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July & August 1999

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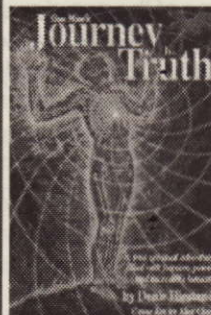
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Summertime

Life... what a wonderfully busy journey. As I flipped through the photographs, it was hard to chose a cover for this month. Do I want a busy photograph of a summer picnic with my Mom's friends, the nuns from Terrace? Or do I want to focus on the quiet reflections of how the natives of northern Alberta lived in the summer? Deciding reminded me of the paradox of life that I am exploring... these two photographs offered the opposites of life as well. The Judeo-Christian beliefs of only one God and one lifetime, or the belief system that God is in everyone and everywhere and that we get many lifetimes to learn our lessons. As you can see I put the nuns on the front cover and here is the other picture, taken by my Grandad, near his hometown of Grimshaw, Alberta.



With summer coming, I was hoping to get caught up on paper work and learn a few new computer programs, but life has a way of just happening, so we will see how much I get done. My partner, Gerry, who runs the Juicy Carrot, is going to Ohio for a week to be with his spiritual teacher. So I will get to take his place and make fresh juices for his customers, for I think it is important not to close during the busy summer months. Then it will be time for me to travel to Edmonton for a week, where my youngest son Dale is organizing a family reunion, and where I will get to be reminded of who I was. Plus I will take time to meet and visit with holistic-minded people — finding out what is happening in their area.

I enjoy life so all will be fun and I will try not to play too hard. I am happy for I feel like I am doing what I came here to do. Having a body that is strong enough to do what is asked of it is my reward. Stilling my mind from the idle chatter is getting easier and yoga helps me the most. I have instant energy when I ask for it and I don't need caffeine to get it. Slowing down and getting more done seems to be working as my vision of a Centre, for people who are willing to take personal responsibility for their lives, keeps growing.

I decided not to have another intense session with Ken this month, exploring the depths of my understanding of who I am. Instead I got a deep tissue massage. Taking time for myself and getting the dog out from under the porch (last month's *Musings*) has been a good test of my ability to keep taking time for myself and still do what needs to be done. I am getting clearer with what makes me happy, and my body is


getting better at telling me when I am over-doing my pleasures so I am learning to take a few moments to pause, breathe, look around, say my thanks before moving onto the next task. Putting high quality organic food into my system helps my brain function at the speed necessary for integration and figuring out the best way to get a job done. In the midst of my busy-ness I often get major insights into a question I asked of the universe, or an understanding of why I do what I do, and do I want to change it just now.

I get energy being around people who want to learn more about health and awareness and I feel frustrated with some of the reality checks that the universe gives me... that most people just don't care or they don't want to know. Isn't it obvious that, if one's body is not strong, it cannot do what the mind wishes ... as people grow older they notice the difference, but should it be happening to young people... children, teenagers and adults less than 50 years old? It makes me sad, frustrated and sometimes angry that people do not make the connection between the food they eat and the amount of physical energy they have. And yes, I know there is more to it than this, but one idea at a time.

I also know I shouldn't get attached to what people want to do with their bodies, but when it involves family members and my partners, my judgements do come up. The letting go or grieving process always involves getting angry, then asking myself, "What do I want from that person?" I know I wouldn't have gotten angry if I didn't want something. As I listen to the answer, my heart softens and I let go of another string that has tied us together. Then I remind myself that real love is loving people just the way they are... and I get to see yet another paradox.

I figure that is why I do what I do, wanting to educate as many people as are ready ... but I am also learning that learning can only happen when they are ready. If it happens to soon or too much at one time, they rebel, for I am not loving them just the way they are. I have found it easier to teach a stranger than a loved one. When I make a comment to Gerry about his appreciating and enjoying the many unusual meals I sometimes prepare, he looks at me with a quizzed look and wonders why I need to comment. But I am just so happy that I have found someone that appreciates my need for quality food. I do enjoy my comfort foods such as ice cream and cookies but if I eat the poor quality version my body reacts with a tummy ache and I don't sleep well. Afterwards I say to myself that it will be a long time before I do that again. Being born with a sensitive stomach is a blessing and a curse and since life is a paradox, I shall enjoy it to the max and learn as much as I can in this lifetime so that I may bring that energy and understanding into my next life.

Maybe, if we as a nation have dealt with the toxins that are polluting our earth and ourselves, we will all be able to eat high-quality foods that replenish and rebuild our energy systems. Maybe the government will change how it spends our money looking after us, maybe TV advertising and peer pressure will change, maybe we will learn to handle our daily stresses in another way, etc., etc. In the meantime all we can change is ourselves, and that I enjoy doing, for I am a new person everyday. The divine spark continues to glow deep within my psyche and I do love myself... just the way I am.

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by Andra Richter & Gord Oaks

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Eastern and ancient wisdom has increasingly come to the West and those resources are now being recovered and shared. As they co-mingle with western wisdom, we see a greater wholeness of approach. We can find compliments or alternatives to powerful drugs, invasive techniques or extreme medical actions. Powerful traditions can meet and be used in appropriate ways.

Our daily lifestyle choices, however, are the key; respect and awareness of how we move and act, how we treat ourselves/others, and how we affect the environment we are co-creating. We must find a spirit of mindfulness, gratitude, appreciation, empowerment, and holism. We become empowered through coming together in a space—where we share wisdom, care for each other through hands-on healing, educate, and find supportive community. There is great opportunity to discover others in your community who share similar lifestyles, concerns, and a desire for better health and well-being. In supporting local people, we are creating a caring culture.

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From the Editor...

Chit Chat

with Marcel



It seems as though my lessons from the Universe continue in full force.

Just when I felt that I was making good progress in working with detachment, I find that I am presented with a new and deeper level. The next grade in school you might say. In the past few years I have been shown many experiences and situations which have required me to let go of my attachments to money and material possessions. Lately, however, I have been given the opportunity to examine some of my more personal attachments.

My life has recently presented me with a group of situations that have shown me that I am still sensitive to criticism. Observing the emotional reactions in my body during and after these experiences gave me a chance to look at how I am still plugging the circuits of my energy into being sensitive to criticism and needing the approval of others. Over the last few years I have come to realise that when I feel an emotional reaction in a situation it means I have allowed myself to form an attachment or to plug my energy in to other people, situations, beliefs, ideas, etc. These can then drain my energy away from me leaving me powerless and in a depleted condition, feeling dependent on the other person for something that I seem to be lacking.

I have been listening to Caroline Myss' audio tapes in which she talks about how we must be careful about what we plug our spirit (energy) into, as these things can then cause us to compromise our spirit. Through the neediness of love and approval from others we can allow ourselves to comply with their wishes even though we may feel it is not what we actually choose to do. Or we can feel emotionally upset because they don't seem to be giving us what we need or because they are invading our boundaries. She talks about how necessary it is to call our spirit back from outside influences (unplug) thus increasing our own personal power.

I am beginning to realise that when I feel an upset from a situation, whatever the form - anger, fear, sadness, hurt - I am being shown that I have an attachment to this person, situation, belief, etc. Then with this recognition I can work towards releasing this attachment. I am grateful to my spiritual practice which has given me methods that help me to unplug my energy from external sources and reconnect with the true source of my being which can give me the strength to develop emotional independence. Of course, the goal of this detached condition is to become unimpactable, so that nothing can cause me any upset or have any influence over me. Harmony, balance and peace become a state of being.

I realise that this idea requires the willingness to look at life from a different perspective, but it is one that is taking me, despite occasional stumbling, fumbling and mistakes, on a fascinating adventure toward my highest potential.



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by John St. John

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Our monthly gatherings grew and became a centre of enlightenment for those seeking truth and knowledge. The restaurant itself was a place where people shared their ideas, insights and experiences with each other and I know how much it has helped us grow on our own personal journey. As the millennium draws near it seems to be a time of great change and turmoil for many of us, so now is the time to come together even more to share our struggles and triumphs and listen with compassion while guiding each other with encouragement. It is our desire that our work continue and that this be a beginning not an end so if you can help in any way or have ideas of how we can raise the Phoenix from the ashes, we would like to hear from you. For one person can make a difference and that one person could be you. We welcome donations and have gifts to give in exchange. Please call 250-765-8374.

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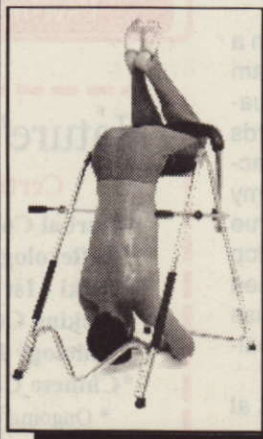
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Mandalas From Within

by Pamela Rose Thrift

Have you ever doodled while talking on the telephone? I have. Only after many years of doing so did I realize that these "doodles" were energetic reflections for myself. Soon after this understanding came the awareness of the drawing's potential use for active transformation.

One evening, a number of years ago, while soaking in the bathtub I suddenly became aware of a deep sadness within me. Intuitively I felt to go into the feeling and draw an inner mandala of its essence. I grabbed the only drawing tools available in the bathroom — a yellow post-it pad and pen and began the process. I was amazed to discover that upon completing the mandala my sadness had transformed into elated hopefulness and I also had a deep understanding as to the origin of the sadness and its forthcoming solution. I then dated the image and put the word "sadness" on it to remind me of what had prompted it.

Shortly after this occurrence I was seated one morning at the table with a friend. She was just finishing her morning routine of nonstop journal-writing without editing for fifteen minutes. It was a process she then highly recommended to me. I surprised myself in almost immediately beginning drawing another mandala on yet another post-it paper on the table. It was as if I was responding to her writing suggestion but in my own personal way. I realized that this was to be my individual manner of beginning my day.

Since then I've had the fortune of using mandala drawing for problem solving, gaining character insights, centering and balancing, and for greater dream understanding. I've found that the "mandalas from within" help transform the energy of situations, focus it if necessary and provide insight. I now enjoy sharing this tool with others and assist in guiding them into developing their own mandalas. *see calendar listings*

Farmageddon: Food and the Culture of Biotechnology

Brewster Kneen is an activist, theologian and economist, actively involved in building sustainable communities around the globe and at home. He and his wife Cathleen live in Sorrento, BC, and publish *Ram's Horn*, a unique and valuable source of information and analysis of the whole food system that is published eleven times a year and is available by subscription. The *Ram's Horn* reports on the activities and strategies of transnational agribusiness and governments. It deals with the issues and dangers posed by biotechnology in general and genetic engineering in particular. It seeks out hope and points to experiences and resources for the creation of socially just and ecologically sound alternatives.

The Kneens keep very active in farm politics, speaking at conferences and organizing events. Brewster is Canada's foremost analyst and critic of the food system, and the author of *From Land to Mouth: Understanding the Food System*, *Trading Up: How Cargill, the World's Largest Grain Company, Is Changing Canadian Agriculture*, *The Rape of Canola (the history of the development of canola)*, and *Invisible Giant: Cargill and its Transnational Strategies*. These books are available at your bookstore or by mail-order: S-6, C 27, RR1, Sorrento, BC, V0E 2W0

In Brewster's latest book *Farmageddon: Food and the Culture of Biotechnology* he says... "Without our knowledge, understanding, or consent, "life-science" conglomerates are genetically engineering food plants for corporate profit with little concern for our health or the effect on the environment."

His critical and timely book reveals what's really happening down on the farm—the genetically engineered products that are subtly being introduced into our supermarkets, healthfood stores, and home-gardening outlets. Brewster provides a multidisciplinary account of what biotechnology is and how it is affecting the world's food supply, where it came from, the direction it's heading, and how to resist it. He persuasively argues "That genetic engineering has been born from a western belief system in progress, industrialization, and technology. "Enthusiasm for genetic engineering is not universal," he says, "and it does not have to be accepted."

Cathleen is a social activist and will be presenting a workshop on *Farmageddon: Women and the Food System* at the **Wise Woman Weekend**. She is the editor, co-writer, illustrator and designer of *The Ram's Horn* and editor of *BC Organic Grower*, the magazine for Certified Organic Associations of BC. She is currently involved in creating local food policy groups around BC.

Website is www.ramshorn.bc.ca



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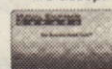
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How and Why Pranic Healing Works

by Marilee Goheen

Pranic Healing is non-invasive and works with the physical, mental and emotional subtle energy bodies. Each of these bodies are more complex and sensitive than the material physical body. Before problems manifest on any of these levels (physical, mental, emotional) in the form of illness or disease they show up first in the subtle energy body. The energy bodies and the chakra system determine most of what happens mentally, emotionally, and in the physical body. Many leading edge scientists in physics, biology and biochemistry, in psychology and sociology are investigating and discovering increasing evidence of the causal effects of the energy bodies.

Pranic healing is a scientifically developed method that works on each level to cleanse, balance and energize each energy body to prevent and/or treat underlying problems by using a natural technique that scientifically uses prana (energy) to treat illnesses, physical, emotional, mental or spiritual. Pranic Healing has an enormous amount of information on how the chakras function and teaches practitioners how to transfer subtle energies from one person to another; it requires no drugs, gadgets or physical contact. We know that in surgery the knowledge and skill of the surgeon is all important for a successful outcome. The same is true for the therapist working with the energy centres and energy bodies. Knowledgeable, skilful work directly on the causal energy level can result in surprisingly rapid results compared to indirect methods of diet, physical operations or manipulation or "talking" therapies (although Pranic healing is often used along with these therapies).

Chronic disease frequently requires work on all energy bodies and Pranic Healing is uniquely suited for such treatment with all three levels. It also works to fortify the immune system and energize each of the subtle bodies. With escalating medical costs and lengthening waiting lists for conventional medicine, we acknowledge that alternative health with therapies such as Pranic Healing are truly mainstream now and relevant to the needs of today's clients. When all else fails many people often turn to Pranic Healing. (We can assist with better results if we could see people before they get to their final stages of symptoms.) Treatments are non-invasive, cost effective and can substantially accelerate the healing processes. In pranic healing there is no radical reaction.

Pranic Healing has been endorsed by many professionals in the health care system, including doctors, chiropractors, pharmacists, nurses, counsellors, vets, dentists, paramedics and psychiatrists. It is the only energy treatment system that effectively treats mental illness.

Our experience over the past decade has witnessed favorable results in many illnesses and diseases in our society—heart and cardiovascular, cancer, asthma, arthritis, back injury, stress, depression, chronic fatigue, sports injuries, learning disabilities and a wide range of mental and emotional challenges. As with any therapy there is no guarantee that every treatment will have the same result, every person's general health and situation is unique thereby responding to treatment at different rates. See ad on page 3

OMEGA Okanagan Men's Equinox Gathering

by Michael Saya

OMEGA is a group of men who meet regularly to foster support and friendship amongst men. We live mostly in the Kelowna area and are reaching out to men in all regions to gather with us for this special weekend. We invite you on the equinox weekend to join us in sharing the joys and challenges facing us as men.

Imagine the following images: A group of men of all ages and walks of life, savouring that first mug of coffee, or cup of herbal tea waiting for the eggs to be ready, the porridge to cook and be slathered with brown sugar or syrup. A circle of men, fathers or sons, old friends and new, gathered in a circle around a blazing bonfire telling stories (some of them true!) and commenting on the brightness of the stars, the gentleness of the wind.. Or perhaps each one slumbering within the coziness of pillows and blankets in the house, or an RV or in a sleeping bag and a tent just big enough for one, trying to decide whether that sensation of a full bladder is worth getting up and braving the frosty coolness of a September morn before the dawn?

All of these are possible and probable if you plan on attending the annual gathering of men from around the Okanagan. For the past two years it has been held in the Christian Valley. This year we are offering it at the Mission Creek Folk School, a working organic farm in the country (with livestock and tree fruits) only minutes from the city of Kelowna. This is a three day retreat for men who may be part of other men's groups or who are interested in joining us. Accommodations include your choice of space in the large heritage home, or parking space for your camper, RV and trailer, or tenting space on the wide green lawns and fields on the property.

What will we do? We will gather in a welcoming circle on Friday evening. On Saturday and Sunday we will enjoy a wide range of workshops such as Tai Chi, mask making, mid-life experiences, co-counselling, writing and so on. If you have an idea for a workshop or would like to host one let us know! There will be an opportunity to hike and swim in Okanagan Mountain Park. Around the campfire we can share drumming and celebrating. There is free time for exploration and making new friends too. We close with a circle on Sunday afternoon. You are responsible for your own breakfasts and lunches but dinners will be provided and are included in the registration fee. The sliding fee (based on what you can afford) is from \$65 to \$85. See ad below

Okanagan Men's Equinox Gathering

Mission Creek Folk School, near Kelowna

September 17, 18 and 19, 1999

Registration closes September 8

Glen Galloway (registrar) (250) 862-5717

Mark Haley (accommodation info) 860-6108

Reed Early (information) 763-0778

HYPERLINK <mailto:reearly@silk.net>

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Kamloops • September 10, 11 & 12 • October 29, 30 & 31

Contact: Leslie (250) 578-8676 or Cheryl (250) 768-2217 Investment: \$350 plus GST

Introduction to Meditation

For those interested in taking the "Spiritual Unfoldment," this is a basic introductory class. Most of the classes can be taken individually at any time but they are organized to lead you progressively into a deeper connection with the "God Within." In this class you will be introduced to a number of different meditation practices. This class is excellent for those who have been meditating or on a spiritual path for some time and need a day to disconnect from the tensions of life.

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Westbank, BC

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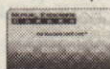
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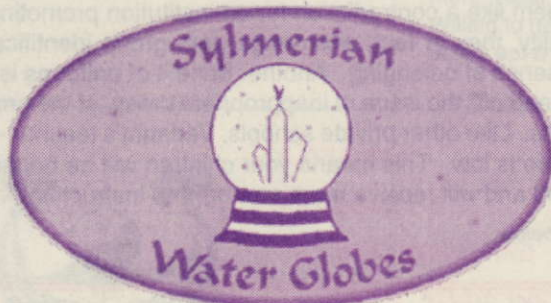
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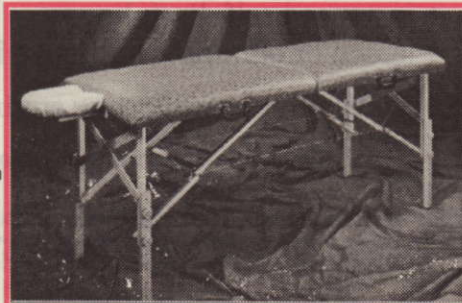
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Universality vs. Private Schools

by Neal McKenna

Private schools, for a long time, have possessed a definite mystique. They were either related to the church or were tony bastions of the elite. However, at the end of the 20th century, a third type of private school is gaining ground — the kind that is neither religiously affiliated nor outrageously expensive. Currently, in the Okanagan Valley, ten percent of students receive their education outside the Public School System.

The big advantage of private schools over public schools is that their mandate is not universal. Private schools do not have to be all things to all people. Instead, they appeal to those of a particular mind-set or philosophy. Some schools set the goal of preparing their students for post-secondary education, while others focus on a low teacher-student ratio. The Vedanta school curriculum concentrates on the three R's, and more, integrated with core human values.

The Vedanta Educational Society strives to teach children spiritual values but without any religious doctrine. Five guiding values are the basis of the Vedanta — Sanskrit for "purpose of wisdom" — philosophy: truth, acceptance, peace, love, and nonviolence. The Vedanta curriculum includes lessons concerning choice, consequences, accountability, and responsibility. This nurturing environment is open to children, preschool through grades six, of all religious backgrounds.

At first glance, the curriculum appears to be free form and some parents may have concerns. But the Vedanta School follows the BC Ministry of Education's curriculum guidelines. Should it be necessary for your child to transfer into the public school system, he or she would generally be at the same developmental level. But unlike public schools, the Vedanta program encourages children to progress at their own speed, eliminating the element of competition for grades.

Children enrolled at the Vedanta School are supported in the development of creative problem solving and the expression of their own individuality. Though standard school dress may seem like a contradiction for an institution promoting individuality, they in fact, encourage peer-group identification and a sense of belonging. Another benefit of uniforms is that they "head off" the issue of inappropriate dress, at the proverbial pass. Like other private schools, Vedanta's teacher-student ratio is low. This means your children will be better supervised and will receive more one-on-one instruction.

See ad below



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Montessori Elementary School to open in Summerland

"In order to educate, it is essential to know those who are to be educated." Maria Montessori

Since the early 1960's, the Montessori method of education has spread throughout North America. It is currently one of the fastest developing educational alternatives, with over 3,000 schools in the United States practicing some form of the Montessori method. In Canada, many Montessori schools have two to three year waiting lists. What is the Montessori method of education? Put simply, it is a method that enhances and nurtures a child's mental, physical, emotional and spiritual growth. Recognizing the uniqueness and wholeness of each child, opportunities are given in a Montessori classroom to meet these needs. Classes are usually small with no more than ten students per teacher; children work at their own level of ability, interests and development which is determined between the teacher, parents, and student. In Summerland, the program will include certified Red Cross swimming; certified



music and dance; as well as certified physical educational programs such as gymnastics. These programs will be offered during the school day allowing parents time with their children after school, rather than having to provide these activities during this precious family time. There are several books on the Montessori method and anyone wishing to borrow one or talk with a trained Montessori teacher, is encouraged to contact the school. (see ad below)

Studying the cycles of nature is an integral part of Montessori Education — Here Peter Whitehead is observing plant life.

South Okanagan Montessori School

Register for September 1999

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- ❖ French
- ❖ Certified Red Cross Swimming
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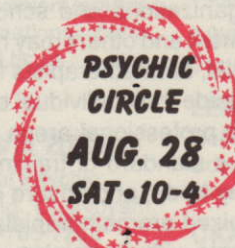
The school will be hosting a Health Fair at the Holistic Health Centre, Penticton, on Sept. 25. The public will be able to get an acupuncture treatment, allergy elimination treatment, Reiki or a massage for \$20.00. All proceeds will go to the South Okanagan Montessori School Society.

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Aromatherapy and the Future

by Doug Thomson

The month of May 1999 will go down in the record books for Aromatherapy. An amazing thing happened and to date few understand the significance of it. What happened and what does it mean?

It all started in August 1998 with the first meeting of sixteen different Aromatherapy organizations and schools. Recognizing that the federal government and others may have plans to limit our access to quality oils, aromatherapists from around the province decided to put aside their individual egos and advance aromatherapy into the professional arena. To do this, it was necessary to create a standard of training in aromatherapy, establish a "governing body" and ensure ethical and sensible practice by recognized aromatherapists. It was also recognized that many people with no training were starting to invade the "profession" and offer aromatherapy treatments. This would, in time, hurt the development of a safe and respected profession.

The group named itself the British Columbia Alliance of Aromatherapy and was registered as a society in January of this year. Then the real work started. A basic core curriculum for teaching aromatherapy was developed and approved. Approval of the concept of a province-wide, Alliance sponsored, examination to certify people as aromatherapists was given. Now the second step has been initiated. A request for Occupational Title Designation is in the works.

What does this mean? Does it restrict the use of the oils? No. It is intended to be inclusive not exclusive. We want anyone interested in aromatherapy to have access to it. However, we want it used safely and with an understanding of how to properly employ it. We are not stopping those who are untrained from using it or using it on others. We are instead taking the approach that if you want to use aromatherapy, seek advice from a properly qualified aromatherapist.

Who will be qualified? The Alliance is requesting that Aromatherapist, Registered Aromatherapist, Registered Essential Oil Practitioner and a number of other titles be designated. Those who are not properly qualified will not be able to use the titles. They can still use essential oils, but will not be able to get practice insurance or claim to be an aromatherapist. Those who have appropriate training or have challenged the approved examination, or are Grandfathered will be designated as aromatherapists and be able to advertise the fact. In the future, the public will be able to seek advice from aromatherapists and know they have a certain standard of education and skill.

What about the schools? Well, no school or instructor will be limited in what they teach or how they teach. All who teach aromatherapy can continue. But if the students wish to qualify for Alliance membership and the ability to be designated as an Aromatherapist, they must pass the Alliance' examination which will apply throughout the province. It is just another step in addition to their tests if they wish to use Occupational Title Designation. The Alliance will provide all the direction any school or instructor wishes. If a school decides



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to reject the new standard, then their students may have difficulty passing the Alliance exam. This would result in their training not being recognized by the Alliance and legally prevent them from calling themselves aromatherapists in the Province of British Columbia. In most cases the standard does not require much of a change for any school or instructor if they have been teaching a quality course. The Alliance will not endorse any school or instructor, but will review their curriculum if requested, to ensure that they meet the standard.

The standard has been set. The Canadian Federation of Aromatherapists (BC Chapter), the British Columbia Association of Practicing Aromatherapists, NAHA an American Association, LINK, the following schools: Scents of Comfort, the British Columbia Institute of Holistic Studies and Healing Scents Holistic Clinic, and other individuals and agencies have all been represented. In Ontario this process has been attempted for several years. The United States is trying to achieve what British Columbia has. We lead the way. As a result other provinces are now starting to look at what we are accomplishing.

What does this mean to the public? In the future, if you want knowledge and professionalism, you will have the ability to seek out an aromatherapist recognizable by the initials that will follow their name. See ad below

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OTHER FACTS

- 15 lbs. of wheatgrass is equal in overall nutritional value to 350 lbs of vegetables or 1oz of wheatgrass juice is equivalent to 1½ lbs of vegetables.
- Wheatgrass is a complete food containing all 103 elements known to mankind.
- People who are allergic to wheat or wheat products are usually reacting to gluten, a sticky protein found in the grains of wheat, barley, and rye. Wheatgrass contains no gluten.

Wheatgrass has been added to the beverage menu at the Juice Carrot. It can be taken straight or blended with other juices. Come on in for a taste! See ad to the left

Old Time Favorite

by Angèle

My Grandma swore by Flax Seeds. She used them in her baking and every so often she would throw a handful in her mouth and chew and chew and chew — they are delicious! Her linen clothes were made from the stalks and Grandad used Linseed Oil to preserve his wood cabinets. When I was a lifeguard, the chlorinated water that I swam in irritated my eyes. This is when I reached for the bottle of flax seeds in my locker and by dampening my finger and sticking it in the jar, two or three would stick to it; I would pull my eyelid back (like Grandma showed me) and deposit the flax seeds in the corner of my eye. I would pull my eyelid up and over them, blink a few times to moisten them and soon my eyes would stop itching. A few hours later, while giving my eyes a rub they would pop out, swollen and soft.

Flax seeds absorb many times their weight and are excellent scrubbers for the colon. The mucous they create is very soothing. With the advent of coffee grinders it is easy for me to grind up 2 or 3 tablespoons and put it in my baking. With the advent of even bigger grinders making flax seed oil has become an industry unto itself. It deteriorates quickly when exposed to oxygen and light. The refining process has become very sophisticated and provides Omega 3 fatty acids to help balance the immune system and decrease blood pressure. A typical diet has lots of the Omega 6 fatty acids so eating flax seeds or flax oil brings balance to the internal organs and keeps them functioning properly.

I love the taste — I pour a tablespoon over my hot oatmeal or rice, sprinkle it with Red Starr Nutritional Yeast and add a squirt of Braggs. Another quick way to get the benefits of flax seeds is to make Flax Seed Lemonade, a tasty drink that soothes the colon and throat. To make — pour 2 quarts of hot water over 1/2 cup of flax seeds and let it steep for 3 hours, strain, the water will be thick. Add the juice of two lemons and some organic sugar; good for soothing sore throats.

If anyone has stories about flax seeds remedies, I would like to share them, please write or email me, address on page 6.



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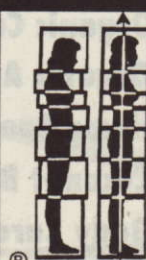
At the turn of the century a revolution was taking place in many of the arts. Young artists of that time were dissatisfied with the codified styles that seemed to leave no room for new forms and expressions. The inspirational core of many disciplines had become buried within the technique. In dance, painting, music, poetry and other mediums, artists began experimenting in areas of expression previously unseen. It was into this fertile climate that eurythmy was born. In 1912 Frau Smits, the mother of a young girl who loved movement, asked Rudolf Steiner the question, "Was it possible to find new sources from which an art of movement could be developed?"

In answer to this question posed by Frau Smits, Rudolf Steiner went into an entirely different direction than changes happening in the field of dance. He was looking for an art that would lift the veil between the spiritual and material dimensions of life; an art that would make the language of the spiritual world visible. His explorations brought him to the utterances of the human being — speaking and singing. As described in "About Eurythmy", human sound is a bridge between the two dimensions of life, inner and outer, spiritual and material. Eurythmy reveals the deeper origins of life through the embodiment of the spiritual forces that live within human speaking and singing.

In 1912, Rudolf Steiner began to give private lessons on his discoveries to the young student, Lori Smits. Lori practised these artistic elements for six months entirely on her own. The following year she began to teach others what she had learned. Rudolf Steiner gave a second course to a group of students, including Lori, in 1915. Two other professional applications of eurythmy developed shortly afterward.

Visiting this summer in the Okanagan is Christine Heughan, former teacher at the Waldorf School, enthusiastic to share some of the gems of her three year training in California in the first public Eurythmy classes in Kelowna. She describes a typical Eurythmy class as deeply relaxing and sacred, bringing breath and harmony into a hectic lifestyle. Beginners not only welcome, but invited! *See ad to the left.*

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THE LEGACY

A True Story of Enlightenment and Learning

by Karen Emmond

Bright with sound, the summer air gently swirls and pulls us up the rough two-rut lane. Ahead of us, the old log homestead sits adamantly in its claim to place. This simple, square, story-and-a-half farmhouse, home to six generations of one family, now lies prey to 'new owner' interest; strangers to the past lives and loves of this land, this hundred acre parcel of pasture and wood deep in the heart of Eastern Ontario. No keys or locks, the back door yields stiffly, fanning the musty breath of the house into the clear fresh air behind us. Dark inside, it takes a moment to adjust one's senses. We move carefully, trying to keep the stirred dust to a minimum. No motion of life, no sound, the thick log walls deaden the air. Two main rooms make up the core of the house. We face the kitchen, where the slant of a wooden table holds the remains of an old man's dinner — fork, knife, unusable plate. Sold on a handshake, the old man picked up his favourite axe and without a backward glance, stomped steadily down the greening path to his new life in the glistening white village below — the past, his past, left to strangers.

An unexpected reverence begins to permeate our thoughts as we examine our new possessions. A well-used turn-of-the-century Findley Oval stove stands aged and stalwart in a black corner. An old reclining farmbench backs against the opposite wall, its cushions flat and dirty, the indent of his head still in the pillow. How many wearied heads rested here, all these years past? Two decrepit armchairs in the 'parlour', with a bedroom behind—and the dawning realization that this humble room has witnessed the circle of life time and again, forgotten faces locked in its walls. Another dark room, smallest of all, lay tucked behind the kitchen - chock full of "things". Here we find a decorated WW2 Airforce jacket surprisingly free of moth-eaten holes; we remember then that this is the room his brother died in — the one he had to prop on the front porch for a week thanks to a heavy winter storm rendering the road impassable for doctor or undertaker. So his brother sat, as though "on guard for thee", preserved for time by the frigid winter air and cleansing, lily-white snow settling in drifts around his stillness.

We creep up a shallow thin stairway, breaths held, nerves tingling, to discover a sagging metal-frame bed, its image reminiscent of century hospital comfort. Strewn around the bed, like forgotten thoughts piled carelessly on top of each other, lay the books ... dusty, delicate schoolbooks, their pages important enough to a young boy's mind to warrant this place of rest; a musty book of poetry with a girl's name carefully inked on the inside page; a diary, dated 1914 listing the dream wishes of its owner and an accounting of her visit to New York City; greeting cards, their fading colourings a hint of past glories; and letters home, the browning papers slowly absorbing timeless thoughts of hopes and dreams, good wishes and news important to the hearts of loved ones. Buried under a stack of yellowed newspapers lies an eyeglasses case, its hinge broken, revealing a pair of wire-rimmed spectacles; what changes, what wonders did those eyes of the past see? This humble little homestead, shoddy and quiet, has volumes to say in its very existence - the stories, the lives, the memories and values - all lie hidden in the "things" that endure. The initial disgust at the dust and dirt gives way to a new thought: the realization that answers may lie un-



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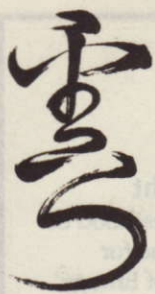
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der the layers of grime — guidelines etched by past hands, past thoughts, past values — guidelines there for the taking, for the understanding; a roadmap of the past to give strength for tomorrow... the new millennium. See ad above



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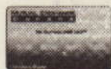
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Dream Creation Evolves

by Christy Boulter



Through struggle and adventure, I am proud to stand in my state of grace. Born thirty years ago to parents who dreamed of creating an intentional community I grew up a road warrior, a free radical who wanted to change society. Withdrawing wasn't an option and neither was annihilating the parts of our society that weren't working for me. Having so much energy and not knowing how to direct it has caused some major upheavals in my life for it is hard for me to be invisible and not speak my truth.

About four years ago my outer work turned to inner work when I was hit by a truck which left me with a broken back. Eight months earlier I had opened Planet Bistro in Salmon Arm and being a self-employed 'Wonder Woman,' I couldn't quit for all my eggs were in one basket. I refused the fusion that the doctors suggested and instead applied comfrey compresses and Reiki; three weeks later I walked out of the hospital with a back brace and went back to work. Utilizing self-heal techniques, strong family and community ties, I diligently dove in to release the myriad of tangled thoughts that rose to greet me. With love of self and faith of mission, I managed the storm, dancing intensely and wildly to release my pent up energy.

Eighteen months later, exhausted physically, emotionally and financially I closed the doors of the Bistro, to heal. Being action oriented I started organizing Fashion Exposès where I turned *Trash to Treasures* and had fun raising funds for good causes. Holding peace in my heart and being persistently soft and silly with myself has brought me a fantasy playground. During a fashion show at the Orchard Park Mall I met a like-minded soul. Today I have joined forces with other like-minded originals so that together we can bring to realization the concepts of one humanity, bridging the chasm between the spiritual and the so-called mundane. This island of refuge offers all the amenities necessary to calm jangled nerves and it is my absolute pleasure to invite you, my fellow journeyers, to share in our adventure. We invite local artisans to visit us; we offer a unique support system for those creating, using their artistic talents.



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A DIPLOMAT SPEAKS

by Diana Holland

A thread of coincidence seems to run through the 32-year career of US diplomat Wayne Peterson, who recently retired as Director of the Fulbright Scholarship Program. Take how he began his career by serving in the Peace Corps in Brazil... "Near the end of my graduating year at the University of Wisconsin," relates Mr. Peterson, "I was on my way to lunch one day when I had to pass through a recruitment area and was stopped by a very well-dressed man who asked, 'Wouldn't you be interested in joining the Peace Corps?' It turned out to be David Rockefeller of the Chase Manhattan Bank, who told me that he volunteered one day a year to serve in this way. 'It's almost lunch time,' he said, 'and you are my candidate!'" Mr. Peterson did join the Peace Corps, and served in Northern Brazil from 1964-66, where he helped create the first public welfare program, a privately-funded venture which ingeniously circumvented a lot of endemic corruption and helped eliminate the need for begging in the "smaller" Brazilian cities of 100,000 to 2 million people. The program was so successful that it spread throughout the country within two years and is still in effect today. Co-incidentally toward the end of that period, a famous congressman happened to be sitting in the living room of Peterson's parents when a letter arrived from him, grumbling about some limitations to his Peace Corps activities. The Congressman was sympathetic and with his support and a special interest of the Foreign Service Corps, a diplomatic posting was arranged for the young man without the usual red tape. Two months later, after a short trip home, Mr. Peterson found himself working as a regional cultural attaché at the Embassy in Brazil. His Foreign Service postings had begun, and the Congressman went on to become the Secretary of Defence under President Nixon. It was Melvin Laird, who later became one of the chief editors of Readers' Digest.

For the next 13 years, Mr. Peterson served in S.E. Asia, Africa, and Latin America. Returning then to Washington, he became the Director of the Fulbright Scholarship program, which is administered through US embassies overseas and gave him a huge international exposure over the next 17 years.

"Perhaps it was a coincidence that I was in Washington in 1983 when I heard a man speaking on the Merv Griffith Show with Gore Vidal," says Mr. Peterson. "It was author Benjamin Creme, describing brilliant scientific and technological advancements soon to be released, such as the discovery of Cold Fusion. He talked of profound economic and political changes as well, stating that a group of very advanced men, perfected men, were guiding these changes and helping humanity at this critical time from behind the scenes."

"It was not long afterwards that I was contacted by a representative of this group, in a most unusual manner, and offered the chance to meet their leader Maitreya, the World Teacher. That one-hour meeting changed my life forever," says Mr. Peterson, "and it was so profound that I was reluctant for many years to talk of this and subsequent meetings with members of this remarkable group. Gradually, however, as I began to open up at private meetings and dinner parties in Washington and abroad, I found that my experience was not so unusual. I was able to discuss Maitreya and his ideas with

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personal friends of the Pope, businessmen close to the President, foreign government leaders, and a number of influential people both in the US and overseas. Many of them had had special experiences similar to mine."

"My understanding is that Maitreya has been preparing not only influential people but a large core of journalists, and that he will soon begin to appear on a series of major TV interviews and shed his remarkable insight on the means to solve the current world impasse. As one who has had the privilege to be aware of some of the preparations for these broadcasts, I feel that the time is ripe to relate my experience outside of government circles and share the knowledge I have gained. If what I have to say can help dispel the cloud of millennial angst so prevalent now, then coming forward will have been worth it. I can assure you: the future is bright."

Wayne S. Peterson retired in 1997 as Director of the Fulbright Scholarship Program in the United States after thirty-two years of distinguished service. He now lives in Nevada, where he is preparing a book on his experiences.

For information on the emergence of Maitreya, the World Teacher see the Natural Yellow Pages under Spiritual Groups, Tara Canada.

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Egypt with Alton & Paul

by Patricia Zierler

Egypt. Just saying the word evokes an emotional response. All my life I dreamed of Egypt, never expecting to actually GO there. Then, Bang! Presto Changeo! There I was at 5a.m. standing between the paws of the Sphinx downloading my DNA into the Egyptian food chain courtesy of starving mosquitos. Is that magic, or what?

Ladies, if you want to feel like an absolute goddess, go to Egypt! I have just come back from two amazing weeks of de Nile (bad pun) and I must say, they know how to celebrate beauty over there! Heh heh heh. (Smug chuckle #6.)

It was a working holiday, with my buddy Alton (who brought forth the Hologram of Unconditional Love and Melchizedek Method) and his friend Paul Hubbert (who channels the Hathors through sound) facilitating the group of sixty-nine people from around the world in amazing activations/healings for both the planet and ourselves.

Those of you who have experienced and worked with "The Hologram of Unconditional Love" will have an idea of the joy and profound peace that I experienced. It was true soul poetry. We spent twenty-four hours a day heart-locked with each other, our Divine Selves, Guides, Angels and the Ascended Masters within the Hologram of Unconditional Love. Can you imagine??? Words cannot do justice.

Then, after Alton invoked the energies at each sacred site and we activated the holograms, Paul would bring in the Hathors via crystal bowl and song, taking us to magical heights and depths of our true beingness through the harmonies that soared from his throat. Many times I was sure I heard more than one voice coming through him simultaneously. I was stretched to embrace more of my Self, my Purpose, my Love.

And now he's agreed to come to Vernon! How much magic and good fortune can one woman take??? I'm up for ALL of it! Are you? See ad to the left

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THE HATHORS

by Paul Hubbert

Who are the Hathors? Many have asked this question. 'We are the Hathors. We come in love and with the sounding of a new dream reality for your earth. If you are ready to build the new world, we invite you to join us on a journey of the mind and heart.' (Quote channeled by T. Kenyon)

I have been working with sound vibration for purposes of healing for several years now. I began at first inadvertently or by accident and then consciously (of course we know there are no accidents). Sound vibration is the primary mover for change. Everything in our bodies resonates to sound. Our bones, blood, organs, emotional and etheric bodies each have a tone or set of tones representing perfect health, our true nature, allowing us to express as the spiritual beings that we are.

Nearly five years ago, I became conscious of these beings around me who were assisting me with my sound and emotional work pertaining to myself and others. I have come to know and remember these beings as the Hathors.

Through my workshops, 'The Alchemy of Healing' and 'Holographic Sound Healing', I have the privilege of working with and introducing to others this group of Interdimensional beings known as the Hathors. The Hathors are Masters of Sound and Love and work directly with the feeling nature, assisting all who come into their sphere of influence to enter higher levels of insight and evaluation.

They are like Interdimensional big brothers and sisters to us, residing in the higher dimensions. They have been with us for thousands and thousands of years and exhibited a very strong influence in the earlier days of Egypt. As I know them, one of their primary missions in life is assisting us in our overall evolution and are always available to us upon invitation. They are androgynous beings (their masculine and feminine energies are equally in balance), yet express in masculine and feminine forms and range from about ten to sixteen feet tall. When you begin to feel their presence, you may sense their beauty and what we would term as a perfect expression of unconditional love. You will find them to be very humorous and joyful in nature.

Believe it or not there are times when we tend to take things a little too seriously. The Hathors have their ways of shifting the energy by injecting humour and laughter into a situation. They are some of the most beautiful and loving beings I've ever had the gift and joy to work with. If you have the opportunity to interact with the Hathors, I would strongly encourage you to do so. It will be an experience you will appreciate and surely not forget.

See ad to the right

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Paul Hubbert is an Intuitive and works with the Healing Vibration of Sound. He is a certified Counsellor and Hypnotherapist, a Reiki Master and Crystal Grid Worker. Paul works with the Angelic Realms embodying an aspect of Archangel Michael, and with the Hathors, masters of sound and love. He also works with the elementals, Celtic and Egyptian Deities and has powerful connections to the Atlantean Mystery Schools.

Astrological Forecast... for July

"The only constant in life is change...." We will all negotiate this month better if we keep this little axiom in mind. Most of our solar system is lined up in fixed signs—Leo, Aquarius, Taurus and Scorpio, these archetypes bring things into concrete form. So manifesting ideas, passions, transformation and craft into form should not be a problem. Ah, but clinging to out-dated passions, ideas, compulsions, and values will be a problem! Read on and make note of critical times for allowing the winds of change to blow.

The first nine days see Mars and Jupiter head up the list for change. This is the dynamic action duo, and they are ready to bring a "don't let anything stand in your way" attitude into life. These two act without consideration for the consequences or practical reality that may be involved. Please remember to check your safety gear, before jumping into the fray. July 9th is the peak of their effect.

The Cancer New Moon is at 7:24 pm on July 12th. This will not be your typical new beginning. Why? Mercury, the planet of connecting and connections, stations for another round of Retrograde action. Arrrrgh!!! Don't expect plans that start today to go without a

hitch! Starting anything today will feel like you're missing key information. Take note that while Mercury is retrograde, familiar channels of communication become tangled and confused. Expect delays and changes in plans, with travel or appointments. This is a great time for right brain activities and re-evaluating and reconsidering major issues. Hold all final decisions and approval until after Mercury goes direct on August 5th, 1999. Let your sense of humour overcome the challenges of the unexpected adjustments. Meanwhile back to the Cancer New Moon. This next Lunar cycle is asking us all to focus on nurturing and support for self and others. There is great opportunity for creativity, and being motivated by spirit. Cultivating circumspection and understanding for balance. The highlighted degree symbolism is "a prima donna singing "** The keyword is Excellences. You are challenged to operate from the fullness of your potential.

On July 17th we can expect another climax of the mounting tensions between change and stability. Most of the tensions that have been building over the last three weeks ought to give way. Uranus, the symbol of change, will be

squared off with Saturn, the symbol of reality. Here is an opportunity for direct action that produces a concrete change. Almost despite ourselves we will see movement!

The Full Moon in Aquarius/Leo on the 28th is a Lunar eclipse. The time is 4:25 am. Today you are asked to notice what is the "story" in made-for-TV movie called your life? Optimism and idealism may paint a rosy scene today, but care must be taken. Is the story flexible and realistic? Are your relationships connecting you on the web of life in a nourishing way? The countdown is on, the world is coming down the home stretch to a major historical shift on August 11 1999. The highlighted degree symbolism* "rock formations at the edge of a precipice". The keyword is endurance. Are you grounded in enduring values?

We end the month with Venus turning retrograde on July 29th. She will continue her backward journey till September 10th. Venus does not often go retrograde and when she does she heralds the birth of individuals who often develop strong spiritually-centred lifestyles. Retrograde Venus does not favour marriages and old texts would recommend postponement to a more auspicious time. To take advantage of her reverse passage the retrograde rules of rethink, revision, reconsider apply now to your relationship to life, to self and to other. In the news expect alliances to be strained and even broken.

William Shakespeare's Romantic Comedy

The Tempest

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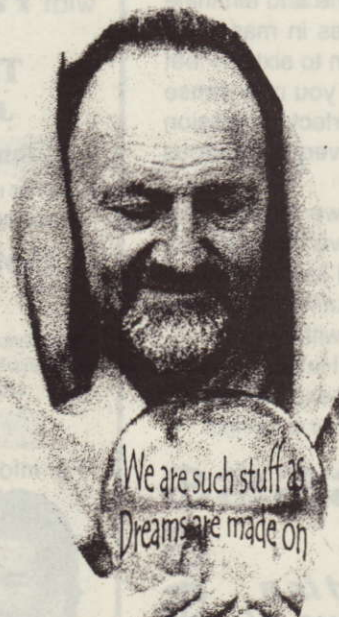
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for August by Moreen Reed

The scene: a view of earth from an orbiting space station.... In the background the theme music from "Jaws" is playing.... a narrator (priest, shaman, astrologer) is reading out loud Nostradamus's prediction for the summer of 1999 "From the skies will come the great king of terror. He will bring back to life the great king of the Angoulious.... the voice fades and we shift to a kaleidoscope of current news reports.... Kosovo, the refugees, our own homeless, environmental degradation, India/Pakistan sabre rattling, Y2K announcement, "Cassini" space probe fly-by, Stock Market frenzy..... we fade back to the narrator who is saying ... before and afterward Mars is to reign at will" fade out

So what can I say? The Eclipse on August the 11th is suppose to be one of the big ONES!!! When I look back at the charts of major events that have had attention-riveting stories unfolding like, man's first step upon the Moon, or Hiroshima, the death of Princess Diana, what is noticeably absent from these charts is some major formation of the kind we see in this month's big eclipse. BUT!, the eclipse charts in effect during the years when these events happened did indicate challenging times! Eclipses set the tone, usually for a period of six months following. The day itself for many may well be typical of a new Moon with a good punch, the historical time frame it sets up is significant! Now is the picture all doom and gloom or is there an upside for the next six months! The scene opens to "A houseboat party." You might imagine an informal style of party, people letting their hair down. There is the potential in this scene for a lot of creative energy to be released. Who is at this party? Symbolically we have all the people who are bringing energy into concrete form, the skeletal structure of society and the muscle men/women that move it (Mars/Saturn/the fixed signs Taurus, Leo, Scorpio and Aquarius). This group favours the maintenance of the current status quo! Fortune would have Uranus (the spirit of revolution) crashing the party with a boatload of artists, musicians, mystics, and other dreamers and visionaries (Venus/Neptune). So what can this mix produce?

The energy released has the potential to heal areas of life where we have tried to replace natural parts with artificial substitutes, brought on by the desire to achieve an objective at all costs. Too, the awareness of the fact that the mother's ability to renew life is in jeopardy, like finding a calcified foetus in the womb! This combination shows the ability to restrain or discipline extreme desires, correct the effects of past excesses and then organize a turnaround. We are awakened with the potential energy to contend with extreme difficulty and still come out ahead. The energetic people who are able to overcome great difficulties, leave the party mobilized!

Worst case scenarios? Some will be easily influenced into excessive ambition characterized by lack of self control, self-willedness, and a striving for the independence needed to maintain freedom to do as they like. This leads to hasty physical action and in the end a forcible separation from their current status quo. Others will suffer a weakness of will and a lack of courage; this leads to instability, lack of vitality, damage, injury and violence.

Here in B.C. the eclipse chart for Victoria shows in the next six months the current Government will be focused on

the will of the people as outlined in a "founding document". The people are looking for a sign of maturity in response to the issue. Failure can pose a real threat to the leader. Economics look favourable, with growth from an influx of foreign capital. Focus will be on mineral resource development and farming. The many translations of Nostradamus' prediction all seem to point to a bad time for the aristocracy, people in power, which can mean a better time for the less fortunate as wealth gets redistributed.

Meanwhile life in August will likely go on and you may find it useful to tune into the daily influences. Mercury who has been retrograde since July 12th ends his Retrograde passage on August 5th. Regular programming will resume, and it is safe to sign contracts again.

The Solar eclipse is at 4:08 pm (Victoria, BC) on August 11th and totality will be visible over England, France, through Europe to Turkey, Iraq and Pakistan, India. In general this week I'm expecting the "Y2K" to be up in the news, as well as the potential danger that the "Cassini space probe" possesses as it makes its fly-by in August. We can also expect tension-breaking events to occur during this time as immediate fallout of the Grand Fixed Cross in the sky.

August 18th Pluto, the planet associated with our current evolution, stations and turns direct. Our collective energy is released in an alchemical way, capable of producing a new level of awareness. Yes! I'm very hopeful that we will see a positive report today, one of the spin-offs of the August eclipse. August the 24th Jupiter, the planet associated with social paradigms, will station and turn retrograde, asking for the annual review of the picture. The focus should be on impermanence and our ability as a society to re-orient after a loss. The Full Moon in Virgo/Pisces on the 26th is at 4:48 pm. We get our first real check on the impact of the eclipse. The highlighted degree symbolism* "Children from many different racial backgrounds play together". The keyword is participation! Saturn presides over this chart and I hope reality is favourable.

We end the month also on a Saturn note, as he too stations and turns retrograde, calling us all to begin to review our handling of resources. Persons who have been mismanaging their personal and public resources will now begin to pay the piper! Another stock market correction? Maybe.

* taken from "The Sabian Symbols" by Marc Edmund Jones.



Creative Insight



with
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At Peace in the Light

The Further Adventures of a Reluctant Psychic
by Dannion Brinkley
HarperCollins Publishers, ISBN 0-06-017674-1



The second near-death experience gave me insight into the art of life. As my life passed before me, I could see the good I had done and experience it almost as though it were a sweet fragrance. Little things shown brightly. Instead of feeling fear, anger, and frustration, I felt joy, happiness, and love. There were times, for instance, when I bought somebody a meal, or helped them feel good about themselves. Even though these were brief moments in my life, they were significant and meaningful in this life review. It was obvious to me that all acts of kindness, great or small, carry a great amount of weight in the spiritual world.

by Jan

In 1975 Dannion Brinkley was struck by lightning. During his near-death experience he witnessed a life review — a powerful reenactment of many events throughout his life, but seen from both his perspective and the person on the receiving end of his actions. He was shown one hundred-seventeen events that would take place in the future, of which many have already occurred over the past twenty years. Then the Spiritual Beings gave him the idea for "Centres", clinics that would help people to reduce stress and explore their spiritual selves.

After "coming to" in the hospital he realized that he was gifted (or as he sometimes felt, cursed) with psychic abilities. He knew what others were thinking and when that was not congruent with what they were saying. Later he would have precognitive visions, and learned the appropriateness of when to share that information.

Dannion Brinkley's life has changed and he has learned how valuable his gifts truly are. After supporting an old family friend through his dying process he knew that his near-death experience and gift of intuition could help others come to an acceptance of death and a state of peace. He found the value of doing the life review that any one could benefit from without having to die. *In many ways it was a form of reminiscing. With the help of a friend like Peyser who knew my family and me, I was able to put my life into a perspective that I had never before had. Although having a life review in this fashion was not as dramatic as having a near-death experience, it was still very effective. As I listened to Peyser and his stories about my family and the Old South, I was changed just by knowing about my family roots.* Finding the spiritual connection in hospice work, the author is helping others to look at the past and prepare for their transition.

Having been with my father for a couple of days prior to his death, Dannion Brinkley's model of hospice support reminds me of the incredible peace, compassion and unconditional love that I felt. What an incredible gift for all persons involved!

The Mozart Effect

Tapping the Power of Music to Heal the Body,
Strengthen the Mind, and Unlock the Creative Spirit

by Don Campbell • Avon Books, ISBN #0-380-97418-5

...I have asked myself: Is music actually healing us, pulling us through crises, reorchestrating our abilities? By developing our listening skills, are we able to awaken our spirits and activate our immune systems, thereby restoring our injured bodies and scattered minds? The Mozart Effect is not a panacea, but it holds a key with which each of us can open ourselves up, to hear the world more efficiently — and to heal.

...the Mozart Effect encompasses traditional and indigenous sounds as well as classical and modern ones. Research has been done to show the improvement in spatial intelligence while playing Mozart's *Sonata for Two Pianos* or his violin concertos #3 and #4 and quiet Baroque music can disguise or even neutralize the penetrating sounds of the dentist's drill. *Music is a natural pacemaker.* Listening to slower music slows the heart rate creating less physical tension and stress, calms the mind, and helps the body heal. The Mozart Effect can strengthen memory, improve learning, and enhance creativity.

As well as citing which pieces of music benefit different ailments or situations, he discusses toning — making our own healing sounds to help with pain and healing. There are exercises throughout the book if you choose to experiment with the effect of sounds for yourself and inspiring stories of treatments and cures. **The Mozart Effect** synthesizes volumes of research and information into one dynamite package.

Define Yourself and Discover Your Destiny!

"The Most Important Work
You Will Ever Do!"

by JoAnn Janson

ISBN 0-9680219-0-5

Defining is the act of going within in a constructive way to discover who we really are and what our purpose while on this earth really is. It is actually about learning both who we are and who we are not. Often the latter is the easier one to begin with, followed by the gradual and inevitable realization of who we really are. As we embody more and more of the true self, we begin to establish and express the authenticity on the outside, thereby creating a life that is truly original, powerful, and masterful.

JoAnn Janson has put into a simple format a process she calls "Defining", the opening up to our inner wisdom. Releasing longstanding beliefs, thought systems and emotional baggage frees us to be in the flow of life. By cultivating a sense of awareness we can learn to distinguish the various steps we go through in our life cycles, take responsibility for our own lives and learn to give up old crutches.

The author identifies the steps of Defining to help us clarify what aspect of the process we are working through. Each person's journey is unique and as a novice it may take a little longer to sort through the confusion. Knowing that you will never be given more than you can handle and trusting the Flow will allow a gentler progression through each phase. You do not have to force or push to create a lesson. By acknowledging that this is a process, events will happen that allow you to move through yet another issue that has been waiting to be revealed.

I had to giggle when I read that once we have processed through one of our challenges we are offered a test to see if we really are finished with that particular lesson or not. "Been there!" It helps to remember that *your process is just your process, pure and simple..... your reward (in theory) is to move on with a heightened sense of freedom and accomplishment.*



Guest Book Review
by Angèle

The Relationship Deck
Vision Cards
by Christopher Moon

ISBN 0-9-684507-0-9

I received these cards as a gift last Christmas. They were hot off the press and Christopher wanted some feedback. Jan read through the book and felt she hadn't played enough with the deck to give it an honest evaluation, so I asked for them back and played with the deck a few times. I enjoyed reading the insights but the purpose of the cards is to take time to focus on a question ... even better to write it down, and then choose a card. I don't always have the time to do that.

He suggests that the cards could be used as a daily lesson, so I left the book in the bathroom and each morning as I contemplated what was moving through me I would let the book flip open to a page and read it. His cards have titles such as: Anger, Apology, Appreciation, Ask for Help, Attachment, Beginnings, Being Right, Boredom, Love, Commitment, Forgiveness, Fulfilment, Gifts from the Past, Expectations, Grievances, Jealousy, Manipulation, etc. After drawing a card, you look for it in the book, they are listed alphabetically. He then explains the theme process and gives guidance. Putting the two ideas together was appreciated as was his Aphorism's that led into each card. He put words to unspoken emotions so that as each situation surfaces old hurts can be understood and healed. His *Soul-Centred Psychology* approach makes me one hundred percent accountable for all that is happening in my life.

Christopher Moon's instructional book is about self-awareness and the motivations behind our programming. He often asks the question... "Do YOU want to change?" If so, he offers suggestions and guidance to help us get past another part of our programming. His intention is to encourage compassion and understanding for others as well as for oneself.

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TROUBLED SKIN?

"HERBAL CORTISONE" DISCOVERED IN GERMANY

A new, over-the-counter cream is being hailed as a natural alternative to cortisone; the topical prescription used last year by six million Canadians with troubled skin. Since they were first introduced in the early 1950's, cortisone creams have been the standard treatment for skin problems such as eczema and dermatitis. Though effective, long term use of cortisone creams have been known to cause side effects ranging from thinning of the skin to cataracts, immune suppression, and diabetes. After 16 years of research in collaboration with several European Universities, a team of German Scientists have made a significant discovery. The researchers have isolated common plant extracts which, when combined, work like cortisone, but with **no side effects**. This herbal breakthrough has already been used to treat over 2000 European patients with skin disorders. Clinical studies conducted in Frankfurt, Germany suggest that this new "herbal cortisone" is as effective as many pharmaceutical cortisone creams. The new ointment has been approved in Germany where it has passed the strictest safety standards in the world.

Canadian clinical assessments seem to

corroborate the German findings. Dr. Heather Naesgaard and Dr. Garrett Swetlikoff, naturopathic physicians, have conducted the first Canadian assessments. Their results in treating eczema, dermatitis, diaper rash, cuts, burns, and hives have corroborated the Frankfurt study at an **85-90% success rate**. About half of their psoriasis patients are also experiencing significant relief. Further studies are pending as B.C. clinical scientist Dr. Ester Shehata, who works at UBC, is currently preparing protocols for further Canadian studies. Vancouver-based HerbaLab Inc. has begun distributing this new "herbal cortisone" under the brand name **HerbaCort** in British Columbia health food stores and selected pharmacies. Now there is an over-the-counter, natural alternative which is good news for the 1 in 6 Canadians who used topical cortisone prescriptions last year.



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October 1, 2, 1999 Ascending

Conclave's World Class Presenters

♥ **Craig Russel**, messenger, author and sage whose work with the Angels Akasha and Asun has inspired thousands of people around the world. His contact with the angels in 1987 has created a path to love, excellence, joy and self-realization through a spiritual consciousness known as Soul Journey. Craig resides in Vancouver, BC, Canada. His book 'Ancient Wisdoms Revealed' is testimonial to his work with the angels offering timeless pearls for enlightenment.

♥ **Paul Armitage**, composer, celestial music channel and co-host to the work known as Soul Journey, Paul's music has touched thousands of people with his recording titles. As host musician for the conclave, Paul will channel in the music from the celestial realms that truly soothes and heals the mind, body and soul, opening the door to the ascending hearts loving presence. Paul resides in Vancouver, BC

♥ **Aeolia**, author, *Awakening Your Inner Light*, International Recording Artist, and composer. For years, Aeolia's music has consistently been on the top of the New Age music charts, playing on major radio stations in the U.S., Canada, Australia and Europe. Aeolia tours globally presenting his interdimensional music concerts and transformational seminars. Aeolia is also known for his visionary art, and has appeared on several television networks in Los Angeles, Chicago, Toronto, Tokyo, New Mexico, and West Germany. His book *Awakening Your Inner Light* won the 1992 Best Book of the Year Award. Aeolia resides in Palm Springs, CA

♥ **Dr. Norma Milanovich**, world speaker, author *We, The Arcturians*, *Sacred Journey To Atlantis* and *The Light shall set you Free*. Dr. Milanovich conducts uplifting, motivational, and energizing workshops and is well-recognized for her work with the Ascended Master Kuthumi. Norma travels worldwide sharing the teachings of the Masters while speaking at conventions and guiding spiritual journeys. Dr. Milanovich resides in Albuquerque, New Mexico.

♥ **Mahara Brenna**, is a Holistic Health Educator, Rebirther and Spiritual Counselor. As a Senior 'PlayFair' Performer, Mahara has celebrated 13 years of inspiring 'Community-Building' on Canadian and American campuses, in business and conferences with groups of 7 to 7000. Mahara studied at the Holistic Health Institute in Santa Cruz, California, has her Doctorate in Theology and later graduated from the Justice Institute of BC in 'Conflict Resolution and Mediation'. Mahara currently resides in West Vancouver, BC.

♥ **Troi Lenard**, Doctor of Esoteric Philosophy and Akashic Life reader, Troy is a sound, color and ray specialist who mediates the vibrational information stored in the Records of the Soul, providing an overview for self-guidance. Troi came into his self-realization in a public forum in 1976 called the 'World Symposium on Humanity' organized by the Silks under Yogi Bajan, an order of Kundalini Yoga. Troi has been under the guidance of the Ascended Master Djwhal Khul ever since. Groups in Canada, England, Australia and New Zealand continue to be initiated and benefited by his visits.

Welcome to the 'Ascending Hearts Conclave'. The life and our relationship to source, to heal all expressions of fear, restore personal freedom for all to enjoy as we build a peaceful and sane world we are hosting a wonderful diversity of messengers, speakers, entertainers. The angels Akasha and Asun host the over lighting presence. *Craig Russel ...messenger...author and sage...a man with a messenger consciousness...called Soul Journey*
Paul Armitage ...a gifted composer whose hands of magic brings forth. Join us in celebration of life and the incoming millennium.

♥ **Prince Hirindra Singh**, born in Patiala, India, comes from the heritage of one of India's great Royal Families. His father was His Highness, The Maharajah, Sir Bhupindra Singh, one of the most powerful of India's 525 Kings. Like a modern day Siddhartha, at the age of 23 the Prince renounced his life of luxury. He gave his inheritance away to charity and left home to seek enlightenment amongst the great sages and yogis of the Himalayan mountains. Today he tours the world sharing his knowledge with thousands.

♥ **James F. Shea**, B.A., M.A., Psychology...James is a gifted visionary, inspirational speaker and dynamic workshop leader. He is the Founder and Director of 'The Institute for Transpersonal Empowerment' and author of *When Time is of the Essence: Vision Centered Leadership*. James is an acknowledged leader in the field of psycho-spiritual awakening consulting with private sector business and governments since 1980. James resides in Vancouver, BC.

♥ **Jo Dunning**, from Tucson, Arizona, is world renown for her gift of healing and ability to expand consciousness and dramatically accelerate spiritual growth. She looks and acts an ordinary person and yet is able to expand the lives of an entire room of people using the energy focused through a seemingly simple hand gesture or moment of silence. She has been featured on radio and television talk shows and draws large crowds as she travels sharing her gifts. Jo has the ability to speak to the Heart of each person, releasing their pain and expanding their consciousness.

Conclave location: Best Western K

A one hour drive from Vancouver. **Conclave admission \$300 Cdn.** Tick Order your ticket packages directly by making a check payable to 'Craig Doors open at 5:30pm, Friday Oct 1. Conclave continues Saturday morning have been completely booked, however, **special room rates** have been 1-800-520-7555 early to secure your room at the special price. Seating for 1999. Special room rates have also been arranged at the Best Western R from the Conclave. If you book your room at this hotel your password to the **journey.com**. Our Conclave Organizer is **Cameron Steele**. You **ascendinghearts@home.com** You may reach the Soul Journey office at

& 3, 1999

Hearts Conclave



Conclave's intent is to attain a greater return to love, to better understand ourselves, giving a loving open heart and divine will, and expand consciousness to create new together. As the Conclave is also a celebration of our efforts to grow and awaken, s, musicians, singers, actors and community creators to celebrate Conclave with of the Ascended and Angelic Beings of Light. Your Conclave Hosts are: e that changes lives who offers a new path to excellence through a spiritual music that heals the mind, body and soul.

♥ **Richard Patton**, author, *The Autobiography of Jesus of Nazareth and the Missing Years*. Undergoing deep regression therapy, the author found that not only had he known the man we have now come to know as Jesus, but that he had been present at the most infamous meal of all time. Richard who comes from England is now residing in Vancouver, BC. Richard credits Krishnamurti as the first who directed his attention to the wealth of information that lived on in India with regards to Jesus' travels.

♥ **Karen Ray Wilson**, Karen has performed internationally in many capacities as a singer, actress, composer and motivational speaker. Karen played key roles at the 4th U.N. Conference for Women in Beijing, Women of Vision Conference in Washington, DC, 'Explorations 94 - Women's Conference, BC, and led meditations for World Peace as the special guest of President Dr. Kenneth Kaunda of Zambia on the shores of Lake Tanganyika.

♥ **Marjorie Haynes**, "An Angel with Two Pearls" is an Icelandic translation of her birth name. Two pearls, two talents, blended in the art of hands-on healing with melodic vocal tones, give Marjorie a unique approach to her private practice as a spiritual teacher, healer and medical practitioner at the 'Open Door Healing Arts Center in Vancouver. Her conclave presentation, "The Gift of Fibromyalgia," is an inspiring view for everyone to witness the potential of healing not just for ourselves but for the Earth and beyond.

Our Entertainers are:

♥ **Matisha** is an international recording artist, whose work with the dolphins, his heart warming music and his work as actor/comedian, have inspired thousands of people in North America. Matisha joins us at conclave for the third time, sharing his music, love and comedy in a way that is truly heart warming. Matisha resides in Hawaii.

♥ **Dwain Briggs**, international recording artist, singer, songwriter from Hollywood, Dwain has a singing voice that expresses the Christ on earth. Thousands of people are treated to the experience of Dwain's voice as he appears at Whole Life and Lightworkers conferences globally, sharing songs of the Heart and Life's Great Presence.

♥ **'Martin and O'Shea'**, Bruce and Susan are recording artists from Calgary, Alberta. They play a variety of hand drums, flute and acoustic guitar, and write and sing vibrant songs and chants celebrating Nature and Spirit. You don't want to miss the music of Susan and Bruce. They reside in Calgary, Alberta.

♥ **Leonard Eaglecloud**, is a First Nations Lacota, Huron and Metis Pipe Carrier, whose work as a singer/songwriter, miracle man, work on the Medicine Wheel, and a 'Calling of Eagles' has brought him to the attention of thousands of people. He brings a world of experiences, music and knowledge to his healing workshops.

♥ **Anaya Farrell**, actor, singer and songwriter, her voice reaching into the heart of the soul. Anaya resides in Vancouver, BC.

♥ **Alchemy**, Canadian music group including Paul Armitage who can be regularly heard at Unity Church. Their harmonic music is heavenly and inspirational. The Group resides in B.C.

♥ **Wayne Powell**, International Recording Artist/Producer from Hawaii. Wayne will be performing his new CD with Paul Armitage entitled *The Secret of You*.

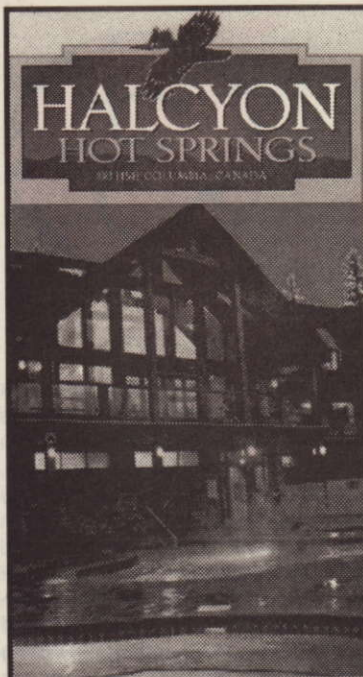
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Rainbow Country Inn,

ets available at Soul Journey or call our Office Mgr. Tim White at 604-267-0985. ussell', and mail to #227-4875 Valley Drive, Vancouver, BC, V6J 4B8. and evening and concludes Sunday at 6:00pm. The rooms at the Rainbow Country Inn arranged at the Holiday Inn, Chilliwack for conclave attendants. Contact this hotel at r Conclave will be limited to 400 attendants, so register early. No refunds after Aug. 31, gency Inn, Abbotsford, BC, 1-800-771-3077 or 1-604-857-2280, which is only 10 miles special rates is 'Sol'. You may also order your tickets through our Web Site www.soul-journey.com may page him at 604-977-6186, or call directly 604-731-7745 or e-mail him at: 604-267-0985 and ask for Timothy. Our office e-mail: souljourney@home.com

Soul Journey Coordinators are:

Vancouver:	Louise	604-924-2079
Vancouver:	Francesca	604-868-8506
Vernon:	Deanna	250-558-5455
Kelowna:	Jenny	250-764-8740
Kamloops:	Theresa	250-374-3104
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Reiki Principles

by Michael Kruger

Earn Your Living Honestly

I like to view this term as "living your life honestly". It is an interpretation of how I view myself, the things I do, and how it affects the people and the planet. In an ideal world I see people honoring themselves, walking with awareness of how their actions can affect the outcome of what happens. If we see something that is harmful or dangerous we bring our awareness to it and as an individual or a group we work to remedy the imbalance. In some ways the replanting of trees, the green belts in the cities, the cleaning of our lakes and streams, or a single person picking up a gum wrapper all make a difference. Maybe it's as simple as helping another with a task, giving directions or helping someone to cross the street.

The things I have just mentioned are on the physical plane. It's important to look inside as well in honoring your life with a kind thought and a gentle hand in dealing with all that happens — treating everyone from a place of love and compassion. I believe if people did this for even one day it would change the world we live in. This can all start, one person at a time.

Wake Each Morning with Joy in Your Heart and Give Thanks to all That Comes to You

Have you ever woken in the morning and wanted to stay in bed? Or have you gone to bed and been surprised you made it through another one and were still alive? I have. For a very long time I viewed my life on many days as just surviving from one to the next. It was not until I started to live in the present that it changed.

Being aware of everything that is happening around me is very special. To be able to enjoy life as it goes through its shifts and changes, the good and the challenges, I find myself learning lessons every day that make me a better person. A feeling of inner peace is the gift that surrounds me as I write these words and look forward to the future unfolding.

Health Matters

by Doug Muldoon
at Nature's Fare

The Top Ten Reasons to Buy Organic Foods

1. Protect Future Generations... The average child receives four times more exposure than adults to at least eight cancer-causing pesticides.

2. Prevent Soil Erosion ... More than three billion tons of topsoil is eroded from North American crop lands every year. That means soil is eroding seven times faster than it is being built up. Conventional farming is used more as a medium for holding the plants up so they can be chemically fertilized. American farmers are suffering from the worst soil erosion in history.

3. Protect Water Quality ... It is estimated that over half of the drinking water from groundwater sources in the United States is contaminated from pesticides.

4. Save Energy ... Large scale factory farms are highly dependent upon fossil fuels. Modern farming methods use more petroleum than any other single industry. More energy is used to produce synthetic fertilizers than to fill, cultivate and harvest all the crops in the United States.

5. Keep the Chemicals off your Plate ... The EPA estimates that 60% of all herbicides, 90% of all fungicides and 30% of all insecticides are carcinogenic (cancer causing). A 1992 analysis of 5,592 **washed and peeled** fruits and vegetables showed that 61% of them contained pesticide residues. Bon appetite!

6. Protect the Farmer's Health ... In California, reported pesticide poisonings among farm workers have risen an average of 14% per year since 1973 and doubled between 1975 and 1985. An estimated one million farm workers are poisoned annually by pesticides.

7. Help Small Farmers ... Most organic farms are independently owned and operated family farms of less than 100 acres.

8. Support a True Economy ... Although organic foods may seem more expensive, conventional food prices do not reflect costs borne by taxpayers — including billions of dollars in provincial and federal agriculture subsidies. Other hidden costs include pesticide regulation and testing, hazardous waste disposal and cleanup and on-going environmental damage.

9. Promote Biodiversity ... Mono cropping is the practice of planting large plots of land with the same crop year after year. This makes it highly efficient for the large scale farms however, the lack of natural diversity has left the soil lacking in natural minerals and nutrients. To replace these nutrients, more and more fertilizers are used, often in larger amounts.

10. Organic Just Tastes Better ... There's a good reason why so many chefs (professional and domestic) use organic foods — they taste better. Organic foods are very good for you.

Other Little Known Facts ...

- The sale of organic foods in North America topped \$4.7 billion in 1997 and is continuing double digit growth.
- Organic produce sales are close to 2% of the total North American produce market and is growing yearly.
- Organic produce is estimated to be 10% of all produce sold within ten years (USDA)
- 30% of US consumers buy organic foods regularly.
- One out of three shoppers have now changed their eating habits or sought organic produce due to news reports regarding pesticide and chemical use.
- 84% of consumers purchasing produce are concerned with quality, taste and freshness. Taste is the most cited reason people continue to buy organic foods.
- Organic food is good for you and good for the earth.



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Wise Woman Weekend

by Laure Burnham



SPIRITUALITY & ECOLOGY

by
Betty Nickerson



It is very significant that the last year of this millenium is the United Nation's Year of the Older Person. The next millennium will usher in a new world, with the population dominated in North America and Europe by older people. The Third Annual "Wise Woman Weekend" Sept. 17, 18, & 19th at Naramata Centre will be a celebration of this new age. It will be an opportunity for women to collectively explore and express our inherent wisdom, wit and creativity.

No longer silent about our experiences, women have begun to look at, talk about and own their aging processes, including Menopause. We are taking responsibility for our own lives. We understand very well that the aging process is not something to be feared, that no stereotypes can define us, just as rocking chairs and society's expectations can confine us.

"We are like trees, we humans, and the language of aging is all wrong. We do not become old, we do not pass through all these discrete ages named infancy, childhood, adolescence, adulthood, middle age, old age. We are born as a core that is built up, layer upon layer over all the minutes and hours and days and years of our lives. And all that richness of detail, every self we were at any point in time is still there." from The American Gardener.

Life expectancy for women has doubled since the beginning of the 20th century. There are 23 million women over 65 in North America, a nation of wise women elders. Not only is this phenomenon unprecedented in history, an additional influence is that by the time the last baby boomers enter menopause, there will be 63 million post-menopausal women in North America. Seen in another light, North America is now experiencing "The Change."

In a curious way, our own experiences as women in the aging process is becoming a culture's experience. Rather than something to be feared, Menopause is now seen more as a gateway to a second adulthood. If fifty is the old age of youth, then fifty is the youth of this second adulthood. We recognize our own ripening, our female body's natural response to the passage of time.

"Women need to devise their own Rite of Passage, a celebration of what could be regarded as the restoration of a woman to herself." Germaine Greer "The Change"

When we can find ways to acknowledge and honor our own changes, we give our lives dignity and meaning. Wise Woman Weekend is an opportunity to safely explore those changes in the company of like-minded women. Something magical happens in an atmosphere of shared experience, of acceptance, empathy and joy. We find ourselves, and we can celebrate our discoveries. We will spend a few precious days together with other Wise Women, talking, sharing, learning. We can dance, sing, and celebrate ... we can come home to ourselves. *See back section for details*

Everything we are — the flesh of our bodies, the blood in our veins, the minerals in our bones — everything that is 'us' comes from Mother Earth. She nurtures all living things, keeping them in balance, in harmony, ensuring that all grow as needs require. Hers is the only source available.

Only Spirit, given by the Creator, requires activation by a healthy body and agile brain. Without Earth and her generosity we are nothing.

Modern life disassociates us from the Earth causing many to think we grow from the contents of plastic packages, powerful pills, frying pans and hamburgers. We are from much more humble stuff. All living things from the smallest molecules to the most powerful person, the most enormous tree, whale, or ocean reef are merely and only reconstituted elements of the Earth.

She has provided us well, given us all we need or can have from the great storehouses of wealth and life that is our planet. Our indebtedness gathers interest from the origin of life on Earth, for without the roles played by the smallest organisms which emerged since the beginning of time, we could not gather all we need to live.

In our souls we know this from most ancient Time. By whatever name we call it, spirituality derives from the Life Force. It compels every living thing to grow and multiply until all of Earth has become populated with life.

We humans are assumed to be the highest manifestation of life's complexity. But are we? Our fertile brain and enormous ego has caused too many of us to believe that all things are our right, created for our benefit. Can we place ourselves above a sunrise, above a flower, a rushing stream or a tree, or are we not also, part of All That Is?

We too often fail to see that our rich heritage is gleaned from the gifts of the Earth. We have exploited this generosity with greed, excess, selfishness and waste. The time is now to reassess our place in the universe, not as rulers but as partners, strands in the Web of Life that weaves each living thing into the whole.

We will do this by living mindfully with love and awe. By this we will become responsible and deserving. By making ever wiser choices and taking responsibility for our use of the Earth we honour the Life Force to live more harmoniously with the land. We can discover how we share life with creatures and other living things which inhabit the planet with us. We can learn to consciously share Life and the miracles around us. Once we accomplish this through our intelligence and our choices, all Life will be significantly enriched, and we will begin to right the wrongs committed in our name. Our participation is urgent.

Betty started the Amazing Grays Conference many years ago on Vancouver Island. She is our honoured keynote speaker and a workshop instructor at the Wise Woman Weekend, Sept. 17, 18 & 19, in Naramata, BC.

My Journey

by Margaret Gabriel

I was born in 1934 in Doncaster, a small industrial town in south-east Yorkshire, not exactly James Herriot country. My mother died when I was five, my younger brother three and my older brother seven. At that time we were living in Nottingham close to Sherwood Forest. We were sent to my Granny in Doncaster. My father was away in the Second World War. He didn't know about my mother's death until a month after. No one told me that my mother had died. No one held me. No one said how sorry they were.

At six I could read well and my big escape from daily beatings from my Granny was to traipse across town by myself to the Doncaster Public Library where I would climb on top of a leather stool and read 'Arthur Mees Book of Knowledge: The Children's Encyclopaedia. It was there that I read about "Land of the silver birch, home of the beaver....." and started to visualise Canada, just KNOWING that one day I would be there. Life at my Granny's was dismal to say the least. At one time I had scabies, lice, impetigo and was suffering from malnutrition. The rule of the house was that the males got the rations—remember this was wartime, the women got the leftovers. Also my seventeen year old cousin had taken to visiting my bed nightly and I daren't tell anyone. When I eventually did tell my Granny she forbade anyone in the house to talk to me for two months because I had 'led him on.' But also at this time a wonderful thing happened. I was returning from

the library and was in Doncaster town centre when my attention was caught by the sound of the most beautiful music I had ever heard. It was coming from a procession where little girls wearing white dresses were throwing rose petals on the ground before a statue of a beautiful lady with a very kind face that was being shouldered by two men. Again I just KNEW without a doubt that she would watch over me.

At eighteen I was received into the Catholic Church. At twenty-three I arrived in Canada. At twenty-four I was married and my three children, Julian, Jane and Anne were born within the next three years. John, my husband, played the bassoon in the Vancouver Symphony Orchestra. When Anne was two-and-a-half he ran away with the lady bass player. As he wouldn't give me child support, and I was too clued out or traumatised to insist, I went to work at Duthie Books continuing my fascination with books. At thirty-one I was divorced and as well as fulltime work I studied English Literature at Langara College two evenings a week and film at UBC on Saturday mornings. Remember, this was the time of women's consciousness-raising when we were challenged to be super-women. I look back now and not only wonder HOW I did it but WHY. I know now that my children suffered because I was either not there or too tired to take much interest in them when I was. In fact THEY became my caregivers.

I went on to work at the film department at CBC. I took Chef-Training at the Vancouver Vocational Institute and ran my own catering service, La Chanterelle. I also studied Aromatherapy with the London School of Aromatherapy and had my own practice. Worked in two antiquarian bookstores before opening my own store Margaret Gabriel: Bookseller on Broadway in Vancouver. During all this I had re-married, very much on the rebound to someone I had hired at Duthies. He is a nice man, but it was a mistake to marry. Again a divorce before meeting



my best friend and soul-mate, Leigh. We had our Sufi wedding at Aberthau which means House of Light and our legal wedding after our honeymoon on Maui, in the roof-garden, which we had helped to create, of the Manhattan Housing Co-op where we were living at that time. Third time lucky!

Leagh and I have similar aspirations. He trained as a music therapist and I met him at a Healing with Music workshop in 1981. (He now works for BC Rail) He went to the Findhorn Foundation a couple of years before me. Together we brought Shakti Gawain to Canada for her first visit in 1981 and later brought in Caroline Myss for her first visit to Canada. I have tapes of this which I will bring to Wise Woman Weekend.

Leagh's Sufi name is Karim which means 'generous one of God,' mine is Jalilah, 'radiance of God.' We both try to emulate our names. We were drawn to the Sufi path initially because of the music, then the Dances of Universal Peace and of the deep respect for all the prophets, saints and wise men and women of all the different faiths and of the feeling of reverence and glorification of nature. However, Sufis don't proselytise so I am going to stop right here.

My latest enthusiasm is painting. I have been taken under the wing of Gloria Masse, who shows at the John Ramsay Gallery in Vancouver and who lives on Gambier Island. I am truly blessed. I thought I could see before but now I am beginning to REALLY see.

We now have five grandchildren and a sixth expected in the Fall. As you can imagine our children and grandchildren are a source of constant joy and interest. We feel that now is the time to begin to repay all the help we have experienced along our journey. To this end we bought a rustic home on Gambier Island in Howe Sound which we run as a Bed and Breakfast and as a retreat for small groups. The house is full of books, music, aromatherapy and fresh, delicious food—all our interests flowering to help nurture our visitors. What with the lack of traffic, the eagles, the deer, the good fresh air and the deep profound peace I often wonder, "What is a little girl from Doncaster doing in a place like this?" I am so looking forward to hearing about and sharing your life's journey.

Margaret is an instructor at the Wise Woman Weekend



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CONSULTANT INQUIRIES WELCOME

Rosa Mosqueta

by Klaus Ferlow

One wild rose that grows in the pollution-free environment of the southern Andes of South America is called Rosa aff. Rubiginosa, but the natives call it Rosa Mosqueta. The flowers are pink and only live for about twenty-four hours. Then the petals drop away and are replaced by a fruit—the rose hip. This fruit is used to make a delicious tart jam and tea high in Vitamin C and Retinol (Vitamin A). The plant develops a colourful orange red seed pod and from the seeds of these pods is pressed an oil rich in essential fatty acids, which are partly responsible for the Rosa Mosqueta's beneficial action on your skin.

In 1978 Carlos Amin Vasquez, MD discovered that the unique oil from the seed of this species of rose hips was excellent in treating seriously burned patients. Healing was faster, and the rejuvenation of the skin tissue was superior to other treatments.

Radiologist and oncologist Dr. Hans Harbst found that Rosa Mosqueta oil was excellent as a treatment for the "tracking" and other dermatological problems following radiation therapy. Treatment with the oil before and after radiation prevents damage of the white cells.

"As a radiotherapist, I work with many patients who have undergone surgery and therefore have scars," explains Dr. Harbst. With ongoing use of the oil even older scars can, within six to twelve months, diminish or disappear! Also Rosa Mosqueta oil actually reduces wrinkles, lines, heals UV damaged skin, prevents scaling and blistering and improves the skin and hair in general.

The most effective way to benefit from the RMSO (Rosa Mosqueta Seed Oil) is by using it as skin rehydrator. As we age, oil glands diminish in size. People produce ten times more oil at the age of twenty-five than at age fifty!! This condition is aggravated by climatic and environmental conditions such as dryness and air toxicity. Due to lack of oil and depleted moisture, the skin starts to deteriorate. RMSO, with its high absorption level, penetrates the skin almost instantly to restore this needed moisture balance.

The examples of skin improvement using RMSO oil and cream seem almost miraculous and even when using the shampoos and soaps. Combined with other herbs and premium vegetable oils (some herbs are anti-aging) it was discovered that their results are even better. Photo-aging is characterized by wrinkled, yellow, lax, rough, leathery, inelastic, and/or coarse skin with spotted hyper-or-hypopigmentation. RMSO is very efficient in halting and even reversing the effects produced by sun radiation on the skin. It may take four or more months for the total disappearance of superficial wrinkles and significant dissipation of hyperpigmented spots.

To dissipate surgical and traumatic dermal scars the RMSO should be applied after the stitches have been removed and the wound is totally healed. After washing the area, apply oil on dry skin with soft massage until no oil is on the surface. The effects should be noticeable after three to four months, skin should recover its elasticity and the colour of the skin should improve significantly.

Try the Rosa Mosqueta oil, cream or soap for yourself; you are the judge!



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See ad to the left

Altars, Offerings and Soaps

by Tim Moore

The owner-built houses in Venables Valley are unique. Mine for example is shaped like a sausage. Another reminds one of a pink rocketship. There are a couple of A-frames, a couple of strawbale houses, a tire house, an earth house, a spired octagonal monolith and a pyramid under construction. There are also miscellaneous trailers, yurts and cabins of various shapes and sizes scattered and nestled among trees from one end of the valley to the other. Viewed from above it is a peculiar collage of architectural anomalies.

But no matter what the construction medium, and no matter what rung of the social ladder an owner may occupy, every house in Venables Valley does have one common feature. They are all equipped with a central fixture not usually found in suburban showpieces. That fixture is an altar.

The altars themselves vary in design from large and ornate to simple and functional, but the purpose of the altar is always the same. It is the focal point for worship, and more specifically where offerings are made. Here we offer fruits, flowers, honey and spices.

An altar has neatly arranged pictures of Radha and Krishna and one's guru(s), a candle or two, an incense holder, a couple of flower vases and

room to put a plate of food when it is being offered. The plate itself is strictly reserved for use by Radha and Krishna. The altar is kept meticulously clean. Even those who are possessed of slovenly habits, myself for example, if nothing else, will always keep the altar clean and organized.

The offering process is simple. One places the item, usually it's food, on the altar, bows down, rings a bell and chants some prayers. If one is not in a particularly devotional mood the prayers may be said with the speed of lightning. The altar thus serves as a reminder: I am a servant in this house, the real owners are Radha and Krishna. They eat before me. So on two polished and bevelled planks of 2x12 lumber protruding from the wall in my living room the final phase of making transcendental soap takes place. Bell in hand, head to the ground and uttering prayers I ask Radha and Krishna to please accept the fruit of my humble labor.

After They have enjoyed, then we, the common subjects in God's Kingdom, may use the duly sanctified offering for our mortal purposes. This is the practice of Bhakti yoga, union through devotion, and this is what the products from the Saranagati Village in Venables Valley are all about. *see ad below*

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Calendar of Events



July 4 - 9

Visions Dreams & the New Millennium, at Johnson's Landing Retreat near Kaslo, p. 4

July 6

Eurythmy classes start with Christine Heughan at Kelowna Waldorf School, Kelowna, p. 20

July 8

Healing Circle, begins weekly for people with cancer, Peachland. Rea 250-767-2784

July 9

Inspirational Art, come and learn how to do intuitive art, Aurora's Natural Health Centre, Kelowna, \$10, 7-9pm, 250-491-0642, p. 42

July 8 - 13

Women's Earth Medicine Retreat with Blanche Tanner on Kootenay Lake. p. 42

July 9, 10, 11

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

July 10

Cedar Creek Health Fair with Vegetarian Potluck in Kelowna at Camp Dunlop, p. 8

July 15

Dream Interpretation with Pamela Thrift Kelowna Women's Res. Ctr., 712-0041

Reflexology, come and learn what stories your feet tell, Aurora's Natural Health Centre in Kelowna, 7-9pm, \$5, 250-491-0642, p. 42

July 15 - 18

The Ishayas' Ascension - Searching for the key to full human consciousness? Or just looking for simple stress relief? In Kelowna, free introductory lecture, Thurs. 7pm. Workshop starts Fri., 7pm \$290. For more info call 250-764-0359

July 16

Counselling Hypnotherapy Certification Training starts in Kelowna, The Orca Inst. p. 13

July 16 - 18

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

July 17

Mandala's from Within, with Pamela Thrift, Dare to Dream, Kelowna, 712-0041, p11 & p.8

July 17 - 25

Becoming Ourselves, with Lynne Gordon-Mündel in Kamloops, p. 16

July 20

Dream Interpretation Course, begins (6 weeks) with Pamela Thrift, Kelowna Women's Resource. Ctr, Tuesdays, \$55. 712-0041

July 22

Dream Interpretation Course, begins (6 week) with Pamela Thrift, Dare to Dream, Kelowna, Thursdays, \$55. 712-0041

Ear Candling, come and experience ear candling, Aurora's Natural Health Centre in Kelowna, 7-9pm, \$10, 250-491-0642, p. 42-

July 22 - 25

The Tempest, at Waterfront Park Island Stage in Kelowna, p. 28

July 26

Counsellor Training begins in Kelowna with Counsellor Training Institute of Canada, p. 2

July 26 - 31

Trager Beginner Training, in Vernon with Amrita Daigle. p. 22

July 29

Emotional Kinesiology (Polarity), Stressed? Come and learn how to release. Aurora's in Kelowna, \$5, 250-491-0642, p. 42

July 30

The Alchemy of Healing, Intro Lecture with Paul Hubbert in Vernon, p. 27

August 7

Antiques & Collectibles, Exhibition and Roadshow at Kelowna Curling Club, p. 21

August 7 - 11

Energy Awareness Retreat with Denie Hiestand, Courtney, BC. p.5

August 12

Gem Therapy, Learn how nature can help us heal. Aurora's Natural Health Centre in Kelowna, 7-9pm, \$5. 250-491-0642, p. 42

August 19

Mind Power, Mind over Matter - We create everything. At Aurora's Natural Health Centre in Kelowna, 7-9pm, \$5. 250-491-0642, p. 42

August 20-22

Personal Miracles & Experiential Transformation with Ramakanta in Cherryville, BC, p. 24

August 26 - 29

Alton's Melchizedek Method - Level 1, in Vernon with Patricia & Gayle, p. 26

August 28

Psychic Circle at The Many Splendid Thing in Vernon, p. 17

September 24 - 26

Questers Society annual convention will be held at 100 Mile House at the Emissaries Lodge phone 250-380-0870. More details next Issues.

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July 30 - Core Alignment!

An intro to self-hypnosis and aligning yourself with the core of your being. A journey towards self-discovery: finding joy, happiness, love and peace in one's life. Join **Les Jmaeff**, NLP Master Practitioner who lives in Peachland.

August 6 - Empowerment using Timeline Strategies! Explore the depths of the unconscious mind through ritual space and time line therapies. Developing and accessing the witness self. Join **Les Jmaeff**, NLP Master Practitioner of Peachland.

August 13 - Spiritual Exercises

Using various physical exercises be guided on a path towards inner awareness. **Loro Tylor** just moved to Naramata.

August 20 - Soul Print Astrology

Get insights into your personal chart, which reveals your uniqueness and gifts. **Racey Allen** has been an astrologer for 10 years. An instructor at Reflections Books in Coquitlam.

September 22 - 26

Dr. Sharon Forrest from San Diego. Back by popular demand - Cellular Soul Memory Clearing & Healing the Wounds Workshop, at Aurora's Nat. Hlth. Ctr. in Kelowna, 491-0642, p. 42

September 29

Excelex, authors of Nectar of the Gods & Karma Release Technique, at Aurora's Hlth. Ctr. in Kelowna, 6:30-10pm, 250-491-0642, p. 42

ONGOING EVENTS

MONDAY in Kelowna

Meditation & Messages from and for the heart at Aurora's, 6:30 - 9:30pm. \$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.

Emotional Polarity Therapy

by Carole Collins LCSP (Phys),

Emotional Polarity Therapy is an outstanding holistic healing technique that addresses the causes of the physical or emotional aspect of health or a lack of it. The blockages are effectively removed in a gentle, non-invasive way.

Our thoughts and emotions are powerful dynamic forces that influence every aspect of our lives and are major causative factors in either health or dis-ease of our body and mind. How we feel and think about ourselves is what we become. Whether we realize it or not our conscious and unconscious attitudes (belief systems) and feelings (emotions) powerfully affect the cells, tissues and organs of our physical bodies as well as the conditions we experience in the world around us.

Through Emotional Polarity Therapy we identify and diffuse the old limiting belief system and install limitless positive affirming beliefs resulting in personal empowerment.

Emotional Polarity Therapy has been developed upon the foundations of Emotional Polarity Technique by Doctors R. and A. Cargioli, BK (Behavioural Kinesiology, founder John Diamond), NET (neuroemotional technique by Scott Walker), AK (Applied Kinesiology by Dr. G. Goodheart), CRA (Contact Reflex Analysis by Dr. D. Versendaal), NDT (New Decision Therapy by K. Blakely), GeoTran and other techniques.

In the 1950's Dr. George Goodheart studied Kinesiology in France and returned to the United States to share information with other doctors. He discovered that each large muscle corresponds to a body organ and that weakness in a particular muscle usually indicates a problem in the energy level in the associated organ.

The procedure of Applied Kinesiology has developed based on Dr. Goodheart's research. Many doctors and health practitioners since then have been using different testing techniques based on that research.

Kinesiology is the study of the principles of anatomical mechanics in relation to human movement. The Greek word "kineses" means motion and "ology" means the study of.

The combined terms Applied and Kinesiology describe the basics of the system. It is the use of the manual energy check to evaluate a body function through the dynamics of the musculoskeletal system. AK offers feedback from the body itself. The insights are gained mutually between the practitioner and the client.

Other therapies were developed over the years based on those teachings, such as Touch for Health. Behavioural Kinesiology (BK), Neuroemotional Technique (NET), Emotional Polarity Technique and many more. These methods are focused on the psychological, environmental and emotional factors in the person's life and erasing their negative effect from memory fields at the cellular and genetic levels.

These fields of who we are can be compared to computer memory. The information in the computer memory is called up and used by the computer operator to create whatever it is he/she wished to create. If the software in the computer is accurate, the computer will have success in his/her creation.

If the original from the manufacturer has a "glitch", the

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operator will find it difficult to use the program for its original purpose and in many cases, the operator can not use the program at all. It must be sent back to manufacturer to "debug" the glitch.

The operator can change the information he/she enters into the computer daily. But the more glitches in the manufacturer's program one encounters per day, the more one's life retreats into the safety of mediocrity, fearing to risk a new direction, knowing from past experience another wall be there.

Our subconscious mind stores all the programs of the past, similar to a hard drive in a computer and our lives unfold in congruency with those problems. The good news is that we have the ability to change or delete any information that is no longer appropriate or desired in our present situation.

It has to be our conscious choice to change the program or to correct the information that is outdated or obsolete.

Emotional Polarity Therapy is the tool that will allow us to change the violation of choice that is programmed into the morphogenic field. Now we can send the brain correct information for creation of new behaviour patterns, personal empowerment, high self-esteem, health, happiness & prosperity.

Emotional Polarity Therapy identifies specific traumas and uproots them quickly. It is psychosurgery and yet it is gentle and non-invasive. Emotional Polarity Therapy is not another quick fix in the age of instant everything. It is not another unconscious distraction desiring immediate gratification. This is Quantum Healing that happens in a moment of conscious remembering. The result brings us into a new level of growth and acceptance. *See ad below*

*Carole is one of the 30 instructors at the
Wise Woman Weekend, Sept. 17, 18 & 19.*



CAROLE COLLINS LCSP (Phys)

Emotional Polarity Therapy Practitioner

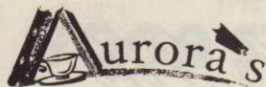
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Life Coach

Your Sandcastle Architect

by Karin C. Bauer

If I had a pebble for every time I have talked myself out of going for what I really wanted, how big would my sandbox of unrealized dreams be right now? I can visualize my sandbox clearly, and maybe you can see yours, too. Until I discovered Life Coaching, the sand in my sandbox just kept piling up. Sure, there was this dream, and that goal, and all my plans to get there. And, some of these things got started, few finished, some just slowly went nowhere.

I had always known that I have a spiritual calling to help others, but I needed to get a concrete plan of action to move through the blocks. And this, I could not have accomplished without a Life Coach in my corner—one who understood both my spiritual side and my practical side, to get me from where I was to where I wanted to go. Once I engaged in Life Coaching with my coach, it felt like a boulder of solid rock was loosened on the side of the hill; first the rock had to tilt side to side, then it lifted out of its old mould, onto the edge. With one last push, the rock started to roll down the hill, and it kept gaining momentum.

My coach helped me by keeping the rock steadily rolling, clearing away any obstacles that might have stood in the way. For once I was experiencing total freedom to go where the natural pull was and just going with the flow easily and effortlessly.

The things my coach really helped me with were by recognizing my gifts and hidden skills, believing in me fully and unconditionally, and then leveraging those gifts by building an action plan. Even changing my language, that little "monkey mind" that out of habit kept creating doubts, saying things like: "I'm not ready yet" or "This might not be the right place or time to pursue this career" or "Everyone else isn't doing so well, so how can I succeed." Starting a new project, career or business takes energy, and the monkey mind loves to sabotage me. So, my coach helped me to change that language and while listening deeply to me, she helped me to understand and remove my blocks.

Now, my sandbox of dreams is gaining shape; I am using my unique gifts by coaching other spiritual, creative people, and pebbles are turning into extraordinary, inspiring sandcastles! May I be your Life Coach and assist you in building your sandcastles? *See ad below*

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Interesting People

Bratty Angel visits Penticton

by Urmi



Sharon Forrest has an unusual past and a very interesting present. Sharon attended this year's Festival of Awareness and stayed in the area for a time afterwards doing workshops and healings. I had the pleasure of attending her workshop and having her stay at my home. Doing this interview with her opened the door to her elaborate and colourful life story. Sharon is a tall gorgeous blond but it is more the light around her that is attractive. I loved her down to earth practical nature, opulent fingernails, her love of a good meal and how she combines the "way out there" with the here and now.

She was born in Montreal to English speaking parents. Money was not lacking in her family but that did not spare her from a variety of dysfunctions that strongly influenced her life and helped open her talents and abilities for healing. In her words she explained, "Sometimes in a dysfunctional family the least dysfunctional person will become the scapegoat, so the family members are diverted from the real issues. Having experienced mental, physical and sexual abuse Sharon feels the one that leaves the deepest scars is psychological abuse because it can be so subtle."

Sharon began to show signs of being a healer at the age of five when she would heal animals and bless water to help people feel better. Her incredible psychic abilities started to emerge around the age of nine. She was hit by a bus after which she was in a coma for two weeks. A vision of Jesus and the light guided her back to continue her earth journey. As a young adult she found herself in the slums of Montreal helping the poor. She earned the endearing title of "Chere Ange" and counselled and befriended hundreds of people. She later realized these early days of rescuing people were a means of avoiding her own needs and that helping abused children was a way of rescuing her inner child. Sharon was soon thrown back to herself and her own involvement through marriage and raising children. This relationship repeated the abusive pattern that was established in childhood and she found herself with an extremely jealous, controlling and abusive husband. Somehow for Sharon these challenges only heightened her abilities to heal and counsel. She studied Psychology and naturopathic medicine to accredit her talents and to better understand people. Sharon's psychic abilities continued to expand. In order to protect herself as a healer she studied transpersonal psychology, transformational hypnotherapy and became an ordained minister. Miracles were beginning to happen and an opportunity to create a healing centre arose. She was given a twenty acre property to do her work. By this time her marriage had dissolved and her dream to establish a hospital with the purpose of empowering people towards their own self healing, became a reality. She furthered her studies by adding Nutrition, Homeopathy and Clinical Hypnosis. Since many of the techniques she was experimenting with were not acknowledged here, she gave up the



centre and travelled internationally for five years doing healing work before finally deciding to take her work to Mexico City. She set up a clinic for chronic degenerative diseases and healing the wounds of childhood. When the Chiapas riots occurred Sharon was forced out and lost everything she had established there. She recounts this as a lesson, "I let my desire for the dream override my feelings about doing a centre in that area. I kept getting inner messages right from the start that there would be trouble, but I didn't want to listen. All in all, it was a great experiment, many people were helped by our program."

That centre closed in 1992 and since then Sharon has lived in San Diego. She now travels around North and South America and does spiritual treks to Machu Picchu, Peru and Hawaii, sharing her knowledge. Sharon has received much of her knowledge and information through dreams. She says Peru is a place where dreams are particularly vivid and a lot of information can come through for many people. It is also a place where remarkable healings and spiritual awakenings occur. Sharon believes that you have to heal the soul and the whole person in order for the body to really exist in a balanced state of health. About herself, Sharon says that she always asks for divine guidance when healing. "There is a greater force working through me, it is non-manipulative. I believe everyone has this ability. Few of us are taught that within our beings are millions of seeds of potential. I feel that I am a way shower, empowering people to awaken their own talents. I encourage people to let go and let God. This time in earth's evolution is critical for humanity, we have to work together. We can enter the Golden Age or slip into chaos. We have to go within to really know ourselves and heal the wounds and limitations of our past. We need the inner strength to stand out and be different. Now is the time for you to step into your power and be the magnificent person you were meant to be. Everyone has a unique and special gift to share. Go within. Know yourself. Let go and trust."



Sharon accompanies groups on spiritual treks to Peru. For information 1 800-344-2750 or 619-275-1999 E:mail Fheal@aol.com website: <http://www.healingnow.com>

Sharon will be back in the Penticton area as a guest facilitator at the Wise Woman Weekend Sept. 17-19 and in Kelowna facilitating a workshop the following week.



the 'NATURAL' yellow pages

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