

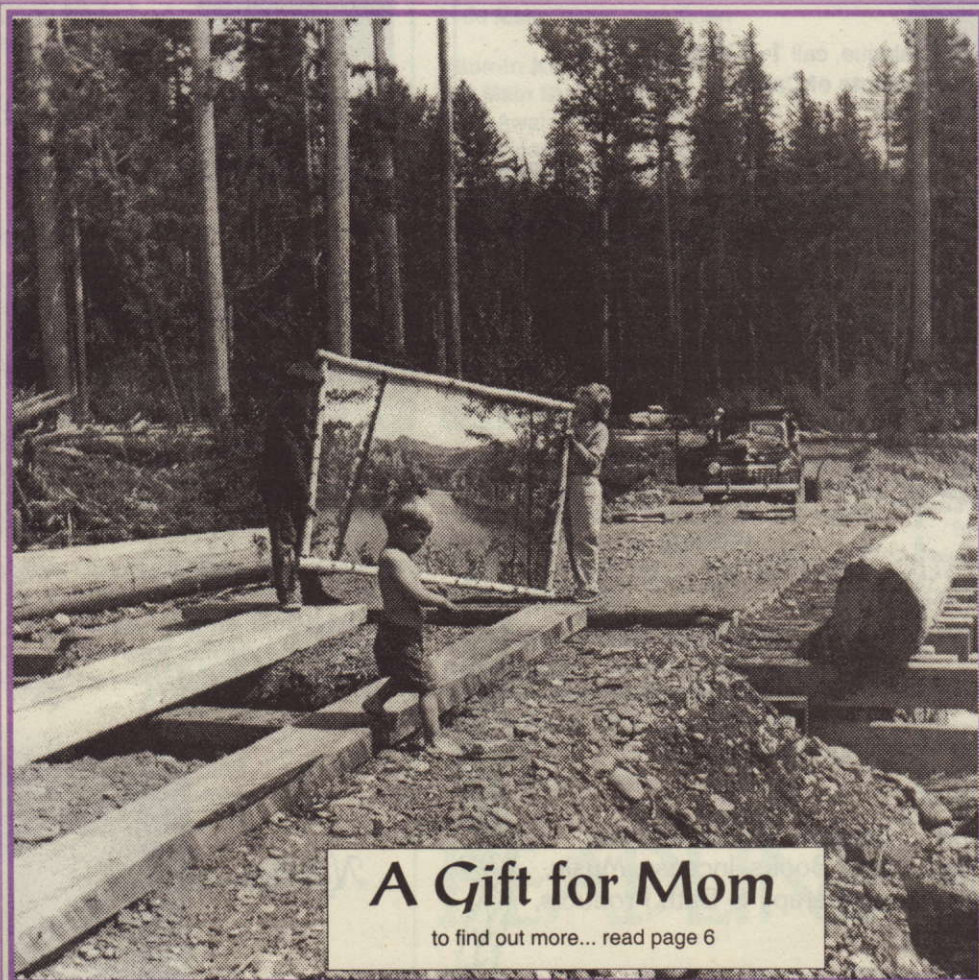
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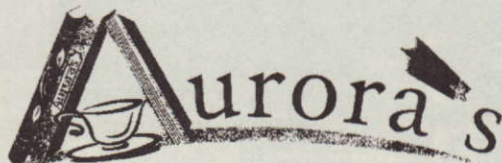
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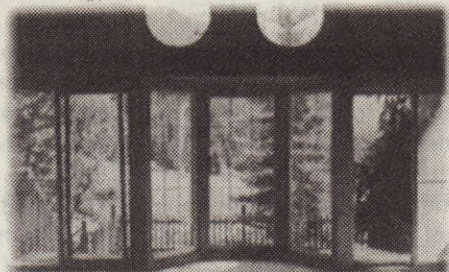
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Ancient Hawaiian Huna

Let That Which Has Been Hidden, Be Known

by Sue Peters

When I first experienced a Huna treatment I was impressed with the speed in which these particular healing energies traveled to the core of my problem. I felt myself become lighter and more relaxed. The Huna practitioner that worked with me said she could feel the grief that I was carrying, and asked me if I wanted it any more. Well, I laughed and said of course not, and with the power and force of her Huna medicine she removed all that I had been carrying. I felt such a wave of joy pour through me... and you know, I still feel that lightness and joy, and that was two years ago.

"E iho ana o luna
E pii ana o lalo.
E hui ana na moku.
E ku ana ka pala."

"Bring down that which is above by means of the light. To ascend, take from darkness into light that which is below by means of light. This will transform the spiritual energy as it flows from the source and integrates all the islands (inside you), giving peace. This will affect you profoundly, and change your life bringing illumination, and you will feel the delightful supreme fire." Kapihe (Kahuna, 1850 Kona, HI) from Tad James & Advanced Neuro Dynamics

Huna works with the force and power of breath. Breath is not only the breathing of the lungs, it is the Sacred, the Spirit, the Essence. When you come to a Haumana Ho'omanaloa Huna practitioner for treatment, you will first be taken through noa, this is an exercise that will assist you in clearing out the body of past stuff or you may be taken through ho'oponopono, this exercise sets things to right...restores and maintains good relationships among family, friends, and others you have encountered during this or other lifetimes. You will then lie down, either face up or face down. The practitioner will then proceed to give you the treatment. She will be working with breath and ancient Hawaiian Huna symbols for clearing and bringing light, pure positive energy, into the body.

I found that this energy was from the fire element and fire shakes up an existing condition and gets it ready to change. The Huna symbols assist the individual in bringing about the desired change that he seeks for himself. Each person experiences the healing session in their own way. The ancient Hawaiian Huna is working with the magic ('Magic is the process of creating wilful change in yourself and/or your environment') that we all carry within ourselves. It brings this magic out into the open for us to consciously use and integrate into our daily living.

Aloha is being a part of all and all being a part of me.

When there is pain - it is my pain.

When there is joy - it is mine also.

I respect all that is - as part of the Creator and part of me.

I will not willfully harm anyone or anything.

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A Gift For Mom



Finding time to put words to what is happening externally and internally and keep several businesses operating is a challenge. This Sunday I would have preferred to have caught up on some paperwork, but that can wait and deadlines can't. I am glad when each *Musing* is complete and I trust that putting these words on paper as a record of my life as it changes is part of my involvement. Mom preserved our heritage by taking pictures as a record of our homesteading days. I get to record history in a different way, but in essence we are doing the same thing.

This month's front cover is of me when I was ten or eleven years old, with two of my brothers. We are holding a picture that Dad framed with birch logs. He had cut and grooved them with his power saw, for he was a logger. It was a surprise for Mother's Day. Even though she had bought the wallpaper prints, Dad took the time to frame them beautifully. The wood bridge we are standing on was typical of those used for logging roads and gave us space to shoot this picture.

The Spring Festival of Awareness kept me busy last month—busier than I had planned. I had decided that I did not want to support the Liptons Food Company and spoke with the cook at Naramata Centre. I explained that the crystals used for the iced tea and artificial juices are made with bleached sugar and chemicals, and that giving them to people to drink compromises my integrity. I also don't feel well when I drink them as they cause my throat muscles to tighten. We couldn't reach a compromise, so I decided to do the refreshment breaks myself.

The more I am around organic growers and talk with them about their commitment to eat and drink food that is chemical-free, the more I want to be like them. And I want people to taste the difference and understand the dangers of putting poisons in our bodies, even if they taste so good they fool our taste buds. I served organic coffee and tea and made two cold drinks, fresh lemonade made with organic sugar and a Tazo Tea — steeped peppermint leaves mixed with local organic apple juice. I happened to come across a jet spray to keep the drinks cold and bought hundreds of cups and glasses at garage sales so we wouldn't be throwing out styrofoam cups.

I arranged for two volunteers to help with setup and clean-up. One of them didn't show and when that happens I get the opportunity to see what their job is like. Needless to say my feet and legs put in extra time and were very tired by the end of the weekend, but I am glad to have had the experience. Each year I become more appreciative of the volunteers who are hard working, dedicated folks who return year after year.

Sunday night about 9 pm, I was in McLaren Hall putting away the last of the cups. My legs were aching and the sole of my left foot hurt, so I checked into my body. As I did the energy shifted, and this huge feeling of gratitude surrounded me and tears came to my eyes. I felt grateful that my body could work the long hours I had asked of it. I felt satisfied about the weekend for it was special, successful and had an energy of its own. My crew and I did the physical set up but the festival leaders and participants create the magic. I giggled to myself

for I was happy and my body felt energized enough that before heading home I stripped a few beds and tidied up the loft. It was midnight before I got a chance to lay down in my bed. Immediately I felt intense pain as the pressure released from my legs and feet. For the past six months I had been making mental notes of the feeling in my feet whenever I walked, especially the first few steps each morning. Saturday, two weeks after the Festival, I could barely get out of bed. My left foot hurt whenever I put weight on it but I wasn't going to miss my morning of garage sailing, so I quickly adapted and put my focus on shifting my weight forward with each step. Over the next week

my hip popped, the groin muscles stretched and the feelings that I had been noticing for so long started to fade. I figure it was my body doing another shift and I am grateful, for this is why I do emotional release work each month with Ken. I have noticed that the universe gives me lessons each month to help me to release old patterning... and then shows me the next layer.

My body knows exactly what it is ready to deal with and gives me situations in my life to put love into practice. For the past several months my focus was on *why I work so hard*. I asked my inner self this question and an image came to me — it was Hilda the Hun, dressed in her long flowing dress, wielding her sword and poking it at what seemed to be a dog under the porch. Ken asked me to see these two parts of myself communicating. Hilda's loud voice reminded me of my Dad... feeling very small in front of him... knowing he wanted me to do more but feeling I was too tired to do it happily. I know Hilda is the driving force in me that likes to get things done. I tried my best to imagine the dog under the porch standing up to Hilda for I knew that was part of me also, the part that doesn't take breaks, even though my body is asking for one. I find it is easy to override any thoughts calling for rest and to keep moving. My exercise over the next several weeks was to imagine me coming out from under the porch and joining with the Hilda part of me as we walked arm-in-arm, as friends. Each time I did, tears welled up, as this quiet aspect of myself felt so grateful at finally being heard.

When Ken came three weeks later my body decided to continue the same discussion. This time when Ken asked me why I don't communicate with this aspect of myself, my inner child responded by remembering my older brother Phillip, the one on this month's front cover. He moved slowly and Dad called him lazy and ridiculed him. I didn't want to be called lazy so I over-rode my natural instincts and worked hard so that I could get the love I needed from my parents. The tears flowed easily and when they do I know my thoughts to be truth.

This was a very quiet session, for I have finally reached a place near my core self where I have come to realize that there is no-one to blame. Just decisions on how I need to change myself. At least now I can hear the quiet voice and sometimes I rest. When I honour the rhythm of my body I have more energy at the end of the day and I spend it meditating and asking for guidance. Being grateful and not controlling how things get done is becoming easier and more natural feeling. Making each moment of the day special allows me to do a walking meditation, enjoying the flowers, the birds and the sunsets as I move from one task to the next.

My Mom arrived in Penticton the day before Mother's Day and it was great that I could enjoy her company. ➤

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Listening to her latest escapades helps me become a little more clear about *why I am the way I am*. I have come to understand that life is a paradox and my mother is a great example. You can read about her on page 26, for Urmi interviewed her and will give you a glimpse into this delightful, free woman who knows few limitations and trusts that the universe will provide. Her energetic nature and love of life are much appreciated, for I know those qualities are in my genes as well.

Angèle



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From the Editor...

Chit Chat

with Marcel



Over the past several years I have been attempting to acquire a deeper understanding of the concept of relaxation. I don't just mean to make sure that I have time off for rest and leisure activities, but a more focused and concentrated relaxation of my body. About ten or so years ago a condition had developed in my body that I was concerned about. I was noticing a lot of stiffness and soreness in my lower back, hips and legs. It didn't bother me all the time, just in the morning when I got up or if I had been sitting still for a while (like when watching TV) and then got up, it would take several minutes to walk out the stiffness and soreness. I started doing stretching exercises, yoga and walking. I also started drinking fresh fruit and vegetable juices to keep my body as alkaline as possible. This helped considerably but it wasn't the complete answer.

The exercise I was doing gave me an increased awareness of my body and I began to realise there was a lot of tension inside of me; a deep seated tension that never seemed to relax, even when I slept—a tension that I couldn't consciously relax. I knew that the best way to invoke relaxation was through deep breathing, so I began deep breathing relaxation sessions, doing them mostly at night if I was having trouble sleeping. This was done with an awareness of taking the energy of the breath not just into my lungs but into all parts of my body. Through this process I became very aware of the various conditions existing in my structure. Some areas seemed quite okay while others were very tense and still others were like cold black holes where I had no awareness at all except for the coldness. I would concentrate on these areas breathing the energy of breath into them on the inhalation and on the exhalation focusing on relaxation and letting go while radiating love from my heart—as I believe love is a very transforming energy. Gradually these areas of tension and unawareness began to soften, the coldness disappeared and the stiffness and soreness in the muscles was very much improved.

This process then seemed to grow in other directions as I began to notice misalignments in my body, especially how my right side was so much more tight and twisted than my left side. Roling sessions and yoga have helped me work with most of this misalignment. Also learning that unexpressed emotions are stored in the body and suppressed by holding on with unconscious muscle tension became another way to work with this condition. Emotional Release work has helped me relieve a lot of this tension. I have come to realize that the stress in my life has built up tension layer upon layer and now it is a matter of peeling off these layers one by one as I relax more deeply into my body.

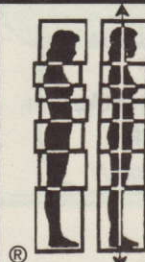
My journey onto relaxation has also taught me to give up trying to control my life. Being a control freak is like keeping a tight rein on your life, of course causing more tension. I am attempting now to "Go with the flow", accepting and being

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grateful for all situations as a learning process.

A more recent insight while going inside and talking to my body, was that some of my tension was not from 'holding on' but from 'pushing away.' "Pushing away what?" I asked. The answer that came was, "Pushing away your Life Force—the very energy of your life." Due to fear and uncertainty of new experiences, I was unconsciously using muscular tension to push the doors and windows of my life shut and slow my life force down to a "controllable" trickle.

I am aware that maintaining all of this tension in my being is an unbelievably vast drain on my energy. Energy that could be used in more expansive and positive ways. My new endeavour is to relax and allow all the doors and windows of my life to open and to welcome my life force with open arms.

I now believe that many of our new modern day ailments such as Chronic Fatigue Syndrome and Fibromyalgia could be severe cases of tension that never relaxes. My own stiffness and soreness could have been the start of one of these conditions. It is my hope that others could be helped by exploring the benefits of body awareness and a very deep level of relaxation.

Marcel





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Education for the 21st Century

by Lorna Dumaresq, Director, Vedanta Educational Society

As a mother of two energetic young boys I read with much sorrow of the tragic events that occurred in Colorado and in Taber, Alberta. Who says it can't happen here.

Children and teachers have the right to learn and work in an environment safe from the recent sad events. From what I have gathered from the various news media, it appears that a serious lack of spirituality placed several young people on a very destructive path.

How do parents today instill a reliable moral compass and how can these values be reinforced? With our public schools generally restricted from teaching spiritual topics, how do we as a society and as parents, teach our children right from wrong? As a point of clarification, spirituality is not necessarily religious. Spirituality refers to an understanding of the unity and oneness of all mankind and the state beyond all hatred. The question asked here is what lead me to the Vedanta Educational Society, an alternative to Public School Education. Vedanta spirituality includes the teaching of meditation or silent sitting which helps our children learn to trust their own intuition and to focus on their inner self. This practice will help them in life no matter how much memorization of facts they accomplish, or education they receive.

At Vedanta, morality is integrated into all aspects of the curriculum using the five core moral/spiritual values of Love, Peace, Non-violence, Truth and Right Conduct. These values are not the panacea for all problems of the Human condition, however, the study of these values is a step in the right direction. It has been shown that when children are taught moral/spiritual values that are reinforced in their academic environment, the likelihood of violent situations occurring is greatly reduced.

One of the most powerful lessons taught at Vedanta is about choice, consequence, accountability and responsibility. Learning about choice and how to invoke it is empowering. By becoming empowered, the chance of victimization is reduced. I especially remember learning about choice later in life and firmly believe that our children would be well served to learn about choice sooner. If we can teach our children not to become victims of life but participants in it the potential for them to become the victims of tragic events are minimized.

Knowledge is power, but more importantly it is how you use it with wisdom. Wisdom cannot be taught. However, at Vedanta wisdom will be developed through a nurturing educational environment, employing trial and error without condemnation, through love and compassion and with the understanding that each individual progresses at their own rate. I challenge like-minded individuals to come forward to work with us to develop and deliver the best educational experience our children can have to take them into the new millennium.

See ad to the left

Health Matters

Foundations of Health

by Doug Muldoon
at Nature's Fare

We have discovered a few of the secrets of creation by asking questions, making observations and doing research. A few useful truths have emerged from these efforts. Most fundamental to health is the fact that the human body is made from food, water, air and light. From this basic truth follows how we must understand human health and the products and methods we must use to care for it.

The fact that our entire body is made from food, water, air and light establishes that these four must be the primary determinants of physical health. Food, water, air and light properly chosen for nutrient content, purity (absence of toxins), biological compatibility (each individual's genetic and biochemical uniqueness), and naturalness must constitute primary health care. We have little control over the biochemical processes that take place after we swallow, breathe or expose ourselves. We can choose however, what we swallow, what we breathe and what we expose ourselves to. Our health will depend on these choices.

Proteins, carbohydrates and fats are the major components of the food from which our body is made - the "pillars of nutrition". A substantial amount (15 - 20%) of our calories should come from fats.

Some Substances We've Just got to Have

Research has discovered about 50 essential factors (of which 45 are nutrients) which must come from our environment. These include - essential nutrients: 21 minerals; 13 vitamins, 8 amino acids (10 for children) and 2 essential fatty acids. - A source of energy (most commonly starch or glucose) and water, oxygen and light. Our body cannot make these factors, but we must have them in order to live. In addition, although not considered essential but needed for good health are fibre and friendly bacteria, to keep our intestines healthy, and hydrochloric acid, bile and digestive enzymes to help digest the food we eat.

The two essential fats that we must obtain from food are omega 3 and omega 6. They are important for healthy brain and immune system development, supple, velvety skin, and efficient digestion. They support glandular and organ func-

tions and keep our joints supple and bones strong. They provide the basics for healthy weight management.

Too much or Too Little

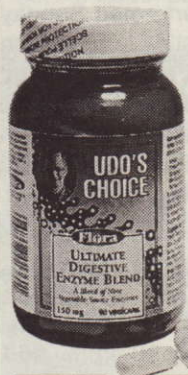
For each essential factor, there is a too little (deficiency) or too much (excess) daily amount. Too little or a complete absence of an essential factor will inevitably bring about increasing physical deterioration (*degeneration*), eventually resulting in death. Too much may result in toxicity. Too little is by far more common of the two. For each of the essential fatty acids (omega 3 and omega 6), too much or too little can lead to disease. It is estimated that 60% of the population get too much of one essential fatty acid and 95% of the population gets too little of the other. Almost all of us ingest too many chemically altered, toxic fatty acids.

Physical Degeneration: Causes and Cures

Most healers agree that degeneration can have only two causes, malnutrition and/or internal pollution (poisoning and toxicity). Malnutrition results mainly from deficiency but may also be due to imbalance of nutrients, poor digestion or absorption. Internal pollution results from environmental poisons taken in with foods: pesticides, heavy metals, toxic synthetics (preservatives etc.) and disease producing bacteria, with water; chlorine, trihalomethanes, soil-water-air pollutants and air; dust, smog, ozone nitrous oxide, molds, bacteria. Also ingested are street and pharmaceutical drugs, food additives, from synthetic substances used in paint, carpets, tile, countertops and adhesives, from tobacco and alcohol, from toxic allergic reactions and from normal metabolic functions. Malnutrition and internal pollution can be reversed by natural interventions such as nutrient enrichment (or restriction if required), pollution control and detoxification.

US government sponsored surveys have shown that over 60% of the population is deficient in one or more essential nutrients. These surveys are measured for the minimum requirements a body needs and are based on the Recommended Daily Allowance (US RDA), which is the minimum daily requirements. For optimal health, we have even greater requirements. Source material from Udo Erasmus

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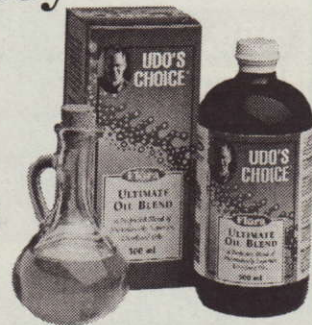
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Summer Solstice Peace Concert

by Dianne Watson Pegg

As the world unravels within our fragile society with constant news of wars being fought around the world, it's refreshing to know there are some who are working diligently for World Peace. We are blessed to have the opportunity to participate in an unparalleled Peace Celebration right here in the Okanagan at a perfect Chamber.

Stephen Pipes, owner of Summerhill Estate Winery, has been in communication with Jeanne White Eagle, a talented and gifted singer regarding a Peace Concert and Awakening Ceremony at his facility in Kelowna, overlooking scenic Lake Okanagan. Her vision is to unite 'chambers' all over the planet with her voice in the name of Peace. These Lines of Force (Ley Lines, Dragon Lines, the Chi energy of the Earth) hidden in the land are being reactivated as we converge with them. As we achieve consciousness, the Lines are empowered to bring healing and peace to the Earth and all its beings.

Jeanne White Eagle is an opera singer from Colorado and has been singing professionally in major concert and opera halls throughout Europe and the US. With a near four-octave range, she has been told she has one of the most powerful female voices on the planet. She is an author, accomplished composer, Professor of Voice, and an ordained Minister of the Universal Brotherhood and Reiki Master.

Since 1996, Jeanne and John have been following their vision of creating a Ceremony of Sound, awakening and connecting the more than sixty Peace/Sound Chambers constructed around the world. Their work, guided totally by Spirit,

consists of performing Awakening Ceremonies in special Chambers in the US, Germany, Norway, Bolivia and Australia to name a few.

They are supported by the workshops they teach and the Peace Concerts they host as they travel the world. The workshops teach the power of spontaneous chanting and work with metaphors through a process called intuitive imagery. The Peace concert raises the energy of the group attending, all the while providing great entertainment. It is a demonstration of how to bring forth new sound vibrations forming inside of us, helping to move us closer to our goal of world peace. The group will work together to create a new vibration needed by Mother Earth to support the changes many of us are now experiencing in our lives.

There have been some amazing experiences that have taken place in other Ceremonies. For example, in Australia, the chamber they were 'awakening' simply disappeared a couple of times and then reappeared. There were blue electric lights forming spirals, spirits and hieroglyphs. What will manifest next? This unique event will be held from June 18th to June 22nd, with various activities to interest and entertain all.

Be forewarned - attending this once-in-a-lifetime event is likely to raise your energy and vibration level, help you live a more inspired life, and will support you in remembering your personal power within. Upon emerging from this amazing weekend, you probably will not be the same person again. Are you ready for this change in your life? *see ad below*

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The Peace Concert - Saturday evening, June 19th. The fee includes a scrumptious vegetarian smorgasbord at Summerhill's fine restaurant. \$45

The Awakening Ceremony - will be performed Sunday evening, the eve of the Summer Solstice. Everyone participating will need to be involved in a Sweat Lodge ceremony to cleanse in preparation for the main ceremony. There will be a potluck preceding the Awakening Ceremony, which is scheduled to begin at midnight. Only Spirit knows how long this will go into the night.... *by Donation.*
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Intuitive Workshop with John is Tuesday 10-4 pm. \$60
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call Dianne in Kelowna at **250-764-0356**
or email: dianne_watsonpegg@bc.sympatico.ca

MASTERS OF COMPENSATION



by Cassie Caroline Williams, Ph.D.

Everyone has had some injury in their life, even if it was falling off a chair. When we have few injuries, relative to some accident-prone individuals, our bodies have more "slack" and accommodate those bumps easily. Others of us have not been so fortunate and have less "slack" and more aches and

pains, especially as we grow older.

Our bodies are masters of compensation, in that they adapt to injuries to keep functioning. Say that you fell on your right shoulder. That could also compress your right collarbone into the upper breastbone. The tight connective tissues along the collarbone could impair the freedom of the dome of the lung, blood and lymph flow, and possibly pinch the nerve underneath. But our bodies know they must work, so a compensatory distortion may occur, such as a shift in the upper ribcage to the left and backwards, while the lower ribcage compensates, moving to the right and forward. This way it balances out the weight distribution within the body. Another example is that of scoliosis, a lateral curvature of the spine. One portion of the spine has a pronounced curve to the right say, while an upper or lower portion curves in compensation to the left. A further common example of compensation occurs in the legs. An injury to a foot will affect our gait, which in turn will affect our other leg. Needless to say, a compensated body works less optimally and less comfortably than one that is not.

Receiving bodywork helps our bodies to lose some compensatory patterns. However if A causes B to become displaced, release of only B will not necessarily correct the problem. Both A and B may need to be addressed in the same session. The practitioner needs to listen carefully with his/her hands to the body in order to determine those areas which need to be dealt with and in what order, especially those needing attention in the same session. In some cases a skilled practitioner can evaluate A and B, finding B dominant to A. Then by only addressing B, both dysfunctions of A and B release and disappear. Then some older, more difficult aches and pains can be approached successfully.

The body is truly amazing, with potential to correct itself. Osteopathy and its derivatives (Craniosacral Therapy, Ortho-Bionomy, Visceral Manipulation, Zero Balancing, Mechanical Link, and Polarity Therapy) do allow the body to do its own self-correction in a non-invasive manner. This is part of the efficacy of these modalities. May we celebrate the fact that we live within such masters of compensation with this wonderful potential to self-correct!

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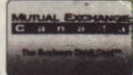
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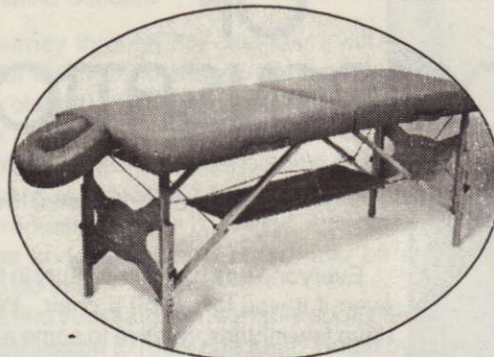
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Arthritis and Migraine

... Kill the pain!

by Wolfgang Schmidt

Using an analgesic, a pain reliever, makes life easier. We all know of course, that taking the pain away doesn't necessarily help the underlying cause. In the case of arthritis or migraine, most sufferers have tried just about everything and find that 'yes, the pain can be taken away, but the side effects are worse than the pain'. Nutrition is often the only way to remedy a malady. But it takes time.

There is a way to eliminate the pain, while working with either nutrition or other pharmaceutical prescriptions. An analgesic made of etheric oil will make life bearable while working on a healing.

Some years ago, I was an executive travelling around the world, I wanted to help my secretary. She suffered a migraine attack twice a month. I scouted the world for something in the herbal field, because when Wendy took her prescription drugs she was like a zombie and unable to work.

While travelling through Japan, I noticed older people in the rice paddies using some herbs to take away the discomfort of arthritis. It was an external application and I was curious and wanted to see if the herb was applicable to migraine as well. I experimented and finally, after months of clinical trials and lab experiments, I found a way to strengthen the etheric oil to the point where it was very effective. Moments after the application the pain ceased.

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Genetic Engineering

- no one is safe!

by Kim Crawford

I am sure you have heard in the news recently all the controversy regarding genetically engineered foods being introduced into our grocery stores. Yet, I have heard little resistance or interest from the general public on this topic. Why do you suppose that is? Could it be a lack of education? Or the general malaise of the average Canadian believing our government will only do what is in our best interests?

Well, wake up my fellow Canadians and smell the proverbial coffee! I question our government and their diligent ability to pull the woolen toque over our eyes as they scamper off to foreign assemblies and sabotage trade agreements that will protect the genetic integrity of our 'green' crops. This happened last February attended by 170 countries and was vetoed by six countries including Canada. And why? Perhaps some in the highest levels of power are in bed with the huge drug/chemical/produce corporations that wish to monopolize our food supply system and to what benefit? That five letter word that has cost our human existence to become so much less than it could. MONEY. When will people learn that our very existence is being not only just compromised but threatened when our country constitutes laws that endanger the lives of us all to benefit a very few, who are probably not even Canadians???? I am referring specifically to WHO's (World Health Organization) future decision on the safety of recombinant bovine growth hormone (rBGH) and the legality of genetically engineered crops to be placed unlabelled on our grocery store shelves. Our basic right to choose has been taken away from us and ask any friendly grocer what products on the shelves have been genetically engineered? (Give it a try folks!)

Currently all corn on the market today has already been genetically altered and who knows what else, especially since 90% of our fresh produce in chain stores is from the United States. And what danger does this food pose? Well, Health Canada certainly can't say as research in this area is minimal at best. But research done in other corners of our planet has given frightening evidence that genetically altered products are proven to be harmful and have the potential for serious health side effects (including damage to the immune system, major organs and brain). All Biotechnology products should be thoroughly researched, tested and given the same rigorous scrutiny that new drugs are given. So why aren't they and why have they been introduced to our food supply without our knowledge?

Personally, I don't think enough is said to ring this alarm bell and that anyone who purchases produce to consume should take a serious interest in this topic, after all, we are what we eat and our children and their children, etc.... Perhaps we shouldn't tinker with God's gifts or He may punish us! (Karma anyone?)

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BODYWORKERS BE AWARE!

by Iain Ritchie

I've been involved in bodywork for many years and have always wondered why so many practitioners ignore early signs of injury and are forced to find less physically demanding work. As a woodworker I have suffered from many injuries that I accepted as chronic and just part of being a tradesperson. The longer Trager became integrated in my life the more I found ways to free myself of pain. I discovered a new way of moving, holding, standing and finding an easier, softer, lighter way of being.

A simple movement repeated again and again will change our body structure and its abilities. If we are cut off from our capacity to feel what is happening to us from the inside, we are truly at risk of developing cumulative disabilities. So much of our society and lifestyle is based on the acceptance of stress and the denial of feeling being normal. "No pain, no gain." We use splints and pain killers to alleviate the pain which distances ourselves from exploration of feeling that can lead to positive change.

Carpal Tunnel Syndrome does not develop overnight. How could you learn to recognize and pay attention to the initial discomfort? Learn to change the way you do a job before an injury develops.

The Trager perspective is different. It teaches us that softness is more effective than strength. "What could be more comfortable?" Just asking the question allows us to imagine that comfort is a possibility. Trager is like a ballet dance around the table. To transfer the feeling of softness, looseness and relaxation I must feel what I am giving. Trager is a learning process. My clients are encouraged to explore what movement is possible, to discover what is pain free.

Last summer we were fortunate to have Roger Tolle teach the beginners level. He has had a career as a professional choreographer and dancer in New York. This July we are presenting Amrita Daigle from Quebec, who has been a yoga instructor and a massage therapist. She has also been a Trager Practitioner for eighteen years and has worked closely with Milton Trager.

This is a certification course and is available to beginners with no bodywork experience as well as to those who are health professionals. See ad to the right



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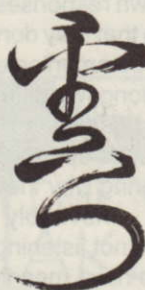
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It Takes More than Ears to Really Listen

by Catherine Fenwick

Everyone knows how to talk, only a gifted few know how to listen. We think that if there is no wax build up, our eardrums vibrate, and the connections to the brain are functioning, we are listening. Think again, that's hearing! To really listen you need more than your ears. Studies show that communication is seven to ten percent words, thirty to thirty-five percent tone of voice, fifty to sixty percent non-verbal "body language." It's not possible to really listen if we only use our ears! When we give undivided attention to those with whom we are speaking we really need to use our ears, our eyes and our heart. We need all of these to be effective listeners. Don't underestimate the power of the heart to listen. People who have loss of hearing or vision are very adept at using intuition.

Communication skills are greatly improved when we learn to listen well. Usually people are so busy thinking of their own responses to what the other is saying that they don't really hear what is being communicated. The interaction runs along two different tracks and they aren't heading in the same direction. Each ends up at a different destination, wondering why they are yelling at each other. Inevitably someone shouts, "You're not listening!"

To have meaningful discussion we need to be honest and clear, keep an open mind and a willing heart. When we acknowledge where we are going with the interaction we are more likely to both get to the same place. For example, Mary wants Bob to stop taking the stapler off her desk and forgetting to put it back. Mary may carry on a casual conversation, making a few vague remarks about desks, staplers and other things in the hope that Bob will interpret what she's saying. If Mary really wants to address this issue and get results she will need to make it clear in the beginning that this conversation is about her stapler and Bob's failure to respect her space and property. Bob will want to really listen if he values Mary as a colleague.

Discussions become heated at times

and are made worse when people are not clear about their intent and one or both are listening at the "ears only" level. If we hear words while formulating responses, we get only parts of the message. Now both are responding to partial messages, frustration builds to the point where we hear, "You don't understand." "I give up." "You're not listening."

To communicate effectively, early in the exchange, both people need to ask for clarification instead of assuming they know what the other is saying. Statements can be paraphrased or mirrored, for example; "What I heard you say is....," but don't be a parrot and repeat back word for word. Mirroring keeps things clear and forces us to listen to the other rather than thinking about how we will respond.

We show we are listening by paying attention, by using open body language, leaning a bit toward the speaker, maintaining eye contact, nodding and showing enthusiasm for what is being said. When we listen with our heart we understand the underlying feelings in the communication, we can put ourselves in their shoes and let them know their feelings are valid. We need to suspend judgement and be aware of how our own prejudices may influence our interpretations. It's a good idea to take time to organize your messages, but not while the other is speaking. Silent periods are not bad. Silence and time for reflection are very effective communication tools. Ask questions to get more information when you don't understand. Paraphrase what was said by outlining the main issues and emotions that were heard. Communicate with respect, avoid degrading, insulting, interfering and interrupting others. Treat people as you wish to be treated. Never give unsolicited advice and be very careful about giving advice at all, even when asked.

Effective speaking and listening means that we sometimes have to take risks. If I am feeling threatened I might not want to risk opening my heart to another. I won't risk by speaking and I may not take the risk of listening either. I may not want to hear what you are really

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saying. Motivation plays a big role in the art of effective listening. I must ask myself, "Do I really care?" If I care I will make the effort to listen. To speak with honesty and to listen with compassion asks that we open our heart to another. When I speak my truth and listen with my heart I take the first steps toward building trust. If you want to work with me on this, you will need to reciprocate.

To listen effectively requires that we give our undivided attention, be aware of the meta-communications (body Language, tone of voice, emotions) and be compassionate (try to put ourselves in the other's shoes). This is not so hard, but it requires commitment, attention and caring. Well, maybe it's not so easy, but it is definitely worth the effort.

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 and manuals Workscapes: Keeping Spirit Alive at Work and Building Bridges:

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Pain Relief

by Jessica Diskant

In January of 1998, I slipped and broke and dislocated my right shoulder. Wow, talk about pain and a lengthy recovery time. My injury required surgery and was immobilized for six weeks. I had physiotherapy and it certainly helped, but my range of motion was still limited and I still had a lot of pain.

I had studied the Bowen Technique, a relatively new body therapy to Canada. One of the instructors from the United States came up to teach a refresher course after my break. Lucky me. During that time he worked on my arm. It was a minimal amount of work and my range of motion increased drastically. I was a believer in this method, but really became devoted to practising it after my own healing.

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Woman to Woman

by Nicky Stewart

I have a vision. In this vision I see many, many women gathered at the bottom of a mountain. They hold hands and pray, they light candles, then in single file slowly, ever so slowly, they walk to the top of this mountain. The world, the stars and the heavens witness this journey. The moon, their sister, guides them and smiles down for she knows of this gathering and why they gather. It is ancient. It is love. It is joy. Above all else it is celebration! At the top they call upon all the grandmothers before them to join in their singing. The breeze that had previously tugged at their dresses and hair, calms, hushes so that even the smallest voice of the smallest grandmother can be heard and then together as in one voice they sing.

Each one of these women has a vision, a dream. It is here that she sends it out, out to the far reaches of the earth, to be nourished and manifested. Each one of these women knows, in her heart, that her vision will one day become truth. She knows this because she is wise, she is woman, she is earth, she is Goddess.

Summer solstice is a rite of passage. How perfect it is that women should join together to celebrate it as the full moon wanes and the eve of summer begins. How perfect it is that women should gather and once more create ceremony that can be passed down.

When ritual/ceremony is removed from life we experience separation and loneliness. Without rites of passage and ways to express our connection with each other there can be a void in our lives.

I offer women from everywhere an opportunity to come together in your own community or in one created for you. Begin the journey towards wholeness through ritual and celebration. Heal and deepen your sense of community with other women during the Summer Solstice. Once more we complete the circle from grandmother to granddaughter, mother to daughter, sister to sister, and aunt to niece. Together we will all begin to hear again the voices of the ancestors.

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My Sacred Journey

by Krista Gustavson

I have always been interested in the ancient healing art of aromatherapy. I was touched by the power of these wonderful substances in an aromatherapy store in Vancouver. They carried a large selection of pure essential oils and it became my sanctuary. I learned how versatile essential oils are, being both a medicine and fragrance, that have the ability to enhance our well-being. As I worked with the essential oils regularly, I noticed changes within myself. I had become more in tune with my body, and felt a great spiritual connection with myself and the universe.

I began taking seminars and jumped at the opportunity to become a certified aromatherapist. Shortly after, I moved to Oliver to be closer to family and surrounded by nature.

It was here that I was guided to create aromatherapy products. I started out small, selling to family and friends. I then became pregnant with my first child and wanted to focus exclusively on this. I continued to use aromatherapy throughout my pregnancy and birth, taking all safety precautions. What I found was essential oils worked with the natural changing rhythms of my body. I enjoyed a healthy pregnancy and gave birth to a beautiful baby girl.

A year later I was given a massage table. To me, this was a sign to start my practice so I set up in my home, to be close to my daughter and work in a country setting where I feel inspired.

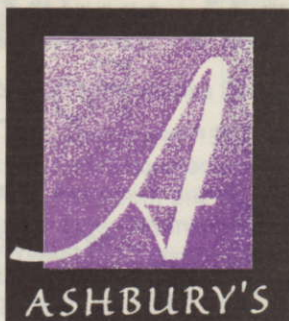
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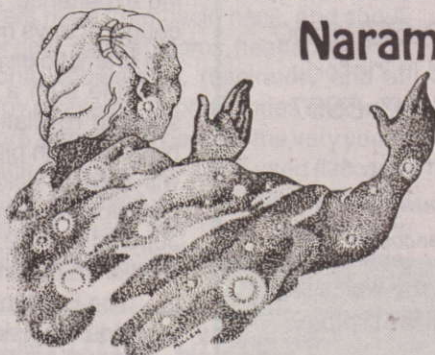
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Astrological Forecast for June

with Moreen Reed

June's predominant theme is the Air element, Gemini, Libra and Aquarius. Air places emphasis on contemplation, planning, conceptualizing, theorizing, networking, and connecting. The players Uranus & Neptune in Aquarius are weaving the web of life anew, Mars in Libra is seeking balance and justice, while the Sun in Gemini keeps fresh data coming in if we stay present. Mars and Jupiter will dance close all month, bringing an optimistic, cavalier attitude to the tasks of June. Please remember to check your safety harness, these two won't prompt you too, they are bold and brash and supremely confident in their abilities, yada yah.... all the way to the hospital! Venus checks in on these two at the beginning of the month bringing socializing to the top of the play lists. On a realistic note Saturn looks long and hard at the road mankind is travelling down. He asks us all to check out with an objective eye if our current dramas are just an old broken record? What do you value now, that is not part of the old status quo? Can you re-establish your relationship to life and to your self, sans the numbing social conditioning?

Mars stations and turns to direct motion on June 3rd, ending a 3 month retrospective period in which we all questioned our intentions. Hopefully you are clearer on what motivates you and able to act responsibly on those promptings. Many feeling powerless acted out and turned our world upside down. Mars will go retrograde in May 2001.

The Gemini New Moon is at 12:30 pm on June 13th. Today seeing clearly is possible! Check out what is real and what is not, then make a game plan for this next lunar cycle. Getting stuck in judgement and old opinions leads to pessimism and depression. The highlighted degree symbolism is "Three fledglings in a nest high in a tree" The keyword is Elevation. The Gemini Moon cycle is an opportunity to put mindful practice to work in your life, which can elevate the mundane to a nourishing experience. Venus steps into action June 19th and for a couple of days major relationships will be challenged. First up is a dramatic display of tensions that have been brewing, then on June 20th a new player steps into the scene bringing a startling revelation, finally on the 23 all bets are off and a breakthrough plays itself out. Relationships that are unstable will take a kicking, some will shatter, and surprising new connections can become available. The summer solstice is June 21st at 12:49 pm. The next three months will carry the relationship theme forward, I hope we can nurture a new story!

The Full Moon in Cancer/Capricorn on the 28th is at 2:37 pm. You are asked to shine a light of personal awareness on self. Are you taking responsibility for seeing that all aspects of your life are supported and you can flourish? In the news I am hoping that people come forward speaking from the heart their keen observations of how we can support each other at this time. The highlighted degree symbolism* *Two fairies on a moonlit night*. The keyword is Ascendancy. The supernatural will play strongly today, don't be surprised if you are visited!

continues to the left



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We end the month probably being pulled in one too many directions at once. In the sky we have a fixed cross which wants to block change, the ensuing tensions can be unbearable! Particle or wave, particle or wave, particle or wave.....

* taken from 'The Sabian Symbol' by Marc Edmund Jones

see ad above

BONE AND JOINT PAIN: ANOTHER APPROACH

by Joel Whitehead

Mary was suffering from some pretty tough low back pain. A friend of hers, who had done well with an acupuncture treatment that I gave her, recommended that she come to me. As soon as I saw her, however, I realized that acupuncture was not going to help her even though, to her, the two conditions seemed the same.



Mary's friend was a strapping big person. When I saw her, I saw stagnant, burdened energy. Almost every needle I used felt like a perfect match to her soreness, and then the needle released it. As I trailed needles down the meridian the pent up energy came loose and she expressed her thrill at being free as soon as she got off the treatment table, and when she woke up the next day it was even better. It was the kind of success we all love to have, but few patients are "one-time-wonders" like Mary's friend.

Anyway, Mary wanted the same treatment with the same results, but it wasn't going to happen. I tried to dissuade her from choosing the same course, but if it was good enough for her friend, it was good enough for her. She was right in supposing that everyone should have the same right to be free from sickness, but all people are not the same. Mary was frail, and I tried to insert each needle so as not to exacerbate her suffering. Instead of rich relief from stored up pain, the needles had no reaction at all, no Qi (energy) to grab onto.

Almost the first discernment every Chinese medical doctor makes, whether consciously or not, is whether the patient is suffering from a deficiency or an excess. When it is an excess, it is like energy stored up behind a dam. It is the pressure that causes the pain and we have to let the excess flow through, or break the dam. Of course, this is done by using needles at predictable points along lines of energies called meridians.

The opposite is of course caused by a deficiency where there is no stored energy to supply the needs of the body. This is the kind of person who is told at some point that they are suffering from some level of degenerative arthritis or osteoporosis. They are told that they are losing bone mass, but more often than not it would be more correct to say that they stopped bone development some time before.

While living in the Orient, I saw case after case of old people bent over horribly. During the war years there was very little nutrition to be had. Women still had babies and worked incessantly and men toiled from pre dawn to long past dusk, but almost all the food went to the soldiers. Few of us in the west suffer from the same predicament although the affliction can be the same.

The type of people I see like this come from many stripes. Coffee and donuts for breakfast is a North American rite. Both are not only completely devoid of nutrition, but both are noted leachers of calcium and essential minerals. Too many people call only salad or a few pieces of fruit a meal. These things will clean your system, but don't begin to have the amino acid building blocks to add to the body's needed stores of building

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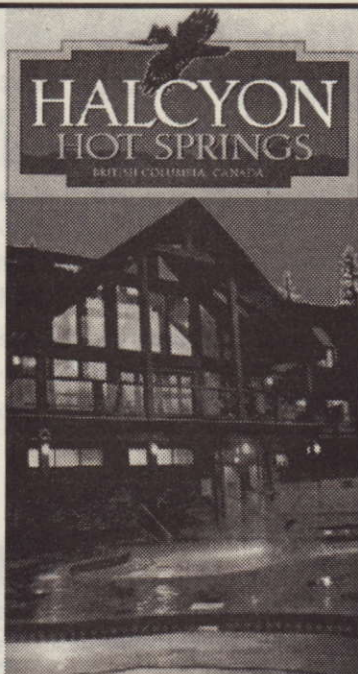
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block energy. Those not prone to exercise or daily arduous activities can suffer the same. We know that we build bone mass through weight bearing activity.

So if I'd had my way with Mary I would have tonified her basic energies. I would have set her diet course and added herbs. We could have done acupuncture energy treatment to build her basic energy storehouse. In time it would have gotten rid of her bone pain. I've seen this happen time after time. If turned around in time any part of the body, even bones can regenerate, which is another way of stopping pain and adding new life. *See ad above*



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HALCYON HOT SPRINGS by Jan Stickney

I had never even heard of Halcyon Hot Springs until a couple of months ago but it has a long and rich heritage. First used by the native tribes, Captain Robert Sanderson, a mechanical engineer, was introduced to the springs in the 1880's. He opened the first facility September, 1894—a small building with wooden plunges to soak in.

In 1897 ownership of the springs changed hands and Robert Brett and David McPherson began expansion. The hotel was made at least twice its size, cottages were built for more accommodation and a bottling works began shipping the spring water abroad. Plans to become a world class resort serviced by the CPR rail and steamships changed with the onset of World War I and instead it became the place to party. Heavy drinking, gambling and grand balls attracted the working class and the wealthy.

All this changed in 1924 when General Frederick Burnham purchased the property. A Member of the White Cross Society and a medical doctor, he didn't allow smoking or drinking and shut down the barroom. He rarely charged for his medical services and believed that "God put the water here for all mankind, not just the rich...". He kept the hotel rates low to be more affordable and ended up doing much of the work of running it himself.

Halcyon gained an international reputation as a place of healing, claiming to be the most complete health resort on the continent. There were separate pools for men and women since the General believed that bathing trunks interfered with the healing process and wouldn't allow them in the pools. The lithia content of the water, as well as being relaxing was said to aid blood purification; in fact, the Workman's Compensation Board sent miners to the springs to sweat out the lead metal. Besides the hotel they eventually had cottages, barroom, general store, bottling works, staff and laundry house, a boiler house, lawn tennis grounds and many trails.

The hotel changed little from 1924 to 1955. After the death of his wife, Anna in 1945 General Burnham built a small shrine beside her grave. February 10, 1955 the General himself died in the fire that burned the hotel to the ground.

With the raising of the lakes in the 1960's, all that survived was the little chapel and the graves beside it. Since then outdoor tubs have provided relief for some who came to enjoy the beauty, serenity and the healing waters.

Until Now! With its opening March 5th this year, Halcyon has had a rebirth as a destination location with a focus on health and wellness. The first thing I noticed driving off Highway 23 towards the lake was a sense of calm. Nestled in the trees, I was surprised by the rich color of the log building that houses a laundromat, gift store, restaurant bistro, conference room and changerooms for pool access. The view from the lodge or pools is spectacular! Overlooking Upper Arrow Lake and across to the mountains and the glacier all added to the feeling of peace. The hot pools have circular lines, a pleasant shape to look at, and are treated with ozone so the waters are crystal clear. The water felt wonderful after the drive and I'm not sure if it was the heat or the ozone that stimulated the circulation so that I left the pools with my skin flushed and tingling.

There was time to walk along a road that seemed to go down to the lake though I never made it that far. I glimpsed the camping and RV sites, even a teepee set up on the flat, but I was off to explore. The trees were so lush and tall and the creeks gurgled away on their way to the lake. What a beautiful place!

I had an opportunity to talk to Sabine Burmeister, one of the owners. She said it was the energy of the place that first caught her attention. She was able to envision the site of the resort working with the lay of the land so as not to disturb the

continued on next page

REIKI Principles

Honor Your Parents, Teachers and Elders

by Michael Kruger

Honor your parents — For some people that's an easy thing to do; for others even the thought of their parents brings up images of distress and sorrow. In teaching over the years I have found that this part of the principles can be the hardest and at the same time the most rewarding to teach. Upon reflection of some things that I've learned as I've grown up I have found myself saying "there are things that I will or will not do just like my parents", and this seems common among other people as well. If we look deeper into just how much we do react in respect to what we learned from our parents it would surprise us. Not only in the way we treat our children, but also in the way we react to people everyday. A response to a stranger or to a loved one is usually conditioned from birth. Our choice as to how we behave, as an adult though, is ours. It is important to see that we can thank our parents for the experiences in our past so we may have a gauge or guideline for what we do with the present.

Honoring our Teachers — the world is full of teachers. Even now at forty I am blessed to be able to see my teachers all around me. My interpretation of a teacher is anything that presents itself into my awareness— in watching a child play, taking a workshop, going for a walk with a friend or by myself and enjoying the sunsets or sunrises, noticing the waves on the lake, and the movements of the clouds over mountains at a distance. It seems to me honoring our teachers is as simple as being aware of what's around us at the point of time it's there.

Honoring the elders — From the time that I was a youth I was told to honor and respect my elders and over the years I've had the opportunity of working for and with people older than me. In observing their choices in how they did things, I can now choose a direction that supports me in a positive and healthy way. I also see honoring the elders to mean the civilizations and cultures that preceded ours, learning from their failures and successes, knowing that we do not have to repeat an experience to learn the lesson.

Halcyon continued

natural beauty and from what I have seen so far, her vision is right on. As well as camping and RV spaces there are cabins, chalets or lodge accommodations. They already offer hiking, horseback riding, boating and fishing for the outdoor enthusiasts. Wellness packages include vegetarian meals, hydrotherapy in the pools, aquagymnastic or yoga classes, facial treatments, massages and acupressure.

And this is only the beginning. The next phase is an eightplex tucked in behind the chalets to provide more space for retreats. A future hotel would triple accommodation and expand the wellness facilities to include an indoor pool, steamroom/sauna, cybex machines for strengthening, a gymnasium, massage, water therapy and physical therapy. Once again, Halcyon is looking to become a complete health and wellness resort.

Thanks to the Arrow Lakes Historical Society for the background information.

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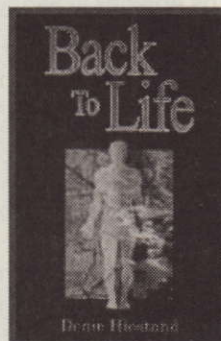
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Delma Johnson, Editor & Publisher

Interesting People

TESS TESSIER

by Urmi



Sometimes you can tell an interesting person a mile away. You can always see Tess Tessier coming. If she is driving her bright fuchsia motorhome you might think that an interesting show has arrived in town and you might be right. If you just caught a glimpse of Tess from a distance you would have to wonder who is that woman in the purple bell bottoms and feathered hat. Tess has style. On her many road trips she takes the trouble to pack along an assortment of beautiful hats all colour-coordinated in shades of purples, blues and pinks. She wears them



with flair. She will also have at least one of her pets, a grand child or two and a travelling companion/driver. Tess's great love of adventure is enviable and she always seems to have a project on the go or an interesting journey to make. Her energy and zest for life is uplifting.

Tess was born in Saskatchewan. Her early education was received from a residential convent school where she resided from age six to twelve. Her parents were always travelling and they felt this school was a proper place for a young lady. Tess however always felt more inclined to be a tomboy so residing in a staunch Catholic environment was restricting for her. When she was home from school she would visit the hobo's and travellers who would work at her father's store and camp down by the river. She would sneak down to their campfires and listen in to their stories and music. This was her first contact with the Bohemian/gypsy lifestyle which would influence her life. Her own family was also very adventurous. Her grandmother was a nurse who moved from Los Angeles to Aklavik in the 1940's and built a trading post. She had a scow built and ferried the supplies needed for the northerners down the MacKenzie River. Her mother was the first woman jockey in Canada. At seventeen Tess went to Los Angeles to attend art school. She studied commercial art and painting but soon specialized in photography. Tess was drawn to the Arctic and then to Alaska where she worked at the McKinley Park as a photographer. In the far north Tess could cultivate her interest in the hermits and eccentrics. She admired their sense of freedom and observed that they were their own persons in control of their lives. Up north she could escape the hectic lifestyle and madness of civilization.

Tess married, (as she put it) a Yankee Doodle Dandy from the US army. They spent time working for Alaska Railroad. Tess took up cooking for the crews, something she was completely inexperienced at. Before long her husband grew homesick for his family in Michigan and they returned for a visit. Nine years and seven children later they returned to Canada in a big yellow school bus. They headed to the outback of BC to homestead. On the way they visited Tess's Grandfather in Rosswood and invited him to be a part of the adventure. Grandpa Kost's talents and skills were greatly needed and

appreciated and was an invaluable asset. Tess doesn't go into much detail about the various stages of her life which are often chronicled here in Issues Magazine by her only daughter Angèle. She has no mention of hardships and doesn't view them as setbacks. When I ask her about the accident in which she was badly burned she remarked that it was a difficult time adding that trials and tribulations enrich your life and make you wiser. What an interesting view of trauma! Tess doesn't elaborate on any of the hardships she has experienced so we skip over life's challenges to the part of her life where

she declared her freedom. At the age of fifty she completed her responsibilities of raising children. She purchased a 1966 milk truck and converted it into a "Home on Wheels" and hit the road. She found solace and companionship in raising dogs and at one time eleven dogs travelled with her. Using her experiences of the high Arctic and her knowledge of the Inuit culture she created a presentation on 'Caring and Sharing' and showed slides at schools through out North America. I asked her how the dogs fit into the picture. She explained, "The dogs show the children how to get along. The dogs always stole the show, they were the upbeat message and they got the children's attention. It showed children that even though the dogs were all different they got along and if they could get along, people could too." Tess also had a travelling fashion show featuring her dogs as models, each characteristically dressed. Imagine a miniature Doberman modelling the distinctive RCMP red coat uniform! She now has a 1973 fuchsia, purple and turquoise motorhome and though she is not interested in status and prestige it does match her wardrobe. She is the published author of two books, *Iceberg Tea* and *Moksgm'ol The White Spirit Bear*. The latter will soon be released and is a photographic study of BC's seclusive and unique white bear. The aim of the book is to promote awareness and education of planetary environmental conditions and to safeguard against further environmental deterioration and destruction of natural wildlife habitats.

About herself Tess says, "I like to manage my own life and be independent and friendly. I trust everyone and meet the nicest people when I get lost. I personally feel the world should be run as a spiritual democracy bringing contentment, compassion into our lives." Tess says she has fulfilled a lot of dreams and still has a lot more. For her 75th birthday she is planning a trip to Newfoundland and the Eastern Arctic. She will be taking along a couple of her grandchildren and her collection of dogs. As always I come to the end of the page and question whether I have touched the uniqueness of this individual. To me Tess is an adventurer, survivor and a very beautiful woman; a freedom pioneer. She gives credit to her mother and grandmother who inspired her to follow and fulfill her dreams, as they had.

Calendar of EVENTS

June 1

Stock Reduction Sale at Health Research Books, Kelowna. p. 14

June 28 - July 4

Creative Insight with Moreen Reed at Capilano Mall, N. Vancouver. p. 22

June 4

Cellular Soul Memory Clearing, 7pm, Free at Aurora's in Kelowna. Bring blanket, pillow and stool with no back. p. 2

June 4 - 5

Sylmerian Water Globes at Creative Chaos in Vernon. back cover

June 4 - 6

Reflexology Level 1, with Yvette Eastman in Prince George. p. 14

June 5

Natural Health Show, at Aurora's Natural Health Care in Kelowna. p. 2

June 8 - 13

Why Weight? evening sessions with Christine Leslie at Aurora's Natural Health Care in Kelowna. p. 2

June 9 - 14

Why Weight? morning sessions with Christine Leslie at Aurora's Natural Health Care in Kelowna. p. 2

June 11

Juice Fasting begins at Weeping Willow Creek, near Cherryville, BC. back cover

Colour & Divine Guidance with Jollean McFarlen at Aurora's Natural Health Care in Kelowna. p. 2

June 12

Animal Communication with Carol Rienstra in Penticton. back cover

Certified Aromatherapy Course by British Columbia Institute of Holistic Studies at Aurora's Natural Health Care in Kelowna. p. 2

June 14-15

Homeopathy Revealed with Barbara Gosney in Kaslo, BC. 250-354-1180

June 16

Mind Control, Out of Control with Mark Phillips & Cathy O'Brien in Kamloops. p. 5

June 18 - 22

Summer Solstice Peace Concert at Summerhill Estate Winery. Awakening Ceremony in the pyramid, workshops, entertainment. Call Dianne Watson Pegg, Kelowna 250-764-0356. p. 12

June 19 - 20

Feldenkrais Workshop with Syl Rujanschi in Westbank. p. 19

June 21

Certificate of Professional Training begins at Counsellor Training Institute, Kelowna. p. 2

July 8 - 13

Women's Earth Medicine Retreat with Blanche Tanner on Kootenay Lake. p. 29

July 16 - 18

Peace River Holistic Society's Holistic Fair & Power of Thought Conference, Ft. St. John, Call Vonnie Musgrove 250-785-0018

July 23 - 25

Soul Journey with Craig Russel in Kamloops, Vernon, Kelowna. back cover

July 26 - 31

Trager Beginner Training, in Vernon with Amrita Daigle. p. 17

August 7 - 11

Energy Awareness Seminar with Denie Hiestand, Courtney, BC. p. 25

ONGOING EVENTS

MONDAY in Kelowna

Meditation & Messages from and for the heart with Dee at Aurora's at 6:30pm. \$2

MEDITATION with Christina

TUESDAY in Penticton 7 pm

254 Ellis St, Penticton, by donation

WEDNESDAY in Peachland 7 pm

in her home, for directions...767-3373

Drop-in meditations at Dare to Dream

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WEDNESDAYS 7 - 10 pm

SUNDAY CELEBRATION

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

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

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June 11 - An Introduction to Emotional Polarity Therapy with Carole Collins from Vernon. see ad page 08

June 19 - **Handwriting Analysis** with Angèle. Understand the basics, then an interesting time seeing how yours compares to the way you were taught and why there is a difference.

June 25 - **Animal Communication** with Carol Rienstra.

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Meditation Corner

by Christina Goddard



This month on our journey through the chakras, I will take you on a meditation for the Second chakra- the Sacral Chakra, (known as the sex chakra) which is located about an inch below the navel. Its colour is orange, it controls the pelvic area, sex organs, potency, fluid functions, kidneys, bladder and muscular system. The Sacral Chakra is the base of creativity, governs attitudes in relationships, sex and reproduction. When balanced, a person will be gratified emotionally, bring courage and attraction to others and be creative — this meditation will help you to do this.

As with all meditations find your safe, comfortable spot, play some relaxing music and give yourself permission to relax and heal. Begin by taking in three deep breaths and holding each one for the count of three. Each time you take a breath and hold it center your thoughts on your Sacral Chakra, see the colour orange, see the chakra as a lotus flower with six petals spinning in a clockwise or counterclockwise direction. Take a few moments to look at your chakra and trust what you see, you must trust in order to heal. If you see; rips and tears or the colour is not clear in this chakra then send in healing energy and be open to what you receive from spirit and let go of issues that may be holding you back. Say out loud, "I feel my creativity streaming through my body, soul and mind; my creative/sexual energy has the power to create and transform. I open myself to others naturally." As you say these affirmations aloud feel yourself letting go and receiving healing.

Now visualize your Sacral Chakra spinning in a perfect circle in a beautiful shade of orange. Take a few minutes 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. Open your eyes and be totally in the now and remember all that took place. Drink a glass of water when you are finished.

If you feel you need to you can carry or use one of the following stones that work with this chakra: Carnelian, Coral, Gold calcite, or Moonstone.

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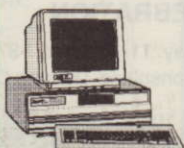
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THE RADIO CRANK SHOW

by Ron Young

It was just six years ago the fascinating story of the BayGen crank radio began. An English inventor by the name of Trevor Bayliss watched a TV documentary about the difficulty of delivering information on Aids to Africans living in remote communities. As they had no electricity and couldn't afford batteries for radios it was extremely difficult to get information to these communities. Bayliss was inspired and within three months had devised the first windup radio utilizing a clockwork mechanism to drive a magneto type of charger in the radio. Just like the old fashioned windup alarm clocks you wind up the radio using a hand crank on the back. After 30 seconds of cranking you get between 30 minutes and one hour of play (depending on the model of radio).

The BayGen is a revolutionary idea and to most people in western civilization where battery operated radios are cheap and abundant it may seem a little silly at first. However the radio has proven to be a runaway success and a factory in South Africa presently cranks out (pun intended), over 20,000 units a month. Now with fears of Y2K power problems, increasingly severe weather patterns, and innumerable other things that threaten to crack the walls of our technofortress this idea makes sense even to us westerners.

Bayliss went on to apply the windup mechanism to a flashlight as well. Wind the flashlight for sixty turns and you get three minutes of light, every time, without fail. No batteries needed.

Sure we can afford to buy batteries to fill our flashlights. But isn't it an axiom that as soon as they're bristling with new energy they send out a kind of radar signal to the junior set who suddenly need to play tent city in the bedroom or look for lost toys in dark places? The flashlights are inevitably put away with the switch in the on position and when they are really needed are either dim and erratic or completely dead. The BayGen solves the problem. Admirably, the BayGen products are manufactured in a facility where one third of the workers are disabled. Trevor Bayliss is a true humanitarian capitalist, he does good while doing good.

In the same vein as the above, a company called Sunmate makes a worldband radio which receives am, fm, shortwave, aircraft stations and has five power sources available. In addition to the more conventional method of plugging it in to a 110v wall socket, you can use an adapter to run it off your car cigarette lighter, use batteries, use the built in solar panel to get energy from the sun, or use the built in crank to generate instant human supplied power. The crank on this radio is not a clockwork mechanism like the BayGen but directly operates the built in magneto to send power to the internal ni-cad batteries.

This company also makes a durable little flashlight that has a built in solar panel. With sufficient exposure to the sun the Sunmate solar flashlight will operate continuously for two hours. You can also put in a set of AA batteries to

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increase the total light time to four hours. The flashlight also doubles as a battery charger.

While technology threatens to push us to the brink of doom on the one hand it is ironically providing us with handy little security devices on the other hand. An added bonus is the major potential for reduction in toxic pollution caused by discarded batteries. Batteries are among the most difficult items to recycle and contain very poisonous substances. Think about how many batteries you use in a year and multiply that by several hundred million and you'll see the scope of the problem.

For more information about these emergency preparedness products check out the web site and products in the ad below.

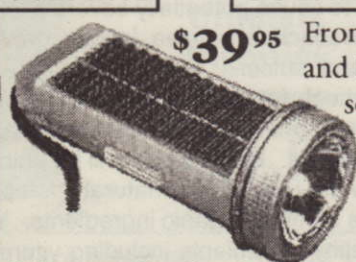
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Hidden Dangers Lurking in Shampoo

by Klaus Ferlow

It is estimated that shampoos are one of the most competitive products in the cosmetic industry with over two billion dollars sold yearly in North America. This industry offers an incredible assortment of shampoos and hair conditioners. Just recently, I checked some of the large chain stores and was absolutely amazed that approximately 70 - 80% of the shampoos and conditioners on the shelves had no ingredients listed. The other 20 - 30% had the names of many synthetics listed, such as sodium lauryl sulfate, propylene glycol, etc. Complaints about shampoos are among the most frequent made to authorities like the FDA in the United States and the Health Protection Branch in Canada. People have often complained about various brands of shampoo that have caused everything from scalp irritation and swelling to severe hair damage.

Sodium lauryl sulfate (SLS), an ingredient in 90% of commercial shampoos and conditioners, corrodes the hair follicle and impedes hair growth. It has been blamed for many cases of premature hair loss. I noticed that many young to middle age Canadian males have almost no hair or are even bald. It takes hair longer to grow when it has been affected by SLS. SLS is found in car wash soap, engine degreaser, toothpaste, lotions and garage floor cleaners. Exposure to SLS can lead to a burning sensation, coughing, wheezing, laryngitis, shortness of breath, headache, nausea and vomiting, according to the Material Safety Data Sheet (MSDS) of the United States government. SLS penetrates your eyes, brain, liver and remains there long-term. It degenerates cell membranes because it is a mutagen that can change the genetic information in your cells and damage your immune system. It can cause blindness (scientific studies have proven that this compound damages protein formation in the eye tissue) and can lead to cataract formation. After damage to the eyes is done, your eyes cannot heal properly because SLS retards the eye healing process.

Did you know that many companies put formaldehyde in their shampoo? It is not only an inexpensive preservative and disinfectant, it is also a suspected cancer-causing toxin. Many kinds of shampoo designed to treat dandruff and flaky scalp contain coal tar, but you will not find it on any product listing ingredients. It is disguised with names FD & C or D & C colour. It has been found to cause potentially severe allergic reactions, asthma attacks, headaches, nausea, fatigue, nervousness, lack of concentration and cancer.

Carefully check for these dangerous chemicals on the labels of all your personal care products to save yourself from severe health problems. Healthy hair will be shiny, full of body and bounce if you are using 100% natural shampoo with ingredients that include certified organic ingredients. Your scalp will absorb these healthy ingredients including vitamins, minerals, nutrients and the result will satisfy you. Last but not least; don't use only one shampoo, change from time to time.

See ad to the left.

TRACKING THE WILD HEART

by Lars Chose

We were paddling down Kootenay Lake to my favorite waterfall, nestled in a valley between the mighty Selkirk and Purcell Mountain Ranges. We had left our campsite on the sandy shores of Fry Point at 9:30 this morning and had headed south along the lake, passing rock bluffs with their many level ledges for swimming, diving and sunning ourselves on our return trip. The sun was warm on our backs and the group of eight paddlers, some on only their third day of kayaking, were excited about the next part of the adventure. We were on the third day of a five day tour exploring the pristine shore and the inner world of our own wild hearts.

We got out of our sea kayaks at Carney Creek and lifted them, two to a boat, up to the edge of the forest and tied them to logs and trees. We easily found the trail by the creek and headed up the path to the distant roar of our destination. The falls were effervescent and calming at the same time and we all fell quiet as we approached its majestic beauty. The fine cooling mist was a welcome relief on our warm bodies after our vigorous half hour hike up the trail to this sacred place in the forest. I encouraged the group to find a place near where the falls spill into the pool and sit quietly for the next half hour and imagine that they are behind the falls and that their thoughts, sensations and feelings were like the water falling past them into the deep pool that spread out before them. For those who wanted to, there was time to share their experiences and then we all walked back to the kayaks.

As a wilderness explorer, and meditator for over twenty-five years I had often come to these natural places from my urban workplace to recharge my batteries. Combining my meditation and tai chi practice in the wilderness brought my three passions together. Here I found the peace and inner calmness that I so longed for. Away from the city with its loud noise and bright lights, I discovered that my sensory system after a few days would relax and I would start to hear and see the subtle colors and sounds around me. My mind, that usually loved to ramble on, could find few cultural images here to trigger associations and gradually would settle down and be still for longer and longer periods. Being a teacher, therapist and workshop leader I was inspired to bring others into this environment to teach them the mindfulness skills to find their inner peace and through the use of tai chi and chi kung, learn ways to restore and build their vital energy. I found that in the natural environment these skills and experiences came easily. The natural world, more than our cultural environment, is a clear metaphor for our organic self or true nature. The longing we all have to be seen for who we are is mirrored unconditionally in the presence of nature's abundance.

After a swim and some sunning at the bluffs we had lunch and headed to a flat sandy beach. We formed into pairs and after taking time to go into mindfulness, we did a little experiment to explore some of the habitual ways we perceive, think and react. By staying in mindfulness we noticed, without judgement, the ways we unconsciously organize our body, mind and emotions to keep ourselves safe, guarded and cut off

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from love. This experience in a very simple and clear way, encourages our awakening and healing to unfold spontaneously. Integration of this new learning is beautifully orchestrated by nature as we slowly paddle back to base camp; our bodies moving in a gentle rhythmic movement of dipping the paddle in one side then the other, the sound of water moving past the hull of the boat and the presence of an osprey that does a beautiful balletic swoop and dive right in front of the group to pluck lunch for her young ones waiting back at the nest. The ascetic fullness of the moment is felt by all as everyone stops paddling at the same moment to take it all in. After a few minutes we resume paddling, and in a short while we are back at camp where a hot delicious meal awaits our arrival. *See ad above*

Book Reviews

by

Jar



The Reluctant Psychic

by Dyan Grant-Francis

Horsdal & Schubart Publishers • ISBN 0-920663-65-6

What we call "psychic" is one expression of this expanded awareness, based on the willingness to explore beyond our limited beliefs into the uncharted waters of the "sea of consciousness," as it's been called. We begin by putting in one toe to test the water — broadening our capacity for empathy and intuition. Slowly, we move deeper into the sea through compassionate understanding and acknowledgment of synchronicity, serendipity and illusion. We expand consciously into a reality where space, time and separation are redefined.

Dyan had learned at a young age that it was best not to talk about her experiences of knowing and seeing. Without the understanding of psychic awareness it was too painful when she would pick up other's emotions or physical symptoms so she closed down. As an adult she gradually opened to her "gift" and developed skills to expand her consciousness. Like a muscle that gains strength from exercise, practising new techniques of remote viewing, psychometry and psychic reading enhanced her abilities.

What an adventure! From the tundra of Alaska to Vancouver Island Dyan Grant-Francis found the tools for personal growth and psychic enhancement which she now shares as a consultant and lecturer.

Reiki Fire A Guest Review by Michael Kruger

A Complete Manual by Frank Arjava Petter
Lotus Light Shangri-la, ISBN 0-914955-50-0

There are many ways to aim the arrow of awareness towards your own center, and Reiki is just one of them. It is a perfect self-help system that adjusts to the user and requires no medium, regardless of whether you are a newcomer to the inner world, a hard-boiled intellectual, a body-oriented yoga student, a housewife or a devotee. It puts us back in touch with the long-forgotten but all-pervading life energy and teaches us how to love ourselves again. It helps us bridge the man-made gap between our fellow human beings and nature, so we can all live in harmony again. For some, Reiki is one of many forms of bodywork, for others it is an alternative New-Age healing art, and still for others it is a meditation technique. It all depends on your viewpoint.

Being a Reiki teacher myself I found it very refreshing to be able to read a book on Reiki written by a Reiki teacher living in Japan. I found the research and information to be easy to read and of a quality that could benefit all teachers and students, as well as being enlightening for anyone thinking of learning this gentle form of healing.

The Theater of the Soul

The Higher Self & Multi-Incarnational Exploration

by Susan Harris

Wind Horse Publications • ISBN 0-9653413-0-5

The first thing I liked about this book was the concept of merging with the Inner Child — that part of us that is pure, joyful, playful and wise — as compared to always focusing on the wounded child. Then the author said that contacting our Higher Self (that aspect of us that is always connected to source) is as simple as inviting it in. That almost sounds too easy, but then the most powerful techniques are often the simplest. The process of releasing old structures and beliefs that interfere with current relationships or situations allows us to return to forgiveness, compassion and love. How incredibly freeing!

Susan Harris says it beautifully. *We have to do our work. The only thing that stands in the way of our being in the divine stream every moment, is our involvement in the planetary hypnotism and the beliefs we have internalized that have become our personal reality. Once these empty structures are seen for the illusion they really are, we have to be willing to act on our discoveries. As our ideas about truth change, so will our lives. We are, indeed, the masters...*

Your Inner Physician and You

CranioSacral Therapy & SomatoEmotional Release

by John E. Upledger, D.O., O.M.M.

North Atlantic Books, ISBN 1-55643-246-1

The powerful influence that the craniosacral system exercises upon total body function happens in large part because the system encloses the brain and spinal cord as well as the pituitary and pineal glands. Since the brain and spinal cord are more or less masters of your total nervous system, it is easy to see that the craniosacral system, by means of its effects upon the environment of the brain and spinal cord, has powerful influence over a wide variety of bodily functions. And via its influence upon the pituitary(master) gland and the pineal gland, the craniosacral system has a powerful effect upon the function of your endocrine system and the hormones that it secretes.

Dr. John Upledger relates how he discovered the craniosacral rhythm in the spinal column and the unfolding of a system of healing now called CranioSacral Therapy (CST). He learned to listen to his patients' bodies, trust his intuition in the sessions and to integrate CST, SomatoEmotional Release and Therapeutic Imagery and Dialogue to help his patients to heal. As Upledger used the techniques he found it helped women in labour; eased colic and asthma in babies; hyperactivity, learning disabilities and autism in older children as well as relieving TMJ, chronic pain from injuries and energy release from long-standing traumas.

I found **Your Inner Physician and You** easy to read — told in layman's terms. Dr. Upledger describes an incredible body system that many of us may not have even heard of. His experiences are truly inspiring for anyone looking for options regarding a variety of health issues.

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