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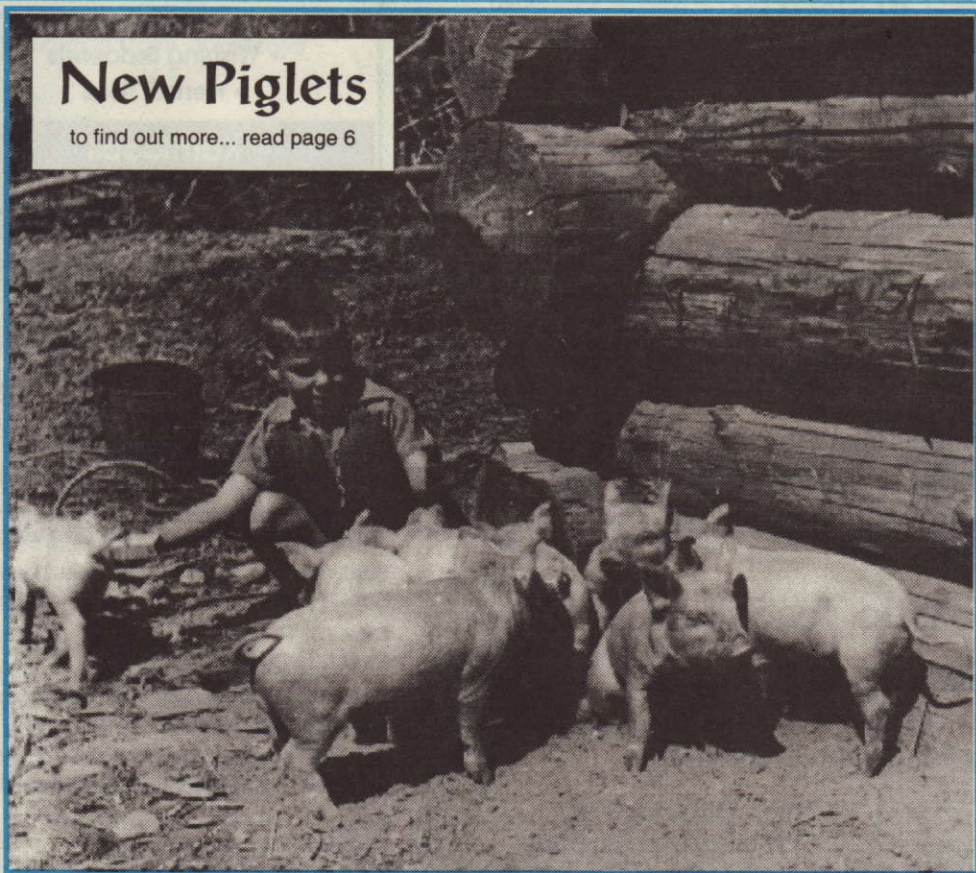
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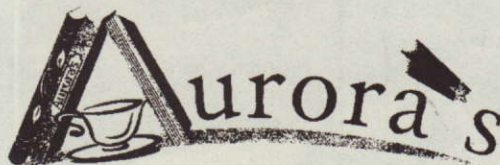
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Sept. 15, Wed. **High Business Profit Now**

Sept 16, Thurs 7-9 pm \$2
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Sept. 18, Sat 9:30 - 4 pm Gerda Neumann
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Sept. 22, Wed. 12:30 - 3:30 pm 10 weeks
Intuitive Training - Certificate Course

Sept. 23 - 26 - **Dr. Sharon Forrest**
Free Intro, Fri., 7 - 9:30 pm
Workshop - **Healing Your Wounds**

Sept. 29, Wed. **Excelex** 6:30 - 9:30 pm \$20

Oct. 1, Fri. **Foundation of Wholesome
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Oct. 2, **Educational Brain Gym** Level 2

Oct. 6, Wed., 7 pm, **Anatomy, Systems of
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Oct. 7, Thurs. **Rosicrucian Order Meeting**

Oct. 9, **Fire Walking**, 6-10 pm

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As children growing up we had four or five pigs, the long ones that produce the most bacon, and every spring they had piglets. They were so cute and they loved being scratched, but if you tried to lift one off the ground, it squealed so loud that Mama came running to find out what was happening. I found our pigs to be very sociable creatures with poor eating habits. They would oink and fight for best position in the feeding trough, slurping and dripping their food everywhere. In spite of that, they were quite clean and were trained very early to poop in the same spot in their outdoor pen. They loved to bury themselves in the dust or mud, depending on the season. They loved to root up the ground and once the ground was clear of weeds and roots, we would move the pigpen and plant a garden. This picture is one of Michael as he coaxes the piglets to come closer. In the background is the log barn that Dad, Grandad and my brothers built.

I have looked at this photo a few times over the last few months wondering how I would relate this photograph to what's happening in my life today. Well... I thought of it with a laugh as I was driving home after my family reunion. It has been ten years since Rae and I divorced and I almost didn't recognize him, for he had grown jowls on his face and a large gut. We were staying at a cottage we had rented at Sylvan Lake, Alberta and my boys were frying up bacon for breakfast when I made a comment that "We are what we eat." As usual, it wasn't appreciated. I find it hard not to speak my truth especially when it is something that is harming my family. But as Keith said, "Dad won't change and we all know it, so why say anything?" It made me wonder why I keep trying.

I haven't eaten bacon for thirty years and consider it to be one of the least healthy meats to eat. Factory farming has given rise to piggens being stacked six high and the pig shit dripping down through the cages and has created a system where they are force-fed with hormones and drugs. I believe that it is unhealthy to cage animals and take away their animal instincts, and that when they are raised in these unhealthy ways, it creates unhappiness and fear in them that is kept in their body at a vibrational level and passed along to humans who eat their meat. And that is not to mention the side effects of the drugs and fats that our livers have to handle.

After about six years of marriage and three little children keeping me busy I asked Rae to help me with the cooking and the dishes. He refused and he wasn't about to discuss it. I felt frustrated, not being able to come to some sort of compromise... as far as he was concerned there was nothing wrong, it was *me* that was unhappy. I remember him coming home one day and telling me about a log that went through the window of his logging truck and how it had just missed his head. The only thing I could think was, "Damm... life would be so much better without him." We talked about separation and my heart made the decision that my boys deserved having a Dad and I needed to change my attitude. I learned to make myself happy as my shoulders rounded to protect my heart and my stomach became finicky. I learned about nutrition

and organic growing so that I could keep my systems functioning, for the medical authorities had no answers that could help me.

Once the two oldest boys left for college and Dale was in grade 12, Rae and I decided to divorce. I remember going down the steps of our split level home and feeling a change in my legs. I ran up and down them and by about the third time, I had figured out what the change was. As I got to the top Rae asked me what I was doing. I said, "My shackles are gone, my feet feel light." Feeling like a slave while knowing he was a good guy, didn't make sense so I had stopped speaking about my feelings many years ago. Surviving was all that mattered and I kept my mouth shut, most of the time.

The reunion brought up old memories and being around Rae and the boys made me feel like I was from another dimension. Watching them devour their steaks, listening to Rae repeat the same few phrases, and having the TV turned on whenever he walked into the room made my heart sink. It felt good to say what I was feeling, for I had nothing to lose, at the same time I felt a great loss and I cried to let go of the pain.

During the weekend I had gone for walks with Gordon and Keith, they both hugged and said they loved me... it was me who was feeling like I didn't belong. I wanted to spend time with my boys, not Rae. As we were leaving I told him that... it didn't go over very well. I cried most of the way back to Calgary and it felt good, thinking about the past... for I did well as a teenager raising three good kids. I figure I owed Rae or the boys some karmic debt, and I paid it off with love.

I have always had strong feelings about the killing of animals and protested as a child when they killed my favourite piglet. Moose meat was a little more acceptable as food. Today I also protest the use of chemicals to grow and preserve food for it just doesn't feel right. I choose to be around people who agree with my belief systems and I feel more connected to them than to my family.

My session with Ken brought up feelings that were buried so long ago that I had forgotten about them. Breathing deep into my belly I could feel where the energy was blocked. I pressed on it and my jaw started vibrating as old grief rose to the surface, for deep within my psyche it felt like I had lost my soul at age seventeen... pregnant by somebody I didn't really know or love. My Mom said she was too young to be a grandma and wanted me to have an abortion. Rae wanted to marry me and that seemed to be the right thing to do. He eloped while his parents were on holidays so he didn't have to tell them and I left with my Mom refusing to speak to me. Back then there was no support for unwed moms and in marrying I did what I thought would be best for the child. I survived, learned my lessons well, learned to love parts of Rae, and to not discuss anything he didn't want to hear about.

Each day I grow stronger and my feet feel lighter. Letting go of old trauma frees up my energy systems. The vertebrae in my back and neck are straightening out and my digestion is getting better as long as I don't eat gluten or lactose. I drove all summer wearing cheap sunglasses and when I put my glasses on to read the telephone book I could barely make out the numbers so I took them off and the small letters were much clearer. I guess it is time to get rid of my glasses for good... but first I need to do my eye exercises for my eyes still tire after five or six hours of being without them.

Angèle



May all be Fed

excerpt from **Diet for a New World** by John Robbins.

Never underestimate the impact of single individuals, working sincerely to create health, understanding, and peace in their own lives. For every step we take to establish genuinely healthy food choices is a step into our own wholeness, into the power to create healthy lives for ourselves, and to contribute to the health and well-being of others.

The way we eat and the way we live have potentially enormous consequences for the quality and direction of our lives. When we acknowledge our gratitude for the food we eat, we are put in touch with something basic —that food and life are precious. In giving expression to our care for those who are without adequate food, we honour our connection to those who are in need and affirm the power of our common humanity.

Each time we recognize the reality of those who suffer, we become a little more human and the world a little less lonely. Each time we acknowledge how interwoven we are with one another and with the Earth, we break free from the alienation that otherwise might hold us separate. We become alive with a power to bring joy, healing and compassion into a world starving for this blessing.

When we take time to bless our food and the land on which it grew, and to appreciate the many who have laboured that we might be fed, something important occurs. We become more aware of the implications of our choices. In upholding the Earth we are moved closer to its powers. In recognizing and honouring what nurtures life, we become more responsible citizens of this marvelous planet. We become ever more capable of making choices that are consistent with our true purpose and love.

Every time we say "yes" to foods that nourish bodies and our spirits, and every time we say "no" to foods that aren't



Meat Eater

good for us, we are saying "yes" to life. We are afforded an extraordinary opportunity today. By choosing to eat more healthfully and more consciously, we can take a stand on behalf of ourselves and our interconnectedness with the rest of humanity. At a personal level we may be simply saying that we do not want to cause our selves to suffer a heart attack. But at the same time we can add our voice to the mounting chorus calling for a world in which our land, our water, our energy, and our labour are used to grow food for people to eat, rather than feed for livestock.

The same food choices that are healthiest for each of us are also votes for a world in which all people are fed,

rather than one in which a privileged few eat meat while others starve. By eating with awareness and gratitude, we not only bring more health into our lives, we also join hands with one another to build a world in which basic human needs are respected.

We do not yet know what it would be like to live in a truly healthy and compassionate society. But there are some things that are available to us now: We can know the fulfilment of working toward such a world. We can know the liberation of freeing ourselves from habits that are not natural and do not serve us, but have come to pass for normal in our society. We can know the power of uniting with others in working to bring understanding and clarity where it is so greatly needed.

The task that lies before us cannot be accomplished overnight. It will take a lifetime of patient persistence. But, in my heart at least, it is a challenge more than worth the struggle. Thank you for being part of it with me.

May all be fed, May all be healed, May all be loved.

ISSUES MAGAZINE

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From the Editor...

Chit Chat
with Marcel 

While considering what to write for this month's Chit Chat, I realised that it was in September four years ago that I began my work with Issues Magazine. What an interesting and worthwhile experience this four years has been; never a dull moment, life always shifting and changing, new challenges and new fulfilment.

When I look back at the person I was then, I am only now realising how much I have changed. The me of four years ago had an overall knowledge of holistic and metaphysical subjects from reading and attending workshops, but I was very inexperienced in the work force and I was unaccustomed to making my own business decisions, I had little experience in working with the public and no experience with computers. But under the kind and gentle tutelage of Angèle and Jan, I am now typesetting ads on the computer and editing the magazine as well as other duties as a working partner in the business. Little did I realise, when I asked the Universe for an opportunity to serve in the field of my interest, what a rich and rewarding experience I would be given.

I don't mean to give the impression that it has all been smooth sailing, especially at first while I was learning to break away from old programming that had kept me dependent on others and unable to trust my own abilities. But these ups and downs were exactly what I needed to test my strength and gain confidence in myself.

Working with and being in contact with so many others who are also working on their personal growth has kept my life full of reflections and examples of other people's journeys. This has given me a wide range of information on which to base my own personal growth. Before my work here, most of my learning was in my head, I didn't seem able to actually live it in my life. Now in some ways this is beginning to happen. The principles of Detachment, Nonjudgement, Accepting the flow of life and not trying to control it, etc. are starting to become workable for me in many ways. I am beginning to recognize what the reflections of my life are trying to teach me and become open to the direction in which they are leading me.

My values have also changed during this time. The person of four years ago placed much value on money and material possessions, having a neat orderly life; calm, tranquil and under control. Now I have simplified my life and can see more value in meaningful work, loving others just as they are and learning to walk in calm and tranquillity while opening my arms in acceptance to the chaos of the Universe.

The gratitude I feel for the opportunities I have been given is very humbling and I can only hope that I am worthy of serving them. The fulfilment for me comes when I hear from our



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readers and participants of our events, that they appreciate our work and the many new ideas and choices that we present to them. This in turn encourages me to encourage others "to ask for and be open to opportunities from the Universe." Even in the face of limitations like age, inexperience or lack of money, trust that the Universe can overcome these obstacles. I found that when I was willing to step out of the rut that I found myself in, the resulting changes and accelerated personal growth were very rewarding.

Marcel 

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The Missing Piece

by Michelle Parry

As I write these words, I gaze down at my feet in awe and wonderment. After thirteen years of pain from fallen arches and fibromyalgia, I am watching my feet come into proper alignment on their own without orthotics.

My search for health has been varied and rich. I have explored many avenues and have benefited from every single one. With each adventure I have experienced changes in my physical health, and emotional and mental states, but mind numbing pain has always been a recurring theme for me.

I have just returned from a movement intensive on the Sunshine Coast. The program is called Nia (neuromuscular technique). What I experienced there and in the pre-training program is changing my life and my body and I sense that this is the final thread required to bring me to a place of self-healing.

The technique incorporates elements of Yoga, Tai Chi, Duncan Dance, Alexander Technique, Feldenkrais, Tae Kwan Doe, Aikido, Jazz and Modern Dance. I could not understand how or why all of these forms of movement could be integrated and still maintain their integrity and purpose. I struggled with this concept from the time I first experienced a Nia class two and a half years ago right up until last week. In the interim I played with a number of forms of movement, but none of them had the same impact for me as Nia did.

This past February, I received the message loud and clear that it was time for me to study and more fully experience Nia. I had many questions and concerns arising all through my pre-training period, but the message never changed.

During the intensive, as we explored each of the different elements that make up Nia, I felt a specific sensation in my body. Tai Chi put me very strongly into my heart, Aikido to my throat area and it was very circular and spiralling. Tae Kwan Doe made me uncomfortable at first, but I soon grew to love the power and release associated with it. Duncan Dance brought me strongly into my root. A childlike play, rather sassy and fun. Alexander Technique brought a very strong blend of the heavens and earth into my body. I found this to be a very comfortable and beautiful place. Yoga took me to a place I recognized immediately as it is so familiar, a very spiritual and peaceful place. Feldenkrais was wonderful to draw attention to my cells and what was going on at the cellular level. I now understand why Nia is so powerful for me because it blends all of these experiences and balances them. It will address every nook and cranny of all of my bodies. It is allowing me to find creativity, physical fitness and rhythm. To build my life force, release and transform energy patterns that no longer serve me in playful and joyous ways, and to quiet my mind and body for meditation. The program is sound. The technique is thorough. The results are profound.

I am so excited to share what I have learned this past week, for it was the missing piece for my puzzle. It is vital for my wellbeing. It is my pearl.

I invite you to share in this journey with me.

See ad to the left

The Ancient Art of Dowsing

by Harvey Maser

When I was young, I had a knowing that there was more than the "normal" physical world. I would travel around my city at night, floating over cars and buildings, and know when things were going to happen. I'd have recurring dreams, even at two years old, of being in a paddock with a high doorway, and having an elephant come in and walk toward me until everything went black. The roofs of buildings in those dreams had curled up corners, which I would relate to the single Chinese Society building in my southern Alberta city. In just one of the houses we lived in, I would have trouble sleeping, constantly hanging as much of my body over the side of the bed, and on occasion even falling to the floor when I was asleep. Knowing now about the disruptive energies occasionally passing through bedrooms, I can now understand how my body would rebel against sleeping there.

As I got older, I voraciously read everything in our public library on the metaphysical, dowsing, extrasensory perception (ESP), and reincarnation. But soon the so-called realities of life took over. I went to University, got a job, married, and had a family. In my main occupation of computer programmer, I could very quickly find solutions to "bugs" in programs. It would bother me that I would leave strict logic, and often successfully use my intuition for problem solving. I certainly wouldn't tell my bosses or coworkers about that, for fear of being branded as being kooky, and compromising my career path. A Real Estate saleswoman in 1976 was trying to sell us a house, and noted that there was even a water vein running below the property. We showed interest in seeing how she knew that, so she picked up a "Y" shaped stick and showed us how it pulled down when she walked over the line. I tried it, and the rod pulled down so hard, it disintegrated into dozens of pieces. That was interesting, but life didn't afford me time to go further. Even though my now ex-wife seemed open to the metaphysical, she didn't approve of me spending any time or energy making it a part of my life.

Then one day in 1986, at a fair in Victoria, I stopped at a booth manned that day by Deane Russell, who was promoting a group called the Questers he'd been part of starting in Duncan, B.C., in 1979. The time was right for me, and the group sounded as though they were friendly, very interested in teaching me more of what lies unseen about us, and most importantly, a place where I could openly discuss and share my experiences with other like-minded people. Deane explained that we were all on a "quest" for an understanding of the unseen, and thus the name Questers. The group focuses on starting the journey with "dowsing", or divining the location of water flows. This ancient art has been used at least for hundreds of years, mostly for finding water, but for the Questers it serves as the first breakthrough for many people to see and feel the tangible effect of a device responding in an unexplainable yet repeatable way to something unseen.

Most people have little trouble getting one of the many types of tools to respond. They know they haven't consciously moved the tool, but the tool very certainly moved. The door has been opened for them.

In the Questers, we have about as many explanations of how the devices work, and even how to make them work, as we have members. Personal understanding I've attained over the years says there are an infinite number of ways we can achieve similar results in the metaphysical. I would have great problems being part of a group that demanded one explanation and a fixed discipline for the members. Some dowsers say you can only find the location of water, and that's okay for them. I believe I can find the depth, flow rates, and even the water quality, and I do so regularly. I know I'm human, and have many other limitations my beliefs place on myself. It's the connection with the spiritual domain that rounds out meaning in my life. Through the instruction and encouragement of those in the local Quester chapter and at the annual convention, I've bent spoons, sensed and affected geopathic energies, and do automatic writing with my Guides. It's the latter that has shown me I'm no less and no more important than those fully in the spiritual universe. My interaction with everyone is so much easier by aiming for the non-judgemental perspective that my Guides demonstrate. We also discuss and explore subjects as diverse as health and healing, crop circles and UFOs, and devas and angels in the meetings. What a ride, is this thing called life!

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NEEM AN ANCIENT CURE FOR A MODERN WORLD

by Klaus Ferlow

For thousands of years humans have sought to fortify their health and cure various illnesses with herbal remedies. Throughout this time, the search for a true panacea or cure-all has been undertaken by virtually every civilization. While hundreds of substances have been tried and tested, few have withstood modern scientific scrutiny.

Perhaps no other botanical meets the true definition of a panacea than NEEM, a tree native to India and Burma. In the last few years it has been introduced to various subtropical Central American and African countries. Every part of this fascinating plant has been used to treat hundreds of different diseases from ancient to modern times. In India the people call it "The Village Pharmacy" and for centuries people in that country have looked to the Neem tree to provide relief from pain, fever, skin diseases and infections. Neem appears to be an ideal insecticide and it works on a variety of pest species, but is harmless to humans and animals. It is biodegradable and pests are unable to build up genetic resistance. The potential of this plant as a pesticide is truly remarkable and research is going on around the world!

The centuries-old healing system, Ayurvedic Medicine, has utilized these timeless Neem formulations as a mainstay of the ayurvedic pharmacy! Medicinal attributes of Neem were extolled in the oldest Sanskrit writings.

A scientific report entitled, *Neem - A Tree For Solving Global Problems*, published by the National Academy Press, Washington, D.C. 1992, ISBN 0-309-04686-6 states: "Two decades of research have revealed promising results in so many disciplines that this obscure species may be of enormous benefit to countries both poor and rich. Even some of the most cautious researchers are saying that Neem deserves to be called a wonder plant!"

For generations Neem chew-sticks have been daily routine for millions of Indians and the majority of the Indian population have bright healthy teeth. This can be attributed to their daily habit of breaking off a Neem twig, chewing the end until it's frayed and brush-like and then using it to scrub their teeth and gums. This was revealed in the video, *What's in a Neem* from Dr. David Suzuki in the Nature of Things on CBC approximately six years ago.

The bark, seeds, leaves, fruit, gum and oils of the Neem tree contain compounds responsible for the exceptional benefits this amazing botanical provides. These pharmacological constituents offer some very impressive therapeutic qualities including:

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- Anthelmintic
- Antifungal
- Anti-inflammatory
- Immune Stimulant
- Antiemetic

This is only the beginning of the Neem story in North America. Consumers can soon expect to find a complete line of products containing Neem such as creams, lotions, oils, shampoos, soaps, toothpaste, tinctures, etc.

The variety of specific uses of Neem is almost unlimited for skin conditions, hair and nails, teeth and gums, fungi, parasites and viruses and major health problems such as AIDS, cancer, diabetes, heart disease, chronic fatigue. It is a natural nontoxic



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insect repellent used for insects (more than two hundred species) as well as various mites, nematodes, bacteria and even several viruses.

Neem boosts the immune system on all levels while helping the body to fight infection even before the immune system is called to action. It also stimulates the production of T-cells to mount a head-on attack against infections. Unlike synthetic antibiotics, Neem does not destroy beneficial bacteria and other micro-organisms needed to maintain optimal health. Some medical experts believe that overuse of chemical antibiotics is contributing to the breakdown of human immune function! Neem offers a nontoxic alternative to powerful and sometimes damaging prescription medicines.

Numerous active compounds have been isolated from the Neem plant. Some of the most studied include nimbin, azadirachtin, nimbidol, quercetin and nimbidin. Neem leaves contain fibre, carbohydrates and at least ten amino acid proteins. They also contain calcium and other nourishing minerals. Analysis also reveals the presence of cartonoids, nutritive compounds being hailed for the ability to ward off many types of cancer. Neem oil is especially high in important fatty acids, and contains all of these vital nutrients in significant quantities. Researchers believe the high fatty acid content of the oil may be why Neem is so effective for treating many skin ailments. Neem has very powerful skin rejuvenation qualities and absorbs quickly into the skin. Neem oil is a strong spermicide and has proved effective in reducing birthrate in laboratory animals and experiments with monkeys hint that Neem compound might also make possible an oral birth control pill for men!

Clearly, the Neem is not an average tree. Although the evidence is not all in, the Neem shows great promise of improving pest control, promoting health the natural way, assisting reforestation, and perhaps, checking overpopulation. Little wonder that people have called the amazing Neem "God's gift to mankind!"

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Sea Buckthorn

A profile of Bear Peak Farm

by Lisa & Andy McEachern

For those who have not heard about Sea Buckthorn, from the media or from the recent Medicinal Plant seminars - you will be excited to hear what is growing all around you in the Okanagan.

For us, it all started in 1996 when my wife and I were planning our escape from the "rat race" in Ottawa. My wife is a dental hygienist and I am a professional engineer. Together, we left excellent jobs, family and friends for the new and challenging experiences that beautiful British Columbia could offer us. I joined a trailer company as their engineering manager and my wife quickly gained employment with a local dentist as a dental hygienist. As well, we both wanted to operate a part time hobby farm or orchard and set out to purchase a suitable property.

In the spring of 1997, with no previous farming or orchard experience, we purchased a house on a ten acre lot at the top of Carmi Road on the east side of Penticton. The land is at 3000 feet above sea level, and is very steep and covered in rocks and burned trees - seemingly unusable for anything, or so most people thought. Our plan was to grow some form of crop on our property since most of the trees were wiped out by the Garnet fire in 1994. Since we both work full time, we needed a low maintenance crop with a high potential for revenue. The answer was Sea Buckthorn.

We did our homework, and discovered the truly amazing qualities of the plant. It seemed almost too good to be true - but would it grow in dirt and rocks on the side of Carmi mountain? We decided to find out.

Sea Buckthorn (*Hippophae rhamnoides*) is a remarkable plant species native to Europe and Asia. Its exceptional nutritional and medicinal properties have been known for centuries in Eurasia and are rapidly gaining recognition in North America. Sea Buckthorn is a fast growing dioecious (separate male and female) plant that can grow 3 to 5 metres in a tree or shrub form. The leaves, berries, seeds and bark have high nutritional and medicinal value, containing extremely high levels of vitamins C, B1, B2, E, F, K, P, B-carotene (provitamin A), sugars and organic acids.

Sea Buckthorn is a good ornamental plant with attractive

orange berries (on the females) and green/silver leaves. It can tolerate arid conditions, harsh winters, sandy neutral soil and it loves direct sunlight. Perfect for our location. Also, the plant has strong nitrogen fixing capabilities, which aids in soil improvement and marginal land reclamation.

Oil extracted from the berries has been used to treat ulcers, burns, complications from chemotherapy and a wide range of diseases including cancer. It was even used by the Russian cosmonauts for ultraviolet protection in space and as a nourishing drink by Olympic athletes. The cosmetics industry uses Sea Buckthorn in moisturising lotions, UV protection, soap and dandruff control to name a few. Also Sea Buckthorn berries are used in jams, jellies, wine and beer, while the leaves make a nice tea with high levels of protein.

Since we planted in May of last year, our 2700 plants at Bear Peak Sea Buckthorn Farm have grown beyond our expectations, in terms of size and maturity. We were not expecting berries for another year or two, but have seen them on some plants already. We even have some plants over 7 feet tall, which surprised us because they are only 2 1/2 years old.

We decided from the onset that we would farm organically - no pesticides, herbicides or anything other than all natural fish fertiliser. Our crop maintenance takes the form of watering and hand weeding, which for two employed professionals can be quite time-consuming.

Since our introduction to Sea Buckthorn three years ago, our knowledge of the plant and its benefits has grown rapidly through experimentation and through discussion with other growers. Following our last BC Sea Buckthorn Growers Association meeting, we have experimented with several methods of propagation via cuttings and now have hundreds of both female and male sinensis Sea Buckthorn plants available for market next spring.

We are proud to support the BC Sea Buckthorn Growers Association as it develops and evolves and to participate in the growth of the Sea Buckthorn industry in British Columbia.

See ad below

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Parting Gifts

by Jan Stickney

After a very successful Spring Festival at the end of April, I arrived home at 10pm on the Sunday night to messages on my answering machine that my father was dying. I had pulled away from my family seven years ago during an intense healing time. In anger I focused on my own pain and didn't feel I could be there for anyone but myself. I reconnected briefly with my mother last year and then went into another period of intense shifts and changes that again brought the focus inward. When I heard the telephone messages there was no doubt in my mind or heart that I had to go to the hospital and see Dad.

I was not prepared for the deterioration of his physical body which had happened slowly over the past seven years. The Alzheimers had claimed his mind long ago but his physical appearance was a shock! At first I just held my mother's hand and breathed deeply, connecting to the Reiki energy and bringing it in for comfort and calming. My older sister was also present and they told me how they had kept vigil all weekend while Dad struggled to let go of this earthly existence. I was informed of the progression his dying would take so that I would know what to expect, but I could find no words. I could only be there. His lungs were slowly filling with fluid so the most noticeable sound in the room was Dad's struggle to breathe.

First thing the next morning I went up to the hospital and I was alone with Dad for the first time in many years. I looked upon a face I didn't recognize and all the fear, hurt and pain that I had felt towards him was gone. I could see the soul essence of this man I had called

'Dad' and I could be with him in love. For a while I just held his hand and talked about the regrets of not having had a chance to really know him. He was an extremely driven man and held all his own feelings inside, except the anger. I had feared that anger all my life and learned to placate rather than experience his wrath. Now none of the past mattered.

My Mum was next to arrive at his bedside and we shared a few tears. I remember talking to her about Reiki and how it helped calm people in distress for I planned to offer as much as I could to Dad. My older sister was ever present to support Mum and at times we talked about the changes in our lives. I do remember at one point she point blank asked me why I had come. Without ever losing eye contact with Dad, I replied that, "I have talked to him many times in meditations and visualizations and now it was time to do it in person." It was time to heal all the past hurts and let go.

When I was alone with Dad I would feel the Reiki energy flow as he needed it. It was almost as if he would turn on a switch when he needed the energy and then he could rest. I spoke to him of letting go of all the pain, anger and grief and told him that he had done the best he could with the skills that he had. There was nothing more he needed to do. I forgave him unconditionally for all the hurts, real or imagined that had kept us apart. At one time when he was struggling I said it looked as if he were trying to speak which he hadn't done for some time. I watched his mouth intently and was so sure that his lips formed the words, "I'm sorry". I had never heard

those words from him and my heart was flooded with love as I kept repeating that all was forgiven and he could go in peace and love.

I didn't know what he felt around death and dying and wasn't sure if I should speak of my beliefs. At one time I was thinking of all the things that I had read of near-death experiences and the light that would draw people through a tunnel to the other side. Almost immediately the sun poked out of the clouds behind me and Dad turned his eyes towards the window. From then on I shared anything with him that I hoped could ease his transition. When he suddenly opened his eyes and looked straight up at the ceiling I blurted out, "Who do you see; who is coming to greet you?" I said intuitively anything that came into my mind; who knows what he was experiencing, but I wanted him to know that it was okay.

By dinnertime of the second day his condition worsened and the whole family arrived at the hospital. There wasn't much conversation, each of us with our own thoughts and emotions, and I focused inward to allow the Reiki to flow through me as needed. I kept silently praying that Dad's struggle would end and he could be at peace at last. One by one the family said their goodbyes. I stayed a little while longer, mostly just holding his hand. I thanked him for bringing the family together again and that I would do my best to reconnect. When the sound of his breathing changed, I started to talk to him about a ride in his fishing boat that would gently transport him towards the light. When he suddenly pulled his hands away from mine I knew that he wanted to be alone; it felt totally right to let him complete the journey on his own. I said my goodbyes and wished him safe passage. At home a couple of hours later I was awoken in the night with thoughts of Dad and was awake when the call came at 4:30am to say that he had passed over.

Words don't do justice to my experience. The feelings of unconditional love filled me and consumed me and I know that I have changed. I am grateful that I was able to let Dad go with forgiveness and love and I feel at peace. I no longer fear death and am appreciating the special moments that come my way. For Dad it was an ending, but for me it feels like this is only a beginning!

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GOOD-BYE MACHU PICCHU?

6 STORY HOTEL, CABLE CARS TO OVERLOOK RUINS

by Chidakash

Machu Picchu may be in its last months as one of the world's greatest spiritual Meccas. The qualities of spirituality and remoteness that have made Machu Picchu so unique are under direct threat from radical commercial development of the site. Once begun, construction could even precipitate the physical destruction of this remarkable site.

When the project is finished cable cars will carry 400 people an hour (3 times the current number) to a new 16,000 metre (172,000 square feet) hotel complex. Tourists entering the ruins will have to pass through an array of souvenir shops, art boutiques, craft galleries and restaurants — even a night club and casino are possible!

These plans disregard the needs of local Peruvians, the desire of tourists, and show profound disrespect for the world community which has legislated the protection of Machu Picchu as a World Heritage Site in perpetuity for all humanity.

Aspects of this project verge on the preposterous:

In allowing the construction, the government itself has blithely violated an array of Peruvian laws and international agreements created specifically to prevent abuses such as this. Analysis has shown that the project will benefit its corporate sponsors to the detriment of the Peruvian people. Yet the government continues to bestow gifts and concessions to further the project, vigorously promoting it on all fronts.

International panels of geologists and geophysicists have warned that the entire slope on which the hotel is to be constructed is an active slow-moving landslide. (The last avalanche was only 3 years ago). They warn of the distinct possibility that extensive blasting will lead to the destruction of the Inca city entirely.

A SIGN OF THE MILLENIUM? Machu Picchu is one of the great

energy centres of the world. Even the Dalai Lama has said that the center of energy in the world has shifted from the Himalayas to the Andes. It is significant that at this time of change in the world, as we move globally from the dominance of the male principle toward a rebalancing with the female that increasing thousands of people are paying homage to Machu Picchu in the Andes, a yin centre, a center of the female principle. It is as though this area of the world is attracting the energy that will empower the changes already underway in the world.

At any times of major transition from one order to an new order, the resistance is most intense at the point of breakthrough. It is hardly a surprise then that the old order is seeking to impose itself at Machu Picchu. The proposed project represents male energy at its ugliest: hot greed, aggression, exploitation, and destruction. Energetically, it is attempting to violate the protector mountains, the receptive, sensitive, cool remote, the nurturing essence embodied in Machu Picchu.

WHAT TO DO?

It requires only that concerned individuals hold the intention that Machu Picchu will continue in its present form, preserved for future generations. In these times our vigilance and persistent intention are necessary to smoothe the way to a more balanced world. This project can be stopped. Please inform others and make your own views known to media politicians and to the President of Peru.

If you have intended to visit Machu Picchu at some time it is advisable that you go within the next few months. Information of this project first surfaced outside of Peru in a comprehensive website (www.mpicchu.org) created by Serenity Transformational Tours. News of this threat has now reached thousands of people. Combined with pressure from Unesco, and other expert associations their rising protest has already managed to delay the beginning of construction.

Full details, photos and maps of the project are on the site. There are many ideas on how to help. For other information email savemp@mpicchu.org. See ad below



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How Come I'm Not Feeling Any Better?

by Nicky Stewart

Are you still experiencing chronic pain, discomfort or illness? Have you done everything your practitioner, physician, healer, or counsellor advised you to do? Are you feeling discouraged, fed up, depressed, wanting to get off the train or shout to the heavens, "Beam me up, Scotty. Right now!" There is someone out there who knows how you feel. Not just sympathizes, but really knows how you feel! It's me!

I've discovered that to become a master of anything these days means you have had to participate on a journey. Well, my journey greatly involved my physical body.

For many years I had experienced sleep deprivation, depression, fibromyalgia, lowered immune response, and lower, middle, upper back pain along with a host of other ailments. Financially I was poverty stricken. I had wonderful and very marketable gifts and talents but was operating in survival mode. I was even one of those people who felt pride in having a high pain threshold, a strong constitution and who could still function under extreme conditions. Heck, I even performed better under stress! Until one morning when I was literally brought down to my knees. A very humbling act!

Life had become so unbearable and so debilitating that I had to make a change. It was the morning I experienced such intense lower back pain I could not get out of bed to tend to my infant son. Rolling onto my side I managed to fall to the floor on my knees but could not move any further. As a single mom there was no one to call for help and the immensity of the situation overwhelmed me. I started to sob. In those days I only talked to God when in crises and this was one of those times. The pain did not go away but a voice did answer, "Well, you're in the right place at the right time so why don't you pray?" Because of the physical and emotional pain I had forgotten my spiritual self and the simplicity of this guidance startled me. But, I did pray. "Please God guide me to whatever it is I need to do to release this pain and heal my body."

That was three years ago and many times since I have been guided to take, what I thought at the time, incredible risks involving many moves and spending the money I did have on treatments and training sessions. Often I had no idea where the rent money was going to come from but it is this risk-taking that has led to the healing of my physical body and to the trust and belief that my son and I will always be looked after. I am now a Reiki Master who specializes in using crystals as tools in assisting the body's healing process.

I have discovered that the body's cells have the amazing ability to completely regenerate themselves several times within their lifespan. These cells also have the ability to REMEMBER TRAUMA. The body will repress all memories until you are safe enough to deal with it. Physical symptoms, particularly chronic ones, are the body's way of telling us that it has a block from having experienced TRAUMA. It needs to be released. The most effective way is on the cellular, DNA level. Mastering Reiki and Crystals has assisted me in doing this. It is, in my experience, the most profound way of dealing with challenging symptoms safely without re-traumatizing the body.

Teacher Of Consciousness

by Pat Caywood

"Wherever I teach, I am calling people to make a fundamental commitment to Consciousness. It is time we stop merely taking from life, from each other, from teachers, healers, and trainings. It is time we stop using our spiritual journey as little more than a means of tethering ourselves to some buoy of identity and security. We human beings are transformers; we take grain and make bread; we take grapes and make wine. We take "reality" at one level of physical, emotional or psychological "truth" and through our capacity for consciousness, we give back something more. A commitment to Consciousness is the understanding that from life we make LIFE. It is this giving back to life through our open heart that dignifies human existence and is our very essence." So says Richard Moss who is coming to Canada for a weekend seminar in Kaslo, B.C.

For more than twenty years Dr. Richard Moss has guided students from all over the world into increasing spiritual maturity, helping people of many disciplines and backgrounds to honor their spirituality and become more authentically human. His teaching is a contemporary psychology of Consciousness that stands squarely in the lineage of the great wisdom traditions. Richard Moss doesn't tell people how to live, he doesn't bring simplistic formulas for the solution of life's problems, rather he invites our own insights and humility, speaking to the inner teacher in every individual. In a world where our lives appear so complex, so confusing, there is a yearning to return to the peace within, to natural creativity and sharing, to wholeness and love. He has a special gift for awakening the inner mysteries, helping to make them conscious so that we may live them more fully.

His books, *Words That Shine Both Ways*, *The Second Miracle*, *The Black Butterfly*, *The I That is We* and *How Shall I Live* have been translated into five languages and speak with exceptional clarity and insight into what is the grace and obligation of this pivotal time in human evolution.

See ad to the right

Continued from previous page

There are many healing modalities that can assist you in releasing trauma but unless it is on the Cellular level and connects with the soul, you may still experience symptoms. Remember that even an effective treatment can stir things up, making the symptoms worse. So don't despair as this is often good. But do call your practitioner for an assessment and further treatment. It is also important to receive emotional and sometimes physical support while going through this.

It has taken time for the body to convince you to heal yourself—now give your body the time to receive, recuperate and regenerate on all levels. Be gentle with yourself. Be patient and LOVE yourself. You deserve it!

After all this personal experience and training I now develop programs to assist others on their journey. I look forward to hearing from you and helping you in reaching your goals toward perfect health. See ads to the left

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August Morning Reverie

by Merlin Beltain

Every so often I have been asked, "What is your passion?" Or told, "Follow your passion." Sure. Fine. Good. I'm willing. Finally, or once again, the pieces fell into place and for a moment there was clarity.

My passion has always been to tilt things a little. To look and then look again from another angle. Whenever there is surety: wiggle it; shake it; move it around. It has always been exciting to "worry" ideas the way a dog worries a bone. As soon as I was settled into something, something else came along. How fickle am I anyway?

At some point though it began to look as if one thing was leading to another to another and slowly, steadily I was getting somewhere. Wherever that was. At least I was heading in a direction and one day I would get "there". Then I realised that there was no direction and there really was no "there".

Now what?

That's when I realised that my passion is shaking things a little (or a lot). That by shifting my consciousness a little, the world, the planet, the universe began to look a different place. As it looked a different place then it meant that I needed to be different. And slowly I was different. And always the same.

There was a core of something that was me. That stayed the same as everything around shifted. At times that was comforting and at times frustrating. I wanted to look different to reflect the different me. The me that was always the same and constantly being renewed.

Sometimes as much as I prayed for change and for things to speed up, things would happen all too fast. Unaware, I would release or back away from whatever had opened the veil too quickly and settle back into a well-known routine, all the while saying, "Faster, Faster."

My ability to let things be would reassert itself. Something new would catch my attention and I was off again. Then came the time when the pattern became clear. Well, of course that meant change that pattern.

Again there came a time when it became clear that all the different things that caught my attention were in fact one thing. What is the world about? What is life about? How are we with each other?

It has always been easier for me to see other people's patterns than my own. I could oh-so-clearly see others' follies and foibles. When did I realise that all other foibles and follies that I saw were really my own?

So where does that leave me now? My passion is always to ratchet the perspective, to shift the view, to say look at that from over there, over here, over here over here. It almost seems as if it doesn't matter what I present, what material I offer as long as I offer it with a view that is loving. A view that says we are all one. We are alive as the Earth is alive. We have forgotten much and remember more. Be who we are in the best way. See the web. See the way that we are all connected. We are far more alike than we are different. Even as we are unique, we are all similar. Please know and remember that whatever happens here affects there. It is only safe when we are all safe. Wake up. Look around. It is all here. It is all clear. I love you. And I love me, too.

Finding "Paradise" Within

by Marilyn Evans

Aloha! It has been my great fortune to have recently spent some time in the paradise of Maui, Hawaii — one year, one month and eight days, to be exact. During that time I was not only blessed by the ocean, sun, soft breezes and breathtaking beauty, but I had the honor of being initiated into an ancient Hawaiian healing process by a kuma (teacher). This teaching is called "ho'o pono pono," which means to correct an error or to make more right. Some of the guiding principles of this teaching are:

1. Never give your power away to anything or anyone outside yourself. You are your own best teacher and healer.
2. You create your own reality by your thoughts in each moment. You are either a mindful (conscious) creator or a mindless (unconscious) creator.
3. You are given free will to choose in each moment what you will focus your attention on and, consequently, what you create.
4. You are spirit and unlimited. Everything outside yourself, except for other life forces, is an illusion.
5. The only sin (error) is to be separated from your soul.
6. Suffering is an option. We have all learned suffering well and no longer need it for learning.
7. The paradox is: everything is perfect the way it is; but, through conscious living, we can make it more perfect.
8. The aloha spirit teaches love, first to yourself, then to others and to the earth itself.
9. All of humanity is ohana (family).

These principles are enhanced by the teaching of tools and practices that can be used in our daily lives to bring these principles into a living reality.

The Hawaiian language itself is also a very powerful tool, especially considering it only uses twelve letters. A metaphysical linguist tested a group of people at a conference she attended by hooking them up to biofeedback equipment. She repeated some Hawaiian phrases and recorded their responses. Just from hearing the language, the participants' brain wave patterns moved into alpha state, which is an integrated, meditative state.

Having to leave Maui was very traumatic for me. I had violated the first principle by giving my power away to Maui, an external paradise, something outside of myself. Walking this difficult process, with the assistance of the "ho'o pono pono" tools and friends in all dimensions, I was able to discover paradise within. Since my return to Vernon, I have experienced countless blessings, synchronicities and miracles to support my process.

It is my sense that the ancient and sacred teachings of the indigenous people of the world, including our own First Nations' peoples, with their respect for spirit, ancestors, nature and the land, is greatly needed by our planet at this time. I encourage everyone to honor these teachings and to avail yourself of opportunities to share in them.

Waiho wale kahiko (Old secrets are now revealed)

I am deeply grateful to have received these teachings. Because they have had such a powerful and positive affect in my life, I am excited about sharing them with others.

See ad to the right

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WHAT IS YOUR FUTURE WORTH?

by Sharon Smallenberg

One of my personal and very comforting discoveries is finding out I'm not alone and that someone understands what I'm going through. Discovering, in the middle of my 'Dark Night of the Soul', that not only had Carolyn Myss also been there but here she was writing about mine – it had to be mine because it was as if she was right there with me. She'd had the experience and, with her intimate understanding of that dark place, she helped me through mine. She and many others have been wonderful teachers for me in sharing their knowledge.

Having been gifted by experiencing all the same subconscious blocks, fears, issues and challenges that everyone else has, the message for me now is that it's time to speak up and speak out, to share my knowledge and skills by helping others move forward as I have been helped. Through my own personal journey I have developed a new understanding and appreciation for self, a reverence for spirit and for life – forgiveness is the doorway to love, love is the doorway to joy and with joy comes freedom, freedom of the soul.

One of the most frightening and painful things for almost all of us is realizing our worth. When I used to do seminars for new entrepreneurs, I became very aware that fear, in some form, was present 100% of the time, which is no different from what I'm hearing in the world of practitioners, therapists, heal-

ers and health-system professionals. In fact anyone considering the possibility, or in some cases probability, of self-employment, is in turmoil in some way. The workshop "WHAT IS YOUR FUTURE WORTH," is for people who feel stuck, who are in transition, or are experiencing challenges in coming to terms with their worth or beliefs about themselves, or are unclear in their focus or missing joy and passion in their work. One challenge everyone has is around money and this workshop is where money and spirituality come together. By integrating my background in business, corporate training, personal development and coaching with extensive training and certification in holistic modalities, my joy comes in helping people explore their souls for 'hidden' joy and facilitating their process of change, growth and success. My business 'Inner Soul-utions' is based in Victoria and includes corporate consulting, workshops, seminars and presentations on stress reduction, imagery, visualization and subconscious communication. I also have a private practice in the mind/body therapies of hypnosis, past life regression therapy and energy healing as well as the equally joyful experience of doing Healing Touch and Tellington Touch with animals.

My purpose and mission statement is "helping people re-discover their souls, their 'Inner Power Tools', find their strength, peace of mind, freedom and joy – to enhance their

lives at home, at work and at play" and I absolutely love what I do. I love to learn and I love to teach. It is a great honour and privilege to be present with others on their journey into self-discovery, healing, and growth into full self-expression. For me, seeing a person's eyes reflect their soul, as they make discoveries that present new options and choices, is a very sacred moment, one where I am constantly reminded that we are all 'one' in our experience.

We are at a crossroads – living in a time of major change and now, more than ever before, it is becoming crucial that the necessary steps be taken in order to move forward and step fully into our personal and spiritual power in order to have balance, love, joy, freedom and abundance in our work. Money, after all, increases choice and options.

We are each responsible for awakening our inner potential so I hope you'll join us, open to your inner power, connect with your soul to gain clarity and focus, joyfully uncover and clear resistance, discover and celebrate your worth and realize the spirituality in creating abundance. See ad to the left

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An 'Inner Soul-utions' seminar with Sharon Smallenberg

What Is My Gift To The World?

by Dorothy Argent

There is no greater task that confronts every aspiring human being than to find and follow your life path - to discover your purpose and your personal gift to the world. The challenge of integrating this into our lives, our work and our community has certainly been a focal point in my ever evolving life. I believe the cutting edge for future education will focus on integrating personal growth and development with our vocational goals and our contribution to the well-being of our families, our communities and the world. In my voluntary community activism and employment as a vocational counsellor I find many clients, volunteers and co-workers who are looking for greater purpose and meaning in their lives.

Even more importantly, they are searching for how they can contribute to the welfare of others. As we become more conscious of who we are, we recognize we are part of a whole, and we will strive to do our part. During the past three years I have been part of an organisation exploring individual and group consciousness and studying the needs of humanity. Called the World Service Association (WSA), our group has the purpose "to provide education and training for world service, to offer courses to support the development of consciousness and to facilitate the journey of humanity on its path to wholeness."

In the first few years of our group development we sought to understand more deeply what the needs of humanity are at this time and how those needs fit into our understanding of the development of our consciousness. The basic introductory courses we developed can be offered to any interested groups.

We explored the potential of our own group development, researched basic principles that would guide us, and are cultivating an environment where we can mutually support each other to grow and serve. The challenges of group work are many. However, we recognize that in learning the true meaning of group consciousness we cease to see ourselves as separate beings and begin to see our link to all humanity. We learn to stand together as whole individuals to create

healthy communities.

By looking beyond our group to others who provide services that respond to the many needs of humanity, we created a unique partnership resulting in the creation of the "Cascadia Sustainable Communities Institute" (CSCI). The goal of CSCI is 'to provide education, training, research and assistance to support sustainable communities, socially, environmentally, economically, culturally and spiritually'. The partners propose to offer a variety of courses, including community development, watershed stewardship, technologies of community participation, personal growth and others.

One of our first group efforts is for WSA to host, with the support of our partners, a conference entitled "Integrating Personal Growth with Community Activism" on October 1st and 2nd in Kelowna. We will be offering two keynote speakers and ten workshops from many skilled community professionals. This leading-edge theme will explore many aspects of community develop-

ment in the context of personal growth and the expression of our personal gift to the world. We hope you will take advantage of this unique offering!

For more information on the conference, our introductory courses, or a WSA membership we invite you to write to Box 733, Salmon Arm, BC V1E 4R3, phone 250-832-7574 or email dargent@canadainmail.com

Dorothy Argent is known for her innovative spirit, has actively supported the development of sustainable, self-reliant communities for over 18 years. She provides vocational counselling & planning, is a former Counsellor with the District of Salmon Arm and Past Chair of the Social Planning and Research Council of BC. She is currently Chair of the Salmon River Watershed Roundtable, a Director with the Fraser Basin Council and President of the World Service Association.

See ad below



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October 1 & 2

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Come and explore your gift to the world and listen to dynamic community leaders share about how to integrate personal growth with community activism!

WHEN: Fri., Oct. 1 at 7.30 - 9 p.m Sat., Oct. 2 from 8:30 am - 4:30 pm

WHERE: The Best Western, Hwy 97 in Kelowna

COST: \$140 - Early registration by Sept. 17th only \$120

Note: Registration includes Ice Cream Social on Oct. 1st & luncheon on Oct. 2nd

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Astrological Forecast

for
September

by
Moreen Reed

As we all head back for the familiarity of lifes' routines, you can expect to feel like it is an uphill trudge. With five out of a possible eight planets in reverse movement, keeping a steady direct course will be an effort. Expect to be changing and modifying what has worked in the past. Although no new major upheavals are in the charts this month old challenges may erupt around the 15th.

The Virgo New Moon is at 3:02 pm on September 9th. This is one of those fateful Computer Y2K days when some chips are programmed to reset when they hit 9/9/99. The highlighted degree symbolism is a little too telling "a volcano eruption" * The keyword is Explosive. Let's hope that creativity gets released not panic! Here in Victoria, the seat of Government, the chart poses a significant reality test to our computer systems; let's hope the government has done its homework! There is a note of practicality in this chart too, which should be helpful for those who do experience computer break downs.

Venus turns direct on September 10th ending a six-week period of rethinking, revisioning, reconsidering your relationship to life, to self and to other. Venus stations within minutes of the August 11th eclipse degree. Significant alliances will likely shift now as the eclipse plays out its script.

We dance with power and intention during the middle of the month when Mars catches up to Pluto. This is a once-every-two-year phenomenon and the children born now will have to learn how to be powerful in appropriate ways. Strong passionate emotions will be running high. I expect outbreaks of war and aggression as people act from a position of moral righteousness!

Chiron moves into Sagittarius on September 21. This planet/asteroid has been associated with the archetype of the wounded healer. I would expect that over the next two years of its passage through Sagittarius that we will redefine our health care systems and their mission statements. There will also be a reintegration of old modalities, pre-allopathic model, into the main stream of health care.

The Fall Equinox will occur at 4:32 am September 23. Some unusual aspects mark this chart. The picture they describe is one of highly evolved compassionate awareness and high levels of optimism leading to healing!

The Full Moon in Libra/Aries on the 25th is at 3:51 am. This Harvest Full Moon will be strange. Neptune, the planet associated with shifting levels of consciousness and dimensions beyond time and space, figures prominently. The highlighted degree symbolism fits this other worldly theme * "The light of the sixth race is transmuted to the seventh." The keyword is threshold. There are likely to be those who are in negotiations and finding it difficult to come to common ground. Here is when imagination and vision are the needed tools, while otherworldliness could lead all astray.

We end the month accustomed to the shifting currents and with more energy than we would expect. Practical matters are set against a stark backdrop yet, as we let the old ways die, the new route takes shape. *see ad to the right*

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

A View of Vedanta

by Linda Borger,
teacher & administrator of Vedanta Elementary School

Vedanta is a school of vision, vitality and virtue. It is a ray of Light in the dawning of a Golden Age. Our mission is to empower the human Spirit while developing the physical, intellectual, emotional and social dimensions of children.

Children are our greatest resource and the potential of the human lays dormant within their hectic world of sensory and information overload. Silence, serenity, self-reflection have been replaced by instant and automatic gratification. Growing up too fast, too soon, can inhibit children's natural state of consciousness that is innocent, imaginative, intuitive, inquisitive and creative. Emotional expression is subdued, intellectual facts dictate the musings of the mind and material acquisition is paramount.

Society has confined the expansive mind of a child to doctrines based on fear, guilt, oppression and prejudice. Our advanced technological minds are disconnected from the heartbeat and rhythm of Nature. Pursuit of individuality without consideration of the common good of community creates imbalance. The reality of humanity's destructive path is reflected in the problems of our children and the critical state of Mother Earth. Vedanta Education Society is working for evolution of the collective human endeavor through nurturing the spirit, mind and body of our children.

A variety of alternative styles of education color the philosophical blend of Vedanta to produce an experience of holistic education. Noble thought is inspired through study and presentation of profound poetry, discourse, and dialogue written by progressive and insightful authors. Movement to music of the ages uplifts the Spirit, celebrates Life and allows children to develop their individual rhythms and expression. Imagination is encouraged in the discovery, discussion and projection of scientific theory and thought.

Multi-sensory perception involves the reception and assimilation of energy and information by the nervous system which are interpreted by the brain and deciphered by the mind. Infants and young children function with profound perception however, conditioning and lifestyle reduce or limit the conscious sensory field to the five senses. Each child embodies their own individual electro-magnetic circuitry systems, which are affected by many factors including, state-of-mind, nervous depletion, magnetic field fueling and breathing patterns. Vedanta provides an environment for individual assessment of multi-sensory perception techniques, which serve each child's learning mechanisms.

Story theatre is a venue for sharing stories from the cultures and religions of our global home. Children learn myths, legends and accounts that inherently extol strength of character, wisdom, values and adventure. Through drama, children become heroines and heroes; their identity merges with the mysteries of Life and the energies of Nature. Theatre of the mind offers imaginative journeys to a greater consciousness where wisdom, insight and resolutions reside.

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these energies in their lives. Right conduct and non-violence embrace attributes such as respect, reverence, self-discipline, and acceptance. We teach coping strategies for management of emotions such as anger, greed, jealousy and resentment for the purpose of conflict resolution and creating a peaceful planet.

Vedanta integrates ancient wisdom, traditional ways, diversity of thought, established curriculum, dynamic change and creative energies to meet the needs of children of the third millennium. Great minds of the twentieth century set the stage for the manifestation of a better world. They leapt from the restraints of the status quo into a realm of possibilities with volition and vision. Join us in our endeavor to bring forth a new era in education that will reach the uncharted capacity of the mind. Entrust your child to a system of education designed for enlightenment and progressive thought.



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Life Coach

Travel Agent for Your Spirit

by Karin C. Bauer

If you let your spirit travel freely, where would it want to go? And if you did know where, would you allow your spirit to travel fearlessly, trusting its wisdom? In July, my spirit gave me strong messages to set off on a personal growth journey I will never forget. I am writing this story to encourage all of you to follow your spirit and trust your intuition.

My spirit clearly had a destination, pulling me to travel to a place I had never been. Yet my mind was skeptical because the exact location had not yet been revealed. Nor did I know how I was to travel, or why it had to be now. Naturally, my mind wanted to question the whole journey. It was not until my Life Coach, who acted as my travel agent for my spirit reminded me about a few things: "Trust your intuition, go with the flow and be in the moment," he had said. The coaching helped me to get in touch with myself and remove the block that fear had created in me. And then, a little shaky but bravely, I set out driving my car through a total of eleven states in the USA, ending up in the precise place where I needed to be: Beautiful and powerful Sedona in Arizona. When I finally arrived there, I knew this was where I

needed to come. It was incredible, how through this journey, I actually felt my spirit sing, my heart open and my mind rest. It was also there, that I realized I was to travel to gain inspiration to write my first book. And, it was in Sedona, where I spontaneously met two book authors who were encouraging me to write about what is closest to my heart. I spent one life-changing, insightful week in Sedona, meditating on the powerful vortexes and letting my inspiration flow. Life coaching was what helped me to listen to my spirit calling and to go with the flow. I knew on this trip, I was breaking out of my old mold of safety and security. I felt my heart pounding, as I drove over the long, treacherous stretches of roads. I realized, I was pushing the envelope of my own comfort zone, mile by mile. Never before had I traveled very far alone in my car before, and here I drove 9,000 km in less than four weeks. I was unsure as to how I would manage or find my way. But I learned to move forward through what was blocking me; fear was a big one! Because I am a firm believer in helping others unlock their potential, I needed to follow my own calling. Now I am more passionate than ever encouraging you to follow your heart and allow your spirit to sing. To find your life destination, I would love to be your Life Coach, or your travel agent for your spirit. All coaching sessions are done by telephone. See ad below

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T'ai Chi Ch'uan

— Exercise for the Millennium

by Kim & Heather Arnold
"Double Winds T'ai Chi Ch'uan"

As the year 2000 approaches many of us are looking at our life styles more seriously than we would for a typical New Year's resolution. The change of the century, into the next millennium, implies looking at not just the year ahead, but for years ahead. As we grow older exercise will need to be more gentle and forgiving for aging muscles, ligaments and joints. No one wants to go into their elder years feeling unhealthy and unable to pursue the activities they had always planned enjoying upon retirement. T'ai chi ch'uan, done properly, teaches good body balance and posture which reduces the risk of falls and back injuries — a common occurrence among older people. Meanwhile, the younger population is faced with ever increasing challenges which can result in more stress — physically and emotionally. This is often better relieved by a gentle exercise to calm the mind and body, rather than a jarring one.

Traditional t'ai chi ch'uan is the exercise for the millennium. Although the Chinese have been practising t'ai chi ch'uan for over five hundred years, it was only introduced into North America in the early 1960's. T'ai chi ch'uan has enjoyed great popularity over the years with many realizing the benefits of this gentle but truly effective martial art. Some enthusiasts claim the daily practice of t'ai chi ch'uan has helped them achieve better balance and harmony in their lives, while on the physical side one benefits from the gentle stretching movements that massage the internal organs and promote internal energy. Most t'ai chi ch'uan practitioners enjoy this moving meditation, called a "form", for its health benefits — Yang Style being the most widely practiced t'ai chi ch'uan style in the world. A "form" can take five to thirty minutes to perform.

Traditional t'ai chi ch'uan is considered the ultimate martial art — "t'ai chi" translates to "supreme ultimate", while "ch'uan" translates to "fist". Whatever the reason for learning t'ai chi ch'uan, the benefits are many and varied, as are

the class participants. It is one of the few martial arts that transcends the ages — and it is not uncommon to see teenagers and older people working through their form together.

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Hemp & Herbs
details on page 35



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What's HEMP, Doc?

by
Donita Lacey

According to a dictionary, hemp is a tall plant called Cannabis Sativa, a native to Asia, having stems that yield a coarse fibre used in cordage, and having small greenish flowers. Hemp refers not only to the fibre of the plant, but also to the smokable products derived from this plant, and any of the various or related plants, especially those yielding fibre.

I prefer the word Cannabis in reference to 'Herbal Smoke, and I don't use the old term marijuana because world-renowned home-grown Beautiful BC Bud deserves better than that. Like alcohol, it is incredibly versatile, adapting to many, many different uses, recreationally, medicinally and industrially. While surfing the net I found such an abundance of factual information available for all who seek it under the headings of hemp and cannabis in BC and Canada. For instance, did you know that prior to prohibition many medical doctors venerated cannabis for its effective treatment of a variety of conditions; such as an anti-convulsant, an analgesic, a muscle relaxant, also for treating rheumatism, epilepsy and spasmodic conditions? Its usefulness was evident for the treatment of tetanus, neuralgia, uterine haemorrhage, child labour, asthma, bronchitis, post-partum psychosis, dysmenorrhoea and as an appetite stimulant. Some used it to cure alcoholism and other addictions, a gentle substitute.

Donita will be hosting a FREE video followed by a talk/discussion on the legalization of hemp for medicinal purposes in Penticton at the Juicy Carrot and Yoga Studio, Fri. and Sat., Sept. 10 & 11 at 7:15 pm. For info. phone Donita at the South Okanagan Cannabis Society 809-9284 Penticton.

Meditation Corner

by Christina Goddard



This month on our journey through the chakras, I will take you on a meditation for the Third chakra- the Solar Plexus Chakra, which is located above the navel. It's colour is yellow and is closely tied to the workings of the digestive system: the stomach, the liver, gall bladder and adrenals. The Solar Plexus Chakra is the clearinghouse for emotional sensitivities and issues of personal power. When balanced, one lives in peace and new learning opportunities are presented. It brings selfless service to others — this meditation will help you to do this.

Find a safe, comfortable spot, play some relaxing music, take in three deep breaths and center your thoughts on your Solar Plexus Chakra. See the colour yellow, see the chakra as a lotus flower with ten petals spinning. Trust what you see; you must trust in order to heal. If you see rips and tears, or the colour is not clear in this chakra, then send in healing energy and be open to what you receive from spirit and let go of issues that may be holding you back. Say out loud: "I accept myself completely. I am full of radiant light and energy. My personal power is growing stronger everyday." Take a few minutes to see yourself as Spirit sees you. When you are ready, feel the energy coming back into your body, up through your feet and down through your hands. Open your eyes and remember all that took place. *See schedule to the left for class times*

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by

Jan



Simple Abundance

A Daybook of Comfort & Joy

by Sarah Ban Breathnach
Warner Books, ISBN 0-446-51913-8

Simple Abundance has enabled me to encounter everyday epiphanies, find the Sacred in the ordinary, the Mystical in the mundane, fully enter into the sacrament of the present moment. I've made the unexpected but thrilling discovery that everything in my life is significant enough to be a continuous source of reflection, revelation, and reconnection: bad hair, mood swings, car pools, excruciating deadlines, overdrawn bank accounts, dirty floors, grocery shopping, exhaustion, illness, nothing to wear, unexpected company, even the final twenty-five pounds. Simple Abundance has reminded me what to do with a few loaves and fishes and has shown me how to spin straw into gold. Simple Abundance has given me the transcendent awareness that an authentic life is the most personal form of worship. Everyday life has become my prayer.

I can't say it any better than the author!

I look forward to my daily reading in **Simple Abundance**. Sarah Ban Breathnach takes a positive, simple and practical approach to all aspects of living. From how to start clearing out the clutter to creating simple elegance in our surroundings, she then applies some of those same processes to personal growth. Exploring every avenue of possibility, she gets me to look at life in a different way, or see where I've changed that perhaps I wasn't really aware of.

Soul Survivor

A Spiritual Quest
Through 40 Days and 40 Nights of Mountain Solitude

by Paul Hawker
Northstone Publishing, ISBN 1-896836-16-X

Not everyone needs a wilderness experience. I'm sure others may gain in a few moments what took me five weeks. I believe, however, that to get past our theology and to really experience God, we somehow need to clear the decks — to let God get at us and us at God. How we do that is as individual as each one of us.

In his early forties with a busy television career, Paul Hawker felt that something was missing in his successful life. When someone said, "Sounds like you need a wilderness experience, mate: 40 days and 40 nights", it rang true.

Inspiring and down-to-earth, the author shares a part of his search for a closer connection to God, The Source. I like his relaxed and vivid detailing of the trek in the Tararua Mountains of New Zealand — his choice of location to get to know himself and God better. Having to let go of all preconceived notions of how this would take place was a challenge, and he shows by example how he worked through the mind chatter to listen to the voice from within.

A year later Paul Hawker observed that "Now I don't feel so personally liable for everything that goes right or wrong. I'm freer to make mistakes. Freer to be who I really am rather than who I think I have to be."



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On Becoming a Wise Woman



Wise Woman

Sept. 17, 18 & 19

by Sandra Bradshaw

"Be careful, you might get what you pray for" is a saying that comes to mind when I think about my-ten-year old self lying in bed and asking God to make me wise. At the time I had just begun to have some inkling that intelligence and wisdom were two different things but probably didn't realize that you can only acquire wisdom through life experience coupled with the courage to change your own attitudes, beliefs and actions and that it can't be learned by reading a textbook.

I was perhaps an unlikely candidate for Wisdom 101 being the youngest (by many years) and the only girl in a family of three. As a child I was overly sensitive, indulged and sheltered from the very experiences that would allow for the growth of wisdom. But life had a way of giving me the experiences I needed to fulfill my desire. The people and events that were necessary were put in my path and fortunately, God gave me the gift of courage as well so that I could learn to seize opportunities and follow my inner leanings. I began to grow into wisdom in spite of myself.

My teenage years were troubled by a lack of confidence and fear of people but at seventeen I began to attend a youth group where I learned that it was possible to make changes in my life and that the means were within my reach. During the late 1960's, when the personal growth movement was in its infancy, books by the dozens began to appear in the bookstores in Vancouver and I couldn't get enough—yoga, spirituality, reincarnation, metaphysics, etc. I read everything that I could get my hands on, went to workshops, took part in discussion groups and satiated myself in the thoughts and ideas of others and even began to have a few thoughts of my own. Life couldn't have been sweeter.

At twenty I met the love of my life and all of the things that were meaningful to me in terms of spirituality, understanding and trust were embodied then and now in our relationship. But as John Lennon said, "Life happens while you are busy making other plans." As I launched myself into marriage and babies, the cosmic 2 x 4 was waiting to hit me over the head and all the things that I had been reading and talking about for the past four years were now going to be put to the test as a new catalyst was being added to the mix—alcoholism. For eight years I wrestled with the problems that were affecting me and my little family and it wasn't until I had faced financial ruin, gone back to university to get my teaching certificate, moved six hundred miles north to Vanderhoof, and cut myself off from all my support systems that I finally realized that my life was out of control and that the more I tried to control things, the worse it was getting.

With all of my so-called understanding of personal growth, it wasn't until I was faced with the disintegration of my family that I began to realize that I didn't have the answers and that I needed help. I knew that I no longer could live my life fearing the outcomes of my actions so I phoned the local drug and alcohol counsellor and fortunately,

continues on page 32



Getting me onto my Life Path

by Orlea Rayne

In 1989 I had an aneurysm burst in my brain. I ended up helpless, handicapped and homeless. The only thing I had left was my desire to paint. However I had to learn a new way because my spatial imagery was gone. I painted with my heart and hands while listening to divine guidance. Once when I was stuck while working on a painting in a fit of despair I called out to Jesus, "You gave me the desire to paint now you have to help me." I was in the process of going to bed to put the covers over my head to keep out the world. I never even got to lie down when I got a big burst of light and energy. I got up, went back to work and finished that painting in a few minutes. I knew from then on to ask the angels, guides, Jesus and Kryon to work with me. However my paintings were not selling.

I went into the chaplains' program in Phoenix because they gave me a place to live and free food. While there I was invited to an at-home gathering to meet Lee Carroll and Jan Tober of the Kryon Channels. I gave them some pictures of my paintings and Jan called me to say, "The paintings were first to heal me and then to heal other persons and I should get out of the hospital and get my paintings into hospitals." They sponsored my art at a Kryon Seminar in Sedona. The paintings all sold and Seers from around the world lined up to tell me about the effect my Paintings produce. I had never heard of sacred geometry or much of the other things they told me. That is how my interest in metaphysics started. I took my paintings to more Seminars and workshops. The more metaphysical seminars I went to the more healers I ran into who got healing messages from my art. I learned and developed my conscious growth of truth. Then I was told that my paintings were sacred mandalas/symbols for meditation. Today healers and people all over the world own my mandalas I live in a new condo and have a new van. Life is wonderful and I know that every thing I went through was all in divine order, just my "I AM" getting me onto my Life Path.

Presenters

Registration details on the back page

MY JOURNEY

Virginia Graham-Smith



My journey began in Sydney, Australia in December, 1945. It has been a journey filled with many bumps in the road and at times losing sight of my path, but it has never been dull!

Most of my childhood, from the time I arrived in Canada at the age of three, was spent in the rural areas of British Columbia on ranches where I would be the only child. My friends were the animals, things growing from the earth and books. I realize now that this is when I developed a love and respect for Mother Nature and an inner knowledge that all things on this Planet are connected. At the age of twelve I was relocated to the Lower Mainland and adjusted to city living until my mid-forties. I enjoyed my city years; I always managed to have the good fortune to live where I could garden and stay somewhat connected to the Earth. My "early" adult years were consumed with child rearing, and the "job". I now appreciate how easy it is for women at this passage of their lives to lose sight of their own person and their goals. We become Mom, Wife, Career Person, and there is not time to honor or nurture ourselves. At the age of forty-four my life took a dramatic turn — my husband, Ron, and I decided to leave the City and buy a fishing resort in the Cariboo.

The five years we spent in the Cariboo enabled me to make some of my "day dreams" into a reality. For the first time in many years I again felt at one with Earth Mother and became quite open about my Spirituality. I was able to have time to learn more about the properties of the plants growing in the wild and broaden my knowledge of how to incorporate them into my life. At the end of the five "Cariboo" years we decided to relocate and begin the next phase of our lives.

Home became Barriere; it filled our wish list: better growing season, close to a larger centre, property with privacy but not remote and a small community that we could be part of. My dreams were to work with indigenous herbs, cultivate a diverse herb garden and provide a place where people could come to reconnect with Earth Mother and de-stress. Hence LandSpirit Retreats and Herbals was born.

I feel truly blessed to be where I am today, and to have experienced the adventures I have had on my journey. I feel wiser today than I did in my twenties, thirties and forties but when I speak to more senior women, I look forward to the wisdom still to come.

In My Mother's Garden

by Laurel Burnham



There is a curious paradox that rules our lives in these times. And it is this: the faster we go, the less time we have. The summer has consequently flown by, with September upon us in all its bittersweet abundance. The change is in the early evening air, and the shrinking daylight hours. The children

will soon be back in school, wondering where the summer has gone. Just so, the days slip away for their mothers and fathers, like beads on a string, another cycle of a year.

This summer marked a passage of sorts for me and my parents. They managed to sell the family home. I journeyed to the coast to help them sort through Forty plus years of family life, to pack and move into a seniors' complex. The indelible memories I have of the home where I and my four younger brothers were raised didn't quite match the current reality. The cycle of many seasons has changed the sprawling yard with its gardens, greenhouses and fruit trees to something a little less familiar than my intimate memories.

Time has laid a much heavier hand upon my parents, slowing them down with familiar infirmities of age: strokes and heart attacks, making maintenance of this familiar green paradise a stressful and unnecessary burden.

It was a gentle, solitary pilgrimage for me, used to traveling with my sons to see my parents every summer. With minimal baggage and a calm heart I set off to fulfill the expectations of dutiful daughter. Who else would reach great grandmother's china on the very top shelf? Who but me would know how to suggest that it might be time to let go of that cracked vase, or the lumpy clay ashtray, fashioned by a small child's hands many years ago?

There are poignant parallels between the changing of the seasons and human existence on this earth. Just so, as the trees shed their leaves in autumn, so the shedding of possession and expectations comes with time and age. My parents were relieved to be letting go of the home that had sheltered them and our family for so many years, but it was a relief tinged with sadness. Brand new condominiums do not have the same feng shui as a much loved, very lived-in family home. Modern conventional architecture leaves little room for spirit.

It was a kind of archeological/historical expedition that my mother and I made, deep into closets and cupboards and forgotten corners. Dusty remnants of childhood past, books and toy trucks, work gloves and broken aquariums. From boxes of faded paper...the ghost of an aspiring poet leapt out and danced with the dust motes. Memories that I had lost came back, along with my very first toy, a doll named "Tina". Easy enough to gently blow the dust off those humble artifacts of one's past, easier still, when the time is right, to let them go.

continues on page 32

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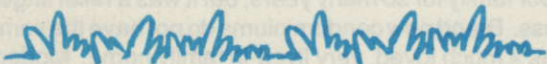
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A Carrot Celebration



The Juicy Carrot Juice Bar & Eatery is now one year old and it seems like I just opened my door last week!

I can still remember vividly, that first day being open and how it was like riding a bike for the first time; a feeling of uncertainty and shakiness yet experiencing the thrill of having the wind of freedom blow through my hair once I got up enough speed. Even to this day, I still get these same feelings as new expansions take place and the new demands associated with the uncharted territory present themselves. How much I have grown from them! How much more I am to grow! My partner Angèle, the support and input from my customers and especially my spiritual teacher Winged Wolf's words of *keeping my eye on the bull's-eye and getting what I want out of life* has kept me on track of who I am and where I am going. Thank you all for making my business a success!

To celebrate our first anniversary of the Juicy Carrot, I would like to invite you to come down for a 2 for 1 carrot juice special being served Friday and Saturday, September 3 & 4, 10 am till 6 pm. Along with your thirst, bring along your appetite to enjoy our all-vegetarian menu of veggie wraps, falafels, garden burgers, Buddha or carrot salads, all made with the finest organic ingredients. As an added bonus, when you purchase \$25 or more, receive a book entitled *Earl Mindels Soy Miracle* for free! Hope to see you here!



The Powerful Force of Joy

by Sue Peters

I have been doing a lot of observing lately, and I have noticed that people really get caught up in the busyness and high drama in this life experience. We came to this physical world to learn how to be powerful Creators in this denser reality, and we did this by choice, we are not victims. But as we get caught up in our adventures and dramas, we begin to believe that we are not the ones who create, we are only the puppets of other more powerful Creators. How easy it is to get sidetracked!

So, with this in mind, imagine yourself gathering together all the ingredients of a cake — you have the flour, eggs, milk, vanilla, salt, sugar, baking powder, and you mix it all together. Now you put the mixture into a cake pan and put it into the oven. An hour or so later VOILA! you now have one delicious cake. Then you decorate it, and say, "Who made this wonderful cake; it is so beautiful and tastes so good! It must have truly been a powerful Creator that made this!" Selective Amnesia has now become a part of your existence here.

You so easily give up your creations, so easily say someone else has done the creating, diminishing your very existence. It is now time to be responsible for your creations and to own up to all the things that you, this Magnificent, Powerful Creator, are. To begin this process of acknowledging yourself is really quite simple.

There is an easy way into yourself and that is through the channel of thought. Often you consider that the thought is purely a mechanism that will aid you in delivering the material and emotional things you want; however thought will take you much farther than that if you let it. Consider that thought is a tunnel that carries energy frequencies. In these frequencies are the passageways of worlds upon worlds. Thoughts carry energy streams that consist of thin silver seaweed strands. If you follow these strands you will discover the beginning of creation, which lies deep within you. A thought is a power surge that installs into each one the push to design what it is that you want or do not want. Whatever you focus on is what you get ... however this is the end result. Go to the beginning and you will tap into the most powerful reality that you have yet to know. It is like a huge transformer. It holds the multitudes of electrical impulses that are sent down through the strands of seaweed substance that link up to your thoughts. They are the force behind each thought and they come directly from Source.

We have a tendency to create stories. Stories hold the power surge of the energy that will create what you want. In this physical reality, the stories are what assist you to get the creative flow moving. To really experience the full force of Creation, try dropping the stories and just reach for the energy. You do not need a religion, politics, illness, ceremony



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to touch the Divine ... to know who you are. All you need is the spirit within you to awaken. Look around you and start appreciating the things that have already been created.

Gratitude, thankfulness — notice the things that stir your soul into joy, and acknowledge them. In doing this you will engage the flow of absolute pure positive energy and those passageways within you that may have been closed will begin to open. Next intend to open them. Intend, with the power of your thought, to open all of your energy passageways and energy valves (like a facet on a tap) so that the force of the Source, the Divine Light of Absolute Joy will flow through you, and it will!

It is interesting how this pure Joy filtrates through your physical system. If you took a magnifying glass you would be able to see the dense physical body, and within this denser frequency, you would be able to see clumps of dark slow moving energy masses. Interspersed throughout the darkness are pockets of light. As you use the power of your intention and begin the process of opening up your energy centers, passageways and valves, the darker, denser frequencies begin to thin and the atoms of the physical system, begin to lift and move, causing a separation, almost like tunnels of flowing light to move throughout your body. The muscles begin to relax, the organs and glands release the dense substance that has been held them in a fixed place, each cell begins to be flooded with a swirling, whirlwind energy that cleanses even the most toxic memories of any drama you have ever experienced. The power of Joy, of this pure positive energy, enables worlds to transform. *See ad in the NYP - Hawaiian Huna*

*Sue Peters will be one of thirty
instructors sharing their wisdom at
the Wise Woman Weekend,
Sept. 17, 18 & 19 at Naramata
Centre. Please see registration
details on back page or check out
our website: issuesmagazine.com*



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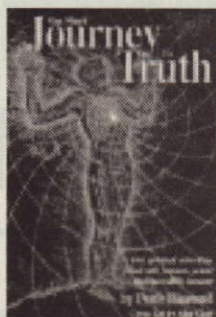
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Wise Woman Stories

continued

In My Mother's Garden by Laurel Burnham

It wasn't until the early evening of my last day there that I finally realized that I had a very special farewell to make. I was looking out my mother's kitchen window, down into the remnants of what had been a beautiful cut flower garden, under the laburnham tree. There were two or three perfectly exquisite pale pink roses coming into full bloom, and beyond them, next to the pond, a glorious cloud of great white daisies. It was time to say goodbye to the garden of my childhood. With garden shears in hand, I made my tearful way outside. One of my very first memories of this home was my mother handing me scissors and pointing towards a veritable swath of daffodils, saying "There you go, dear, the more you pick them, the more they'll grow."

In that last slow, grateful circuit of my parent's yard, I was able to take at least one of every flower in bloom. With each blossom cut I murmured a prayer from the bottom of my grateful heart, thanking the spirits of the place for every gift of the good earth, every bright and beautiful moment that I experienced as a child. As I had been blessed with an abundance of glorious seasons in childhood, so too I was once again blessed with the opportunity to consciously say goodbye to the place that had nurtured me, body and soul. With my arms laden with flowers, and my face wet with tears, I said goodbye. In the deepening twilight, I made my way back into my parent's house.

On Becoming a Wise Woman by Sandra Bradshaw

both my husband and I came to the realization that we needed to make changes in our lives so for the next dozen years, we immersed ourselves in the AA and Alanon programs. It was a humbling experience for me the first time I crossed through the doors of Alanon. For years I had prided myself on knowing what to do in any situation and now to finally come to the point where I realized that all of those sitting in the meeting had more wisdom than I did was a very difficult pill to swallow. I slowly learned to be responsible for my own behavior and to release my husband and children with love to live their own lives and learn their own lessons. The experience of Alanon helped me to begin to walk my talk. At first they were only baby steps and very shaky ones at that. As my confidence grew and I was able to accept both my strengths and weaknesses, I began to see life not as a series of problems but as challenges that I felt I now had the skills to face with courage and enthusiasm. The lessons that I learned have stayed with me and have helped to guide and direct my life ever since. I can honestly say that even though it has been at times a hard road, it has never been a dull one and I feel that I now have the wisdom that will allow me to move into the next phase of my life with a serenity and joy that I could not have acquired any other way.

AN EMOTIONAL ALLERGY

by Joel Whitehead



She is walking down the hallway going to her supervisor's office. She is suddenly caught by a vision and a fear. She is no longer the person she used to be in this situation. This can only be bad. She has her head down and clears her throat a lot. The supervisor is straightforward and good about the situation, but she just waits for the meeting to end. Five years ago she was in a different position. A man who didn't feel that a woman should be doing that kind of a job had made her life a living hell. She had loved her job before, but now each day brings on gut-wrenching pain. There was a lot of doubt cast upon her ability to serve created in the last position and now she doesn't expect that anyone will trust her again. Even with some level of vindication and a transfer, her self-confidence torn out from under her, she is unable to reach her former level of enthusiasm and devotion to the job. Instead of trying to make her job better, she is trying to survive until some level of retirement.

It doesn't take long in talking with her to find out what the gestalt gut reaction really is. She comes in knowing only two things: 1. She is in physical pain and disarray in her life and is presently on leave to get help. 2. Whenever she remembers the man who was so unfair, she trembles inside with the mental image of him, the situation and the injustice; most of all being misunderstood still haunts her. Subconsciously, however, she has taken leaps of transference to feelings that she really is unfit to do an adequate job; that everyone else sees her as someone who is inept and unqualified. She is not even up to the standard of other women who do the same work, much less the men. She will always be treated as an inferior by her superiors and there is no way to be heard or advance in her position because the system is fixed.

In previous articles I have talked about our autonomic system that makes decisions for us. The simplest to understand would be the adrenaline response when threatened. Our energies are marshaled, our vascular system closes down and our muscles tighten, most often before we've consciously recognized the need to do so. At times our body decides that a certain food is not good for us and sets off a default mechanism that determines that for us, from that time on. This is what we would call an allergy.

If there is any difference at all, there is only a hairsbreadth difference between our subconscious network and our autonomic one. Both can be emotionally spurred and physically expressed. I remembered one patient who came in with an ankle that was completely turned in like a late-onset club foot. She said it happened when she dealt with an emotional issue around her former stepfather who was physically abusive. She asked me to treat her with acupuncture for the foot, but it was her fear with regard to her stepfather that was the root of the problem. So, instead of treating her for the foot which probably would have worked well enough, I proposed that we treat her for her stepfather. After that one session when we identi-

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fied the syntax of fear related to her stepfather and treated her for that, she walked out of the clinic as if there were not problem in the first place.

My patient who suffered the injustice at the hands of her superior, is living life as if a blanket had been thrown over her. Instead of choosing her directions and making her job more dynamic and interesting like she used to, is more like a pinball in a pinball machine going through her job and her life in the bumper directed fashion of unconscious and self prescribed avoidance therapy. Her mind has transferred this incident into a plethora of messages where she mostly sees herself as inadequate. She bites someone else's head off if they even dare to suggest that she is doing her job wrong and she is living her life in survival mode.

If allowed to continue meandering through her subconscious, it will result in pain and methods of self-destruction like the inability to sleep, putting on weight, frigidity and the downward spiral of grief for a life lost.

The first part of the solution is to bring all of this forward into the conscious realm and treat it like an allergy - nothing more. Only then can she start to program feelings of self-acceptance and positivity back into her life and choose a new course. *See ad below*



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Miracles Happening

by Jessica Diskant

During the summer, I've been privileged to witness a few miracles.

One of my clients in her sixties had very poor hearing in one ear and the doctor was going to put a tube in her ear. After her first Bowen treatment, she had full hearing back in that ear. We did gentle TMJ work and a few gentle moves around jaw and lymph. A miracle happened.

Another client with shoulder problems and headaches has been getting great relief from her treatments.

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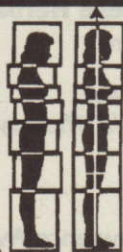
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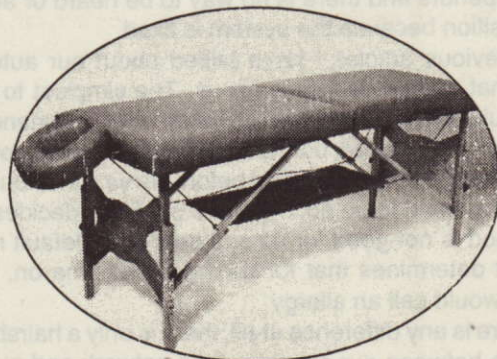
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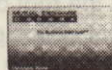
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Calendar of Events



Aurora's Natural Health Centre • Course
Schedule for Sept. & Oct. on page 2 for details

September 3 - 6

Yoga Retreat at Johnson's Landing Retreat
Center, north of Kaslo with Valorie Nunes, p. 3

September 11

A September Fast with Ray Kent! This
amazing man helps people heal themselves
through fasting. If you are interested in taking
charge of your life and learning a different ap-
proach to what ails you-physical, mental,
spiritual-call Corenda at 250-338-1697 for dates
and places of talks and interviews. The next fast
is in Qualicum Bay, Sept. 11. Website at [http://](http://members.xoom.com/beelinepro)
members.xoom.com/beelinepro.

September 17, 18 & 19

Wise Woman Weekend at Naramata
Centre ... see back cover for details

Integrated Body Therapy with Cassie
Caroline Williams in Kamloops, p. 22

September 21

Inneractive Huna Workshop,
by Unity of the Okanagan in Kelowna, p. 37

September 21 - 24

Aromatherapy Seminars & Lectures
with Klaus Ferlow in the Okanagan, p. 11

September 22

Finding Paradise Within, 7 classes start
Wednesdays with Marilyn Evans in Vernon, p. 19

September 23

The Pyramid Ceremony,
by the Rosicrucian Order in Kelowna, p. 19

September 24 - 26

Ancient Art of Dowsing, at the Questers'
Annual Dowsing Convention, 100 Mile House, p. 9

What is Your Future Worth?

with Sharon Smalberg in Kelowna, p. 20

September 25

Healing Massage Course, Awaken to the
Healing Power Within, led by Sharon Strang &
Louise Tapp, Kelowna 250-860-4985, p. 47

September 25 & 26

Awareness Through Movement,
Feldenkrais with Syl Rujanschi in Prince George, p. 38

September 27

Introduction to Meditation,
with Cheryl Grismer in Westbank, p. 12

September 29

Healing Circle starts every second Wednes-
day with Nicky Stewart in Penticton, p. 16

October 1999

Counsellor Training begins at Philosophical
Counselling Institute in Salmon Arm, p. 6

October 1 & 2

**Integrating Personal Growth with
Community Activism,**
several speakers in Kelowna, p. 21

October 1, 2 & 3

Ascending Hearts Conclave with Craig
Russel & many others in Chilliwack, p. 32

October 2

Pampered Princess for a Day, in Penticton
with Nicky Stewart & Darrel Vogel, p. 16

October 3

Eckankar, Religion of the Light and Sound of
God, presents 'Live your Life as a Spiritual
Adventure.' Free presentation 10am-4pm, Spe-
cial Guest Speaker, Workshops, Musical Enter-
tainment, 'Join Us for the Day.' Odd Fellows Hall
2597 Richter Ave. Kelowna, 250-763-0338

October 5 - 9

Creative Insight, Astrology
with Moreen Reed in Kelowna, p. 23

October 8 - 10

Straight from the Heart
with Richard Moss, MD in Kaslo, BC. p. 17

October 9

Feldenkrais Method
with Tyson Bartel in Kamloops, p. 39

October 16 - November 1

Machu Picchu Tour, including the Inca Trail
with Serenity Transformational Tours, p. 15

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Sept 10 & 11 - A video followed by a
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For more info please phone Donita at
the South Okanagan Cannabis Society
809-9284 Penticton. See story page 30

Sept. 24 • Herbs - A vital part of
Health presented by Klaus Ferlow of
Vancouver, see ad & story page 10 & 11

ONGOING EVENTS

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heart at Aurora's, 6:30 - 9:30pm. \$2

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TUESDAY in Penticton 7 pm

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Connecting with Spirit

by Therese Dorer

In April of 1993 I lost my father to cancer following a long and lengthy illness. While I was watching him struggle and coming to terms with his own fears of death and dying, I was attempting to find answers for myself. I started to ask why? Why must some suffer so with illness and where do our loved ones go after death?

Soon after his death, I started to experiment with meditation. I was delighted with the results as I was able to "see" my father, talk to him and ask him questions. This was the beginning of a process of healing between us. Although I was new to meditation and didn't really understand what I was "seeing," this brought me comfort.

Finally, after many wonderful meditations, I started to realize what a wonderful gift I had been given, to be able to communicate with my deceased father. Soon, I was able to bring messages from my father to other family members. I also began meeting my own spiritual guides. These guides helped me with many questions I had concerning life.

A turning point for me came in May, 1998, when a small child came to me in my meditation. I knew the child had passed on, and I was able to communicate with him and "see" him with clarity. He shared information with me about his passing. I later discovered that his words and actions were very unique to him and his personality, although I had never met this child in my life. This helped to affirm for me that there was more to my meditations than my own self-healing.

Since that time I have come to realize I have been given the gift of being a medium. What is a medium? Quite simply, a Medium acts as a telephone between the spirit world and the physical world. I am able to hear and see family members or friends and communicate

their thoughts to the loved ones left behind. Through this unusual "telephone conversation", the more you share or ask, they (spirits) understand that you are ready for answers.

Every individual's communication is unique. For some it is an opportunity to receive encouragement or answers for the unexplained or the misunderstood. Many people, both spirit and those on this side, have experienced a sense of closure of issues that were not dealt with before the passing of their loved one.

To give an example of how a connection with spirit may work in our everyday life, here is a case history of a client of mine:

The death of my father was very unpleasant, with a number of unresolved issues being left behind. I spoke to a counsellor about what I was feeling, and I was told that this was probably the most difficult part of losing a loved one — that you will never be able to resolve the unresolved issues. "A large part of grief", I was told, "is that you will never hear your father tell you the things you want to hear." In my first session with Therese, we made contact with my father and he was awaiting this encounter so that he could do exactly that — resolve the unresolved. Through Therese as a medium, my father has told me what I needed to hear. As a result, my healing has been incredible. I am very grateful to Therese for sharing her gift with me, I have a new loving relationship with my father; one that I always wanted. As he said, "better late than never."

If I could leave you with one thought it would be to trust and believe that the love never stops between the spirit world and the physical world. The veil between us and them is like a beautiful river of light and love that flows from them to us and us to them. You don't have to say Goodbye. *See ad below*

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What Will you Take into the New Millennium?

by Rev. Arlyn Macdonald

Before we rush into the new millennium, let us pause and reflect on the past millennium and decide what knowledge, teachings and practices we want to preserve for our future. In the last thousand years we have discovered and rediscovered many wonderful things. Some of these discoveries reveal to us the spiritual knowledge of ancient cultures. This knowledge is as true for the new millennium as it was for the old.

The knowledge of one such ancient culture gives us an integrated view of the Self, as well as the way in which to achieve miraculous changes in our lives. It describes the qualities and levels of energy, how our psychic senses work, and the importance of forgiveness in the healing process. This knowledge was once taught by the ancient Kahuna of Hawaii and is referred to as the Huna teachings.

Huna means "secret" in Hawaiian and is the name for the inner teachings of the ancient priests, the Kahuna, "the keepers of the secret". Long before the Christian missionaries came to the Island of Hawaii and long before the kapu (taboo) system disintegrated, a rich and highly evolved spiritual culture thrived amid the fiery volcanoes and placid seas. The islands were fertile and lush and the surrounding waters full of fish and turtles. The people considered themselves part of the wondrous family of nature. They were part of a great o'hana (family). They sang and danced their joy and happiness and shared all they had with one another, their ancestors and their gods.

Handed down from one generation to the next, the oral traditions of Creation, the way to communicate with the world of spirit, and the family connection to both the physical world and the spiritual world were celebrated by the people. Using the Huna teachings, the Kahuna could heal the sick, raise the dead, walk safely across burning lava beds, and change future circumstances.

These oral teachings of the ancient Kahuna were almost lost to the modern world. The impact of the Western world devastated the Hawaiian culture, as it did to many of the ancient cultures. In a very short time, the lives of the people changed forever and the old Kahuna were outlawed and died. The young people no longer wanted to study and practice the old ways.

Fortunately, there were some Western people who saw the value of the ancient Hawaiian teachings and they struggled to preserve what knowledge they could. One of these people was Max Freedom Long, who is credited with recovering the core of the inner teachings of the Kahuna. He used the word Huna to describe this knowledge since there was no Hawaiian word for religion.

How can the ancient teachings of the Kahuna help us in the new millennium? The Kahuna had a more thorough understanding of psychology than our modern scientists. They knew about the subconscious ('Unihipili) and the conscious ('Uhane) and superconscious ('Aumakua) centuries ago. They

specifically described the qualities of each and how to integrate the three to improve the health and well-being of the individual. The Kahuna also understood that there are three levels of energy or mana and how to use each kind to perform miracles of healing. They understand the importance of the prayer process and always received answers to their prayers.

They taught that we are co-creators and can have anything we want, as long as it does not hurt someone else or ourselves. They believed that we are here to heal ourselves, to live the hurtless and helpful life, and to heal others and our world. The teachings of the ancient Kahuna give us an opportunity for self-discovery and how to keep clear the connection to our Higher Selves.

What we take into the new millennium will shape the rest of our lives. Take a little time in your preparation this year to think about the spiritual teachings of ancient cultures of the last millennium. What will you take with you?

Rev. Arlyn has been teaching Huna for the past thirty years. She is a member of the Church of Truth, a graduate of the Albert Grier School for Ministerial Studies and a minister of the Church of Truth. She will soon be certified as a Huna Teacher/Practitioner with Huna Research, Inc. She holds a B.A. in Non-profit and Small Business Management and is a professional writer. She recently published her book entitled Inneractive Huna: A Guide for Self-Discovery Using the Teachings of the Ancient Hawai'ians. She and her husband make their home on the western slope of the Rocky Mountains of Colorado.

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Meditation

A Journey into my Self-Esteem

by Christine Aylestock

I'm originally from Montreal and have been living in Vancouver for the past twelve years. I have been teaching meditation and working as a social care worker with the mentally challenged and as a recreational therapist for the elderly.

A couple of months ago, when sitting in meditation I received the inspiration of moving to Oliver; to this beautiful area of British Columbia. It's as if God whispered in my ears and said, "Go, Christine, go and create something new, something unique in that part of Canada." So I listened and here I am.

I have some relatives here in Oliver — mother, father, a sister and several cousins and nephews and a niece. I know I'm here to be with them, but I'm also here to provide an "oasis of peace" to the community, through meditation.

All human beings have a space inside which is filled with virtues and treasures. For some, the space may be small, for others, there is a neglected place in their souls. When a soul begins its life, that space is completely unspoiled, filled in light. But when the first person walks in, when a person allows the sanctuary to be invaded, something is lost. It may just be a dip in their integrity but something has gone. They have stretched out their hand, perhaps initially as a gesture of friendship, but with it has come the force of external influence and the inroad into self-esteem. This is when meditation comes into play. Meditation teaches respect (and very importantly, self-respect). The respect which enjoys company, conversation, laughter but allows no lasting impression to be made on one's mental environment.

Raja Yoga meditation brings you back to the centre of your being where your peace and wisdom lie. It's easy and it's free. Raja Yoga meditation is taught by the "Brahma Kumaris World Spiritual University", a non-profit organization run by women, which I've been a member of for thirteen years. Amongst the programs it offers, there is one called the "Virtuescope" — a game which helps us recognize the virtues within ourselves and look for them in others. I will be doing free Virtuescopes at the Wise Women Weekend in September. I hope to see you there.

Christine can be contacted for free meditation classes at (250) 498-4795.

My Ordainment

by Reverend Moray Spencer

It was July 1, 1999 and we were travelling on the highway towards Peachland. My husband, Fred was guided to a place that we both knew called Antler's Beach, where three pyramid rocks were standing. A most beautiful place for us to be ordained as ministers by Rev. Nefratiti and Rev. Makeraten of SHES foundation, an International Society for Intuitive's, located in Seattle, Washington. (*Spiritual Healers and Earth Stewards*). It was breathtaking standing in the midst of these energies being ordained. Anointing of the body and hands and finally feeling so at peace that nothing could have disturbed us in that moment. I feel now that it was like we had already done this a very long time ago.

This was a most spiritual experience for me as I walked around all day feeling huge wings attached to my body. My innocence was renewed. I felt so much love for myself and for others that I knew I would be of great service to humanity.

The days have progressed and I still have these special feelings within me every time I think of this moment. I am now able to help empower and teach others who are at this moment still searching for that Great Love which is within all of us.

See ad to the right

Moshé Feldenkrais

Master of Movement by Tyson Bartel

The Feldenkrais Method® is an internationally acclaimed approach to helping people improve their everyday functioning. Many doctors, chiropractors and other health and human potential professionals are now including it as a valuable complimentary treatment for conditions ranging from neurological disorders such as stroke, cerebral palsy and multiple sclerosis to chronic musculoskeletal difficulties like back pain, shoulder/neck tension and TMJ problems. A growing number of people around the world are discovering that the method is a common sense approach to learning to live in ways that minimize or eliminate many problems. The method is named after the man who created it. His life story is the stuff legends are made of!

Moshé Feldenkrais was born in the Ukraine in 1904. At the age of fourteen he left home and travelled for six months (mainly on foot) to Palestine. There he joined a small community as a labourer and surveyor and pursued his love of sports. He severely injured his knee in a soccer game; for many months it was swollen and painful.

In 1928 Feldenkrais moved to Paris to study at the Sorbonne. His love of learning was applied to physics, mathematics, and mechanical and electrical engineering. Upon receiving his Doctor of Science degree, he became principal assistant to Frédéric Joliot-Curie in his Noble Prize winning discovery of induced radiation. While in Paris he also became one of the first Europeans to earn a black belt in Judo. With the Nazi invasion of France in 1940, Moshé was one of the last people to escape by boat to England. He carried with him a suitcase containing information and materials that would later be used in the Manhattan Project to build the first atomic bomb. The outcome of World War II may have been quite different if the Germans had captured him!

During the war years Feldenkrais worked for the British Admiralty, helping to develop sonar and other means of submarine detection. Along with his judo studies, he was becoming fascinated by human development and how children learn to move. Moshé's interest in the

subject was captivated by watching babies in the office of his wife, a pediatrician.

While in England Feldenkrais' knee was further damaged in a bus accident. The best surgeons in the country gave him a fifty percent chance for a successful operation. Not liking the odds, he studied everything he could find on health and healing — anatomy and physiology, neurophysiology, exercise and movement therapies, psychotherapy and spiritual practices, yoga, hypnosis and acupuncture. Moshé taught himself to walk without pain or surgery and was able to teach and practice judo again. Bringing together all the experiences and observations he made allowed him to make careful, minimal movements with disciplined self-observation, which reawakened and refined the learning processes children use to move and function. Feldenkrais had realized for himself that the key to healing is to be aware of what one is doing.

As Feldenkrais regained the full use of his knees, a friend burdened by back pain asked if Moshé could help him. His friend found relief by learning the process of moving with awareness, and Feldenkrais realized his discoveries could benefit others. He developed a way of working with people to experience the healing and learning possibilities of his method. This form he called "Awareness Through Movement®".

Feldenkrais returned to Tel Aviv in 1950 to work for the government. Israel's first prime minister, David Ben-Gurion, began working with Moshé to relieve chronic back pain, breathing difficulties and other health problems he'd suffered with for decades. Feldenkrais assisted Ben-Gurion to a dramatic improvement in health which culminated in teaching him to stand on his head. This accomplishment brought international media attention to the work of Dr. Feldenkrais. He would go on to work with many famous people, including: anthropologist Margaret Mead, violinist Yehudi Menuhin, actress Helen Hayes and basketball great Julius Irving. Most of the thousands of people Moshé taught were not famous and came from all backgrounds and abilities. He especially



loved working with children, and there are stories of children being able to leave their wheelchair or crutches and walk unassisted for the first time in their lives. We watched one such video in our Feldenkrais training; the joy in young Jonathan's being and the love in Moshé's tender touch left hardly a dry eye in the room.

Feldenkrais trained many practitioners before his death in 1984. There are now hundreds of practitioners worldwide, creatively using the principles in academic and physical education, the performing arts, sports training and in the healing arts. I am deeply grateful to Moshé Feldenkrais for the method he gave us to know and heal ourselves through awareness and movement.

See ad below

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Our Greatest Joy

and our greatest stress come from
interacting with others

by Catherine Fenwick

Communicating isn't so hard, we all do it! How effectively it is done is the issue, and this is not always easy. Communication skills are learned. If we grew up in an environment of good communicators, we learned to interact positively with others. If we did not, we can have a lot of difficulty. One of our greatest sources of stress in life comes from having to interact with other people. Effective communication is central to our ability to get along with others. At home or in the workplace we often hear, "There's been a communication breakdown" and "We are not communicating with each other." We are social beings and it is vital that we know how to communicate effectively. Respect for self and respect for the other is the foundation of effective communication.

It is difficult to have good communication between people when one is perceived to have more power than the other. The one in the position of power might imply that effective communication means, "I'll speak, you listen!" The one who feels inferior might think, "I'll keep my opinions to myself, that way I can stay out of trouble." On one end of the communication spectrum we have the aggressive, bully types who tend to promote conflict as a way to get their needs met. On the other hand we have the passive, timid types whose goal is to avoid conflict at all costs. Bullies like to push others around and do not like to give up control. Timid ones have a hard time standing up for themselves and don't ask for what they need. This kind of interaction goes around in circles, is not effective, and is detrimental to building healthy relationships.

Communication skills are the building blocks of good interpersonal relationships. Open, honest, compassionate communication helps us to get along with others and get more of our own needs met. It means we are able to verbally and non-verbally communicate our feelings, thoughts and desires without experiencing uncomfortable amounts of anxiety or guilt and without violating the rights and dignity of others. We accept responsibility for our own behaviour and allow others to be responsible for theirs. We recognize our rights and protect ourselves from being taken advantage of. Healthy communication rests on a foundation of respect for ourselves and respect for others. We acknowledge our right to respect from others for our values and beliefs. Good communicators share information, express their own needs and wants, show understanding toward others and are willing to modify and change their behaviour when necessary.

Effective communication requires an open mind and a willing heart. We must have a mind that is open to possibilities and a heart that is willing to trust. We all need to feel useful and wanted. These positive feelings grow when there is good communication. Meaningful work and caring people are essential to a satisfying life. We must feel connection to others not only at home, but in the community and at work. Building communication bridges connects us at many levels. These bridges are not one-way streets. To feel connected the flow needs to go both ways.



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Meaningful connections happen when there is compassion and trust. Equality and trust are given and received in positive personal relationships. Acceptance of and trust in one another is vital to the success of every social group. Words and images are powerful. They reflect our attitudes and beliefs. Compassionate communication ensures respect, equality and dignity for everyone involved.

These attitudes follow us to work. In any workplace on any given day we may hear language and see behaviour that is offensive. It is up to every one of us to promote and show respect for all people. Effective, healthy communication is much more likely as the walls of distance and hierarchy are taken down and interpersonal bridges are built. Most workers say they want a close, more informal relationship with their colleagues. They want time for discussion. They want to share ideas and suggestions, and to know these will be considered. They say, "We get paper-mail, fax-mail, e-mail. What's missing is face-to-face-mail." Personal contact builds interpersonal bridges.

The goal is to become aware of behavioural styles and make conscious choices about how we wish to conduct ourselves in our relations with others. Research confirms a positive correlation between effective communication and improved working relationships, greater personal satisfaction, better problem solving and improved productivity. Effective communication is as complex as the people with whom we are in contact. Building communication bridges takes time, energy, attention and compassion.

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



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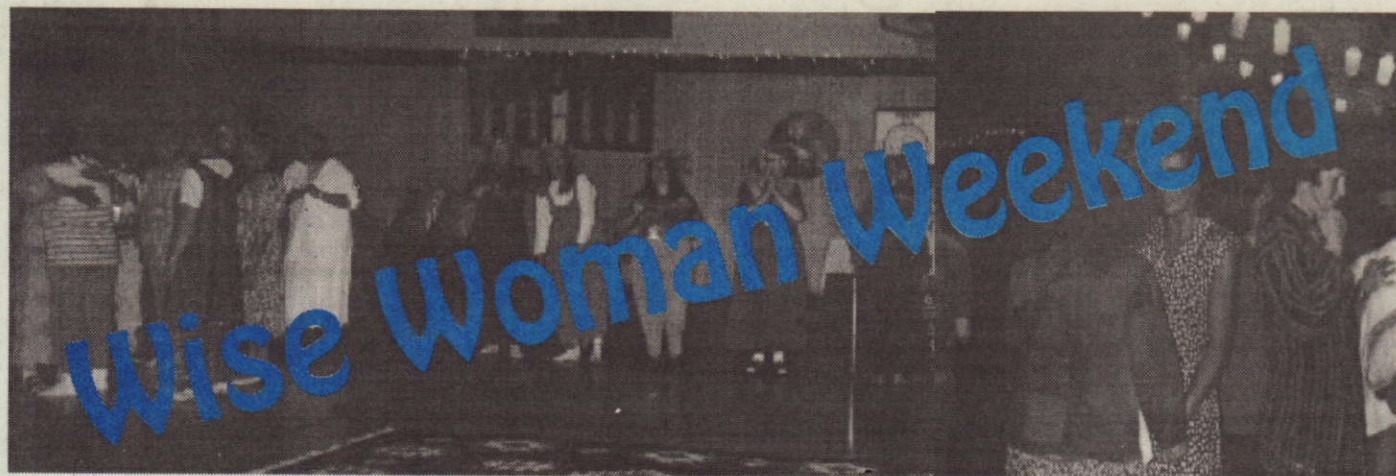
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