

Priceless

FREE

ISSUES

MAGAZINE

Serving B.C.'s Interior and beyond...

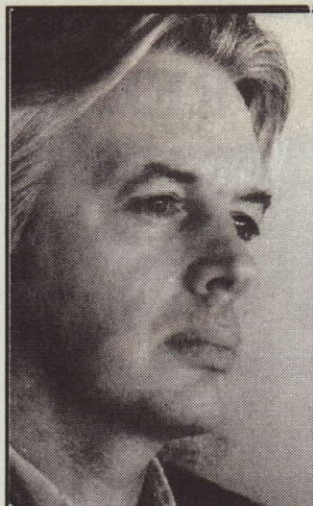
**A Regional Publication of Health Practitioners
Events & Options for Health & Conscious Living**



Celebration Time

to find out more ... read page 6

March 1999



A DAY WITH DAVID ICKE

Saturday, March 27/99 9 am to 5 pm

University College of Cariboo
900 McGill Road (Grand Hall), Kamloops

\$50 at door • \$40 advance tickets

Available from:

Healthy Life Nutrition
264-3rd Ave., Kamloops 1-250-828-6680

Humanity's Biggest Secrets Revealed! (400,000 BC TO 2012 AD)

Considered the most controversial author in Britain, David Icke will create even more debate worldwide with the publication of his new 600-page blockbuster, "The Biggest Secret" (Feb. '99). Kamloops will be the first stop on his Canada-wide tour where he presents his entire research on the secret history of the human race. Hear about his latest discoveries, predictions for the next decade and how to prepare for the new millennium. David explains, "I have hundreds of visuals on CD now and the talk has moved on to another level. Some of the new information has never been revealed before and will blow people away. It is incredible stuff." Time will be allocated for participants' questions.

TOPICS

- Human Genetic Intervention 400,000 Years Ago
- Royal Bloodlines Still Run The World
- Secret Societies' Manipulation of the Human Race
- The Background to Princess Diana's Murder
- A Hidden Power Behind Wars, Depressions and Politics
- Y2K, Financial Chaos and Wars = Problem-Reaction-NWO Solutions
- David's Predictions for the Next Decade to 2012
- Reclaim Our Spiritual Power - Prepare for the New Millennium

for tickets & info **1-800-294-5250**

Sponsored by: The Preferred Network - www.preferrednetwork.com

Counsellor Training

for Professional Careers and Personal Growth

Certificate of Professional Counselling (18 weeks) begins Mar. 22
Certificate of Counselling Science (1 year, Correspondence) begins Apr. 12

Since 1985, the Counsellor Training Institute of Canada has provided training and supervision which allow the graduate to offer professional services to the public. Enrollment is open to mature applicants having a sincere desire to help others.

- Correspondence students meet once a week to practice counselling skills with instructor feedback
- **Diploma of Counselling Practice** is awarded with additional 24 months of Internship and supervision.
- Pre-registration qualifies for student loan repayment assistance.
- Emphasis on practical skills drawn from all clinically sound approaches.
- Skills are demonstrated by experienced therapists, followed by students practicing in pairs.
- All students and interns are covered by essential Professional Liability Insurance.
- All Interns are listed in the *Canadian Registry of Professional Counsellors*.
- Training qualifies for Registered Professional Counsellor (RPC) and Certified Addiction Counsellor (CAC) designations.
- Tuition is fully tax deductible and G.S.T. exempt.
- Registered with the Private Post-Secondary Education Commission of B.C.



To receive a current catalogue, call **1-800-665-7044**

Counsellor Training Institute of Canada

Suite 12, 1638 Pandosy Street
Kelowna, B.C.
V1Y 1P8

E-mail: cti@istar.ca

Website: <http://home.istar.ca/~cti>

On Site Courses Now Available!

Residential Certification Training

on
beautiful
BOWEN ISLAND
30 min. from Vancouver

July 13-25 '99

LOMI LOMI

Temple Style Massage

with

**WAYNE KEALOHI
POWELL**

Huna Shaman,
Musician & Minister



* **PLUS** *

REBIRTHING TRAINING

with

MAHARA BRENNA

International Rebirther
Holistic Health Educator
Spiritual Counsellor



Transformational 13-day
Residential Training at Xenia
Retreat Centre combining
two extremely powerful
paths with two highly
regarded Teachers.

"The Training of the Year"

Incl. all meals & room
Registration by May 1 - \$2500
After May 1 - \$2800
Limited space
\$500 deposit saves your place!

921-4154

The Labyrinth

by Lena
Kinakin

The time has come in my life where I am realizing that if I stand still, I will remain at this point forever and life will pass me by. So I have been saying 'yes' a lot. The 'yes' that I committed to this past December altered my life. I walked the labyrinth at St. Paul's Church in Vancouver. I remember reading an article about it in the newspaper about three years ago. The labyrinth at St. Paul's Church is drawn on the floor. It is a large circle that has an opening at one end where you enter. You follow a pattern in a circular motion towards the centre. The walk in is spent on thoughts of guidance. The centre is spent clearing the mind and the walk out is being open for the answers.

I have been thinking a lot about my life's circumstances and why I am where I am. How can I make a difference, what direction do I go in now? Am I living my life to the fullest? I have read countless books, attended many workshops and seminars and mulled these ideas over in my head. *"Clarity of vision is power. The answers lie in the stillness. Practice meditating."* After a few weeks I would find myself sitting and thinking the same thoughts. This brought on depression and hopelessness.

When I walked up to the labyrinth, I felt excited because I read in the church foyer that walking the path did not require me to figure it out. I was to let go and allow. I began by sitting down on a chair nearby to ground myself. I looked around at my surroundings and asked that I realize, consciously, the gifts I was about to receive. I then stood up and walked over to the entrance and stepped in. The path was smooth and so simple. I put one foot in front of the other — one step at a time. This reminded me of life, but the beauty was, all the time I was walking closer to the center. My shoulders began to drop. My mind began to empty of the chatter. I felt an emptying of my doubts and fears. I would open my mouth and the air rushed through my head, throat and body. I truly felt what it meant to be one with all.

When I reached the center, I began by sitting in a cross-legged position. I realized in a few minutes that the only thing I was thinking about was the pain in my legs. I felt so open. Time had ceased to exist, there was just NOW. The confusion had fallen off my body in big chunks. At some point I stood up and began my walk back, slowly. I wanted to feel my heel touch the floor first and then my whole foot s-t-r-e-t-c-h to the toes. I felt love for everyone. I wanted to bless all people as they walked their sacred path/life.

When the exit came I felt a touch of anxiety. I now needed to believe in myself and walk my life's journey. I circled the outside of the labyrinth and then plunged into the next moment. I noticed how clear my head felt and how clear my focus was and still is. I felt fresh, alive, hopeful and joyous. I was able to be with, not be in. I accepted the fact that there is a path in front of me now and I need to slow down and take it one step at a time.



There is now a Labyrinth at Naramata Centre. It will be available to participants at the Spring Festival of Awareness, as well as a workshop. Those interested in walking it at other times please call Naramata Centre 250-496-5751.

PRANIC HEALING TREATMENT & TRAINING

* Making dramatic inroads

into the field of traditional medicine, Marilee Goheen has introduced Master Choa Kok Sui's Pranic Healing (TM) techniques to hundreds of health care professionals and people of all traditions, varied beliefs and walks of life.

* Marilee has been pleased with their openness and receptivity to this admittedly non - traditional healing methodology as they learned fast, non-invasive, effective ways to benefit patients and family.



MARILEE GOHEEN
CERTIFIED PRANIC HEALER

* Master Choa Kok Sui's Pranic Healing is a distillation of the strong points of some of the worlds' most effective healing methodologies—Chinese Chi Kung, Japanese Reiki, Christian "laying on of hands" and Hawaiian Huna.

* **PRANIC HEALING** is a natural technique scientifically using prana [energy] to treat physical, emotional, mental, or spiritual illness.

* **MARILEE GOHEEN** is a highly skilled pranic healing practitioner and teacher, with a background as a health care administrator, consultant, counsellor, and a certified pranic healer through Institute of Inner Studies in Manila.

SPRING 1999 SEMINARS:

- * See amazing healing demonstrations without gadgets, fanfare, touch or drugs.

OKANAGAN - KELOWNA

FREE INTRODUCTORY EVENINGS:

Thur March 25 @ 7pm Dare to Dream
Thur April 1 @ 7pm Hotel Eldorado

Level 1: Pranic Healing

Sat & Sun April 10 & 11 8:30am-5pm
Hotel Eldorado \$200+gst

Level 2: Advanced Pranic Healing

Sat & Sun May 15 & 16 8:30am- 5pm
Ramada Hotel \$300+gst

Level 3: Pranic Psychotherapy

Sat & Sun May 29 & 30 8:30am- 5pm
Ramada Hotel \$350+gst

Level 4: Advanced Pranic Psychotherapy

Sat & Sun June 5 & 6 8:30am- 5pm
Hotel Eldorado \$300+gst

KOOTENAYS:

FREE INTRODUCTORY EVENING:

Fri April 23 @ 6pm Ainsworth Hall

Level 1: Pranic Healing

Sat & Sun April 24 & 25 8:30am-5pm
Ainsworth Hall \$200+gst

Level 2: Advanced Pranic Healing

Sat & Sun May 8 & 9 8:30am-5pm
Ainsworth Hall \$300+gst

Register 25 days in advance for any

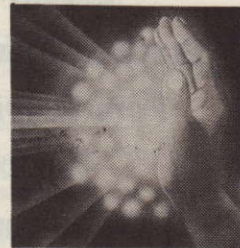
FREE INTRODUCTORY EVENING &

Pranic Healing Level 1- Save \$25.

Next Seminar Series Fall 99



Sponsored by
Global Institute and
Global Harmony Health



KELOWNA 491-1228 or
1-800-668-3112

BIOXY™



The Next Generation In Superoxygenation

Diseases are Bacterial, Viral or Fungicidal, they cannot live in Oxygen

- **BIOXY CLEANSE™** in powder or capsules, cleans, detoxifies and rejuvenates the colon.
- **BIOXY CAPS™** are convenient alternative to liquid stabilized oxygen or hydrogen peroxide.

Try Oxygen For Health, Energy, Cleansing, Balanced Weight and Metabolism

PARASAVE

Peace Of Mind You Deserve

The most complete doctor recommended herbal blend for parasites containing:

Black Walnut Green Leaf & Hulls, Cloves, Garlic, Grapefruit Seed Extract, Melia, Bitter Sophora, Anemone, Tumeric Wormwood, Golden Seal Root, Barberry Bark, Butternut Bark & Fennel Extracts.

Ask For Bioxy and ParaSave at all leading health food stores. For information phone/fax BIOQUEST at: 1 888 922-0285



SPEAKER SERIES

Speakers start at 7:15 pm • Cost: \$5

**at The Juicy Carrot & Yoga Studio,
254 Ellis St, Penticton ☎ 493-4399**

March 5 - Demonstration of Crystal Healing with Ester Cudmore. Learn about the vibrational effects of stones and crystals so that you can use or wear one that will bring harmony with your higher self.

March 12 - Thai Massage with author Mark Lasinski. A manipulative therapy that includes yoga stretches and shiatsu rather than a typical massage. *story page 20*

March 19 - Handwriting Explained with Angèle. A quick intro into the basics, then time for personal interpretations. Changing our handwriting can help us to change our programming.

March 26 - Vaccine Research with Donna Roth The facts and fallacy with in-depth research provided.

March 28 - (Sun) Palm Sunday Service - Worship to Mother & Father God with Revs. Juanita & Roberto Rivera. (No collection or admittance fees)

April 9 - Feng Shui with Vicki Stefopoulou Understand the dynamic flow of energy as it circulates through your home or business. *see story page 15*

The Rainbow Connection

Colorful designer clothing by Susan Lopatecki

Crystals from around the World

Locally crafted Gifts & Cards

Precious Opals and other fine Jewellery

Pure Soaps and Aromatherapy Oils

Humorous Walking Sticks

African Drums, Didjeridoos & Shakers

Metaphysical & Holistic Books

254 Ellis St, Penticton, BC • 493-4399



Juice Bar & Eatery

Fresh Juices

Lunch Specials

Organic Produce

254 Ellis St, Pent.

493-4399



Urmi

Holistic Massage

Unify mind, body and spirit with this nurturing, deep muscle bodywork and energy balancing.

Full body treatment 1½ hours: \$50

Self Massage for Women
starting soon phone 497-8970 for details

please call for an appointment
Penticton's Holistic Health Centre 492-5371
272 Ellis St., Penticton

Make your Life Matter

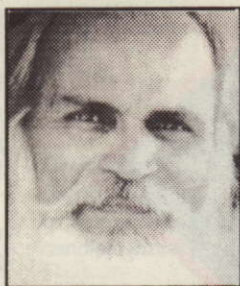
by Hermann Müller

When you are in touch with your inner self and your soul, you have it all, because your soul's already got it. You don't need experience, you need to get in touch with your inner self. You must stay in your body and not in your head, intellectualizing. The more you listen to your body and what it is telling you, the more comfortable you will be. I meet clients for the first time, they open themselves up in a way they haven't been able to with people they have lived with for twenty years. If they are not comfortable that they are already understood they cannot open up. They know I understand them, because their body will tell them that I am comfortable with them. Your body has sensory mechanisms that are listening, feeling and evaluating constantly. What we need is to get connected to our soul, then we can express our soul better. Then you can have a spiritual experience, being who you are. As you experience your spirit within you, you can feel beautiful wherever you can go and if you are in a group who don't like you, know who you are, and like yourself, then you don't have to make yourself comfortable or get them to accept you.

If you look at the basic principles, life is simple. We use less energy in the day when we use our energy in the moment and are focused. A lot of energy is spent chasing things that haven't happened. Thought is vibration, a wavelength and physical action is much slower. What goes through the mind in a few minutes might take hours to write down or days and years to do. What is the point of thinking so much and not doing. If you think and don't have the desire to do, what is the point. The reason your soul came into matter was to change matter for you. Unless we change matter we are not doing service. To change matter and make things happen is what excites the spirit.

This is why so many spiritual people feel misunderstood by society, unable to participate. Affluence and success is the proper use of energy. When you don't use the energy given to you, you are not in the present moment, your body is past tense.

Our purpose is to change all the time, unless we change and move on, are careful not to carry stuff that happened and is therefore part of the past, we are not evolving. *see ad below*



The Living Soul

with Hermann Müller

in **Kelowna** on World Tour from Australia

April 14 • Wed 7-10 pm - \$10

What Shape Am I In?

April 17 • Saturday, 9 am - 8 pm, \$150

The Art of Reading Faces

April 18 & 19 • Sun & Mon, 9 am - 8 pm, \$300

Body-Mind Analysis

private consultations also available
contact Nattalia (250) 768-9386

Heal with comfort



massage tables and accessories

light and durable antibacterial "naugahyde"
adjustable height easy, fast cable lock set-up

Plus set the mood with soft flannel or cotton linens,
relaxing music, scented lotions and oils, "bodyCushion"
support systems, bolsters, arm rests and more...

Order now

by the end of April 1999
and receive a FREE GIFT
– 500 ml of massage lotion.*



*with purchase of any table

Visa/MC Accepted Call Toll-Free
Massage Craft 1.888.207.0208

Celebration Time

Growing up in a large family out in the wilderness with many brothers taught me many skills. Being productively busy is one of them, for it seemed the sun would go down before we finished all that needed doing. We did have candles and propane lights, but they were used sparingly. This month's photograph is of me having my tenth birthday. I am the one behind the candle. I know this is my birthday party and not one of my brother's because there are more girls than boys in the picture. Hazel, Gail, Sharon, Laurie and myself were the only girls living in our small community, so it was a special occasion when they all came over for a visit and cake. Presents were usually money or a gift made by themselves or their Mom. This year on Feb. 20th, I enjoyed having my 47th birthday gathering and I made time for it. The twentieth of each month is my 'going to print' time and my day is usually spent on the computer putting the finishing touches to ISSUES. Thanks to all who came to my birthday and to those who sent their love and blessings, for I do know how busy life can get.

Life has always been busy for me. I reread some letters that I wrote to my Mom when I was fourteen and my opening sentence on all four of them was about how busy I was. Life doesn't change much unless we put our undivided attention on what we want and ask for it with all our heart. I love being busy, so I doubt if that will change. My challenge is to get clear on what I want to spend my time doing.



Last Sunday I made time for a walk in the sunshine rather than typing *Musings* so my story is short this month. Letting go of expectations and at the same time expecting only the best is what I am practising these days. I have ideas on how to make it work, but at the same time, I know I have to be flexible enough to keep changing as the circumstances do. I continue to do the breathing exercises that Ken teaches me, feeling deeply into my body, checking in as often as possible. Lately it is the sensations of anxiety and fear that I can feel moving in my belly. I give them space and instruct my brain not to get caught up in past patterns and to live in the moment. Each time I remind myself to let go of the past patterning, it fades a little.

For the past three years my hips have been shifting, a long slow process that seems to be coming to fruition. When I go for a walk I can feel my sway back tucking under and straightening. My shoulders are becoming more balanced over my torso which allows my neck to come into proper alignment. Straightening the twist in my hips and the curve in my low back gives me a feeling of weakness and there are moments when I wonder if what I am doing is for my best interest but they are short-lived. I breathe into the fear and remind myself of what

Ida Rolf said about the hips and the sacrum needing to be in alignment with the centre of the Earth so that we feel Her and get a clear connection to our purpose for being here, for I do want to do my best this time round.

Getting the hips to rotate meant my opposite shoulder had to loosen up and the thousands of small intricate muscles within the hips had to stretch and realign themselves. I give credit to yoga, rolfing and my emotional clearing process that I do weekly or monthly for it feels like completion is close, and at the same time I know it only readies me for the next step in my journey.

February is the month I choose my 'Universal lesson' for 1999, something to focus my intent on and to remind myself to do things in a different way. This year it is "Getting Clear." Getting clear with myself and what I want for me and the community that I live in; getting clear with friends, advertisers and readers about what is expected from all of us; getting clear with my business partners about what we need from each other to feel supported; and getting clear within myself on the qualities I need in a new business partner. *Issues* is now in its tenth year and I feel it is time for more input, more creative flow with someone who loves working on computers and has a vision of networking information. The possibilities are unlimited but it takes dedication, time and money to make it a reality. It is always exciting to see what the future will bring and time is our illusion, so what will be will be. I wish you love and light in manifesting your desires. Breathe deeply and get in touch with your body for it has the answers you need to make yourself healthy and happy.

Angèle



ISSUES MAGAZINE

☎ 492-0987

fax 492-5328

272 Ellis St., Penticton, BC, V2A 4L6

✉ E MAIL ...issuesmagazine@img.net

✉ WEB SITE

<http://issuesonline.mainpage.net>

ISSUES is published with love
10 times a year with shared months
of Dec. & Jan. and July & August.

ISSUES has a circulation of 18,000 to 20,000 copies. Distributed free throughout the Okanagan, Kootenay & Shuswap Valleys, we mail north to Terrace, Prince George, Williams Lake, Whitehorse and many small towns in between.

ISSUES welcomes articles by local writers. Please keep them to approx. 500-700 words. Advertisers and contributors assume responsibility and liability for accuracy of their claims.

AD SIZES & RATES

Twenty-fourth.....	\$35
Twelfth.....	\$53
Business card....	\$83
Sixth.....	\$108
Quarter.....	\$149
Third.....	\$187
Half	\$275
Full	\$468

Emotional Healing

by Kimberly Crawford

Have you ever wondered what is the most predominant factor in maintaining a person's overall health? Many health professionals point to tangible factors such as diet and exercise but one of the most important aspects of health maintenance overlooked is analysing and controlling one's emotions.

An interesting statement, but if you consider how emotions permeate our very existence, it is a perspective worth observing! All bodily functions are controlled by our emotional state in every respect. Imagine driving your car and suddenly a person appears in front of you. You instantly respond by slamming on the brakes (for a near miss, I hope!). Your body reacts to this by a sudden surge of adrenaline, your heart begins to race, you begin to sweat and shake, your vision and hearing become acute to the point of super-ability. Fear is not the only emotion that can affect us. Anger, anxiety, grief and many other emotions can affect us physically in many ways.

Emotional encounters that are negative, such as confrontations that cause anxiety, anger, frustration and hate (the worst!) cause natural chemicals (peptides) to miscommunicate with their receptors and cause all sorts of problems such as effects to breathing, blood flow, digestion (your stomach knots/physically drops), and the body's immunities and natural healing process is actually interrupted.

Such emotional encounters are normal and temporary but if carried for an extended period of time can affect health adversely. Being in control of your emotions and consciously observing your basic thought processes will allow you to be more aware of your emotional state. For instance, I make a point of questioning my thought processes (where did *that* come from) throughout my day.

Meditation has been my most beneficial tool over the years. When I started meditating a few years ago, my biggest problem was getting my thoughts to stop. I was always thinking something! The biggest benefit has been an internal calmness that has helped me in tight situations, including the adrenaline-rush moment. Staying relaxed helps me to heal faster and keeps me from getting sick as often. Also, visualizing pleasant scenes can help to keep me balanced and focused.

Much research has been focused on emotional health and it all pretty much comes to the same conclusion. You are what you think, so pleasant thoughts to you and happy healing!

Kim's Healing Hands

510 - 1315 Summit Drive, Kamloops, B.C. V2C 5R9



- Touch for Health
- Applied Kinetics
- Acupressure
- Body Management
- Light Therapy for Cranial Release
- Melchizedek Meditation Method

An alternative for total body management to optimize your health
phone (250) 851-2683



**ALTA
NATURAL**

trophic

Trophic natural vitamins, minerals and nutritional supplements are *exclusively* endorsed by the Canadian Chiropractic Association



HERBS & VITAMINS

**YOUR PRICE / VALUE LEADER
FOR GOOD HEALTH**

**"Our Alternative Lifestyle Products
Have Become Mainstream"**

The Bay, Orchard Park Shopping Centre
2271 Harvey Avenue, Kelowna, B.C.
(250) 860-2483



GET NATURAL
at the **Bay!**

\$2.00 CASH VALUE

The Bay
2271 Harvey Avenue,
Kelowna, B.C.
(250) 860-2483

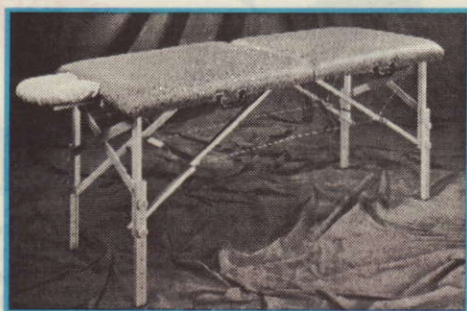


One coupon per purchase

5

Handcrafted Massage Tables

- 31 pounds
- quality vinyl
- 4 colours
- high density foam
- 29 inches wide
- Maple legs



Made in
Naramata by
althaea works



available at the Holistic Health Centre,
272 Ellis St., Penticton, BC, V2A 4L6
or phone for information 492-5371

THE MANY SPLENDID THING

3205 - 31st Avenue,
Vernon, B.C.
250-260-1027

Coffee & Hot Chocolate



Meeting room
available

Free on Tuesdays
to non-profit groups

Candles, Crystals & Ostrich Eggs

Personal Growth Books

Crafting Beads (incl. Pony beads & hemp)

Merlin Castles & Dragons

Psychic Readers & Astrologers available daily
Meditation Classes • Lecture Room Available



Earth and Spirit

Become more whole - join the polarities of life

We will focus on yoga's essence, which connects us to grounding and spirit. Also various types of meditation and work on our chakra systems.

Dynamic Harmony - Full Day Workshops

Revelstoke	Saturday, March 13
Vernon	Saturday, May 8

Earth & Spirit Retreats

Summer retreats at Rogers Pass (east of Revelstoke)

- Come commune with a group in a power place
- Weekend and week long retreats in July and August

For more info about these workshops, yoga classes
or personal consultations call **250-837-7478**

Rémi Thivierge is a yoga & meditation teacher and
therapist available in Salmon Arm and Revelstoke

Earth and Spirit • Gaia and Tao

by Rémi Thivierge

There are special places on Earth that have drawn people from all cultures - waterfalls, mountains, the shore of the ocean. Some of these spots are also very inspiring - they can help us feel more in touch with our spirit. We can call them power spots, or spirit places. However, most of us are not clearly aware of the energy that we can draw from these places. You might have a spot like this that isn't known to anyone else, or only a few. It might be a particular hilltop, or sitting under a special tree. Or is this something that you did as a kid but have lost touch with now that you've grown up? And has your life lost some of its richness as a result?

Mother Earth, Gaia, is suffering from all our misuse and abuse. She has gotten cranky, and throws out storms, earthquakes, global warming, floods and fires. There is now more and more ultraviolet light coming through the ozone layer. This negatively affects our immune systems and that of every other living creature around us.

We, especially in the West, have been consuming and polluting more than Mother Earth can handle. Did you know that we Canadians use more energy and pollute more, per capita, than any other country on Earth? Some of our politicians are talking the talk but no serious action is being taken. Most of us don't complain much — polls show that concern about the environment is a very low priority for the vast majority of Canadians.

More and more of us seem to have difficulty being grounded now because of all the earth's turbulence — we don't feel safe. As well, social and economic changes are part of the issue of not feeling solidly grounded.

It's becoming more and more important for us to get in touch with Mother Earth, and to visit power places, where it's easiest for us to connect with the Earth. Being busy running our lives, or focusing only on personal growth and spirit, is no longer enough. We need to recharge our connection with the Earth and do spiritual work in these special power places.

Rogers Pass, at Glacier National Park east of Revelstoke, is a great example of a power place to do that type of work. It's a powerful place — extremely rugged, steep mountains, many glaciers. Natives have never lived in that area because there was too much snow in winter. We can commune more easily in such a wild, undamaged place, than we can in tamed places - in our back yard or near our homes.

This coming summer, the last summer before the millennium, I would like to propose that you join me for a retreat at Rogers Pass. To bring together the Earth's energy and that of the universe, of Tao — within your own spirit. Some say that we might even be able to give some of this energy back to Mother Earth, to celebrate her, to help her heal. At the very least, we can thank her for all she has provided us.

This time at Rogers Pass will be a time for us to do some deep spiritual work together and to commune and share as a group — to do some yoga, various types of meditation and work on our chakra systems. As we work toward uniting these two polarities - Earth and Spirit, we will also spend time working toward uniting other polarities within ourselves - integrating mind and body, strength and sensitivity, personal growth and growth relationships.

See ad to the left.

From the Editor...

Chit Chat

with Marcel



Quite often in my daily work I observe and come in contact with people who are discouraged and dissatisfied with the state of the world around them. These conditions are making them angry and they are attempting to protest and 'fix' what they see as turmoil and outright deceit and dishonesty. Their efforts are largely involved in attacking this negativity and trying to create change from outside themselves. It is so easy to be ensnared by this mind set because to our logical minds this seems to be our only recourse.

However, if we listen to some of the new teachings that have come forth in the last several years, we are going about this process from the wrong direction. What I hear these teachers saying is that what we see in the world around us is merely a reflection of what is in ourselves and in order to "fix" what is out there we must first change this inner cause. It is fruitless to struggle with outer conditions; the only valuable arena for our efforts is working with our own personal growth. I find that as I endeavour to bring love and light into my consciousness, the reflections that I see around me reflect more love and light. Because of this I am beginning to realize more and more that my outside efforts will not produce lasting results until the source of my discontent has been eliminated from my heart and mind. This applies on a global basis as well as personally. Society will not evolve into harmony and balance until the individuals within it evolve into harmony and balance. Our health care system will cease being over burdened only when we create health within ourselves; our governments and institutions will serve us well only when we create trust and honesty within ourselves; our societies will stop warring only when we create peace and harmony within ourselves.

So perhaps the only worthwhile 'outside effort' is the education of individuals; encouraging people to take responsibility for themselves as well as the world around them by working on their own health and personal growth. When more people in society become aware and enlightened and have expanded their own consciousness, the governments and institutions that they are working in will begin to reflect this expansion and harmony.

At Issues we desire to be a part of this by informing and encouraging people toward their highest potential. We hope that our informative articles and stories of change in peoples' lives will inspire others toward a new awakening and that the advertisements will give them information and ideas on how to go about this process. Our endeavour is to eliminate the darkness by spreading love and light, while still supporting freedom of speech by allowing people to express their own ideas.

marcel



The
Melchizedek
Method



Patricia Zierler & Gayle Swift

Certified Teachers of the Melchizedek Method
Reiki Masters/Teachers

The Hologram of Love Workshop

activates the Merkaba Lightbody with 3 easy breaths
and encodes the chakras

The Melchizedek Method

is a whole new formula for body, health, harmony
and spiritual ascension

Reiki Workshops (all levels)

a safe, gentle hands-on technique offering practical skills and tools
for clearing and healing emotions, attitudes and physical self.

Please call for the next available course.

Gayle 250-545-6585 • Patricia 250-260-3939 • Vernon, BC

PRIVATE HEALING SESSIONS AVAILABLE

The Heart of the Universe

by Heather James

I saw the most amazing sight last evening when I was out walking grandbaby, Ben.

The empty lot down the street was a shimmering green and in the very centre of this vast space were three red tulips glowing like a tiny, huge heart. No other colour, no other flowers, just three tulips in a sea of green.

You couldn't see them from the street if you drove by in a car. You had to walk and be keeping a close eye on the world. The lot falls away from the street and the ground was uneven, falling in miniature hollows and hills. And there, in the centre of this untended green were those three perfect tulips. Unexpected and beautiful, perfect just as they were.

No one has ever lived there, save the mice and grasshoppers. There has never been anyone to plant these around a front porch. How did they get there and not only survive but thrive with exuberance?

A dog barked, a car went by and we walked on slowly, our hearts stronger from that one wee glimpse.

Business Opportunity

Jan, Marcel and Angèle, are looking for a fourth working partner. Someone with time and money to help ISSUES Magazine and the Holistic Health Centre continue to expand.

Please drop by 272 Ellis Street,
Penticton, BC
call 250.492.0987
or fax us 250.492.5328.



Soul Journey
presents
March 19, 20 & 21
Kelowna

Stargate Ascension

Welcome to Stargate Ascension Weekend with Craig Russel, angelic messenger and author and Paul Armitage, composer and celestial music channel. With assistance of the angels Akasha and Asun, this weekend is designed to quicken your "Path of Ascension." We will experience informative discourses on ascension, Seven Ray meditations, in-depth initiations, ascension healing and attunements and work with the Merkabah, the Super Electron, and the Diamond Heart this weekend. We will hold a focus on Beloved Ascended Master Saint Germain and the Grand Master Melchizedek to assist each person to increase their personal vibration of Light and Love.

The Best Western Hotel, Hwy 97, Kelowna BC

March 19 • 7-11 pm,

March 20 & 21 • 10 am - 6 pm

Admission \$175 *Bring pillow and blanket*

In Kelowna: Jenny 250-764-8740

In Vernon: Deanna 250-558-5455

In Kamloops: Theresa 250-374-3104

Web Site www.soul-journey.com

Back to Life Energy Awareness Seminars

around the world...

Facilitated by:

Shelley Coleman
& Denie Hiestand



UPCOMING SEMINARS:

Rigi Mountain, Switzerland April 24-28

Silver Star Mountain, Vernon, B.C. May 8-10

Fort Saskatchewan, Alberta June 6-10

Read "Back to Life" and see whether this is for you.

Call Elaine for a school catalog: 250-384-7064

or email us at info@vibrationalmedicine.com

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 insurgence 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.

"Honor everything and everything with honor."

Sacred Science, Geobiology & Working with the Devas

by Christian Hummel

I first became acquainted with the term "geopathic stress" when my friend and mentor, Drunvalo Melchizedek, brought Slim to a Flower of Life facilitators' meeting in January 1997. Slim had invented some tools which used in conjunction with some waveform tapes cleared pollution in the city of Denver in 1992. I brought Slim to California three times and each time I learned more about his work and his tools. Finally, I asked permission to share the information in his workshops. Thus I began to share with others his work with the tools and their application for individual use. First I talk about geopathic stress lines and Hartmann grid lines—how to detect them, what their effect is on health, sleep patterns, financial flow, mental clarity, and many other symptoms that are well documented to be related to geopathic stress.

I began to research these geopathic lines, what they were, how they originated and how to heal them. What I knew from Slim's research was that they were zones of stressful energy that had a negative effect on life—plant, animal and human. They also seemed to affect inanimate objects like cars, appliances, plumbing and so on. We had many reports of people blocking the geopathic stress lines going into their house or office, and suddenly appliances that didn't work before began working! Others reported that houses on the market for three years sold within weeks of blocking the geopathic lines. The case histories were endless. It made sense from a Feng Shui point of view.

Little by little I began to feel uneasy about simply diverting these lines into someone else's back yard. I wanted to know how they were generated, and if there was a way to heal the energy permanently. It was at this point that a friend of mine returned from an open house at the magical garden of Perelandra in Virginia, where they had daily miracles in their garden through working with the nature spirits, or devas. He came back excited by the possibilities of working so creatively with the devas and using Machaelle Wright's techniques for designing and creating a garden by cooperating with them.

In preparing to get a garden ready, Machaelle outlined the steps for healing the land of geopathics. What? *Healing them?* This was the missing piece. I called Perelandra's office and spoke with one of the people. Yes, they had heard of Slim Spurling; he had come out there sometime in the past. But the information they had about the geopathic lines came from the devas themselves.

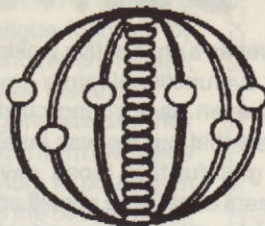
What they had to say about them was that the geopathic zones are the accumulation of humanity's emotional and mental residue that has been absorbed by the land—psychic garbage, so to speak, that has collected into rivers or currents of energy. It came from such things as emotional energy the land had absorbed from battles in the area. According to Slim's research, these energy rivers are then drawn to areas that are natural flow patterns in the Earth—either the earth's electromagnetic lines (in the case of Hartmann lines) or naturally occurring conduits such as fault lines, fissures, underground water tables and rivers. Machaelle was told that the nature

kingdoms served to hold these lines of energy until humanity matured enough to take responsibility for healing the unresolved energy.

Well, that sounded a bit far out to me, but I was living in a house that was a geopathic nightmare. If it could work on my house, it would probably work anywhere. So I was willing to give it a try. We did the procedure outlined in Machaëlle's book, *Perelandra Garden Workbook*, Volume 2, but instead of doing only the garden area, we did the entire forty acres — the whole hillside our landlord owns. The entire process took about an hour, one that would have taken weeks with the rod-in-the-ground method. I was a bit skeptical, but willing to try anything that would better the situation at my home, which had been almost unbearable.

Within twenty-four hours we went and dowsed the property, and to my surprise, there were no lines at all! More dramatic was the change I noticed almost immediately on the property. The landlord, who was a forty-five-year retired marine, changed almost overnight from being very militant, barking out orders to those around him, to having a soft, sweet and sensitive demeanour. I was amazed. I began to notice within days a tremendous influx of animal life onto the property. Rabbits, hawks, owls, hummingbirds, dogs, roadrunners and even a friendly skunk who adopted me were all new found visitors to the property. The opposite was true of the persistent ant problem. As a last resort I had begun to bombard them with a pesticide (something I am loath to do) because I was besieged with a sea of them carpeting whole areas of the house. It turns out that ants and pests live off the DOR energy and the geopathic stress! Well, within two days the ants were gone completely. Another sign that something had changed was that the trees I had planted (which, once planted, immediately lost all their leaves) began to sprout new growth in the winter no less! So there were clear indications that this was working.

Once we discovered that working with the devas to heal the geopathics was a verifiable reality we began to go to work on all the areas we had previously yearned to do, but were either not allowed to or were prohibited by the time and space limitations of the old method. Our first experiment was the town of Victorville, California. On our trip there



Sacred Science Geobiology & Earth Acupuncture Training

facilitated by

Christan Hummel & Diana James

June 11 - 13 • Vernon, BC

Through advanced subtle energy technologies using light, sound and sacred geometry, the Geobiology Research Association has developed a means to reduce pollution, decrease stress and improve personal health. In this workshop you will:

- Learn about the environmental Cleansing Project spearheaded by Drunvalo Melchizedek, Slim Spurling and assisted by hundreds locally.
- Learn to dowse for harmful geopathic stress zones and discover how to heal them to restore harmony to our own environment.
- Learn how to work with the Devas to permanently heal and transmute these earth energies in your environment.
- Explore applications of these tools for individuals and health practitioners.

Call your area coordinator for more information

Merlin Beltain 250-542-5940

Email: merlin@bcgrizzly.com

The course concludes with a special one day experiential Earth Healing session which will teach people how to communicate with the devas and how to work with them to heal Earth stress for whole cities.

Cost: \$280 Cdn. for pre-registration, \$295 Cdn. after June 4th

VISA, MASTERCARD, AMERICAN EXPRESS ACCEPTED

See our website at: <http://www.earthtransitions.com>

we encountered ninety-mile-an-hour winds. When I inquired inwardly what that was about, I got the message that it was a result of the geopathic imbalance of the area. Well, I knew that there were documented cases of geopathic energy buildup related to earthquakes, so this didn't sound totally outside the realm of possibility. In Victorville we did the clearing technique and left for home. The next day the news predicted fifty-mile-an-hour winds, but instead there was nothing except complete stillness. At this point I began to think we might really be on to something.

We have done enough areas now, all with the same verifiable results, that I know that this method is effective for healing the geopathic stress zones. We have found that by working with the surrounding devas in the area we can even clear the geopathics for the down-

town area of an entire city. We have done this already in San Diego, Corpus Christi and San Antonio. Not only did the cities feel better afterward, but you could see a visible difference.

In San Antonio, a person assisting who worked there commented that there were ducks in the river. I didn't think much about that until he said that in the twenty years he's worked there, he had never seen ducks! The next day we saw not only ducks, but a crane as well.

I have come to realize that this is one of the many gifts that Earth herself is giving us to enable us to heal much of the emotional, mental and physical damage that has been done. The Hopi prophecy is that the Earth will be totally healed before we make our transition to the next level. I believe that this is one of the ways she has given us to help restore the Earth to her once-pristine beauty.

THE NEW DAWN

by Dawn King

My life has been a colorful one. Living as so many of us did in the past, I was a child of parents lacking the skills to meet my needs, particularly the emotional ones. So I decided to attempt to fulfill them on my own. At the tender age of thirteen I was on my own, working full-time (I looked older than my real age) and quite content with my new-found freedom. Denial and pain were glossed over with parties, alcohol, drugs and food. I put on a brave front but my world was shaking like an earthquake, and like most earthquakes, it left a path of self-destruction and problems. However, as I look back on those days, the pain was part of the vehicle that brought me to the life I enjoy now.

I remember as a child of five looking around at my dysfunctional family environment, and even as a young child I somehow knew that our life was insanity. I am so grateful that those days, nights, and years of abusing myself and being abused by others have actually led to my healing. I have been blessed with the tools of a survivor... a determination, will and spirit that would not be broken. I always knew that suffering was temporary and that I had something of value to pass along to others.

Since becoming a healer, (I believe we are all born with healing abilities) I have found that the more I healed, the more I was able to assist the healing of others. Daily my heart opened, forgive-

ness became my purpose, and I began to expand my passion and abilities to help others.

I started practicing in 1988, specializing in Applied Kinesiology, and sought as much knowledge as I could get about nutrition. Employed as a full-time practitioner in a clinical setting for over two years with skilled teachers, I honed my skills. But I longed for my own business. In 1991 I believe my heart was opened wide. I met my husband Robert, renewed and re-committed my life as a mother of three, and asked God to use me as a healer of our planet and its people. I started my own business.

Personally and professionally I am a results-driven individual. So I proved to myself with thousands of clients that my system of healing, (which has expanded to include Neuro Linguistic Programming, Educational Kinesiology, and Touch For Health, herbs, nutrition, a variety of energy modalities, and a commitment towards maximizing the human potential) created life-changing, long-lasting results. As my expertise and confidence grew I worked with clients from all over Canada, the U.S. and Europe, addressing illness and pain of all kinds. I have been privileged to teach what I know to hundreds of practitioners, have designed and facilitated wellness programs for the B.C. Government for women of abuse, and have accepted numerous engagements as a professional speaker.

In 1996 I designed and taught the first Professional Practitioner Training Program. It has been an honor to expand, improve, and offer the program regularly since then. It is my passion to share a deeper level of knowledge with my students so that they may better help their clients. Perhaps it was due to my own frustration as a student, even as an adult, that made it so essential that my programs employ cutting edge teaching techniques, delivered in a safe, caring, accepting, and playful environment. As a result, all of the graduates are confident and competent practitioners.

As a teacher, I am inspired by the student's desire to heal. As a healer, I am grateful for God's gift. As a person, it is my absolute purpose in life to lead the people of our planet through a journey of self-healing and self-discovery.

See ad to the left.

Our Winter Program is Full Now it is Time To Spring into...

1999 Professional Practitioner Training Program

Join us this spring for nine life-changing weekends in Kamloops, BC
presented by **Dawn King Health International**



Spend 9 weekends with Dawn that will empower and create lifelong health for you and your clients

- ◆ **Certification** and training in the leading technologies in natural health today.
- ◆ Book these dates now: Apr. 17 & 18, May 1 & 2, May 15 & 16, May 29 & 30, Jun. 5 & 6, Jun. 12 & 13, Jun. 19 & 20 & Jun. 26 & 27.
- ◆ Includes **business training** and follow-up support.

This training is for the committed individual who seeks high personal and interpersonal skills as well as top-notch hands-on healing skills. Become the practitioner you've always wanted to be and design the business you deserve! Do it in just nine weekends and be certified this summer!

Investment: includes certification in Touch for Health 1-4, Educational Kinesiology & Reiki plus Advanced Professional Practitioner training, Neuro Linguistic Programming & Counselling skills, nutritional consulting, business planning and marketing.

All materials included \$2,500 plus GST on or before March 15, thereafter \$3,250 (value over \$5,000 if these programs were taken separately)

"This program has been so worthwhile! It has given me the tools, the confidence, the determination to start and succeed in my business." J. Matthews, Calgary, AB

"...the greatest life and health changing program to ever come to this area. Professionally I have been trained by the best, and personally I have been with the greatest." T. Beddington, Kamloops, B.C.

REGISTER TODAY ... by calling 250-573-2663 or toll free 1-888-580-8883
Dawn King Health International, 1201 Clearview Drive, Kamloops, B.C. V2C 5E7

Email: rpking@bcsympatico.ca

All trainings 100% satisfaction guaranteed!

"resources for creating extraordinary health and exceptional living!"

Woman to Woman

by Nicky Stewart

What does International Woman's Day really mean. It is clear that in the past one hundred years women have made enormous strides in public life. It has also been a time of tremendous change and enlightenment. This is a period in history that all of the ancient cultures and prophets have spoken of. It is characterised as a movement into deeper spirituality supported by a yearning force to explore and understand the God and Goddess, Native American traditions, shamanic training, and much knowledge related to Mother Earth and the close relation we share with Her.

We live, however in a patriarchal society where the controlling energy or power of this system, namely *fear*, has begun to tighten its hold. Throughout time, women have all, at one time or another, adapted ourselves to this fear consciousness. We have done this by becoming more like men, the very creatures we spend so much time trying to change and accuse of destroying the world. Now at this time in history we realize that *fear* does not work!

Yet, men in power continue to create a force field that attempts to pull us into their fear/s - real or imagined - and draw us into this vortex. As women, we need to ask the question "why?" We need to examine from our hearts, from our wisdom what we *know* to be true about feminine consciousness and its place in this world. Quite possibly, we have been under siege for so long that like children who have been confined for too long we have lashed out in anger towards the world and the ruling patriarchy, for not being heard, for not being recognized, and for not being able to be who we are.

This is a difficult time! But as all the ancient teachings suggest: difficult time holds deep and profound lessons for each and every one of us. We are in an adolescent era where all that we have known to be traditionally solid is being torn down by our own awakenings to truth. We are deconstructing our known heroes and our heroines and as a result find ourselves in a void.

As adolescents we are also learning to put away negative or childish behaviours and developing the ability to

respond responsibly! This stage is also characterized by the process of nurturing and honing our gifts and talents that would benefit not only ourselves but those around us. This process allows us to follow our own path with the best mentors society has to offer. Thus everyone is served through the teaching and the learning. Unfortunately this type of harmony is rarely found today.

Lacking heroes or heroines, we continue to lash out at one another. We support the underdog. We have great empathy and many soothing words for those who are victims and for those whose lives are a continuous roller coaster of drama and crises. But, what happens to the women who overcome, who succeed, who learn to be the greatest she can be? They fall away and stand alone - many unsupported. Is it possible she could replace the void and become the mentor all our daughters and ourselves so desperately need?

And who are these heroines? They are not the superwoman we have come to expect and accept as normal. They are not the doingsness of men in action. Instead they are women who stand still and allow time to flow into, over them without getting caught up in the action of having to do. They are women who just are. They nurture us through our adolescence with their deep wisdom, experience and understanding. Look around women, see who they are! Honor them! Celebrate them! It may in fact be you.

Nicky Stewart

presents.....

A Women's Healing Circle

The next 6 week Personal/Spiritual Intensive is on Relationships

Tues. 12 - 3 or Thurs. 7 - 10

Angel Adventures

Advanced workshop in partnership with your angels.....Sat. Mar. 6 1-4

Feminine Rites of Passage,

Puberty/First Blood..... Mar. 27 10-4

You the Mother/Giver of life. Apr. 24 10-4

Wise Woman/Crone..... May 29 10-4

Tribal Woman..... June 26 10-4

Advance registration required

250-490-8055 • Penticton

Picket Fence Elder Home

- Resident Facility
- Day Program
- Temporary Stay

For more info:
764-2868 or 878-0302
656 Berk Court,
Kelowna, BC

PICKET FENCE ELDER HOME

Welcome
to an Intuitive Healing
and Spirituality workshop
with clairvoyant medium
SARAH SCOTT SIMONSON
March 13 - 14, 1999
in Westbank
(accommodation also available)

Guided meditations and
spiritual healing with
MICHAEL SIMONSON
each Mon. Weds & Sat.
in Westbank and Vernon

For more information, private
readings and healing sessions
Phone **1-250-768-0449**

KINDRED SPIRITS

HAIR, BODY & SOUL
nourishment

496-5360

AROMATHERAPY
MASSAGE

PERSONALIZED
HAIR CARE

STRESS RELIEF
TREATMENTS

MANDALA BOOKS

3023 PANDOSY STREET
IN THE MISSION, KELOWNA
860-1980

**New
Location**

NEW & ANCIENT SPIRITUALITY HEALING ARTS & SELF HELP
MEDITATION & RELAXATION MUSIC VIDEOS
BACH FLOWER REMEDIES TAROT & RUNES
JEWELLERY CANDLES INCENSE WINDCHIMES
SUNCATCHERS AND PRISMS AROMATHERAPY

Now in stock.... Beautiful Indoor Waterfalls

Astrology Services

& Computer Reports
Personal Astrology Readings
with Guy or Bonnie

Readings with Dee

By appointment
Saturdays 10 - 4
Clairvoyant • Tarot

OPEN MONDAY - SATURDAY 10AM - 5:30PM



Touchpoint

WANT A CAREER CHANGE?

TOUCH FOR HEALTH SEMINAR

Levels 1 through 4

Vancouver April 1-5 Easter Weekend

HOME STUDY

Courses available

Yvette Eastman • 936-3227

Toll Free • 1-800-211-3533

(outside Lower Mainland)

Email: yvette@touchpointreflexology.com

Website: <http://www.touchpointreflexology.com>

SHERA K. FARRELL



Intuitive consulting covering
major areas of your life;
personal, business, relationships.

- Past Life Regressions
- Numerology
- Palmistry
- Psychometry
- Auras
- Hypnosis

Taped Consultations
in person or by telephone
Peachland • 250-767-9555



Jin Shin Do®

by Deborah Holmes

Jin Shin Do helps to balance the body, mind and spirit. For me personally, a Jin Shin Do session relaxes me much more than a massage does (even though I also enjoy massages), and the effects often last for several days. I have experienced relief from headaches, back pain, and symptoms related to my menstrual cycle. It helps with hormonal balancing, and can help to boost the immune system and relieve sinus pressure.

Emotionally, Jin Shin Do has often helped me deal with stress and feeling overwhelmed by my busy, hectic life and all my responsibilities. After a session, nothing in my outer world has changed from two hours earlier (at the beginning of the session), but something has shifted inside and things don't seem as hard to cope with. Sessions have helped me deal with emotional upsets, conflicts at work and old issues from my past.

Jin Shin Do workshops have been a big part of my spiritual growth during the past seven years. I view the world from more of a Taoist perspective, and I feel more connected to Spirit and to the Earth. I am able to be a witness more often. Even when I am very emotionally involved in a situation, there is a part of me that is watching and observing how I am reacting, and I am able to be more objective. I find it easier to be of support to others as well, without trying to "fix it".

I am more in touch with the seasons, and I can see patterns in people's actions, as related to the seasons. For example, fears often surface during the winter (water time), and anger is more evident in the spring (wood time) or if a person has an imbalance in wood. Conversely, spring can be a time of motivation and getting started on projects, after resting during the cold, dark months of winter. I actually look forward to winter now as an opportunity to rest and go inward (I just wish I had more time to do this!)

The people I have met through Jin Shin Do have been very important to me, particularly my two teachers, Noël Taylor and Tolling Jennings. I have many close friends, and I feel more supported by and connected to others. It is getting easier to ask others for help — something that was difficult for me to do in the past.

Jin Shin Do has been such a gift to me, and I have seen others blossom with the support they receive during sessions and workshops. *See ad below.*

Jin Shin Do®

Bodymind Acupressure™
Basic Workshop

with Deborah Holmes



March 13 - 17.....in Salmon Arm, B.C.

Cost \$400 (\$350 if registered by March 1) - Review \$200

For more information and registration call:

Karen Ngai **250-832-2228**

Deborah Holmes **250-334-3428**

**WESAK
Full Moon of Taurus**

Friday, April 30th, 1999
7 - 10 pm
Saturday, May 1st, 1999
9:30 am - 6 pm

Special guest speakers:

Bozenka
Troi Lenard
Craig Russel

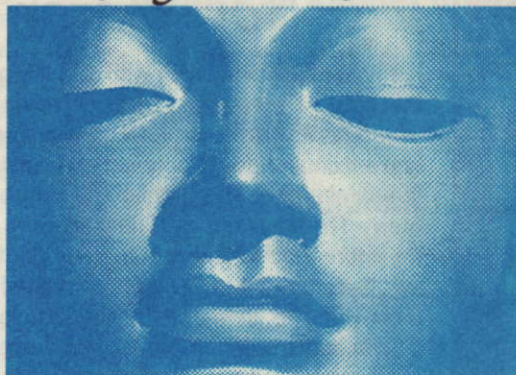
KEYNOTE SPEAKER

Ashleigh K. Ryane

Presale event only!

Optional Banquet and Dance
"Joyfull Sound" Saturday
evening, tickets \$40 (cost!)

The Third Annual
Okanagan Wesak Festival



"The Shining of the Countenance"
A TIME OF LOVE AND SHARING
WHEN HUMAN HEARTS RECEIVE HEAVENLY LOVE

**At Beautiful Silver
Star Mountain Resort,**
20 minutes from downtown
Vernon, BC.

**NO TICKET SALES
AFTER APRIL 22/99**

\$100 to April 1st
\$125 after

Patricia Zierler
250-260-3939 (tel)
250-260-3963 (fax)
pzierler@cnx.net

Produced by
Ashleigh K. Ryane

FENG SHUI

The Ancient Chinese Art of Placement

by Vicki Stefopoulou

Feng Shui means "wind and water." It refers to the land, the topography of the earth, mountains, valleys and the laws of nature. Feng Shui is used to find the most auspicious site in the placement of the home or business. The principles of Feng Shui, when applied bring harmony, prosperity, good fortune, health and loving relationships to those who use them.

These natural laws are based on the understanding of the dynamic flow of energy. It is nature breathing in and breathing out. This energy moves through everything that is alive. It flows through rivers and valleys and mountains, gardens, people, animals, homes, and work environments.

Chi energy likes to circulate, dance in its own universal way—creative, unhindered and effortless.

When Chi circulates it brings balance, goodness inherent and abundance without struggle. When the flow is blocked it prevents opportunity, the energy feels stuck and so do the people occupying the space; life seems as if in a constant uphill climb.

The understanding of the five elements (wood, fire, earth, metal and water) the controlling and creative relationships between them and the use of the bagua map makes the practice of Feng Shui a very easy and practical tool to use.

When learned and practised in your life, Feng Shui creates an environment of peace and harmony and aesthetic beauty. It is a lifestyle where the interaction of nature and Self is celebrated and enjoyed.

See ad below

Introduction Friday, April 9, 7:15 \$5

Feng Shui Workshop

April 10 • Sat 10 - 2 pm • \$50

at the Juicy Carrot, 254 Ellis St, Penticton, 493-4399

bring a Lunch or enjoy the Lunch Special.

Shae

PSYCHIC CHANNELLING & TAROT READINGS

SHAMANIC HEALING

Soul Retrieval, Past Lives, Extractions, Spirit Guides,
Soul Rescue, Conversations with the Spirit Realm
Home, Business and Property Readings

BODY MEMORY READINGS

We find the memories locked within your physical body and
release them, allowing for healing to take place.

ENERGY THERAPY

Stress Reduction, Physical/Emotional Release, Relief of
Chronic Pain, Long & Short Term Health Issues.
Aleo Pete & Children

FOOT REFLEXOLOGY & EAR CANDLING

Candles retail and wholesale

PHONE CONSULTATIONS

*Connect with your Highest Potential!
Ask us about our full line of Spirit
inspired healing body products!*

OFFICE SPACE FOR RENT, DAILY-WEEKLY-MONTHLY

1-250-828-0370

#201-255 Victoria St., Kamloops, B.C. V2C 2A1

E-mail: jams@kamloops.net

ChicoLin or Dahlia Inulin

**DON'T LET THE UP
AND DOWN OF SUGAR
LET YOU DOWN!**

NEW



The ultimate complex carbohydrate
Keeps blood sugar level for 10 hours,
has zero glycemic index, ideal for
weight control, sports nutrition,
bifido bacteria growth medium and
increase of total energy reserves

Ask your local Health Food Store or
Phone Bioquest at: 1-888-922-0285

Astrological Forecast for March by Moreen Reed

We jump into March with a Full Moon at 10:58 pm. We are asked to shine the light of awareness on our spiritual journey, and/or connection to the 'mystery'. In particular, how can your spiritual path help you to face humanity's current challenges of connecting to instinct, natural law and to a world view that is sustainable? The highlighted degree symbolism* 'An examination of initiates'. The keyword is Qualification. Can you allow reality to expose and therefore inspire others with your spiritual trust?

Saturn reality and Neptune vision have been in and out of a square dance since June 98. In March they heat up for their final dance the first week of April. These two challenge our fears around disappointment—for example, when reality turns out not to be as we envisioned it. Can you still seek to manifest without getting attached to the outcome? Action is required to take a vision into reality, hesitating, waiting for a sign will not work. The leap of faith is required! Course corrections are only obvious when you are engaged in the journey. In the news the start of this cycle was in 1989. New visions of reality that were put forward then are now expected to have a concrete form.

Mercury makes its first Retrograde of 99, on March 10th. While Mercury is retrograde, familiar channels of communication become tangled and confused. Expect delays and changes in plans. This is a great time for right brain activities like art and meditation. You'll find yourself re-evaluating and reconsidering major issues. Hold all final decisions and approval until after Mercury goes direct on April 2nd. Let your sense of humour overcome the challenges of the unexpected adjustments. On March 13 Pluto makes its annual Retrograde station, from now till August 18 the status quo will be challenged to evolve by those who feel oppressed and disenfranchised. In the news today we can see possible reconciliations occurring where the striving for understanding brings clarity to the objectives sought. World markets will take a sudden turn.

The New Moon is at 10:48 am March 17th. Today we can plant seeds of spiritual renewal, to your connection to transcendental law. Highlighted is the opportunity to take responsibility for the quality of your relationships. Do you passionately seek genuine understanding with "other"? The highlighted degree symbolism is the 'A Harvest Moon'*. The keyword is Benediction.

March 18 is a big day. Mars makes its first station since February of 97. During retrograde Mars we are all asked to question intentions, in particular as it pertains to issues motivated by feeling powerful or powerless. Any intentions that become stalled today will resume progress, with alterations, the first week of August 99. In the news there is a lack of clear judgement, which leads to disharmony and an inability to adapt or adjust; this causes negotiations in politics and business to break down. Forward momentum for Mars resumes on June 3rd. Both Mercury and Venus change signs today adding to the energetic mix 'ups'. The mind (Mercury) shifts back into a spiritual mode with its retrograde motion taking it back into Pisces. Venus moves on into sensual Taurus, allowing us all to slow down and smell the spring blooming.

The spring equinox is at 5:46 pm on March 20th. This turn on the wheel corresponds almost exactly with the annual Saturn Venus conjunction which occurred the day before. This is the reality test of our collective values and this year it is in Taurus, an earth sign whom many say is ruled by the earth. This begs the question, "Do we value Her?" Action always speaks louder than words...

March ends with another Blue (Full) Moon at 2:49 pm. We are asked to shine the light of awareness on our personal intentions. Are you able to see where your motivation is taking you? The events of the past week will be a good indicator. The highlighted degree symbolism is "The President of the country"*. The keyword is Idealization; the self-sacrifice required to be the creative representative of an eternal value. This day we will also see passions running high as well as fear, as we head toward the looming reality test (Saturn) with vision / illusion (Neptune) on April 6th.



**Creative
Insight**
with
Moreen Reed



call 250-213-8957
1-800-667-4550
(Voice Mail)

Nelson April 14 to 21
Contact Debbie at 352-2326

Penticton April 23 to 25
at the Spring Festival, call my 1-800
beforehand and arrange a time.

Daily forecast available
on my web site
<http://cariboolinks.com/cardinal/astrology/>

E-mail:

Moreen_Reed@bc.sympatico.ca

Miracle Man

by Diana Cole

I am a patient of Joel Whitehead, located at The Lakelands Acupuncture & Chinese Herbal Centre in Kelowna and I would like to share with you my own personal experiences I've had with this incredible healer I call the Miracle Man.

For many years I led an entrenched street existence; a life of prostitution, cocaine and alcohol. Three years ago I turned my life around. I moved in with a dear friend of mine, now my fiancé and best friend. I was a mess. I was determined to get off the streets and kick the drugs and alcohol. I became very ill. The excruciating pain throughout my entire body was unbearable. My legs and back were getting very weak. It seemed almost impossible. I sought help from various doctors and other professionals in the field of medicine, enduring numerous tests and prescriptions. I was admitted to the Hospital Emergency where they conducted more tests and x-rays. I was devastated. Were they ever going to find out what wrong with me?

By this time I was walking with a cane. One day I was in so much pain my fiancé called an ambulance. I spent the night in the Hospital and the next morning I woke up with no feeling in my Legs. This condition lasted for several hours. Next, I underwent physiotherapy, chiropractor, and massage therapy treatments which seemed to worsen my condition. I was constantly in tears wondering if my condition would ever improve.

Out of desperation we decided I go to see another Chiropractor. We ordered x-rays and discovered I had no bend in my neck, sublexation and a second phase degenerating spine. I was devastated. I was told there wasn't all that much they could do for me. I was suicidal at this point. I knew I couldn't go on any more. Then I met Joel Whitehead. Joel told me he could help me with my medical problems including the degenerating spine. I was thrilled. The diagnosis was that I had a kidney yang deficiency, a prolapsed stomach, liver blood dryness, a bacterial infection, allergies to eggs, milk, and several other things. My body wasn't absorbing calcium, B vitamins or iron. I believed in Joel's ability to heal so I couldn't wait to get started.

Joel prescribed some Chinese herbs, energy treatments, and a special diet that I had to follow. My condition improved and I was able to walk without hanging on to the walls or furniture. Then came the Nesshi treatments. I no longer have a prolapsed stomach, my organs are healing and my back feels a whole lot better, except for a lower back pain due to deficient kidneys which he is currently treating. Joel also gave me treatments to help with some painful childhood memories. He successfully treated me for stress, fear, milk, sugar, pain, and a painful bacterial infection. My body is now able to absorb calcium and other essential vitamins and minerals. Every day I look and feel much better. Joel has taught me many things including how to eat healthy and nutritious foods.

My fiancé had serious lung problems. He went to see Joel as well. Joel diagnosed the condition that is known as damp heat. Joel prescribed several herbs and now my fiancé can breath sweet air for the first time in twenty years.



OKANAGAN MASSAGE THERAPY

Mary Hansen, RMT

Gift Certificates Available

330 Ellis Street
Penticton, B.C.
V2A 4L7

Ph: (250) 492-8421
Fax: (250) 493-4709



WINDSONG SCHOOL OF HEALING LTD.

DIPLOMA/CERTIFICATE PROGRAMS
MASTERS DEGREE IN HOLISTIC HEALING

ORIENTAL BODYWORK THERAPIST
ENERGY HEALING PRACTITIONER
IRIDOLOGIST PRACTITIONER
TRANSPERSONAL HYPNOTHERAPIST
REFLEXOLOGIST

302-918 ISLAND HWY.
CAMPBELL RIVER, B.C.
V9W 2C3

Email:
windsong@island.net

FOLK MEDICINE/STUDENT CLINICS/ WORKSHOPS

PRACTICING ALTERNATIVE HEALING ARTS FOR 25 YEARS

* REGISTERED WITH THE PRIVATE POST-SECONDARY
EDUCATION COMMISSION OF BRITISH COLUMBIA



Acupuncture &
Chinese Herbal
Centre

featuring
'Nesshi' Therapy

Joel Whitehead, D.T.C.M.

All Acute Chronic Disorders #102-1100 Lawrence Ave.
Sports Injuries, Stress, Kelowna, B.C. V1Y 6M4
Anxiety, Depression (250) 763-9805
(Disposable Needles Used) (250) 494-8540

I've spread the news about Joel's ability to heal to several professional people, family, friends and even to strangers I have met on the street. I see a lot of extremely happy faces coming and going from his office. I can't help but spread the news everywhere I go.

Joel has totally changed my life. I am no longer suicidal. I don't have to worry about being confined to a wheelchair. My organs are functioning properly again and I have a second chance in life today because of him. With a few more treatments I'll be as good as new. See ad above

I Could Never Do That!

Baby Steps to Becoming a Teacher of Healers

by Laureen Rama

This spring, I'm leading my third and fourth Advanced Shamanic Healing Training courses. The first was a year and a half ago. If you had told me ten years ago that this would be my passion and how I earn my living, I would have had a hard time believing you. I was the Director of a non-profit organization and starting my Master of Adult Education degree. My plan was to quit my job within five years and expand the management consulting practice I had started on the side.

I did not do healing work. I did not see or foresee myself as a healer. Yet I did have strong intuition. And others said they found it helpful to speak to me about their challenges. As I travelled the world, I was often introduced to shamans and healers. These seemed like interesting peripheral factors in my life then. Now I see they were indications of a gift that others could more clearly see.

I loved my life ten years ago. It was rich and full with work I enjoyed, stimulating learning, friends, family, and a loving relationship. I had almost everything I had ever dreamed I wanted and the future looked even brighter. And then after a year or so, things fell apart. The relationship ended. I quit my job before I was ready so that my ideal successor could take over. My dog died. I held up well for three months and then sunk into a strange depression.

It took about six months of introspection and the support of a counsellor to pull myself out of that pit. I felt I had learned a major lesson—that I was not in control of my universe. I could not make everything I wanted to happen happen, especially when other people were involved. I felt I understood some of my deep thought and behaviour patterns and where they came from, but I didn't know how to change them. I didn't know where to look for hope for the future. But I decided to leave that be and just enjoy life, and what came, one step at a time. I felt free and glad to be alive. Open to whatever my life would become now.

Around that time I went to a conference and found myself in a workshop in which we learned how to do shamanic journeys. I was completely taken by this experience. In my shamanic journey meditations I found myself becoming different animals. And this changed me! My back was straighter afterwards and I felt more inwardly powerful. I came home and started asking everyone if they knew a shaman who could teach me more.

Within two months I had taken a basic workshop with Michael Harner, the grandfather of the neo-shamanic movement, and was invited to a private vision quest retreat. There I had a vision that I would be a shaman leading ceremonies. This was unexpected yet it felt completely right. I realized then this was the direction my whole life had been moving toward.

I felt fear at the responsibility this role would carry. I protested, "I'm little, I'm white, I'm a woman, I'm a management consultant! How could I be a

shaman?" I heard gentle, wise laughter and from an unknown source: "Do you think you'll be doing this alone? We'll be with you, supporting you. Just keep doing what you're doing and you'll grow into it step-by-step."

I then became part of a group that met every two weeks to do shamanic journeys. We often did healing for other people. In my first healing journey, I was guided to do a soul retrieval—bringing back a part of a woman's soul that had split off due to trauma when she was young. I had never heard of this practice before. Yet every week, I and another man did the soul retrieval aspects of the healings. I loved doing them. I found it easy and exciting and I found myself filled with so much compassion for the people I supported in healing. I also received healing from the group and found that this was the answer to changing the behaviour patterns I had identified in therapy. I started feeling more alive and whole. I told some of the healing stories to my friends and they started asking me to do it for them.

So I began performing healings for my friends. After about a year, I mustered up my courage and started charging money for the time I spent doing healing sessions. It was a challenge to feel worthy of this. I asked for guidance from spirit and received the message that spirit wanted me to do healing work and wanted me to be supported in that.

Meanwhile, I had also started teaching small groups of my friends how to do shamanic journeys. This was easy, because I had been leading workshops for years. Then my teacher suggested I lead a workshop based on my personal experience with facing the death of someone I loved. The workshop would help people let go of loved ones who were dying, or had died, so they could support them as they died. My teacher said that this was ancient work and much needed on the planet.

I had never done grief work with people. I decided to put on a workshop and I wondered how to let people who would be grieving know about the workshop. I put a small ad in the newspaper

Breakthrough! To Who You're Meant to Be!

Vision Quest Retreat

July 25-31

B.C. Wilderness

Advanced Shamanic Healing Training

March - April wks - Edmonton

May 1-7 - Kamloops, B.C.

Aug 23-29 - Alberta

Unique course covering
soul retrieval & extraction.

led by

Laureen Rama, MAEd

Call 1-800-491-7738

lrama@istar.ca

or www.spiritquests.com

Shamanic Healing available in Edmonton,
Calgary or long distance.

and received seven phone calls and everyone came to the workshop. The whole time I just prayed for spirit to guide me and I felt guided. The workshop was powerfully healing for all who attended. I felt that if I could do that, I could probably lead any shamanic workshop. My shamanic teaching career had begun!

I decided to take Sandra Ingerman's five day soul retrieval course as I saw how powerful soul retrieval healing was. I met other shamanic healers there and felt part of an international community. People started asking me if I would teach them how to do soul retrieval healing. I said I didn't feel I had enough experience yet.

Then I enrolled in an expensive three year program with Michael Harner, not knowing where the money would come from. I was mortgaging my life for this! I sought guidance from spirit and got that to really learn I should teach. I quit the program and put much time and energy into launching my own series of workshops across Alberta on Shamanic Care of the Soul—preventing soul wounding using shamanic principles.

And then came a time when it just felt right to offer a training course for healers. Four wonderful people came to that first seven day event. I was in awe of the process. They changed before my eyes and I grew too. The second course a year later was just as powerful, so I decided to offer it more often.

Step-by-step, I have become a shamanic healer, a shamanic teacher, and now a teacher of healers. And looking back now, I know that the wonderful life I had planned for myself ten years ago, was off the mark. I had planned it with my head. Now I trust the process enough to continue following, not needing to know the next baby step, just trusting it will be there when I'm ready.

See ad to the left.

Laureen Rama will present a workshop, 'Shamanic Care of the Soul' at the Spring Festival of Awareness.



The Spring Festival of Awareness will be held at Naramata Centre, April 23, 24 & 25.

See the February Issues for details.

A Natural Experience

~ Wholistic Health Centre ~

"Promoting Awareness of Holistic Health"

Offering Kamloops and surrounding area a variety of services:

- | | | |
|---------------------|------------------------------|--|
| • Roling | • Therapeutic Touch | • Counselling |
| • Polarity Therapy | • Ear Candling | • NeuroBalancing |
| • Reflexology | • Reiki | • Live Blood Analysis |
| • Guided Meditation | • Stress and Time Management | • Natural Health and Herbal Consulting |
| Classes | | |

HOURS:

12-6 MON.; 10-6 TUES - FRI.; 10-3 SAT.;
EXTENDED HOURS AVAILABLE UPON REQUEST

Drop In and See Us!

433A Tranquille Road, Kamloops
Call (250) 554-6950 Fax 554-6960



invertrac™

RELIEF from BACK PAIN

Quick & easy to mount & dismount
Traction naturally and in comfort
Easy to store and carry
Designed for use in the home.

For information contact: **LASHAW DISTRIBUTORS**

#124, 7011 Elmbridge Way, Richmond, B.C. V7C 4V5

Ph. (604) 270-4263 Fax (604) 270-2892

Toll-free-1-800-667-7795

Website-www.invertrac.com

Email - invertrac@invertrac.com

VENABLES
VALLEY
SOAP COMPANY



WHOLESALE MAIL ORDER PRODUCT LIST

BAR SOAP • Lavender, B.C. Rainforest, Anise, Chocolate, Oatmeal & Honey, Goat's Milk, Lemongrass, Comfrey & Aloe, Ylang Ylang & more.

SIZZLING BATH BALMS • Lavender & Rose

HEMP OIL LIQUID SOAPS • Lavender & Geranium, Peppermint, Pine & Eucalyptus, Lemongrass & Tea Tree

TOOTHPOWDER An Ayurvedic formula using aromatherapy and ingredients to help the gums heal and tighten.

My family and I live in a log cabin in Venables Valley. We enjoy mountain air, spring water and the sounds of nature. In this environment, we make our pure and natural herbal soaps. Made daily in small batches using olive oil, coconut oil, certified organic herbs and pure aromatherapy essential oils. This is a natural hypo-allergenic soap, guaranteed to nurture even the most sensitive skin. Tim Moore

(250) 453-2397 (message) • (250) 453-9500 (fax)
Box 326, Ashcroft, BC, V0K 1A0



Books and Beyond est. 1984

Alternative Spirituality Personal Development

Books, Music, Jewellery, Crystals
Spirit sticks, Wands,
Specialty Incense &
'Custom Runes by Aaron'

*Searches done for rare and out of print
Metaphysical and Spiritual books*

Tarot Cards Read by Doreen
phone for appointment

Phone 763-6222 Fax 763-6270
1561 Ellis Street, Kelowna, B.C.

DARE to DREAM

*Jewellery · Crystals · Gemstones
Aromatic Candles · Incense · Oils
New Age & Self Help Books · Audio & Cards
Gift Ideas · Used Books*

Special Membership Benefits Listening & Reading Centre

- Readings, Alternative Healings, Massage, Hypnotherapy
Available by appointment Mon. to Sun.
 - Self Empowerment Group - every Tue. 7 pm
 - Meditation Group / Classes - every Wed. 7 pm & Sat. 1-4pm
 - Dare to Open Your Heart & Mind Seminars - Thurs. 7pm
- See Calendar of Events page 22, Suggested Donation \$5
PLEASE USE BACK ENTRANCE FOR EVENING EVENTS

**Rooms available for rent for healings, workshops, etc.
by the hour, day or month.**
168 Asher Road, Kelowna • 491-2111

3 Day Workshop MAGIC OF THE HEART & MIND & BEYOND

with Dr. Ron MacIntyre
Messenger, Healer, Spiritualist, Dr. of Metaphysics
Introducing different divination tools. Get in touch with
your angels and experience channelling.

Fri. March 12, 13 & 14

Pre-registration recommended NOW
Cost: \$130 in advance, \$150 at the door
Limited seating, please phone to reserve



LEARN TO READ THE TAROT

with Dr. Keith Andrews, MSD
Beginner **March 6**, 7-10pm \$30 (prepaid \$25)
Advanced **March 20 & 27**, 7-10pm \$60 (\$50 prepaid)
Dare to Dream • 250-491-2111

Thai Massage

by Mark Lasinski

As the field of complimentary health care gains popularity traditional healing methods are being rediscovered. In recent years nuad phaen boran - ancient Thai massage - has been receiving an increasing degree of attention. Thai massage is recognized as one of the oldest forms of manipulative therapy. The archeological evidence suggests that the method arrived in the region today occupied by Thailand around the 2nd century B.C. Its roots, however, reach deep into the 5000 year old heritage of yoga.

The terminology used to describe nuad phaen boran is somewhat misleading. Specifically the word "massage", as it is understood in the West, does not apply to most of the techniques of the system. The method could rather be likened to such fields as physiotherapy, chiropractic and osteopathy. Thai massage addresses many issues underplayed, or avoided completely, by more common forms of bodywork. While these occupations concern themselves with "systematic manipulation of the soft tissues of the body", they tend to focus almost exclusively on the muscular system. Thai massage, in turn, devotes an equal amount of time to treatment of ligaments, tendons and other connective tissues. Gentle spinal manipulation is also practiced. Herbal treatments, external and internal, are an integral part of traditional Thai massage.

Thai massage is normally administered on a mat placed on the floor. The receiver wears comfortable, loose attire which allows for complete freedom of movement. During the course of each session the receiver assumes five positions: prone, supine, recovery (left and right) and sitting. The practitioner, kneeling beside the receiver, conducts the treatment while closely observing the etiquette. This concerns his own positioning, body language and rhythm. The latter is normally dictated by the receiver's breathing pattern. The therapist incorporates almost all parts of his body while treating the patient. Fingers, thumbs and elbows are used to administer acupressure with pinpoint accuracy. Palms of the hands, the knees and the feet are used to apply more generalized pressure and to gain leverage. A trademark of traditional Thai massage is the use of the therapist's body weight while applying manipulation and traction. Doing so enables him to keep fatigue at bay and allows even a relatively weak practitioner to perform lifts which would otherwise require a lot of strength. Nuad phaen boran can be divided into two components: acupressure and manipulation. Acupressure is normally administered first. As the patient's body limbers up manipulation is introduced into the treatment. Manipulation has two benefits: it stretches muscles, ligaments and tendons; it then brings to the surface deep muscle and connective tissues thus enabling the therapist to apply direct acupressure to these organs.

The complexity of technique in Thai massage is unparalleled in the field of manipulative therapy. The practitioner must develop a good deal of dexterity and coordination - a skill which takes some time to acquire. Many techniques, although very beneficial if used skillfully, are potentially damaging if applied incorrectly or with too much zeal. Thai massage, more than other such methods, requires the practitioner to recognize

TURNING ON THE LIGHT

LEARNING
CENTRE



Beverly & Grant Hunter
1330 6th Street, Okanagan Centre, BC

Upcoming Certified Courses March - June 1999

Touch for Health Level II March 13 & 14

Sat. & Sun. - 9:00am - 5:30pm \$175

Level III April 17 & 18

Sat. & Sun. 9:00am - 5:30pm \$175

Level IV June 5 & 6

Sat & Sun - 9:00am - 5:00pm \$175

Brain Gym

Okanagan Centre (4 Day Workshop)
March 20 & 21, March 27 & 28

Sat. & Sun. 9:00am - 5:30pm \$300

Kamloops (3 Day Workshop)

April 9, 10 & 11 Fri. 6:30 - 9:30pm

Sat. & Sun 8:00am - 6:00pm \$275

Brain Organization Okanagan Centre May 22 & 23

Sat. & Sun. 9:00am - 5:30pm \$225

Portland State University credit \$235US

Vision Circles

Portland, Oregon April 2, 3 & 4

University credit course \$380 US

Okanagan Centre April 30, May 1&2

Fri. Noon to Midnight *plus*

Sat. 10:00am - 9:00pm

Sun. 9:00am - 5:00pm \$300

University Credited Courses are co-taught with Joe McFarland

Early registration, for non-university courses, accompanied by a \$50 deposit (three weeks in advance) receive a 20% discount off of the registration fee.

To register call: Bev or Grant (250) 766-2329

Course Descriptions

Brain Gym

This 24 hour course is certified by the Educational Kinesiology Foundation. It is a fun, safe and amazingly effective system for activating and sustaining your learning capabilities. This is accomplished through simple, quick and enjoyable movements that directly enhance brain function. This course teaches the individual how to integrate their brain/body for maximum performance for reading, writing, spelling and memory. Empowering for any individual.

Brain Organization

This 16 hour Brain Gym elective introduces the concept of hemispheric specialization, identification and balancing to facilitate whole brain learning. The Dominance Profiles described by the Dennisons identify the lateral dominance of eyes, ears and hands in relation to the dominant brain hemisphere. These patterns of lateral dominance greatly influence the way that information is internally processed by an individual and consequently the kinds of learning activities he or she prefers. Participants learn to identify their dominance pattern and integration potential. Pre-requisite — Brain Gym

Vision Circles

This 24 hour course provides a roadmap to completion of development skills through movement, play and art. It offers vision enhancement through activities which nourish perceptual flexibility. Students experience movements for expanded visual, auditory, tactile, kinesthetic and abstract thinking skills. Participants will learn 32 Vision Gym movements for integrating sensory awareness, memory and information processing. Pre-requisite — Brain Gym

Touch for Health

The TFH program is divided into four 16 hour levels. In the first level you learn to balance fourteen pairs of muscles that correspond with the fourteen Chinese meridians, and give a general balance of the major postural muscles. You learn how to use massage points, holding points, meridians and muscle massage. Also learn food testing, and a powerful Emotional Stress Release technique that uses visualization. These basic techniques form the core of all TFH sessions. As you continue with the three further levels you learn many new techniques, 28 more muscles, and a whole range of ways to make sessions flow more easily and quickly. All the processes involve restoring the body to its natural state of health, balance and integration.

when less is more.

Over the centuries traditional Thai massage has developed into many different styles, each characteristic of the region of the country in which it was practiced. Today two major systems, Southern and Northern, dominate the scene. A little known, and very rarely taught, is the Palace style. It was developed for the royal family and is reportedly used as a part of their health regiment. Characteristic of the Palace style is that the therapist may use only the palms of his hands to administer the treatment. The King and the royal family is held in very high regard; it is inconceivable that they should be touched with any other part of the body.

Traditional Thai massage is experiencing a renaissance of sorts in its country of origin. After falling into a brief disfavor, caused by the increasing prevalence of modern medicine, its popularity is again on the increase. While Thais are pragmatic people who appreciate the value of modern science, seeking help from a medical doctor is not always practical or affordable. While Thailand is a country where 85% of the population resides in rural areas not many physicians feel compelled to set up practices in small villages. For a large segment of the population resorting to traditional approach seems to be the most sensible thing to do. *See ad to the right*

Intro

Friday, March 19. 7:15 pm
at the Yoga Studio, 254 Ellis St, \$5

Traditional Thai Massage Intensive Weekend Workshop

Saturday, Apr. 3, 9:00 am - 4:00 pm

Sunday, Apr. 4, 9:00 am - 4:00 pm

Golden Triangle Muay Thai
501 Main Street, Penticton, B.C.

(Due to limited class size pre-registration is necessary.)

For more information inquire with Mark Lasinski

Tel: (250) 770-1363

e-mail: mariusz@vip.net

Mark Lasinski has been practicing traditional Thai massage since 1990. He spent 12 months in Thailand where he acquired his credentials.

Learn ^{First Degree} *Reiki*

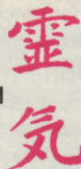
with Michael Kruger

March 6 & 7

10am - 4pm both days
Holistic Health Centre
272 Ellis St., Penticton 492-5371

March 18 & 19

Keremeos 499-5331 (Flo)



CALENDAR of Events

March 4

Past Life Regression with Lance
Tomlyn at Dare to Dream, Kelowna, p. 20

Learn to read the Tarot - Simply
with Maurine Valorie in Vernon, p. 26

March 5

Reflexology at Nature's Way Herbal
Health in Vernon, p. 28

March 6

Angel Adventure with Nicky Stewart in
Penticton, p. 13

Learn Tarot with Dr. Keith Andrews, p. 20

Back to Basics with Tyson Bartel in
Kamloops, p. 27

March 6 - 7

Reiki with Michael Kruger, Penticton, p. 22

March 7

The Gathering at Millennium Café in
Kelowna, p. 24

March 11

Conscious Breathing for Stress Relief
with ArLene Lamarche at Dare to Dream in
Kelowna, p. 20

March 12 - 14

Magic of the Heart with Dr. Ron, p.20

Life Force Therapy with Carol Rienstra
in Calgary, p. 31

March 13

Earth & Spirit with Rémi Thivierge in
Revelstoke, p. 8

March 13 - 14

Integrated Body Therapy with
Cassie Caroline Williams in Kamloops, p. 30

Spirituality Workshop with Sarah
Scott Simonson in Westbank, p. 13

Touch for Health at Turning on the Light
in Okanagan Centre, p. 21

March 13 - 17

Jin Shin Do with Deborah Holmes &
Karen Ngai in Salmon Arm, p. 14

March 18

Reflexology with Tricia Sonsie at Dare to
Dream in Kelowna, p. 20

March 19 - 21

Stargate Ascension Weekend with
Craig Russel in Kelowna, p. 10

March 22

Professional Counselling Course,
begins in Kelowna, p. 2

March 25

Pranic Healing, Free Intro Talk with Marilee
Goheen at Dare to Dream in Kelowna, p. 3

March 27

A Day with David Icke, Kamloops, p. 2

March 27 - 28

A Weekend with Breema with Greg Collins
in Salmon Arm, p. 29

March 30

Culture and Health 2000, Public Health
Forum in Penticton, back cover

April 1 - 5

Touch for Health Seminar with Yvette
Eastman in Vancouver, p. 14

April 3 & 4

Traditional Thai Massage Workshop
with Mark Lasinski in Penticton, p. 21

April 14

The Living Soul with Hermann Müller in
Kelowna, p. 5

April 14 - 21

Astrology with Moreen Reed in Nelson, p. 16

April 17

Professional Practitioner Training
starts with Dawn King in Kamloops, p. 12

April 30

Okanagan Wesak Festival with
Ashleigh Ryane in Kelowna, p. 15

ONGOING EVENTS

MEDITATION with Christina
TUESDAY in Penticton 7 pm
254 Ellis St, Penticton, by donation
WEDNESDAY in Peachland 7 pm
in her home, for directions...767-3373

Drop-in meditations at Dare to Dream
168 Asher Rd., Kelowna ... 491-2111
WEDNESDAYS 7 - 10 pm
SATURDAYS 1 - 4 pm

SUNDAY CELEBRATION

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

Kelowna: Sunday 10am. Kelowna Centre for
Positive Living, Science of Mind, French Cultural
Centre, 702 Bernard Ave. 250-764-8598.

THE YOGA STUDIO

presents



Yoga with Angèle

Mon. & Wed.
5:30 & 7:30 pm,
Thursday at 11 am

\$40 for 6 classes
\$100 for 3 months
First Class is FREE



Yoga with Cheryl

Thursdays at 9:15 am
\$6 each • \$25 for 5



Tai Chi with Richard

Tues. & Thurs., 5 - 6 pm
\$40 a month



Art Classes

with Beth Sellars
watercolours, oils, pastels
Mondays 1-3 pm
\$10 per class • 4 classes minimum

Meditation Classes



with Christina
Tuesdays 7 - 9 pm
drop ins welcome
\$5 donation

Crystal Bowls the last Tuesday of each month

254 Ellis St, Penticton • 493-4399
behind the Juicy Carrot

Book Reviews

by

Jan



Spiritual Awakenings

Insights of the Near-Death Experience
and Other Doorways to Our Soul
by Barbara Harris Whitfield

Health Communications, ISBN 1-55874-338-3

If we try to ignore our pain and achieve the higher levels of our consciousness, something, usually our false self/negative ego or shadow self, will hold us back until we work through our particular unfinished business. Trying to bypass the work that needs to be done on our negative ego/shadow backfires..... The consequences often are denial of the richness and healthy spontaneity of our inner life: trying to control oneself or others; all-or-none thinking and behaving; feelings of fear, shame and confusion; high tolerance for inappropriate behaviour; frustration, addictions and compulsions; and unnecessary pain and suffering.

Spiritual awakenings come in many forms. It can be the result of a slow and steady change in perception, going out-of-body in childbirth, following intense meditation or prayer, the death of a loved one, withdrawal from chemicals, spontaneously when in nature, an intense transcendent sexual experience, a kundalini awakening, breath or bodywork, or as dramatic as a near-death experience.

Regardless of the precipitating event for spiritual transformation many people find themselves feeling alone in their experiences without support from their immediate circle. Shifts occur on the spiritual, emotional, physical or mental levels affecting every aspect of our being. Psychic abilities may suddenly emerge, old emotional issues may surface for healing, a profound connection to nature or a power greater than ourselves may bring feelings of awe, inspiration or creativity. There can be an overwhelming feeling of unconditional love for all people, animals, nature or our planet. It may seem difficult to find words to describe experiences for which there are no words, only feelings like those never experienced before.

Barbara Harris Whitfield had her first near death experience twenty-five years ago following surgery for a spinal fusion. It is from her own life experiences and her work as a researcher and transpersonal body-centered therapist in private practice that she can offer such an in-depth look at this profound healing journey.

Spiritual Awakening Support Group starting soon

for information call Jan: 492-5371
or drop by the Holistic Health Centre
272 Ellis St., Penticton

The Stormy Search for the Self

by Christina & Stanislav Grof, M.D.

J.P. Tarcher Inc., ISBN 0-87477-553-1

For some individuals, the transformational journey of spiritual development becomes a "spiritual emergency", a crisis in which the changes within are so rapid and the inner states so demanding that, temporarily, these people may find it difficult to operate fully in everyday reality. In our time, these individuals are rarely treated as if they are on the edge of inner growth. Rather, they are almost always viewed through the lens of disease and treated with technologies that obscure the potential benefits these experiences can offer.

The authors have each brought to this book their own area of expertise — Christina from her personal dramatic experiences of an activated kundalini, first in childbirth, which at that time was suppressed with drugs. With no knowledge or support for what was happening she continued to experience symptoms over a twelve year period that were frightening, physically challenging and unexplained.

Stanislav's interest in psychology and psychiatry began right after high school. While in medical school he became a participant in experiments with LSD which was being tested for its ability to help patients with psychoses. His very first experience had mystic properties which he didn't realize until later were possible without the use of drugs. It changed the way he looked at traditional psychiatry and led him to observe nonordinary states of consciousness as spiritual evolution.

As a couple, Stanislav could support Christine through her 'dark night of the soul' and other phases of transformation with compassion, support and the knowledge that her journey was unfolding exactly as it needed to for her. Christine demonstrated through her transition that spiritual transformation is a process. It varies from one person to the next and from moment to moment as an individual allows the unfolding of the true self. By understanding the range and diversity of the symptoms and manifestations of spiritual emergencies, building an emotional support system and finding the needed medical supports for times of crisis one can honor the metamorphosis and enjoy the journey.

**The Holistic Centre
Lending Library
is now OPEN**



Memberships are:
\$10 per person or
\$15 per family per year
plus
\$1 per week per book.

Donation of good used
Books or Videos for our
Lending Library is appreciated.

492-5371 • Penticton

Millennium Café

The Gathering March 7th - 2 pm
Guest Speakers, Music & More
If you care - Be there ~ 868-2085
371 Bernard Ave., Kelowna

Susan Lopatecki Textile Artist 494-1677

Unique designs in clothing & fabric
using luxurious fabrics and colours

Custom Orders

Non-toxic dyes & inks used
Natural fibers - fine silks, cottons, linens
Hemp clothing coming soon.

Classes in natural dyeing & surface design
(screen printing, tie-dye, etc.)

Alpaca exotics (from local herds)
yarns for knitting & dyeing
hand-made alpaca sweaters

ART SEEN STUDIO
13216 Henry Avenue
Summerland, B.C. V0H 1Z0

Celtic Sea Salt®

The Nutritionally Proven "Salt of Life"
Your Body Simply Needs and Loves
by Jacques DeLangre, Ph.D.

What is Celtic Sea Salt®? The complex, balanced mixture of essential minerals our body needs and craves in almost the exact proportions required. Chemical analysis of Celtic Sea Salt is almost identical to that of the salty "mini-ocean" for the fetus-amniotic fluid in which we were created.

"I've been told not to use salt!" No, they used the word "salt" but meant the harmful chemical sodium chloride. All side effects, warnings, and bad press based on medical research have been done with refined, white "table salt" which is approximately 99.8% sodium chloride. Your very blood requires actual salt to function. Your cells must be bathed in a sodium-based, extracellular fluid. When the cells of a mammal are deprived of sodium they literally explode attempting to equalize inside and out.

Because the body runs on salt, without properly balanced salt we run out of electrolytes and our "Batteries die out". Refined table salt, even so-called "sea salts" from some sources which are mostly sodium chloride, promote pathological calcification and a breakdown of cellular tissue. When people talk about "salt", they overlook the fact that there are approximately 82 other elements in natural Celtic Sea Salt which serve as a buffer to protect you from the harshness of pure sodium chloride. Nature put those buffers there to make sure our bodies could use the sodium properly, and to ensure that once it has been utilized, it will be eliminated completely and quickly through the kidneys. Celtic Sea Salt is completely unrefined to ensure proper bodily utilization.

Celtic Salt has an infinite number of roles in our health. One of the most important properties is that it recharges and maintains the cells and energizes the body. Proper salt actually helps our cells produce other necessary minerals, and recharges the cells in much the same way as a battery. The better you maintain the battery, the longer it lasts and the better it performs.

Minerals are present in food (though many foods are vastly depleted), but proper salt effects how your body handles, and what it does with, those minerals. Salt effects digestion. Take

TEST TAKING A PROBLEM?

Learn with Ease
Get Focused
Retain Better
Improve Coordination
And Even Self Esteem
Simple Techniques
For All Ages
Penticton • 250-493-6789

Georgina Cyr

Animal
Communicator



Available for long-distance
telepathic communication
with your beloved companions
about health, behavior, emotional
or physical problems

Family rates available
250-723-0068



Want to try....

TAHITIAN
NONI™ NECTAR

Call 1-800-445-3898

to order with

VISA or MASTERCARD I.D. #35467

Hear More....Call 1-888-733-0335

or call HEIDI at 1-800-637-8309
Independent Morinda Inc. Distributor

potassium for example. You can eat many potassium-rich foods, but it will do you little good unless you are taking proper salt as well. Your body cannot properly digest raw vegetables without salt. People used to eat a salty soup before a meal to enhance digestion. Salt re-enriches your saliva so your body can manufacture the proper digestive juices to break down the complex carbohydrates, celluloids and chlorophyll from the vegetables which contain potassium. Salt actually creates hydrochloric acid.

Hydrochloric acid is made from the hydrolysis of chlorine. The chlorine comes from the essentially balanced sodium chloride we find in Celtic Salt. Those who preach "no-salt" diets are incorrect; they should know we are salt-based creatures - tears, blood, sweat are salty! They should say a "no refined sodium chloride" diet. Vegetarians need proper Celtic salt more than anyone to aid digestion - add salt and they start digesting properly; no more burping on their greens. They can now get more nutrition from their meals. When using the high mineral-balanced Celtic salt, I would say you can now get up to seven times the nutritional value out of vegetables by increasing food's potency and enhancing the positive effects of nutrients, re-enriching saliva, and creating hydro-chloric acid.

The general rule of osmosis when it comes to bodily functions: Water goes wherever salt goes. If we do not replenish our body's salt reserves, we throw off that vital balance of salt and water that keeps us functioning normally. Your body will begin to secrete water more quickly in order to raise the level of sodium concentration in the bloodstream.

continues page 29



ANGELS TOUCH

*Metaphysical Books & Gifts
Vitamins, Herbs, Crystals
and Lots of Angels*

Now Available

Rare Apophyllite Crystals from India

Candace Hewitt • 250-494-9153

13201 N. Victoria Road
Summerland, B.C.

Connie Brummet invites you to Aurora's Natural Health Care

**Books, Vitamins, Gifts, Music
Health Programs, Courses
Reflexology, Kinesiology, Iridology
Ear Candling, Intuitive Sessions**



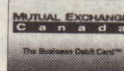
Connie Brummet

Conference Room Rental	Day	\$75	9:00 - 5:00
	Evening	\$25	6:00 - 10:00
Practitioners Room Rental	Hourly	\$15	9:00 - 5:00
	Daily	\$96	9:00 - 5:00

If you are a teacher please call me with the Holistic and Health Courses that you teach.

3284 Hwy. 97 North, Kelowna, B.C. V1Y 4R9
(beside Wonderful World of Sheepskin)

Phone 250-491-0642 Fax 250-765-2555



Accepting
100%
Mutual
Exchange

Long Life Health Foods

Invites You to Experience the
Award Winning

GreenAlive

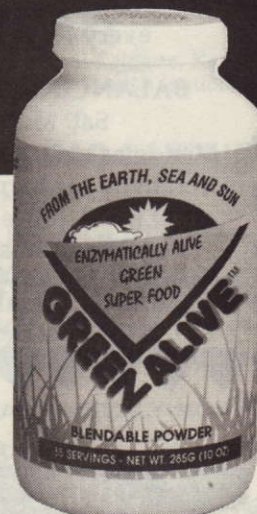
**Best of the Superfoods to
Supercharge you Daily!**

10 oz. Powder
\$36.95

**Come in for a
Taste
Test**

Buy 12,
Get One **FREE**

MAIL ORDER ☒
Free Postage Across
Canada with
Min. \$50 Order



Sale ends
March 31, 1999

TO PURCHASE THIS OUTSTANDING CANADIAN PRODUCT CALL OR VISIT

Long Life Health Foods

Bringing quality you can trust at affordable pricing
#114, 1835 Gordon Drive, Capri Mall, Kelowna, B.C.

250-860-5666



Dreamweaver

Enter a world of mystical charm

3204-32nd Avenue, Vernon

☎ 250-549-8464

OPEN

Mon. thru Sat. 9:30-5:30

Toll Free 1-888-388-8866

Fridays till 7 pm

Books, Crystals, Jewellery, Original Artwork,
Aromatherapy, Gift Items, Bach Flower Remedies
Herbal Supplies & Living Light Gem Essences

Psychic Readings Monday to Friday

Maurine Valorie

March 99 Vernon Workshop Schedule

HOW TO READ THE TAROT - SIMPLY!

Mar. 4, 11, 18 & 25 (7 - 10) 1 for \$25, 4 for \$80

ERASING WEIGHT

Sat. Mar. 6th (10 - 5) \$60

Acceptance of yourself emerges with
magical potions and group rebirthing.

CREATING A GODDESS HEADDRESS

Sun. Mar. 14th & Sun. Apr. 18th (12 - 6) \$120

An atmosphere of loving music, meditation
and mystical Goddess energy is absorbed in
every feather, shell and crystal.

BALANCING WITH WATERCOLORS

Sat. Mar. 27th (10 - 4) \$60

Mandalas emerge with skills for creativity,
creativity for harmony, harmony for peace
of mind, peace of mind for free spirit.

Register with Jacque Suchma 542-0192

Maurine Valorie (250) 549-3402

Mutual Exchange International

Lessons in Somatic Awareness

by Tyson Bartel

I have been interested in human movement studies for many years. At my first meditation retreat in Thailand, the yoga class after the first hour of morning sitting meditation was welcome release for my western body not accustomed to sitting cross-legged on the floor for long periods of time. Each morning I looked forward to the ninety-minute yoga class as a way to bring mindfulness meditation into movement and relaxation for my muscles and joints stiff from all the sitting. I realized my body had lost the ability it once had as a young boy to be comfortable in any reasonable position. I decided to regain this lost suppleness and comfort through the study of yoga. My six month Asian vacation became a two-year pilgrimage of learning about myself through Yogic practices taught by different teachers. When I returned to Kamloops, my learning continued under Marni Marriott's guidance and through association with other students on the path.

When Marni's first yoga teacher, Lila Ostermann, came to town I was introduced to the work of Dr. Moshé Feldenkrais at a movement workshop in which Lila blended many movement arts with yoga. She had briefly studied with Moshé and had been inspired by his genius. The movement lessons she learned had been incorporated into her life and had assisted many people she worked with who had back problems.

One lesson she showed us I found very profound in the way it changed my back's contact with the floor. First she asked us to do a body scan while lying on our backs. "How much of your spine lies on the floor?" she asked. My lumbar spine arched high off the floor and my low back felt stiff. After the movement lesson was complete she asked us to notice our spines again. Now my lumbar spine was lying on the floor and my low back felt warm and wide. I had learned how to relax my back! Lila said that if this lesson were done regularly for a few weeks, we'd notice a lasting change in how our backs felt, because these movement lessons actually are a form of sensory motor learning that reprograms the neurological communication between brain and body. As babies we used sensory motor learning to teach ourselves to make sounds, crawl and walk. Unfortunately, for most humans, the curiosity to explore our movement potential goes to sleep as we become adults and we end up accepting a limited repertoire of movements as our response to the stress of life in the modern world. Many of the symptoms of aging and poor health are a result of a diminishing range of movement choices that place unnecessary wear and tear on the human body, not to mention the limiting effect inefficient movement has on our mental faculties and emotional responses. Fortunately, Feldenkrais and other pioneers in psycho-physical re-education, like F.M. Alexander, realized that through awareness we can at any phase in our lives begin to reawaken our sensory motor learning system and resume where we left off as youngsters, learning how to express our potential through our bodies.

I went home from Lila's workshop inspired to practice the movement lesson for the back every day for a week or two and discover whether these ideas were true or not. I felt my back



What Are You Aiming For?

Discover
your
Potential

YASODHARA ASHRAM

Yoga Courses & Retreats
1-800-661-8711

for Kelowna classes, call Elizabeth at 769-7291

relax every time I did the lesson, so it was easy to motivate myself to do it regularly for a couple of weeks. Then one day while doing the dishes I realized the familiar tightness in my low back from bending over the sink was missing and my back felt good while standing too! I realized then how effective this method can be!

Soon after my dishwashing epiphany, I was talking with a friend about my desire to learn more. He got up, went to his room, and came back with Feldenkrais' book, *Awareness Through Movement* and Robert Master's book *Listening to the Body* plus a series of audio cassette movement lessons given by Brian Lynn during a workshop in Kamloops years ago. He said I could borrow them all and learn more about it. I went home to begin my studies! As I learned the lessons many of my chronic tensions began melting away. As well as feeling more comfortable in my body, I noticed my overall sense of health and well-being improving. I noticed certain postures in my Yoga practice becoming easier. My breathing during daily activities felt easier and smoother too. Along with the movement lessons, I was practicing a couple of brain exercises that Robert Masters had created. These exercises sharpened my senses and opened my mind in many ways.

I helped Cassie Williams bring Alice Friedman to Kamloops for a weekend workshop in the Feldenkrais Method®. It was awesome! She came again a few months later and told me a four-year practitioner certification in the method would be starting in Seattle in February '98. I went to a pre-training workshop in Vancouver and knew the training was what I was looking for. Now I'm one third of the way through and can see how inspired my life is through the learning process it provides. The core of the method is being aware, which means applying the insights gained about oneself in the lessons to daily life. As I learn to focus my awareness on what I'm doing moment to moment, movement to movement, the quality of my life is improving.

My service is to bring awareness back to our bodies and to listen for the wisdom that lies within them. This is somatic awareness. Coming home to our bodies is, I believe, the foundation of any method of personal growth or spiritual evolution, for within our bodies is the centre of the universe. See ad to the right.

Spirit Dancer Books & Gifts



☎ 828-0928

Specializing in.....

Self-Help, Metaphysical Books & Tapes for Body, Mind, Spirit & Planet.

Crystals, Jewellery, Stained Glass and more

158 Victoria Street, Kamloops, B.C.



Arjuna Yoga Studio

- Belly Dancing
- Iyengar Yoga

(250) 372-7546



- Meditation
- Kripalu Yoga

372-YOGA (9642)

Drop-ins Welcome ~ First Class Free

#302-444 Victoria Street, Kamloops, BC, V2C 2A7



Tyson Bartel

Thai Touch

Traditional Thai Massage • Reiki Treatments

Yoga Therapy • Thai Massage Instruction

*Unique fully-clothed acupressure massages
based on Thailand's ancient physical therapy tradition.*

250-372-3814

Workshops in '99

Back to Basics Mar. 6, Apr. 10 or May 15

Movement lessons to relax the neck, shoulders & back

Intro to Thai Massage Mar. 27 or May 8

Giving & receiving massage as a meditation

TMJ Health Mar. 20 or Apr. 17

Movement lessons to relax the shoulders, neck, jaw & head

Saturday afternoons from 1 - 5 pm at the:

Arjuna Yoga Studio, #302 - 444 Victoria Street, Kamloops, B.C.

Each 4 hour workshop is a complete learning experience within itself and costs \$50 if registered in advance and \$75 at the door.

For more information call: **372-3814**

Nature's Way Herbal Health

Certified Programs, Vernon, B.C.

- *Herbal Consultant, Ongoing start dates
- *Reflexology, Mar. 5, Apr. 2 & May 14
- *Reiki- 1st Degree, Mar. 5 & 6, Apr. 2 & 3
- *Reiki- 2nd Degree, Mar. 26 & 27
- *Talking Cell to Cell - Kinesiology, Apr. 17
- *Iridology Program, Apr. 9, 10, & 11
- *Chinese Constitutional Therapy, Apr. 30, May 1 & 2

* also available via correspondence

Phone 250-547-2281 • www.net-talent.com/herbal



Become A "DOCTOR of METAPHYSICS"

'ALL HOME STUDY'
QUALITY TRAINING

- ◆ IMPROVE PEOPLE'S LIVES THROUGH **TEACHING**
- ◆ GUIDE OTHERS THROUGH **COUNSELING**
- ◆ PRACTICE METAPHYSICAL **HEALING**

CANADIAN DIVISION OF
UNIVERSITY OF METAPHYSICS INTERNATIONAL

KELOWNA ... Rev. Dr. Mary Fourchalk

phone • 250-861-3388 • fax

Am Ra Ta

All Natural Healing Center Keremeos

WEEKLY PROGRAM SCHEDULE

MONDAY	Nutrition/herbs
TUESDAY	Intuitive healing circle
WEDNESDAY	{available}
THURSDAY	Reiki, Massage, Reflexology
FRIDAY	Meditation, Yoga
SATURDAY	Seminars on natural healing
SUNDAY	Sacred sound, rhythm, movement



Facilitator: Florence DeWitt (250) 499-5331

Pascalite Clay & Clay Products

This clay has proven itself over and over again. Testimonials galore! It has had wonderful results for whiter teeth and healthy gums, just by brushing your teeth with it.

Deep wounds, bad burns, skin problems (teenagers love it) fungus, haemorrhoids, arthritic pain & joint problems.

Great letters available for your perusal. FREE samples of Clay and Soap. For information please call:

Rhona (250) 446-2455 or fax (250) 446-2862

Ownership

by Flo Dewitt, R.N.

If I ask for guidance from the Universe, God, the Angels, the Masters, my pendulum, a magnificent rock — who speaks to me? Where does this voice with its solid words of advice come from exactly?

Recently I experienced a feeling of total despair for I had come to the absolute and utter end of my own awareness and understanding. The beloved in my life, the one whose heart beats so close to mine, revealed to me in quiet innocence that I am afraid of losing control. I was shattered, not because of mean words, but because it was the truth. "Who me?" I said to myself. But I am so clear and so capable in so many other areas, I AM in control!

My heart, my passion all my life has been to listen to God, to the Higher Beings, to the Master called Jesus, that I could, by my Presence in this form, reveal the reality of God, to His glory. So where is control in such a case?

We are individually free to accept the design presently in our lives in this moment and within the design is the control necessary to LET love manifest. In my case, I am free as a woman to yield my individual concepts to my beloved and in that freedom, new concepts are born. The blending brings its own fulfilment...

I CAN hear the voice within, when in my own desperation I seek guidance. But I AM that voice, for I AM just one small part of this magnificent WHOLE glorious experience we call LIFE on earth.

Let us own our expression! Let us assume full responsibility for our view, for our feelings, for our passion to know and understand and for our footsteps in the sand. No judgement, for it is all perfect. It is perfect to LET our unconditional LOVE be released under the control of the design present!

See ad to the left.

More Precious Than Gold

by Rhona Terry

I am 59 years young and have had three great six-month dental checkups! I used to spend quite some time sitting in the dentist's chair while he removed plaque from my teeth. No more.

Two eye doctors both said I had cataracts and I must have them removed. I mixed Pascalite and water, let the clay settle and washed my eyes with the clear water that remained. Two days ago I went to an eye surgeon and he said "You do not have cataracts." I was elated.

My energy has definitely gone up. All my little aches and pains are gone and it feels great!

I received a letter from a man that passed four kidney stones with no pain. He said the only difference in his life was 'ingesting Pascalite' and he is grateful. I have many more letters and cards from very happy people and if you are interested, come and see me and go through my book.

Dogs, birds, cows, horses etc. have been helped too. I look forward to your testimonial! *See ad to the left.*

Signs of too little salt in the diet may take the form of sweating profusely and loss of appetite, extreme fatigue followed by muscles that become sore and stiff and begin to twitch. Finally, insomnia and perhaps convulsions in extreme instances.

Without proper salt, the cells cannot regenerate and they have no energy. The cells actually take sodium from the saline fluid surrounding them and convert the sodium to potassium to create energy and cool down the body. As the body sweats, it loses electrolytes as well as salts and fluids. Proper salt replenishes these supplies.

Denying yourself the proper salt worsens every problem in which cell repair and rejuvenation must occur to maintain body function. This is the single, most important biological fact that must be considered when talking about Celtic salt and deprived of this vitally balanced saline solution, the cells degenerate and age.

Sadly, natural sea salts can be just as harmful as refined, white, sodium chloride (table salt). In fact, many come from the same refineries. Celtic salt is moist; dry salt indicates that the magnesium has been removed, because magnesium clings to water. Salt from salt mines and ancient sea beds are not fit for human consumption. Thousands of years of rainfall through many geological layers will deplete vital minerals from these deposits. Most of the elements are driven down far below the salt line, hence destroying the delicate, natural balance of minerals, gases and moisture found in the living waters of the ocean, where Celtic salt is harvested annually. Salt deposits will either have too many minerals, or not enough. Because Celtic salt has a perfect balance of the essential minerals and gases the body requires, people find they use about one-third the amount they would use with other "salts."

There are those that say salt causes high blood pressure. Again, the term should be "sodium chloride", not salt. Celtic salt actually stabilizes blood pressure, whether high or low. How? Because it is the primary cleanser of our veins and arteries keeping our "transmission lines" clean since it has the ability to clear plaque. Proper salt in the bloodstream will actually cleanse the blood vessels and ensure normal circulatory flow. Oil and salt work together as a team - salt breaks up grease. Chefs have known for centuries that if they add oil alone to food, it becomes "greasy" and indigestible; but, if they add salt, it breaks up the bonds of the oil giving it a wonderful taste and consistency.

Celtic salt helps to digest and emulsify foods natural oils - the two ingredients compliment each other. Celtic salt does the same thing in our bodies having the ability to scour the artery walls clean. *See ad below.*

CELTIC SEA SALT®

- The Nutritional Imperative for Cooking and Table
- Contains over 80 Essential Naturally Balanced Minerals
- 100% Unrefined - from Brittany, Fr.
- Hand Harvested under strict Biological & Hygienic conditions
- Organic - nothing added or deleted

Available at Health Food Stores

or contact:

Victoria, B.C. • 477-5123 Toll Free 1-887-477-5123

International Lecturer and Teacher

Metaphysical / Spiritual Consultant

Tola Haynes • 250-838-0295

A WEEKEND WITH BREEMA

A body workshop with Greg Collins LMT

Creating vibrant health, mental
clarity and emotional balance

March 27 & 28

in Salmon Arm, B.C. • \$100

For more info and registration

Call Allison 833-1520

or Tisha 804-4734



The Angel's Gift

Quilted
Healing Blankets

Karen Timpany

Kelowna • 250-766-4905



Structural Integration

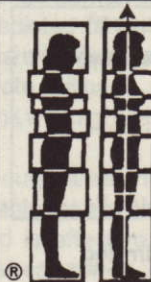
Deep Tissue Manipulation

Re-aligns your body providing:

- ✧ relief from chronic back and joint pains
- ✧ improved posture and breath
- ✧ increased flexibility and energy

Jeffrey Queen, B.A.

Certified ROLF Practitioner



For sessions in Kelowna, Vernon & Penticton
please call Penticton: 250-492-3595



Nadine Hanchar



Suite 315-1105 Pandora Ave., Victoria, BC V8V 3P9 Fax: (250) 380-4657
www.progressiveplus.com email: pepnlp@progressiveplus.com

Want more **SUCCESS?**

NLP HOME STUDY PROGRAM

36 Audio Cassettes/300 + page manual/exerc.

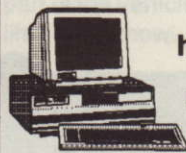
\$495.00 (+GST)

Limited Time Offer / Reg. cost \$595.00

Call now 1-800-449-4657 In Victoria 384-1341

A Registered Private Post-Secondary Education Institute

ISSUES-on-line for '99



Check us out on the web at
<http://issuesonline.mainpage.net>

Includes: current and previous ISSUES
Spring Festival of Awareness details
upcoming events, practitioners & more

If advertisers are interested in a link to their story
or ad please give us a call at 250-492-0987

INTEGRATED BODY THERAPY

with **Cassie Caroline Williams, Ph.D.**

(previously Cassie Benell)



Registered Practitioner of Ortho-Bionomy, Advanced
Practitioner and Teaching Assistant for Visceral and
Lymph Drainage Therapy and certified Teaching Asst.
of CranioSacral Therapy.

Learn a variety of osteopathic techniques to
release the spine, the rib cage and the pelvis.
Ortho-Bionomy is a gentle therapy which posi-
tions the body to spontaneously release tension.
CranioSacral Therapy is an offshoot of cranial
osteopathy which uses the membrane system in
the central nervous system to softly address

structural restrictions. **Zero Balancing** is a meeting of structure and
energy to release tension. The practitioner is acting as a facilitator so that
the body can do its own self-healing. These gentle, noninvasive tech-
niques complement other approaches and are well accepted by the body.

KAMLOOPS COURSES

Integrated Body Therapy 1 (rib cage, spine & pelvis)

March 13 & 14 • \$200 (\$175 before Mar. 1)

Integrated Body Therapy 2 (appendages)

April 17 & 18 • \$200 (\$175 before Apr. 3)

Integrated Body Therapy 3 (cranial)

May 22 & 23 • \$200 (\$175 before May 7)

We accept



Register early - space limited

Courses for credit with CMT

Cassie Caroline Williams 250-372-1663 Kamloops

Available for sessions in Kamloops & Penticton 492-5371

HIP, LEG & FOOT SELF-CARE

by Cassie Caroline Williams, Ph.D.

A number of people have discomfort at the hip, which may be a problem associated with inner organs, such as the bladder, uterus, ovaries or bowels. In some cases it is due to arthritis. Other times we may have experienced an injury there, such as a blow; then it is even possible for a bone to be compressed or torqued (twisted). These situations are possible for some practitioners with osteopathic training, such as Integrated Body Therapy, to release. One easy way to get considerable comfort at the hip is to lie on your back and draw up the leg which has the sore hip. Then position the bent knee with your hands in maximum comfort and press the knee towards the hip; this should feel really good. If it doesn't, try a slightly different angle or use less pressure. You may have to experiment a bit to find the position that is just right for you.

Some people experience considerable pain in a horizontal line just outside the hip joint. This is due to the head of the femur moving somewhat outside the socket joint of the ilium. If left unattended, this can lead to arthritis. To determine if this is your problem, run your hand down the side of the sore hip. If you feel the edge of the top of the femur as smooth bone, that is not the problem. However if you feel a ledge of bone, the head of the femur is somewhat out of its socket. To correct this, you may stand and use the leg of the affected side to push away to your side a weight, such as a gallon jug of water. Release the tension and repeat three times, or lie down, moving your affected leg out to the side while resisting with your hand against your thigh. Repeat three times, relaxing in between tries.

Pain along the outer edge of the thigh (under the outer seamline) may reflect some lymphatic congestion to the endocrine system (upper part). This can be alleviated by pulling up on the tender tissues. In extreme cases a rolled towel may be placed under the sore thigh when seated.

The knee! What a joint! Here the femur rests on top of the tibia, with the patella as support, as well as all the muscles, tendons and ligaments. But so many of us have had trouble here, which isn't surprising when you consider the anatomy of the joint and what we do to it. When seated — with the sore knee having the leg extended or straight, you can have one hand under the joint and the other underneath. You can apply light pressure to the kneecap and see where it goes easily and comfortably; hold this about a minute and release. Then try to lift the end of the femur (thighbone) while holding down the tibia (the reverse may be more comfortable for you), again about one minute. The trick here is to do whatever is comfortable for you. Next have one hand above the knee and the other below, twisting the hands in opposite directions and compressing towards the knee joint. Make certain that it all feels good.

The ankle can be really troublesome, especially if we have twisted it. Hold one hand above the ankle while the other grabs the heel. Find whatever way is the most comfortable, with one hand twisting one direction and the other the opposite direction, all while compressing both hands towards the joint. This can be done down into the foot, just doing whatever feels good. Even the toes may be twisted into comfortable positions.

Why a Natural Health Consultant?

by Corry Bond

What brought me to opening a Natural Health Consulting business today is a long story. I have always been interested in biology, especially human anatomy and physiology. After high school I trained to become a nurse graduating from the Riverside School of Psychiatric Nursing in 1967. During this time I also became interested in nutrition and biochemistry. Then I married and went to work at Woodland's School until the birth of our first child.

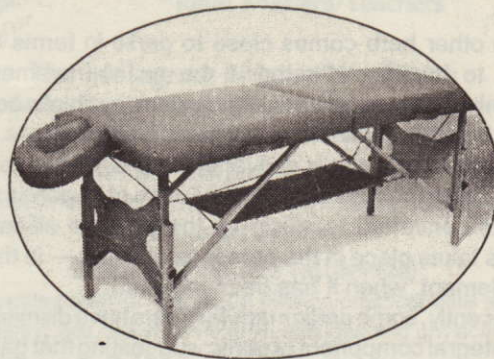
During the pre-school years within my own family it became apparent that my first born was having difficulty. After many a visit to the pediatrician and then a child psychiatrist she was diagnosed as being hyperkinetic. It was recommended that she be put on Ritalin. Having the experience of working at the hospital with drugs and side effects this did not sit well with me. I began to do research of my own and soon found that diet was being used to control this condition at a clinic in the United States. This was both expensive and a lot of work as most food additives, colour and sugar were suspect which meant that most of our food was produced at home or purchased from reliable sources or health food stores. As this diet was much healthier than the average family diet it was good for us all.

Along with this also came an ardent interest in growing and using herbs. This brought back many a memory of my grandmother and the things I can remember her doing when I was a child. We lived in the Netherlands, just after the war. This was also a time before medicare and people had to be more self-sufficient in their personal health care. I remember her doing ear candling, caring for feet (reflexology?), and her use of oils and herbs, her food combining and being sure we all got our fish oil daily. As I learned more about modern medicine these things all seemed old fashioned and obsolete. I continued to work in health services learning all the modern drugs and their side effects and the many intrusive treatments in use.

Meanwhile, in my own family life we were avoiding drugs and using herbs and other natural means to maintain our health. Throughout the years as I worked in various community health positions working one-on-one with clients it became apparent to me how little people are aware of how to look after their own health needs and how dependent society has become on the medical system and its drugs. I started to read more about some of the older medical systems such as Ayurveda, the Chinese system, and the various natural health treatments, herbs, etc. I was pulled more and more towards this area of health care. I finally enrolled in the School of Natural Health Care to become a certified natural health consultant.

I feel that in this role I am able to help provide people with the knowledge to make informed choices about their personal health issues and lifestyles. I have opened People's Choice Natural Health Consulting in Kamloops and will offer health education, health and lifestyle assessments, nutritional consulting, herbal consulting, reflexology and ear candling in my practice. I hope to work with clients in a confidential and caring manner to help them regain control over their well-being. The emphasis of health care is moving towards prevention. In general the therapies are low cost and less invasive, environmentally safe and generally have no side effects. Many of the older ways are becoming the new ways. They have withstood the test of time. See ad in NYP

IAN RITCHIE FINE WOODWORKING



Massage Tables

Two layer foam system • Coated aircraft cables
Solid adjustable eastern maple legs and braces
Tilting or non-tilting head rest



2106 23 Ave., Vernon, BC V1T 1J4

Phone/Fax: 250-545-2436

Call for a free brochure

Life Force Therapy

Soul Restoration
Spiritual Freedom
Subconscious Clearing
Intuitive Emotional Release



Carol Rienstra
Private Sessions Available

Life Force Therapy Workshops

Simple techniques that will access your 'Life Force',
intuition and higher self. \$150 manual included.

March 12, 13 & 14 Calgary, AB
March 19, 20 & 21 Sand Point, Idaho
March 26, 27 & 28 Osoyoos, BC

**LFT, Reiki, Psychic, Channel,
Animal Communicator**

Osoyoos 250-495-2702 Home
Penticton 250-492-5371 Holistic Centre
email: fft@desil.com

The Angel's Message at www.desil.com

Health Matters

by Doug Muldoon
at Nature's Fare

Garlic is good for you, naturally

No other herb comes close to garlic in terms of overall benefit to health. Whether it be an improvement in the functioning of the cardiovascular system, antibiotic action or an overall boost to the immune system, garlic delivers.

Just how well garlic delivers is largely dependent on two factors: allicin content and the presence of its precursor, alliin, which is converted to allicin by the enzyme allinase. This process takes place in the presence of water — in the case of a supplement, when it has been ingested.

Recently, some garlic manufacturers have dismissed allicin as an integral component of garlic, suggesting that garlic exerts its healthy effects through other means. Scores of trials and studies have documented that allicin is the primary active ingredient of garlic, and allicin which produces its beneficial effects.

Garlic and cardiovascular health — Garlic provides protection against heart disease and strokes by intervening in the process of atherosclerosis at many stages of its development. Numerous double-blind, placebo controlled studies in people with cholesterol levels higher than 200 mg/dl show that garlic supplements standardized for alliin content can lower serum cholesterol levels by about ten to twelve percent. LDL or 'bad' cholesterol levels drop by an average of fifteen percent, HDL or 'good' cholesterol levels increase by an average of ten percent and triglyceride levels typically drop by fifteen percent. These combined effects significantly reduce the risk of heart disease.

Garlic supplements standardized for alliin content also effectively reduce blood pressure in people suffering from hypertension. Systolic blood pressure can decrease by about as much as 20 - 30 mm Hg and Diastolic by 10 - 20 mm HG.

The aggregation (clumping together) of sticky substances known as platelets within the blood is linked to heart disease and strokes. Several studies show that garlic standardized for alliin content inhibit platelet aggregation.

Antibiotic effects — Recent studies compared the efficacy of garlic standardized for allicin content with that of commonly used antibiotics including penicillin, streptomycin, chloramphenicol, erythromycin and tetracycline. In addition to confirming garlic's antibiotic effects the studies also demonstrated the herb's ability to kill bacteria that had become resistant to one or more of the antibiotics used.

Garlic is also an effective antifungal, in particular against *Candida albicans*, the fungus that causes yeast infection. In animal and test tube studies, garlic proved more effective than seven antifungals commonly used for infection, including the prescription *flutastin*.

In India, a study conducted by Dr. Saini and Dr. Desai showed that garlic had a preventative effect on the development of atherosclerosis and consequent high blood pressure. In Libya, Dr. R.C. Jain of the University of Benghazi found in studies that garlic can prevent plaque formation in arteries and help prevent the occurrence of atherosclerosis. In human tests, garlic reduced cholesterol and slowed platelet aggregation. At the University of Geneva, Dr. F.G. Piotrowski used garlic in one hundred patients with abnormally high blood pressure. On average, the blood pressure was lowered forty percent.

For over 4000 years, garlic has been a mainstay in people's diets and more importantly, an integral part of many natural therapies. As researchers can now attest, scientific documentation supports what so many of us have known for years, that garlic is truly an effective natural remedy.

PRESENTING NATURAL REMEDIES



Kyolic
Formula 100
THE FINEST AGED
GARLIC EXTRACT

\$ 22.98

180 capsules



Sale ends Mar. 23/99

QUEST

Kyolic
Formula 104
AGED GARLIC EXTRACT
WITH LECITHIN

\$ 23.98

180 capsules



Nature's Fare Kamloops
#5-1350 Summit Drive
Kamloops, BC
314-9560

Nature's Fare Penticton
2100 Main Street
Penticton, BC
492-7763

Nature's Fare Kelowna
#120-1876 Cooper Road
Kelowna, BC
762-8636

Nature's Fare Vernon
#104-3400 30th Ave
Vernon, BC
260-1117

the 'NATURAL' yellow pages

acupuncture

EAST WEST ACUPUNCTURE

Certified - Marney McNiven, D.T.C.M. & Gabriel Assaly, Adv. Lic. A.C. 542-0227
Enderby Clinic Marney McNiven, D.T.C.M.
 Twyla Proud, RN - Therapeutic Touch
 838-9977 **Salmon Arm** - Marney McGiven
 Golden Pantry 838-9977 Members of A.A.B.C.

animal therapy

PEGGY SMITH ~ Equine & Canine Sports
 Therapist - Salmon Arm ... 250-835-8214

aromatherapy

**AROMATHERAPY & ESSENTIAL OILS
 HOME BUSINESS.** Learn & Earn.
 Hourly plus residuals. **1-800-664-6141**

BEYOND WRAPTURE ... 860-0033

Urban Day Spa & Retreat ~ Aromatherapy Body
 Wraps, Massage, Sea Salt/Loofah Glow Treat-
 ments, Mud Wraps, Full Esthetic Services, B&B,
 Hot Tub. 3 blocks from beach/downtown
 1965 Richter St., Kelowna fax ~ 861-5009

INSTITUTE OF DYNAMIC AROMATHERAPY
 offering Certificate Correspondence programs.
 Heidi Watson 604-737-2510 or 1-888-790-2600

MARI SUMMERS ~ Grindrod ... 838-02283

RAINDROP THERAPY Skeletal & Energy
 alignment using eleven essential & massage oils.
 Reiki also available. Call Irene at 250-497-5003

SARAH BRADSHAW Salmon Arm..833-1412

astrology

LEAH RICHARDSON ~ Peachland
 Astrological Counselling & Teaching.
 767-2579 or mobile phone 862-6392

MOREEN REED ... 1-800-667-4550
 Taped readings by mail or
 for Road Trip Schedule see ad p. 16
 Email: mreed@cariboolinks.com

SHARON O'SHEA ... Kaslo ~ 353-2443
 Charts, Workshops, Counselling & Revisioning
 for balance and healing. 30 years experience.
 Also Mayan Pleiadian Cosmology

bodywork

KAMLOOPS

ACUPRESSURE /THAI MASSAGE

Reiki. Fully clothed. Tyson ... 372-3814

JEANNINE SUMMERS 573-4006
 Sound therapy/bodywork - healing sounds,
 tuning forks, gong, crystal bowls & toning .

CASSIE CAROLINE WILLIAMS ~372-1663
THE LIGHT CENTRE Ortho-Bionomy,
 CranioSacral and Visceral Manipulation

GARY SCHNEIDER ~ Certified Rolfer, +
 Cranial Manipulation, Visceral Manipulation
 Sessions in Kamloops & Kelowna ... 554-1189

NORTH OKANAGAN

AROMATHERAPY BODYWORK..542-2431

BODY MIND SPIRIT ACUPRESSURE
 Susan Wright cert. 832-8119 .. Salmon Arm

LEA HENRY - Enderby 838-7686 Reiki
 Teacher, Usui & Karuna, Full body massage,
 Reflexology, Energy balancing, Ear Candles

PEGGY SMITH - Salmon Arm..250-835-8214
 Reiki, Reflexology & Swedish Massage

TAPAS ACUPRESSURE TECHNIQUE
 Quick & Profound. Clears allergies & emotion-
 al blockages. Patricia ~ Vernon....260-3939

TERI LEARDO - Salmon Arm 833-0680
 Healing facilitator ~ Listening Hands Therapy,
 Healing Touch, Reflexology, Touch for Health

TOUCH FOR HEALTH-Pure pain relief!
 Berry's Body Management. Total Body
 Balancing. Sexual Abuse Counsellor
 Margaret Simon 1-250-836-3760

CENTRAL OKANAGAN

**BOWEN THERAPY & REFLEXOLOGY
 CONTACT REFLEX ANALYSIS**
 Traudi Fischer ~ Peachland 767-3316

DONALIE CALDWELL, RN ~ Sho-Tai,
 CRA, Relaxation Bodywork, Intuitive Healing,
 Energy balancing, Neuro-emotional release.
 Kelowna 491-0338

**EUROPEAN BODYWORK &
 REFLEXOLOGY** Karin Herzog ~ Peachland
 767-2203 or Big White ... 765-2245

FOCUS BODYWORK THERAPY ~Full
 body massage treatments. Deep tissue, intuitive
 healing & emotional release for rejuvenation &
 relaxation. Sharon Strang ~ Kelowna - 860-4985

FULL BODY, DEEP TISSUE bodywork with
 Reflexology and Acupressure using essential
 oils. For therapeutic release and relaxation.
 Louise Tapp ~ Kelowna ... 762-9588

**HEALING TOUCH, AROMATHERAPY
 MASSAGE FOR RELAXATION & HEALING**
 Patricia Kyle, RMT ~ Kelowna ... 717-3091

TERRY GRIFFITHS ~ Kelowna: **868-1487**
 Counselling/Hypnotherapy, Transformational
 Touch/Life Force Healing, Acupressure/
 Reflexology

SOUTH OKANAGAN

LISTENING HANDS THERAPY
 Christine Norman, Certified Practitioner,
 Reflexologist. For Appointments... 497-5585

PRINCETON

JUNE HOPE~ 295-3524 Reiki Classes incl.
 Karuna, Integrated Bodywork, Arbor House
 Garden, 136 Vermillion Ave, Princeton

KOOTENAYS

CENTRE FOR AWARENESS... Rossland
 Sid Tayal - 362-9481 Bodywork, Polarity,
 Yoga, Reflexology, Chinese Healing Arts,
 Counselling, Rejuvenation program.

Enjoy the
 convenience.

Have **ISSUES**
 MAGAZINE
 mailed directly
 to your home!

\$15 per year for 10 issues

Name: _____ Phone # _____

Address: _____

Town: _____ Prov. _____ Postal Code: _____

Enclose ☐ \$15 for 1 year Make cheques payable to **ISSUES**

Mail to: 272 Ellis St., Penticton, B.C., V2A 4L6

the 'NATURAL' yellow pages

books

BANYEN BOOKS & SOUND

2671 W. Broadway, Vancouver, BC V6K 2G2
(604)732-7912 or 1-800-663-8442

Visit our website at www.banyen.com

BLACK CAT BOOKS Metaphysical, Tarot, Posters, Crystals, Jewelry, Cards - Best Selection Sci-Fi/Fantasy in Nelson Worth the trip upstairs, Nelson Trading Co. 402 Baker St. ... 352-5699

BOOKS & BEYOND ~ Phone 763-6222
Downtown Kelowna - 1561 Ellis St.

DARE TO DREAM 491-2111
168 Asher Rd., Kelowna See ad p.20

DREAMWEAVER GIFTS ... 549-8464
3204 - 32nd Avenue, Vernon

MANDALA BOOKS ~ Kelowna... 860-1980
3023 Pandosy St. beside Lakeview Market

OAHSPÉ, THE WORLD'S TEACHER.
The New KOSMON (AQUARIAN AGE) bible in the words of JEHOVIH. A teaching & guide for all people of all races & religions on earth. Write for free literature to Oahspe Service, PO Box 2356, Stn R., Kelowna, B.C. V1X 6A5.

SPIRIT DANCER BOOKS & GIFTS
Kamloops....828-0928 ~ 158 Victoria St.
Crystals, jewellery, stained glass and more.

WHOLISTIC LIVING CENTRE
Books to help you with personal growth
Phone 542-6140 ~ 2915 - 30th Ave., Vernon

breath practitioners

INNER DIRECTION CONSULTANTS
2189 Pandosy St., Kelowna ... 763-8588
Breath Integration Sessions, Self Development Six month personal mastery program

PERSONAL GROWTH CONSULTING TRAINING CENTRE #5A - 319 Victoria St.
Kamloops ... (250)372-8071 Senior Staff- Susan Hewins, Linda Chilton, Shelley Newport & Will McLeod

careers

CHOOSE YOUR OWN CAREER

Start your own business. Earn an international diploma/A.I.N.S. offers over 100 home study programs. Alternative health, counselling, self-improvement, nutrition, new age, business, sports, beauty, writing. Free prospectus. American Institute of Natural Sciences 306-384-0101, (AL3) <http://www.tains.com>

EXCELLENT BUSINESS OPPORTUNITY with world leader in advanced health care technology. Suitable for open minded, energetic person who wants to make a difference. Call 1-250-491-7647

chiropractors

DR. RICHARD HAWTHORNE..492-7024
1348 Government St., Penticton
Extended Hours. Call for your Appt. Today!

colon therapists

Christina Lake: 447-9090	Patricia Albright
Kelowna: 763-2914	Diane/Christine
Penticton: 492-7995	Hank Pelser
Westbank: 768-1141	Cecile Begin
Kamloops: 374-0092	Annette Buck
Nelson: 352-5956	Cleanse & Purify

colour therapy

JOLLEAN MCFARLEN *miact*, Author, Futurist, Colour Psychologist & Feng Shui for healthy homes/offices. Clearing, channelling ph/fax 860-9087, jadore@bc.sympatico.ca

counselling

MAYA COUNSELLING~Janet White,M.Sc. Relationships. Donna Roberts,M.A. Certified for Trauma & Hypnotherapy 770-3121

PERSONAL GROWTH CONSULTING TRAINING CENTRE Bus. (250)372-8071
Fax (250)372-8270 See Breath Practitioners

ROBBIE WOLFE, Registered Psychologist
Confidential Psychological Counselling,
Penticton: 493-1566

SPIRITUAL EMERGENCE NETWORK

Transformational crisis • Non-ordinary states of consciousness • Paranormal states
Call for information or help (604)687-4655 or spirit@istar.ca

crystals

DISCOVERY GEMSTONES Crystals & Minerals for healing & collectors.
2514 - 131 Ave, Edmonton, AB T5A 3Z1 Phone (403)478-2645 fax(403)472-1198

THEODORE BROMLEY The "Crystal Man"
Enderby 838-7686. Crystals & Jewellery. Wholesale & retail. Crystal & Huna workshops. Huna Healing Circles. Author of *The White Rose*

dentistry

CENTRAL OKANAGAN DENTAL GROUP
250-762-6414 General Dentists offering biological, family and cosmetic dentistry. New Patients Welcome. Saturday and evening appointments also available.
#205 - 1626 Richter St.(Downtown) Kelowna

DAAN KUIPER ... 352-5012
General dentistry offering tooth colored fillings
201 - 402 Baker St., Nelson, B.C

DR. HUGH M. THOMSON 374-5902
811 Seymour Street, Kamloops
Wellness Centered Dentistry

dowsing/radiesthesia

Range of **PENDULUMS & DIVINING RODS** for healing, diagnosis & research 250-445-2277

ear candling

EAR CANDLES & CANDLING
Clarified white candles 492-7113 local 25

EAR CANDLING FOR HEALTH
Alexa La Madrid - Penticton ... 490-9180

MICHAEL KRUGER



Reiki Master / Teacher
private instruction available

靈氣

Ear Candling
Reflexology
Relaxation Bodywork

492-5371

Holistic Centre, 272 Ellis St., Penticton

Helena Warner, RMT

Registered Massage Therapist



650 Martin St.
Penticton

492-2744

the 'NATURAL' yellow pages

HEATHER'S EAR CANDLES ~ Merritt Wholesale & Retail 100% Beeswax or Paraffin (12-14"). Email: pdhpd@uniserve.com 250-378-3683 Fax 250-378-3675

SHAE - Kamloops 250-828-0370
\$45 per 6 candle session

electrical nutrition

ELECTRICAL NUTRITION & VIBRATIONAL MEDICINE

One of the most advanced methods to achieve a state of homeostasis. Addresses the cause of ALL dis-ease. Training courses, Electrical Nutrition Products, Books, Audio/Video, Lymphasizer. For complete info package phone: 888-658-8859 Fax: 250-658-6353

emotional release

LIFE FORCE THERAPY Decode valuable information from your body & release past traumas safely, gently and completely. Certified EPT Therapist ~ Carol Rienstra... Osoyoos.. 495-2702 Penticton Holistic Centre...492-5371 email: ept@desil.com <http://www.desil.com/ept/index.html>

foot care

HEALTHY FOOTPATH ~ Home Footcare, Healing Consultation ~ Kelowna
Marcia Goodwin, RN, BScN ... 707-0388

forestry

UNITREE FOREST CARE INC.

Tree planting, Stand Tending, et al.
Harold Merlin Stevens, RPF 548-4066
P.O. Box 1359, Vernon, BC V1T 6N7

for sale

DANUE TEPEES, Wall Tents, Sweat Lodge covers. Art by Shadowhawk ...250-494-3372

SWEETGRASS - WHOLESALE

50 or 100 braids/bundle, \$2 per braid.
Saskatchewan grown. Discounts on larger orders. Jae Dean ...306-763-3338

gift shops

DRAGONFLY & AMBER GALLERY

Beach Ave, Peachland BC ~ 767-6688
Unique gifts, crystals, jewelry, imports, candles, pottery & books

handwriting analysis

ACADEMY OF HANDWRITING SCIENCES

Correspondence - Vancouver (604) 739-0042

ANGÈLE - Certified Graphologist, Penticton
Phone 492-0987.

health care professionals

ACHIEVE WEIGHTLOSS & HOLISTIC HEALTH

for your body, mind and soul through exercise, nutrition and relaxation. Penny McGuire, B.Ed., ACE Certified Personal Trainer, Reiki Practitioner (250) 374-8659/heaven@direct.ca

CÉCILE BÉGIN, D.N. Nutripathy 768-1141
Westbank ~ Iridology, Urine/saliva testing, Colonics specialist, Herbalist & more.

EAGLES' WAY ~ Summerland ... 494-7108
Herbalist, Iridologist & Ear Candling

HOMEOPATHY-Dr.L.Leslie, Ph.D. 494-0502
Homeopathic pharmacy available. Summerland

NATURAL HEALTH OUTREACH

H.J.M. Pelser, B.S., C.H., C.I. ... 492-7995
Herbalist, Iridologist, Nutripathic Counsellor, Certified Colon Therapist & more. Penticton

OKANAGAN NATURAL CARE CENTRE

Kelowna.. 763-2914 Master Herbalist, Reflexologists, Kinesiology, Iridology, Phobias, Colonics, Nutrition & certificate classes

PEOPLE'S CHOICE NATURAL HEALTH

Kamloops ~ Reflexology, Ear Candling, Personalized Health Care Programs, Nutritional & Herbal Consultations. 554-6950

VICTORIA FABLING - Certified Healer, UK trained. No problem too big or too small. I show you how to connect with your unique Creative guidance & support you as you make the transition from an awareness of discomfort to one of wellness & wisdom. Kelowna... (250) 707-3580

health products

AEROBIC EXERCISER(portable) Fitness from 15 min a day - eases migraines, muscle aches & fatigue. Call Peggy 250-546-6041

ADVANCED MAGNETIC TECHNOLOGY

by the world leader. As seen on TV, newspapers and leading magazines. Your choice retail or wholesale. Penticton & area Clyde & Angele Hunter 250-490-9097

MAIL ORDER HEALTH PRODUCTS

at wholesale cost. Nominal monthly membership fees. Promote memberships, receive commissions. Details: 888-658-8859 or Fax: 250-658-6353

MASSAGE TABLES — Gift: ex. cond.

\$200, \$350 & \$590

Quality ~ Brand Name ~ Guaranteed
Toll free & ship today 1-604-683-0068

QUALITY NORTH AMERICAN GINSENG

PRODUCTS: capsules, powder, roots and more. Become part of our Ginseng club (free) to earn points & special promotions. Call 1-888-289-8222 for brochure and coupon.

SHAKLEE PRODUCTS—Bev 250-492-2347

SLIM SPURLING HEALING TOOLS

Acuvacs, Rings, Harmonizers, Feedback loops. Cdn Dist. Call (250) 537-8391 or fax 250-537-8392 E-mail: queen@saltspring.com

SUPPORT YOUR BODY to receive extra

energy, balance & strength naturally. If you feel low in spirits or energy call Victoria at (250) 707-3580 ... Kelowna area

Certified Colon Hydrotherapist

Herbalist

Iridologist

Nutripathic Counsellor

Cranial Sacral Therapist

Certified Lymphologist

Deep Tissue Bodywork

Natural Health Outreach

492-7995



H.J.M. Pelser

160 Kinney Ave.,
Penticton



Cécile Bégin, D.N.

Westbank...768-1141

Nutripathic Counselling

Iridology & Herbology

Urine/Saliva Testing

Colonic Therapy

CranioSacral & Reiki

Relaxation Massage



Health Centre

the 'NATURAL' yellow pages

herbalist

BEVERLY PAPOVE ~ Kelowna...712-8186

KATHY DEANE R. H. P. ~ Lumby .. 547-2281

SARAH BRADSHAW -Salmon Arm 833-1412

home for sale

ARCHITECTURALLY DESIGNED healthy home. A sanctuary for healthy & peaceful living in Peachland. \$295,000 Call 767-6757

hypnotherapy

LYLE (Certified) ~ 542-2341... Vernon

ON YOUR MIND HYPNOSIS ~ Kamloops #201 - 255 Victoria Ave. ~ 1-800-959-1243 Use the power of your mind to shape your destiny. Learn self-hypnosis for relaxation, memory improvement, motivation. Gain control of life's issues. Ed Pingrenon Master Hypnotist & Certified Clinical Hypnotherapist

TERRY GRIFFITHS ~ Kelowna: 868-1487 Certified Counsellor/Hypnotherapist

THELMA VIKER Kamloops -250-579-2021 Certified Hypnotherapist, Metaphysical Instructor, Master Hypnotist • Life Issues Self Hypnosis • Develop Psychic Abilities Habit Control • Access Unlimited Potential

WOLFGANG SCHMIDT, CCH
Rock Creek ... 250-446-2455

inner child work

JO VEN, Peachland: 767-6367 ... Registered Counsellor, Inner Child Work, Dreams, Psychic Counselling, Past Life Regressions & Hypnosis

iridology

DO YOU QUALIFY TO JOIN THE INTERNATIONAL IRIDOLOGY ASSOC.?
Grandfather Rights are still open.
Tel: (250) 547-2281 Fax: (250) 547-8911
www.net-talent.com/herbal

massage therapists

MASSAGE THERAPY CLINIC
Marilyn & Floyd Norman.... 492-0238
187 Braelyn Crescent, Penticton

SKAHA MASSAGE THERAPY...493-6579
3373 Skaha Lake Rd. ~ Maria d'Estimauville

SUMMERLAND MASSAGE THERAPY
CranioSacral Therapy available
Manuella Farnsworth, R.M.T. 494-4235
Odean Hume-Smith, R.M.T.
#4 - 13219 N. Victoria Rd, Summerland

meditation

TRANSCENDENTAL MEDITATION
Technique as taught by Maharishi Mahesh Yogi is a simple, effortless technique that has profound effects on mind, body, behaviour and environment. Please phone these teachers:
Salmon Arm ... Lee Rawn 833-0290
Kamloops... Joan Gordon 578-8287
Kelowna ... Annie Holtby 446-2437
Penticton... Elizabeth Innes 493-7097
S.Okanagan/Boundary...Annie 446-2437
Nelson ... Ruth Anne Taves 352-6545

MARGRIT BAYER ~ Kelowna ... 861-4102

midwifery

DOULA Child Birth Services ~ Penticton
Susan Black: 809-8482 or 490-9881

JOSEY SLATER 250-335-0911

LABOUR SUPPORT, Pre-natal Classes
Sarah Bradshaw ~ Salmon Arm 833-1412

music

AUBERTE CAMPEAU - singer/guitarist
Soothing songs for all occasions ...492-5228

music therapy

KAY THOMPSON, MTA Facilitator of the Bonny Method of Guided Imagery & Music
Kamloops ... 374-4990

naturopathic physicians

Penticton

Dr. Audrey Ure & Dr. Sherry Ure...493-6060

Penticton Naturopathic Clinic ... 492-3181
Dr. Alex Mazurin, 106-3310 Skaha Lake Rd.

Oliver

Dr. Tamara Browne, ND 498-0311
34848 - 97th Street, Oliver

Vernon

Dr. Douglas Miller ...549-3302 ~3302 - 33 St

nutripath

PENTICTON: 492-7995 - Hank Pelser
WESTBANK: 768-1141 - Cécile Bégin

organic

ORGANICEXPRESSDELIVERS! Fresh Fruit & vegetable variety boxes to homes in Kelowna & Vernon. Dry goods & bulk as well. **860-6580**

personals

CARD READINGS

Inquire at HOOT SWEETS, 469 Main St, Penticton: 11 am-5 pm. 492-8509 or 492-4245

PUT FUN & FRIENDSHIP INTO YOUR LIFE.
Join WK Matchmakers and meet someone special. Toll free 1-888-368-3373
wkm@knet.kootenay.net

primal therapy

PRIMAL CENTER OF BC (250)766-4450
Agnes & Ernst Oslender, 4750 Finch Rd, Winfield, BC V4V 1N6. Personalized intensive & ongoing courses. Convenient arrangements for out of town & international clients.
E-mail: primalcenter@primal.bc.ca
www.primal.bc.ca

psychic / intuitive arts

AUTUMN - Top Professional Psychic Readings & Psychic Teaching. Clairvoyant, Clairaudient, Tarot 1-250-765-8111

CANADIAN ACUPRESSURE INSTITUTE INC.

- 8 MONTH JIN SHIN DO® AND SHIATSU DIPLOMA PROGRAM
- 2 YEAR (WEEKENDS) JIN SHIN DO® CERTIFICATION
- FINANCIAL ASSISTANCE MAY BE AVAILABLE
- ACCREDITED BY THE PRIVATE POST SECONDARY EDUCATION COMMISSION OF B.C.



301-733 JOHNSON STREET, VICTORIA, B.C. V8W 3C7 250-388-7475

caii@tinet.net www.come.to/cai



Never Buy Tampons or Pads Again!

"The Keeper" Menstrual Cap

Healthier than tampons and pads.
Small rubber cap is worn internally.
Sanitary & reliable.

Comfortable & easy to use.
Lasts at least 10 yrs.

Used worldwide for over 13 yrs.
SATISFACTION GUARANTEED!
Free Brochure 800-663-0427

www.keeper.com

the 'NATURAL' yellow pages

ELIZABETH HAZLETTE ~ Salmon Arm
Channelled readings ...833-0262 Author
Dear Ones, Letters from our Angel Friends

HARNAM J. VANBERKOM, M.Ed. - Vernon
Canada's Top Face Reader

Face & Aura Reading, Clairvoyance, Past Lives
ESP Cards, Palmistry, Tarot, Psychometry
Zulu Bone Oracle, Spiritual Healing & Cleansing
Magic Mirror, Spirit Contact, Soul Rescue
In person/mail, or by phone: Visa, M/C
FOR APPOINTMENT CALL ... (250)545-4035

HEATHER ZAIS (C.R.) PSYCHIC
Astrologer ~ Kelowna, BC ... (250) 861-6774

JESSICA - Intuitive, Clairvoyant, Tarot,
Professional/ No nonsense ... (250)493-6789

MARIA K. ~ Astrology & Tarot ... 492-3428
New to the Penticton area.

MAURINE VALORIE - psychic healer,
artist & rebirther. Tarot workshops & private
sessions. Vernon 549-3402

MEL-Channelled readings Kelowna 860-9533

PATRICE-Soulmate reading 1-888-242-4820

SARAH-Tarot Cards..833-1412 Salmon Arm

SHAE - Conscious psychic channelling & tarot
readings. Group sessions. Internationally
renowned. \$60 per hr. 250-828-0370

TANYA-clairvoyant readings ... 250-490-9726

TOLA HAYNES ~ 838-0158 - Teacher, Intl.
Lecturer, Metaphysical/Spiritual Consultant

reflexology

BOWEN THERAPY, REFLEXOLOGY, CRA
Traudi Fischer ~ Peachland 767-3316

CORRESPONDENCE COURSES

* Reflexology Diploma certification
* Channelled readings (over the phone)
10 yrs. exp. Professional & confidential
Savanah at: 1-403-852-2348
www.geocities.com/HotSprings/Falls/1106

EUROPEAN BODYWORK & REFLEXOLOGY
Karin Herzog ~ Peachland ... 767-2203

LEARN REFLEXOLOGY AT HOME

Reflexology for Every Body
Book & Video \$69.95 Tel:(403)289-9902
www.footloosepress.com

OKANAGAN NATURAL CARE CENTRE
Reflexology Assoc of Canada Certified & class-
es and more - Kelowna ... 763-2914

PACIFIC INSTITUTE OF REFLEXOLOGY
Foot, hand & ear reflexology. Instructional
video - \$29.95. Basic & advanced certificate
courses. For Info 1-800-688-9748
535 West 10th Ave., Vanc. V5Z 1K9

SHAE ~ Ticklish / painful feet my specialty.
\$30 per hour. Kamloops ... 250-828-0370

reiki masters

CHRISTINA GODDARD ~ Reiki &
Channelled readings ~ Peachland..767-3373

DIANE BERNARDIN ~ Teacher/practitioner
certified. Teaching all levels of Usui method.
Penticton or Kaleden ... 497-5003

ÉVA TROTTIER ~ Reiki Master/practitioner
Level I & II workshops. Grand Forks, 442 - 3604

GAYLE SWIFT ~ Teaching all levels; Certified
teacher Melchizedek Method-545-6585, Vernon

IRIS YOUNGBERG ~ Use this Universal Life
Force to increase your body's natural ability to
heal itself. White Rock 604-536-6456

KATHY DEANE ~ Lumby ... 547-2281

LEA HENRY ~ Enderby ... 838-7686
Reiki Teacher/Usui & Karuna, Treatments

PATRICIA ... 260-3939 ~ Vernon Teaching
all levels Reiki; Certified teacher Melchizedek
Method. Offering Tapas Acupressure Tech-
nique, Ear Candling w/Reiki, Soul Retrieval,
CCMBA, Twelve strand DNA Connection

SHARON GROSS ~ Kelowna ... 717-5690

TOSHIE SUMIDA ~ Westbank ... 768-4921

reiki practitioner

AUBERTE ~ Penticton ... 492-5228

retreat centres

A HEALING PLACE - retreat to a treed
waterfront setting. Spa, music/book library, out-
door activities. Includes Therapeutic Touch, ho-
listic health assessments, spiritual direction with
on-site RN. \$55-\$95/night (250)396-4315

EAGLES' NEST RETREAT CENTRE
Luxurious mountain retreat. Panoramic lake
view. Live-in workshop facilities for up to 20
people. Nelson 1-888-689-9937

**TARA SHANTI GUEST HOUSE &
SEMINAR CENTER** Kootenay Bay, BC
Wellness packages and B&B accommodation.
Located on five acres with stunning views.
Call 1-800-811-3888 www.tarashanti.bc.ca

retreats

BEYOND WRAPTURE ... 860-0033
Urban Day Spa & Retreat ~ Aromatherapy Body
Wraps, Massage, Sea Salt/Loofah Glow Treat-
ments, Mud Wraps, Full Esthetic Services, B&B,
Hot Tub. 3 blocks from beach/downtown
1965 Richter St., Kelowna fax ~ 861-5009

KOOTENAY LAKE TAI CHI RETREAT
AUGUST 22-28, 1999

Experience nature, community and learning
on beautiful Kootenay Lake. Qigong, Tai Chi,
philosophy, healing, massage, push hands.
Swimming, canoeing, pristine beaches, wa-
terfall, mountain paths, nearby hot springs.
Open to beginners through advanced. Instruc-
tors Rex Eric Eastman, Harold Hajime Naka,
Osman Phillips, Arnold Porter. Cost: \$445
includes accommodations, fine vegetarian
meals, instruction and boat transportation.
Kootenay Tai Chi Centre, Box 566, Nelson,
BC, V1L 5R3 Phone/fax (250) 352-3714
email:chiflow@insidenet.com Website:www
.retreatonline.com/can/goto/kootenay.htm

VISION & HEALING QUEST RETREAT,
July 25-31 Valhalla Tipi Retreat, Slocan, BC
led by Laureen Rama. Experience profound
healing or visions for your future. Let the
power of nature renew your soul and
transform your life! Contact Laureen at
1-800-491-7738 or www.spiritquests.com

WATER FASTING & NATURAL HEALING
Dr. supervised programs. Free brochure
1-800-661-5161 www.naturaldoc.com

RETREATS ONLINE

Now for the first time...one internet sight for
retreats...getaways...workshops...meeting
spaces...facilitators ~ in B.C....across
Canada...around the world. Vacations that
can change your life! Fax (604)872-5917
www.retreatonline.com
Email: connect@www.retreatonline.com

schools

**ACADEMY OF CLASSICAL ORIENTAL
SCIENCES**, Nelson is offering a four year
program in Chinese Medicine & Acupuncture.
Sept. '99 entry; For calendar & application call
1-888-333-8868 Email: acos@acos.org
website: www.acos.org Fax:250-352-3458
420 Railway St., Nelson, BC V1L 1H3

NATURE'S WAY HERBAL HEALTH INST.
Certified Programs #1) Consultant Herbalist
#2) Iridology #3) Reflexology #4) Reiki
Vernon, BC (250)547-2281 or fax 547-8911
www.net-talent.com/herbal

THE ORCA INSTITUTE

Counselling & hypnotherapy certification
programs. 1-800-665-ORCA(6722)
Email: "orcas@home.com" or
Website: http://orcainstitute.com

Small ads work

call ISSUES 492-0987

the 'NATURAL' yellow pages

shamanism

ADVANCED SHAMANIC HEALING TRAINING
led by Laureen Rama. March-April wks -
Edmonton; May 1-7 Kamloops; Aug. 23-29 -
Alberta. Learn soul retrieval, extraction and
how to support clients. Contact Laureen at
1-800-491-7738 or www.spiritquests.com

SHAE - Simple, accessible new shamanic
teachings direct from Spirit. Get your life back!
250-828-0370

SOUL RETRIEVAL, Shamanic Counselling,
Depossession, Extractions, Removal of
ghosts & Spells. Gisela Ko ... (250)442-2391

sound therapy

DIANNA WILLIAMS - Unblock body/mind.
Discover the Healing Voice using Toning &
Bioenergetics. Kelowna 763-9619

spiritual groups

ECKANKAR, Religion of the Light and Sound
of God, invites you to explore spiritual free-
dom. Worship Service 11 - Noon Sundays at
Eckankar Centre 210-1579 Sutherland Ave.,
Kelowna. Book Room ... 250-763-0338

ECKANKAR - Religion of the Light and
Sound. Penticton info phone 250-490-4724

PAST LIVES, DREAMS & SOUL TRAVEL
Discover your own answers to questions
about your past, present & future through the
ancient wisdom of Eckankar. Experience it for
yourself.. Free book: 1-800-LOVE-GOD ext 399

SATHYA SAI BABA CENTRES

Kelowna ... 250-764-8889
Kamloops ... 250-851-9337

SPIRITUAL BOOK CLUB meeting March
9, we'll be discussing *Something More:*
Excavating Your Authentic Self by S.
Breathnach. Call Carol 770-9779 for more info

TARA CANADA Free info on the World
Teacher & Transmission Meditation groups, a
form of world service & a dynamic aid to
personal growth. Tara Canada, Box 15270,
Vancouver, BC V6B 5B1 1-888-278-TARA

THE ROSICRUCIAN ORDER ...AMORC
A world wide educational organization with a
chapter in Kelowna. Find out more about the
Rosicrucian teachings and how to achieve
your full spiritual potential by attending our
public meetings held the first Monday of each
month at the Millennium Cafe at 371 Bernard
Ave. in Kelowna at 7pm. You can also write
Okanagan Pronaos AMORC, Box 81, Stn. A,
Kelowna, B.C. V1Y 7N3 or call
1-250-491-4972 for more information.

tai chi

BUDDHIST-TAOIST HEALING MEDITATION
Spiritual Peaceful Martial Arts
Ongoing Classes: Kelowna & Westbank
Harold Hajime Naka 250-762-5982

DOUBLE WINDS ~ Salmon Arm... 832-8229

KOOTENAY LAKE RETREATS: Nelson,
BC (250)352-3714 see "Retreats"



TAOIST TAI CHI SOCIETY

Health Relaxation Balance Peaceful Mind
Vernon Armstrong Lumby Oyama 542-1822
Kelowna Kamloops Salmon Arm Nelson
1-888-824-2442 Fax 542-1781
Email: ttsvern@bcgrizzly.com

teaching centres

JESUS CHRIST'S SOUL LIGHT SCIENCE
Home study course on the human aura by Dr.
J.C. Trust with Rev. Rivera Phone 494-1432

OKANAGAN NATURAL CARE CENTRE
Reflexology Assoc of Canada Certificate
Instructor. Kelowna 763-2914

walks

MEDITATIVE WALKS THROUGH NATURE
to get in touch with yourself. Rates negotiable.
Trip-the-Trails with Maria 497-8607 Penticton

workshops

FIREWALKING-breathwork, team
building(anywhere), sweatlodge, rafting,
riverside tipi retreat. Golden, BC
1-888-232-6886 quantum@redshift.bc.ca.

MELCHIZEDEK METHOD - Hologram of
Love Please call for next available course
Gayle ... 545-6585 and Patricia ... 260-3939

yoga

ARJUNA YOGA STUDIO ... Kamloops
Kripalu Yoga & Meditation 372-YOGA(9642)
Iyengar Yoga & Belly Dancing ... 372-7546

CLIFTON RD, KELOWNA-IYENGAR
Method ~ a variety of teachers/classes to
meet a variety of needs for healthy growth and
enjoyment. Margaret 861-9518
A class for active seniors~Wednesday 11am

MARGRIT BAYER ~ Kelowna ... 861-4102

PENTICTON ~ Mon & Wed 5:30 & 7:30 pm
at the Yoga Studio, 254 Ellis St. 493-4399

SOUTH OKANAGAN YOGA ASSOC.
(SOYA) for class/workshop/teacher training
info call Dariel 497-6565 or Marion 492-2587



CANADIAN COLLEGE OF ACUPUNCTURE AND ORIENTAL MEDICINE

A four year diploma program in traditional Chinese
medicine focusing on acupuncture and herbology
including western sciences. We emphasize the develop-
ment of the personal, professional and clinical skills
necessary for people involved in the healing arts.
Financial assistance may be available.

Established in 1985. For information or calendar (\$5) contact:
CCAOM, 855 Cormorant St., Victoria, B.C., V8W 1R2
FAX: (250) 360-2871 e-mail: ccaom@islandnet.com
Tel: (250) 384-2942 Toll-free 1-888-436-5111



MASSAGE THERAPY
SUPPLY OUTLET

"Suppliers of professional
massage therapy products"

Call for a free catalogue

1 800 875 9706

Phone: (403) 440 1818

Fax: (403) 440 4585

"MAIL ORDER"

TABLES / CHAIRS
STRONGLITE
OAKWORKS
PRAIRIE
PISCES
OILS / LOTIONS
BIOTONE
SOOTHING TOUCH
BEST of NATURE

BOOKS
CHARTS
HOT / COLD PACKS
LINENS
ESSENTIAL OILS
ACCESSORIES
MASSAGE TOOLS
HAGINA / MINT OIL
BROCHURES

#203, 8815 - 92 St., EDMONTON, AB. T6C 3P9
www.planet.eon.net/~massage

HEALTH Food Stores

Kelowna

Long Life Health Foods: 860-5666
Capri Centre Mall: #114 - 1835 Gordon Drive
 Great in store specials on Vitamins, Books, Natural Cosmetics, Body Building Supplies & more. Bonus program. Knowledgeable staff.

Bonnie's Incredible Edibles & Health Products: 517 Lawrence Ave. 860-4224
 Discount Supplements, Herbs, Books, Organic and Natural Food, Macrobiotic Supplies. Friendly and knowledgeable staff.

Penticton

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

The Juicy Carrot ~ 493-4399
254 Ellis St, Penticton
 Juice bar, Organic produce, Natural foods, Daily lunch specials & Evening events.

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

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

Summerland

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

Fernie

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

Nelson

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

Grand Forks

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

Osoyoos

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

Shuswap

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

Chase

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

Kamloops

Healthylife Nutrition ... 828-6680
 264 - 3rd Avenue, Kamloops. See Adelle & Diane Vallaster for quality supplements.

Amazingly Accurate God Gifted Psychic

of 34 years
 For Appointment call Bascha Oyama 250-548-0090

Marilyn Livingston Certified Weight Loss Coach

Independent Usana Distributor
 Customized Nutritional & Fitness Plan
 Personalized Coaching & Support
 toll free 1-877-481-8230

Shamanic Wilderness Camp

on the beautiful Churchill River,
 Northern Saskatchewan

June 13 - 19 \$650

DANCING EAGLE ADVENTURE TOURS

Box 2353, Prince Albert, Sask, S6V 6Z1
 (306)-763-0985

Take Y2K With A Grain Of Salt Organic Grey Sea Salt From France

Hand harvested, Mineral rich,
 Coarse or stoneground

Misty Mountain Organic Bakery

Box 585, Kaslo, B.C., V0G 1M0
 Tel/Fax 250-353-7680

Opportunities in Addiction Counselling Certification

Available as a 5 month full time
 program or 4 days a month for
 working professionals.

Alcohol & Drug Counsellor Certification
 Sexual Abuse & Family Violence Intervention
 Training - Courses start in May



Four Quarters Institute

#302 - 96 E. Broadway
 Vancouver, B.C. V5T 4N9
 (604)709-3600 • Fax: 709-3550
 Call for Free Course Calendar

info@fourquartersinst.com
 www.fourquartersinst.com

DEADLINE
for April is March 10

Advertising and/or Articles

492-0987

(Penticton)

TO TREAT TO EXPAND

yourself

HOLLYHOCK

Come to beautiful Cortes Island, British Columbia
and enjoy the peaceful surroundings of this exquisite retreat.



JOIN US FOR AN EXTENDED STAY:

- Spring Work/Study - Healing with Herbs April 25-June 19
- 4-week Writer's Retreat - A Sense of Place May 2-28
- 4-week Esalen Massage Training May 2-28
- Yoga Teacher Training with Namaste Int'l. May 2-8 & Oct. 16-22
- 4-week Developing a Spiritual Practice Sept. 12-Oct. 9
- Fall Work/Study - Yoga, Drumming and Dancing Sept. 5-Oct. 23
- Plus a Full Season of Workshops, Retreats, and Conferences

Phone today for your free catalogue

INFO AND REGISTRATION: 1.800.933.6339

website: www.hollyhock.bc.ca

BOX 127 • MANSON'S LANDING • CORTES ISLAND, B.C. V0P 1K0 CANADA

Culture and Health 2000

PUBLIC
HEALTH FORUM

Are we meeting the Health Needs
of our Multicultural Community?

March 30, 1999
9 am to 3 pm

at the Penticton Library/Museum
785 Main Street

If you are a health worker or have a special interest
in the health needs of our multicultural community
please attend this forum.

sponsored by: (CUPPL)

Cooperative University Provincial Psychiatric Liaison

Penticton & District Multi-Cultural Society (PDMS)

Ministry for Children and Family Services.



for registration: please phone **Lynn Wells**
at the Penticton & District Multicultural Society
492-6299 Cost: \$5.00 includes lunch

A Fulfilling Career in the Growing Field of Solution Focused Counselling/Coaching

Become a Registered Professional Clinical Counsellor
Transfer credits towards application of a B.A., B.Sc., M.A., M.Sc., or Ph. D. degree



Marillyn Atkinson
M.A. Registered Psychologist

**We are a flexible, hands on college
that really produces effective
counsellors and personal coaches.
We engage in "experiential"
learning. You learn by doing.**

A variety of funding sources may be available
to qualified applicants.

Prepare for New Year Enrollment!
Call now (604) 879-5600, 1-800-665-6949

Erickson College

2021 Columbia Street, Vancouver, BC V5Y 3C9



**The
Future of
Learning ...**

**SYSTEMIC
NLP**

E-mail: info@erickson.edu Website: www.erickson.edu

TRULY A LIFE-CHANGING EXPERIENCE

The Hoffman Quadrinity Process

**A unique 7-day residential experience
that will change your life!**

The Hoffman Quadrinity Process is designed for:
people who cannot deal with their anger;
those unable to come to terms with their feelings;
adults who grew up in dysfunctional and abusive families;
executives facing burnout and job-related stress;
and individuals who are in recovery.

What people are saying....

"I recommend it without reservation." *John Bradshaw*
"I consider this process to be the most effective program for
healing the wounds of childhood." *Joan Borysenko, Ph.D.*

Helping Heal People's Lives For Over 25 Years



For your detailed brochure, please call
Hoffman Institute Canada
1-800-741-3449 Ask for Peter Kolassa