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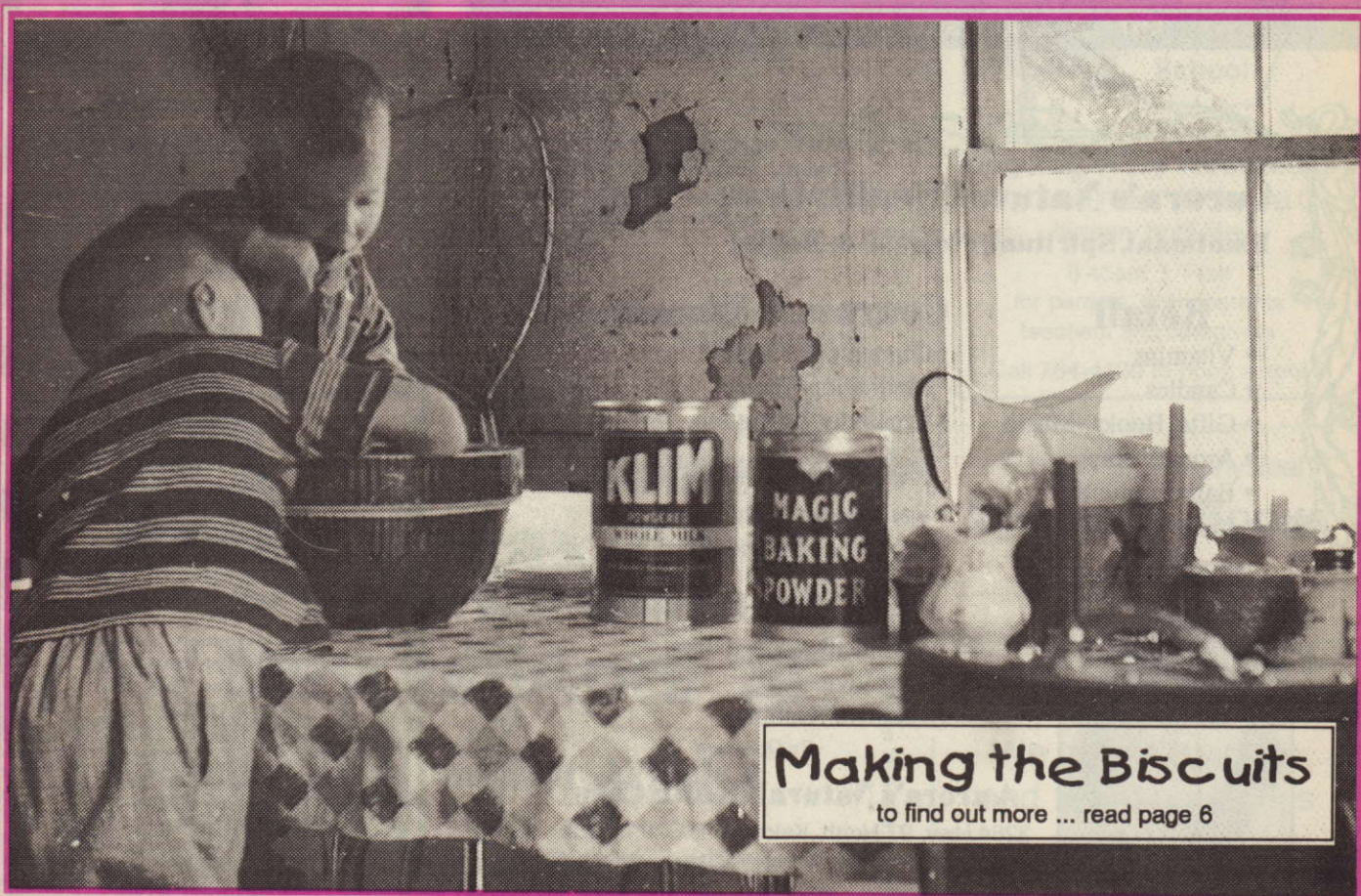
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What your shampoo doesn't reveal on the label!

What is not revealed on your shampoo label will shock you! As you shampoo, you are being exposed to cancer causing and toxic solvents that are not listed on labels, and aren't required to be by law.

For example, labels mention that a cleansing agent may be "derived" from plants such as coconut, but that's only half the story. What's never listed are the carcinogenic and toxic solvents also used to make the ingredient. One common solvent is ethylene oxide, a carcinogenic (cancer causing) petroleum-derived solvent that typically contains 1,4 dioxane, also a carcinogen. Both are readily absorbed by the skin and are listed with the International Agency for Research on Cancer (IARC). World medical authorities have shown that cleansing agents synthesized with ethylene oxide also have the ability to affect cognitive development of babies and are considered an "estrogen-mimicking" chemical and a trigger of breast cancer. Petroleum derived ingredients such as ethylene oxide contribute to global warming, air and water pollution. Consider all the people in your city showering and bathing everyday, that's a lot of solvents going down the drain into the wastewater system.

Check your shampoo label. The following is a small list of cleansing agents that have been made with carcinogenic and toxic solvents: Cocamide DEA; Cocamide; any ingredient with TEA, MEA, DEA, MIPA, PEG; Polysorbates; Triethanolamine; Sodium C14-16 Olefin Sulfate (Sulphonate); Sodium Laureth Sulphate; Disodium Oleomido Sulfosuccinate; Cocamidopropyl Betaine; Ammonium Cocoyl Isethionate; Ammonium Lauryl Sulphate; Sodium C12-15 Pareth Sulfonate; Disodium Cocoamphodiacetate.

Avoid shampoos that list cleansing agents as "organic cleansing and foaming agents: sugar cane, corn sugar, coconut oil." These are not the names of the cleansing agents and the plants used to make the cleansing agents are not grown pesticide free. Such deliberate mislabelling misleads you into believing that this shampoo is more natural and safer than others. Would you buy an automobile without seeing it or knowing the make or model? And don't

be fooled by shampoos listing an array of herbal and plant extracts. Cleansing agents and water typically comprise 92% - 95% of a shampoo. The "workhorse" of all shampoos are the cleansing agents. As well, the hair you see on your head is dead tissue. A shampoo can't feed it, nourish it or bring it back to life. This is recognized by the US Food and Drug Administration (FDA) and scientists worldwide.

Vegetable oil soap bases should also be avoided. Polycyclic Aromatic Hydrocarbons (PAHs), carcinogenic chemicals found in many mineral oils and petrolatums, are also found in vegetable oils. Vegetable oils can be combined with Sodium Hydroxide (a process called Saponification) that turns vegetable oils into crude cleansing agents. Sodium Hydroxide is toxic and corrosive. Not all of the Sodium Hydroxide is neutralized during the saponification process. Studies have shown that with prolonged use, even dilute solutions can have detrimental effects to human skin. Chlorine, like sodium hydroxide, originates from treated salt. In fact, both are co-dependant and are made at the same time in the same electrolysis machine, after typically passing through mercury cells or asbestos panels. Supporting sodium hydroxide supports chlorine, the source of dioxin, one of the deadliest toxins known to man.

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Making Biscuits

Cooking comes naturally to me. As you can see from this month's cover photo my Mom encouraged us children to help cook. Bill and Michael are my brothers and by the cans on the table I will guess they are preparing some baking soda biscuits for dinner. When I was a teenager, my girl friend and I were discussing what to do one Saturday afternoon, when I suggested making donuts. She grimaced and said, "I can't." I said, "Why not?" and she said, "Mom won't let me get the kitchen dirty." My eyebrows raised with surprise and I said, "Then let's do it at my house." I got the deep fryer out and found Mom's cookbook. Half way through the recipe, we decided we wanted green donuts. I found the food dye and dropped it onto the dough in spots, but it was too late. It didn't mix in and the donuts looked like they had measles or had gone mouldy, so Cindy and I ate most of them. We had a fun day and I learned at a young age that people are more impressed with appearances than taste. Grandma always said, "Brown is beautiful, so don't let colour fool you." She was talking about bleached flour, dried fruit and the smoke painted on dried fish to make them look colorful. The chemicals used to make food appealing weakens our body systems. Since World War I many chemicals have been introduced into our environment to preserve food and make it last longer. It is crucial that people understand what is happening to our so-called *food supply* and decide what they wish to support.

Food nourishes the soul and over time, I have learned the importance of using quality organic foods so that my body gets the trace minerals that are so important to repairing the nerves, bones and tissues. Quality food helps me to sustain my high level of energy as does my journey inward with Ken each month. I find seeing another part of myself, very profound. It fascinates me to see the child and how she came to make decisions. I find crying for at least an hour every month to be very healing. As I dive into the old pain and release it from my body systems it gives me extra energy that I can use each and every day afterwards. Feeling and freeing the emotions of the past, standing now in the place of witness, gives me the strength to change.

This month it was about seeing myself as mediator between Mom and Dad who always argued, *but never in front of the children*. You could feel cold air when a major power struggle was going on and it confused me, for I could sense the anger but no one was talking. My entanglement with Mom is being repeated with my partner Jan, so that I may heal this wounded child part of myself who always wanted to make everyone feel better so that we could have peace in the house and be loved. I wanted everyone to see the sunny side of life and I learned it was easier to pretend all was okay. Today my stomach won't allow my inner child to collapse into confusion, for she likes the warrior side of me that speaks up, even through my knees shake, my belly whirls and my body quivers.

Twenty years ago, it would take about two weeks before I



knew something was bothering me. I didn't know what anger felt like it was buried so deep. Today it takes anywhere from two minutes to two days but I get inklings from my body that something is not right. I sometimes talk it out with a friend and have learned to listen to the tone in my voice as I repeat an incident. As the tone increases I can feel the tension in my body tighten, my voice gets squeaky and I watch myself react.

Clueing into a repeating patterns and changing it in the moment is getting easier as I learn to trust my body sensations. Watching Jan and myself get clear on our priorities is a test as to whether I have outgrown my childhood influences of blaming, triangling or trying to save my parents from each other. Dropping my defences is getting easier and it is fortunate that I have Ken to take me one step closer to seeing my original programming so that I may realize that I have created this situation in my life to help me heal myself.

I am a person of action and I don't always take the time to think things through: I just do things and figure it out later once I see how things are working, and I expect others to do the same. Jan is the opposite: she needs lots of time to see if a new idea is acceptable to her. For me, getting clear with my needs is something that happens as life happens. As my life changes so will my needs, but communicating this effectively to someone else is not a priority. Sometimes I don't realize I shifted gears until after it happened. Staying grounded with life moving at my speed is a challenge that I enjoy.

Another program I am negotiating with myself is; *that changing my mind is okay*. Part of me says that if I change my mind I am being fickle and not a responsible person and I won't be trusted in the future for doing what I said I would do. Reworking that belief system means learning the fine line of differentiation for I do believe in being responsible.

At the core of me is a compassionate warrior who wants to change the world by getting involved and doing something about it. I have this energy because my soul has lived enough lifetimes to know better than to spend time abusing it with addictions. I want the whole world to have the same amount of vitality as I do and I will share my secret with all who ask, whether it be through Musings, Wholefoods Cooking Classes, Yoga, Handwriting Analysis or chatting with people. I believe that my body is a reflection of my soul's desire to do what it came here to do, and when I speak from the passion in my heart, it gives me energy. I have always had guidance from the voice in my head and now I get a chance to be in touch with my feelings. Today my body is stronger and more flexible than twenty years ago so I believe it when New Age books say... *many people are dead by twenty-five with bodies that react rather than act*.

I am delighted to be learning so much in this lifetime. I have a deep knowingness that each day is perfect and I trust my angels and guides that I will stay present and do what needs to be done. I have learned that *"Your mind and your friends can tell you what you want to hear, but the body never lies."*



Angèle

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Early Saturday morning, on Feb. 13, 1999, I had a heart attack. In the hospital emergency room I went into cardiac arrest. Sunday, Monday and Tuesday I was up and walking around without any setbacks. Wednesday I passed a stress test and was discharged. Thursday I started an exercise program to gain muscle strength and loose body fat. I removed all the saturated fat from my diet and started taking omega 3 and omega 6 fatty acids along with 40 grams of soluble and insoluble fiber daily.

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SACRED PLACES

by Cassie Caroline Williams, Ph.D.



I was born by the sea, and when I was a year old, we moved to Denver, Colorado, where we stayed until I was ten. I always felt nurtured by the mountains. We moved elsewhere to places with and without mountains and returned to the Colorado foothills several years later. I felt such a connection with those mountains (some of them up to 14,500 feet) and its animals. I thrived when hiking, skiing, and/or riding in the mountains. Just how connected I did not realise until a few weeks ago, when I revisited Colorado for the first time in years.

After marrying and moving to England, I was able to see some tumuli (tombs), standing stones in southern England and the White Horse of Dorset, all of which felt special. I particularly liked the standing stones and the vortices of energy I felt. Later we moved to Australia, where I felt that same sort of connection with the Snowy Mountains, but for me the vegetation and animals were so different. There were some extraordinary places there, spectacular sites by the sea and also some spacious mountain views, but relatively low mountains to me (up to 7000 feet). I could only feel a sacred connection at times.

Then I spent over twenty years living in Winnipeg, feeling quite bereft and missing mountains terribly. It was a place that never felt quite like home. I loved canoe trips into the Canadian Shield and especially our annual, week-long cross-country ski trips to the Alberta Rockies, where I was really in my element.

But it was not until I moved to Kamloops where I again was nurtured by the spirit of the mountains. That was very sustaining for me.

Last November I went on a spiritual journey to Peru with Serenity Transformational Tours. We were a very small group, walking along the Inca Trail and really being with the Quechuan people who had

adopted our tour guides. The real beauty of the trip was that we were allowed to explore a number of ruins, including the famous Macchu Picchu, and later related our reactions to them. We all had our own individual responses and a number were similar. The Andes are extraordinary mountains full of spirit, extremely rugged and full of fast-moving clouds, making for spectacular photos. The Incan people worshiped the spirits of the mountains and had formed many large huacas (shaped stones) as altars to the mountains. For me the trip seemed to provide resolution of some places in which I felt stuck and also sensitized me to a lot of spirituality. To me the Quechuan people seemed like part of my extended family.

However when I went to Colorado in February this year, I made certain that I had time to visit not just some old family friends, but also some places that felt as though they were calling me, the Red Rocks Amphitheatre and the Garden of the Gods. When I went to Red Rocks, I felt such awe for those wonderful red formations. As a child, I guess that I accepted this all as natural; as an adult it struck me as a very special sacred place, not just an amphitheatre with spectacular red rocks. I finally inquired at the trading post there as to what this area had been for the native people; the woman replied that it was an energy vortex like that of Sedona, Arizona! No wonder I felt things! The area was very special.

The Garden of the Gods near Colorado Springs was even more powerful for me. I remember visiting here as a child and again accepting it all as natural. However my stepfather did not appreciate nature's wonders, so I think we were only there once when I was about six. It was so nurturing, so splendid with its tall red rocks. I wandered about for some time, absorbing the energy of the place. I sat at a bench for a bit, looking at the spire-like rocks, ridges and junipers, with bluebirds flying by and reminding me of happiness. I have always admired these birds, long before I realised that they represented happiness. I walked all around, taking photos and absorbing the energy about me. In the background was snow-capped Pike's Peak, over 14,000 feet. I later sat on a stone in front of what felt like the most appropriate place and meditated. I had a vision of a native elder with feathers in his braids telling me to trust the message that the bluebirds had delivered to me.

Before I left the area, I visited the interpretative centre to find out that I had been seated in front of Cathedral Spire when meditating, and that this spire surrounded by other towering red rocks was a spiritual gathering place for the Ute Indians and sometimes other tribes. I later read that when natives had feathers in their hair they were medicine men and women. I felt honoured to have had those messages and vision. I know these things happen at appropriate times in our lives. May we all experience such connections with sacred places in our lives!

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with **Cassie Caroline Williams, Ph.D.**
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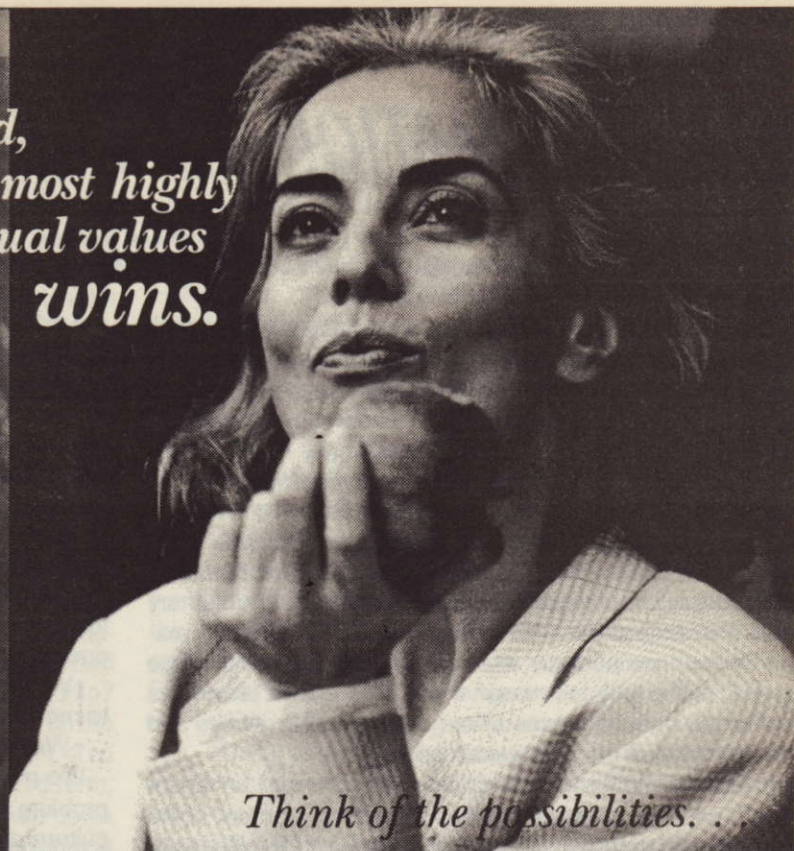
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THE POWER OF GROUP MIND

by Barbara James

No one really understands completely all that is happening to each of us individually or to the world around us, except of course the Highest Power, which Rosicrucians call "The God of Our Hearts". We simply cannot know the entire Universe, yet we all have access to everything we need to learn, grow and evolve spiritually.

The Rosicrucian Order AMORC has existed in many forms since its beginnings as one of the mystery schools in Egypt. During the most recent cycle of Rosicrucian activity dedicated students have had the chance to study mysticism in the privacy of their homes, using powerful principles and time-honored experiments to assist in their spiritual development.

This process continues today and many new seekers are beginning their journey in a more open time, with the advantage of many different sources to study and learn from. Each of us advances on our own personal path, but we now have the advantage of being able to share freely with those of like mind. Not only do we have an increase in the volume of knowledge, and the freedom to share - we are actually able to participate in a much larger way through the power of group mind!

While we all must find our own peace of mind, develop inner purpose and achieve self-mastery, we can be supported and revitalized by our connections to each other. Indeed this is the next developing stage of human consciousness, when we focus and direct thought through a caring group mind. This truly brings us into greater service as we create a safe, encouraging environment for all to grow and learn in.

Many of us have experienced powerful and life-changing moments when we have a chance to voice our opinions, listen in non-judgement and share in group contemplation and meditation. Experience your potential in an open and compassionate group setting where topics such as practical mysticism, spiritual challenges in the new millennium and synchronicity are discussed. We invite all students of life to join our free open meetings to be held on the first Monday of each month at 7:00 pm at the Millennium Café, Bernard Avenue in Kelowna. Together we can create the perfect environment for an ongoing mystery school discussion.

COMMUNITY RESILIENCY & CULTURAL TRANSFORMATION IN THE NEW MILLENNIUM

by Phil Larstone and Donyne O'Coffey
Kootenay Institute for Community Resiliency and Cultural Transformation

The closing of the millennium and advent of the 21st century has been heralded throughout history as an auspicious time of profound change. Being a target for predictions of religions, indigenous peoples, and prophets of many cultures, the year 2000 is steeped with expectations, ranging from apocalypse to the golden age. Less than a year away, we now have firsthand knowledge that our world is indeed at a threshold. Having determined that our ways are unsustainable, we know that we cannot avoid change indefinitely. Can humanity alter its collision course with cataclysmic fate through voluntary choice, initiating at the 11th hour a grand global transformation? Or have we perhaps already gone too far, the damage irreversible, the task too massive and improbable, leaving us to suffer the consequences of our self-destructive ways and witness the fall of our own great civilization?

If the situation was not already complex and uncertain enough, we now have yet another disturbing element in the mix, the global computer glitch known as the Y2K millennium bug. Rife with unknowns and the subject of great and ongoing controversy, the problem with the two digit date code that keeps computer clocks ticking and talking is the focus of billions upon billions of dollars, employing literally every capable computer programmer in the world so that the information technology explosion can be carried into the next century. Governments and corporations are recognizing the Y2K bug as a potential threat to their "new world order," to national security, and to their precious paradigm of economic growth. They are assuring the people of the world that they will fix the computer systems, that there is no reason to be concerned nor is there any need to prepare or change our ways. Then there are those who say the whole thing is a concoction, an illusion, a scam to make a lot of money. From other information sources, we are warned of long term power outages, massive layoffs, collapse of the economy, food and water shortages, and military rule. We are told to stockpile foods, tools, water, medicines, to "head for the hills", to pull our investments and drain our bank accounts. We are simultaneously being pushed toward complacency, denial, fear, and panic. This is hardly the kind of information environment that leads to wise and appropriate action. Is there a reliable source of information? Can we get beneath all the hype and confusion to understand this picture in a sensible way? Maybe...

If we take the time to stand back and examine the year 2000 from a wholistic perspective, considering the context in which this drama is taking place, we might conclude that:

- There were big problems facing humanity before Y2K surfaced, with respect to the earth's ecology, climatic conditions, economic stability, equity and peace among the nations, health and good relations among people...

- Even if we don't own or operate computers ourselves, we

are extremely dependent on the properly functioning computer systems of government and industry for our livelihoods, basic human needs, health and well-being.

- In the past people developed a variety of skills that were valuable to the welfare of their family and community, and traded these locally to meet their needs. Currently, most people have a single skill, developed in order to make money with which to acquire goods and services from government and corporations. Where once communities were mainly cooperative and self-reliant, individuals and families are now fending for themselves and extremely dependent on huge remote agencies for survival.

- We are in a very vulnerable condition, having lost our ability to meet our basic needs at the local level.

- We prepare our own testing ground.

We might also begin to regard the technical aspect of the problem as a symptom (and not a cause) of deeper and larger cultural dysfunction. Instead of merely fixing the computers, we could examine and address the issues which have led human existence to rest so precariously on less than perfect technology. Could we come to see Y2K as a grand wake-up, a call to alert us to the need for change?

POSSIBLE RESPONSES TO Y2K

When we become fully informed of the ramifications of potential widespread computer breakdown, we realize that the "worst case scenario" could have severe consequences in our lives and communities. Y2K is a unique situation. Most catastrophes result from natural phenomena and they can happen at any moment. We know the exact day Y2K will affect us and have known this for years. Most natural disasters are localized and relief assistance comes from outside the disaster area. The effects of Y2K are global, and because communications may be interrupted, the affected areas themselves may need to supply their own relief. On the tail of El Nino and El Nina, who knows what we might expect at the turn of the century. It is possible that Y2K may coincide with other emergency situations, since hurricanes, flooding, earthquakes, drought, and increasingly severe weather has been rising exponentially over the past 50 years. Whether Y2K manifests as the worst case scenario, or whether its effects are a manageable nuisance, it makes a lot of sense to prepare ourselves in some fashion. We have advance warning, unprecedented access to knowledge and resources from around the world, and many other reasons to anticipate emergency conditions.

What can we do to prepare for crises and change? How can we maintain a quality of life through whatever challenges arise? How can we ready ourselves in an ecologically sensitive and ethical way so that we don't inadvertently worsen the already critical problems facing humanity? One way to begin answering these questions is to examine some of the sce-

continues on page 33

From the Editor...

Chit Chat

with Marcel



What does one do when two of your best friends have a falling out? A sad situation, indeed. They have been an important part of my life for several years; each contributing to my personal growth in their own special way. Each their own unique person with their own unique challenges. How could this happen? They were so close; such an integral part of each other's lives. Actually, I did see the wedge appear; slowly sliding in and then the break. And now what do I do? Not wanting to take sides—in fact able to understand both sides, I seem to be between a rock and a hard place. How do I help them? Can I help them patch things up? Is it in fact repairable? All I know is I won't take sides. But how do I remain neutral and still keep both of their friendships? Is there a way?

Of course, I must draw on what I have learned on my journey. First non-judgement; to accept all situations without judgement of good or bad, right or wrong. All things are merely changes in the shift and flow of life. Perhaps this is a necessary step in the advancement of growth for all of us. But, Oh, it is so difficult to live through the necessary breakdown of the old before the new can appear.

At a time like this I am grateful for the Principle of Discernment. I ask the God Self within me to supervise this situation and all situations in my life, and trust that this request will bring me the necessary guidance. Guidance to know if it is appropriate for me to actually take any action or whether I can only let each of them know that I am there for them if they need to call upon me. I know it is difficult for either of them to come to me—difficult for them to know whether I will be reporting back to the other, or perhaps they just don't want to put me in an uncomfortable position. Possibly we need to talk about this, all three of us together. It may be that I could be the neutral point that each of them could bounce off.

Meanwhile, the heaviness in our hearts can only be eased by the great love that is there as well. The love that helped us grow and meet each challenge in the past. The love that I don't show often enough because I still have a lot to learn about the expression of love. The love that will get us through this and on to even greater accomplishments in the future, because we know that within the power of love there is transformation.

Marcel



I'll be at the Spring Festival of Awareness looking after the Healing House see back page for details

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Soap Making Idea



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by
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I'm dreamily staring out the window at the outhouse. It seems to lean in several directions all at once. Its weathered boards look the same as they did ten years ago when I ripped them from the walls of the worker's cabin at the abandoned gold mine. How could those grizzly miners have guessed, as they feverishly hacked a tunnel into the hillside, that their camphouse would one day be recycled into a pit privy by a fledgling spiritualist from Seattle.

An outhouse means little to those whose only experience is the cold concrete shells at rural highway reststops. Such places contain the combined waste of truckers and aged California tourists. They are not quaint, but merely foul and impersonal. The outhouses of Venables Valley are different, they are contemplative refuges.

In that crooked little shack of mine nestled among the fir trees I give birth to my most noble thoughts. Rarely do I make important life decisions without first ruminating in the outhouse. It was there in fact that I came to understand that it was time for me to begin making soap.

Now, as I gaze upon the unassuming shed I understand why answers to questions which keep me turning at night become simple and obvious within its four crooked walls. It is there, and there only that I find absolute guaranteed privacy. No reminders of neglected chores from the wife, no dictatorial edicts from our teenage daughter, no rivalrous cries for approval from the four-year-old twin

girls lovingly referred to as "the monsters." No neighbours and no government officials, pure solitude.

As blockages dissolve I suspect that by nature's arrangement some hormone of inspiration and insight is released into the bloodstream simultaneous with the movement of old stools.

In the outhouse one's mind tends to be free of conceit. We are humbled by nature's uncompromising forces. We are pushed to unconditional surrender to her demands. We do not even consider time of day or inclement weather. Like obedient servants we dutifully perform the chore.

Thus it is the combination of a contrite mind, guaranteed solitude, and great physical release, accompanied by the still and beautiful background music of nature in season that makes a visit to the outhouse a profound experience. Sunrise evacuations amidst the symphonic echo of forest birds raise the spirit to particularly lofty levels of perception. Is it any wonder then that the scheme for Venables Valley Soap Co. was hatched in the outhouse?

I had spent an entire year of precious middle age studying at Wild Rose College in Vancouver. We studied herbs from seed to seed, made potions and lotions, worked on herb farms, worked in herb stores and learned hundreds of latin names. The time had come to see if a thousand hours of theory could earn me a nickle in the real world.

But not only did my occupation have to be herbal, it had to allow me to remain in my beloved Venables Valley with my family and friends, it had to be a wholesome and worthwhile contribution to society, and it had to be fun.

And so it was, huddled in the outhouse, staring at an issue of Mother Earth News so old that the people wore bell-bottoms, when the voice of Supersoul spoke to me.

"You want an occupation," It said, "then you should make soap." I raised my eyebrows surprised by the certainty of it all.

"Don't worry, I'll help," the voice answered. It is three years later and although Venables Valley Soap Co. is still a small operation, its soap is now gently lathering bodies throughout British Columbia. The outhouse I'm staring at stands, unmoving, ever ready to reveal life's next suggestion to attentive ears.

see ad to the right

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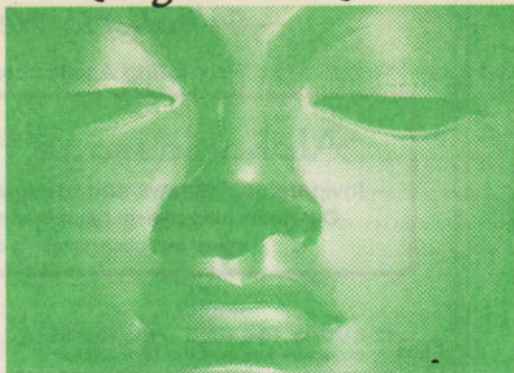
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Millennium Mystery Mapped!

Y2K WAKE-UP MAP by Sunship Publishing

Reviewed by Phil Larstone and Donyne O'Coffey

Having trouble navigating the stormy waters of year 2000* propaganda? Are you anchored in technological dependency? Harboured fears about future sailing? This publication can help you chart a course with confidence through the winds of corporate uncertainty, into the calm harbours of community self-reliance.

An actual map, its purpose is to guide you in examining your own situation with respect to the year 2000. (Even if you do not own a computer or use one at work, chances are you are fairly dependent on government and corporate agencies whose every function is computer reliant.) Just as every situation can be turned around, this map can be turned over to access an amazing wealth of wisdom, knowledge, and resources. These can help us to approach Y2K as a profound opportunity to transform long standing cultural dysfunction and create a world that is truly nurturing to all of life.

Side One: Y2K Wake-Up

This side of the map presents a comprehensive overview of critical systems in our society that are dependent on micro-processor technology and computer software, all of which are vulnerable to the year 2000 date code problem. The intention is to assist individuals, families and their communities in understanding the scope of Y2K and its potential effects on their daily lives. It does not predict what will happen, but instead offers statistics, references and quotes from government and corporate sources. These can be used to help people evaluate their own situation with respect to economics, transportation, electric power, food, water, telecommunications and government services. Governments and corporations are taking Y2K very seriously, devoting vast resources to remediate the technical problem. Similarly, much can be done by individuals and communities to affirm their responsibility for life.

Side Two: Beyond Y2K

Superimposed on a beautiful land-sat photograph of the earth, the second side of the map demonstrates an amazing diversity of resources and wisdom now available to us all. Its purpose is to facilitate creative solutions to the challenges of today's world. It helps individuals realize the skills, knowledge and resources they could offer towards community self-reliance. At the same time it generates awareness of resources which may need to be acquired or researched in order to develop community resilience. A broad and diverse index of resources for all sectors of community provides a comprehensive guide that can empower family, friends and neighbours to take affirmative action, transforming Y2K into an opportunity for change.

Our collective creativity can meet any challenge and overcome all obstacles!

The map is particularly effective in family and community meetings to ensure that discussions consider the entire range of issues. It is also valuable in classrooms and libraries, and as an excellent awareness tool to give to loved ones. Becoming informed and carefully considering the issues underlying Y2K will help keep the cultural ship afloat as we navigate the post millenium era. All aboard!!

*Y2K Wake-Up maps are marketed directly by Gaia Star Productions, Box 119, Winlaw, B.C., V0G 2J0, Ph. (250) 226-0065, email *HYPERLINK mailto:star@netidea.com *star@netidea.com*.*

Revenues from the maps will fund non-profit community self-reliance initiatives administered by the Art of Living Foundation. Folded maps are \$18 and laminated versions are \$30. A 40% discount is available to retail outlets on orders of 10 or more.

Also see article on page 10.

Health Matters

by Doug Muldoon
at Nature's Fare

The King of the Herbs

Ginseng is one of the most famous and valued herbs used by mankind. It has been used by Oriental people since the dawn of civilization and has a rich and extensive history. Ginseng has become widely known and used in North America. Often referred to as "the King of Herbs", Ginseng is a plant that thrives in special soil and climate, absorbing valuable minerals from the soil. It is the root of the ginseng plant that provides active constituents known as 'ginsenosides'. Research has proven that the ginsenosides are the critical factors for ginseng's effectiveness.

Often thought of as a 'cure-all' herb, ginseng normalizes body functions under stress and protects against excessive heat and cold conditions. The active compounds in ginseng provide 'adaptogenic' support for the body. Adaptogens do not have a specific function other than to increase resistance to adverse influences by a wide range of physical, chemical and biological factors.

How is Ginseng Used? The claims made about ginseng by Orientals, the traditional use of ginseng in North America and the experiments of modern science have confirmed through time, use and study that ginseng is perhaps the "single most restorative tonic available." It is well known, well researched, well used and considered very safe.

As a Stimulant - ginseng has been shown to be a safe, effective and natural stimulant with many advantages over other stimulants such as caffeine or amphetamines. Ginseng can be taken for tiredness and exhaustion when going through heavily taxing tasks such as examinations, long distance driving, stage performances, athletic events, etc. It is ideally suited for occasions when one is exhausted from overwork.

Anti-Stress - Ginseng taken regularly may assist in coping with the stresses of life. It may also help the body resist the harmful effects of stress which cause damaging changes to the blood and digestion systems. If as reported, ginseng can

improve the efficiency of nerve and hormone messenger systems, then it stands to reason there may be a greater coordination in the defence forces of the body.

Regulating Blood Pressure - in clinical trials with elderly patients who have high blood pressure, ginseng was shown to produce a small but consistent reduction in blood pressure. The Chinese always include ginseng in medicines for those suffering from heart diseases.

Anti-diabetic - There is some evidence indicating that ginseng can adjust the blood sugar levels in cases of diabetes and if there is a noticeable improvement, ginseng can be taken into account for the long term management of the disease.

Menopause - Ginseng acts by improving the regulating of hormones. It is useful in treatment of the many difficult effects of menopause. It should be taken by women at an early stage in order to increase and maintain their resistance capacity and to prevent menopausal disorder.

Aging & Life Extension - There is nothing equal to ginseng for gerontological use. Ginseng increases in value with age of the root and in value with the age of the user. Elderly people tend to be more vulnerable, suffer from stress-related conditions, are colder, more easily tired and more sluggish in their metabolism. These are the very states that are aided by ginseng. In China, ginseng is recommended for older people for its healing and restorative powers. Studies from Europe have clearly indicated that ginseng may play an important role in the treatment of mental abilities during aging and that it improves mood, drive, concentration, coordination, memory and the ability to solve problems.

Energy is the key to a healthy old age. It brings with it the benefit such as confidence, morale, contentment and involvement. The traditional experience that ginseng 'harmonizes' energies, removes toxins, strengthens the soul and invigorates the body has now been supported by scientific research.

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Headaches & Migraines in the Zone

by Joel Whitehead

While preparing a lecture on headaches and migraines I decided to look into modern medical literature on the subject. I found that they gave names to types of headaches which described their effect, but gave almost no clue to their origin.

Of course, in what we may call modern medicine, no matter what the cause may be, they are just going to offer medication to bring down the pain and call it a solution. As many of you know, however, if you are constantly presented with headaches, that after awhile only increased dosages of pain killers become solutions and then finally nothing does and then you just have to tough it out. In other words, putting out the fire is no measure of genius if you can't find the arsonist who is starting the blaze in the first place.

So now, wouldn't you like to have a clue as to where your headaches are coming from? We can't tell you everything there is to know, but the following ideas can be somewhat of a guide.

ALL ACROSS THE FOREHEAD

We can usually lay blame for headaches in this area on the digestive system; mainly the stomach. A person with this type of headache may or may not get nauseous with the headache /migraine, but they will have gastric complaints at other times.

Most often the underlying problem is actually a prolapse of the stomach itself, which causes tenderness or cramping in the abdomen at other times. A person like this will often unconsciously seek in desperation for something to fill the stomach quickly before they actually get sick or nauseous, to which sensation a headache may soon follow.

RIGHT SIDE BEHIND THE EYES

This is the liver attacking upward. Most of the time this is a full order of stress overload with a pervasively overburdened gallbladder as its underlying source. This person may also have other right-sided complaints in the shoulder and scapular areas and a constant tightness there that just won't relent. There is a lot of pressure on the ribcage with occasional stabbing pains in the solar plexus. This pressure makes it hard for them to get a deep breath at times. At best, a person of this type will only sleep lightly and only get real sleep just before the dawning hour.

LEFT SIDE BEHIND THE EYES

This is almost definitely a prolapse of the stomach. The pain will usually ride up the neck from a pain behind the shoulder / scapular area on the left side. The left hip may also be sore. I have written many articles on this phenomenon, of

which my regular readers are well versed.

IN BOTH TEMPLES

This represents a battle between the forces of the Liver / Gallbladder and the Spleen / Stomach. As a headache it seems to compress on the head, but at other times it fights its battles in the solar plexus. As a gastric complaint, this victim may also fight heartburn. It is largely just a different presentation of the syndromes described above.

THE BACK OF THE HEAD

This person has either a kidney deficiency or an excess of tension in the neck and shoulders. If it is the latter, it is usually due to job stress coupled with abnormalities in the stomach and liver, usually due to the way our body handles stress.

If it is the former, a kidney deficiency, the person will often wake up with this kind of headache in the morning. As well, they may be quite stiff down the spine at that time. A common complaint for this person is a low back ache and they are often very cold; chilled to the bone in fact, or on the other hand may even sweat at night.

A TIGHT BAND AROUND THE HEAD

For ages this has been known to the Chinese as being caused by internal dampness. A person who has this type of headache often feels heavy laden in the arms and legs and finds it an effort to do much of anything at times outside of just lying still. They are rarely thirsty and would do anything to avoid damp cold weather. They are happiest when the sun is shining and they can just sun themselves on a rock like a lizard.

AN ACHE AT THE TOP OF THE HEAD

This is a vacuous liver headache. This person is suffering from stress, but has too little energy and blood to react to it very much. Their disposition seems to be set in a constant state of dismay and the weight bearing down on them from up above only seems to echo their submission to life's vicissitudes.

No matter where the headache may lie, its severity will depend on other factors like congestion or blockage in migraines, or a dull, pervasive ache when some sort of chronic deficiency is the cause.

Regardless, any headache is better solved at its source and not with the dire last solution of high dose pain killers, since a headache is an alarm that goes off in our heads when something in our wholeness is going disastrously wrong.

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CALENDAR of Events

April 1

Positive Communication with Pauline St. Pierre at Dare to Dream, Kelowna, p. 29

April 8

Beyond Stress Management with Blanche & Harreson Tanner in Kelowna, p. 19

Wholesome Qigong with Dan Hartwick at Dare to Dream, Kelowna, p. 29

April 9, 10 & 11

Life Force Therapy with Carol Rienstra in Osoyoos, p. 11

Iridology Program at Nature's Way Herbal Health in Vernon, p. 30

April 10

Navajo Sand Painting Video with the Baha'is in Penticton, p. 29

April 10 & 11

Pranic Healing Level 1 with Marilee Goheen in Kelowna, p. 3

April 12

Spiritual Awakening Support Group in Penticton, p. 36

April 14

The Living Soul, What Shape Am I In? with Hermann Müller in Kelowna, p. 21

April 14 - 21

Astrology with Moreen Reed in Nelson, p. 38

April 15

Your Personal Element? with Tricia Sonsie at Dare to Dream, Kelowna, p. 29

April 16

Intro. to De-taxing in Kamloops, p. 22

April 17 & 18

Integrated Body Therapy with Cassie Caroline Williams in Kamloops, p. 8

Michael Simonson in Vernon, p. 20

Magic of the Heart & Mind with Dr. Ron MacIntyre, at Dare to Dream, Kelowna, p. 29

April 22

Rapid Healing Techniques with Lance Tomlyn at Dare to Dream, p. 29

April 22 - 25

The Melchizedek Method with Kimberly Crawford in Kamloops, p. 18

April 23, 24 & 25

Emotional Polarity Therapy with Carole Collins in Vernon, p. 32

The Spring Festival of Awareness in Naramata, see back cover

April 24 & 25

Reiki Masters Intensive with Joy Jeffries in Kelowna, p. 25

April 25

Healing With Herbs and Spring Work/ Study begins at Hollyhock, p. 3

April 26

Professional Counselling Course begins in Kelowna, p. 2

April 29

Rife Technology-Healing with Ted Windsor at Dare to Dream, Kelowna, p. 29

April 30

Eckankar, Religion of the Light and Sound presents a priceless video "A Gift of Love" by Harold Klemp, 7:30pm at 254 Ellis St. Penticton. For info 250-490-4724

Okanagan Wesak Festival with Ashleigh Ryane in Kelowna, p. 14

April 30 - May 2

Soul Journey with Craig Russel in the Okanagan, p. 5

May 8 - 12

Energy Awareness Seminar at Silver Star Mtn, Vernon, with Denie Hiestand, p. 5

May 15 & 16

The Ultimate P. J. Party with Dawn King at Silver Star Mountain, Vernon, p. 12

First Degree Reiki with Michael Kruger in Penticton, p. 27

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

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WEDNESDAYS 7 - 10 pm

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SUNDAY CELEBRATION

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

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April 9

Feng Shui with Vicki Stefopoulou
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April 16

Honoring the Inner Process with Jamie Rosanna Dorlg

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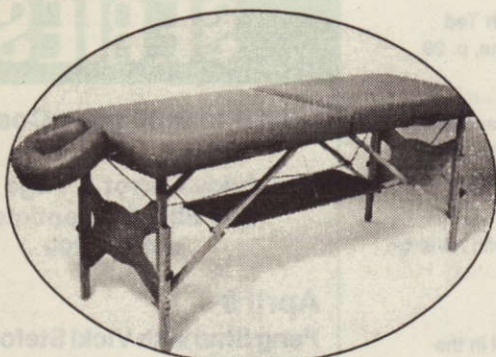
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Body Awareness

...is the Key to Better Health!

by Kimberly Crawford

In my profession, I am continually amazed at the lack of knowledge of 'body awareness' that the average person has. A large part of my practice is devoted to the education of body awareness to all my clients. Not only do my sessions include basic education of gland and organ maintenance, but the awareness of energy meridians and how they interact with organs, muscle groups and the head and feet.

The most surprising aspect of this is that only a small percentage of people are even aware that this energy exists, or how complex it is and how energy affects us. Perhaps, the most blatantly obvious proof of this is during a cardiac arrest, the victim is defibrillated with (you guessed it!) electricity. The fourteen energy meridians certainly don't have the charge of a defibrillator but they do carry an impressive amount of energy to, of course, feed the respective organs and muscle groups.

When there is a blockage of energy flow in any of these meridians, the organ and muscle group become weak and if the blockage is not relieved and energy restored, resistance is reduced and the organ and muscle group begin to deteriorate, leaving them open to disease, viruses and the like. This also applies to the endocrine system, where your body produces and circulates your immunities by way of T-cells (or white blood cells). When energy levels are low, this affects the flow of the T-cells and energy becomes even more sluggish and the body is less able to defend itself.

Part of my education process helps to restore this energy and to educate the client on how to keep their body in optimum health through regular maintenance. Similar to the maintenance of a specific hair style or vehicle, our bodies are not perfect and are prone to breakdown if not maintained. A basic routine ensures better health and longevity. There is no quick fix, but through this routine, good nutrition and a positive outlook on life (for a healthier mind!) we can all enjoy better lives.

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Crystals for the Millennium

by Guru Ghar

It all began in 1987, when I was managing a natural foods deli in one of the natural food stores in Calgary. One afternoon an "angel" gave me over the counter a very special gift. She had brought me a container of "sel marin de Guérande." She said, "ça, c'est du--- sel de mer," the good grey sea salt that the people of France have cherished for generations. The excitement I felt was like the first time you pick a fresh apple off a tree or pull a carrot from the garden. I poured some of the timeless crystals of sea salt into the center of my left palm. The connection of knowing that this was the real thing, the real sea salt direct from the ocean, was powerful. It definitely was not the industrial white sea salt from the refineries that I had been using for the previous ten years.

I placed one crystal on my tongue and let it slowly dissolve. Wow! What a difference! This sea salt had taste; a gentle rich flavour only found in unrefined whole foods. It was unlike the harshness of table salt and the empty taste of white sea salt. I have replaced regular sea salt with organic grey sea salt in all of my cooking and baking from soups to salsa, gomashio to natural leaven bread with remarkable results. I appreciate the incomparable quality but also that it is a gift of the ocean, sun and wind harvested by time-honored traditional methods, friendly to the earth ecology.

Unfortunately in Japan today, 99% of all misos and tamari are produced with refined white sea salt. It's time for the



Harvesting the salt in France

good grey sea salt to find its place in our kitchens (replacing the white imposters) to balance the taste of our foods and provide vital minerals for our health and well-being. Organic grey sea salt is available in natural food stores and being used by some organic bakeries. Hopefully the future will not be bright white but perhaps... light grey! See ad below.

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Breaking the Taboos

by Francine Chambers

Taking on a \$3 billion a year industry by introducing an alternative menstrual product is no easy task. I have been promoting and selling "The Keeper" Menstrual Cap for the past five years. Once women get over the fear of the unknown and give the Keeper a try, they absolutely LOVE it and wonder where it has been all their lives. This is exactly how I felt when I tried it five years ago. I was never really impressed or secure with any other menstrual products before. So when I finally found something that really works, makes my life so much easier, saves me money and is healthier, I just had to tell all my friends about this awesome product. At first they thought I had gone mad because nobody talks about THAT! But once you hear the compelling issues about the disposable hygiene products, you suddenly find yourself open to this new concept.

According to Whitewash, Liz Armstrong's book on the politics of women's sanitary products, the average woman will buy and throw away tens of thousands of pads and tampons during the forty or more years that she has her period. In addition, in North America, over seven billion tampons and twelve billion pads plus their packaging waste are disposed of annually, clogging our overburdened landfill sites. Plastic applicators used by some tampons have caused serious damage to water treatment plants and beaches, even choking wildlife. This is not just a woman's issue — it affects every living thing on Earth.

The vagina is self-cleansing and washes away dead cells and other bacteria. It is important not to disturb this naturally moist environment. Tampons (either rayon or cotton) absorb and can disrupt this normal acidic vaginal environment, making you susceptible to bacterial infections and Toxic Shock(TSS). Tampons are also bleached with chlorine which can be absorbed by the body.

The Keeper menstrual cap is made of 100% gum rubber and does not absorb your natural protection. The bell-shaped cap is two inches long and holds one full ounce. The entire average monthly flow is three full ounces. The Keeper is easy to use, just empty two to four times a day, wash with hot soapy water and re-insert. One Keeper will last at least ten years. It is accepted by the FDA (USA) and Health & Welfare in Canada. Although this concept had been used back in the 1940's, it disappeared in favour of the disposable products. Being available through word of mouth for the past thirteen years, The Keeper is rising in popularity because women are so much more ecologically and health conscious.

There are other alternatives such as sea sponges, washable cotton pads, unbleached pads or handmade cotton pads like our grandmothers used to make.

The Keeper is absolutely hassle free and it works. I love it! So my goal is to keep telling women. Don't be afraid to try it! See ad below.

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Pascalite Clay

by Rhona Terry

Pascalite is a rare calcium bentonite, formed thirty million years ago as the froth and foam of the fiery and convulsive era atop the Big Horn Mountains in Wyoming. Over the centuries it captured the calcium from that limestone formation and many other minerals (now known to be vital to life) in trace amounts migrated into it—manganese, cobalt, copper, etc... Slowly cooling temperatures converted these to oxides, readily absorbed in the human metabolism. Pascalite now exists as a cream-coloured, cheese-like material which they hand mine underground (avoiding contamination), solar dry in the high mountain (preserving its apparent antibiotic qualities), then powder—making it readily usable for both internal and external purposes. This clay does not compare to ordinary clays - sodium bentonite, Jordan clay, French green clay, etc.

I read all of this and more and had to SEE IT for myself. I flew to Calgary then on to Denver then at last to Worland. It was wonderful. I was taken by Jeanne, the grand-daughter of Ray Pendergraft, who by the way is the gentleman who mined this clay for about sixty years. He lived in a cabin with his wife and eventually had two daughters. Their entire medicine cabinet was a tobacco tin of pascalite.

Ray said that during these sixty years he would get discouraged sometimes and it seemed to him the clay would talk to him, "Go on, go on." Ray was a spiritual man. He loved and read Edgar Cayce. He was very psychic and saved his partner's life with this ability. Ray was restless one day and said to his wife, "I must go to the cabin." He left Worland on a very snowy night and travelled a few miles up the mountain. There was Pascal with his leg torn open and bleeding. Ray got out the tobacco tin and overnight Pascal felt great. "You can go home now, I'll be fine," said Pascal and of course Ray left knowing his partner spoke the truth. Many legs have been released of gangrene. Diabetics have been in awe of the clay especially with the wounds that are so difficult to heal.

My life with pascalite has been short and sweet. My gums and teeth are awesome. Any stomach upsets I might get are immediately relieved, however the burn I received from a curling iron was my greatest test. The pain ceased in moments and no red mark appeared. I am truly blessed with a powder that I can not say enough good things about.

Pascalite Clay & Clay Products

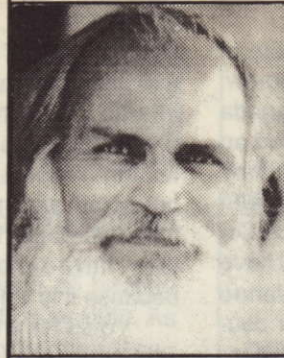
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Dear Fellow Canadians,

I write this so as to alert others in Canada who may not know what I know. I have always viewed Revenue Canada as a necessary evil. When I disputed an assessment and refused to pay it, they seized my bank account. I had not been informed and there was not a Court Order. They just did it! Because of this I have approached the subject of Revenue Canada and Income Tax with fear coupled with an attitude of non-cooperation. Information I received from The Canadian De-Tax Group changed my attitude to one of fearlessness and total cooperation. This Group has helped me to understand where I stand as far as the law is concerned. I have discovered that Income Tax in Canada is based on self-assessment and voluntary compliance. With this knowledge in hand, I can now approach Revenue Canada and the agents employed there with confidence and boldness. I want to know a number of things.

1. Will they identify themselves and show me that they are authorized to talk to me?
2. Will they uphold my rights as a Canadian citizen?
3. Will they give me the information I require in order to understand the Income Tax Act?

Through the education available from The Canadian De-tax Group I have been given a method of responding to Revenue Canada. To date, I have been able to keep them from harassing me, coercing me and have not had to comply with their demands because they have no way of enforcing what they allege is wrongdoing on my part. They have shown me expired identification with no explanation as to why. (This causes me to question whether they even have the authority to talk to me about tax issues, or anything for that matter). They will not answer my questions regarding the issues I have raised nor will they agree to uphold my rights as guaranteed under The Canadian Charter of Rights and Freedoms and The Canadian Bill of Rights. I have really become immune to their oppressive tactics. I have also learned from others that there are literally millions of "alleged" taxpayers who have been treated in a similar way. Some of these tactics border on "criminal" in my opinion.

Incidentally, as I have stated, my attitude is one of total cooperation. I tell them I am prepared to pay them or file a return with them if they agree to uphold my rights and give me the information I request. Of course they never cooperate with me, so I haven't had to follow through. If they do cooperate, then I have a choice if I want to comply, because it is voluntary.

Yours for a free Canada,
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INTRODUCTION TO DETAXING

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Friday, April 16th; 7:00 - 10 p.m.

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Tola Haynes

International Lecturer,
Teacher & Counsellor

Tola Haynes, at an early age, declared her purpose in life to be that of the uniting of people with the common cause of promoting peace and brotherhood.

She began a lifetime of studies as soon as she could read. The majority of her studies were in the fields of comparative religions, metaphysics, psychology and parapsychology, even though her interests were never limited. In between raising her four children she travelled extensively meeting many peoples of the world.

For many years she has lectured at colleges and universities; spoken to groups and churches; taught programs in adult education; taught workshops in mind control, meditation and hypnosis. She also provides private counselling helping and encouraging people towards realizing their own human potential and spiritual essence. Tola is a trance channeller working with El-Morya and Kahani. She also works with the parapsychological aspects of sound, color and vibration and the influences on your mind, body and emotions.

Through these various formats of reaching people, she works to accomplish a lifetime goal of attaining Peace and Brotherhood on the planet.

She is also the founder and president of the Star of Aquarius Society.

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Living Water

by Rose Wyatt

In the late 1980's my husband and I were on a quest to find a large home to accommodate ourselves and our five children. Little did we know at the time that we would be creating a future for ourselves and our family. We stumbled across a heritage home on twenty acres in Armstrong. This land had an exceptional producing well with excellent quality water. At that time there were various boiling water advisories in effect and the local folks who were familiar with this source started coming to our place asking if they could fill their own barrels with water to take home. This happened for about a year before we started to realise that there was a future in water.

We called our homesite Sweetwater Springs for it is situated at the top of the Okanagan on the historic settlement of "Mr. Okanagan" himself, Donald Graham. This landmark casts its shadow over the organic fields surrounding the free flowing natural artesian wells. This protected and registered source is located near the center of the beautiful Spallumcheen Valley, in a direct line with the Okanagan Great Divide.

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Although there were other bottling companies in the Okanagan, spring water was not being offered. Your choice at that time was Reverse Osmosis (extensively filtered city or municipal source water) and distilled. Specialty waters could be purchased in smaller volume through retail stores.

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A Taste of Heaven

by Fred Spencer

About three years ago I realized that the field I was in was not for me. I had enjoyed it for a number of years but it was no longer satisfying my needs for creativity and personal growth. I wanted to do something which people enjoyed and which benefited them. I was also interested in health and protecting the environment. One night I had a dream in which I visualized myself as a baker. I could see myself surrounded by delicious and nutritious breads and happy smiling customers who were buying my loaves from me. When I awoke I considered this dream and related it to my wife. She wondered if I was interested in a career as a baker. At the time I thought not, but something from this vision lingered.

I was making bread almost daily at the time for our own needs. My spouse and I were both separately self-employed in our own home based businesses. Gradually I began to offer my breads to our respective customers when they were in our home for other business. Soon I was selling a few loaves every week. Then I sold some door to door in my own neighbourhood. Things really began to gel when I started to sell bread at the Penticton Farmer's Market. My 'Bread Enterprise' had grown into a fledgling business.

Today I make and sell a full line of health breads, including breads made from organic flour and breads made without yeast by a natural leavening process. All of my breads are hand kneaded. I have expanded my product line to include jam made with organic fruit, health muffins, energy bars, whole wheat cinnamon buns and other good things. I still sell at the Farmer's Markets in the summer but also have my own very small shop on Baron Road, off Banks Road and near Costco in Kelowna. My bread is also available at many Health Food stores.

My spouse Savannah is a counsellor who occasionally assists me at the bakery. Our focus is to contribute to the greater good by consulting our *High Selves* when making decisions. Savannah and I are Clairvoyants and Light Workers. I personally see things in dreams from time to time and usually know when a special dream has psychic qualities. I had a feeling that there was something significant about the dream that I had about becoming a Baker and now I know!!

My Search is Over

From a child of six months old I grew up in a very religious household. Time passed and after my Dad passed away I left this religion and the control I felt within its atmosphere. I searched within other churches trying to find joy and happiness but never felt unconditional love within them.

A close friend of mine kept talking to me about different seminars and Speakers of Light and I began to seek the Light, with her guiding me all the way. One of my clairvoyant experiences occurred when I had a Reiki treatment in Vernon at a large gathering. I experienced seeing a beautiful Yellow Hummingbird (meaning Joy). I purchased my first crystal which was very special to me. I then was drawn to a past life therapist who started with Inner Child Therapy. It was a very special time. After three long daily sessions I had a White Angel appear and fill me with White Light.

After this experience, and with assistance from certain spiritual teachers that I was guided to see, I found my true purpose, guidance from Spirit. My husband and I spent six months in the mountains in Peachland where I connected with my High Self or my "I am Presence" as I prefer to call it. The clearings that I have gone through and the connection to my "I am Presence" has made it possible for me to feel unconditional love and warmth from the Light.

I channel a counsel of the Light through Spirit and my "I am Presence" (Ascended Masters, Archangels and other Spirit Guides). When I am channelling for others I connect through Spirit and my High Self, and the other persons "High Self" and their Spirit Guides. This helps me to channel the information on how they can gain the knowledge to connect with their "High Self," so they may gain answers for themselves about their purpose in this lifetime.

I am a Spiritual Teacher. I freely give and receive from the Light. This is true "Unconditional Love."

I know my search is over. The assistance I can give others is truly the most glorious experience of my life. My purpose is to help anyone who feels guided to come to me, so they may gain connection to Spirit and unconditional love. This brings me the greatest happiness and joy. *Love Savannah .. see ad below*



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A Miracle in the Making

by Joy Jeffries

Time stopped! It was like driving in a void of deep, deep silence. Looking over my shoulder I saw the stop sign I'd just driven past — without stopping!! As I glanced back through the windshield, my eye caught movement to the left — then **IMPACT!!** Everything went into slow motion. The pictures of St. Germain and Jesus floated slowly down from their place in the sun visor and I could hear myself chanting in some long forgotten ancient language. Then, as my soul started releasing from my body, I heard the words, "This is your gateway to leave Earth."

I am a Reiki Master. I had been on an inner journey of discovery for a number of years and an outward journey of sacred sites within the Western States and Provinces, when I was drawn to Kelowna. During the months and weeks prior to it, I had had several visions of the accident. Not thinking it should be something to dwell on, I never explored these visions. I had always held the thought that I would cross over in my sleep and I reaffirmed this each time I got the vision.

The ambulance rushed me to the hospital and enroute I instinctively started Reiki treatment; one hand over my heart, the other on my solar plexus. At the hospital, the emergency team examined me — broken pelvis, broken ribs, broken collarbone, whiplash and massive internal injuries with the doctors giving me a slim-to-none chance of surviving the night.

Meanwhile, I was on my own inner journey. I was alone in my own white limousine driving up to the hospital. I was dressed in a beautiful shimmering seamless robe. The Masters and Angels were lined up on either side of the entrance and the hallways. I was asked to go on a journey. I found myself in a room of blazing white light. I was being cleansed and purified. I felt I was inside a beautiful prism of opal essence filled with all the colours of the rainbow. My cells were filling with light. Then I realised I was no longer physical — just pure light. I felt very loved and honoured.

Then one wall of the room lit up like a screen and my life was played before me. This deeply moved me and I felt very humble. The Masters then informed me that a gateway was opened for me. I could decide to go through the gateway or I could stay. The decision was completely up to me and either one was acceptable. The opportunity would be available for five days.

Night #2, the Masters and Angels came again and the same procedure occurred — pearly iridescent room, seamless robe, viewing screen. This time they showed me the future and again the Masters reminded me that the gateway was open for another four days.

I felt the presence of the Masters and the Angels at all times. And truly I was in the arms of the Creator throughout this whole experience. So much love. So much peace.

After the fifth day, the presence of the Masters and the Angels raised gently out of the room. I continued to rest and heal with my hand holding a crystal over my heart and the other holding a crystal on my solar plexus.



Nadine Hanchar



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Day #8 in the hospital, I awoke in amazement to discover myself back in my body. The pain was testament to that. I had decided to stay.

Doctors and hospital staff said it was a miracle that I survived, but it would be many weeks before I could move. They couldn't believe how fast I was healing. Day #14, I was moved down to the Rehab Centre where I was prepared for a three month stay. I would need to relearn how to walk.

With the wondrous love of the Masters, Angels and the Creator, a firm belief in Reiki and Crystal healing, and with the prayers and love of friends and family, I walked out of the hospital in thirty-one days!

I look forward to sharing Reiki and Crystal healing methods with you in my upcoming workshops as I move forward fulfilling my part in the Divine Plan. *See ad below.*



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Meditation Corner

by Christina Goddard



Spring is a time of renewal and spirit sends us messages about LOVE. This month I would like to share with you a message that Spirit has given to me. As we think about our loved ones we must remember to "love ourselves first." This month, begin to think of ways to show how much you love yourself.

As we begin this meditation I want you to find a comfortable place to sit or lay. Take a few minutes to relax your whole body. Think about a slow flowing creek, see yourself beside this creek and feel the water washing over your feet as you place them in the water. Feel the energy that travels from the water up your legs to the rest of your body as you walk to a rock in the middle of the creek. When you reach the rock you feel how smooth it is as you climb up and sit in the center of the rock. Feel the warm sun as you settle yourself on the rock, begin to relax more as you feel the rays from the sun warm you. As you sit on the rock totally surrounded by water, listen to the water as it flows around the rock. Close your eyes and begin to count backwards ten, nine, eight, feel yourself going deeper and deeper. Seven, six, five you are relaxing more. Four, three, two, one, as you finish counting you find that you are totally relaxed. As you lay on the warm rock looking up into the clear blue sky, listen to the beat of your heart as you begin to think about LOVING YOURSELF. Begin to tell yourself how special you are and how much you enjoy spending time alone with yourself. Relax and allow yourself to go deeper and deeper until you feel like you are floating on a carpet of air far above the world. Continue to think nice thoughts about who you are. Tell yourself how special, how loved you are and how much you are needed. Relax and allow these feelings to wash over you. When you feel you are ready feel yourself coming back into the now. Feel the energy as it comes back into your feet, wiggle your toes, slowly move your body and feel yourself back. Before you open your eyes I want you to place your left hand on your right shoulder your right hand on your left shoulder and say "I love myself just the way I am and I allow myself the freedom to grow into all that I desire for myself." When you feel ready open your eyes and remember the feeling of love that you felt during the meditation and take it with you wherever you go.

I would love to see you on Tuesday night at the Yoga Studio in Penticton for Meditation, or Wednesday night at my home in Peachland. There are groups meeting on a regular basis everywhere, ask your local metaphysical Book Store or Health Food Store or check out the Ongoing listings on page 17. Meditation is a powerful and the more people in a group the more power that is created.

The Rainbow Connection

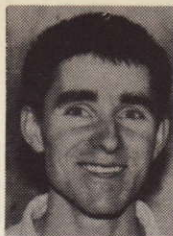
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SOIL DEPLETION & ORGANICS

by Gerry



"In certain parts of the country, surveys have shown that soils are definitely deficient in nutrients due to soil depletion" due to conventional farming practices, overdependency on synthetic chemicals, yearly planting of the same crops etc. Obviously, when the soils are depleted, so are the plants that grow upon them making them low in vitamins and minerals.

"Vitamins and minerals are very essential to the growth of healthy vegetables. If there is a lack of any minerals, the plant cannot be healthy. As plants form the chief source of vitamins and minerals in human nutrition, it can be readily understood that a person, depending upon the amount of food he can eat, might very easily get an insufficient amount of these minerals in the diet" From: *Make your juicer your drugstore*, by L. Newman, pg.191.

Organic farming practices have maintained healthy soils and people for centuries by replacing vital nutrients back into the soil and using natural methods of pest and disease control.

Only by growing your own vegetables using organic methods or supporting organic farmers and those who help distribute their products, can we be sure that our soils and environment will continue to provide humankind with enough nutrition to keep us vibrant and healthy.

At The Juicy Carrot, we believe in using organic produce and products to the fullest. Certified organic vegetables go into all of our soups, sandwiches, veggie wraps, smoothies, and of course all of our juices. We also have a selection of organic produce and products to choose from.

I am always interested in talking about organics or anything to do with health and vegetarianism, so next time your close by stop in for a chat and a carrot juice, your body and planet will thank you for it!



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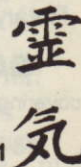
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VEDANTA ELEMENTARY SCHOOL

A Private Alternative

by George W. Lensen, Insp. (ret'd), Canada 125, LSM, MBA
Chair Vedanta Educational Society

Have you ever asked yourself if your child's needs were being met within the Public School environment? I have and concluded that there must be a better way. This is not to condemn what Public School teachers are doing; considering the constraints placed upon them by government, unions and school administration rules they are doing an amazing job. But is that good enough? For others, and me the answer is a resounding no.

I retired after serving twenty-five years with the Royal Canadian Mounted Police in numerous positions from beat constable, highway patrol duties to senior ranks in various provinces. While in the capacity of the Officer in Charge of Community Policing for British Columbia in 1995 I facilitated the British Columbia participation in a National Study of Violence in Canadian Schools. This study along with first-hand observations while working the streets and having observed the escalation of violence confirmed my suspicions. I saw a frightening trend of the deterioration of respect for authority, property and other human beings. The good news is that this trend can be turned around. The future rests with our children so why not start there.

The Vedanta Educational Non-Profit Society was founded in 1998 by a group of parents in Kelowna as a parent initiative to offer an alternative to Public School education. What differentiates the Vedanta Elementary School experience from other Private Schools is the inclusion of the Human Values class as an integral part of the curriculum. This class teaches our children the five core Human Values along with their sub-values. I believe Human Values education is a key to the successful development of a well-balanced adult in a modern society.

The five core Human Values are integrated into all aspects of the curriculum through story telling, plays, silent sitting, quotations, poems, singing, group activities (field trips, picnics, selfless work) and through example. The five core Human Values of which I write are Peace, Love, Non-Violation, Right Conduct and Truth. Human values are what distinguish us from all other creatures. Each of the core Human Values have sub-values associated with them. For example, Truth would include the sub-values of quest for knowledge, self-analysis, curiosity, honesty and integrity.

Vedanta's focus is to encourage children to develop creative problem solving skills and to assist them with finding out more about who they are and then to help them develop and express who they are with confidence. For those parents concerned with their children being able to return to public school classes in the event of a family transfer, the Vedanta School follows the BC Education Ministry curriculum guidelines. The BC curriculum guidelines are followed while remembering that to hold the attention of our young, education must



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be creative, exciting, fun and flexible.

I see the growth of the Private School movement as an important facet in educational evolution. The smaller classes associated with private schools have a definite impact on child safety. Let's face it, supervision is easier and of higher quality with fewer children. In today's society where weapons and violence are commonplace, smaller schools and smaller classes are part of the solution. There are many other reasons I chose to become involved in the Vedanta Elementary School but they are too lengthy to describe here.

The Vedanta School Board struggled with finding an appropriate name for the school until one of the directors discovered the word Vedanta. The word Vedanta means "the metaphysical inquiry of the divine, the world, and the valid experiences of each." Philosophy is the fruit with all the parts, whereas Vedanta is the sweet juice. Philosophy takes you to the edge of truth and provides a vision of it while Vedanta takes you into the heart of truth. The name truly describes how the Board of Directors feel about the school.

One of the important aspects of education is to assist students with their development of a true sense of belonging spiritually. At Vedanta, spirituality does not necessarily mean religious but it does mean an appreciation and acceptance of all forms of religious and spiritual study.

As parents, we believe we teach our children Human Values. However, unless Human Values education is supported by our educational systems the success of the child's retention and adoption of those values are diminished. This is an invitation to you to join with us to create the environment that will foster the evolution of a better world for all. *See ad below.*



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Homeopathy

by Dr. Lea Leslie, Ph.D.

As a system of alternative medicine, Homeopathy seeks to treat patients by administering small doses of medicines that in a healthy person would bring on symptoms similar to what the medicine is prescribed to treat. For example, the homeopathic treatment for diarrhea would be a very dilute laxative preparation.

Homeopathy is not new. Hippocrates, Galen, Holler, Stork, Hering and von Boeninghausen, many other great teachers in medicine, were familiar with the Homeopathic Law of Cure, but it was not until over approximately two hundred years ago that Dr. Samuel Hahnemann (physician and scientist) first recognized its value and made its application general.

Homeopathy stands on a solid rock of fact, unlike the succession of drugs constantly hailed as wonderful advances only to drop out of sight in a short time. Too often leaving behind a trail of human misery as a legacy of their existence. Homeopathy has been tested daily for more than two centuries. Appreciation of its beneficent results by intelligent people in every country is stronger today than ever before.

Homeopathy is not a complicated proposition beyond the comprehension of thinking people. It rests upon a simple, demonstrable law of nature that pure medicine in small and gentle doses, accurately selected to fit the patient's requirements, will set the patient on the road to recovery.

Homeopathy is not guesswork nor a fine spun theory. Each one of the hundreds of medicines employed by Homeopaths has been proven or tested upon the healthy human organism, showing what organs function or structures it affects. These experiments were not made upon cats, dogs or guinea pigs, etc. but upon hundreds of earnest men and women volunteers, who subjected themselves to pain and inconvenience for the purpose of helping the sick. This has given us absolute knowledge of our medicines and their curative virtues. In Europe, Homeopaths and Allopaths work hand in hand. Each has their own area of expertise!

Dr. Hahnemann's *Organon* is a basis for the study of Homeopathic medicine. Its great principles of Homeopathy will never grow out of date, for they are founded on eternal truths and always will have a place in our lives and practice. Homeopathic truths are real, positive and eternal through the life-long observation and personal experiences of the greatest Homeopathic of all, Dr. Samuel Hahnemann! *See ad below.*



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The Angels Gift

by Karen Timpany

I wrote last month about the remarkable Angels Gift Healing Blanket, how it was made, the colours, symbols, etc. This month I would like to share what the Angels explained is the primary purpose of this blanket.

"There is an urgency present that involves the necessity of mankind to become whole, individually and collectively. It is through individual awareness and growth that the energy will ripple out, much like the stone thrown into the clear water, expanding and involving the earth and everything upon it. With each surge in energy, you raise your awareness and consciousness bringing you closer to fulfilling man's life purpose. Closer to recognizing your true selves as SOUL first, human second. It is, however, only through healing your pain, facing your fears and embracing your own light that you are able to see past the human element to seeing yourselves as soul, that spark of God's love."

"The Blanket is designed to heal, raise your health level: physically, mentally, emotionally and spiritually, and through this assist in the energy needed to raise mankind's energy to meet, greet, recognize and unconditionally give universal love to everyone and everything including self."

Practitioners using the blanket have been amazed at the healing level the blanket allows them and the patient to reach. Relaxation is deep allowing for the healing to be efficiently quicker, balancing and clearing physical and auric layers. Patients are energized, rested and uplifted.

Individuals experiencing the blanket have spoken of pain relief, more energy, better and more rested nights of sleep, a sense of wellness and profound insightful meditations.

The Angels Gift Healing Blanket is designed to assist in bringing harmony, love, peace and vibrant health into your life; ultimately touching the lives of others and so the rings of awareness and love grow.

The blanket itself is an individual teaching and healing tool. The design and energy in the blanket involves: Colour Therapy, Chakra Therapy, Radionics, Vibrational Therapy and more. Thought and desire are all the tools required to use the blanket. "Ask and you shall receive, desire and the door of opportunity, growth, knowledge, healing and love will be opened to you."

Angels are assisting in opening the portal of greater love and awareness in our world, ultimately leading us towards recognition of our potential as humans and as soul.

The Angel's Gift

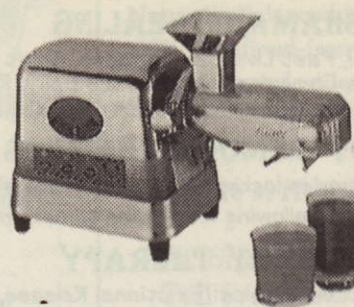


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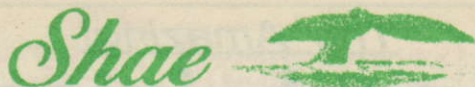
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Carole Collins has practiced as a Holistic Health Practitioner in Saskatoon, SK since 1991. She is an Emotional Polarity Therapy Practitioner and Remedial Massage Therapist (Registered in SK & AB). She has also studied Aromatherapy, Specialized Kinesiology, Pregnancy & Infant Massage, Craniosacral Therapy and Nutrition.

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We Can Make a Difference!

by Diana Ward

Toxic air, world-wide pollution, acid rain, ozone depletion and rain forest destruction. We have become somewhat numb to these household words, although we all have a sense that we cannot continue to abuse our planet as we have, or our kids are going to pay dearly for our lack of foresight.

Yet, short of chaining ourselves to an innocent neighborhood tree, or packing up to go picket government offices for days and nights on end, what can we do? What difference does it make what one person does anyway? The answer is in adding our drop to the bucket.

It is easy to snuggle up watching the news, hoping the environmentalists take care of the problem for us, as long as they don't inconvenience us in the process, of course.

Well the good news is there is MUCH we can do that does not inconvenience us, other than the thought that is required to change. Often the change is as simple as throwing the paper in *this* recycling basket as opposed to *that* waste paper basket. How often do we make the latter choice when both baskets are within arm's length. What gives there?

More often it is a matter of making environmental choices a priority, and going to get the recycling basket to put conveniently beside the desk. We are creatures of comfort. If taking care of our planet is not comfortable, we are much less likely to do it. Pathetic, knowing the cost, but true.

So let's see what we can do to make it comfortable! Here are a few suggestions:

1. Put a box for recycling right beside the garbage in the kitchen
2. Just as with the garbage, have a big container outside to store recyclables until pick-up day
3. Next shopping trip, buy one item in bulk that you normally buy prepackaged. Then either buy a large container, or make an attractive label for an ice cream bucket to store it
4. Eat one meal this week that does not involve meat
5. Just once this week, walk, and leave the car at home
6. If you are buying Christmas cards, buy at least one pack made from recycled paper. Also, send cards to only those you sincerely wish to
7. Use scraps of paper from your computer for art paper for your kids
8. Buy one carton of free range eggs rather than the cheapest ones
9. Buy one organic food this week, if possible

Think of every dollar you spend as a vote for the future of the planet. Producers do change their ways when enough people change their consumption habits. Money really does talk and every drop in the bucket does count!

\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$
\$ *Every dollar you spend is a* **\$**
\$ *vote for what you believe in!* **\$**
\$
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narios being considered by Y2K informed people:

- Panic: "The world is falling apart and I'm going to survive at any cost."
- Big Shakedown: "Economic depression, interruption of food, water, power supplies and medical services for a year or two. Stockpile long term supplies and prepare for hard times."
- Tough Winter: "2 or 3 months of scattered technological chaos until all systems are fixed. Have a couple weeks back-up supply of food, a little spare cash on hand"
- Weekend Off: "A few days of interruptions to business as usual. Prepare to relax a few days until all is normal again"
- What Problem?: "Nothing will happen, no need to prepare"

It is completely unknown what will happen as a result of Y2K and when we consider taking advance action, our choices are often guided by our expectations of what will occur. Another thing to keep in mind is that our preparation actions can have far reaching effects. Even if the computers don't crash, the collective activities of millions of people could create major consequences, especially if their plans are a result of panic. For instance, reaction to the above scenarios before considering all of the issues and consequences might be as follows:

- Panic: Buy up and cache several years worth of food, water, fuel, medicines, tools, clothing; everything one needs to maintain personal comfort amidst widespread chaos and suffering. Keep it all a secret so nobody else can come asking for help. Arm oneself to defend the stash. Live in fear and alienation from the community at large. Head for the hills!

- Big Shakedown: Pull all investments and bank accounts, buy gold bullion and large amounts of dry and canned goods, move to a rural area or small town, plant a huge garden, build an alternative power supply, buy manual tools, spare clothing, blankets, wood heater and cookstove.

- Tough Winter: Take some spare cash out of the bank, get some extra food to have on hand, keep a container full of water handy, get some good books to read, develop some alternative employment skills, get to know the neighbours.

- Weekend Off: Rent a handful of videos, get some magazines and snack foods, get some extra milk and beer, and enjoy the party.

- What Problem?: Ridicule all of the above, make a point of having nothing in the fridge, make reservations at a restaurant for New Year's breakfast, rely on credit cards, make vacation plans for January 2000.

If we examine the ramifications of these actions by assuming that millions of other people did the same thing, their wisdom may be called into question:

- Panic: Storable food, tools, weapons, and survival gear becomes impossible to find as supplies are gobbled up. Nobody trusts anyone else or is trustworthy, everybody lies about what they're doing, the hills become overpopulated, life sucks.

- Big Shakedown: Currency supplies run out and the stock market crashes, the economy grinds to a halt, gold quadruples in price, property values in rural communities skyrocket, woodstove, solar panel, hoe and axe orders are backed up into the year 2001, seed supplies run out, governments declare martial law.

- Tough Winter: The midway between the extremes, this path affords moderate preparation without drastic changes which could trigger social upheaval. It allows some breathing space for things to go wrong for a while, until business as usual and familiar routines resume. But what of the long term outlook, potential for major cataclysm, and impending ecological and cultural meltdown?

- Weekend Off: Life goes on, people stay in their routines, small interruptions are weathered well... but what happens if there is a real crisis? The army steps in, food rationing is implemented, people can't get their medicines, prosperity and health dwindle.

- What Problem?: Everything's fine if the assumptions are right. If not...panic! No food, no cash, no heat and lights...AARRGGHHH! This is hell, even if it is for just a couple days.

In light of this, it seems we are now presented with a dilemma. If we prepare individually we may become a target for others who haven't prepared; if we don't prepare at all we are left totally vulnerable. So is there a course of action that is appropriate? Is there a balanced path of wisdom that is not reactive or complacent, but rather responsive and responsible? What can the truly informed and concerned individual do when faced with such large challenges and complete uncertainty?

COMMUNITY RESILIENCY AND CULTURAL TRANSFORMATION

When we graduate from the school of reactivity, and begin considering the long term global perspective in a sincere and caring way, we gain new insights into the question of what we can do from a calm and centred place of wisdom. Is it not preferable to consider our options with humility and compassion, engaging our creativity toward finding solutions to the underlying themes that set us up for this millennium drama? What could we have done three years ago, or even thirty years ago, so that we would not be vulnerable to technology failure, so that our families and communities could weather challenging times with grace? What can we do to minimize the risks, to be of service in times of need, to prepare not only for ourselves, but for others also? Perhaps the most valuable preparations are inward, ones which enable us to access the calm voice of reason when challenges arise. Perhaps we are blessed with skills, knowledge, and resources that could help our families and neighbours through tough times. Perhaps the millennium can serve as a catalyst to propel us forward on our journeys, to help us evolve into a people who can transform our cultural woes into opportunities; who can find new ways of living that are truly sustainable, kind to other beings, and worthy and honourable in the eyes of all. This is our chance. We don't know how many more we will get. This is one that is available now. Never have the stakes been higher, or the rewards greater. Here are two Y2K sayings that can help guide our preparation plans:

- I am only prepared if my neighbours are prepared.
- If 10% of people prepare for 10 people, everyone is looked after.

The realization that community resiliency provides far more security than personal preparation immediately takes us beyond reactivity into response-ability. Y2K metamorphoses from a scary unknown into an exciting opportunity to develop

continues on next page

ourselves and enliven our communities. It can bring our families closer together, and provide a reason to get to know those people we can't seem to meet eyes with. It can summon courage and inner strength, and help us develop and realize our true talents and the deep callings of our souls. In this lies the foundation of cultural transformation, and the ability to take affirmative action, to call together our friends and relations, and to engage our collective creativity in an ecstatic surge of will and mutual empowerment. We can meet today's crises head-on, full of spirit and unwavering trust. We are our own greatest hope. We are at the threshold. Is it a fulcrum, or a finale?

SOME AFFIRMATIVE ACTION IDEAS:

- Get some information resources to help inform you and your community of potential vulnerabilities. Question your local utilities and municipal government as to their state of technological automation, their Y2K compliance, their testing program, their ability to run the systems manually, their dependence on electric power and other fuels, etc. Find out how much of the local food supply comes from outside the area, the duration of local food storage on hand, and whether local food merchants have contingency plans for Y2K. If you run into resistance and denial about Y2K, frame your queries around general emergency preparedness for earthquakes, volcanoes, hurricanes, drought, or any other natural emergency that may be a potential threat in your area.

- Call a meeting of your friends, relatives, co-workers, and neighbours to examine and discuss the positioning of your community. Examine your dependencies and vulnerabilities, and the local skills and resources available to cope with emergencies and change. It will help to have researched the situation somewhat ahead of time, or invite local authorities and experts to answer questions. At the meeting, try to determine what may need to get researched and what actions can be taken toward self-reliance.

- Start a community seed bank by finding local gardeners, deciding what varieties do best locally, pitching in to purchase a bulk seed order, get educated and start seed saving. Start a community garden and storage program, encourage people to grow food by whatever means possible, and look into government support for increasing local food production capacity.

- Start a community self-reliance cooperative, where members can pool their knowledge and cooperate to initiate creative projects to increase community resiliency.

- Examine your community and delineate logical neighbourhoods. Try to find people in each neighbourhood to form a volunteer community resiliency council. Survey each neighbourhood to inventory skills and resources present, as well as the needs of youth, elders and the infirm. Determine tools that may be handy to acquire for times of need, where the best growing space is, alternative water sources, the best equipped potential neighbourhood relief centre (be it a school, home, or business building). Get agreement to use the building for this purpose if the need arises. Acquire emergency medical supplies, food supplies, and clothing/bedding for this relief centre, and examine its ability to stay livable during extended power outages. Make sure everyone in the neighbourhood is aware of its location and features. Create a neighbourhood emergency strategy. Use progress in your neighbourhood to inspire other neighbourhoods to get active. Get endorsement and

support from municipal governments and any existing government emergency agencies and programs.

- An important preparation consideration which is often overlooked is the rather pervasive assumption that we must maintain all of our current lifestyle in order to survive. It is extremely revealing to examine our spending patterns in terms of time, money, and effort, and analyze how much goes towards basic needs and how much goes towards completely optional, possibly frivolous ends. Simplifying our needs can greatly relieve the stress of becoming prepared. Letting go of habits, addictions, and unnecessary consumerism can free up resources which can then be redirected toward necessities. It is pleasantly surprising to find out how easy it is to look after ourselves when we make it simple. The same principle applies to community self-reliance.

- See the local economy as a tool to create community resiliency. Have a local seamstress make you custom clothes instead of shopping at stores. Buy food from local farmers. Buy locally made products and consider what you may be able to produce yourself within a local exchange economy.

- Engage local artists, musicians, inventors and writers in applying their talents toward community and self-reliance.

- Look at how time, money and energy are used in your community. Find ways to eliminate waste, increase efficiency, generate surplus, and transform outflow into local circulation. Research activities in other regions and communities and take advantage of and inspiration from their successes. Reach out with your ideas and form co-creative connections.

- Work with governments, businesses, and non-profit organizations to bring as much wisdom, experience, and resources to the table as available. Propose pro-active projects and programs to agencies which have resources that could improve your community's resilience.

In summary, the following ingredients are part of the recipe for cultural transformation in the new millennium:

- Don't allow Y2K to mask the underlying issues. This is a window of opportunity to initiate important and long overdue changes

- Collective creativity can meet any challenges and overcome all obstacles

- Take affirmative action from an informed state

- Recognize the unprecedented access to wisdom - from all times, cultures and traditions- and myriad resources from the world over, that we now have available to us to create our solutions from.

- Take stock of your own strengths and assets and those present in your community

The millennium is not a crisis and need not be feared...

it is a profound, exciting, and inspiring opportunity for transformation! Check your local bookstore for dozens of titles now available for self-reliance and Y2K preparedness.

note to the Y2K uninitiated:

The 2 digit date code that was used in original computer programs is still imbedded in much of the current computer software and microprocessor. When the date switches to the year 2000 at midnight on Dec.31, 1999, the computer reads the date as "00" which can cause a variety of computer failures and unpredictable responses. Billions of lines of computer code must be rewritten, and billions of computer chips must be replaced to avoid cascading information system failure affecting virtually every aspect of modern society. This is referred to as the "Y2K (year 2000) computer problem," or the "millennium bug."

Don't Worry - Be Happy

by Catherine Fenwick © 1998

Thomas Aquinas wrote, "Wonder is to the cure of the soul what medicine is to the cure of the body." A sense of wonder influences our ability to live happy lives. In my book, *Healing With Humour*, I write about the importance of having a healthy humour attitude and how to get more of it. The idea is simple, but not simplistic.

One person sees night coming on; another person sees the hand of Creator painting a magnificent sky. Mark Twain said, "We're about as happy as we make up our minds to be." We really do see what we are looking for. "Yeah right!" says the person who is going through tough times. I know the feeling. I've been there, done that, even bought the t-shirt, "Don't Worry, Be Happy" indeed! We all know the bitter anguish of loss and grief. Being happy doesn't mean that we don't suffer sometimes. What's important is that we don't get stuck in the suffering and fail to see the beauty and joy that is there.

Happiness is an elusive thing. It can mean so many different things. Happiness can mean health, success, love, a warm kitten, or whatever we want it to be. For most of us, our goals, aspirations and dreams revolve around the concept of happiness.

I know a few happy people. They are people who know and like themselves. They feel worthy and competent. They are able to learn from life's experiences and think positive thoughts. Happy people have a healthy sense of humour. They readily share themselves and their resources. They learned to share their toys when they were children and can grasp the meaning of cooperation and sharing. They are capable of committing random acts of kindness.

Happy people remember how ridiculous they are when they take themselves too seriously. They can accept who they are and know that in the whole scheme of things they are not the centre of the universe. Happy people find joy in the happiness of others and are able to give and receive love. They know that their nets of kindness have a ripple effect that reaches far beyond the moment. I am grateful to know a few people like that.

Happy people are available when a loved one is in need. They are able to lend emotional and physical support when necessary. They can relate to the other person's pain. Happy people sometimes cry. In their humility they can step into someone else's shoes and feel empathy for their pain. They feel sorrow for another's loss, pride in another's achievement, and pleasure in another's joy.

Happy people have a deep appreciation for the gifts of the earth and have acute awareness of the interconnection of all living things. They admire the beauty of a sunset, the power of a summer storm and the peace of long walks in the country. If you want to feel better, get outdoors and walk in the sunlight. Vigorous physical activity and morning sunlight can put us in a better mood.

Happy people make an effort to be physically, emotionally and spiritually healthy. There is meaning and purpose to their lives. They have a belief system that makes some sense of it all. They love their work and love to play. They can lose themselves in the sheer pleasure and celebration of life.

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I recently reread Eleanor Porter's *Pollyanna*. It's a great book! *Pollyanna* was a little girl who grew up in material poverty, but was very spiritually rich. She played "The glad game". No matter what was happening, she was determined to find something to be happy about. Yes Susan, I do believe that a positive attitude is the key to a happy healthy life.

In workshops and retreats that I give I often ask people to think about what they still want to do in this lifetime. People have come up with the most inspiring responses. Recently I received a letter from a woman who attended a "Sacred Humour" retreat. She wrote, "Since taking your workshop last year I have made significant changes in my life. For example....."

This is a happy woman!

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



Book Reviews

by



I'll be at the
Registration
Desk at the
Spring Festival

Heading Toward Omega

In Search of the Meaning of the Near-Death Experience
by Kenneth Ring
Quill • ISBN 0-688-06268-7

In this compilation of research on near-death experiences (NDEs) and their impact on the participants, Kenneth Ring has found some very common traits. In varying degrees the individuals may have remembered: floating above their physical form; images or feelings of going through a tunnel; a light in the distance; beautiful or peaceful settings where they connected with deceased family members or being contacted by a loving being in the form of light; a life review where the individuals judged their own behaviour and actions or could see where certain events had happened to lead to the overall picture of growth. Then either a knowing, being given the choice about returning or being told that it was definitely not their time to leave this earth plane.

More importantly though are the aftereffects of these near-death experiences. Lives were changed in the way the individuals perceived and experienced everything from simple daily acts to the need to make major life changes. I liked reading the personal anecdotes because otherwise all these facts would be very boring. People's stories made this research come alive for me — they are not statistics but real people who have had very real experiences.

Kenneth Ring also goes on to discuss the kundalini hypothesis and the parallels to near-death experiences.

From the study of the NDE, we have learned to see death in a new way, not as something to be dreaded but, on the contrary, as an encounter with the Beloved. Those who can come to understand death in this way, as NDEers are compelled to, need never fear death again. And liberated from this primary fear, they too, like NDEers, become free to experience life as the gift it is and to live naturally, as a child does, with delight. Not everyone can have or needs to have an NDE, but everyone can learn to assimilate these lessons of the NDE into his own life if he chooses to.

Spiritual Awakening Support Group

April 12 • 7 pm

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272 Ellis St., Penticton

Living with Kundalini

the autobiography of Gopi Krishna
Shambhala Publications • ISBN 0-87773-947-1

At the age of thirty-four Gopi Krishna experienced a kundalini awakening. With no prior knowledge, except for the veiled references and mystical writings in the yogic teachings, he began a twelve-year odyssey to discover the true meaning of this incredibly powerful journey.

Following an extensive meditation practice he experienced a state of bliss on two occasions, both of which made him desire even more of the profound. Instead he began to develop a distaste for food, change in his visual perception, restlessness, roaring sounds in his ears, and the need to walk endlessly to dissipate the anxiety. On one occasion he felt heat, the intensity of fire up his spine to the point where he felt like he was burning on the inside. After a great deal of suffering he remembered that the kundalini had three channels up the spine: the pingala, which regulates the flow of heat, the sushumna in the center, which was the proper and least damaging of the *nadi* (nerve) and focused on bringing the energy up the *ida* (the lunar nerve on the left side) thus neutralizing the heat.

Gopi Krishna found that he had to adhere to a very strict diet, and avoid meditation for a period of several years. He began to notice a chalky appearance to everything he looked at, then things took on a radiance he had never noticed before. Sounds became more distinctive which gave music a new sweetness and noise became harsher to his ears. Gradually he was able to alter his diet, reactions to infections and disease were milder though he could not stand medications and he was having extraordinarily vivid dreams.

When Gopi Krishna again experienced the sublime in his meditations, he would sit for longer and longer periods of time. It was too much for his physical body and he again suffered three months of agony. Consultations with experienced sadhus and fakirs (the Holy men) provided no knowledge of how to change his condition. After surrendering his family and himself to the care of God, he prepared to die. Instead, a dream revealed that he should eat an easily digested meat dish, which his wife prepared. By regulating the time between meals, an hour at first and then extending the time and types of food eaten, he was able to bring his body into balance again over the course of a year.

Following the inner transformation he turned his attention to the plights of humanity and became an activist for social reform. In the winter of 1949 he chose to be with the energies and focus within rather than formally meditate which had caused him so much anguish. In that relaxed state he found himself remembering the lyrics of his favorite mystics and later a desire to write verse. Concentrated efforts were unsuccessful, though couplets began appearing in his mind. He began to write verse in Kashmiri, English, Urdu, Punjabi, Persian and then German and other languages he had never formally learned. He continued his humanitarian efforts, maintained a healthy diet and slept ten hours daily.

Gopi Krishna believed that Kundalini experiences were no longer only restricted to the realms of the mystery schools and serious students of yogic practice. Though he offered to let the scientists study his kundalini experiences none ever took him up on the offer. An incredible personal story!

Join the Dots to the Inner Life

Joy I. Lennox
Lightsmith Publishing,
ISBN 1-894092-02-3

We all have an Inner Teacher and learning to listen to that voice within is not the easiest to do sometimes. We are so busy that we fail to hear the inner promptings of our spirit.

For many years Joy Lennox was incapacitated by back pain and the inability to walk. The forced stillness of her physical body allowed the inner journey to begin. Sometimes the process of inner and outer healing felt like two steps forward and one step back as she made the necessary shifts in awareness.

The author shares with us the wise teachings received on her journey of going within, the thoughts, feelings and understanding of how those messages applied in her life.

people are where they are supposed to be (according to their own unique growth and lessons). to judge events or people is to fragment them and take them out of context.

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*there is no such thing as work
and play — only living and being*

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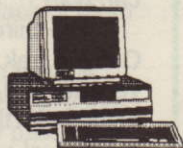


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Penticton April 23 to 25 at the Spring Festival, call my 1-800 beforehand and arrange a time.

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

E-mail: Moreen_Reed@bc.sympatico.ca

Astrological Forecast for April

with **Moreen Reed**

April has a theme 'ideas must take concrete form'. This theme is dominated by the Square Dance between Neptune symbolizing vision and Saturn symbolizing reality. This sky pattern is part of a larger cycle these two began in 1989.* At that time new visions of reality were being born. Now we are expected to give those ideas concrete form. The time for manifesting is now, movement is mandatory—your dead line for action is April 6th. Let's get on with the show! I would have expected relief from the stress of this aspect to arrive with the final aspect at the beginning of the month. 'Not!' Mars, the planet of intention will engage these two one more time by the middle of the month. Bringing Mars into the mix gives a hurdle at the beginning that many will not overcome.

It's like finally saying 'YES' to a project, getting it started and then immediately finding you have to cross the Grand Canyon on foot, alone, with no compass! At its best, there is more energy available when the demand gets higher and less energy when the demand goes down, at its worst, periods of feeling incapable and weak or brutal advancement. The crux of the issue now is *intention*. What is really motivating you to bring this vision into reality? Suggested strategy would be; *stay fully engaged and honest in each moment*.

The mounting stress gets a bit of a break when Mercury ends its first Retrograde of 99, on April 2nd. Normal programming will resume, and delayed negotiations or projects can get back on track.

The New Moon is at 9:22 am on April 15th. Today we truly plant seeds! The best start day of the year, an Aries New Moon is all about initiative. What would you love to be doing that stirs your blood? Clear intention married to patience, required for handling changes, yields great success. The highlighted degree symbolism is the *A man possessed of more gifts than he can hold***. The keyword is *equipped*.

The third full week of April for many will be the Grand Canyon trek. Keep your intention in clear focus, trust will be your ally and patience your support. Others will engage in futile battles with the rules, wasting time and energy. April 24 will be a practical report card. Do your actions reflect your current intention, or are you operating out of habit? April 27th will be a progress report for current projects and a once a year reality check for the human species that this year asks us all to see the reality of how well we manage our earthly resources.

April ends with a Full Moon at 7:55 am. You are asked to shine the light of awareness on your relationship to life? Do you feel separated and/or separate from the mystery of life? The highlighted degree symbolism** *A Red Cross Nurse*. The keyword is *enlistment*. Can you take responsibility to be actively engaged in life?

* The Saturn Neptune cycle is 36 years long.

** The Sabian Symbols by Marc Edmund Jones

See you at the
Spring Festival



Off-Centred in the Tao ~ "The Turning Point"

by Harold Hajime Naka

As I surf the cosmic Qi wave into the new millennium, I pause on the crest and reflect back to a time when my life was bouncing around like a bad car-ma riding on unbalanced dharma wheels, heading off-centred toward a cliff. And like James Dean in "Rebel with a Cause" I ditched that ride and like a "born again Taoist" turned to Qigong — Taijiquan (Tai Chi) for healing and balance.

Then in the fall of 1983, with tent and sleeping bag strapped on my motorcycle, I took a vacation from work and rode like "the Taoist easy rider" in search of paradise. I headed south across the line and when I came to a fork in the road, I took the one most travelled and that made all the difference. I raced down the freeway like a "bat out of hell" to reach my destination.

After two and a half days of passing everything in sight, I finally turned off the freeway at Pueblo in Colorado and headed west towards the San Isabel National Forest and my destination. As I turned off the highway onto a gravel road, I started to have second thoughts, what was I getting myself into? Should I keep riding on? Then I saw "Stillpoint" painted on the mailbox. I pulled in and parked my motorcycle. I was hot, tired and stiff. I dejectedly gazed around at the dilapidated farm; there was an old mobile home, a big barn with broken down machinery lying around it and a goat pen with chickens running loose in waist high weeds. I had expected lush green foliage, beautiful waterfalls and ponds with lotus blossoms. This was not my idea of paradise.

There were eighteen people living there, cultivating the Tao, but mostly, they were working diligently to maintain the farm and preparing for the very cold winters there. Gia Fu Feng, who was one of the original drop-outs and an inscrutable Chinese sage, left Esalen Institute in Big Sur and in 1978 established his permanent hermitage here. Most of the "more permanent residents" came from Europe. Gia Fu Feng went there to conduct a Tai Chi retreat and persuaded these people to come to America and help him fulfil his vision. They gave up careers, sold their possessions and came over looking for Shangri-La. Some were disillusioned and depressed with what they saw, while others came to renounce society and were determined to work and live there for the rest of their lives.

I soon discovered that "all is not what it appears to be!" Half of the people had expired Visas and no money (they planned to stay for six months and then decided to stay longer). They became my close friends and family. I felt at home there, sharing their stories, dreams and visions of building a self-sustained organic Taoist community. I even picked a spot by the creek, where I was going to build a hut, should I decide to live there. There were fifteen odd-looking dwellings scattered throughout the forest. They were small (like oversized dollhouses) and built with materials lying around and a lot of imagination. I stayed in three different places and at times imagined I was in an "Alice in Wonderland" world. (No, I wasn't on drugs)

Life at Stillpoint was a stark contrast to the busy, forty-hour workweek environment that I had escaped from. There, it felt like I had been transported back in time, living like the Taoists did thousands of years ago in China. The weekends, were like

any other day. I soon forgot what day it was and could now understand why the people wanted to live there. Each morning we would greet the day with Tai Chi and sitting meditation in the barn. Gia Fu Feng would comment about world events (he read Time magazine) and discuss ways to raise money for the Hermitage. There were lots of ideas tossed about. After breakfast, the daily chores were attended to. Goats were milked, eggs gathered, farm equipment and buildings needed repairs, wood gathered. One morning, I volunteered to hold a dying goat (nobody else wanted to do it), while another person slit its throat and severed its spine. I didn't feel any fear or resistance from the goat. It died peacefully in my arms. I then dug a hole and buried it.

Lunch was the main meal; there wasn't any supper, because most of the people went to bed before it was dark. We were often treated to fresh baked bread and cheese made from the goat's milk. I remember one time when someone killed a rattlesnake and put it in the soup. (I passed on that one) Gia Fu would join us, to see how things were going and to check out my Tai Chi. After watching me make my first move, he would say, "That's all wrong" and then told me to do a certain move two hundred times, then he would go on his meditation walk. After lunch, we would study philosophy, practice Tai Chi, translate the *Tao Te Ching*, go on meditation walks. Because I didn't cook, I did the dishes and the smell of goat cheese would make me gag. Sometimes I had the urge to ride, so I would take a friend along, to give them a change of scenery and to find a cafe for some coffee. (At the Hermitage, I drank Caf-lib, they were very health conscious.)

While participating in the life of Stillpoint I had a mystical experience with Gia Fu Feng, who showed me "my original face before my parents were born", and that was the turning point for me, from searching outward and to the beginning of my inward journey that's still continuing today, revealing the "mystery within the mystery". One morning after breakfast, I decided to go and see the Grand Canyon (my original plan). The ride and scenery there was quite spectacular, but the commercial aspect of the canyon turned me off. I couldn't get out of there fast enough. After three days of sightseeing, I was happy to be back at Stillpoint with my friends again, sharing more stories and drinking tea by the cozy fire in the mobile home, waiting for the rain.

Then it was time to say good-bye to Stillpoint. I bid my friends farewell and promised to return the same time the following year. I rode down the gravel road, changed forever, and back onto the highway. I was alone again but now, I was not lonely. I carried their beautiful spirit with me, as I continued on my spiritual (mis)adventure. Soon, I was feeling like a "carefree Taoist rebel", laughing into the wind, Tai Chi-ing into the corners as I became one with the winding road. I followed the highway as it flowed beneath me like an asphalt river. I was no longer in a hurry.

Harold Naka will be offering two workshops
at the Spring Festival, April 23, 24 & 25.
See the February Issues for workshops or
the back page for details.



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Guest Book Review by Shara Stewart

Can You Listen to a Woman: A Man's Journey to the Heart

by David Forsee - Timeless Books

It's interesting how a biography is just as much about the author as who he or she is writing about. I've seen this come through on subtle levels in other biographies I've read, but most recently in David Forsee's upcoming book, *Can You Listen to a Woman: A Man's Journey to the Heart*. This finely woven story moves in and out of the lives of both him and his guru, Swami Sivananda Radha, and focuses intently on where these two startlingly different lives connect and the relationship that follows.

Near the beginning of the book Forsee takes his readers to Spokane, Washington, on a visit to the small apartment where Swami Radha lived during the last years of her life. The description of the scene is rich and real; the room is alive, the words between them taut with the intensity of his current project - her biography.

"This biography work could bring about a lot of change in you," she reminds him.

"Yes," he responds.

"So now you understand why you can write about me only from your own experience?"

"Yes, I do", David responds.

And from there Forsee moves the biography preparation from the place of simply gathering facts to a place of looking deeply into his own life, seeing where it was going before his commitment to a spiritual path, and where it went after relocating to Yasodhara Ashram in Kootenay Bay, B.C. to study with Swami Radha.

Being familiar with Swami Radha's teachings, it makes sense to me that Swami Radha would insist that David come at his writing from a personal angle. A large element of Swami Radha's teachings is allowing work to be a deep spiritual practise, hearing the messages the work offers. From Swami Radha's perspective David was not just writing a book. Anyone can write a book. She saw his writing as a marvellous opportunity for David's own self-development, and pressed him to see the same.

David is skilled with language, his poetic description is crisp, drawing the reader in. But the spiritual direction the book takes is clear from page one. It reads like a journey — exquisite sights along the way, some bumps in the road, but always continuing, never losing sight of the goal.

For me, the most vivid moments of the book took place in the intertwining of both his and Swami Radha's early life stories. The care and integrity poured into the telling of these stories shines brightly. David takes his readers on a road trip from Toronto to Sioux Lookout with Swami Radhi, darting in and out of the stories she tells of her life as the wife of a German aristocrat, the strong friendship she had with her father, her young life as a newspaper writer and later as a concert dancer. But here is where the difference lies between biography and writing from his own experience — her stories remind David of his own, and he proceeds to spread out his past for the reader to see. He moves through the despair of losing his parents in a car accident, a remarkable journey to Europe, his marriage, the integration of a stepchild into his life and his love for the Arctic. The honesty with which David describes and owns the emotions of his life is rare and moving.

The turning point of the book is when the young family makes the move to the Ashram, and the seed of the guru-disciple relationship begins to sprout between Swami Radha and David. Here he is tested, challenged, stripped of his illusions. He resists and struggles. But always there is a thread of Light running through. Something holds him there and little by little he surrenders.

The way David tells Swami Radha's story is indeed from his own experience. He speaks of how she influenced his life, steered him towards the best in himself. Clearly she started something. This is unquestionably a book to be explored by anyone on a spiritual path, whether starting out or thirty years in.

"Progress along a spiritual path cannot be measured by conventional milestones. The Divine does not sweeten the return on my investment with an annual bonus or a letter of commendation. So it has to be something else that encourages me to keep going along this arduous path of renunciation." (p. 189 - Epilogue)

All proceeds from *Can You Listen to a Woman* go to support Yasodhara Ashram's Youth Program. It is a hands-on residency program that takes young people toward the highest in themselves through various yogic practices. Shara Stewart lived and studied at the Ashram for seven months by the support of this program. **See ad on page 28**

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