

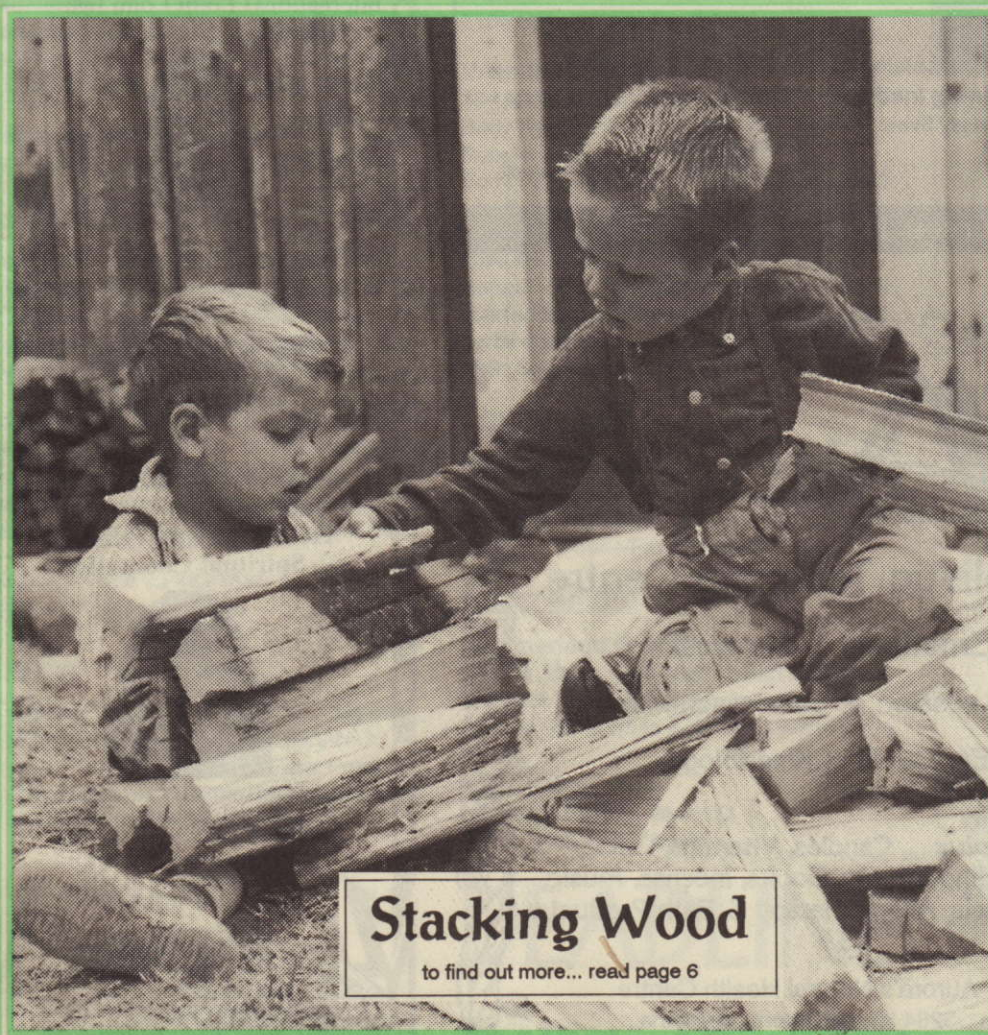
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# ISSUES

M A G A Z I N E



## Stacking Wood

to find out more... read page 6

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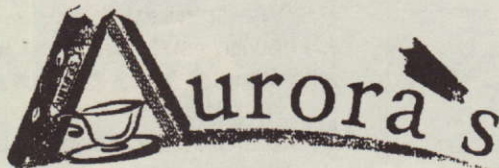
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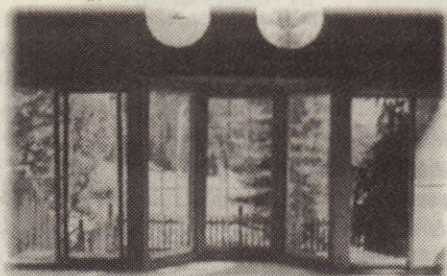
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MARILEE GOHEEN

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has been bountifully blessed by nature and yet over eighty percent of our population is losing financial ground. Why is this, when there is an abundance of opportunities all around us! Cultural encoding has closed the door on most of our opportunities, before we have a chance to objectively judge their worth or potential. How does this process work? We are programmed with so many negative associations that **we are not able to see good opportunities** when they are right in front of us.

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And of course this process helps to maintain the status quo and keep the peace. Fortunately we can clean our mind and emotions of deep level encoding that often times sabotages our best interests and replace them with thoughts and feelings that manifest prosperity, abundance for ourselves and others. Thoughts and feelings that invoke our highest creativity, potential, productivity and service. This is us at our best. Fully aware, enthusiastic, feeling great - at long last realizing the fulfillment for which we have been searching.

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# Hemp Products

by Klaus Ferlow

Industrial hemp (*cannabis sativa* L.) was grown in BC until 1938 when it became politically incorrect to grow, because of the drug stigma, under the Opium and Narcotic Control Act.

Hemp was basically "slandered" out of existence when it began to be called Marijuana and all kinds of horror stories, such as "the assassin of youth", were attached to its use as a drug. Canada followed the United States, and banned it sixty years ago. As of March 12, 1998 it became legal to grow industrial hemp and many British Columbian farmers have acquired licenses to grow it. There are plans to establish a processing plant for hempseed oil as early as this summer in Chilliwack. The industrial hemp has less than 0.3% THC (delta-9 tetrahydrocannabinol) compared to some marijuana cultivars with over 25% THC.

Main areas of hemp production in the world are India, China, Germany, France, Holland, England and Hungary. Hemp has over 25,000 different uses from food, animal-feed, clothing, textiles, cosmetics, paper, rope and building material. Basically, if it can be made from cotton, soy, wood or oil, it can be made from hemp; even "Hemp cream ale from Bowen Island's Brewers" is already available. Canadian made hempseed oil is made and processed in Saskatchewan; organic extra virgin, unrefined and has the perfect ratio 3:1 Omega-6 to Omega-3. It is nature's most powerful and perfectly balanced oil. Our bodies cannot make these essential fatty acids and many foods don't contain them. Best-selling author, Dr. Andrew Weil, MD, rates the hempseed oil as the Number One vegetable oil for internal and external use:

*Our bodies convert EFA's into prostaglandins. It is well documented that prostaglandins act on all organs in the body. The following is a partial list of these benefits:*

- reduces the risk of cardiovascular disease by lowering cholesterol and blood pressure, reduces the risk of stroke and blood clots by reducing blood platelet coagulation, reduces the risk of osteoporosis by increasing the absorption of calcium
- reduces inflammation, osteoarthritis, rheumatoid arthritis, eczema, and psoriasis.
- insulin function improves for diabetics
- increases immunity by improving T-cell function
- increases energy by increasing oxygen transport to all cells
- improves vitamin and mineral absorption into the cells
- improves hair growth and skin moisture

*Strong recent evidence also suggests that people suffering from multiple sclerosis and attention deficit disorder may benefit from a properly balanced EFA intake.*

It is interesting to note that hempseed protein more closely resembles that of the human body than soy because it contains a richer source of essential fatty acid oil, is more easily digestible, is high in calcium, magnesium, phosphorus, potassium, carotene, sulfur, iron and zinc, as well as Vitamins A, E, C, B1, B2, B3 and B6, is the lowest in saturated fats of edible oils and the richest source of polyunsaturated essential fatty acids.

From the seeds, hemp milk, butter, yogurt, ice cream, cheese, body care and industrial products can be made. Some of these products will be produced in Chilliwack. The versatility of this wonderful plant is almost unlimited and will create a lot of new jobs across Canada! Try hemp products and be your own judge!



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## Stacking Wood

I smile as I look at this photograph, for it does bring back a lot of memories. I wonder what Michael is thinking as brother Bill carefully balances the load for him. It takes experience for both of them to know that this load will not get lifted, for Michael needs to get his feet under him. I am sure they figured it out for they both became great wood haulers.

It took lots of cooperation to live in the woods and keep a family warm. I can remember doing my share of the wood hauling, there had to be communication between two people. When I was being loaded, I had to tell my brothers when my load was heavy or feeling unbalanced. With practice we all learned how much we could carry without either the arms or legs collapsing. A few times I lost my load because it was one stick too high and I couldn't see where I was walking on the gravel pathway. Learning to work hard at a young age, within a large family, taught me much about life.

As a teenager I lived with Mom, for my parents had separated and Dad took the boys with him. Mom and I lived in town with Grandad and even though we had an oil furnace Mom and Grandad preferred the wood cook stove, so I kept hauling in the wood till I was seventeen and left home. One day I was in a hurry and grabbed a piece of wood too heavy for the shift and down it fell — right onto my big toe. I limped for a few days till the pressure became too great and I complained to Grandad. He offered me an option and said "Drill a hole in your toenail." He pulled out his pocket knife and started carving a small circle just above the darkest spot. He was not sensitive to my pain so I asked for the knife. Easing up when I couldn't take it and breathing out as I scraped deeper I punctured a tiny hole in my black and blue nail. I remember being amazed at how soft my nails really were. As the blood squirted out, the pressure released and I could walk again. A month later the nail fell off with another winch of pain, for the skin was not completely dead. This had been a most interesting experience that taught me how to look after my body — with some guidance from Grandad.

As many of you may realize my Musings is typed a month before you read it. This is the Easter weekend and I am fasting for my body has asked for a rest from food. For the past twenty years I have done an annual spring clean. I know I am ready when I get an irresistible urge to tidy my cupboards, scrub floors and clean outside. Then I tune into my body and see if my system needs a bit of cleaning, and I check my schedule to see whether I can slow down and do paperwork for a few days. This year I noticed the dandelions were just perfect for eating, the day was warm and it was easy for me to skip the first meal. Dandelions need to be picked before they blossom and become bitter. I know the dandelions in my garden haven't been sprayed so I gently dug two or three inches deep around the plant and gave them a good pull. I scrubbed the roots with a brush or dull knife, washed them well and rinsed them in citrus seed extract diluted in water to kill off any bugs. I enjoyed the sweetness of the closed buds, the tender young leaves and



chomping on the white root. Dandelions stimulate my liver to cleanse itself. I had five days with no solid food except the dandelions but I did enjoy carrot juice and lemon with honey, and I mixed some Pascalite clay, herbal tinctures and psyllium husks in warm water with apple juice to help scrape the debris from my colon. The herbal teas I make are quite stimulating for the various organs and give my body an extra boost to activate the cleansing process. With no food in my belly to warm me up I was cold till the sun shone in our East facing windows. I went to bed when the sun went down and did some breath work till I feel asleep.

I know from experience that if I have one nibble, the fast is over and I start to crave food. Cooking everyday at the Juicy Carrot made this year challenging but the long weekend helped get me off to a good start. Coming off the fast slowly is best but I don't do many things slowly and I didn't feel like eating fruit, so I had a small salad and hot soup, later that day my homemade cookies smelled so good I rewarded myself with one of them and chewed it ever so slowly. I will continue to take my hot water in the morning with wormwood and dandelion juice in it. When the bottle is empty I will see what next I want to try for I have discovered that all herbs are beneficial to my body and help me cope with living life to the fullest. I thoroughly enjoy fasting so it is no hardship as long as I don't have to do a lot of physical work.

Over the years I have followed many various cleansing programs that I bought at a health food store. I have also done parasite cleanses, the gall bladder cleanse, the grape cure, the Master Cleanse and more. This year I decided to use what was outside my back door... dandelions. The timing was perfect. Easter came early and Gerry went home to Ontario to help his folks make maple syrup. My body was ready and when I listen to it my life becomes so much more in the flow.

Looking back I see why I chose to become vegetarian for I feel so much lighter eating vegetables but now I know better and make a conscious effort to include more protein in my diet, a little bit all the time. For those of you who think fasting is impossible may I suggest a one-day fast of fruit or fruit juices diluted with water, followed by salads on the second day and rice on the third. Breaking the habit of eating bread everyday is beneficial, as is a one-day juice or water fast. Eating simply becomes easier and helps my body get rid of excess toxins on a regular basis. The only way I know I have gotten the flu bug is I feel a cold sensation in my wrist, then I notice I am a bit tired and get to bed early. It has been at least twenty years since I needed a day to rest to get over something. I sometimes get mucous build-up in my throat and chest area when I eat too much dairy or flour products and I can feel myself moving slower and thinking less clear so I try and limit these products.

From experience I have learned how much I can eat of rich, heavy foods and if I don't, my body rebels instantly and I get a heavy feeling in the stomach and my head feels foggy.

I am delighted to talk with so many people who are reviving this very old tradition of fasting. Eating with the seasons and becoming instinctive about my food is helping me feel strong from the inside. I would love to hear your spring cleaning stories.



Angèle



# HUMAN ENERGY FIELDS by Chris Lovelidge

For thousands of years sensitives have been able to detect energy fields surrounding living bodies of not only humans but other living creatures and plants. We are told by the ancient Ayurvedics in India that seven major energy centers called "chakras" exist within the human energy field. Those who were unable to detect this field were obliged to accept this on faith but now an invention by Harry Oldfield of London, England is changing this situation. After experimenting with "Kirlian" photography he decided this system was too limiting as it required high voltages and the pictures were in two dimensions. Searching for alternatives he discovered Polycontrast Interference Photography or PIP quite by accident. This system uses an ordinary video camera fed into a fast computer with special software that processes the picture frames according to the light intensity. The light intensity is given a number from 1 to 225 and each number is then given a colour, (no. 145 is blue) The frame is then re-constructed using the false colour imaging system. When PIP is used to scan a body the energy field shows as a vibrant, moving, exquisitely detailed corona flowing through and around the body. The chakras are visible in various detail depending on the subject's mental and physical condition. Also visible are the meridians used by acupuncturists.

The PIP system has been developed by Harry over the past ten years or so and during his experiments many wonderful, intriguing and profound findings came to light. One of the first was the apparent ability of everybody to alter their own field at will. During a visit to Harry's lab a doctor friend agreed to be the subject of a scan. Unknown to Harry at the time the doctor

decided to undertake a small experiment of his own and visualized a column of white light running down through his head to his feet. As Harry watched the monitor he said, "Wait a minute, this is interesting, there's a column of white light forming over your head!"

Scanning also reveals blockages in the field where there is disease or injury to the body. The blocks are irregular in shape and may vary in size from a few inches in

diameter to an area covering the entire upper torso. It was also discovered that the energy field altered shape in three dimensions according to the type of disease. For example, an inflationary disease such as cancer produces a "bulge" in the field, whereas a deflationary one like MS will result in an indentation. Even more intriguing is the field also shows the medical history of a person where old opera-

*continues on page 13*



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**Bill Guggenheim:** Researcher and author of the NY Times bestseller "Hello From Heaven". Presentation Subject; "After-Death Contacts"

**Harry Oldfield:** Researcher, resides in London England, has developed Polycontrast Interference Photography, (PIP) a system that reveals the Human Energy Fields as it really is a constantly moving, undulating and exquisitely detailed corona that surrounds and passes through all living bodies. The PIP has shown blockages in the energy flow indicating past, present and future disease (or injury) Also revealed are discarnate energy fields and an apparent new life form in crystals called "photonic beings". Presentation subject; "The Human Energy Field and its relationship to consciousness"

**Mark Macy:** Researcher and head of the International Network of Instrumental Transcommunications, (INIT) in Boulder CO. (www.worlditc.org). One of five labs receiving electronic message from the higher dimensions on fax machines, tape recorders, radio and recently colour television. Presentation Subject; "The Near Death and After Death Message"

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# **Elementary Schooling**

## **A Choice Centered in Human Values...**

by Danny Schafers, Director, Vedanta Educational Society

I can only imagine what type of person I would be and what kind of life I would be experiencing if my parents would have had the opportunity of enrolling me in a school on how to become a better human being. As odd as that sounds that's exactly the opportunity that the Vedanta Educational Society is creating for the next generation of children including my own.

With today's growing frustration and dissatisfaction with the traditional school system, parents from all walks of life are starting to consider other alternatives that will prepare their children to deal with a future world that will require greater interpersonal skills.

The Vedanta Educational Non-profit Society is a school founded in 1998 by a group of parents seeking an alternative to the Public School system. What differentiates the Vedanta Elementary School experience from other private schools is the inclusion of human values as an integral part of the curriculum.

This approach teaches our children the five core human values of Truth, Right Action, Peace, Unconditional Love and Non-violence. These human values are key to the successful development of a well-balanced adult in today's society.

The five core human values are integrated into all aspects of the curriculum through story telling, plays, silent sitting, group activities, selfless work and through example.

I see the growth of the private school movement as an important facet in the evolution of our educational system. The smaller classes associated with private schools have a positive impact on a child's sense of belonging and security. 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.

The success of private schools are a testament to parents' desires for more value in their children's education as it prepares them for the future. I believe Vedanta's integrated educational approach in human values will deliver this.

See ad below.



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# MONEY MASTERY & HUMAN NATURE

by Duñcan Goheen

Have you ever asked yourself: "How and Why I change?"

"How and Why I manage not to change?"

"How and Why I prosper?" and "Why I don't?"

We live in a unique period in human history. A time of unprecedented rates of change. a) Some people are initiators of change, b) some are early adopters, c) some are main stream adopters, d) others are late adopters and e) some will do everything in their power to resist change. Which category fits you best?

There is currently a fascinating phenomena occurring in our society.... More and more people with less and less discretionary income.... And fewer and fewer with more and more. Why? Bad government you say... or greedy corporations ... or a favorite conspiracy theory... or some other "They" who are responsible for the increasing planetary income disparity.

Why is it, that no matter what conditions are present that there are always some "Money Masters?" People who live in peace and prosperity - and help others do the same. What is the difference that makes the difference?

I. The first difference is that they live in an abundant Universe. They see the Universe as friendly with unlimited abundance. They enjoy abundance and prosperity, living in harmony with Universal Laws and Principles. They know a world that is filled with ever increasing opportunities for prosperity and abundance and give thanks for the ability to see and develop them.

II. The second difference is that they realize the truth of Rudolf Steiner's teaching (whether they know Steiner or not) that a person who focuses on criticism attracts the energies they criticize thereby dulling their spiritual sensitivities and overall energy.

III. The third difference is that they are aware of mind traps. The tendency of their mind to crystallize the world into comfortable unchanging illusions. . resulting in a growing gap between their illusion of reality and reality itself. To counteract this they constantly house clean their mind... clearing away illusions of how things are... opening themselves to both aspects of always changing reality and never changing reality. The most challenging of all human tasks.

IV. The fourth difference is that they Live in the Question. They are always open to new ideas, new information no matter how disturbing it might be. They prize the truth above all and don't waste energy on defending their view of the world. They face hard questions square on .. now.

V. The fifth difference is that they have an understanding of why they are here, now. They are in a material world because this is where they need to be for their evolution, growth and learning and for helping others do the same. If this was not the case they would not be in a material world. Money Mastery is inseparably linked to and is a necessary condition for their soul and spiritual growth and maturity. Learning to be a Money Master is a path filled with spiritual riches... riches not to be found elsewhere. They are here. This is where they are supposed to be and want to be. It's a good place.

see ad on page 3

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# The Science of the Pendulum

by Carollyne Lefebres

It was in 1993 that I first discovered the pendulum. I had seen them, knew about them and had even played with a few, but was totally unaware of the many wonderful uses and the powerful impact the pendulum could have on a person's life.

Tools for intuition, including the pendulum, go back to 8,000 B.C. and were used by many cultures including Hebrews, Egyptians, Chinese and American Indians. There are several references in the Bible to Moses being a skilled dowser. Dowsing rods and pendulums have been used throughout history to find water, gold and even food! The Chinese have used dowsers for centuries for sensing unseen energies around potential building sites and to detect ley lines or energy vortexes.

Dowsing is the art of using a tool to access the intuition and gather information that is not always made available to the conscious mind. Once you have developed a precise and consistent form of communication with the pendulum it becomes an excellent tool to access the unconscious mind.

It was through my own quest for knowledge and healing that I was guided to Peaceful Meadow Retreat in Boulder, Colorado and met a beautiful new mentor by the name of Rev. Hanna Kroeger. Hanna was in her late seventies when I met her, and had been teaching people how to take charge of their worlds for over forty-five years before I showed up on her doorstep. She was unconventional and brilliant and so was her work. She was a master healer and had a passion to share her wisdom with the planet, showing us all truths that would empower our lives. Hanna was one of the foremost dowsers and pendulum users in America. In her devotion to her family and others, she developed many powerful herbal formulas and homeopathics that changed the lives of thousands. Her work has led her to the discovery of many herbs that assist in clearing anacoluthon residue, unusual viruses, chemical poisons, heavy metals and much more from the body. This woman had such strong intention and desire that she could move mountains, and I longed to work with her and learn as much as possible from her.

Well, in 1996 after a series of small miracles, I returned to Boulder for the second time, where I had the absolute pleasure of living in Hanna's home and got to see this magnificent woman on a daily basis.

We worked on psycho-metric aura readings together, herbal remedies, books and the list goes on. One of the most precious lessons that Hanna gifted me with was one of soul alchemy and transformation. She would often tell me that I had my own special talents and gifts that I would soon share with the world and when I understood what they were, not to hoard or try to control the information or it would be taken away. I was so overwhelmed by her work that I didn't really focus on myself and quite honestly didn't have a clue what she was getting at. Hanna would never give me complete answers, but instead taught me to go within where all my resources were, and to ask the Lord God and my Guides.

On May 7, 1998 Rev. Hanna Kroeger departed this plane of existence to soar with the angels. Within three days I received all the answers to so many of the questions I had

asked her, she gifted me with her wisdom once more. She also reminded me to share my magic with the world, no bars held.

It is in honor of her memory that I continue to teach her work in Canada. The classes consist of an amazing amount of information, lots of hands-on demonstration and practice, valuable knowledge of herbal formulas, home remedies and pendulum use for self-empowerment. The main focus is on analysis of the human body. Direct analysis can determine negative conditions or dis-ease in the body and its organs. By inquiring about the functioning capabilities of certain organs or an area in question, the causal factors of the disorder can be determined.

Through pendulum use, we have the ability to detect energy distortions or blockages which may become potential disorders within the body. Once these are located it is simply a matter of determining the cause, emotional, physical (i.e., parasites), mental or energetic and correcting it. The pendulum is a tool that anyone can use, and there are dozens of ways that it can help you to empower your life and take control of the world around you.

*Carolynne is the Friday Speaker at the Yoga Studio in Penticton. Everyone welcome, suggested donation of \$5. see ad on page 15 and below.*

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**Carollyne Lefebres** is a certified Applied Kinesiologist, Reiki Master, founder of the Beishu Method™, Vibrational Healer and Conscious Channel. Private sessions include a variety of healing modalities. Carollyne will be available for private sessions in Penticton from May 24 - 29. For a confidential appointment or more info about these workshops, please call Mr. Bill Dixon @ 492-6012 or E-mail Carollyne at [alchemy@intergate.bc.ca](mailto:alchemy@intergate.bc.ca)



From the Editor...

## Chit Chat

with Marcel



As I sit at my desk wondering what to write about this month, a lot of thoughts are passing through my mind, but nothing too specific comes to the surface. I can see my collage hanging on the wall in front of me; the one I made at our last Christmas party. We all made collages with pictures that represented various aspects of our lives and our vision for the future. Mine was made up of pictures that appealed to me—that I was drawn to in some way. When I had finished I realized that it was not so much a representation of forms, but of different energies and feelings that I would like to bring into my life.

While I look at it today, what is standing out for me are the butterflies that I have scattered on it and also the picture of Peter Pan, who is flying off into the cosmos. To me, these are the symbols for transformation and for magical adventure. What is this saying to me? That I need to transform my life into a magical adventure? Wouldn't that be nice? Especially on a day like this—cloudy, dull and dreary. Is this beckoning me to far away places of beauty and new experiences? Hmmmm.....probably not. Perhaps there is something else it is telling me. Maybe the magical can be right here, right where I am right now in my life. But the transformation can't happen outside in my world until it happens inside - in my mind, my feelings, my attitudes, in my very being. The transformation must begin in the way I perceive my life. The filter of perception through which my life force flows must change in order for the reflection on the screen of my life to change.

An examination of my perceptions is a good place to start. Upon reflection, it seems that what is required is a new attitude and a new focus on what I am perceiving. Instead of usually focusing on what needs to be done—the busyness and actual procedures of my day, I require more awareness of the feelings behind the doingness of my life. Instead of getting caught up in the cleaning and cooking for a family get-together I would benefit by putting my attention on the anticipation of the fun, warmth and closeness of this event. Rather than doing my watercolour painting because I have a painting started and I really 'should' get it done but I just can't get that mountain to look quite right, my focus needs to be on the joy of creation, the fun of seeing the colours blend and the forms taking shape.

The best way I know to change the perception of my life is with 'gratitude.' If I use the discipline of always looking for something to be grateful for, the focus of my perception will automatically change in a positive way. As Deepak Chopra tells us, "What we give our attention to will become our reality." If our focus is always on being grateful, our lives will become filled with things to be grateful for. As I begin to realize, more and more, the power of my attention, I can see the importance of counting my blessings and giving my awareness to the joyful feelings in my life and expressing my gratitude for them. With my focus on gratitude for the joy in my life, my perceptions will change and with this change comes the creation of magical adventures to be grateful for all over again.

*Marcel*



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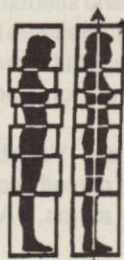
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# Making Mantra Soap

by Tim Moore

Soap making is no longer some mysterious process known only to great-grandmothers and medieval alchemists. It is so simple, and recipes are so common that anyone capable of cooking oatmeal can make a batch of soap. Of course, if one intends to make a livelihood out of it, as I have done, one should also be willing to accept a life of relative poverty.

Since most Canadians over twelve are already qualified soap makers the challenge has become to create a distinctive soap. A product with personality, something special. For the Venables Valley Soap Co. this is accomplished by infusing our soaps with mantras and holy water. After all, a substance that touches the tenderest crevasses of the consumer's body should offer more than just scented lather.

A typical soap making day begins with me slapping at the alarm clock, contorting my arm in order to reach and silence the beep-beeping. 3:30 a.m. is early, and my eyes sometimes feel like they have been sealed shut with crazy glue, but I need to use this pre-dawn period, the "brahma muhurta" for mantra infusion.

Brushing my teeth is the first joy of the day. Venables Valley toothpowder is a luxury. If I didn't make it myself I could never afford it. I would probably use wood ashes. After brushing I feel invincibly clean in the mouth.

I go to the altar where my japa mala beads hang in their fist-sized pouch. I light a candle and some incense and slip my hand into the bag. Surrounded by the silence of early morning I finger the beads murmuring the ancient mantra. Hare Krishna Hare Krishna Krishna Krishna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare. This is a two-hour meditation, a vow that I have maintained for twenty-four years. In an otherwise uneventful life I have at least succeeded in becoming a mantra millionaire.

Even though I have uttered the maha mantra more than fifteen million times my mind still begins the ritual by wandering

into the realm of meaningless concerns. Visions of the Vancouver Grizzlies and teenage sexual encounters cloud my thoughts. On a good day I go beyond the mundane. Trivia gives way to absorption in pure spiritual vibration. I slip into a new dimension. A parallel universe if you will. I become numb with devotion, the mantra begins vibrating in my blood cells. I am electrified with the names of God.

This moment of transcendence usually occurs just before my wife, emerging from slumber and walking like a mummy, shuffles past me on the way to the bathroom. She is followed by the twins, who refreshed by sleep are ready to rip the house apart all anew, and by Janaki, the resident teenager and undisputed house commander, who smelling like horse begins immediate preparation for her impassioned sunrise gallop through the valley. I postpone my ecstasy until the mayhem of breakfast and clean-up subsides.

By 10 a.m. I am alone in the kitchen ready to make soap. I turn on a bhajan tape and melt the oils on the wood stove. The mantra from the tape recorder purifies and transforms the workplace. Again I slip into the parallel universe. I chant and sing along as I stir. The mantra penetrates the mixture. When the soap thickens I add herbs, essential oils and the sanctified water from the source of the Ganges high in the Himalayas. It is not really water but a concentrated liquid of eternity, knowledge and bliss. A few drops can destroy an entire mountain of bad karmic reactions.

After a few more minutes of stirring I carry the soap pot to the loft and pour the pudding into the molds. It will cure there in the warm air. It is now more than soap, it is compacted spiritual suds which, when in contact with water will spread joy to the inner heart of the bather.

I am satisfied with the process. In a few weeks it will be cut, labelled and set adrift to compete in the marketplace. Something common has become something extraordinary.

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My friend Harry had a serious problem. His gums were so infected that his dentist wanted to pull his teeth out, or charge Harry \$10,000 to repair the damage. Harry was only 44 years old - he didn't want dentures; and he didn't have \$10,000! Harry went to a periodontist for a thorough (and painful cleaning), and then he came to me.

We combined an ayurvedic formula with aromatherapy, using the best ingredients available to create a special toothpowder for him. Harry's gums quickly healed and tightened. To this day (4 years later), he enjoys glistening white teeth and excellent dental health. You too can try this toothpowder, which I believe is the finest product of its kind in the market today.

SEND \$5 FOR A 28 ML BOTTLE ENOUGH FOR 60 BRUSHINGS OR SEND ME  
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## Human Energy Fields

*continued from page 7*

tions or injuries show up clearly. Blockages in the field without attending disease or injury were found to be a precursor to future medical problems. This poses a profound question; if our energy field is blocked for whatever reason and we know we can alter it by thought, does this mean thought allows the body to succumb to disease and can we cure ourselves simply by thinking we can? Research into the mind-body connection is only in its infancy but already there are clear indications thought and visualization can make a difference.

The system also seems to have little limitations as a diagnostic aid tool. For example, a scan taken of a person with deep depression showed a large dark area over the head apparently where there was a void in the energy field. Some clients with mental disorders also have unusual scan patterns. Smaller, separate and distinct fields can be seen within the main field extending away from the body. Much research is required in this area but the question we need answered is: what are these attached fields and why are they present? Could they be the signatures of something discarnate affecting the mental stability of these people?

Many believe the concept of discarnate energy forms is too far-fetched, but several have already been seen at various locations in Europe where most of the scanning has been undertaken to date. Having established that there is an energy field surrounding all living bodies, Harry Oldfield pondered whether these fields could exist without the body. He decided to search for possible answers and took his portable equipment to a graveyard in Yorkshire, North England. As he scanned the scene, on the computer monitor, he saw a white cloaked figure gliding around, apparently without moving its limbs. The figure was not visible to the naked eye and after a few minutes it appeared as if the figure saw Harry and his equipment. The figure stopped, then approached a nearby gravestone, placed its right arm on top and posed! A large cross can be seen hanging around the neck so it was assumed the apparition has or had some religious connection. It is not known what this figure was or where it came from. What is clear is it was clothed and shaped as a human, it appeared to be cognizant of its surroundings and showed an intelligent and self-willed reaction by posing. It is also clear much more research is required in order to study and analyze this phenomenon and

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attempt to determine the nature of this energy form.

The ability to discern and record human energy forms has, probably, the most incredible significance in terms of our human condition. I am a Near Death Experienter, (NDE) and one of the many aspects of this phenomenon is the Out of Body Experience, (OBE). Those who have had one or both are aware that somehow our consciousness appears to have an ability to leave the body. Now we can see the human energy field we have some very tantalizing evidence. We have seen human energy forms without a body which appear to act as if they do have a body. It is my belief we are seeing this "conscious energy" on PIP scans.

*see ad on page 7*

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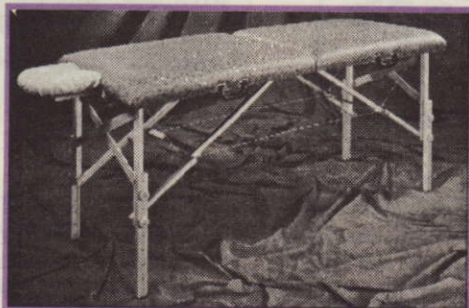
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# Homeopathic Help for Hay Fever

by Jude Dawson LBSH

Hay fever is the popular term for seasonal allergic rhinitis - swelling and irritation of the nasal passages and eyes caused by an allergy to plant and tree pollens - and its red-eyed, sneezing victims are easily identifiable on warm summer days.

There is evidence to suggest that certain types of pollution, such as nitrogen dioxide, ozone and diesel particles, worsen the problem by making our respiratory tracts less able to function properly. Several recent studies show that some pollutants may actually alter the structure of pollen grain proteins to make them more allergenic. On top of all this, our immune systems may be weakened by the proliferation of chemical pollutants in our food and water.

Hay fever may also be linked with, or at least worsened by, other health problems such as stress. Poor diets and stressful lifestyles weaken our immune systems and make us more susceptible to allergies and less able to tackle their symptoms.

Homeopathy can be one of your most powerful allies in the fight against hay fever. The homeopathic approach takes into account individual factors in the case. For adequate control, or cure, each case of hay fever presents a separate and distinct problem requiring skilled assessment along constitutional lines. So a qualified homeopath should be consulted.

However in the matter of immediate relief on an actual attack certain Homeopathic remedies have been found of use, among them the following :

**ALLIUM CEPA:** use when the nose and eyes stream, sneezing is severe and of increasing frequency, lip and nostrils become sore. Worse indoors, in the morning and from contact with flowers and peach bloom.

**ARSENICUM ALBUM:** use when sneezing is violent and painful, violent tickle at one particular spot inside the nose, not relieved by sneezing, profuse watery discharge burns the lip. Worse with a change in the weather - restless and worried.

**DULCAMARA:** use for constant sneezing, nose stuffed up, or nose and eyes stream, eyes swell and water, then nose runs, then eyes water again. Worse in the open air, damp, being chilled when hot and contact with newly mown grass.

**EUPHRASIA:** use for much sneezing, discharge from nose is bland, but eye discharge is burning, throat often involved, with hard dry cough. Worse open air, wind, lying.

**GELSENIUM:** use for violent sneezing, nose streams in morning and discharge is excoriating, eyes feel hot and heavy, much tingling in nose, throat dry and burning, swallowing causes pain in ears, face hot, aching all over, limbs feel heavy.

**SABIDILLA:** use for frequent spasms of severe sneezing, nose either stuffed up or running freely, much itching inside nose, eyelids red, face mottled, very sensitive to smell of flowers, fruit, garlic and other odors, extremely chilly, possibly associated with severe frontal headache or with bleeding from the nose.

Many pharmacies and health food stores carry a selection of Homeopathic remedies. If the situation is chronic or severe contact a qualified Homeopath for advice. *see ad to the left*

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# CALENDAR of Events

**May 6**

**Dream Interpretation** with Pamela Rose Thrift at Dare to Dream, Kelowna. p. 17

**May 7**

**Are you Psychic? Seminar** at Aurora's Natural Health Centre in Kelowna see ad page 2

**May 8 - 9**

**Reiki Masters Certification Intensive** with Joy Jeffries in Kelowna. p. 26

**May 8 - 12**

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

**May 15 & 16**

**First Degree Reiki** with Michael Kruger in Penticton, p. 35

**Magic of the Heart & Mind** with Dr. Ron MacIntyre at Dare to Dream, Kelowna. p. 17

**Breema Bodywork** with Greg Collins in Salmon Arm. p. 16

**Integrated Body Therapy** with Cassie Caroline Williams in Kamloops. p. 26

**May 21 - 23**

**Life Force Therapy** with Carol Rienstra in Penticton. p. 25

**May 22 - 24**

**Reflexology Level 1** with Yvette Eastman in Vancouver. p. 24

**May 28**

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**Sarah Scott Simonson** Talk and Demonstration in Westbank. p. 19

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**Creative Insight** with Moreen Reed in Prince Rupert. p. 24

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**Mind Control, Out of Control** with Mark Phillips & Cathy O'Brien in Vancouver. p. 20

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**Homeopathy Revealed** with Barbara Gosney in Kaslo, BC. p. 25

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**Feldenkrais Workshop** with Syl Rujanschi in Westbank. p. 19

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**Professional Practitioner Training** with Dawn King at Silver Star Mtn., Vernon. p. 8

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**Women's Earth Medicine Retreat** with Blanche Tanner at Tipi Camp. p. 28

**July 13-25**

**Residential Certification Training** with Wayne Kealohi Powell & Mahara Brenna on Bowen Island. p. 2

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

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**May 21**

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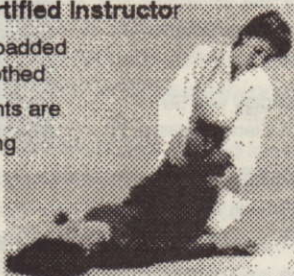
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# HAVE A BALL —

A LAUNDRY BALL ...THAT REALLY WORKS!

by Rhona Terry

This "wacky wonder", as it is nicknamed, was born in Iowa. Fern Gunderson, a woman who always loved water, created a way to keep from polluting it. She has also a love for Mother Earth so it is no wonder that Fern came up with a "solution."

She learned in 1996 that some European countries treat their water in a different way, a way where you do not need detergent. In 1997 she explored different venues with physicists for an alternative water treatment.

After months of experimenting, she came up with the 'Gunderson Laundry Ball' (GLB). On September 20, 1997, she launched it, and her life hasn't been the same since. By word of mouth her product sold. She was getting very positive reports on a regular basis. Testimonies were coming in daily about what users were finding out using a GLB.

Fern thought it was time to have her product introduced to consumer protection and get their feedback. The meeting was set up with them at a Laundromat in Missouri Valley. A cameraman and a consumer protection reporter of Omaha took charge. Fern was delighted and proud yet kind of nervous. Would their findings be as positive as that of the recent users of her GLB?

It was three long weeks before they announced their findings....YES, it does work. Don't expect miracles...stains still need to be pretreated but it works. She started to sell and by October 1997 she ordered 1,000 balls! A start!

At this time her husband looked into copyrights, trademarks and patent pending for her little business was showing growth.

Customers were placing the GLB in a bowl of water, swishing it around and using this water to clean windows. Many were asking Fern if she could make something for a spray bottle. Four months later she came up with a Gunderson Spray Vial, the GSV. It is now as popular as the GLB.

Her next request was for a bath duck. She found a duck to put her formula in and it was given to a 28 year old man as a joke birthday gift. He loved it. Now children and adults from coast to coast are enjoying the bath duck. Can you imagine? Very little or no shampoo - Kids love it.

Now the demand was for swimming pools, hot tubs and wells on farms. She found a bigger rubber housing that is satisfying those needs.

Consumers tell Fern they cut down about 80% of the chemicals they previously used. For people who are sceptical and feel they need chemicals, Fern says, "There is a choice and my GLB will do the same to the surface tension of water molecules as detergents do to surface tension." Try it. There is a 30 day money back guarantee.

With the thought of our forefathers washing their clothes in the creeks with water that flowed over the natural magnetized lodestone down the mountain side is clue enough that they were possibly laundering with the same principle as the GLB!

See ad to the left.



# Dreamtime

by Pamela Rose Thrift

I went to sleep with the intention that I would awaken within a dream and realize that I was dreaming. Shortly after lying down I became aware that my body was sleeping but my mind was still conscious. Being careful not to allow myself to become too excited lest I awaken out of the dream, I heartily asked, "The Highest and the Best, please God." I immediately found myself flying up through space very quickly, going through level upon level of sunset rosy pink fluffy clouds. I felt euphoric! Suddenly I stopped. It was as if I had come upon an invisible barrier. I joyfully asked, "Higher, I want to go higher, please!" A calm, loving, deep voice replied, "This is as high as you can go now." Upon hearing the Voice I looked up and to my left and saw that my left hand was resting on the outstretched wing of a white dove. I awoke thanking God profusely and declaring to myself that life was most definitely worth living when experiences such as this were possible.

This experience happened at one of the most trying times of my life. I was doing a lot of praying and hoping that I could strengthen my ability to receive strong supportive guidance. When I awoke from this beautiful experience I knew without a doubt that the power of the dreamtime was real and that it was time to start honoring my own more consciously. I have been gifted with clarity of dreaming and understanding since childhood. I had not however truly realized that it was a gift and hence had not been giving it the honor it deserved. Within a very short time my journaling of night-time dreams became daily and others began asking me to talk to them about their dreams. I realized that there was a method that I could teach others to use, to understand and work with their own dreams more fully. The more I continue to honor and work with my dreamtime, the more joyful and aligned I feel in sharing my gift with others.

*See ad to the right.*

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# THE POWER OF WORDS

by Lyle Schmidek

I remember sitting at my mother's hospital bed as her doctor said to her, "Karen, don't you realize you have lung cancer? You are going to die." It hit me so hard that even today, three years later it plays verbatim upon recall, playing like a record player with the needle getting stuck in a groove.

Not believing at the time that I was a witness to a possible death sentence right before my eyes, I remember thinking how in the world could a doctor justify saying such a destructive thing to a person. He is not God, nor is he a famous psychic, and besides, from what I remember from a Philosophy class in college, such a statement would be faulty reasoning. Not all lung cancer patients die. Many have decided to question the treatments of our current medical establishment.

Minutes later I was talking with this doctor at great length about his choice of words and how they were delivered, however my efforts of creating awareness did not register. My mother moved into the palliative care room within days and then into the non-physical within a month which frustrated me a great deal for some time. I analysed all the verbal and nonverbal actions of all the doctors and nurses who had been treating her. I then compared them with the actions of those who had dealt with her eight years earlier when Mom was faced with cancer of the pancreas. I took notice of the words, mannerisms, actions and the projection of life, etc. of each person and I learnt very quickly how much better the first doctor and nurses had been in painting a more constructive picture in my mother's mind. I know my mother looked so much forward to her doctor's opinions about what was happening inside her body. As with many people facing the same situation I guess it was a way of coping with the pain, the fear and the unknown.

After processing all the answers that came with the questioning I became strongly aware of the effects of thoughts and speech that is entertained by ourselves and others. Having a sales background along with reading many books on alternative fields of thought, attending many workshops, seminars and retreats including the Ken Keyes College and the Monroe Institute I understood the power of suggestion. But it was this event in my life that gave me first-hand experience of the powerful effects of suggestion which attracted me to the profession of hypnotherapy.

I now use the analogy that we are born as a little computer and the software we run is installed, over time by parents, teachers and peers. At some point we all have the choice of replacing our software. For me, hypnotherapy is the process of creating awareness around our old "programming" and learning how to install and maintain the program of our choice.

We become empowered by being conscious of our thoughts and words as they hold the power of creating our reality.

*see ad to the left*



# Movement is Life!

or A Rolling Stone Gathers No Moss! by Syl Rujanschi

My original intent was to encourage my child's artistic and musical ability at Island Mountain School of the Arts while camping in Wells, B.C. I realized much more than this. I discovered a way of life that would profoundly alter my future.

In 1985 I attended my first Feldenkrais® workshop with practitioner Anna Haltrecht of Salt Spring Island. Her dance class first attracted my attention but the evening class "Awareness Through Movement"® intrigued me. I registered for both.

What I experienced was completely new. I went "home" to our campsite each night excited, chatting to my fellow artists. "Feldenkrais, Feldenkrais, Feldenkrais" was to follow me as a mantra for many years. I had learned in this week-long session that he, Moshe Feldenkrais, had died the previous year. I was moved to tears. Who was this brilliant man who revealed a body/mind movement system that could be so easily, effortlessly transmitted to others?

The movement lessons I attended each night were hard to describe or remember. What I did remember was how wonderful it was; to move with ease and pleasure, acknowledge and remember myself with a soft acceptance I only vaguely recalled.

I was an urban woman, mother of two young children, living in a Cariboo wilderness setting while struggling with the isolation winter and hard work brings. There was very little time for "self", something I had been given as a young child, teen, and woman. I felt swamped with the responsibility of my chosen life.

What the group sessions called Awareness Through Movement® gave me were the tools and skills for self care. I described the sessions as self-massage using the floor as my partner. The best part was a delightful shift in my interaction with others. An approach that offered generosity, choice, individuality, curiosity, error and self-responsibility.

Feldenkrais drew knowledge from sources in both western and eastern disciplines. As a physicist, engineer, martial artist and athlete, a strong foundation for the movement scientist was established. He felt that we, as humans, are often led (by well-meaning parents and teachers) to conform to our families'

and communities' needs through bribes, rewards, punishment, guilt or coercion. In the process we forget to connect with our unique selves. In order to successfully complete our growth as adults, Feldenkrais felt we needed to embark upon self-education. His view of "health" was two-fold. One, to overcome the shock and trauma in our lives, and two, to live our unavowed dreams!

Unavowed dreams? What did that mean? I was in survival mode!!! After many years of service to my family and community I was able to discover what that meant! Eight years later I embarked upon the professional Feldenkrais Training Program in San Diego graduating under the educational direction of Mark Reese.

I frequently have the dream of dancing, something which has given me great pleasure in life. Moshe described his individual sessions called Functional Integration® as a dance with his client! This work deeply affirms my innermost wishes. It is beyond my dreams! As a Feldenkrais Practitioner I am in a position to help others live a more healthy and well imagined life, in an effective and multifaceted manner that is personally creative and stimulating.

Learning to move easier by reducing unnecessary effort and stress, we can save ourselves energy. Energy that can be better used toward more creative pursuits! To take time to be quiet, to listen, to know deeply and direct myself in a more satisfying, rewarding and pleasurable way... this is what the Feldenkrais method has offered me. Besides, my back and neck and knees no longer trouble me! Marvellous!

"If you know what you are doing you can do what you want!" A favoured Moshe Feldenkrais quote. The movement lessons encourage us to fully notice ourselves in order to make useful changes as we adapt to moving, thinking, and feeling our way through life.

The goal of personal health and wellness is approached in many ways. We live in a time there are many avenues of choice. Feldenkrais was a great proponent of choice. It is probably the most important aspect of health which empowers and enables us to learn and to live a rewarding life! see ad

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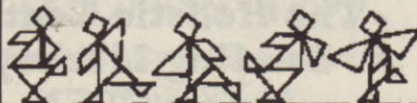
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# Enneagram

by Barbara Anderson

In May of last year at a day of meditation in Kelowna, I learned by pure coincidence of an upcoming workshop. I happened to be sitting behind a lady and (in a most unfocused and unholy way!) I was distracted by some papers she had stowed under her chair. Were they not to do with the Enneagram, a tool for spiritual growth and self-understanding that had long held my interest? Upon inquiry, this lady told me of a workshop she was organizing and which was being given by a Hilary Alflatt.

I had been introduced to the Enneagram several years earlier, and finding it perhaps the most life-giving experience in my spiritual journey, had pursued gaining as much knowledge about it as I could. I was, therefore, quick to sign up for the upcoming weekend and was delighted and challenged by the workshop, in spite of the fact I felt I already had a fairly solid grounding in the subject. I was even more struck by the gentle humility and quiet wisdom of the presenter, so much so that I decided I would bring him to Vernon in May of this year to give the workshop here. Mr. Alflatt has degrees in philosophy, psychology, theology, and a diploma in clinical and pastoral counselling. He is a spiritual and retreat director based in England and has conducted workshops extensively both in the United Kingdom and Canada. Hilary's spirituality, depth of understanding and wisdom makes this workshop insightful and energizing.

I found that the Enneagram, an ancient Sufi teaching that describes nine different personality types, helped me understand myself in a way I never had before. It was quite shocking to become aware to my motivations and mechanical habits of thinking and acting that influenced the way I saw myself, my world, and even my God. For example, I became aware that one of my tendencies is to allow my attention to drift off to the past (regret) or to the future (longing). This awareness helps me to recognize

when this is happening, to observe the self-judgement about this tendency, and to gently bring my attention back to the present. Awareness gives me choice — I become less compulsive as I embrace a different behaviour. I had prayed for greater self-awareness and self-acceptance and the Enneagram helped me move towards both.

This is the reason for discovering your own type — when we embrace the reality of our total selves — our strengths and our weaknesses, our particular giftedness as well as the ways we have misused our gifts, we enter into a deeper reality of wholeness. Not only did I find the Enneagram to be extremely helpful as a tool for SELF understanding, but it has helped my understanding of others and their points of view. I am more able to choose to be compassionate and to love — myself and others — as I see that our ways of responding to life are a reflection of our woundedness and our personal family histories.

By becoming a detached, objective inner observer, I become more aware, not only of my self-deceptions and my distorted view of reality, but of my real needs, and I am more at one with myself. When we are one with ourselves, we are one with our Creator and all creation. That is what the Enneagram is all about — self transformation. We can change and it shows us how! *See ad below*

## Enneagram Workshop

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# Health Matters

by Doug Muldoon  
at Nature's Fare

## Herbs for your good Health

**Premenstrual Ease** - Certain conditions seem to make women more susceptible to PMS symptoms. After giving birth or after stopping birth control pills, hormonal imbalance is typical as the cycles readjust. High stress, poor diet, frequent weight gain and loss, aging, conflicts in relationships, recreational drugs and medications can all interfere with the regulation of hormonal changes. In addition to dietary changes, adequate exercise and rest may be the most important means of helping the body regain control of the fluctuations. At times it may become necessary to employ other support, such as herbs, to prevent the symptoms from becoming debilitating.

**Wild Yam** (*Discorea villosa*) - plants are found across the midwestern United States and Latin America (particularly Mexico) and Asia. Several species exist, each possessing similar constituents and properties.

Wild Yam root is antispasmodic. Throughout time, it has been used for bilious colic and painful uterine contractions. Wild Yam has also been taken to allay nausea due to high hormone levels. The root contains a steroidal sapogenin called diosgenin. Since diosgenin has only slight anticonvulsant effects, other components may also be responsible for the antispasmodic activity. Diosgenin is used commercially to synthesize progesterone. When given to animals however, it has an estrogenic effect about 1/10 that of synthetic estrogen. Diosgenin can therefore compete with estrogen for receptor sites and thereby reduce the overall estrogen effect.

When phytoestrogens (like diosgenin) bind to estrogen receptors their effect is lesser but similar to that of ovarian estrogens. The mild effects of herbs help to reduce the strong effects of estrogen by competing for the receptor same sites. This is beneficial for symptoms associated with high estrogen levels. The herbs for PMS symptoms can also benefit during menopause when these same conditions occur.

Excessive estrogen levels (hyperestrogenism) can stimulate pituitary prolactin secretion and cause nausea, fluid retention, breast tenderness, depression and longer periods.

**Dong Qual** (*Angelica sinensis*) has long been popular in China for regulating the menstrual cycle and helping to make the period less painful. It is used for its antispasmodic, analgesic, sedative and anti-inflammatory properties. It was also found to reduce the production of IgE antibodies. Ferulic acid, one of its active components, reduces uterine contractions and heart arrhythmias. The root extract, ferulic acid, and ligustilide, a major phthalide component of dong quai root aromatic oil, all inhibit platelet clumping necessary for clotting. For this reason, dong quai should not be used after the menstrual cycle bleeding has begun. Ligustilide is a uterine antispasmodic. It and other phthalide components are also antispasmodic for air passages of the lungs.

**Goldenseal** (*Hydrastis canadensis*) was used by North American natives as a treatment for irritations and inflammation of the mucous membranes of the digestive, urinary and respiratory tracts. It was commonly used topically for skin and eye infections. Because of its antimicrobial activity, goldenseal has a long history of use for infectious diarrhea, upper respiratory tract infections and vaginal infections. Goldenseal is often recommended in combination with echinacea for the treatment of colds and flu.

Besides the major active alkaloids berberine and hydrastine, goldenseal also contains hydrastinine. Berberine, hydrastine and hydrastinine each inhibit certain gram-negative bacteria. Berberine is the most important of these. It has also been found to inhibit growth of a number of gram-positive bacteria, yeast, fungus and protozoa. Berberine also prevents certain pathologic gram-positive and gram-negative infectious bacteria from sticking to the mucosa. Berberine not only blocks diarrhea caused by bowel toxins from certain bacteria, but oral treatment for intestinal infections with *Candida* yeast and *Giardia* and/or *Entamoeba* protozoa was found to be very effective. Goldenseal has been found to be safe and effective in treating infections in adults, children and infants. It also has a very beneficial anti-inflammatory activity.

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# Pyramid Power!

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For millennia mankind has been fascinated by the majesty, mystery and sheer wonder of the ancient pyramids. Pyramids have inspired countless books, movies, plays and music. Pyramid replicas are favourite house and jewellery ornaments and much has been documented about the healing power of these magnificent structures.

But it is on a sixty-acre vineyard in our own Kelowna that an impressive pyramid is actually used to age and store wines! Summerhill Estate Winery proprietor Stephen Cipes is justifiably proud of his award-winning wines made from grapes grown in his certified organic vineyard (no sulphites are used in the sparkling wines). Founded in 1987, the winery has been consistently selected to represent British Columbia to host dignitaries, heads of state and royalty. It's no wonder Summerhill wines have won gold medals for the best red, best white, the best sparkling wine and the best dessert wines in major competitions and Cipes' brut champeniose sparkling wines have outsold all champagnes — including French champagnes — in B.C. for years. Cipes attributes much of Summerhill's success to their pyramid which is an exact replica of the Cheops pyramid a.k.a. "The Great Pyramid". Known for its amazing and profound store load of information embedded in its structure 'without words', as there are no Egyptian markings, there are no indications of who built it (believed by many to be circa 2,000 BC) and it is only theoretically believed that it was the pyramid of the Pharaoh Cheops.

Cipes comes by his knowledge of pyramids honestly. In 1997 he travelled to Egypt with celebrated documentary producer, John Anthony West. West, who won an Emmy in 1993 for his NBC documentary narrated by Charlton Heston on the subject, was in the centre of a controversial theory which asserts that the Cheops pyramid and the Sphinx predated Egyptian history and was, thus, the work of the lost civilization of Atlantis (and he also suggested, as Edgar Cayce predicted, that the chamber beneath the paws might contain the legendary "Hall of Records").

The Summerhill reproduction pyramid is an 8% replica — 56ft<sup>2</sup> and four stories high (3249 feet in all). The structure is probably one of the strongest built buildings in North America for several reasons:

1. Its shape supports itself with literally no weight load on the structure itself.
2. It is not affected by the elements: It has no windows. Access is from the lower level only and the entire top is indestructible and fireproof.
3. It is constructed of the highest density concrete ever used — more concrete used in this structure than is in twenty-five houses. Fibreglass rebar is utilized instead of steel (obtained from underwater construction sources.)
4. It is oriented to true north and being ferrous metal free will not reorient itself back to magnetic north. No nails are used — the structure is 100% metal free.
5. The 'offering temple' reproduction will be clad in red granite and is built on a scale of 8 to 9 — a musical scale found repeatedly in the architecture of the temples along the Nile.

How does all of this relate to the superior quality of Summerhill wines one might ask. Cipes is convinced that one of the many reasons for Summerhill's success can be explained using Einstein's concept of Tachyons and Tardyons. Tachyons are particles of invisible energy that move faster than the speed of light. Tardyons behave in the opposite way moving at or below the speed of light. This brings about the theory of negative space-time. In positive space-time living organisms change from life to deterioration. In negative space-time, life moves from deterioration to rejuvenation. It is said that the pyramid serves as the interface between positive and negative space-time. It serves as a bridge between matter and anti-matter and becomes the gate or the instrument through which two realities meet and interact. In a precise chamber with perfect geometry such as a pyramid, a dome or a true Roman arch (many of the finest 'champagne' houses of Europe age their bottles today in ancient Roman arch cellars actually built by the Romans), the two energies come together at the same rate of speed. If the pyramid can serve as the meeting place for positive and negative space-time, then it would not only be the oldest, largest and most mysterious instrument invented by the mind of man, it would also be the most useful.

The shape of the pyramid creates a chamber that is conducive to the production and/or accumulation of negative ions. Negative ions have been shown to increase both brain activity and aura. It is not unusual to experience evolved and

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progressive feelings while in the shower or after a rainfall when the air is bristling with negative ions.

Another amazing attribute of pyramids include its dramatic effect on liquids: for example, in a pyramid frozen orange juice tastes like fresh-squeezed in less than an hour, and milk will turn into yogurt instead of going sour. Razor blades become sharper in a pyramid and a timed photography experiment conducted outdoors in an open frame pyramid revealed that a plant growing inside grew in a clockwise motion while a twin sister plant nearby but not in a pyramid grew 'helter skelter'.

Many visitors on Summerhill's daily tours remark on the 'tingling' feeling they experience in the pyramid and the feeling of serenity — of being 'off the planet'. "In fact, there is a theory that can explain the absence of time as we know it — the earth and planets rotate around the sun in an elliptical orbit versus a circular one. A non-ferrous pyramid oriented to true north theoretically spins around the sun on its apex much as a toy top would, more in a circular pattern than an elliptical one thereby obviating time as we perceive it," explains an enthusiastic Cipes.

Convincing theories, and thought provoking philosophy aside, the experts all agree that there's magic in these Summerhill organic wines.

During Summer Solstice Steve Cipes will be hosting a two day Peace Concert, Planet Healing and Solstice Meditation in the pyramid, June 20 and 21. This will be led by opera singer Jean White Eagle who has conducted nine similar planet healings around the world and has chosen the Summerhill pyramid to conduct her tenth and final planet healing. For more info see ad to left.

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# Astrological Forecast for May

with **Moreen Reed**

In May we move from direct confrontation with making our vision reality to the beginning of a year long lesson in compromise. Saturn and Pluto\*\* are asking us to make the best of a bad situation. There will be no clear cut winners. The style of negotiation requires personal humility, which is born from the responsible recognition that our natural egocentric goals must eventually find a place in the web of society. May 15th to May 18th will mark the participants and the issues.

Mars continues its retrograde motion thru May. On May the 5th he backs up into Libra calling into question the intention behind alliances and partnerships. The question to be asked this month will be, *Are we all on the same page, and in the same book?* Arriving at consensus will be very challenging. Both Neptune and Uranus make their annual retrograde stations this month. While the outer planets are moving backward the voice of social dissent is weakened. Neptune is the first to reverse making its station on May 6th. This is a week for people to feel full of inspired vision or illusions, delusions, escapism, etc. During Neptune's retrograde passage the spiritual journey turns inward and personal. Uranus makes its station on May 21st, putting the brakes on revolution. Between now and October those wishing to push reforms should direct their efforts to reviewing the agenda and the goals.

The New Moon is at 5:05 am on May 15th. This is an important week, so the intention we bring to the start of the Moon's monthly cycle will have impact till March of 2000. Today you can plant the seeds of building or improving social conscience. Take time to set a goal to become more personally accountable for health, joy and recognition. The highlighted degree symbolism is *A large well kept public park\** The keyword is *recreation*, this is high devotion to the practical welfare of all people collectively. There is also an opening for a sudden turn in events, like people coming to their senses!!!

We can expect life to move into a higher gear with the Sun and Mercury shifting out of the slow plodding energy of Taurus and moving into speedy Gemini, May 21. Relationships will need special attention, with Venus in sensitive Cancer, active listening will be a must.

May ends with an intense Full Moon on the 29th at 11:40 pm. You are asked to shine a light of personal awareness on how powerful your judgements and opinions are. Our beliefs shape our emotional reactions and attitudes are the justifications we use to keep habits in place. Take a look at the quality of your life's experience. The highlighted degree symbolism \* *A quiver filled with arrows*. The keyword is *preparation*. Can you rise to the needs of the moment? Joy and happiness can burst open with awareness today.

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

\*\* This Saturn Pluto cycle began in November of 1982 and is 38 years long.



# HOMEOPATHY REVEALED

by Barbara Gosney, DCHom.

There is a subtle but very distinct difference in how a Homeopath perceives disease—the person as a whole is the focus of attention. When your body fails to flow smoothly you perceive symptoms; this is the body's message, saying something is wrong. Physical symptoms; will follow if the flow isn't realised. Homeopathic remedies are gentle quantum doses of natural substances that work on the Law of Similars. Homeopathy can not be described as exactly organic as any substance can be used. Each one is 'proven' on a human being—an animal being unable to describe the subtle subjective and objective symptoms that need to be expressed. Once a substance has been potentised into a remedy, it can go on reproducing from the original Substance. Until now, with the knowledge of quantum physics, this has been too unbelievable to the skeptical scientific mind. If you are able to reverse the pathology which is thought-like, then you may find that you can maintain the cure. This is the aim of the Homeopath—to find that thought-like pattern, that has been repeated over the course of a life time, and each time it is stimulated it encourages the molecules to form into a specific pathology. It may be a perceived rejection, abandonment, failure or violence that is the original cause. We know that mental and physical symptoms are largely interchangeable. Emotional suppression leads to physical disorder, and physical disorder may convert to hysterical or psychotic states.

The conclusion that a homeopath comes to is that the organic and physical self responds to one specific stimulus, matched by the same vibrational remedy—it is holistic. In the 'soft sciences' of education, psychology, sociology and Homeopathy, the established scientific paradigm is challenged. The building blocks that science has been built from for the last 200 years has no solid foundation upon which to base its objective reality—science being built on the assumption that mass is equal to energy. In the 'soft sciences' there is no mass! In Therapeutic terms, the 'Organic Self' exists without conscious awareness, it is self acting or automatic. Vibrational healing is gaining in popularity! What keeps Homeopathy out of main stream medicine, when it is being used extensively throughout the world to replace drugs? See ad below.

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pressing, etc.). Basically position the ankle and likewise the rest of the foot any way that is comfortable. The opposite twist in the foot is also a wonderful release. Some of us, especially wearing heels or dancing on our toes, have dropped metatarsal bones, causing soreness and/or calluses on the ball of the foot. Accentuate any metatarsal bones which are lower while lifting up on the toes and compress together, holding a minute.

So now you have released your leg from the hip to the toes! Congratulations! See ad above

## HIP & LEG SELF-CARE

by Cassie Caroline Williams, Ph.D.

Our abilities to move forward in life are so affected by how well we walk. Hip and leg discomfort can really slow us down. Sometimes hip and buttock pain may be due to restrictions or dis-ease within inner organs, such as the small intestine, the colon, uterus, ovaries or prostate, and bladder. In those cases appropriate medical treatment may be required; sometimes Visceral Manipulation will help.

The pelvis is formed as a bowl, with the hipbones (ilia) flared out at the sides and meeting in front at the pubic bone. In the back of the pelvis each ilium articulates with the sacrum (an inverted triangle formed by five fused vertebrae and through which five pairs of major nerves pass). There is a socket joint (acetabulum) in the hip bone into which is seated the head of the thighbone (femur). The femur is the longest bone in the body, going from the hip to the knee. The knee joint is protected in front by the kneecap (patella), held in place by ligaments and tendons. The lower leg bones are the shinbone (tibia), which bears the weight and goes to the inner ankle, and the small fibula to the outer leg and outer ankle. Then there are numerous small bones within the ankle and foot, in which the metatarsals (five long bones above the ball of the foot) are probably the most troublesome.

An air-filled ball which is grapefruit-sized is most beneficial in relieving sacroiliac (between the sacrum and ilium) pain. You lie on your back with the ball in the area of the sacrum, finding the most comfortable position and staying there for a few minutes. Sometimes hip pain is due to a contracted psoas muscle (which runs from the upper lumbar (low back) vertebrae to the head of the femur, a very deep muscle). If you poke your abdomen one inch inside the point of the front ilium and find the area tender or tight, the psoas muscle is contracted, unbalancing the pelvis. At the sore side, use your opposite hand to pull at the waist towards the opposite side. Pain at the side of the hip at the top of the leg is due to the head of the femur not being seated properly in the acetabulum. This isotonic exercise can correct the problem: lie down on your back, or stand; move your affected leg to the side while resisting that movement with pressure against it. Do this three times.

The knee is a joint with bone on bone, femur on tibia essentially, so is prone to instability when injured. This area can be awkward but possible to address yourself. These exercises should always feel comfortable. First see where the patella moves easily—up, down, to one side or the other, and maybe with a twist; hold about one minute. Next pull up on the end of the thighbone (femur) while pushing down on the upper part of the shinbone (tibia), holding a minute or so. If this isn't comfortable, reverse your hands, pushing down on the femur and pulling up on the tibia. Then hold just above and below the knee, following whichever way each hand twists easily (they will go in opposite directions), and compress together about a minute. Lastly, lying on your back, find a comfortable position for your bent knee and hold a bit.

Working on the ankle is similar to the knee, finding comfortable positions (end of the tibia pulled up, foot pushed down, or vice versa; twisting in opposite directions and com-

*continues to the left*



# Celebrating Mother Earth!

by Merlin Beltain

That headline caught my eye. The one constant in my life has been the Earth. Growing up in Hedley, playing in the hills gave me pleasure. No adults. Just the trees, the hills, and the sky. The Earth sustained me. Sometimes I knew that but for much of my life it was in the background. After my heart acted up and couldn't decide whether to beat in a regular way or not, my conscious healing journey began.

The Earth became the main stabilizing force in my life. Through her I found my way to myself and to a connection to something far beyond me. The day that I was walking through the woods chanting and looking for some stones for a medicine wheel was the day my healing began. In a moment, the Earth tilted and righted. As it did, it felt as if the weight of the world fell off my shoulders and I could stand straighter, breathe deeper and walk lighter.

As my journey continued the Earth and her rhythms became my way of relating to all the other parts of life. Along the way, I began to remote view. Part of remote viewing was forsenic and I just wasn't very good at zeroing in on missing people or missing objects or locations of any kind. So I went to 100 Mile House to the Dowzers and Questers Conference to learn to Map Dowse. While there, I learned a great many things. One presenter who excited me was Slim Spurling. Slim has spent over twenty years working with Hartmann Grid and Geopathic stress lines. He and his partner Bob Dratch began by going to people's houses and dowsing for those lines and then clearing the house and property. As they worked they developed tools to work more quickly and effectively. Slim talked about house and yard clearings and how that led him to try other clearings. He would clear areas where there were multiple traffic accidents; he cleared air pollution. A project to clear a wide area was conducted. A few tools were set up at intervals on the east side of the Rocky Mountains from the north of Colorado to the south of Colorado. The instruments were turned on for an hour a day. The results were spectacular.

Christan Hummel joined the process. Eventually the Geobiology Research Associates was set up. Christan combined the tools developed by Slim and Bob with the "spirits of place" (the Devas) to further expand the results and the places healed. A grassroots movement is growing worldwide as more people learn how to use the tools and work with the devas.

My search for healing brought me to Slim, then Christan and now I get to organize a workshop in the Okanagan. First, Christan came to Vernon. She said that Diana James, who works with plant medicine (among other things) would come as well. Diana has trained in essential oils and aromatherapy and has formulated a line of blends that are specifically designed to integrate higher dimensional frequencies in our bodies, grounding joyous and vibrant health in the physical body while healing emotionally and accelerating spiritually.

Last week it was confirmed that Slim is coming too. What a powerful three days it will be. So the Geobiology workshop in Vernon is the beginning of my next step in working with and celebrating Mother Earth. *see ad to the right.*

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# My Story

by Blair Roche

Seven years ago I thought I knew who I was, and what was going on. I had no idea at the time that I was living in a delusion, ruled by the tyranny of my false selves. Little did I know that I was to embark on a journey of self-discovery, which began with my first Karate class. I was eighteen years old, and had just ventured out on my own; so of course I was without a clue, but you couldn't tell me that. Reality was sneaking up behind me, waiting to land the proverbial boot in my butt.

I was negative, a falsified exterior ruled my life. Deep down inside I knew that it was a lie, but it was all I had, and the lie was more pleasant than what I thought was the truth. Why? I was weak mentally, and without the strength to control my own thoughts. I chose to believe what others said about me. In school, I was the fat kid with the goofy glasses, and received a lot of abuse from my classmates. I heard so often that I was fat, lazy, and a loser that I began to believe it. Hear a lie often enough, and you accept it as truth. So what did I do? I constructed a new me that I felt would be accepted by my peers. Changed what I was, to what I thought other people believed I should be. This basic self-deception served to reinforce the idea that I, the real me, was no good. I didn't even really hate myself, I hated who I had been convinced that I was. I had totally lost touch with the essence.

So there I was, being who I wasn't, and pretending I was enjoying it. Recently arrived in Victoria, I determined that I needed something to do besides work and pay bills. A friend of mine from Parksville, one of my few true friends, recommended I try a class at the Victoria Butoku-kai dojo. At the time I weighed two hundred and ten pounds, and not in good shape. I nervously climbed the stairs to what would be my second home for the next seven years. I don't remember what we did that night except that it was really fun. I left exhausted, but feeling good. The next day I was so sore I could hardly move, but I enjoyed myself so much, that after I recovered I went back and joined the dojo. What was different there from

sports that I had tried, was that there was no competition, except against yourself. There was no repercussion for not getting the pass, or letting the goal in. You just had to do the best you could.

As adults we are slaves to the habits we have accumulated. What most people don't know is that each Martial Arts movement is a mental exercise where you win against a visualized opponent. The subconscious mind doesn't know the difference between a visualized experience and a real one. Through daily Martial Arts practice you get into the habit of winning, and doing your best every time. If you are in the habit of doing your best all the time, each time you do something, you do it better than the last time. This ensures steady personal growth, and is how Martial Arts build self-esteem and self-confidence.

Martial Arts isn't about punching and kicking, this is only the medium through which more important things are accomplished. Learning self-defense and getting into shape are a bonus. Learning to be honest with yourself, being free from preconception, allows you to make better decisions to lead your life in a more positive direction.

I'm happy to report that two years ago I attained my black belt, and I've never been more positive! The changes that Martial Arts have made in my life are astronomical. It is now my mission to help people who may need the kind of support I needed seven years ago. I'll leave you with this thought which was given to me by my sensei's sensei:

Watch your thoughts, they become words.  
Watch your words, they become actions.  
Watch your actions, they become habits.  
Watch your habits, they become character.  
Watch your character, it becomes your destiny. *See ad below*

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# "DON'T FORGET ME!"

by Deborah Silk

Three little words that tug at the heartstrings. Critteraid picked those words carefully, keeping in mind what a premarin mare might think when separated from her foal. Or, those words could reflect what she may communicate with her sisters when she, herself, gets sent for slaughter and it is her turn to load into the stock liner.

Critteraid has just launched this campaign to bring attention to the plight of premarin mares as well as the thousands and thousands of foals that are sent to slaughter yearly. All for menopausal women. But, the Directors of Critteraid strongly believe that if those women and their doctors knew how those tablets were prepared and at what cost, then perhaps they would make an alternate choice when selecting hormone replacement therapy. Better yet, perhaps the manufacturer of premarin would concentrate efforts on developing a vegetable based estrogen or a synthetic estrogen replacement and look to putting an end to premarin farming.

The majority of premarin mares are kept in narrow stalls and attached to harnesses for most months of the year. They are unable to lie down comfortably, they have little or no exercise and water intake is carefully rationed. The mares are bred year after year until they can no longer get pregnant or they can no longer suffer injuries and hoof problems from standing for years with little or no bedding. Once they stop producing that urine, they, too, are destined for slaughter.

It is the intention of Critteraid to rescue one of these premarin mares sent to auction this year. No doubt she will have some problems, probably with her hooves or her legs. Obviously she was released from the "pee line" for some reason. Critteraid wants to guarantee a good retirement for her and is seeking a home that will provide her with unconditional love, attention to any medical problems she may have and a retirement reflecting such a worthy pensioner.

Critteraid has also been commissioned to bring one foal back to British Columbia. It would be ideal if the foal belonged to our retiree but that may be asking the impossible. But, in Critteraid's work, impossible things can happen. In any event, both horses will arrive in the Okanagan and Critteraid will be seeking good homes for them both.

To raise the money for this campaign, Critteraid has partnered with supporters who have a great respect for horses and who would like to contribute to the cause. Nel and Alphons Witteman of The Lloyd Gallery in Penticton hosted the "Don't Forget Me!" Campaign on April 24th. For every donation of \$5.00 to the campaign, donors received an opportunity to win an incredible Limited Edition print by artist Sheery Lu entitled, "Mustangs In The Snow".

Wayne and Julie Evans of The Evans Gallery in Kelowna launched the Central Okanagan "Don't Forget Me!" campaign in January with two paintings by world renowned artist, Adeline Halvorson. Adeline herself donated her Limited Edition framed print of "My New Son", a very special draw of the day. Her Limited Edition framed canvas reproduction of "Heart's Desire" donated by the Evans' leaves you breathless at the quality and feel of this piece of art. And, therefore, art goes hand in hoof with two unique fundraisers.

The Yoga Studio Speaker Series in Penticton is having an evening on May 14th at 7:15 p.m. Admission is by donation. Our volunteers will bring attention to the conditions that many mares endure for the majority of their productive lives in order to harvest their estrogen rich urine. Keeping in mind that some pmu (premarin mare urine) farms are more compassionate than others, the bottom line is that the thousands of foals continue to be the unwanted by-products of this giant industry. Most are doomed to spend their short lives in feedlots until slaughtered. Horsemeat continues to be a viable market.

Please come along on May 14th and meet some of the people involved in the rescue. There will be a graphic video shown and for those who cannot handle it, we welcome you to step outside during the broadcast. Afterwards there will be an opportunity to brainstorm. Bring a friend, a neighbour, your doctor. Just come.

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# Interesting People

## REACT VOLUNTEER • JOYCE WEST

by Urmi



One doesn't always know an interesting person at first glance. However there are a few recognizable signs; enthusiasm, sparkling eyes, a big smile. This month's interesting person can be found exhibiting all these qualities down at our community swimming pool. Over the past fifteen years I have frequented the pool where I met Joyce West, a bubbly woman, ready to engage in cheerful conversation with everyone. I am intrigued by people who seem to grow brighter and younger with each passing year. People who seem to have an unsaid mission which they are fulfilling daily with an infusion of zest into every task, and a deference of the mundanities of life. Joyce West is such a person. I met with her in the hot tub to find out what guides her life.



Born in England, Joyce developed a love for water at the early age of three. She was active in competitive swimming—just missing out on qualifying for the Olympics in 1947. She participated in the Johnny Wiesmiller synchronized swimming show as a diver. In 1949 she married Alan West who was a member of the Airforce. This started a life of travel, which Joyce still partakes in today. His work took them to various stations around Europe and then to Canada. During this time Joyce worked as a secretary and a lifeguard. She was requisitioned by Dr. Moss in England to start an aquatic program for the rehabilitation of returning soldiers. She later brought this concept of water therapy to Goose Bay, NWT where she facilitated programs for the Inuit. When her husband retired they randomly chose Penticton for their new home base. Joyce insists it is the best place in the world and that it was a lucky move to end up here. She started the REACT program in Penticton in 1981. REACT meaning Recreational Enjoyment in Aquatic Controlled Therapy. (See end of article for more info) At present there are about seventy people in the program. The program is recreational but offers assistance to people recovering from injury or disabling arthritis, health conditions or physical disabilities. Joyce cheerfully works with all participants in this program as a water therapist. She can be seen encouraging and coaxing people into movement. Sometimes just a small step is enough to start people on a journey to rehabilitation and recovery.

Joyce is always looking straight into my eyes and connecting with me on a level that reminds me of my own value. She is not lost in herself or her memories she is right here with me, hosting the moment in her own jovial style.

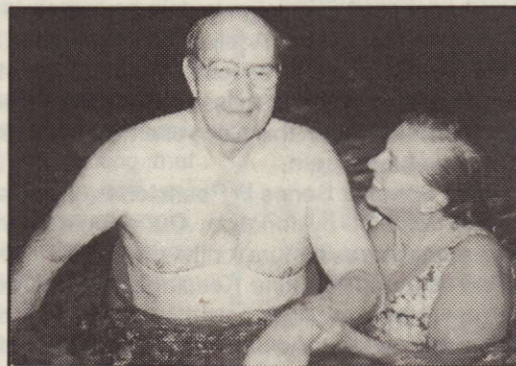
By this time we are sitting on the edge of the hot tub. Several people have passed during this interview exchanging cheery hellos or a current joke. Joyce gives them all the same undivided attention she gives me. I have noticed that whenever I come across a particularly happy person I tend to think that somehow magically their life must have been easier, that fate must have protected them from life's struggles. However I

usually find out that this is not the case and what has happened is that their particular method of dealing with life's circumstances has rounded the rough edges and strengthened them instead of weakening them. I asked Joyce if she had always been active. Initially she said yes, then she remembered she had been paralysed for three months when her son was young. She said this as if it was a "by the way thing." I imagined a young mother lying in a hospital bed paralysed from polio and not knowing whether or not this too would pass. My slightly nervous question to her was "Did you worry about this?"

Joyce laughed, "To be honest, I have always felt that I create my own life. You can't bemoan your fate, you have to accept what is. Life has its ups and downs, you have to go with it. It makes a better person of you." She punctuated the statement by leaning a little closer to me and looking deeply into my eyes.

Joyce's primary focus throughout life has been her health. She walks a few miles every day and spends time at the pool where she can be seen performing perfect dives with a big smile on her face. She's not a creature of habit and strives to make her life interesting by travelling the world. To date she has visited almost every country. She is especially interested in historical events and often travels to countries with rich cultural backgrounds. Africa—Egypt and Greece being some of her favourites.

I asked Joyce to sum up her philosophy on life. She was very quick to answer, as if doing so should not keep us from living it. "I have always been like this, I am positive all the time. Yesterday is gone. Tomorrow isn't here. There is only today. What you leave behind are good times and happy memories. I'll go when it's my time." Joyce's most recent trip to Mexico had her rock climbing, wind surfing and hiking. She looks radiant.



Variety is not only the spice of life but a key element to health and happiness. Have some fun today!

*The React program is sponsored by the City of Penticton. There is a nurse and physiotherapist on staff and you must obtain a Dr.'s referral to participate. Some transportation is available and the program is open to people of all ages. The program is always in need of volunteers. No heavy lifting is required, however you do need to get wet!*



# Letter to the Editor

Re: Article by Shelley Coleman:  
Reformed Vegetarian Speaks Out  
(Issues - February 1999, p. 19)

I take issue with the idea that a vegetarian needs (I quote) "a small amount of good quality red meat to supplement (my) nutritional requirements." The question is not about being dogmatic versus well informed, I would suggest that it is more about being better informed.

Vegetarian diets are often deficient in essential elements such as calcium, iron, zinc, L-cysteine, L-Lysine and methionine. Common sources for most of the above are found in plant sources such as fruits, vegetables, nuts, beans, unprocessed cereals. However L-Cysteine, an essential amino acid and antioxidant is only found in some cereals, in dairy products, eggs and meat. Methionine, the amino acid that functions as the building block of all proteins (cysteine and taurine rely on methionine for synthesis in the human body) is mostly available from eggs, milk, fish or meat and in small amounts from garlic, onions, legumes and beans.

It is in fact possible to lead a very healthy lifestyle on a low-fat, low-cholesterol, ovo-lacto vegetarian diet that dispenses with meat or fish eating altogether.

Anaemia among vegetarians does occur mostly because there is a general lack of understanding about adequate nutritional support. There is iron deficiency anaemia, a vitamin B12 deficiency anaemia, folic acid anaemia. These nutritional deficiencies can be corrected without resorting to meat consumption. Over the course of four million years of evolution or if you prefer, since Homo Sapiens emerged around 200,000 years ago, our bodies have not developed any physical (dental or digestive) adaption to a carnivorous diet.

We have no claws, we perspire through millions of pores on the skin unlike true carnivores that have no pores and perspire through their tongues to cool their bodies. We have no sharp pointed front teeth to tear flesh and our salivary glands, unlike theirs, are well developed to predigest grains and fruits. They have acid saliva and no enzyme ptyalin to predigest grains we have alkaline saliva and much ptyalin. They have no flat back molars to grind food while ours are well-adapted to plant-based diets. True carnivores have much strong hydrochloric acid in their stomach so they can digest tough animal muscle, gristle and bone. Our stomach acid is twenty times less strong than theirs, much like grass and leaf eaters and fruit eating mammals. Our intestinal tract is twelve times our body length while the intestinal tract of true carnivores is only three times their body length which allows them to rapidly process and expel fast decaying meat. When we eat meat our digestive tracts keep the toxins of decay and decomposition four times longer. Bulky, high fibre foods help us to scour our intestines and mechanically push it along to minimize the damage, but only if we ingest small quantities of meat.

The point is, we have the choice to enjoy a healthy ovo-lacto vegetarian lifestyle without inflicting any pain, suffering and death on any animal. Free-range, organic eggs and dairy products are available.

Compassion is a matter of choice, not dogma.

*Sincerely Francesca Profill, Maple Ridge, BC*



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# Tune up for the new Millennium

by Karin Bauer, BSW

Susan came to the meditation group seeking more relaxation and an escape from her busy life. Being a working person and mother of two, she often experienced difficulties winding down in the evenings. Susan had searched for a way to relax for a long time and decided to give meditation a try. The meditation class gave her a way to escape from the stress at work and to make time for herself, it helped her gain confidence and taught her to tap into her inner wisdom.

At the classes Susan began the journey to connect with herself on a deeper level. In the background she hears beautiful, relaxing music and the sounds of water trickling quietly. The healing scents of aromatherapy are rejuvenating and yet calming. She is greeted by the smiles of the other members and is given a chance to socialize with like-minded people. The atmosphere in the room is casual with lit candles. She slowly forgets her day and settles down on a large cushion. She thinks... "What a way to treat myself!"

What surprised Susan the most about meditation class was that it was not something weird. Rather, it was a luxurious feeling of pampering oneself, for she was giving herself the time and space to relax. As Susan begins to meditate, she is guided to relax with simple breathing exercises. As she empties her mind she allows the soothing voice of the instructor to guide her through a path of insight and harmony.

All this is happening at a new center in Kelowna called Aurora's Natural Health Care. I am the meditation instructor and have a background in counselling, coaching and training. I am a big believer in meditation and have taught meditation for several years. It has been very beneficial to my own mental, physical and spiritual well-being. In our search for answers in our life, we may sometimes turn to others for guidance. Through meditation, you can hear clearly the many voices that sometimes call to us; lead us into action. The key is finding out how to listen and respect the intuition and insight that we all hold. Learning to trust your inner voice will serve you your entire life. *Please see ad page 2 and potluck invitation above.*



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# Protect Yourself from Negative Behaviour of Others

by Catherine Fenwick

Everyone is irritable at times, but some people are so difficult to be around that they make our lives at home and at work a strain. They are people who seem to find fault with everything and everyone. When they get something new they examine it in minute detail, find a flaw, and almost gleefully complain about the shabby workmanship, the lack of this, and the problem with that. This cynicism can be so pervasive that, given time, they can bring discouragement to even the most optimistic. They berate and criticise people around them to the point where they sometimes don't know which way to turn. Regardless of the steps taken, they are criticised for not taking different steps. This is destructive to family life, inhibiting play and joyfulness. In the workplace they pick at and badger co-workers until colleagues shun them, for their own emotional survival. Cynical people live a rigid and demanding life and are usually very lonely.

Negativity and cynicism are symptoms of fear, insecurity and lack of trust. Cynics are often unhappy and dissatisfied and feel it is their duty to communicate this dissatisfaction. They look around for someone to blame. Some people are highly skilled at getting what they want by manipulation, by trying to place blame, or by trying to induce guilt feelings in others. They are determined to focus on what they see as wrong and seem unable to see or to feel gratitude for what is right and good in their lives.

People with negative attitudes have a keen sense of where to stick the knife. They seek out, and usually find, our vulnerabilities. They seem eager to "blow out our candles." Cynics often use sarcasm, then say you have no sense of humour when you don't laugh with them as they make fun of you. The word sarcasm comes from the Latin root, meaning "to tear flesh." Sarcasm tears emotional flesh. Our usual reaction to someone who is "tearing emotional flesh" is to fight back, cry, or try to help them to see things differently. This does not always result in a change of behaviour. We cannot assume responsibility for changing the behaviour of others, but we need to protect ourselves from their negativity.

You can't always avoid difficult people, learning to cope with them may be necessary. We may try to diffuse the negativity by standing up to bullies, showing concern for grippers, and communicating assertively with negative types. We may have to accept how they are and give up attempts to change them. But, negativity can be so infectious. A highly charged cynic can bring down a room full of people within a few minutes. I avoid them whenever I can. If I must interact with a person who is being very negative or cynical, I imagine an

invisible tube connecting us. Then I take a pair of invisible scissors and cut the tube. In this way I protect myself from the loss of my own energy as well as the possibility of taking on their negative energy.

I try to approach the person with compassion because I believe the negativity comes from fear and insecurity. My grandmother used to say, "A bully is a bully because he is afraid." I think that is also true for negative and cynical people. Negativity destroys joy, often at times when we need it most. Negativity and cynicism are ways of trying to get control of situations and people. They are reactions to things that are out of their control, and can be a way to shut down emotions when a person is feeling vulnerable. The uncertainties of life seem too difficult.

I have an eighty-year-old friend who when he was young spent two years in a tuberculosis sanatorium. There he noticed that patients handled their situation in one of two ways. Some were negatives and some were hopefuls. The negatives knew they had a potentially fatal disease. They remained angry, frustrated, bitter and depressed. Many stayed like this to the end. The hopefuls knew some people survived the disease. With this knowledge they moved through the anger, fear and depression. They fought the disease with determination. The hopeful's commitment to life was so strong that it seemed to mobilise a healing energy. Not all of the hopefuls survived, but they had a more peaceful death. People who accepted death peacefully found more joy in living each moment of life. My friend started a joke collection when he was in the sanatorium. Sixty years later, he still shares the joy by sharing stories from his collection.

Dr. Gerald Jampolsky, known for his work with critically ill children, author of *Love is Letting Go of Fear*, says that all emotions are based either in love or fear. Children, he says, are amazingly adept at recognizing and acknowledging their fear. They often respond with love and compassion. If children are innately loving and trusting, when does the insecurity and fear develop? Must we persist in these fearful ways? Can we learn to live with childlike trust and compassion?

Fear creates negativity, cynicism, insecurity, frustration, bitterness and despair. You cannot change the behaviour of others. Some will choose to remain stuck in the cycle of fear and negativity. You can and must protect yourself from the negativity. You may be able to influence their behaviour with acts of compassion and kindness. I have seen many examples of changes in attitude when friendship and caring are offered to the fearful. We join the ranks of the hopefuls and the joyfals when we face our fear with courage, compassion and hope.

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



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# Book Reviews

by

Jan



## Kundalini Awakening

A Gentle Guide to Chakra Activation & Spiritual Growth  
by John Selby • Paintings by Zachary Zelig  
Bantam New Age Books • ISBN 0-553-35330-6

*This is a very full meditative program. What I have just outlined will take you probably weeks, months, and perhaps even years to master. Remember, there is plenty of time. In fact, you have all the time in the world, in the universe, as you will discover as your meditations deepen. What is important, what I say to you again and again as your teacher in this regard, is that learning this process by heart is crucial to your success in tapping into your kundalini powers and pleasures, insights, and realizations.*

It was with a great deal of reluctance that I first started looking at this book. From my own personal experiences with the kundalini energy I know how powerful this energy can be and I don't consider it something to be trifled with. Imagine how pleased I was to see the author repeatedly emphasizing that this is not a fast track process.

John Selby describes in detail how to work with the breath, meditation exercises and the use of mantras and mandalas for each chakra. Following successive steps in the process allows the body to adjust to the changes brought about by deeper and deeper levels of integration. **Kundalini Awakening** is a gentle guide to a powerful process for spiritual growth.

## Stumbling Toward Enlightenment

by Geri Larkin  
Celestial Arts • ISBN 0-89087-849-8

*...the reality is that spiritual growth is like learning to walk. We stand up, fall, stand up, fall, take a step, fall, take a couple of steps, fall, walk a little better, wobble a bit, fall, run, walk, and finally, eventually fly. Sometimes we slide backwards after every step forward. And sometimes we find ourselves head first in a bush by the roadside, blocked by a boulder in the middle of the path, stuck until we can figure our way through. It's never a straight line.*

With a wonderful sense of humor Geri Larkin shares what learning to meditate and follow the Buddhist teachings has been like for her. Based upon a series of dharma talks that the author has given she discusses mind games, anger, teachers, the importance of tiny moments, egotism, embracing change, preparing for death, clues to progress, and my favorite — the invaluable lessons of miserable days.

I appreciated being able to laugh along with Geri Larkin at some of the bumps along the road, because that's how she looks at her journey. There were little aha's or sometimes ideas about how to look at situations differently, but mostly just a sense of a companion along for the walk.

## Conversations with God

an uncommon dialogue, book 3  
by Neale Donald Walsch  
Hampton Roads • ISBN 1-57174-103-8

*.... Thank you for extending me the tolerance of allowing the free flow of the ideas which have come through me. I am sure that not every one of you has agreed with everything that has been written here. Again, that's okay. In fact, it's preferable. I am not comfortable with anything which is swallowed whole. And the largest message of Conversations with God is that we may, each of us, conduct our own dialogue with Deity, contact our own inner wisdom, and find our own inner truth. That is where the freedom is. That is where the opportunity lies. That is where the ultimate purpose of life is fulfilled.*

As far as I am concerned, reading **Conversations with God** is a very personal experience. Tears of pure joy and unconditional love flowed through the words and I felt the message as it reached my heart. Can I tell you what the book is about from my first reading— not really!

So I decided to read it a second time. I was aware that I was listening to a dialogue between Neale Donald Walsch and God. I could take from their conversations the pieces that rang true for me and any other relevant information will filter through my awareness with subsequent readings. Candidly they spoke about all aspects of spiritual growth, weaving on and off topic as conversations often do.

Neale Donald Walsch has asked God the questions that he felt were of importance considering all the changes on earth. Do you want to hear the answers?

## Hot Chocolate for the Mystical Soul

101 True Stories of Angels, Miracles & Healings  
by Arielle Ford  
A Plume Book • ISBN 0-452-27925-9

*Author Joan Borysenko has said that "America is a nation of closet mystics." I think she is right, and this book is proof that many of us are having mystical experiences with increasing regularity. It is time for us to share those experiences as we race toward the new millennium and our own personal spiritual evolution.*

**Hot Chocolate for the Mystical Soul** brought inspiration, joy and sadness but most of all a connectedness to the Divine. Many of the vignettes reminded me of special incidences in my own life — stories I seldom share because the experiences were so precious to me.

As many contributors recall, the magic and the miracles can happen to anyone. Messages from loved ones, protection from the angels, dream visits, healing and the wonderful synchronicity of events—the possibilities are endless.

The author suggests that we savour a few stories at a time but I chose to keep reading until I felt my mood lift and my spirit respond. This is definitely a book for the bedside table to open at random and see which story speaks to the moment.



# REIKI Principles

by Michael Kruger

## Just For Today Do Not Worry

Sounds easy, but what does it mean? In the different classes I've held that's the first question I ask when teaching the Principles. The answers I receive vary although they have at times a common factor — they are projections of what could happen, what will happen, what won't happen, or what has happened. All these events draw our energy away from the most important time period of all — The Present. I believe if I keep my awareness in the present and work on the things that need doing now, the next steps will present themselves without worry or rush. To remember the things I've done in the past and reflect on how I deal with the present is to honor it. To look forward to the future with unlimited possibility is to open it. To live in the present is to "be" it.

## Just For Today Do Not Anger

Imagine you are driving down the road and someone cuts out in front of you causing you to brake sharply. It's possible you might react with a curse or the honking of the horn, and as the day progresses, with different people you meet you tell them of the way in which you were cut off by the inconsiderate driver. This could go on till the end of the day or even longer—that's a lot of personal energy being expended in anger towards a person you don't even know. Now imagine the anger that was felt had more to do with the fear of getting hurt or the fear of hurting someone else; also imagine that there is only energy - not bad energy, not good energy, just energy - and if you think of a person you automatically send them your energy. I personally think it is important to honour the emotions I feel and to be able to express them. I also think it is important to own them as well, meaning no one can make me feel happy or sad, angry or mad. When I take the responsibility of my own emotions I take responsibility for my own life, just for today.

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# Meditation Corner

by Christina Goddard



I would like you to join me on a journey through the seven chakras. I think it is important that people learn how to clear and harmonize them. This month we will meditate on the First Chakra — *the Root Chakra* which is located at the base of the spine. Its colour is red, it governs the reproductive system, adrenal glands, vagina, spinal column, colon, tailbone, bones, legs and feet. The Root Chakra grounds us and stimulates our life energy. As its name implies the Root Chakra is where all our root issues and tribal laws are formed, this means the beliefs we have and carry with us. We can change these beliefs and tribal laws if we choose to — this meditation will help you to do that.

As with all meditations I ask you to find a comfortable spot, relaxing music and allow yourself time to relax. Begin by taking four deep breaths, with each breath you take, center your thoughts on your Root Chakra, see the colour red, see the chakra as a lotus flower spinning in a clock or counter clockwise direction. Look at your own chakra and trust what you see. It may have rips or tears, this is what false beliefs and laws that you no longer hold true look like in your chakra. Take a few moments to notice the colour. Is it a clear red or is it spotty? The spots are issues that have hindered you in the past. As you are now in a state of complete relaxation and trust begin to let go and unplug from those issues that you no longer believe in. Simply see yourself pulling out the plug and taking back your power. You do not have to allow tribal laws that you were raised in to control you. If you no longer believe they are true simply let them drift away.

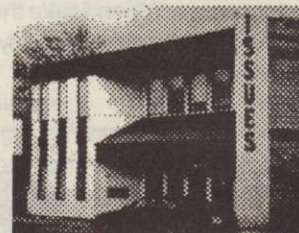
Now visualize your Root Chakra spinning in a perfect circle in a beautiful shade of red. Take a few moments to see yourself as Spirit sees you — the God/Goddess that you truly are. When you are ready, begin to feel the energy coming back into your body, up through your feet and down through your hands. When you are ready open your eyes and be totally in the now and remember all that took place. It is important that you do not allow yourself to fall back into the old patterns and beliefs, if you do just redo this meditation.

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# CranioSacral Therapy

by Judy Evans

CranioSacral Therapy is among the gentlest of bodywork therapies. My first experience with CranioSacral Therapy was a personal treatment. I was experiencing an overwhelming fibrositic headache (common headache or tension headache). At the time I felt like someone had hit me over the head with a bat. There was nothing that seemed to help relieve the tension, and as the day went on the headache turned into a migraine.

At the time, I was in my first year of studying to become a Massage Therapist, so with all the intensity of studying and preparing for exams, I understand where my headache started. Later that day I ran into my instructor, who I found out is a CranioSacral Therapist; she immediately took me over to her clinic where I was to receive my first CranioSacral Treatment.

I was fully clothed, she had me lie on my back on the massage table. Then for almost a full hour she gently palpated my head; neck and shoulders, mostly concentrating on my head, within the first 20 to 30 minutes I could feel the tension releasing. She used very little pressure, but the effect was profound. By the end of the hour I was feeling very relaxed, at ease, and with a minimal feeling of the aftermath of a headache. I was able to continue with my studies that evening.

I was amazed at how subtle and yet powerful this treatment was, ... I was hooked, the next day I began my research, and started preparing to take my first CranioSacral Therapy course.

As I began reading the history of CranioSacral Therapy I soon learned that this therapy has been developing over many years, first by osteopath, Dr. Sutherland in the early 1900's, and currently by Osteopath, Dr. John Upledger in the 70's. Dr. Upledger discovered that by manipulating the cranium, spine and sacrum the therapist corrects irregularities in the craniosacral pulse, which results from the flow of cerebrospinal fluid in and out of the dura matter. By using these bones as "handles" Upledger found that he could alter the craniosacral pulse throughout the body and help patients overcome a variety of conditions including dyslexia, chronic back pain, migraine headaches, TMJ and jaw problems, and even depression and anxiety.

By establishing and facilitating the body to restore the craniosacral rhythm back to a normal rate starts the healing process. The brain and the spinal cord are the heart of the nervous system and if we can help them function in an optimal environment, the body will begin to heal itself.

I knew from the first treatment I received that my methods and views of how I worked with the body would be different. I was excited about this new path and I was eager to get started. I began using a few of the techniques during regular massage treatments and the results were immediate. My clients responses were just as mine had been.

While the focus of CST is to uncover the source of the problem, symptom relief is also achieved. The length of time and number of sessions needed is extremely variable, and depends, among other factors, on the complex layers of injury and trauma that may mask the original cause of the problem, as well as the body's defense mechanisms.

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sleeping better, and being sick less often. Healing occurs when we allow ourselves to feel, express, and release pent up tensions and emotions. I feel that part of my job as a facilitator is to encourage clients to explore and increase their own body awareness. Our bodies have a natural restorative capability. We need to honor and respect that of the body which it already knows. *see ad above*



# Free Energy in Your Own Back Yard

by Kim Crawford

Today was a beautiful, rare and warm, sunny day and I couldn't help myself... I call-forwarded my phone; shuffled around my appointments and spent the day at the park. What shame! How could I dare to do such a thing when so many are trapped, shackled to their respective desks pining for the scent of spring flowers wafting on the breeze as they lay in soft green grass watching birds dance through the sky. Well, quite frankly, I felt the need for a change in my environment.

Many of us are unaware of the polarity of our bodies and how important it is for us to be connected physically to our planet. I have a friend who practices Reiki and always works in her bare feet. I originally thought this to be quite strange and hippie-like until I became more busy. As time went by I gradually became more and more tired after a long day's work. It was then that I realized that if I applied what I know of the aspects of energy in the human body and applied that in an energetic way to our environment (offices and homes). I realized that we create abodes of metal and live currents (through electrical wiring) and thought that this must wreak havoc on the natural process of drawing energy in through our heads (our positive side) and out through our feet (the negative side). No wonder I was getting tired. I am in a second floor office. At this point, I purchased a pair of magnetic insoles and I frequently walk in the grass in bare feet.

I have heard reports done on a TV program (I'm not sure if it was 20/20 or it could have been the Fifth Estate) that reported a high incidence of cancer in a small concentrated area that just happened to be right across the street from a power conversion plant. Coincidence? I think not. More and more evidence of how energy affects us every day is becoming more apparent — for instance, the incidences of tumors from cell phone use. Another coincidence? I believe it is time we look for alternatives to our current energy practices and attitudes and consider getting 'back to the garden' where God intended us.

Since I started this practice of getting back to the earth, I feel more refreshed and can last throughout the day without that little nap in the afternoon. I also have a craving to work in my garden which is not quite planted yet. I have visions of rows of fresh vegetables and blooming flowers as my children pluck fresh, plump strawberries and gobble them up before I can. *see ad to the right*

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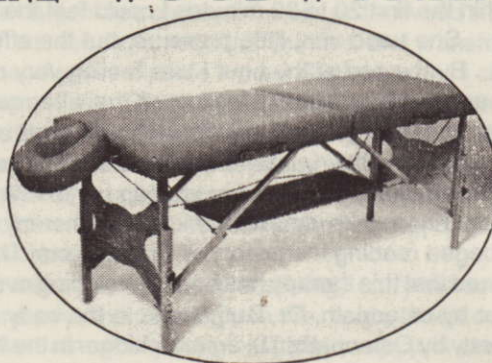
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# My Kundalini Experience

by Pamela

I lay on the floor trembling in absolute ecstasy. My heart was full. My body was buzzing with electricity, not unlike the fizzing of soda pop. Every cell was exploding with light. How long it continued I do not know. I simply lay there immersed in it.

I had no idea what Kundalini\* was when I had my first kundalini experience. It was approximately five years later that I recognized the parallels between my initial and later experiences and those described in Stanislov Grof's book, *Spiritual Emergency*.

*"Dear God, I feel like I'm going backwards on the treadmill of life. I feel like a bird in a cage. Dear God, please help me to get out of this cage that I've built around myself."*

Prior to my kundalini experience I wrote this prayer to God with intense heartfelt feeling at a time in my life that, from the outside looking in, many thought I had every reason to be happy and comfortable. My life had had all the "normal" wants and needs one is conditioned to accept as sufficient: marriage, house, car, good job, nice things, family and friends. Why then had my soul felt like it was dying?

Perhaps I had finally been starting to understand that I was living my life in a way that was out of integrity with my spirit. There had been a couple of strong warning points earlier on, but I had simply chosen to gloss over them.

After my prayer I had looked at the physical, mental, emotional and spiritual areas of my life to see what might be lacking. At this point I had still gauged myself and my life in relation to others. I had realized that I wanted to let go of a few pounds of physical weight. There had been problems communicating feelings in the marriage. I had not been feeling mentally stimulated by my work. Perhaps most importantly, I had realized that my faith was on an autopilot of weekly church visits and going through the motions of prayer. Over the next few months I shed the excess pounds, took a course in business and personal communication, and began focusing daily on being consciously present in my prayers.

During this period I felt it would be good timing to sell our house, which had been purchased for investment purposes. Upon hearing this one of my sisters suggested that we contact a really nice real estate agent who was best friends with a mutual friend. I experienced an instant positive connection when the agent met with us. Sometime later our house was sold and we were at the final point of purchasing another house. At the moment of giving my final approval over the phone, I suddenly felt myself in a major panic. I apologized profusely to the real estate agent and told him with absolute clarity that I had only just realized that I was not buying another house with my then husband and was in fact getting a divorce.

Shortly thereafter and following much personal contemplation I understood that in order to honour my own spirit I needed to begin a new life for myself. I finished my marriage

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and moved into a condominium with my sister. I had become poignantly aware of the depth of my heart connection with the real estate agent and entered into a personal relationship with him. My first kundalini experience occurred during a loving sexual communion with my new partner. It is my understanding that only one of ten kundalini awakenings are likely to happen in this manner.

After the kundalini awakening my life changed dramatically. Within approximately a year's time I was divorced, my new relationship had ended, I had quit my job, had a near-death experience, given or thrown away almost everything I had owned and gone travelling. In the time that followed there were numerous happenings with no logical explanation to them: coincidences, strong dreams, prophetic moments, deep perceptions and a very strong drive to find the deeper meaning to my life. After many experiences including various types of bodywork, plenty of reading, partaking in workshops and talks, participating in Kundalini research and many remarkable personal meetings, the pieces have gradually fallen into place with a deeper knowing becoming more integrated in my life.

The expression of my spirit through the gateway of my heart is a primary purpose that I feel at the core of my life. When we are out of integrity or out of alignment with our spirit, and its heartfelt expression, we experience varying degrees of discomfort. Sometimes they begin as little accidents or aches and pains and emotional upsets. If the warning signs are ignored sometimes things will escalate into larger problems, discomforts or diseases.

Kundalini experiences would seem to occur with Grace when the gateway of the heart is open. Perhaps this is why some near-death experiencers return with awakened kundalini after their encounter with the Light. I feel that my kundalini experience occurred at the calling of my spirit, calling me back to the integrity of my heart. It is now twelve years later, and my life has continued in a much deeper and enriched way than I could ever have imagined at one time. I am happily married with three beautiful children and continuing to grow at the speed of life! Light and love are strongly connected. Love seems to be the "thread" that we may grasp of the tapestry of life on earth to assist us to move closer to Divine Communion. I am constantly grateful to the "One" (God, Buddha, Great Spirit, whatever you prefer) for the answer to my prayer and the Grace that allowed me to Remember and move back into the Home of my heart.

*\*Kundalini has been described in translations of ancient yogic transcripts as the latent force of higher potential said to lie coiled at the base of the spinal column.*



# HOW WE LOVE THE JUICE

by Ron Young

Life is comprised of streams of energy interwoven into complex patterns and animated by interaction with each other. Power is always some form of harness that is able to control energy whether it's socially, biologically, electrically or in some other fashion. Whether you are writing a poem or commanding an army, the process of controlling energy is implied.

As we approach the turn of the century our fumbling of one form of power manipulation, the information electron, threatens our very existence. Your desktop computer may cease to be coherent when it can't understand the difference between '00 and '00. It's plain to see isn't it, '00 is obviously 1900 and '00 is unmistakably 2000. How dumb can a machine be...duh! Then there's that little tiny chip the size of your thumbnail that measures time intervals in a refinery pipe and every ten days it turns a little switch on that signals a computer somewhere down the line that it's time to order a pizza or something. The way that chip knows that one hundred days has gone by is by referencing a date (usually the chip's date of manufacture) and then measuring how many days have passed since then, dividing by ten and making a little mark on the wall of its silicon prison. Every time it makes a mark it turns that little pizza switch on. An average refinery will have several hundred thousand chips implanted in its innards and nobody really knows how many of them rely on date functions to work. Oh, oh... '00. Does this mean no gas in the next millennium? It seems that fixing the Y2K bug in a refinery, especially in an older facility, is in some cases so expensive that it's cheaper to build a new refinery from scratch. I think it's safe to draw the conclusion here that one of two things may happen (or both). We may have some interruptions in the flow of 'the juice' (in this case gasoline, diesel fuel, natural gas, propane, home heating oil, lubricants), and/or we may experience increases in cost.

How about electricity? BC Hydro will not and can not guarantee reliable delivery of 'the juice'. To verify this you can go to their web site and read their own statement: "...we can't guarantee uninterrupted service today, tomorrow, or for the Year 2000 transition. Our system does not operate in isolation — It's interconnected with others." [http://eww.bchydro.bc.ca/html/lib\\_news\\_2000\\_qa.html#Q6](http://eww.bchydro.bc.ca/html/lib_news_2000_qa.html#Q6)

A fellow by the name of Dick Mills who has thirty years of experience writing software for power companies testified

before the New York State Assembly in February regarding potential Y2K power delivery problems. He rattled off the name of twelve state power agencies that had contingency plans in the event of power failures. He wonders why all these agencies have back-up plans in case of disruptions and that is not considered alarmist but if the public has Y2K contingency plans that is considered alarmist.

In the meantime, generator sales are going through the roof. Many, regardless of what assurances they are being given, are choosing to get control of their own power delivery systems. That can lead to a whole new set of problems. For most of us operating a generator is not in our skill set and in my opinion all generators should come with a big skull and crossbones symbol right over the start button. A generator is a tool, and a useful one at that, but if used carelessly can also be a killer. A recent article in the Portland Press Herald (Maine) about a January 14/99 ice storm tells the story of 153 cases of carbon monoxide poisoning including two deaths due to the improper use of generators and kerosene heaters. Dr. Anthony Tomassoni, director of the poison center at Maine Medical Center claims: "Carbon monoxide is the leading cause of poisoning deaths in the United States, killing as many as 4,000 people each year. Another 10,000 people need to seek medical help each year because of it." What will it be like if the power goes off and every house in the city is using some form of dangerous heat, power and light? Let's further complicate that scenario by having hospitals and care centers operating at diminished capacity due to lack of power.

In the Cariboo during a recent four day power outage a house reportedly burned down when a generator overheated. Never use a generator in your house or basement or in an adjacent garage. Carbon Monoxide is a heavy gas and can seep into crawl spaces or basement areas. If a furnace fan then recirculates the gas into your living space you are at risk. The gas is odorless and undetectable and its effects can be swift.

Some useful advice from "The Juice Page," an internet web site dedicated to helping people use alternative power suggests: "...build a 'doghouse' for (your generator) with an air intake vent in the peak. Generators create a large amount of heat and must be vented. If you insulate the doghouse you can lower the noise. Visit our website for more details. *see ad below*

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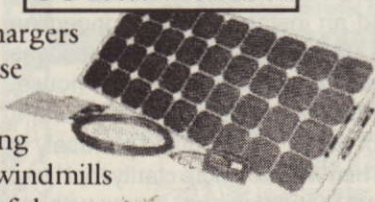
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Home study course on the human aura by Dr. J.C. Trust with Rev. Rivera Phone 494-1432  
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**OKANAGAN NATURAL CARE CENTRE**  
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## walks

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

## workshops

**FIREWALKING**-breathwork, team building(anywhere), sweatlodge, rafting, riverside tipi retreat. Golden, BC  
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**LIFE SHIFT INTENSIVE** June 1-10 and Nov. 1-10. A ten day program for accelerated personal growth and spiritual development. Blanche & Harreson Tanner 250-225-3566  
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Gayle ... 545-6585 and Patricia ... 260-3939

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**ARJUNA YOGA STUDIO** ... Kamloops  
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www.cgwhealth.com

## Grand Forks

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## Kamloops

**Healthylife Nutrition** ... 828-6680  
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**Nature's Fare** ... 314-9560  
#5 - 1350 Summit Drive, Kamloops

## Kelowna

**Bonnie's Incredible Edibles & Health Products:** 517 Lawrence Ave. 860-4224  
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**Long Life Health Foods** ... 860-5666  
**Capri Centre Mall:** #114 - 1835 Gordon Drive  
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#120 - 1876 Cooper Road

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

**Vitamin King** - 492-4009  
354 Main St, Penticton  
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**Whole Foods Market** ~ 493-2855  
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## Shuswap

**Squillax General Store & Hostel**  
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