of course, lots of joyous fun movement such as dancing, bouncing on an electrically tuned mini-tramp, skiing, walking, smiling, laughing, loving and enjoying this experience called life, making the most out of every opportunity and cherishing every moment I live, breath and love.

There are people who can live on a vegetarian diet for years, as long as they are careful to take in the needed electrically available protein building blocks. I have learned to listen to my body and feel that I need a small amount of good quality red meat to supplement my nutritional requirements. I decided not to be dogmatic and instead became informed.

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For anyone wanting informed information about the benefits of eating red meat from an electrical/agriculturalists perspective, read *Electrical Nutrition* by Denie Hiestand available by calling 1-800-207-2239. If you want to understand more about your own spiritual journey try *Back to Life* by Denie Hiestand available at your local bookstores. To experience an incredible heart opening and insurge of cosmic energy attend one of the International Academy of Vibrational Medical Sciences five day Energy Awareness Seminars. For a free catalog please call 425-785-3468 or 250-384-7064.

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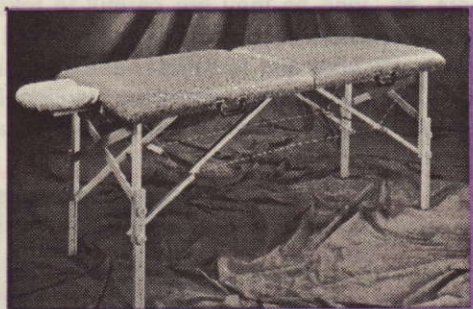
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Oh! My Feet

by Patricia Brady

'When my feet hurt everything hurts.' How often have you heard or said this? I would suggest that the reverse may also be true. When everything else hurts my feet hurt.

Let me take you on my journey to understanding this statement. As a child I was raised in England where I spent much of my time running barefoot on pebbly beaches. Even as a young adult I was fortunate in being able to spend much of my time barefoot on the beach. I didn't know it but I was receiving a natural reflexology treatment on a regular basis. Apart from the diseases of childhood, at that time just part of being a child, I was fit, energetic and healthy.

I immigrated to Canada, the land of opportunity. My career and financial status certainly leaped forward BUT I started feeling tired, I started catching colds and flus, and yes, my feet ached. I put it down to being very busy and raising three lively children. For a number of years I tried the 'over the counter remedies' — of course I know better now!

I had already started to explore some areas of complementary health care when it was suggested to me that I should attend a weekend course about Reflexology. I had never heard of Reflexology. It sounded very strange to me. I was going to spend a weekend massaging someone's feet!! At this point in my life I was open to trying anything. If nothing else it would be a great laugh! My attitude changed rapidly after only one day of reflexology.

I learned that reflexes in the feet correspond to every part and organ of my body and that by applying pressure to these reflexes circulation was improved and blockages to healthy functioning were also removed. I couldn't believe that the lower back pain I had at the beginning of the day was gone when I got home. It didn't come back. This was no laughing matter.

As I thought about the onset of my less than great health I realized that once in Canada, particularly northern Alberta, I spent most of my time wearing, not just shoes, but BIGBOOTS. I seldom went barefoot. In fact, I could no longer run along a pebbly beach. My feet were too tender. No wonder I hurt in all sorts of places! My feet were just the early warning system that something was wrong. I now understood that 'when everything else hurts, my feet hurt.'

At this point I made a number of changes in my life. I explored many more areas of complementary health care. I certified as a reflexologist with The Wild Rose College in Calgary and with the Reflexology Association of Canada.

I recommend that everyone use reflexology as a tool to better health. It is not difficult to learn. You can help yourself, your family and friends to better health.

Reflexology is no longer unknown or a mystery. Current research verifies its efficacy. In a number of countries it is covered by Health Care — not yet in Canada!

Don't suffer from sore feet and a tired body. Enjoy the best of health.

See ad to the left.

Health Matters

by Doug Muldoon
at Nature's Fare

Milk Thistle and Liver Health

We've all heard the expression, "You are what you eat." That may be true to a degree, but current nutritional knowledge suggests, "You are what you absorb" is actually more accurate. This update applies not only to the foods we eat, but also the herbs we ingest. Researchers have made significant breakthroughs in the ability to increase the absorption of various herbs. They called these unique blends of nutrients, "phytosomes."

A phytosome is created when molecules of a herbal compound (bioflavonoids) are bound to molecules of a key component of cellular membranes known as phosphatidylcholine. These phytosome molecules contain water-soluble flavonoids of the herbal compound, surrounded by fat-soluble fatty acids. The phytosome improves their absorption by increasing the biological availability and enhancing delivery to the tissues. Silymarin from Milk Thistle and flavone glycosides from ginkgo biloba are two important bioflavonoids whose absorption is greatly enhanced by the phytosome process.

Milk Thistle has been used as a prominent liver medicine and digestive aid for over 2,000 years. The active ingredients in Milk Thistle are the flavonoids silybin, silydianin and silychristin, collectively known as silymarin marianum. These flavonoids protect the liver from toxins and are powerful antioxidant and free radical scavengers. They increase glutathione in the liver which detoxifies drugs and chemicals. They also inhibit the production of leukotrienes, substances that damage the liver and they stimulate protein synthesis, producing new liver cells to replace damaged ones. When the liver is damaged by alcohol, drugs or disease its regenerative capacity slows down or even stops.

The liver is, quite probably, the most complicated organ in

our bodies. It can modify almost any chemical structure and is a powerful detoxifying organ, breaking down many kinds of toxic molecules and rendering them harmless to the body. It is a blood reservoir and storage organ for some vitamins and for digested carbohydrate (glycogen), which is released to sustain blood sugar levels. The liver is the manufacturing site for enzymes, cholesterol, proteins, vitamin A (from carotene), blood coagulation factors and other elements. The liver produces bile, a complex fluid which promotes efficient digestion of fats as well as the alkalization of the intestines.

Due to a host of environmental and dietary considerations, the liver is under an almost constant assault. Insecticides, preservatives and other toxins can build up and impair liver function. A diet that is low in protein and high in fat — particularly saturated fat, is hard on the liver and may not provide sufficient protein building blocks. Overeating is probably the most common cause of liver malfunction. Overeating creates excess work for the liver, it cannot detoxify all the chemicals present in our food supply. Drugs and alcohol put a tremendous strain on the liver.

Milk Thistle is remarkable medicine for the liver. It has shown excellent results in treating cirrhosis, hepatitis and chemical and food induced fatty liver. Milk Thistle as a supplement in your daily diet will help the liver to function more efficiently, protecting the liver from chemicals and toxins, it will promote the regeneration of healthy liver cells and tissues, act as an antioxidant to neutralize harmful free radicals and help to reverse fatty degeneration of the liver.

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A Mystic in the Making

by
Christina Goddard



Accepting that I was a Mystic took many years. A lot of this was because of the fact that I choose to try the religious realm first in my journey. As I continued on my path I began to realize that I was not happy, and I felt that I had too many limitations on me in the Christian realm. I then turned my back on church and at that time God. This went on for a few years until after I married. It was Alan that really made me take a close look at what and who I was. As we talked and I told Alan about the gifts that I had and how I used to use them, he helped me to see the truth about who I really was. I was a messenger that was able to hear, feel and understand what others needed to know about themselves in order to heal and continue on their journey. I am not a fortuneteller and I cannot tell anybody their future but I am able to help you to hear and understand what Spirit is trying to tell you. I find it hard to explain how I do this because it is so much a part of who I am. I can say that at times I will hear voices inside and know that this is what I am to say. I may also feel emotions that are very strong and I know they do not belong to me—they are the client's. I may at times get visions and will see things that I also know are for my clients. These are just a few of the ways that Spirit uses to communicate the messages they have for my clients. With my guides and Angels I will take you on a mystical, psychic and spiritual journey through past, present and future to guide you on your quest. I always tell every thing that I am told and I trust that Spirit is always with me and using me for the higher good of my clients. If you choose to have a reading ask your guides to lead you to the person that Spirit wants to use to give you a message. Make sure that you feel comfortable with that person and if you do not then you should end the session and go to some one you do feel good with. Trust yourself—this is a big step in opening up to allowing you to receive from Spirit. *see ad to the left*

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From Above

by Jessica Diskant

In the early 90's I was taught a visualization which I believe today led me to having the gift of clairvoyance. I want to share this very brief technique because it's useful for many things. Standing with your feet about one foot apart, close your eyes and take a few nice deep breaths to get in the moment and still. Once you feel an internal stillness, visualize a white light or golden light coming down from above going through the top or crown of your head. Allow this warm, radiant beam of light to go through you and fill you. Once you feel that is established, visualize a grounding cord coming from your perineum area going into the earth and spreading roots. I would visualize a brown cord and when it went into the ground roots of a tree spread. This brief visualization allowed "God" energy or universal healing energy to come into me and also negativity to pass through me and return to the earth.

I first used this visualization prior to doing massage on clients. The more I used it, the more I would get "information". When I was doing massage, I often would see fragments of scenes, accidents, people and would ask my clients if any of these things happened to them. Quite often I would see a trauma that happened in their youth. To my own amazement when I tapped into these events, tremendous emotional healing would also occur for a client in chronic pain. I think what happened is for the period of the session I cleared "me" out of the way and let something greater come through me. It was really amazing to me at first.

In January of 1998 I broke and dislocated my right arm. I had asked the universe for a break a week before. I wasn't specific enough, I guess, and sure enough, I got a break. What I didn't know is what would come after the fact. My fragmented images became fuller movies or stories, much more information came in. It is now a year since I let go of doing massage. I practice clairvoyance upon request and lead a "normal life". I believe many of us have the ability to tap into above and it can be developed. I hope this visualization and my story encourages people to trust their own intuition and gifts more. *See ad below*



Astro Tarot

by Madam Donita

One doesn't familiarize one's self with the understanding of the inner workings of metaphysical powers easily or lightly. It takes many years of inquiry, gathering knowledge where you find it, and knowing your teachers when you meet them.

At the age of fourteen I started to read books on astrology and found myself fascinated with the astrology of personality. The positioning of planets at the time of one's birth indicates many traits of character, an individual possesses naturally. It is helpful and reassuring to many people to find out just who they are by nature and universal design, and who their family and friends are too, on a deep level of existence and being, caring and love.

I came across my first deck of basic tarot cards when I was eighteen - the first of many. In those days I spent many hours and days in bookstores and libraries reading everything I could ever find on tarot, astrology, every culture and religion in the entire world, all things spiritual, natural and metaphysical. I read interesting books about the Rom - the romantic, horse & wagon, old-fashioned gypsies of a bygone era, and lived like a modern day gypsy for a while. All of these experiences and more along with the years of practice have brought me to my present day ability to read the cards for others. In doing so I have come to believe, understand and continue to wonder at the mystery and the magic of it all. Spirits be praised!

*Hope you enjoyed the inside story of Christina, Jessica & Donita,
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Following My Heart

by Nicole Audoir de Valter



Once upon a time there was a little girl (eight years old) saying, "Mom, I want to heal people." Today, forty years later, I understand that what I was trying to say was — I want to help people to heal themselves. As a child I remember walking on the street and every time I passed an old or sick person, I thought that if I could just touch them they would feel better. 'Crazy thinking' people would say, but now I know that it was a past life memory that I was experiencing. For many years after, this thinking was always in the back of my mind and I wondered how I could put this into practice.

Eventually I studied massage and observed that I was having some very good results, and later I discovered that my sensitivity and intuition were going far beyond the body. I could see things, I could read what you call the cellular memories of the person — the past, the present and the future that are printed in each of us and because time doesn't really exist (Einstein was right...) everything is in the here and now. That doesn't mean that we cannot change our destiny, but there is a pattern that we carry, a blueprint of our past lives. I realize through my healing work with others that I am constantly retrieving information from past lives.

I use a blend of many techniques that I have learned through the years, which keep the mind and the body in sync. I work with the emotions of the body, each one prints a message in the cells. The human body has an innate power for healing; we use the same energy to create as we do to release a disease, we simply reverse the process. This can be done at a conscious or unconscious level... So, being aware and being conscious of what is happening in us will help to find the cause, the root of where everything starts.

I strongly believe that there is an intelligence in the body, that is in charge of harmonizing all the cells. We have to honour and respect this knowledge by nourishing it with the right food (emotionally and physically). There is an understanding in the connection between the mind and the body, they have their own language, and we must listen to them, like we do with a good friend. It is the first lesson of respect towards ourselves. Most of the time we deny the signals of our bodies and we put them away, till the day we cannot function and then we end up applying medicine that may not always be good for us. And this is because we didn't learn how to listen to our bodies.

After many years of experiences that brought me to this path, I sincerely think that the Universe wants me to be in this lovely town of Penticton. There is that well-being that you can feel in your heart when you are at the right place at the right time with the right people.....and that is what I feel here and now!

See ad below.

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WELCOME 1999

by Kimberley Crawford

Now that the New Year has rolled around, I, like everyone else, have made a list of resolutions. It is a tradition that I don't ordinarily follow with the belief that setting up such a program, with good intentions, in most cases will end in failure. One has to do it for the right reasons.

What motivated me to do such a list is the coming of the new millennium. I wish to be at my best in all aspects, including physical and spiritual, when that ball drops at 'zero hour'. The following are the resolutions I intend to keep, and I would like to share them in the hopes that this will keep me on track.

1. I wish to meditate every day. This will help me stay balanced and centered.

2. I wish to keep to my exercise routine. It doesn't work well if the mind is slowed by a sluggish and toxic metabolism. For those of you who know me, my progress will be self-evident.

3. I must stop to smell the roses and give thanks for the blessings that I have. Part of this is analysing my 'automatic thought' processes and I believe resolution #1 will help me to achieve this but it must continue through my day during times of stress.

4. To not be too judgemental. To question all thoughts on others that I interact with every day. To put myself in another's shoes before commenting. Especially when driving my car! (Road rage is inexcusable!)

5. To forgive all current and past transgressions to allow me to heal my spirit. I feel this is my most important resolution because it allows me to continue on my journey by freeing up my energies.

And last but not least:

6. To maintain my physical health with further education in nutrition and food supplements, and to continue improving my nutrition through better choices and eating less in restaurants (my biggest vice).

It is my sincerest wish that we can all strive for a better future and in doing so, work towards healing our planet but we must first start with ourselves. Oh, I forgot, one more! To stand up for what I believe in and defend it whole-heartedly. To defend truth. Didn't someone say "the truth will set you free?" We shall see.... In the meantime, I bid you a "Happy new Year!" and good luck in all your future endeavours! Happy healing!

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Instant Communication

and Cellular Phones Challenge Family Life

by Catherine Fenwick©1998

Many people today report that the greatest source of distress is that they don't have enough time. A 1994 Angus Reid poll reported that more than 50% of Canadian families say they have not achieved a good balance between work and home life. Parents are busier than ever. This report says that 75% of Canadian families today need two incomes to stay above the poverty line.

Multi-tasking is the high-tech term used to describe how we try to pack more and more activity into our day. In addition to keeping up a hectic pace, we are bombarded with seemingly non-stop interruptions.

I was a full time student at University when my four children were young. We kept a pretty tight schedule. One evening, my eleven year old daughter organized a special birthday dinner for me. She engaged the other children to help with the cooking, decorating, table setting and serving. They did a super job, even made the birthday cake from scratch.

We had just sat down to eat when the phone rang. "It's for you, Mom." It rang again and again, and my daughter started to cry. I had become so preoccupied with the darn phone that her special dinner was being ruined. Her tears gave me a shake. I took the phone off the hook, which I should have done in the first place. No phone call is worth spoiling this special time. I was smarter and more careful after that. Uninterrupted

family time is vital to family and community health.

When rats in a lab are subjected to frequent interruptions, they go crazy. Symptoms of too much multitasking and brutal interruptions include: irritability, sleeping disorders and stress related illnesses. This is what we call the good life!

Why do we live this fast paced, interrupted life? Why do we allow family time to be disrupted? People are working harder and for longer hours than we did twenty years ago to make ends meet. We have come to accept interruption as a normal part of this hectic schedule. We are stretched and overbooked and are often unaware of how often we allow interruptions.

To grow up strong and healthy, children need parents who are committed to being available to them. They need time for play and laughter. They need time to just hang out together. The ability to laugh and play together are symptoms of healthy family life.

In healthy families people show appreciation for one another, spend time together, communicate effectively, deal with crises in a positive way, and are committed to each other. Playing together helps to build these characteristics. I always say, "The family that plays together stays together."

The fondest memories I have of my child rearing years are of summers spent

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at the lake. We had a small cottage with no telephone and no television. We had two months to play together, with few distractions. Thunderstorms were fun to watch and rainy days meant we played indoor games. We were pretty good at Hearts, Crazy 8's, Yahtzee, Rummoli and many other games whose names I can't remember.

These days of instant communication around the world and cell phones in the back pocket are a challenge to family life. We must be very committed to a quality life and make tough decisions to sustain quality family time. For the sake of the children, and yourself, turn off those cell phones once in a while.

Airlines offer economy flights and more and more people are "getting away." Family trips to Disneyland are great, but not if they are a substitute for ongoing uninterrupted family time. Think about ways you can maximize the quantity and quality of time you spend with your family.

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



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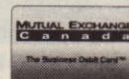
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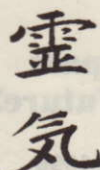
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CALENDAR of Events

February 4

Hypnotherapy with Lance Tomlyn at Dare to Dream(back door) in Kelowna, p. 32

February 5 - 7

Life Force Therapy with Carol Rienstra in Osoyoos, p. 43

February 6

Back to Basics, Thai Massage with Tyson Bartel in Kamloops, p. 5

February 6 & 7

Introductory Trager Workshop with Audrey Mari in Vernon, 1ain 250-545-2436

February 8

Sarah Scott Simonson, clairvoyant & trance medium in Westbank, p. 31

February 11

Iridology with Tricia Sonsie at Dare to Dream(back door) in Kelowna, p. 32

February 12

The Second Adventure of Life with Michael Meade in Vancouver, p. 9

February 12 - 13

Brain Gym Part 1 with Patricia Brady in Penticton, p. 20

February 13

Psychic Faire in Penticton, p. 23

Reiki Extravaganza in Penticton, p. 35

February 15

Penticton Community Garden Society meeting, 7pm, South Okanagan Health Unit-Multipurpose room (Carmi & Government). Signup and allocation of garden plot for 1999. For Information call Laurel at 492-7717

February 15 - 18

Transcendental Meditation, Free Intro Lectures, Vernon, Kelowna, Penticton, p. 15

February 18

Astral Travel with R. Keith Andrews at Dare to Dream(back door) in Kelowna, p. 32

February 19

Channelled Healing Circle with Shae in Kamloops, p. 25

February 20

A Women's Healing Circle with Nicky Stewart in Penticton, p. 29

February 20 - 24

Energy Awareness Seminars with Denie Hiestand on Vancouver Island, p.19

February 22

Counsellor Training starts in Vancouver at Counsellor Training Institute of Canada, p. 2

February 25

Intro to Reiki/Chakra Healing with Michael at Dare to Dream(back door) in Kelowna, p. 32

February 26 - 28

Spiritual Intensive with Cheryl Grismer starts in Westbank, p. 17

February 28

Ayurvedic Vegetarian Cooking Class with Brooke McDonald in Grand Forks, p. 18

March 6 - 7

Professional Practitioner Training starts with Dawn King in Kamloops, p. 22

March 13 - 14

Integrated Body Therapy with Cassie Caroline Williams in Kamloops, p. 33

March 13 - 17

Jin Shin Do with Deborah Holmes & Karen Ngai in Salmon Arm, p. 12

March 19 - 20

Healing Touch Level I in Penticton, p. 8

March 19 - 21

Stargate Ascension Weekend with Craig Russel in Kelowna, p. 11

March 27 - 31

David Icke's Spring Tour '99, Kamloops, Calgary, Edmonton, Winnipeg, p. 16

ONGOING EVENTS

SPEAKER SERIES in Penticton p. 41

TUESDAYS - 7:00 pm

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

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Are You an Angel?

by Nicky Stewart

I am a facilitator of many things. My home, my young son's environment and experiences, my own experiences and the experiences of those who attend my meditations, workshops, healing circles or healing sessions. I receive many gems and miracles doing this.

Such a moment occurred while leading a small meditation group last week. Before starting a young man shared with us that at this moment in time death was preferable to life. Such was the trauma of his being. I paid particular attention in that session to call in all the angels and all the guides that could possibly come at this moment to assist me during the meditation. I was rewarded as gradually each person in the group completely and totally surrendered to their heart and spirit during this new experience. I was content and happy for all.

After meditation this young man again shared with us, now with a beautiful smile on his face, that his meditation was as close to heaven as he could ever imagine it to be. His statement was, "this must be what heaven feels like." I turned to him and replied, "how wonderful that you have given yourself the experience of being able to create "Heaven on Earth." With eyes round in recognition and comprehension of the power of this he now asked me, "You must be an angel."

My heart gaped open as I spent agonizing moments tasting and feeling the truth of this. I have been asked this question before! Many times! But never before had my whole body really heard it and never before had I even considered answering it! That meant taking responsibility, even ownership, of the implications of his statement. This was a moment of truth for me. A very, very deep moment!

I work with angels and guides. They are a part of my life, almost as natural as my breath. I also know that I am spirit having a human experience. But, to actually claim ownership to being an angel? Well, that's a BIG one! I looked around wanting, desiring an answer! This is what I saw. A room filled with light. Filled with angels. Many, many angels, all modestly smiling and nodding their heads. Ever so gently I turned to him, smiled and replied, "Maybe! Maybe I am!"

This is why I love with a passion the work I do! I am always the student along with all of you learning to RE-MEMBER who I am! I thank you for walking into my life and making this possible. *see ad to the left*

Nicky Stewart

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- in Mind, Body and Spirit

by Debbie Jmaeff

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Eating can be a totally pleasurable and sensuous experience. The body teaches you to be thin while you listen to it and respect its needs. Make your body and its sensations — hunger and satisfaction — your friend. Proper nutrition is essential to the Naturally Thin mind, body and spirit. Our bodies know what is best for us but we have been so conditioned to eat low fat, low calorie foods that we starve our bodies of the essential nutrients we so desperately require.

When proper nutrition is restored and the body allowed the food it requires Natural Thinness occurs.

Your life purpose is not about spending your time counting fat grams and calories and trying to lose weight. Your purpose is far more important. By releasing excess weight and weight issues forever, you will have the energy, freedom and joy to do your life work. Release any sense of guilt or wrongdoing, fear or frustration. These emotions are not purposeful and could get in your way of being Naturally Thin.

Be totally honest with yourself about the way you eat — when, how much and why. Self-knowledge draws success to you with ease. Every bite of food you consume that your body does not need for fuel actually taxes the body because it has to digest and store it. In other words, every extra bite is self-abuse.

I have used the concept continually since the beginning of November and have reduced my body from 140 lbs. to 126 lbs. (actual time was beginning of November to December 1, 1998) I have changed my entire outlook on life. No longer do I starve myself or tell myself I can't have a piece of cake because I can. I just had to get in touch with my stomach and understand what and how much was good for me. There are no more days of standing in my kitchen craving something but now knowing exactly what that was because my body now gets the proper nutrients it requires and the food that it needs.

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Communication with Animals

by Georgina Cyr

All beings have the ability to communicate with each other mentally as young children. As we get older we are encouraged to use our voices to speak and our telepathic ability begins to fade.... There is a common belief that because most animals have less completely structured brains than humans, they have less intelligence, no real emotion, or reasoning power. These notions are changing as scientists discover the complexity of intelligence in animals. It does not make sense to measure animal intelligence by how human-like an animal can be. (Something we can many times be grateful for) Each animal has a different genetic background and physical capability. Their notions vary according to their type of body, environment and experiences. Just because animals cannot read or run a computer doesn't mean they aren't intelligent. Differences among species is what makes each of us unique and gifted in our own way. However some beings are more capable than others at adapting to a situation or changing it to suit ourselves. It doesn't mean the more adaptable a being is, the more intelligent they are.

Many of our pets have not only fit into our lifestyles, but some are actually controlling us to some degree. Most animals are more perceptive and aware than we believe, and this can help strengthen our relationship with them. Animals communicate through physical action, but also through mental telepathy, or mental transfer of thought, reason or action. People can receive the mental messages if they are perceptive to them. Although animals become familiar with your words

and understand some, they will pick up the thoughts and emotions behind your words and respond to your mental message more so than the words. Animals do understand what we say and the messages we mentally send to them, if they want to pay attention. Just as humans can, they can tune you out, and pretend not to hear you. Also as with humans, if you approach them with genuine caring and compassion, they will respond positively tenfold to create harmony in their environment. The more you show you respect them and consider them as friends, the more they will cooperate in achieving the goals you have in mind to help bridge the gap between you and your animal.

I communicate telepathically with animals, long distance. The distance makes it no less effective. When they communicate to me, I get the messages from their viewpoint, mentally receiving their sights, feelings, reasoning or behaviour and physical health problems.

I relay messages to the human, so that everyone involved has an understanding of the whys and whats of the situation and offer guidance as to proper solutions to the problems or aid recovery from illness or injury referring specific veterinary care.

Please consider keeping an open mind that you can and are mentally communicating with your animal friends. As you work together understanding each other, you will notice a difference. Be open to receiving what your animals are communicating to you. Remember any being will always respond to warmth and understanding. See ad below.

ANNOUNCEMENT

The Nuthery Institute of Canada would like to announce the retirement of

Karen Timpany

and the welcoming of **Donalda Hunt**. As of January 18th, Donalda took over the clientele and will be training with Karen in course instruction of Wholebody Reflexology and Acupressure in the fall.

There will not be any certified courses taught between now and then.

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at the Spring Festival, contact me in person on the site.

Daily forecast available on my web site
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E-mail: Moreen_Reed@bc.sympatico.ca

Astrological Forecast

for February

by

Moreen Reed

February is the month to bring objective awareness to your participation in community. The question to pose to one's self is; 'Am I sacrificing my personal truth for admission to the group? Self-respect is the key to respect from others.

We may see no letup in the beginning of February from the polarizing brought on by Mars opposing Saturn. It takes clearly stated intentions and maturity to find the middle ground these days. Compromise can come from recognizing when you're caught in socially conditioned roles.

On February 2nd we get last call for the economic cycle that began in 1981. I recommend that any business that you began in 1981 be brought to completion before the end of this year. May of 2000 marks the start of a fresh economic cycle between Jupiter (expansion) and Saturn (limits).

February 12 Jupiter moves into Aries and will travel here for the bulk of 1999. Jupiter in Aries could mark the expansion of aggression in the world. It also favours the pioneering spirit, and action based on clear intention. From now till the end of the month people getting 'EXCITED' may be a really good thing or a really bad thing! Staying practical and grounded gets harder and harder.

The New Moon on February 15 is the first Solar eclipse of the year. It occurs at 10:39pm. Today we plant the seeds for enthusiastic mobilization of effort on behalf of humanity. The highlighted degree symbolism* "A tree felled and sawed". The keyword is immediacy. Caution needs to be exercised now. Deception and illusion abound and people can be easily lead.

On February 17, the day before the Sun moves into spiritual Pisces, we get a crisis that demands action. Can you feel the flow of life moving in the direction demanded today? Can you trust life enough to jump in?

On February 21 Venus joins Jupiter and Saturn in Aries. For the next three weeks relationships will run hot or cold. The switch is rapid and will likely illicit anger and frustration. The key is not to take 'other's' mood swings personally.

The month may end with a crash as Saturn leaves action-oriented Aries and moves into practical Taurus. A sigh of relief is heard from those who prefer a slower more grounded pace! For the next two years we will get reality checks to our relationship to life, the management of the world's resources. Pay close attention to how you manage your own personal resources as well. This is also a reality check of the relationship to self. Do you value and appreciate your self?

See ad to the left.

* The Sabian Symbols by Marc Edmund Jones

Shoulder and Arm Self-Care

by Cassie Caroline Williams, Ph.D.

Not infrequently we know of someone who has a "frozen shoulder" or "tennis elbow", two painful conditions. Some conditions need professional help, especially if we experience a weakness, numbness, tingling or coolness in our arm or hand. Those symptoms indicate a pinched nerve or artery. However it is possible to alleviate some suffering for ourselves.

To understand how the shoulder and arm work, an explanation of their mechanics/anatomy is essential. The humerus (upper arm bone) inserts into a socket joint at the shoulder. This socket is called the glenoid fossa (cavity) of the scapula (shoulder blade). A forward-projecting point of the top of the outer scapula is called the acromion process, to the inside of which attaches the outside edge of the clavicle (collarbone) by three ligaments. (The inside edge of the clavicle articulates with the top of the sternum (breastbone). The lower arm has two bones, an inner radius from the elbow to the thumb (near which nurses take your radial pulse at the wrist), and an outer ulna (to the little finger). The ulna has a unique socket joint near the upper end for the articulation of the humerus and beyond which is the olecranon, the point of your elbow. There are eight carpal (wrist) bones which connect with the radius and ulna and the five long metacarpal (palm) bones to the fingers. Thus shoulder motion is also dependent upon free movement of the clavicle and scapula.

We can follow the collarbone from the midline to its outermost edge at the acromion process; if we experience pain there, hold the area gently until it subsides. Some of us can ease shoulder pain by jamming our shoulder into a door jamb at a specific comfortable angle and pressure (you may have to search for this). If that doesn't work for you, try to hold the doorway casing and lean away from the doorway, at whatever angle decreases your discomfort. Whatever position you choose is dependent upon your comfort range; in other words, do whatever is comfortable for your body.

To address humerus (upper arm) pain on your own can be awkward. Just do your best. Try twisting the bone and muscle of your upper arm near the shoulder whichever way is comfortable, and compress into the shoulder. For the upper elbow, do the same twisting and compress towards the elbow.

Likewise for lower arm pain, twist above and below the irritated joint and compress towards the joint. This should all feel comfortable; if it doesn't, try doing the opposite. For the wrist and hand, move into a comfortable position and confirm with a pressure that feels good to the nearest joint. You can do this way down to the tips of your fingers, too. This is especially good for arthritis, as this work increases the circulation to painful areas, the essence of osteopathic work.

Do try these ways of working on yourself. They may alleviate much pain for you! See ad to the right.



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by Michael Kruger

In my experience with Reiki I have come to understand the word itself more in my day to day living and growth. The essence of the word Reiki is in two parts:

"Rei" meaning universal energy, the energy that is around us, and "Ki" meaning the life force that is in all living things. My first taste of Reiki came at a time in my life when I was going through a hard physical and emotional point. The work I was doing over the years had taken its toll—torn muscles, pulled ligaments, dislocated bones. Long days and short weekends left me with the feeling of unfinished business. At that time I went down to visit my sister in southern Alberta; she saw the condition I was in and offered to give me a Reiki treatment. Being a "good" brother I said okay, not knowing what she was talking about. For the next hour and a half I lay on the table and experienced something that has changed the way I see myself and the world around me. As I relaxed I felt the warmth of her hands as the energy began to flow, first my body relaxed and then my mind seemed to let go of all the tension and the gotta do's and was replaced with a gentle green light. After a while I had the sensation of drifting over a stone platform in a cave, above the platform was a ball of white light and from the light a gentle mist washed over the stone. As I watched a man came from the stone and walked to the entrance of the cave where he opened his arms and transformed into a golden eagle and flew. I saw the creation of earth, to the coming of man, then to the covering and destruction of the planet; I felt a sorrow. At that point the man returned to the cave and lowered himself back onto the platform and the mist descended. I knew inside myself as he rests so does the planet, in time to rise again. What I saw in that session gave me a sense that I too would rise in my time.

It was another year before I took my First Degree. Since then I have gone on to learn Second Degree and Masters. I've found no two sessions are the same and no two people's experiences are the same, whether coming in touch with a physical, emotional, mental or the spiritual aspect, the healing is always for the "highest and best". No judgement, no limitations. It will be just what it needs to be.



by Jan

When Angèle first started organizing talks for the Metaphysical Club I eagerly attended every one searching for something, I just didn't know

what. Every once in a while I would be drawn to attend one of the workshops or receive a treatment, but my reaction to Vicki Allen's Reiki talk was different. The whole concept of universal energy and hands-on-healing was so foreign to me, yet I leapt across the chairs to get up to talk to Vicki when the introduction was finished.

I knew right away that I wanted to get my first level of Reiki but postponed it until her following class. When Vicki came back in January I was so excited and at the same time nervous about learning this healing modality. It seemed simple enough, there were hand positions to learn and the rest was about opening to the energy. After each attunement I cried because it felt like I was "coming home"—that was the only way I could describe the incredible feelings of joy.

Friends were cajoled into being "the body on the table" so I could practice doing full Reiki sessions. I went through the motions with the hand positions and got them down pat fairly quickly, my friends were pleased with the sessions, but I wasn't feeling anything different. Basically I was a doer and to sit quietly for the one and a half hours of session time allowed my mind to be running off in a hundred different directions figuring the next week's agenda. I checked in with Vicki who assured me that I just needed to trust in the process and to continue.

After two months I started to feel the energy as it moved through my hands and arms. I was elated! For someone who used to describe herself as 'dead from the neck down' this was

exciting stuff. The more that I gave sessions, the more energy I would feel. I knew that the energy was coming through me so it helped with my own physical health plus the emotions that I had stuffed for years began to surface and it was time to do some clearing. My mind learned to slow down and I could just be with the person in a healing space. My two dogs would howl mournfully if I tried to lock them out of my Reiki room so as long it was okay with the people, the two of them would lie under the table during every session.

The next year and a half were spent giving sessions as a learning process and allowing the growth that I needed to do for myself. I came to trust the energy of Reiki, the universal connection and the incredible feeling of unconditional love that I felt during sessions. I volunteered to organize for Vicki on her subsequent trips to Penticton by making phone calls, putting up posters, talking to people about Reiki and attending the classes. Each time I learned something new because of the experiences people were having in class or Vicki would share her own. There was an active Reiki Circle once a month meeting at each other's homes and I also participated in the Health Faires Angèle organized. In a year I was ready to take my second level so that I could send healing to those in need.

With the new adventure of being involved in Issues and the Holistic Centre I have focused on Reiki mostly for first aid or short sessions but it is still a huge part of my life. I give myself Reiki all the time, for every ache or twinge, when I feel in need of the energy boost or simply to connect in with the universe. I am now feeling drawn to teach so one of my goals for 1999 is to get the Teacher's training and promote Reiki again through the Holistic Centre.

Reiki has changed my life by opening me to new experiences and introduced me to people, like Vicki, whom I might never have had the opportunity to meet.



by Angèle

Vicki Allen was a Reiki Master from the Kootenays and she wanted to put an ad in ISSUES. She needed a local organizer to

hang up posters and help out. I agreed, for I was curious to know what Reiki was all about. About six people showed up and we listened to her talk in the foyer of the Women's Centre. Over the next hour Vicki explained who her teachers were and how they healed themselves using this energy. I stayed open to the possibilities. When she asked who wanted to take the first level, one man put his hand up. We took a tea break and Vicki said she needed three people to make a class. Carol Ross and I looked at each other. I wasn't sure if I was ready so I asked more questions, trying to figure out if this was for me. Did I want to spend my money on something so intangible? Carol said she was willing to pay if I was. I said, "Sure, why not?" After all I was getting a discount for doing the organizing and I did want to support her and these people seemed to trust her.

She then proceeded to initiate us one at a time. Closing my eyes I could feel her hands on the top of my head, where it felt like I had rocks growing. Afterwards we got a short lesson on where to place our hands on our bodies to give us energy. We were to practice on ourselves and the next day on each other. As I left I said something about the rocks on the top of my head. She responded about never having felt such strong energy and told me of her experience. Satisfied with her answer, I relaxed a little and the weekend zipped by.

Over the next year I organized many intros and each time I heard the information differently; I was coming to love what Vicki was teaching and looked forward to

her visits. Her next visit was during dead-line. I didn't realize it at the time, but these visits were important to me. I noticed my body reacting but my mind was playing it cool. One of the weekends that she was going to be teaching corresponded with the time of month that I am my busiest. I worked late into the night so that I could take the weekend off. I didn't have to be at the talk, for Jan was now helping, but I wanted to. The day before Vicki arrived my computer glitched and I started to shiver, so I climbed into a hot tub and cried, releasing some old memories of being punished for having company. The next day two experts told me that the information went into a black hole in my computer. I had a lady come in and retype the stories that had disappeared and I left for the Leir House to be with Vicki. Arriving late and sitting at the back of the room, I collapsed into my seat. My mind whirled and worried, but I breathed and let go. Suddenly I heard Vicki mention something about symbols. A bolt of lightning went through me and I sat up straight. I said to myself... but that would mean I would have to take my second degree... another bolt of lightning. This happened once more as I quizzed the universe for guidance. I then thought to myself that I would think about it and if the class was on the right weekend and in-between deadlines I would do it. But I didn't want to get Vicki's hopes up so I said nothing. I then spent the rest of the weekend getting the magazine ready for print a second time.

Several months later Vicki was ready to put in an ad and I asked the dates...it was February 20, which was in-between printings, so I told her of my experience. Michael, Marlana and I had a marvellous weekend and I thanked the universe for my birthday gift for by then I was realizing how much I was changing. Vicki became a special friend that taught me honesty in a very direct and loving way.

by Marcel

I first heard about Reiki in the mid 1980's. I was attending meditation classes at Okanagan College, facilitated by one of their instructors. At



one point during these classes he mentioned 'Reiki'. As I had never heard this word before I asked him about it. He explained that it was an ancient Japanese Healing Art in which the healers channel Universal healing energy to their patients. This energy would assist the patient's body to heal itself. He also said that anyone could take this initiation from a Reiki Master. I asked if he knew a Reiki Master and it seems that he did but had lost touch with her. He said that he would try to locate her for me, but unfortunately by the end of the classes he had not been able to find her.

I didn't hear about Reiki again until 1987 during a meeting of a meditation group I had been attending in Summerland. One of the women in the group informed us that she was arranging a First Degree Reiki workshop in Penticton to be facilitated by a Reiki Master from Nelson. The idea of this Reiki intrigued me so I could hardly wait to sign up, even though the \$150 charge was quite a stretch for me.

Holly Sosiensky is a warm and sincere person; her workshop at Leir House drew about ten people. We learned to do all the hand positions properly, taking turns practicing on each other, and went through four initiations over the weekend. Later I practiced on my husband and my Mom who both found it very soothing and relaxing. Now I often give my husband a treatment for body pain and soreness.

I have never used my Reiki training as a practitioner. Although I am always happy to give sessions to anyone in my family clan should they request it, actually being a practitioner is something I have never been drawn to do.

But I have used it frequently on myself. I have found this healing energy very beneficial over the past eleven years for easing physical pain and tension as well as for the release of emotional blockage when the energy is applied to the heart. I have always been thankful for taking this workshop because Reiki has truly become my 'Healing Companion.'

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Thanking Those Who Help Us

by Auberte Campeau

On Saturday mornings I tutor French immersion students. One morning as one of my students was leaving after her session, her mother turned to me and said, "Thank you so much for being in our lives. Thank you for helping my daughter." Her expression of gratitude made me realize just how important we all are in each other's lives and how important it is to thank those who help us.

Since then I've taken care to thank the people in my life who help me. When I expressed my gratitude to my counselor for her help, she responded by saying that she considered it an honour to work with me through my healing journey. Her response made me feel that my healing is very important.

By thanking the people who help me

I am becoming more and more aware of our organic unity. We are truly interdependent, not unlike the organs of our body.

Remembering to thank one another keeps us aware on a spiritual level of our need for one another. It reinforces for us the importance of our personal gifts, talents and abilities. For instance — if I make sure to thank Gerry at the Juicy Carrot for special ordering raisin turnovers for me, he gets to see just how important his efforts are to someone else.

We all need to feel that what we do and who we are is important to others. One of the easiest ways for us to make sure this happens is by making the effort to thank one another. Thanks, Gerry!



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MORE PRECIOUS THAN GOLD

by Rhona Terry

I spotted a book 'More Precious than Gold' on a coffee table at a friend's house and curious about the title asked if I could read it. ... and my adventure began. Amazed, I read about the colourful history of Ray Pendergraft and his lifetime work in the pascalite mine of Wyoming.

Pascalite is a clay that was found quite 'by accident' by a trapper named Pascal. He had very bad chapped hands and while harvesting a cougar, got some of this 'white stuff' on his hands. He noticed when he washed it off that his hands had begun to heal. He took some with him and totally fixed his hands. Eventually many people had the opportunity to use this clay and report miraculous happenings.

I was moved by the book and ordered some of this clay. In the evenings I put a bit on my gums on the right hand side only. Coincidentally, five days later I had a dentist appointment. Wondering if he would notice a difference, I didn't say a word but waited for feedback.

Well, I got it. The dentist said 'what did you do to the right hand side of your mouth? Your right lingual are perfect and your throat is perfect on the right hand side'.

That was the beginning for me. I have since put Pascalite on a burn from a curling iron on my cheek. The pain ceased and I didn't get even a red mark. I put a paste made with clay and water on my feet, covered it with a damp cloth and then put plastic bags on top to keep it moist. I left this on for a couple of hours. My feet had been aching because of the cement floor in my shop, this ache ceased and the skin on my feet felt like satin!

I took a 1/4 of a teaspoon for a stomach upset and lo and behold, after swallowing it only seconds went by and I was relieved. I have done this several times since.

There are many letters from very happy customers. One man called and told me how he passed 4 kidney stones 'WITHOUT PAIN' just after he started taking Pascalite daily. I have letters from people in wheelchairs that say, 'everyone in a wheel chair should have this.' Skin breakdown is a big problem and 'Pascalite has been wonderful' say the users.

No official claims are made for Pascalite. All information has come from people using the material or through my own experiences.

I have used it as a face mask and it has a great affect. It has been noted to diminish scars and wrinkles. From the letters I have received it doesn't seem to matter what part of the body is in need of help.

Many letters end with "God Bless you" for your dedication and belief in this clay. These letters are addressed to Ray Pendergraft, the man that mined Pascalite since 1933.

I have definitely become more regular and others have said it has helped them with diarrhea. Some are thrilled with their nails and hair. Some say that they have more energy, and I know I do. Many people comment that they generally feel better. All of their aches and pains have gone and they didn't realize it until some one complained about theirs.

Also, I noticed I could lift a gallon of milk without helping



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with my left hand. I was thrilled as my right wrist had been sore and I couldn't lift easily anymore. I can now!

Brushing my teeth with pascalite has become a daily routine. I wet my brush and dip it into a small bowl of the clay. My teeth are whiter and shinier and I definitely do not have the plaque build-up that I previously had.

A friend in Oroville is very grateful for the improvement in her dog's health. I have letters from people who tried it on arthritis and found much relief.

Written material on the history of Pascalite and free samples are available because I know that if you try it, there is a big chance you will love it. Have a use in mind before asking me to send it to you.

If after you have read the papers sent to you, you would like to know even more about it, there is the book called "More Precious Than Gold". It includes the entire history of pascalite, written by Ray Pendergraft.

I have been blessed with the knowledge and availability of this most precious clay and I am grateful. See ad below.

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OPTION #2) The second lender never loaned you one cent of legal or other depositors' money to obtain your promissory note (agreement to repay the money). Without your knowledge the second lender used the oldest bank loan trick having an economic effect similar to stealing and/or counterfeiting. He took your \$10,000 negotiable instrument (promissory note), exchanged it or sold it for \$10,000 cash, then returned this money to you as a loan. The economics is similar to stealing your car, selling it for \$10,000 and returning the \$10,000 to you as a loan. Sound confusing? Most people have been tricked for years. Go to our web site for details and clarification. Did your banker conceal the truth and trick you?

Have you received a credit card, car loan, farm loan, home mortgage or business loan through a bank? If you have, then as per the Federal Reserve Bank publications, as well as two recent court testimonies of a former bank CEO and a bank president, you used the second lender in option #2 above. You can get court transcripts. ARE YOU MAD YET?

Now for the good news. If I stole \$10,000 from you and returned the cash to you as a loan, I would be rich and you would be poor. If I have to return the stolen property to you, it cancels your loan. Our research has uncovered that the bank bookkeeping records show that the bank still owes the \$10,000 it got from you for free! If the bank pays the \$10,000 debt the bankers owe, it could cancel your loan. The bank does not want this exposed in court and this is why some bankers or lenders have offered to cut the debt in half when this trick is discovered. This is why Americans hope to become debt free.

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the right to sue the banks. The borrower keeps the home or car or merchandise purchased and the loan is canceled.

2) Court cases saying the bank can loan money but not credit. Judge Mahoney ruled against a bank and called the standard bank loan transaction 'robbery'. Congressmen Louis McFadden, former Chairmen of the House Banking and Currency Committee, claimed loaning credit is a swindle.

3) Federal Reserve Bank publications say, 'Credit is the postponement of the payment of money.' The bookkeeping entries on loaning credit are similar to stealing or counterfeiting.

4) What the bankers' fear will be exposed in court.

5) Banking manuals which teach how to create bank-induced booms and busts to increase bank profits. (See *Modern Money Mechanics* pg.6). You will also learn how to protect your investments and make larger returns.

6) Why the major media and politicians cannot and will not expose this. The bottom line is profit.

7) Why many North Americans who have learned about the bank secrets hope to cancel their loans without going to court.

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We are not calling bankers criminals. We only hope to show the economic effect of the true bank loan agreement.

Help yourself get out of debt by sharing this article. What would happen if half of the public learned the truth? If the bankers paid all the debt they owe, it could cancel every bank loan in North America. We seek 200 people in every Province to copy and pass this article on to their friends, to unite together to eliminate their bank debt. What politician could continue to support the economics, similar to stealing or counterfeiting or a swindle, if half the voters learned the truth?

This educated choice will give our country and every individual the wealth and prosperity that we all truly deserve.

For further information, send a Self-Addressed Envelope or check out our web site: welcome.to/bankfreedom
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Seedy Saturday and Heritage Seeds

by Sharon Rempel

Seedy Saturday sprang up Valentine's Day in Vancouver in the spring of 1989 and has now dispersed across the continent. It is a day for people to share, sell and swap their seeds and stories. There are speakers and displays and the Seed Exchange table where people share seeds.

It is a day to honour the time old practice of people choosing the seed they wish to keep alive and keep plants that provide sensual joy (taste, smell, shape, etc). Plant breeders in big companies develop new hybrids for ease of harvest and dependence on chemicals produced by the company. These plants travel well so they can be grown half way across the continent and shipped and still look good on the grocery shelf. But many people agree that some of the old heritage varieties taste better than the modern varieties. There is a lot of genetic diversity contained in heritage varieties too.

A heritage seed: - is a term often used interchangeably with 'heirloom seed', 'folk seed', 'traditional seed' or 'landrace'.

- is a seed from a plant that came over with a person from the 'old country' and provides a flavour, taste and shape of that person's cultural identity

- is a seed that is 'open pollinated' or breeds true generation after generation, assuming simple seed saving techniques are practiced to ensure purity and no cross pollination. Hybrids often produce a plant for only one generation or if seed is produced it is sterile or will not 'breed true' to parental form

- represents decades and centuries of selection and adaption and thus produces tasty and hardy plants in the regions they were selected within

Are heritage seeds better than 'modern' seeds? For a few crops, such as corn and broccoli, hybrid seeds produce plants with increased vigor and remarkable uniformity. Uniformity is important for mass production and mechanical harvesting. The vigor is often dependent on chemical inputs and optimum growing conditions. Heritage varieties are an alternative for people interested in organic or low input farming conditions.

The diversity inherent in open pollinated varieties allows some to survive if disease or unusual weather conditions arise. In the case of hybrids, what destroys one plant has the potential to destroy them all, such as the corn blight of 1970 or the Irish Potato Famine of the 1800s.

Many gardeners grow modern hybrids as well as older open pollinated, or 'heritage varieties. Some people just grow a heritage variety to keep the seed alive and swap it with others.

Where is this conservation work happening? In the back yards and fields of people like us. Some seeds are conserved in government gene banks and collections, however the wealth and diversity of agricultural crops survives in gardens. In some countries, laws have tried to dictate what seeds a person is allowed to grow and sell (India, Indonesia, European Union legislation and Canada's Seed Act relating to wheat) however the network of heritage seed savers is growing day by day as people realize they must take an active role to keep diversity alive.

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In Canada there is a non-profit group called Seeds of Diversity Canada, formerly the Heritage Seed Program. People exchange seeds through the mail with each other for the cost of the postage. In the United States the Seed Savers Exchange does similar work. There are sister organizations around the world now. *Seeds of Diversity Canada, P.O. Box 36, Station Q, Toronto, Ontario, M4T 2C7.* Membership is \$25 a year and includes the annual seed listing.

Why is all this important? Our ancestors have bequeathed us a rich agricultural and horticultural heritage which provides beauty, nutrition, delicious taste and resistance to insects, drought, pests and grow well without a lot of chemicals. Heritage seeds offer an alternative to high input or genetically altered crops. The seeds can be saved by the gardener or farmer. Plants are part of all cultures around the world. With a little effort we can all preserve a part of our living heritage.

Seedy Saturday in Penticton

May 1 Penticton Community Garden
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Seedy Saturday & Sunday in Keremeos

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Contact: Lee 250-499-5379 or Louise 499-5830

Seedy Saturdays in the Edmonton area

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Contact: Simone @ 403-963-8162.

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Contact Sharon @ 403-461-9958. Donation

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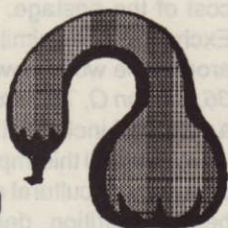
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FLOUR POWER

by Gerry Parent

Once a week the winding wheel of the flour grinder that sounds like a miniature jet engine can be heard as a fresh batch of flour is ground in the back porch of the Yoga studio. This flour is destined to be made into cookies and baked goods or sold in bulk to customers at the Juicy Carrot. It takes just under half an hour to get a batch complete (about 20 cups) from the grinding to cleanup; a bit timely if you've never made fresh flour but well worth the time and wait.

For me, it is always so much more pleasing to be able to produce or buy more of what I use or sell to people knowing where it comes from, how it was produced and guaranteeing the best possible quality. Flour for example, is best consumed fresh as the germ in the grain is very susceptible to rancidity once exposed to the air. The germ from most flours bought commercially have been removed to promote a longer shelf life and sold separately as a health food supplement for its high vitamin E content. Bran is another by-product of white flours that is sold separately for adding fibre to your diet. Both are recommended separately by many health authorities and manufacturing companies but little emphasis is ever placed on getting the two from fresh ground flour.

The best way to store flour is in an air tight container stored in the refrigerator and used within two weeks. It can also be stored in the freezer to extend the shelf life considerably. Before baking however, it is best to warm the flour back to room temperature to allow for a proper rise and consistency in baked goods.

For those who are allergic to products made with flour, especially wheat, corn or soy there still may be some alternatives to try. The ancient grains like Spelt and Kamut are beginning to come back into use after they were replaced with higher yielding hybridized wheat. Both have many of the properties of common wheat but with far less of its allergenic reactions. Those sensitive to gluten can often eat it without side effects, however they should first test for reactions with very small portions.

There are many types of flour mills on the market which vary in quality and price. Stone grinders, flakers and cracked wheat can also be incorporated in some of the models depending upon your needs. The grinder we use at the Juicy Carrot is a Magic Mill II. It is about the size of a shoe box and is just big enough to produce the right amount of flour we need however, we are looking at getting a larger professional grinder to increase the volume of flour we produce and have it available for the public to use in the same way some grocery stores have their own coffee grinders. If this appeals to you please phone or drop by the Juicy Carrot.



please see ad to the left

Meditation Tips

by Christina Goddard

When I first started to meditate I felt like a complete failure. I was not able to sit in a buddha-like position, I was not able to clear my mind of thoughts, and I was not able to visualize. As I continued to meditate I began to understand that meditation was not that different from what I had been doing for years when I prayed and talked to God. Someone once wrote "Prayer is what we do when we are talking to God, meditation is what we do when we listen to God".

We all have these preconceived ideas of what and how to meditate but most of us are wrong. As I started to teach classes on meditation I began to see more and more of this. Most people are afraid that they would not do it right (Who says there is a wrong way). There are no set rules just guidelines but only to heighten your experience.

Meditation is a way to let go of the stress and worry of everyday living. It is there to help us become more relaxed and focused on what is important for us. I would like to share with you a little more about meditation. In this way I hope to help you come to a better understanding of what and why we need to meditate.

To start—find a place that you are comfortable, play some relaxing music, sit or lay in a position that is good for you. When you are ready I want you to start and tense your toe muscles as tight as you can. Hold this position for the count of four then relax, totally relax. You are going to do this for every part of your body working your way slowly up the body. You will add parts of the body each time you do this so that when you reach the head you are tightening and relaxing every muscle in your body. The last time you tense your body hold it for a few extra counts and very slowly let yourself start to relax from the head down to the toes. As you do this, breathe out making a sound through your mouth. At this time you may feel that you need to move your body around; do so allowing yourself to find a comfortable position once again. When you have done this take a mental note of how you are feeling—if there are parts of your body that are still tense then you need to relax them; work on that part of your body. You are carrying unwanted tension in these areas. You have the power to let it go.

If you would like to talk to me please feel free to phone or email me. If you would like to share in a group meditation join us Tuesday nights at the Yoga Studio in Penticton or I have a group meditation in my home Wednesday evenings in Peachland. See ad on page 22 & 28

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The Angels Gift

A New Beginning

by Karen Timpany

Recently I wrote about changes and going with the flow. I had no idea things were going to change as much as they have. I now have a new enterprise and a new beginning.

In the latter part of November, I awoke from a dream where I had received a directive from Angels. I was instructed to make 'Healing Blankets'. The sizes, shapes, colours and symbols were all given to me. When the information was complete, I fully awakened, rushed for pen and paper and drew the images.

The centre of the blanket holds the colour wheel with the eight chakras flowing in a rainbow of colour to form a circle. Threads of Gold begin at the centre of the wheel and flow out and between each colour. This radiates each colour to expand beyond the circle. Within the circle at the centre is the 'Star of Man', a five-pointed star in gold. Within the star is a radionic symbol representing the celestial base date which raises the vibrations of people assisting survival over the next twenty years. The wheel is centered on a blanket of white which is a reflection of the 'White Light', or God's Holy Light; the unrefracted blend of all the colours.

At the corner of each blanket there are triangles of royal blue and beneath that a pocket of gold. The colour gold is used to reflect the Creator's truth and energy within each of us. Blue is the colour of communication and sound—communication with our higher selves and the Source. It is also used as a reflective energy for mantras, prayers, hopes, dreams, desires, and thoughts or spoken word while meditating or praying upon the blanket.

Across each corner triangle is either a ribbon of light blue, green, pink or purple. Green for the physical body, light blue for mental, pink for emotional and purple for spiritual. The pockets of gold each have a symbol upon them for healing these areas of ourselves and are also designed to produce a balance and raise the vibration of each chakra. Individual bookmark-sized cards are placed within the pockets for a healing or to assist in our desires. For example: the clarity card has a light blue band on the top of it and would be put into the pocket with the light blue ribbon for mental clarity. A card with a purple band on it would go into the pocket with the purple ribbon for assistance on the spiritual levels. Green for physical help and pink for emotional balancing, calming, etc. There are twenty-four cards available for the four levels of healing plus one of Love and another for clearing and cleansing the blanket between uses.

More and more the Angels are bridging the gap between heaven and earth bringing greater love, harmony, healing and balance to all living things on earth. This blanket is just one of the ways we are shown this love. The Angels have said that the purpose of this blanket is to educate people in ways to enhance their health that can be

continues to the left

Caring Means Sharing

by Carol Rienstra

I have been volunteering and working at the Holistic Health Centre for just over six months and as I look back I see how much the people have changed in that short space of time. As I watch people come and go from the Holistic Centre and Issues Magazine, with their questions, searching for alternatives, everyone has benefited in some small way, physically or spiritually. Some found what they needed, made huge breakthroughs and then moved on. Others enjoy hanging around.

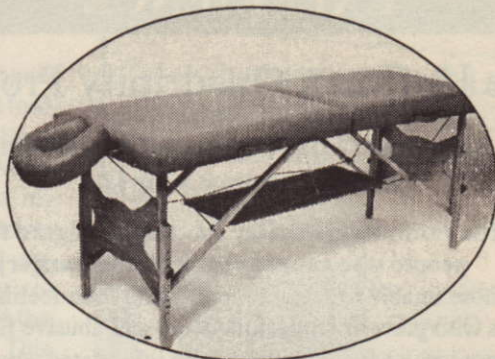
Looking at myself over these few months I see how much I have changed, and how my own self-esteem and confidence have finally found a place to thrive. In that time I have unraveled years of personal programming, fear, anger, and depression. I also released a lot of pain. I discovered my talents of teaching, counseling and listening that I have denied over the years. The gifts that we all share, such as psychic ability, channeling, animal communication and the power to create our own realities have all been fine tuned.

The most important lesson I learned was the concept that 'Caring Means Sharing'. Jan, Marcel and Angèle all naturally followed this philosophy. Their desire to educate the public on alternative methods of healing in as many ways as possible has shown me what caring is all about. And they don't just stop with Issues and the Holistic Centre! There are many other things as well: the Speaker Series, Wise Woman Weekend, Spring Festival of Awareness, Yoga, Tai Chi, the Holistic Library and the list goes on!

In my desire to adopt the same philosophy I have begun to offer my workshops on Life Force Therapy on a regular basis. The more people that I can share this wonderful tool to self-mastery with the better! Life Force Therapy has also given me the opportunity to expand the reality of our Angelic Friends onto the Internet. My daughter has just completed the new website 'The Angel's Message'. Here you can receive a personal message from your own guardian angel, whether it is guidance you seek or a healing message that will give you a tool that you require to get well. The sight is just in its infancy and will be expanded to approximately 1000 different messages and 300 angel pictures over time. I have also made myself available to speak to local support groups in the South Okanagan. Periodically I travel to other communities to share healing tools or introduce Life Force Therapy, do Psychic Readings or Reiki.

Reflection often helps me to see exactly what I have accomplished. In this phase of my own self-mastery it is important to return to the present and make the next choice to help my life unfold. Like many, it is sometimes hard to practice what I teach, and part of my own learning process includes listening to my students. This affirmation 'I choose to release and follow my heart' was given to me by one of my students and will help me reprogram my subconscious and enter the next phase of my healing journey. Shall we see where the universe takes me with this affirmation? *See ad to the right.*

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by Patricia Zierler

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This amazing new tool came into my life in March of 1998 and boy!, did it ever resonate with me! My right brain couldn't tell my logical brain what I was experiencing as I worked with these energies, **but my body absolutely loved it!** I felt like I was coming home.

Can you imagine what it's like living fully inside a beautiful bubble filled with unconditional love? That's what I was doing twenty-four hours a day. My friends noticed my glow and observed that I was youthing. Yesss!! So they all took the training as well! I knew without a doubt that I would teach this incredible work to others.

I received my Teacher's Certification in *The Hologram of Unconditional Love* and the four-day *Melchizedek Method* workshop which teaches you how to use the basic technique in amazing new ways — for healing self and others (removing original cause), for age reversal, interdimensional travel, bi-location and more! This work is definitely heart-centered and has shifted my perceptions big time! To quote Thoth, "The Melchizedek Method is much more than a healing and rejuvenation technique or lightbody activation. It is a whole new formula for body, health, harmony and spiritual ascension."

My background is Reiki, which I teach here in Vernon. To me, *The Hologram of Unconditional Love* feels like Reiki energy — it has that same loving safety, and like Reiki, comes from Source and has its own intelligence — only it's faster and more powerful. Taught in a one day workshop, it gives you the basic seeding, or re-encodement of your thirteen chakras with your original blueprint of Unconditional Love and teaches you how to activate your Merkaba Lightbody in three easy breaths. This gets you going and starts your healing process.

Another way to look at it is to compare the energies with a computer. I had a Windows 3.1 program (metaphor for Reiki), which was great for my needs. Then I upgraded to Windows 98 (metaphor for the Melchizedek energy). Whoa! What a difference! The new program was much faster and more powerful. This is the best way I can explain at this time my experience of the difference in the two energies.

Now I use the two of them together — they marry well because they have the same resonance. And the great thing is, you do not need Reiki to utilize these tools. Anyone can easily learn the techniques and apply them to their lifestyle. In my daily meditations I find using the Melchizedek applications fit very well into my own personal development program, and has replaced much of it. If I had to sum up into one word what the biggest change for me has been, it would be a feeling of SAFETY. Never have I felt so safe, so loved, so cherished, as I do now. And because that is what I am sending out, that is what comes back to me... magnified. I love it!! See ad to the left

Book Reviews

by

Jan



A Farther Shore

How near-death and other extraordinary experiences can change ordinary lives

by Yvonne Kason, M.D. & Teri Degler
HarperCollins Publishers Ltd, ISBN 0-00-255439-9

A Farther Shore is a guide for the countless people who are currently undergoing the Spiritually Transformative Experiences that include near-death experiences, mystical experiences, psychic episodes, Classical Kundalini Awakening, and inspired creativity. It is also a guide for the doctors, psychologists, and therapists these people turn to — sometimes desperately — for help in learning how to integrate their extraordinary experiences into their ordinary daily lives.

According to Dr. Kason, Spiritually Transforming Experiences (STE) are not as uncommon as I thought they were; there just hasn't been the knowledge or understanding in the scientific/medical community to explain the spiritual shifts taking place. No longer relegated to the domain of the mystics and the yogis many people are reporting life-transforming experiences for which they had no previous form of reference.

In 1979 Dr. Kason had a near-death experience following the crash of the plane on which she was traveling onto an ice-covered lake in Ontario. The ice was not thick enough to hold the weight of the plane and she found herself in the icy waters weighted down by the wet winter clothes while her awareness floated above and witnessed the scene. She listened to the voice which told her to "head for shore" and was rescued by a helicopter which by a series of circumstances was in the right place at the right time to save her and two others. Dr. Kason realized that in the aftermath she was experiencing a new-found maturity and began to clear unresolved psychological issues from her childhood. After a psychic awakening her interest in spiritually transforming experiences intensified.

Dr. Kason draws on her medical knowledge, the eastern traditions including yoga, personal experiences and work with patients to explain the physical, psychological and spiritual/paranormal symptoms of the STE's. More importantly, she offers us simple strategies to help ourselves through the crises.

For many of us undergoing very dramatic changes in our physical, emotional and spiritual lives, trying to find help often just adds to the turmoil. I have been searching for validation, information and guidance for two years so I am grateful that circumstances brought **A Farther Shore** to my awareness.

Guest Book Review by Laurel Burnham

Fabric of the Future

Women Visionaries of Today Illuminate the Path to Tomorrow

Edited by M.J. Ryan Conari Press, Berkeley, CA.
ISBN 1-57324-129-6

If there is one book that a woman could use as a spiritual guide to the Millennium, this is it. As someone whose spiritual health is becoming increasingly important, I was delighted to find this marvelous collection of essays. This is a book that delights in being read a little at a time, fitting into my busy life with ease.

The work of over forty different women of wisdom is woven together under four different headings. Some of the contributors of note are: Barbara Marx Hubbard, Jean Houston, Joan Borysenko, Caroline Myss, Marianne Williamson, Shakti Gawain, Starhawk, Luisa Teish, & Brook Medicine Eagle, amongst others.

The media is full of millennial angst, the far ranging speculations of major computer glitches, airplanes falling from the sky to major earth changes have even got school kids speculating over the future. The underlying question appears to be "Where to from here?"

There is more to be done to prepare ourselves for the new age than simply making sure our computers are Y2K compliant. What **Fabric of the Future** does is to provide a wide range of thoughts, suggestions and perceptions — spiritual tools, if you like, for finding our way with wisdom, grace and joy into the days and years ahead.

All of the contributors to this book were asked a very simple question: Practically, what do we need to be doing at this point in our psychospiritual evolution? The editor chose to focus on women, not because she wished to promote separation, but because she, like many others has the sense that it is primarily women who are leading the way in this time of massive social and cultural transformation, and women who are most actively in search of help in the process.

Despite the diverse backgrounds of the contributors, from Buddhists to Christians, Taoists, Jews and Wiccans, black women and white, Native American, Asian and Hispanic, artists, environmentalists, therapists and business consultants, a wonderful clear thread of thought unified them all. The consensus that all of the collective voices reached was that what is trying to be born is a world in which the traditionally defined "feminine" values—receptivity, intuition, empathy and relational thinking are as important, and as valued, as traditional "masculine" values as linear thinking, action, etc. Not only are these values, this way of being, important but it is essential to our continued survival as a species. As women, we have a evolutionary role to play. The creative potential that we represent, with our different skills and values than men, is a force that has never been set free in the world before.

There are no guarantees of a rosy future within these pages. What is present is the distillation of these ascendant feminine values: wisdom, compassion, love, the ability to see patterns and relationships. From inspiring quotes and lyrical passages to simple daily practises that one can choose to incorporate into one's daily round this book is brimming with inspiration.

I am currently using some of the journaling techniques offered by Dawna Markova, who is an author, consultant and organizational mythologist. The few seemingly simple questions I am attempting to answer have moved me in subtle, yet profound ways.

It is the author's hope that everyone who reads this book finds their way to help bring into being the world that longs to be born, a glorious future for us all.

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