

Priceless



FREE

ISSUES

MAGAZINE

Serving B.C.'s Interior and beyond...



A Baby Moose

to find out more... read page 6

A
Regional
Publication



Health
Practitioners



Events

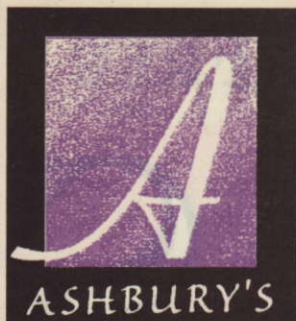


Options
for
Health



Conscious
Living

October 1999



WE SUPPLY:

Retailers
Small Business Manufacturers
Estheticians
Holistic Healers & Therapists
Health Food Stores
Soap & Candle Makers

Essential Oils
Therapeutic - Tested for Purity

Bottles & Containers
A Wide Variety

Carrier Oils
High Quality & Cold Pressed

Essential Oils
For Fragrancing
Soaps & Candles

Floral Waters
Rose & Orange Blossom

Miscellaneous Products

Fragrances
Exotic Synthetic Aromas

Bath & Body Care
Scented & Unscented

Check out our complete product and price list at www.ashburys.com

#145 - 3751 Jacombs Road, Richmond, B.C. V6V 2R4

Phone (604) 276-9774 • fax (604) 276-9775 or email: michael@ashburys.com

Shae 

Foot Reflexology • Energy Work
Ear Candling • Soul Retrieval

Psychic and Tarot Readings

Stones, Herbs & Colours
Connect with your Highest Potential

THE BLUE DOOR

- Healing Bath Salts
- Stones & Crystals
- Dried Herbs
- Large Desert Sage Sticks
- Essential Oils
- Wishing Bracelets
- Herbal Teas

Kamloops

email: jams@kamloops.net

250-376-5808

L'EQUIP THE BEST JUICER ON THE PLANET.

- Twelve (12) year guarantee
- CUL/UL approved
- Easy to clean
- Continuous juicing
- Extra large feeder tube
- High quality stainless steel bowl, blade and basket
- Innovative bag holder for juice bar quality at home
- Computer controlled motor for optimum performance
- Frequency: 60Hz



JUICER
PULP EJECTOR

L'Equip™ Juicers are available at the following stores:

Whole Foods Market - Penticton; Nature's Fare - Kelowna, Vernon,
Penticton, Kamloops; Nature's Health - Nelson; Nutter's - Kamloops;
Ave Maria & Mother Maria Health Foods - Prince George; Homesteader
Health Foods - Fort St. John

Ask for L'Equip juicers at your local health foods store!!!

For more information call L'Equip Canada Inc. 1-887-453-7847 or visit www.lequip.com

The most important aspect to juicing is the end result - The Juice.

Less foam, more taste, more nutrition. Operating at the lowest RPM's of any pulp ejection-type juicer, the Model 221 makes juice that is virtually free from the foam created at high speeds.

No pulp, no clogging. The Model 221 eliminates clogging problems by popping the pulp upward and dropping it through the rear of the juicer.

Operating precision and power efficiency. No matter what you juice, our computer-controlled, or "servo," induction motor constantly monitors the speed of the cutter blade and will automatically supply more or less power as needed.

Truly automatic juicing. No longer will you have to stop and start to empty the pulp receptacle. The large feeder tube accommodates more produce than any other juicer on the market. A unique bag clamping system holds any plastic bag to the ejection chute.

Guaranteed quality, user-friendly ease.

The L'Equip Model 221 carries a 12 year guarantee and is the easiest on the market to clean. L'EQUIP is committed to manufacturing the highest quality, most user-friendly health appliances that not only perform well, but have a unique design to complement any kitchen.

Mini HEALTH FAIR

at the Yoga Studio
254 Ellis Street, Penticton

Saturday, October 23, 10am - 4pm

Opening Lecture.....by Joel Whitehead

Friday, October 22, 7 - 9pm

Some practitioners available on Saturday

Joel Whitehead, Doctor of Traditional Chinese Medicine

Nywyn, Aromatherapy Massage

Suzanne Guernier, Relaxation Massage

Auberte Campeau, Reiki ...and a few other practitioners

Treatment opportunities include:

- Reiki
- Acupuncture
- NAET: Allergy elimination treatment
- Massage
- Metaphysical Health Reading

ONLY \$20 for a ½ hour session

All proceeds to the South Okanagan Montessori School

For early bookings for treatments: **250-494-8540**

Free childminding available with snacks

Heal with comfort



Massage Craft

light and durable + adjustable height
eco-certified hardwood + structural warranty
easy, fast cable lock set-up

Plus set the mood with soft flannel or cotton linens,
relaxing music, scented lotions and oils, "bodyCushion"
support systems, bolsters, arm rests and more...

Order now
by calling toll-free:

1.888.207.0208

or mc@massagecraft.com

Visa & Mastercard Accepted



massage tables and accessories

Osho Energy School Presents

Drumming Madness

with **ManDido**

Master drummer

Magnificent teacher

for beginner and advanced drummers



**October 8 at the
Cherryville Community Hall
east of Vernon**

Program starts 7pm arrive 6:30 to register

Cost \$35 (includes an evening snack) or

\$50 (includes an overnight stay

Bring your own bedroll)

Proceeds to Taiwan families in need after the earthquake.

Bring your drums and percussion instruments
or use one of ManDido's one hundred drums.

No experience necessary

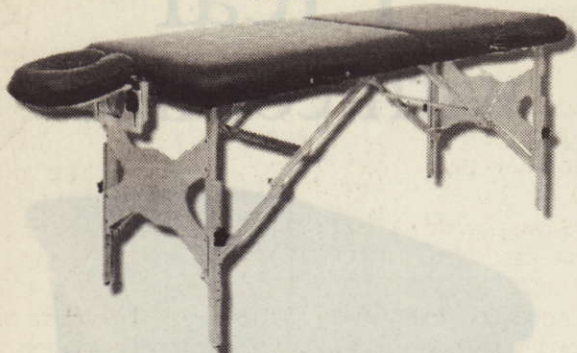
Phone Barbara: 250-767-6338

email bleeming@hotmail.com www.saltspring.com/ramakanta/



IAN RITCHIE FINE WOODWORKING

- Since 1980 -



Massage Tables

Portable or stationary
Two layer foam system
Solid adjustable eastern maple legs and braces
Adjustable or stationary headrest
5 year warranty

2106 23rd. Avenue, Vernon, B.C. V1T 1J4

Phone/Fax: 250-545-2436

Call for a free brochure

MUTUAL EXCHANGE
Canada

MEC Members Welcome

Automobile Accident ~ Not Fibromyalgia

by Joel Whitehead



Recently, I have been disturbed by the number of people who are coming in with a diagnosis of fibromyalgia who have had a major car accident within the last two or three years previous to that diagnosis.

I have been aware, for a long time now, that fibromyalgia is by definition of many doctors "widespread pain that cannot be cured", but in this case it is most likely failure to completely resolve the effects of the automobile accident.

One of the things that is remiss about the western understanding of what fibromyalgia really is, reflects a lack of understanding about how our musculoskeletal system reflects the condition of our internal organs. We see a traumatized area: neck, shoulders, back, etc. and we automatically see that as the be-all and end-all of the problem.

Our body is a network of inter-functioning systems. Whether we talk in nervous systems or systems of energy meridians as described in Chinese medicine, elements of affective and effector relationships exist on the same system between the organs and certain musculoskeletal groups. As I have demonstrated in many articles in the past, areas of pain can have a clear relationship with consistent organ dysfunction. This can be originated in the emotions or the diet or both and as the organ dysfunction persists, so does the proclivity towards emotional instability also grow worse. The very strong signal for us to get out of this vicious cycle is the pain all of this dysfunction brings us to bear. We don't feel this necessarily in the organ itself, but most often in a particular pattern of muscles and bone that represent them.

OUTSIDE INSIDE RULE:

What can often happen is that while the physical trauma occurs on the musculoskeletal level, with any time at all it is bound to become part of the organ-emotional system that represents them. Let's say you were injured along the right side of your body. In Traditional Chinese Medicine classical understanding, this line of pain is often caused by the Liver and Gall bladder and runs along their meridian. After a few days the affective line of pain, while predominantly muscular in nature, shares its affect with the Liver and Gallbladder.

After therapy and drugs, the pain can ameliorate, but come back in similar fashion because of the affected Liver and Gallbladder that was overlooked. "It seemed fine" I've heard many patients say, "but it all came back after awhile." So now the person goes back to the doctor and the diagnosis is no longer pain resulting from the traffic accident.

In many cases this is news the insurance companies love to hear. I had one young lady from Alberta who was denied coverage by her insurance company for problems she had been suffering from since her car accident a few years earlier. Her doctor gave her the deadly but vague diagnosis of fibromyalgia which to the insurance companies mind, can mean that they are not liable.

Fibromyalgia is still ill-defined. At the Lakelands clinic, our success with the problem lies in understanding it from the inside to the outside and back again. See ad to left.



WINDSONG SCHOOL OF HEALING LTD.

DIPLOMA/CERTIFICATE PROGRAMS

CERTIFIED HOLISTIC HEALTH PRACTITIONER

- ORIENTAL BODYWORK THERAPIST
- ENERGY MEDICINE PRACTITIONER
- IRIDODOLOGY PRACTITIONER
- EAR CONING PRACTITIONER

CERTIFIED CLINICAL HYPNOTHERAPIST

DISTANCE LEARNING/RETREATS

<http://www.island.net/~windsong/>

PRACTICING ALTERNATIVE HEALING ARTS FOR 25 YEARS

* REGISTERED WITH THE PRIVATE POST-SECONDARY
EDUCATION COMMISSION OF BRITISH COLUMBIA

(250) 287-8044

1755 HOPTON RD.
CAMPBELL RIVER, B.C.
V9W 4A9

Email: windsong@island.net



Acupuncture &
Chinese Herbal
Centre

featuring
"Nesshi" Therapy

Joel Whitehead, D.T.C.M.

All Acute Chronic Disorders #102-1100 Lawrence Ave.
Sports Injuries, Stress, Kelowna, B.C. V1Y 6M4
Anxiety, Depression (250) 763-9805
(Disposable Needles Used) (250) 494-8540

A Fond Farewell

I knew when my dad died at the end of April that Reiki needed to play a larger role in my life and completed my teacher training by my birthday in June. The more I used Reiki, the more "buzz" I would get off the computers. I figured that the shift in my awareness of energy with Reiki was making me more sensitive and at first it was confirmation that I was perceiving subtler energies.

Also growing inside me was the sense that I was not fulfilling all that I should be doing; but what? I did Reiki sessions several times a week, created a Reiki manual for teaching, the spiritual emergence group helped me to see some of my emotional patterns, but the feeling of 'not doing something I was supposed to' nagged me.

I took ten days off at the end of July. I had a delightfully lazy time of it — reading, walks along the lake, sleeping in, and visiting with friends. The first morning back at my desk I had pain in my left shoulder and for the next two weeks it intensified. I kept looking for the emotional base that would allow me to move through more old patterns, but could find none. The pain was more intense when I was at the computer so I started to notice that the different equipment affected me differently. For example, the energy coming off the printer would send a cutting pain through my arm if I got too close and other computers I couldn't even be near without pain ripping through the shoulder. I remembered the first morning on a new computer I felt sick within the hour, but when I walked around in the fresh air, the nausea went away.

For three weeks I begged and pleaded for guidance. What was this all about? Finally I asked Spirit to stop the pain if the message was for me to leave Issues and step into the unknown. For a few brief hours the next day the pain diminished and I accepted the sign that it is time to move on. An earth-angel named Tim showed up with magnets that deflect the electromagnetic energy from my shoulder so that the pain is less, but I am still buzzed every time I sit down at a computer. Sometimes the pain is so intense it is like something stabbing my hand or arm. It may explain the severe headaches and fatigue that have come and gone over the past while that I would attribute to my 'shift' without looking any further. My concentration is not as good any more, my thinking often fuzzy as I scramble for words or knowledge that used to be right at the tip of my tongue. The message is pretty clear that whatever my future holds it will not be eight hours a day in front of any electronic equipment.

I have been grabbing bits and pieces from several books as I try to understand this new aspect of my life. It will take several readings before I can comprehend all the information from *Cross Currents* by Robert O. Becker, *Vibrational Medicine* by Richard Gerber and *Electro-magnetic Fields and Your Health* by Michael Milburn & Maren Oelbermann. Research has been ongoing for many years, but how is a person supposed to know that they are electrically sensitive until some symptoms present themselves?

Perhaps this is the explanation for the dramatic kundalini awakening that I have been experiencing — as soon as the pain began, I stopped shaking; something that has been a big part of my life for the past three years. My physical body

has been "shifting", as evidenced by the restructuring of my face, for over a year and I have moved through a lot of emotional turmoil recognizing old patterns and coming to know myself at a deeper level.

Saying goodbye to Issues, the Holistic Centre and all the people associated with it feels very 'weird'. I figured I'd be here until I chose to retire for my intention was always to provide education, information and support to my fellow travelers on this path called life. This has been an awesome learning experience for the field of holistic health is growing very fast as more and more people take responsibility for their wellness on all levels. My research for personal interests and to help others led to doing book reviews and articles, the practitioners working through the Centre helped me heal my back pain and the connections to so many interesting people has inspired and motivated me to keep moving forward. My adventures doing distribution every month have allowed me to connect with advertisers, practitioners, health providers and other interesting people in the Kootenays.

I am grateful to all the teachers who have appeared in the past five years. Angèle and Marcel have given me infinite opportunities to learn and grow in both the business and personal realms. To both of you, thank you for your support. The bodyworkers who have worked in our Centre taught me about alternative therapies from an experiential perspective and I appreciate the sessions and sharing as friends and co-workers. Thank you to all the other people who came through the doors and impacted my life by your presence.

The opportunity is now available for someone to buy my shares in Issues Magazine and the Holistic Centre and become part of this fascinating field. It's been fun playing receptionist, talking to people from all over British Columbia and Canada whether they phone re advertising or information for the Spring Festival or Wise Woman Weekend. If you think this is speaking to you, call or contact Angèle or Marcel through the magazine.

I don't know where I'm going or what I'll be doing but I'll let you know when I find it!!



by Jan Stickney

Business Opportunity

Angèle and Marcel are looking for a business partner to replace Jan.

If you are interested...

please call or drop by

ISSUES Magazine / Holistic Health Centre

272 Ellis Street, Penticton, BC

or call 1-888-756-9929 or 492-0987

Fax: 250-492-5328, Email: issuesmagazine@img.net

Musing

with Angèle
publisher
of ISSUES



Whew! Finally a few hours to stop getting things done and get typing. Life has been feeling very full this past month but every night before falling asleep I say why I am grateful ... it's my form of prayers to the universe.

Besides my usual job of making soup and cookies for the Juicy Carrot, occasionally attending to my store the Rainbow Connection and publishing ISSUES Magazine, this month I also organized the Wise Woman Weekend and helped my carpenter do some renovations and canned pickles, tomatoes and peaches. Teaching yoga classes two nights a week helped me slow down just a touch but it was busier than I liked. I am grateful that Jan and Marcel were able to keep up with the ad info and phone calls as the deadline for ISSUES happened at the same time as the WWW event.

I am grateful that Nywyn, Samarpan, Laurel Burnham, Lynn Work and Christina Goddard were able to help out before and during the weekend. I am grateful that I have the energy to keep up with my willpower. My heartfelt thanks to all the women who expressed their appreciation for my organizing skills and efforts to make the weekend special, for it is my deep desire to make this world just a little better place to live, and it does my soul good to feel appreciated.

And to those women who felt I wasn't taking good care of myself because I looked tired, that is true; I was feeling tired, for I am not a late-night person and when my day starts at six am and I work past my bedtime, the next day I can feel my energy sag. But if I get half-an-hour off to rest, I can feel my energy surge again. I don't worry and I take each moment as it comes. I do not use coffee, chocolate or cigarettes to get myself moving any time of the day, so if I look tired it is because I am, and I will get over it quickly. I am grateful for all the organic growers who supply me with quality food that sustains my high level of energy and helps rebuild my blood and bones.

My last column drew many responses from my readers and family. It always amazes me what each person focuses on. My ex-husband was on my doorstep the morning after ISSUES was distributed. It surprised me, since he had told me he couldn't bother taking the time to find a copy of ISSUES, let alone read it. He requested that I do not keep repeating the story of how I got pregnant before I got married. I asked, "Why not?" adding that twice in ten years is not *always*. He said, "Because you are hurting our son, Gordon." I asked, "How I am hurting him? The boys know what happened." When they were sixteen or seventeen and started dating, I talked with them about the hard work and frustration that I felt being a teenage Mom. I continued, "If Gordon has a problem with my column he will talk to me about it and share his feelings. Now, if *you* are feeling hurt or are having a problem with my column then we have something to discuss." His neck stiffened as he lifted his chin into the air and said, "There is nothing you can print that can hurt me." I replied "Then I guess we have nothing to talk about, unless you want to discuss the pain you are holding in your body." He denied the

pain as he used the chair to lift himself upwards and shake the stiffness out of his hips.

It is sad that he does not see the connection and refuses to discuss his feelings or his pain. I thank all of you who made comments about my courage to write about my feelings as I progress on my healing journey. My condolences to the anonymous person who wrote and said, "I pray your children don't read this article." I am delighted with how my boys turned out, for looking back I was a Wise Woman even as a teenager. I am grateful they never got a girl pregnant and I feel that talking about it to them helped prevent it. I am delighted to say that all three of my boys can cook, do laundry and have enough self-esteem to take their time finding the right mate.

My oldest boy Gordon showed up several days after Rae was here and I could feel his distress about my column. His wife Britta, he and I had a good long chat, for they were upset with the fact that I didn't feel like I was part of the family reunion. They had worked hard to get everyone together and wanted me to feel like I was part of it. They wanted to know what it would take for me to come to another family gathering and I said, "Sharing a vegetarian meal where we take time to give thanks and enjoy. I would prefer to get out in nature and go hiking or horseback riding." Time will tell how all this goes but they seem determined. When Britta said, "We want you to be part of our lives." I cried, for I don't ever remember anyone ever saying that to me. After they left and now as I type, I can feel tears welling up which tells me this is a *Big Issue* for me.

Reviewing all that I do to create community in my life, I can see the reflection of my need and how deep it is. My emotional counsellor Ken and I are making slow progress as to why I feel like an alien on this planet but the layers are deep and full of tears, and the voice of knowingness has not made itself clear. I do this work and take the time to type for I believe that as I heal myself it resonates outward and will make it easier for others to do the same. Many thanks to those who resonate with my beliefs for a more compassionate world where we don't factory-farm animals so that rich North Americans can eat beef and destroy the rainforests. Where we are in touch with our feelings and can speak our truths and be honoured for our outspokenness, for the world is not fair. I believe there is enough for all, whether it be food, freedom or housing. We mustn't allow the corporate and government systems to brainwash us into the *fear of scarcity*. We are creative humans, full of potential, and we have the resources if we want to change the system. I for one am willing to put my heart, soul and most of my waking day into making this a reality.

As for the front cover, I choose it because I was thinking of hunting season coming up. This young moose was found hours after someone killed the mother. When I showed it to Jan, she said this photo is more of a spring picture because that is when wild animals have their babies. And then I remembered Grandad's voice, cursing the poachers for shooting out of season. This photo is of my Mom honouring the process of life, hours after the birth of a baby moose. We bottle fed it until the game warden arrived and I don't remember hearing what happened after that. I am grateful to have lived in the wilderness and learned to work hard, and I give thanks for my good health and the wisdom to take care of my body. Now if I could just slow down.

Angèle





Cheryl Grismer

☎ 768-2217

3815 Glen Canyon Drive,
Westbank, B.C. V4T 2P7

1 - 1½ hours
intuitive counselling.
A psychic art portrait
of your energy field
with taped
interpretation.

We accept



Trade Dollars

Just Released....

CD or Audio cassette

Cheryl Grismer's

PERSONAL HEALING AND
TRANSFORMATION SERIES

Autogenics
Cellular Healing

You asked for it...
Now it has arrived...
Enjoy ... Cheryl's first recording.

Available by phoning
250-768-2217

Spiritual Intensive

If you are committed to turning your life in a new direction that is closer to your hearts' truth and your souls' path, then this class is for you. This is more than an instructional course, it becomes a place in time where the world stops and the miracle of you emerges. We start with the basic tools of meditation, parapsychology, metaphysics and healing designed to improve your personal and professional lives. You learn to apply your paranormal abilities through regressions, criminal investigations, automatic and inspirational writing, healing and much more. This is a uniquely graduated program where your heart and vision are opened to the presence and nurturance of love.

Westbank, BC

Nov. 5, 6, 7 • 12, 13, 14 • 26, 27, 28
& Dec. 10, 11, 12

Contact: Cheryl (250) 768-2217

Investment:
\$875 plus GST

Tarot

For centuries the Tarot has been a central tool of the mystics. Come and spend a fun and informative weekend exploring the traditional and non-traditional approaches of the Tarot.

Westbank • Nov. 20 & 21 • 9-5 pm

Contact Cheryl 250-768-2217 Investment \$130 plus GST

ISSUES MAGAZINE

☎ 492-0987

fax 492-5328

272 Ellis St., Penticton, BC, V2A 4L6

✉ E MAIL ...issuesmagazine@img.net

✉ WEB SITE www.issuesmagazine.net

ISSUES is published with love
10 times a year with shared months
of Dec. & Jan. and July & August.

ISSUES has a circulation of 18,000 to 20,000 copies. Distributed free throughout the Okanagan, Kootenay & Shuswap Valleys, we mail north to Terrace, Prince George, Williams Lake, Whitehorse and many small towns in between.

ISSUES welcomes articles by local writers. Please keep them to approx. 500-700 words. Advertisers and contributors assume responsibility and liability for accuracy of their claims.

AD SIZES & RATES

Twenty-fourth.....	\$ 35
Twelfth.....	\$ 53
Businesscard....	\$ 83
Sixth.....	\$108
Quarter.....	\$149
Third.....	\$187
Half.....	\$275
Full.....	\$468

Typesetting and colour
charges may apply

Sheepskin Boutique



Capri Centre Mall
Kelowna, B.C.
250-860-1256
Toll Free: 1-800-414-6333

SHEEPSKIN FACTS

- Helps prevent bedsores & aching bones
- Absorbs perspiration
- Helps induce a better sleep
- Environmentally safe
- 100% Wool or Sheepskin

• Mattress Covers • Medical Warmers • Wheelchair Accessories
• Hot Water Bottle Covers • Slippers • Hats • Mitts • Gloves • etc.

IF YOU CAN'T FIND IT, WE CAN CREATE IT



Become A "DOCTOR of METAPHYSICS"

'ALL HOME STUDY'

- ◆ IMPROVE PEOPLE'S LIVES THROUGH **TEACHING**
- ◆ GUIDE OTHERS THROUGH **COUNSELING**
- ◆ PRACTICE METAPHYSICAL **HEALING**

CANADIAN DIVISION OF
UNIVERSITY OF METAPHYSICS INTERNATIONAL
KELOWNA ... Rev. Dr. Mary Fourchalk
phone • 250-861-3388

Alyson Gogol c.m.t., l.p.n.
Kelowna, B.C.
250-861-7803
250-317-4416 cell



Stress Reduction Bodywork Foot Reflexology



Dreamweaver

Enter a world of mystical charm

3204-32nd Avenue, Vernon

OPEN

☎ 250-549-8464

Mon. thru Sat. 9:30-5:30

Toll Free 1-888-388-8866

Fridays till 7 pm

Books, Crystals, Jewellery, Original Artwork,
Aromatherapy, Gift Items, Bach Flower Remedies
Herbal Supplies & Living Light Gem Essences

Psychic Readings Monday to Friday



LAND SPIRIT RETREAT AND HERBALS FOR WOMEN

Weekend Retreats - \$150/weekend

- Meditation for Daily Living
- Mask Making for Healing
- Herbs for Health
- Forage and Gather
- Tea, Salve & Tincture Making
- Letting Spirit Speak Through Art

For information contact: Virginia Graham-Smith
Box 1308 Barriere, B.C. V0E 1E0 **250-672-0149**



ISSUES now has it's own web domain

Check us out at **www.issuesmagazine.net**

Includes: current and previous ISSUES

If you are interested in a link to your story or ad call
us: **1-888-756-9929**



Brenda Molloy

- Asian Bodywork
- Acupressure Massage
- Shiatsu
- Tui Na
- Reiki

Certified
Acupressurist
& Shiatsu
Practitioner

(250) 769-6898
Mobile Service
Kelowna & Area

NEW!

free issue!

ascent
YOGA MAGAZINE

EXPANDING THE MIND OF YOGA

call 1-800-661-8711



From the Editor...

Chit Chat
with Marcel



The Life Force or Life Energy flowing through and around our bodies, at all times, is our very essence. Yet it is only in recent years that medical science has begun to give it any recognition. A healthy energy field gives our personality and our lives strength and focus, so I feel it is worthwhile to give it my attention and try to sense its movement and influence in my life.

For years I have read and heard people talk about energy and how they can feel it and/or see it. This has always been a mystery to me as I never seemed to be aware of energy. Even when I sat in meditation or tried to reach an altered state where I would focus on the energy in my hands, the best I could do was to feel a slight pressure between my hands like a big soft marshmallow. I had never been aware of an energy flow through my body or aware of good or bad energy in various places, like buildings or rooms or even other people.

Gradually over the past few years and even without my noticing, I think this has been starting to happen. All of a sudden I will experience a sensation that I know I have experienced before but I am only just then realizing that it is a sensation of energy. When I relax and breathe and focus inward I feel an intensity that I have felt before but now I see that it is energy and there is also a flow to it. I had never heard anyone describe energy as a feeling of intensity so I didn't realize what it was.

At one of our recent events I was doing a clearing meditation in one of the healing rooms. Someone came in and walked past me. I found this very disturbing, but after, I was actually grateful, because when they walked past I could feel a strong sensation like a freight train was tearing through my aura. I had never experienced any sense of feeling in my energy field before. I am sure we experience these sensations all the time but because we do not understand these feelings of energy and are not open to them, our logical mind interprets them as bodily sensations. I am now trying to become aware of the difference between energy sensations and physical sensations.

I think I experience this in my everyday life as well in very simple and subtle ways. When I clean my house, I always thought it felt better because it looked better. But now I realize it also feels better because the energy is better - more clear and free flowing. Clutter and dirt represent stuck and stagnant energy; when it is given my attention and removed the energy can flow freely again. I recently dusted and reorganized my bookshelves—sorting and weeding out what I no longer wanted. After, I was amazed at the feeling of clear, light energy around my books. The power of our attention is a great enhancer of energy flow. When various areas of our

Vendors Wanted

5th Annual

Fair Wares Faire

Penticton Lakeside Hotel
21 W. Lakeshore, Penticton, BC

November 21

Sunday • 10 am - 5 pm

International Crafts & Local Wares

**Entertainment & Fashion Show
Farmers Market • Free Childminding**

For info call: Laurel Burnham

492-7717

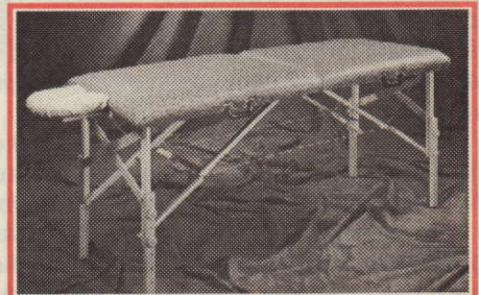
Support Social Justice Through Ethical Shopping



Handcrafted Massage Tables

Made in Naramata by althaea works

- 31 pounds
- quality vinyl
- 4 colours
- high density foam
- 29 inches wide
- Maple legs



available at the Holistic Health Centre,
272 Ellis St., Penticton, BC, V2A 4L6

phone for information 250-492-5371

lives are given our attention the stagnation is cleared and the energy can flow again.

It seems to me that where I was making my mistake before was that I was expecting monumental experiences of energy awareness. Like Caroline Myss says, "Get ordinary. Don't expect earth shattering experiences." Now I look for energy movement and awareness in the ordinary experiences of my everyday life.

marcel



Kelowna's
Newest



Health & Holistic Teaching Centre

Spiritual, Emotional & Physical
Call for a private session or course schedule.
Reflexology, Ear Candling, Kinesiology

plus Vitamins, Gifts, Incense,
Books, Music, Crystals, Aromatherapy
and a Lending Library.



Connie Brummet
Facilitator

Health Research Books
is now **HERE....!**

Aurora's Natural Health Centre
3284 Hwy. 97 North, Kelowna
(beside the Sheepskin Store)

Phone **250-491-0642**

Aurora's Course Schedule

Phone for details **250-491-0642**

- Fri./Oct.8 **Intro to Self Hypnosis**, 7 pm - Free
- Tues/Oct 12 **Intermediate Meditation**, 10 am \$5
Reiki Circle, 7 pm \$5
- Wed/Oct 13 **Anatomy # 2** Diane Wiebe, 7 pm \$10
- Thurs/Oct 14 **Beginners Meditation**, 7 pm, \$5
- Fri/Oct 15 **Singles Dating Info Night**, 7 pm, \$5
- Sat/Oct 16 **Creativity** 9 - 4 pm Barbara James
- Tues/Oct 19 **Foundations** of Wholesome Health &
Fitness for Energy, 7-9 pm, \$5 with Dan Hartwick
- Wed/Oct 20 **Anatomy #3**, Diane Wiebe, 7 pm \$10
- Thurs/Oct 21 **Inspirational Art**, 7 pm \$10
- Oct 22, 23 & 24 **Excelex Weekend Workshop**
- Tue/Oct 26 **Young Living Essential Oil & Aging**
FREE
- Wed/Oct 27 **Anatomy #4** Diane Wiebe 7 pm \$10
- Thurs/Oct 28 **Intermediate Meditation** 2 or 7 pm \$5
- Fri/Oct 29 **Intuitive Training**—Pendulums &
Auras 7 pm \$25
- Tue/Nov 2 **Financial Fitness Course** (4 weeks)
Yes! You Can Coaching 6:30 pm, Celeste 862-3640
- Wed/Nov. 3 **Anatomy #5** Diane Wiebe 7 pm \$10
- Thurs/Nov. 5 **Intuitive #2** Psychic Reading
The Basics - 7 pm - \$25

THE KICKOFF TO THE COSMIC CONNECTION

by Julie Severn

Since you have survived the month of August, 1999, how are you really feeling? Are you tired? Does your body ache for no reason? Are you feeling too much stress and cannot fathom the feeling? Are you disconnected from Spirit? How is your digestion? Are you in physical alignment? How are your sleep patterns?

These are important questions, and they require a lot of discussion at this point in our Now, because the month of August, 1999 hit all humankind with a double whammy.

Numerically speaking, every day in August, 1999 sent out double energy power to each of us due to the fact that each day in August added up to its day/month/year. If you understand numerology, you will know that it has immeasurable power to manifest, create and redesign your reality as you see it - NOW. For example, August 15, 1999 - 0+8+1+5+1+9+9+9 (4+4), which equals six and 1 + 5 adds up to six as well. Each day of the month has done this and this is the first time in the recorded history of humankind.

I am writing this article on September 9, 1999, which is also an important day in the NOW reality of humankind. Numerically, this day adds as 0+9+0+9+1+9+9+9 (4+6=10) which adds up to one, the new beginning. This is the new beginning for all of humankind. This is the time of great opening and enlightenment.

You will soon learn you see things either very positively

or very negatively. There is no longer the fence-sitter for the fence has dissolved and so it does not matter any longer. Feelings will be very high or very low, depending on the attributes you have chosen to bring with you to this NOW. The most wonderful aspect of this NOW - you have the power to change your negative to positive very quickly and effectively without too much consequence on yourself.

Many people who were in physical pain during the month of August could not understand the increased flow of energy, thus causing a feeling of confusion, pain and fragmentation. Many changes took place in this period of time and it is important to understand how it transmutes into you in your new reality and non-linear time.

You planned to be here for this and now your clarity can begin. You can now understand your soul purpose for you have moved into your contract during this period of time. You have also decided whether you will stay or whether you will depart this place in search of your own answers. Only you know what your decision was or will be. You now have the ability to fully know yourself and bring your clarity and light through.

As well, you have the ability to open to all of your powers if you so choose. Again, only you know your choices and only you can manifest them. All will heal, whether they choose to stay or not. If you are sure you have opened and can feel

Don't miss this Voyage of a Lifetime

Wellness Conference at Sea

Onboard the ms Costa Victoria — Sailing January 23, 2000

A week long journey of self discovery, sharing with like-minded souls.
Enrich your life with the enlightenment of renowned experts featuring:



Jo Jo Savard
Renowned Psychic



Alan Dion
Psychic Healer



Dr. Lee Pulos
Clinical Psychologist



Dr. Shah
Acupuncture in
Family Medicine

Invest in yourself today, while raising funds for the 'Canadian Red Cross Disaster Relief Fund'

fares from as low as **\$1389.00** USD

All inclusive price: Air Fare from Vancouver, Calgary & Edmonton, Cruise /Conference Fees & Port Charges

7 Nights - Western Caribbean: Key West, Cozumel, Jamaica, Grand Caymans

\$200 USD deposit by October 31 to confirm space - Don't miss the boat!

Call Precision Travel Management today at 1-604-608-4359 or 1-888-608 - I FLY (4359)

BC REG#: 2981-6

this happening, do not fear this power; rather, contact a healer and ask for assistance to guide you in order that you may learn to maximize what you have received.

You are all so powerful that you have granted yourselves the ability to see fear at its greatest or love at its greatest. Either way you will heal for you have planned this transitional period of your NOW to lead you on to your path to love.

Bless yourself for having chosen to be here in this moment for it brings with it many gifts to receive and to give to others. If you are waking with the light (and all are) inside you and around you, share this light and spend as much time as you can communing with nature and with humankind so you can continue to heal others and to be healed inside yourself.

Answers to all of the health issues at the beginning of this article are inside you. Do you understand yourself well enough to pay attention? Are your eating habits coinciding with your new reality? Do you get enough exercise? Do you spend enough time with yourself in order to get to know what you really desire in your life? Are you clear in your goals for yourself? Did your goals just change in this new reality? Do you meditate and relax?

We have given ourselves a gift and it was August, 1999. We knew it was coming and now we can bless it for happening for it kicked off a great cosmic connection to ourselves and to our Creator. Bless the planet Earth for it reached its critical mass and gave itself a wonderful spiritual blessing in the form of a more open, aware human.

To change the words of Tiny Tim, "God blessed us, everyone!" See ad to the right

Nature's Way Herbal Health

Certified Programs, Vernon, B.C.

- *Herbal Consultant
- *Reflexology
- *Reiki - 1st Degree, 2nd Degree & Masters
- *Talking Cell to Cell - Kinesiology
- *Iridology Program
- *Chinese Constitutional Therapy
 - * Ongoing dates for classroom and Home Study Program
 - * Also available via correspondence

Phone 250-547-2281 • www.herbalistprograms.com

Spiritual Self-Awareness

Julie Severn

Kamloops 250-374-1177

- Readings
- Healings
- Self-Empowerment
- Inner Peace Workshops
- Meditation Techniques
- Energy Balancing



Find Your Answers From Within

Breakthrough to Prosperity

by Patty Shortreed

I am an ordinary person who has had some extraordinary experiences. While my conscious journey began 15 years ago, it truly has been an unfolding process over the entire 44 years of my lifetime. I grew up as the middle sister of three girls in a family living in Calgary. Clearly my belief system was that my happiness lay outside of me as I learned the many and varied secrets of pleasing other people and obtaining their approval. I got really good at projecting the image of the nice girl while inside I felt hollow and empty. Whether at home, at school, or with friends, I gave up trusting the truth within me in favour of doing it their way, going along with their point of view, compromising my needs to obtain their love and support. Any amount of criticism would put me into a tailspin. I managed life by trying to control and manipulate people and events around me. I rarely succeeded. Inevitably this led me to feel self-loathing and self doubt as a daily way of living and being in the world. Eventually, I crashed, no longer able to exist in the pain and suffering of that approach. I was fearful, unfulfilled personally and professionally, felt no passion or joy, overweight, depressed, confused, overworked, stressed-out, and feeling totally incompetent. In essence, I hated myself. I was caught in the rat race, living a mundane life, day in and day out asking the question, "Is that all there is? There has got to be a better way." From deep within me, I knew that life was meant to be joyful. I set out to find what was missing.

Over these past 15 years, I have been committed to my personal and spiritual growth. Step by step I have changed

my life. I changed careers, went back to school and wrote a master's thesis on courage and empowerment. Then I realized I had to start living what I had learned. To truly live my authentic life and be in integrity, I took a huge leap. In the summer of 1994, I finalized my divorce, a relationship of 18 years, stepped out of a well paying 16 year career in the oil industry, put everything in storage and went on a solo spiritual journey to Asia, India, Tibet, Nepal, that wound up at the 1995 United Nations Women's Conference in Beijing, China. The hours of meditation, various spiritual teachings and countless experiences helped me to arrive at a pivotal conclusion: I am the master of my experience.

When I came home, I saw my world from a completely different viewpoint. As I understood that my suffering was the product of my inner experiences, and that if I truly wanted to experience love, joy, and prosperity, then I had to stop being the victim at all levels of my awareness and start claiming complete responsibility for my life. I began to realize that I could create the life of my choosing, not by trying to manipulate the world around me, but by going within, facing my fears, changing my beliefs, and acting with courage. I began to see that if this was possible for me, it was possible for all of us, that we need not suffer pain and poverty needlessly, here in Canada or anywhere in the world.

My purpose is clear: my life is in service of bringing peace and love into the world. A key part of that is helping people to realize their inherent prosperity. We are all abundant to the extent we welcome abundance into our lives, be that love, joy or prosperity. I know that I am but one of many who are awakening to the true self within that knows itself as limitless abundance. My path now is to share the journey with others so that we might all know our Divine heritage. I continue to be a work-in-progress, excelling in some things and bumping along in others. However, I know that when we realize how powerful we are, we will never lack for anything again. It's my belief that when you and I really learn this and live by it, we change the world. See ad to the left

AROMATHERAPY

THE BRITISH COLUMBIA
INSTITUTE OF
HOLISTIC STUDIES

NOW OFFERING AROMATHERAPY
DIPLOMA COURSES, TUTORED
OR CORRESPONDENCE

1-888-826-4722

Back by Demand
Client Rating 9.5/10

**ARE
YOU REALLY
OPEN TO PROSPERITY?**


- ▶ *Which of your thoughts & beliefs are sabotaging your success?*
- ▶ *You CAN learn how to transform them!*

**"BREAKTHROUGH
TO PROSPERITY"**
November 19 & 20, 1999


*Workshop begins
Friday at 7 p.m. and resumes
Saturday at 9 a.m.*
Includes our practical workbook

**THIS IS NOT YOUR TYPICAL
MONEY MANAGEMENT WORKSHOP**

Co-Sponsored by Okanagan Centre for Positive Living

 **Patty Shortreed & Associates**

**For details call
250-549-4399 Vernon**



Functional Integration

A Hands-on Approach to Feldenkrais
Movement Education

by Sandra Bradshaw

For three years eight-year-old Charles refused to pick up a pencil or scissors at home or at school. Mark was learning to sing and he wanted to increase his confidence for his upcoming recital. Laura wanted to walk the two miles to work but her right foot was bothering her making even short walks difficult. Six-month-old Stuart was constantly fussing and had difficulty nursing on the left side. What do all of these people have in common? They have all experienced Functional Integration lessons that have solved their immediate problems and have generally improved the quality of their lives.

Functional Integration is a hands-on approach to the Feldenkrais Method® that is perhaps not as well known as group Awareness Through Movement® lessons but is especially beneficial for anyone who needs to give attention to particular physical discomforts or wants to learn better ways of moving and functioning. Comfortably clothed, you lie or sit on a low padded table (with babies and young children you work at their level, usually on the floor). The practitioner guides you through a series of precise movements that relax tense areas and alter habitual patterns to provide new information to the nervous system that will then allow you to move with more freedom, flexibility and range of motion.

One of the greatest strengths of the Feldenkrais Method is the rigorous training of the practitioners. For me this was a challenging and fascinating endeavour as I began to log up the 800-1000 hours of classroom instruction and thousands of hours of independent movement exploration. Time consuming perhaps but it has allowed me to understand how movement travels through my own body, how I can make lasting changes in my own nervous system and then translate this knowledge into lessons for my clients that will allow them to experience new freedom and ease of movement.

Anyone who wants to move better will benefit from the Feldenkrais Method. This includes seniors, musicians, infants, dancers, sports enthusiasts, computer operators, etc. The list, of course, is endless as we all want to move better. Lessons have been known to improve flexibility, balance, self-image, breathing, learning and many other areas. The Method also shows you how to learn from your body and doesn't leave you dependent upon a practitioner or specific program. Nor does it require weeks or months to show results. You will notice changes after or even during your first lesson. The Method does not replace regular exercise but enhances other exercise systems making movement easier and more effective and enjoyable.

And the people I first mentioned? Charles is now learning to print and draw and takes great pleasure in using scissors to open his bag of potato chips. Mark sang with great confidence and control at his recital. Laura enjoys her walks to work with an occasional hike on the weekend and Stuart became very mellow and easygoing but began walking at nine months and is now driving his delighted mother crazy.

See ad to the right

The Music of Life

*An invitation to experience yourself as
Rhythm, Melody, Harmony & Tone*

Available for Concerts, Workshops, Seminars
and Private Consultations

Brian Martin (250) 652-4205

Calorad®

Would You like.....
to Sleep yourself Slim?

**Take 1 tbsp. Calorad at bedtime
and let your body utilize fat and
sugars more effectively.**

100% Natural Call 1-887-812-1122

A PILL TO LOSE WEIGHT?



**AND
HAVE
MORE
ENERGY?**

**Call For
FREE 3-Day
Trial Pak**

**TOLL FREE
YES!! 1-888-833-7334**

Penticton • 492-3595 or www.apilltoloseweight.com

Sandra Bradshaw
Certified Feldenkrais® Practitioner

• **Functional Integration**

• **Awareness Through Movement**

Office Opening October 5th, 1999

For an appointment or information call:

250-862-8489 • 1771 Harvey Ave., Kelowna

Affirmations for Positive Humour

by Catherine Fenwick

Healthy laughter enriches all aspects of life. This Laughter Quotient test is from my book *Healing With Humour* and is designed to help people look at their ability to laugh at life.

Circle the number which is most true for you.

1. I hear myself laughing out loud.
2. I am a fun person to be with.
3. My sense of humour helps me to get along with others.
4. I play spontaneously.
5. I feel O.K. about acting silly in appropriate situations.
6. I regularly plan times for playing and laughing.
7. I can laugh at my own mistakes.
8. I make the best of bad situations.
9. I use humour to help others feel better.
10. I avoid using humour that makes others feel uncomfortable.
11. I avoid sarcastic and negative humour.
12. I can see something positive in most situations.
13. I take time out for holidays.
14. My family and friends support my need for fun.
15. When I feel stressed, my sense of humour keeps things in perspective.
16. I feel comfortable laughing at work.
17. I allow myself to play first and work later.
18. My sense of humour is one of my best qualities.
19. I believe laughing contributes to my sense of wellbeing.
20. The more I laugh the better I feel.

Add your total score:_____ See below for interpretation.

75 - 100 = High L.Q. You're doing fine, keep it up.
50 - 75 = Average L.Q. Pretty good, but could be better.
25 - 50 = Low L.Q. Look back over the questionnaire
and see what you need to do to tickle your funny bone and
get more laughter into your life.

A sense of humour helps us get through the tough times in life and makes the good times even better. Healthy humour is a symptom of physical, emotional, psychological and spiritual wellbeing. Laughter eases fear, reduces stress and brings greater self-awareness. Humour is everywhere. Look for it. Create it. Spread it around. Set a goal to laugh about one hundred times a day. Laughter helps us to get over the hurdles and the barriers. To increase your Laughter Quotient try these:

Affirmations for Positive Humour

- I will use humour for positive, healing and loving purposes.
- I will be open and caring about other's attempts at humour.
I will encourage them to use positive humour.
- I will express my humour as fully as possible.
- I will not use humour to camouflage hostility or prejudice.
- I understand that laughter is a treasured gift and will laugh generously with others.
- I will respect sensitive topics of my listeners and will avoid

[illegible]

giving offence with my humour.

- If I offend another, I will make amends.
- All teasing and ethnic humour will be by mutual consent and will go both ways or not at all.
- I will take myself lightly and my life's work seriously.
- I will be ever vigilant for the absurdities of the universe and will share my observation with my companions in life.
- In the midst of adversity, I will continue to use my humour attitude to cope, to heal and to grow.
- On the day of my death I will look back and know that I lived and laughed fully and well.

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>



KINDRED SPIRITS

HAIR, BODY & SOUL
NOURISHMENT

496-5360

AROMATHERAPY
MASSAGE

PERSONALIZED
HAIR CARE

STRESS RELIEF
TREATMENTS



Now in Kamloops, BC



**Feldenkrais
Method**

- Awareness
Through
Movement®
Classes
- Workshops

Healing
Your Back
Oct. 9 or Nov. 6

Healing
TMJ
Oct. 16 or Nov. 20

Tyson Bartel • 250-372-3814

Intro to Thai Massage

Thai Massage is playfully called
"Yoga for Lazy People"!

Join Tyson for an afternoon of giving
and receiving healing energy massage.

October 30 and/or November 27

Where Two Rivers Meet - Kamloops

Carol Bonevitch

Certified Practitioner

(250) 860-9770

Kelowna



*Higher Aspect
Healing*

"Healing through Touch"



Advanced Kinesiology Methods
Touch for Health
Educational Kinesiology (Brain Gym)
Reiki, Tarot Readings

Spiritual Healer and Teacher
MICHAEL SIMONSON

invites you to the following

Workshops

October 23 - 24 in Vernon

November 12 - 13 in Edmonton

December 4 - 5 in Kelowna

You are also welcome at his weekly

Guided Meditations

(with spiritual healing) in:

Kelowna: Thursdays at 7 p.m.

Vernon: Saturdays at 10 a.m.

Kamloops: October 4, at 6.30 p.m.

Private healing appointments are
available: phone (250) 768-0449

E-mail gill@cnx.net



ANGELS TOUCH

*Metaphysical Books & Gifts
Vitamins, Herbs, Crystals,
Jewellery and Lots of Angels*

Now Available

Rare Apophyllite Crystals from India

Candace Hewitt • 250-494-9153

13201 N. Victoria Road
Summerland, B.C.



Spirit Dancer Books & Gifts

Specializing in.....

*Self-Help, Metaphysical
Books & Tapes for
Body, Mind, Spirit & Planet.*

**Crystals, Jewellery,
Stained Glass and more**

**158 Victoria Street,
Kamloops, B.C.**

☎ 828-0928

Georgina Cyr

*Animal
Communicator*



Available for long-distance
telepathic communication
with your beloved companions
about health, behavior, emotional
or physical problems

Family rates available
250-723-0068

REIKI

Healing from the Heart

Usui, Karuna, A.R.T.

with

Teaching Reiki Masters

◆ Patricia 260-3939

◆ Gayle 545-6585

Vernon, B.C.



Pascalite...a clay
from the Wyoming Mountains

This clay has proven itself...

- Wonderful results for whiter teeth and healthy gums, just by brushing with it!
- Deep wounds, burns, skin problems
- Fungus, haemorrhoids
- Arthritic pain & joint problems
- Has removed warts and growths

For FREE sample and information call:
Rhona (250) 446-2455 fax (250) 446-2862

Huna "Ha" Breathing

by Sue Peters

I want to share with you a method of breathing that instantly brings you to a place of "feeling good". The Hawaiian people have been using this method for hundreds of years. I use it on a daily basis. I have found it to increase my energy level, heighten my awareness and open the energetic systems in my body so I can think clearly and have a more positive attitude toward life. If you are doing any type of healing or shamanic work, it is very important to daily increase the amount of mana surcharge into your body. It keeps you clear, focused and in a uplifted, higher vibrational state.

In Huna, we practice breathing exercises which allow us to gain control of our bodies and ourselves, enabling us to send mana (life force energy), to any organ or area of thought (thought form), to energize it and thereby strengthen ourselves and others. By controlled breathing we can not only cure disease, but also practically do away with fear, worry and the baser emotions.

You can use the Ha breathing technique to increase your energy level, to eliminate unwanted thoughts, to connect you to Source energy, to add more power to your own healing methods, and if you have some techniques in manifesting, the Ha Breath will increase that surcharge of energy that is needed in the creating process. The most important value of this method of breathing, is the fact that you will feel good.

When I first learned how to Ha breathe, I was told that when a Hawaiian family got together in a family meeting (this was usually called if there was a problem that needed to be sorted out, the Native People here have similar meetings), the Elder would lead the family in prayer and the Ha Breathing Rite. The Ha Breath would assist each individual family member in clearing away the emotional baggage or reactions that they had brought with them into the meeting. Their whole

physical and energetic system would be cleared of the emotional hype, and they would then be able to be more objective and calm in the meeting. If for some reason this did not happen, then Ho'Oponopono would then be applied, and that is yet, another story to tell.

In practicing the Ha Breathing, it is important to remember that breath is not only the breathing of the lungs—it is sacred, the Spirit, the essence. We practice deep breathing to connect us to all life. We are oxygen burners and a deep full breath increases our functional efficiency dramatically. We breathe in not only the oxygen we need, but also the Mana, the Life Force Energy we must have not only in our lungs, but into our every pore and part of our being (the unconscious (Ku), the conscious (Lono) and our higher awareness (Aumakua), our energy bodies (the aura) and our physical form or body.

With the above thought in mind, I will now share with you how to do the Ha Breath. It is done in sets of four, ie; 4 breaths, 8 breaths, 12 breaths, 16 breaths and so on.

1. Take a deep breath through your nose quickly, not so deeply as to be uncomfortable or cause strain.
2. Then exhale slowly through the mouth, making the sound "ha" as you exhale, just a soft sound on the exhaled breath. The mouth is only partially opened.
3. Repeat this four times in groups of four. Making sure that you are relaxed and comfortable.
4. Do the breathing standing with feet apart, knees slightly bent and hands held slightly out to the side and forward with palms upwards. (I also found that I can do this seated, lying down...once you get the hang of it, it can be done anytime, anywhere and almost in any position.) Experiment!
5. As you release your breath, let the exhalation carry off and release all your tensions and troubles. As you breath in, let yourself be aware of pulling in the healing breath to fill each part of your being with healing light and energy.
6. You may become more focused and mentally clear and energized in a calm and peaceful way from doing the Ha Breath. This can be done as many times a day as you want.

See ad in the NYP, Hawaiian Huna



Touchpoint

WANT A CAREER CHANGE?

REFLEXOLOGY CERTIFICATE - level 1

Coquitlam

Oct 22-24

REFLEXOLOGY CERTIFICATE - level 2&3

Coquitlam

Nov 11-15

THE TEACHER'S SEMINAR

May 13-22, 2000

Phone for Catalogue, HOME STUDY program
KINETIC REFLEXOLOGY & TOUCH for HEALTH

Yvette Eastman • 936-3227

Toll Free • 1-800-211-3533

(outside Lower Mainland)

Email: yvette@touchpointreflexology.com

Web: www.touchpointreflexology.com



Books and Beyond est. 1984

**Alternative Spirituality
Personal Development**

Books, Music, Jewellery, Crystals
Spirit sticks, Wands,
Specialty Incense &
'Custom Runes by Aaron'

*Searches done for rare and out of print
Metaphysical and Spiritual books*

Tarot Cards Read by Doreen
phone for appointment

Ph. 763-6222

Fax 763-6270

1561 Ellis Street, Kelowna, B.C.

The Spirit of Wise Woman

by Laurel Burnham

The Third Wise Woman Weekend has come and gone, and I am left with images to hold in my heart and mind until the next. The numbers of women that came to Naramata Centre this past Sept 17, 18, 19th were both gratifying and significant. From its humble yet golden birth in 1997, with 80 women, to 150 participants in 1998, to over 200 beautiful, strong wise women this year, it would appear that Wise Woman Weekend will continue to grow.

We sounded beautiful, singing together. Right from the opening ceremonies, I could hear women's voices carefully picking out the harmonies, as our voices rose and fell, almost as one. How diverse we are in shape and size and aspect, each of us unique, extraordinary and essential to the whole! Over the course of the weekend, I noticed how radiant and expansive we all became, as women relaxed and blossomed into the beautiful setting of Naramata Centre at its end-of-summer best.

What is it about gatherings of women, like Wise Woman Weekend that feel so special? Over my years of soul searching, I have come to identify very strongly with other women and their life stories. I have found meaning in my own story, and the stories of other women, and similarities in the threads of joy and pain that are woven through our lives. We are connected because of our experiences that have been shaped by our precious and amazing women's bodies and women's minds. This female path is also the road to the Divine. It is important that we acknowledge and celebrate our passages, both the bitter and the sweet, the light and the dark. This is the way of the wise woman, coming home to her true self, finding significance in the connections we share.

The Wise Woman Weekend is a reminder of how much we need community. I need other women to nurture and sustain, support me, laugh and cry, teach and share with me this amazing story, the journey of our lives. For all that every woman shares of herself, we all become wiser. We also have a reminder of the magic of synergy: the whole is greater than the sum of its parts! When we come together in a sacred manner, we call to us an energy that is bigger than all of us, that can both bless and energize.

We were particularly blessed by our honored Crones, Betty Nickerson & Noor-Un-Nisa. We thank our instructors and healers, and all who came and shared so willingly of themselves. Until next time... May we all walk in Beauty & Peace.

*Blessed be the women who are wise and strong,
who heal with their loving hearts and sing
Thy sacred song.*

*For sisters united all are we,
spinning and weaving in harmony.
So let the magic now be cast,
to mend the sorrows of the past,
so together we may be
in love for all eternity.*

Priyamvada

A Natural Experience

~ Wholistic Health Centre ~

433A Tranquille Road, Kamloops Ph (250) 554-6950 Fax 554-6960

**Holistic Health Services, Products, Resource
Area and Certification/Educational Workshops**

Upcoming Workshops

- Oct. 9** Qi Gong wknd workshop-Increase your energy level & health
- Oct. 15** Jin Shin Do-Acupressure-level 1
Certification Oct. 15-17 & Nov. 19-21
- Oct. 16** Aromatherapy Massage Certification
8 weeks plus 1 week practical
- Dec. 2,3** Life Impressions Workshop using movement therapy
and principles of Ayurvedic medicine to 'self-correct.'
- Dec. 4,5** For Massage & Health Practitioners
Feel as Good as Your Client After Their Massage

Kim's Healing Hands



- Touch for Health
- Applied Kinetics
- Acupressure
- Body Management
- Light Therapy for Cranial Release
- Melchizedek Meditation Method

Sessions available in your home

An alternative for total body
management to optimize your health
phone (250) 828-2830 Kamloops



Join us for the 22nd annual
**Spring Festival
of Awareness**

**April 28, 29 & 30th, 2000
at Naramata Centre**

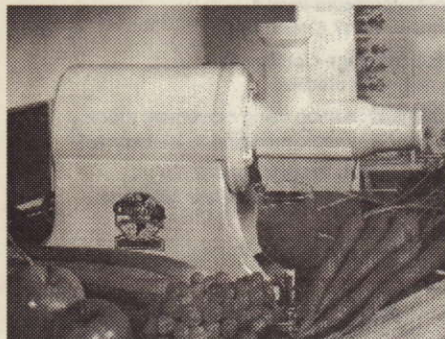
We are now inviting
Instructors and Healers
to apply to be part of the
Celebration of the Millennium

1-888-756-9929

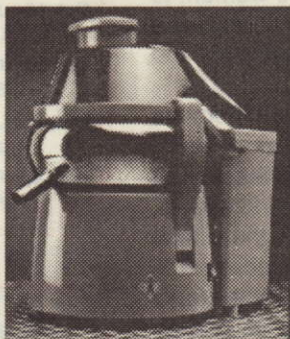


FOR THE BEST SELECTION OF JUICERS

We carry one of B.C.'s best selections of Fruit and Vegetable Juicers including spare parts, books and accessories. Omega (Model 1000 and Model 4000), Champion and the brand new L'Equip Pulp Ejector Juice Extractor. Knowledgeable staff, demonstration models for all brands, great prices and selection.



The
Champion Juicer®



JUICER
PULP EJECTOR



Omega®
Juicers
The Original

We also carry dehydrators, grain mills, yogurt makers, kefir makers and sprouters!

1550 Main St., Penticton, BC V2A 5G6 - (250) 493-2855 (fax:493-2822)

Open: Mon-Sat 9-6; Sun 10-5

The **Juicy Carrot** Juice Bar & Eatery



Fresh Juices
Vegetarian meals
Organic Produce

Now serving Wheatgrass

Shutterstock.com

Experience the sweet -'green' taste of our lush wheatgrass loaded with chlorophyll, raw enzymes, vitamins and minerals. It does the body good!

Phone: 493-4399

email: juicycarrot@canada.com

website: www.issuesmagazine.net



Yoga with Angèle

Mon. & Wed.
5:30 & 7:30 pm,
Thursday at 11 am

\$40 for 6 classes
First Class is FREE



Tai Chi with Richard

Tues. & Thurs.

5 - 6 pm

\$40 a month



Speaker Series

some Fridays

7:15 pm

details on page 23

The Rainbow Connection

Handmade Hats, Beadwork and Bags from Guatemala

Crystal Water Globes

Crystals • Jewellery • Cards

Venables Valley Soaps

Ashbury's Aromatherapy Oils

Metaphysical & Holistic Books

*We buy second hand
Metaphysical
and Holistic Health books*

254 Ellis St, Penticton • 493-4399 • Open Monday to Saturday 10-7 pm

Astrological Forecast for October

The upcoming square-dance between reality and change will heat up the month of October (Saturn square Uranus). Tensions will progressively mount as those who are entrenched in a position come up against inevitable change. The natural momentum of life picks up as well when two of the outer planets station and turn direct.

October will have its moments. There are favourable indicators for personal education. You can take an accurate reading of the direction of on-going change, and some will experience accidental moments of intrusion from other dimensions. The Moon and Mercury will trigger a release of the August 11th eclipse energy on the following days October 11th action, 17th rhetoric, 19th revolt and 25th resistance.

The news is likely to dominate the first few days of October. Real negotiations will come on line with Mercury's entrance into Scorpio on October 4th. Mercury in Scorpio will bring a life or death quality to all communications this month. Carefully consider if there really is a gun to your head before you pull your trigger! Your point of view is every thing(?) on October 6th! Co-creative activities get a boost from this Mercury crossing.

The Libra New Moon is at 4:34 am on October 9th. The Moon cycle starting today places emphasis on responsible action in your social relationships. Can you lead/support/contribute by following the crowd? The highlighted degree symbolism is "A boat landing washed away"*. The keyword is respite. On a personal note you can make a commitment to refresh your social life this month. Relationships in general will require a mature focused commitment during this cycle.

Neptune stations and turns direct on October 12th. The days surrounding are favourable for connecting to other dimensions of reality, and to swindlers! People who don't normally tap in, may find they have some weird stuff happening. The stuff that creates paradigm shifts!

The voices that are the most strident during the 14th, 15th, and 16th, will be announcing where the mounting tension requires a shift (by November the 10th), if chaos is to be avoided. On a personal note conversational sparks will be flying during this time. Be clear and conscious eh!

Mars moves in to industrious Capricorn on October 16th. During its sojourn here people with discipline can accomplish a great deal. The machinery of society, if stable, will roll along, deflecting easily any attempts to alter its course.

On October 22 Uranus stations and turns direct, releasing the energy of change in all of us. Throughout the world revolution which has lacked consensus amongst its ranks will be released from doubt. Taking a barometer reading of released energy today will yield very useful information.

The Full Moon in Taurus/Scorpio on the 24th is at 2:02 pm. We shed the light of awareness on our ability to sustain creative endeavours with others, while not losing faithfulness to our essence. Consider examining your visions and the meaning you make out of what's happening to make a shift. The highlighted degree symbolism* "a broken bottle and spilt perfume", and the keyword is Permeation.

Susan Lopatecki Textile Artist

494-1677

Unique designs in clothing & fabric
using luxurious fabrics and colours

Custom Orders

Non-toxic dyes & inks used
Natural fibers - fine silks, cottons, linens
Hemp clothing coming soon

Classes in natural dyeing & surface design
(screen printing, tie-dye, etc)

Alpaca exotics (from local herds) yarns
for knitting & dyeing
hand-made alpaca sweaters

ART SEEN STUDIO

13216 Henry Avenue
Summerland, B.C. V0H 1Z0



Creative Insight



with
Moreen Reed
Astrologer

1-800-667-4550

in Victoria 995-1979

Kelowna October 5 - 9 ~ call Marja 862-2766

Kamloops October 11 - 16

Call Bryan at Spirit Dancer 828-0928

Daily forecast available on my web site
<http://www.cardinalastrology.com>

We end the month as we began with world news taking over our attention. October the 29th will be particularly challenging and requires someone to put on the brakes! In the tension department relief is coming. *see ad above*

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

Real People, Real Radio



Real Issues!

Dr. Laura Schlessinger

"Canada's Most Listened-to
Talk Show Host"

Weekdays 11 am to 1 pm

Weeknights 11 pm to 1 am

1-800-DR-LAURA 1-800-375-2872

Okanagan-Shuswap 100.7 FM
Keremeos-Similkameen 98.9 FM
Princeton-Similkameen 98.1 FM

The Doula

In the Service of Women

by Joanna Norman

What is a Doula? Doula is a Greek word referring to an experienced woman who helps other women. The word has come to refer to a professional, experienced labour companion who provides continuous emotional and physical support to a labouring woman throughout the entire childbirth experience.

A Doula understands the physiology of birth and the emotional needs of a woman in labour. She can assist the woman and her partner in clearly determining their goals and in carrying out their plans for the birth. A Doula stays by the mother's side throughout the entire labour, without breaks or shift changes, providing constant emotional support and reassurance, and physical comfort measures. Trained and experienced in all aspects of labour and childbirth, including all the usual medical interventions, a Doula can help the woman get the information she needs to make informed decisions and she can facilitate clear communication between the labouring woman, her partner and the health care providers. A Doula always advocates the woman's informed choices and wishes for her birth experience, free from personal bias. She perceives her role as nurturing and protecting the woman's positive birth experience, recognizing childbirth as a vital, life-changing event that significantly affects mother-infant bonding and the development of positive family dynamics.

The acceptance of Doulas in maternity care is growing rapidly with the recognition of their important contribution to improved physical outcomes and emotional well-being of mothers and infants.

"The presence of a Doula is a major advantage for physicians, the women and their families. They provide a level of support that is often very difficult to achieve in a busy maternity care service. We see increased satisfaction with the birth experience, lower intervention rates and excellent infant outcomes." Dr. Michael Klein

Research studies have shown that the attendance of a Doula during labour and birth consistently results in shorter labours, fewer complications and less need for oxytocin to speed labour. Studies indicate significantly fewer requests for pain medication, fewer epidurals and less need for episiotomies, cesarean deliveries and invasive procedures such as forceps or vacuum extractor deliveries. The mother's overall birthing experience is more positive, babies are healthier and less traumatized leading to greatly increased mother-infant bonding and easier initiation of breastfeeding. With the constant comfort and reassurance of a professional Doula, women feel safe, more relaxed and confident in their ability to give birth naturally with the guidance of their doctor or midwife. In the event that medical intervention is necessary, a Doula can help the woman remain calm and provide constant emotional support so that her positive birth experience remains intact.

Some Doulas offer postpartum services and infant care education. In this role a Doula will visit the new mother regularly for a few weeks to a few months following birth, providing a wide range of services depending on the mother's needs

DIVINE - ing

by Victoria Fabling

Let me tell you an interesting story about what happened when I dowsed for blocked energy using copper-coated divining rods.

I knew Elaine was very keen to sell her property near the bridge spanning Okanagan Lake. I usually wait for clients to approach me, but this time I asked whether I could come and identify what may be hindering the sale. By simply walking in a meditative state I found two particularly uncomfortable areas, which gave me a headache each time I passed them. This, I suspected would affect all prospective buyers even if they didn't quite realize why. So, I returned with my copper rods, holding them straight out in front of me, parallel to each other and one-half inch apart. When I walked in each of the places which had previously caused me discomfort, the divining rods automatically opened. I noted the angle they made from the center of my body and inserted a cure, of another copper-coated rod with the end bent over, pointing in that direction. I placed four cures only, and amused some of the tenants who thought I was witching for water only yards from the creek! Two days later Elaine had sold her property and I, feeling inspired, told this story to RoseMarie and Peter who asked me to check their property. I felt a headache outside their front door and inserted a cure. I checked the Feng Shui inside the home too. A week later I enquired whether RoseMarie had noticed a change and she said I did "too good a job" for they had sold their home and were moving "upmarket".

I share this story because it is amazing how much we are influenced by energies that we cannot see. I like to teach my clients how to dowsing themselves, and this is also a good check because the rods do open in the same place when the client tries their hand at divining.

So, if you do feel intuitively that your environment may not be supporting you, and could even be hampering your progress and opportunities to live harmoniously then give me a call. Clear Sight is about opening up to all our senses so we intuit naturally extra, useful information about our environment. As our awareness increases so does our intelligence and our feeling of connectedness to everything around us, which keeps our energy and spirits high. *See ad to the right*

Doula *continued*

and wishes. These may include instruction on care of the baby, diapering and bathing the baby, help with breastfeeding or bottle feeding, preparing meals, cleaning the house, laundry, purchasing groceries, care of baby and siblings while the mother rests, emotional support and more. The postpartum Doula recognizes the potential challenges of the early postpartum period. The birth of an infant is also the birth of a mother. A Doula passionately believes in the long lasting benefits of non-judgemental, undivided care and attention to the needs and wishes of the mother while she and her baby begin their journey into a new world. *See ad to right.*

To locate a Doula in your area, contact the Doula Services Association: (604)527-5045. Water Birth talk by Doula Moreah Hillstrom from Rock Creek • Penticton, Oct. 29, see page 23

CranioSacral Therapy



Chronic Neck & Back Pain
Infantile Disorders • Colic
Brain & Spinal Cord Injuries
TMJ • Migraines
Stress & Tension-Related Problems
Central Nervous System Disorder

Judy Evans, Integrated Therapist
(250) 833-1502, Salmon Arm, BC

CAROLE COLLINS LCSP (Phys)

Emotional Polarity Therapy Practitioner

Also:

- ✳ Aromatherapy (EOBBD Certified Essential Oils)
- ✳ Raindrop Therapy
- ✳ Touch for Health

For appointment call:

(250) 260-1130 or 1-877-895-4795

8 years clinical experience



"The Holistic Business Consultancy" Victoria Fabling

Tel: (250) 707-3580 Fax: (250) 707-3581

1644 Mission Hill Road
Westbank BC Canada V4T 2M4
E-Mail: vfabling@okanagan.net
<http://www.kel-biz.com/clearsight/>

- proven, holistic solutions to business and personal concerns
- auric and distance healing—gentle non-invasive and effective
- dowsing and cures for "unhealthy" buildings
- emotional therapy and intuitive guidance
- natural ability to inspire and provide clarity

Victoria Fabling is a certified healer, UK trained and tested
Kelowna based, distance not an issue. (250) 707-3580



BIRTH RIGHT

... Doula Service ...

- Labour support
- Postpartum care of mother & child
- Postpartum education
- Breast-feeding counsellor
- Herbalist

JOANNA NORMAN • Doula • 250-835-8779
I service Salmon Arm and surrounding area

Interesting People

by Urmi



TYPHOON RAMA

Sometimes I view the people I know in relation to molecular understanding. Some molecules move slowly and some move so quickly that they are of a different quality all together. Then there are the independent electrons and the free radicals. My friend Ramakanta (Beloved of the Divine) is like a fast moving electron. She will have travelled around the world several times in the space of time that most of us might begin to plan a future vacation. To say the least Rama is an energy phenomena.

Born in Ontario, Rama's youth was dedicated to sport and the disciplines of training. She was a competitor in gymnastics and later chose canoeing as her sport. She mentioned to me that she chose canoeing because she liked the look of the healthy bodies of the marathon canoeists. There was something more relaxed and natural about the people who competed in this outdoor sport that drew her in that direction. She competed up to the International level.

The next step was coaching and working at the University of Alberta in Edmonton where she was completing her PhD in Sport and Political Science. In the early eighties Rama heard about an enlightened Master in Oregon and headed down there to check things out. That was the end of her life in university. Once she felt the energy she set off on a journey of discovery that just keeps on unfolding. Rama now chuckles when she remembers how worried her family and friends were about the sudden changes in her lifestyle. She explains: "Meeting a master is like falling in love—once it happens you are never the same, there is no turning back. Once certain doors are open, one can never return to a mundane lifestyle." Rama remembers that when she first went to the Master Osho she started participating in the many groups and programs offered. "I was completely unaware of my feelings. I had focused so much on my body and perfecting it that I had a kind of armour around me". It took Rama a few years before she really had a breakthrough into the realm of feeling and understanding. Once that happened she started leading her own groups and workshops. Her talent, sensitivity and trust in herself is very motivating to others and there is never a dull moment around Rama. She demands authenticity and will do whatever it takes to spur people on to their true energy.

About seven years ago when I met Rama she asked me to cook for one of her weekends. This opportunity allowed me to participate in the workshop. Rama seemed to think that since I had children I must know all about cooking. I was not so confident and had never cooked for large groups. I remember actually praying that my lunch for twenty would turn out. Rama's trust in me and encouragement to go beyond my limiting mind helped my confidence immensely and I no longer experience any anxiety around cooking.

Rama's next step after leading workshops, was to create a one-month retreat called Osho Energy School. This residential experience allows for a deeper journey into the uncon-



scious patterns we all harbour. She explains; "During this workshop, a safe space is created to encourage the unfolding of some of our limitations. It is fascinating what motivates us from our unconscious mind and of course it is invisible to us. During the retreat the situation is created so that we cannot escape from seeing ourselves. People act as mirrors for us and removing all distractions from the outside environment brings even the smallest inconsistency to a head. When our unconscious patterns become known to us they are no longer unconscious and do not have the same push and pull that they do when we are not aware of them.

Basically what people are hiding is their light. We all know how to suffer but love terrifies us. To be in our energy is magnificent. Not that it is always "nice" but it is authentic and feels a lot better to everyone around. It is amazing how certain experiences get stuck inside the system and they can colour all other experience the person has until the original issue is dealt with. If the original pattern is not addressed then the repetitive re-enactment can cause physical breakdown and illness."

What Rama does is not psychotherapy and she is often only using the person's story as a springboard into their energy. She says, "Once we get to our energy then everything becomes a flow and incredible healing and magic can happen. This is what I call Osho. Osho is my spiritual mentor and around an enlightened being, energy flows very freely. Changes that would take years, happen instantly. It has a lot to do with love; when people feel loved they begin to shine, they begin to peek out from behind the curtains that their conditioning has drawn around them. I am just a catalyst for people to make a jump into the unknown. I use Osho's meditations and his teachings as a guide for my work." She has not really had a home base, except for the ashram in India, for the past ten years and has travelled extensively learning and sharing her understanding of Osho Energy in a multitude of countries. This may be her last school in Western Canada.

Over the years I have cooked for Rama in B.C., Hawaii and Thailand. This year's retreat is in the Monashee mountains of Cherryville at the Weeping Willow Retreat Centre. Every School is a different adventure as Rama really has no fixed agenda and lets the school unfold according to the participants and the Venue. This year we have twelve people who have come from Taiwan, where many are eager to experience life beyond their cultural conditioning. These people are energetically working through the recent earthquake tragedy that has affected their immediate families and friends.

This month as a part of the school we are hosting an open weekend called **Music Celebration and You**. An excellent opportunity to experience Ramakanta in a celebratory atmosphere. We will also feature a drumming night with ManDido, master drummer from Vancouver. All proceeds will go towards helping Taiwanese families. *see ad page 3*

Calendar of Events



October 5 - 9

Creative Insight, Astrology with Moreen Reed in Kelowna. p.19

October 8

Drumming Madness with ManDido, Master drummer in Cherryville, BC. p. 3

October 9

Qi Gong Weekend Workshop, in Kamloops at A Natural Experience, p.17

Healing Your Back, Feldenkrais with Tyson Bartel in Kamloops, p.15

October 16 & 17

Integrated Body Therapy 2 with Cassie Williams in Kamloops, back cover

October 23

Mini Health Fair to raise funds for the Montessori School. Treatment opportunities. Details on p. 3

October 22 - 24

Reflexology Certificate-level 1, with Yvette Eastman in Coquitlam. p. 16

October 23 & 24

Michael Simonson Workshop, spiritual teacher & healer in Vernon. p. 15

Feldenkrais with Syl Rujanschi in Westbank. p. 31

October 30 & 31

Calgary Health Expo, speakers, exhibit booths, demos, etc. back cover

November 19 & 20

Are You Really Open to Prosperity with Patty Shortreed in Vernon, p. 12

November 21

Fare Wares Faire, Penticton, p. 9

ONGOING EVENTS

Debtors Anonymous - 12 step support group, working toward financial solvency, starting soon. Please call J 770-1397, Penticton

MONDAY in Kelowna

Meditation & Messages from and for the heart at Aurora's, 6:30 - 9:30pm. \$2

MEDITATION with Christina

TUESDAY in Penticton 7 pm

254 Ellis St, Penticton, first time by donation

WEDNESDAY in Peachland 7 pm

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

Drop-in meditations at Dare to Dream

168 Asher Rd., Kelowna ... 491-2111

WEDNESDAYS 7 - 10 pm

SUNDAY CELEBRATION

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

SPEAKER SERIES

7:15 pm • cost is \$5

at

The Juicy Carrot & Yoga Studio

254 Ellis St, Penticton

☎ 492-0987

October 22 - Joel Whitehead, DCTM

Learn about the benefits of Traditional Chinese Medicine and how they can help our everyday energy levels.

October 29 - Moreah Hillstrom

Trained as a Doula at Douglas College she longs to inspire women into the empowering experience of homebirth by sharing her video and experiences.

November 5 - Peter (Veda) Monk

Adventures in Emotional Awareness. An opportunity to explore the full range of emotions from apathy to enthusiasm.

Wipeaway Cleaning Cloths

Create Healthy, Dust Free, Allergen Free Environments

CLEAN WITHOUT CHEMICALS

100% Microfibre Cloths/Mops
(From Austria)

Distributorships available

Phone 604-451-0511

Karen Jacobson

Essential Touch



Nyrwyn

*Celebrate yourself with a one hour
aromatherapy massage*

Relaxing & Revitalizing

\$35

please call:

Penticton's Holistic Health

Centre 250-492-5371

for appointments

272 Ellis St., Penticton

Holistic Massage

with Urmi



Unify mind, body
and spirit with
this
nurturing,
bodywork and
energy
balancing.

Full body treatment: 1½ hours: \$50

Mini session: 1 hour \$35

*I am away Sept. 15 to Oct. 30
Samarpan looks forward to serving you*

THE MANY SPLENDID THING

3205 - 31st Ave.
Vernon 250-260-1027
Lecture Room available

595 Bernard Ave.
Towne Centre Mall
Kelowna 250-860-5326

Sessions at the Kelowna location only...

MONDAYS Vicky Stefopoulou
Feng Shui Practitioner and Astrologer
WEDNESDAYS Anna ~ Card Reader
Book in advance by phoning 860-5326

ANGELS ANGELS ANGELS
at both locations

also.....Painted Ostrich Eggs,
Metaphysical Books & Tapes,
Gonesh & Sai Baba Incense,
Dragons, Music Boxes, Crystals



Gaia Green

PRODUCTS LTD
PRODUCTS FOR SUSTAINABLE AGRICULTURE

For the highest quality, and largest selection of

**Organic Feeds, Fertilizers and
Natural Soil Amendments**

Come to the specialists at GAIA GREEN

Located at: 9130 Granby Road
Grand Forks, B.C. V0H 1H1

Call 1-800-545-3745
for the distributor nearest you

Distributor inquiries welcome

DARE to DREAM

Jewellery · Crystals · Gemstones
Aromatic Candles · Incense · Oils
New Age & Self Help Books · Audio & Cards
Unique Gifts · Used Books

Supplements for the Spirit... Etherium Products

- Intuitive Tarot & Palm Readings, Healings, Massage / Acupressure / Reflexology, Hypnotherapy • Available by appointment
- Meditation Group / Classes - every Wed. 7 pm
- Reiki Healing by donation • Saturdays, phone ahead
- Phone for information on the Friday Speaker Series

Rooms available for rent for healings, workshops, etc. by the hour, day/eve. or month.

168 Asher Road, Kelowna • 250-491-2111

Yoga

by Barbara Young

Yoga has enjoyed increasing popularity in recent years, with classes available everywhere. You've likely heard that yoga is a terrific way of staying limber, developing strength and lowering stress, and you might be thinking of joining a class. Perhaps you took classes years ago or have tried to work at home with a book, but you miss the motivation and support of a regular class. When you begin to make inquiries, you might well find yourself bewildered by the long list of yoga possibilities, even here in the Okanagan - Iyengar, Sivananda, Kripalu, Hatha, Ashtanga, Kundalini... what do they all mean?

The yoga tradition with which I'm most familiar, Iyengar yoga, is very much alive and well in the valley, thanks to teacher Margaret Lunam, whose studio is perched high on a ridge overlooking Okanagan Lake. Margaret has taught Iyengar yoga for many years and has encouraged students to deepen their understanding of this tradition by participating in workshops at the studio and elsewhere.

Yogacharya BKS Iyengar is one of the great contemporary figures in the development of yoga in the twentieth century, though he is emphatic that no one yoga tradition is of greater or lesser value than another. He is now eighty years old, a consummate teacher and practitioner of yoga, and author of many books, including the definitive "Light on Yoga". His teaching is known for its precision and attention to balance and alignment in the asanas, or postures. In an Iyengar yoga class, if people can't touch the floor or get the alignment of a pose because of stiffness or injury, props are used to support and teach them.

One of the strengths of Iyengar yoga internationally is that the quality of teacher education is very high. The Canadian Iyengar Yoga Teachers' Association has recently introduced a program of Iyengar yoga teacher certification. Training and apprenticeship take place over a period of at least three years, and include an introduction to anatomy, physiology, yoga philosophy and teaching techniques. A number of Iyengar teachers in the Okanagan are presently involved in the teacher training program offered by the Victoria Yoga Centre.

Students sometimes ask about the relationship between meditation and yoga. Mr. Iyengar would answer with another question: "What is the difference between postures and meditation?" After a two-hour class of focusing their full attention on finding balance and alignment in the poses, students usually realise that they haven't given a moment's thought to whatever was preoccupying them before class, and they bask in a new experience of tranquillity and serenity. The first change they may notice in their lives after regular attendance at yoga classes is that their sleep is deeper and more refreshing.

People often decide to attend yoga classes because they are suffering from physical problems or mental stress. With competent teaching and regular practice, positive changes can indeed take place. Some students discover that with dedicated and persistent practice, their lives become enriched in ways they could not even have foreseen. Traditionally, glowing health and peace of mind are simply steps along the path to spiritual enlightenment. Though spiritual enlightenment is an elusive goal for most of us, yoga practice does seem to draw us irresistibly toward exploring the profound mystery of human consciousness. *see the NYPages for a list of instructors*

the 'NATURAL' yellow pages

acupuncture

EAST WEST ACUPUNCTURE 542-0227
Certified - Marney McNiven, D.T.C.M.
Member of A.A.B.C. **Enderby Clinic** Marney
McNiven, D.T.C.M. and Enneagram Counsel-
ling & Twyla Proud, RN Therapeutic Touch
and Iridology ... 838-9977

aromatherapy

MARI SUMMERS ~ Grindrod ... 838-02283

RAINDROP THERAPY Skeletal & Energy
alignment using eleven essential & massage
oils. Reiki available..Call Irene: 250-497-5003

SARAH BRADSHAW SalmonArm: 833-1412

astrology

MOREEN REED ... 1-800-667-4550 or
250-995-1979 • Taped readings by mail
or for Road Trip Schedule see ad p. 19
Email: mreed@cardinal.com

SHARON O'SHEA ... Kaslo ~ 353-2443
Charts, Workshops, Counselling & Revisioning
for balance and healing. 30 years experience.
Also Mayan Pleiadian Cosmology

bodywork

KAMLOOPS

ACUPRESSURE /THAI MASSAGE
Reiki. Fully clothed. Tyson ... 372-3814
Feldenkrais® Classes & Workshops

JEANNINE SUMMERS 573-4006
Sound therapy/bodywork - healing sounds,
tuning forks, gong, crystal bowls & toning

CASSIE CAROLINE WILLIAMS~372-1663
THE LIGHT CENTRE Ortho-Bionomy,
CranioSacral and Visceral Manipulation

CATHIE LEVIN ~ Certified Hellerwork
Practitioner, Registered Physiotherapist.
Interests include: Chronic Pain, Postural
Alignment & Successful Aging. ... 374-4383

COLLEEN RYAN ~ Certified Rolfer
Skillful Touch Practitioner 250-374-3646

GARY SCHNEIDER ~ Certified Rolfer,
Cranial Manipulation, Visceral Manipulation
Sessions Kamloops & Kelowna ... 554-1189

HELLERWORK, trigger point, myofacial
release. Powerful but gentle for realignment,
chronic pain or tension syndromes, RSI's.
Seven yrs in practice. Donna Rasplica,
BodyMind Centre ... 374-8286

KIM'S HEALING HANDS ...250-828-2830
Specialized Kinesiology, Acupressure,
Cranial Release, Ear Candling

LYNNE KRAUSHAR - Certified Rolfer
Rolfing & Massage. I work sensitively &
deeply to your level of comfort.
#2-231 Victoria St. Kamloops 250-851-8675

NORTH OKANAGAN

AROMATHERAPY BODYWORK ~ 542-2431

BODY MIND SPIRIT ACUPRESSURE
Susan Wright cert. 832-8119 .. Salmon Arm

LEA HENRY - Enderby 838-7686 Reiki
Teacher, Usui & Karuna, Full body massage,
Reflexology, Energy balancing, Ear Candles

TAPAS ACUPRESSURE TECHNIQUE
Quick & Profound. Clears allergies & emotional
blockages. Patricia ~ Vernon....260-3939

TERI LEARDO - Salmon Arm 833-0680
Healing facilitator ~ Listening Hands Therapy,
Healing Touch, Reflexology, Touch for Health

CENTRAL OKANAGAN

ARLENE LAMARCHE ... 717-8968
Acupressure and Reflexology ~ Kelowna

BOWEN THERAPY, Vita-Flex Therapy,
Contact Reflex Analysis, Raindrop Therapy,
Reflexology. Traudi Fischer ... 767-3316

DONALIE CALDWELL, RN ~ Sho-Tai,
CRA, Relaxation Bodywork, Intuitive Heal-
ing, Energy balancing, Neuro-emotional
release. Kelowna 491-0338

FOCUS BODYWORK THERAPY
Full body massage treatments. Deep tissue,
intuitive healing & emotional release for
rejuvenation & relaxation.
Sharon Strang Kelowna - 860-4985

FULL BODY, DEEP TISSUE bodywork
with Reflexology and Acupressure using es-
sential oils. For therapeutic release and relaxa-
tion. Louise Tapp ~ Kelowna: 762-9588

PATRICIA KYLE, RMT ... 717-3091
Lymph Drainage Therapy, Massage Therapy,
Essential Oils, Healing Touch ... for health,
wellness and healing ~ Kelowna

SOUTH OKANAGAN

FACILITATOR OF HEALING
Introductory specials ~ Mary ... 490-0485

LISTENING HANDS THERAPY
Christine Norman, Certified Practitioner,
Reflexologist. For Appointments... 497-5585

SUZANNE GUERNIER Relaxation Massage
Thursdays-Holistic Ctr Penticton-492-5371

PRINCETON

JUNE HOPE~ 295-3524 Reiki Classes incl.
Karuna, Integrated Bodywork, Arbor House
Garden, 136 Vermillion Ave, Princeton

KOOTENAYS

CENTRE FOR AWARENESS... Rossland
Sid Tayal - 362-9481 Bodywork, Polarity,
Yoga, Reflexology, Chinese Healing Arts,
Counselling, Rejuvenation program.

books

BANYEN BOOKS & SOUND
2671 W. Broadway, Vancouver, BC V6K2G2
(604)732-7912 or 1-800-663-8442
Visit our website at www.banyen.com



**Never Buy Tampons
or Pads Again!**

Menstrual Cap

Small rubber cap is worn
internally. Sanitary & reliable.
Comfortable & easy to use.


Safe for overnight. Great for sports,
swimming, travel, etc. Lasts at least
10 years. Accepted FDA 1987,
Health & Welfare 1992

Free Brochure
800-663-0427
Guaranteed
www.keeper.com



CANADIAN ACUPRESSURE INSTITUTE INC.

- 8 MONTH JIN SHIN DO® AND SHIATSU DIPLOMA PROGRAM
- 2 YEAR (WEEKENDS) JIN SHIN DO® CERTIFICATION
- FINANCIAL ASSISTANCE MAY BE AVAILABLE
- ACCREDITED BY THE PRIVATE POST
SECONDARY EDUCATION
COMMISSION OF B.C.



301-733 JOHNSON STREET, VICTORIA, B.C. V8W 3C7 250-388-7475

caii@tinet.net www.come.to/cai

the 'NATURAL' yellow pages

BLACK CAT BOOKS Metaphysical, Tarot, Posters, Crystals, Jewelry, Cards - Best Selection Sci-Fi/Fantasy in Nelson Worth the trip upstairs, Nelson Trading Co. 402 Baker St. ... 352-5699

BOOKS & BEYOND ~ Phone 763-6222
Downtown Kelowna - 1561 Ellis St.

DARE TO DREAM 491-2111
168 Asher Rd., Kelowna See ad p. 24

DREAMWEAVER GIFTS ... 549-8464
3204 - 32nd Avenue, Vernon

MANDALA BOOKS~ Kelowna ...860-1980
3023 Pandosy St. beside Lakeview Market

SPIRIT DANCER BOOKS & GIFTS
Kamloops....828-0928 ~ 158 Victoria St.
Crystals, jewellery, stained glass and more.

WHOLISTIC LIVING CENTRE
Books to help you with personal growth
Phone 542-6140 ~ 2915 - 30th Ave., Vernon

breath practitioners

ARLENE LAMARCHE Kelowna 717-8968

INNER DIRECTION CONSULTANTS
2189 Pandosy St., Kelowna ... 763-8588
Breath Integration Sessions, Self Development Six month personal mastery program

PERSONAL GROWTH CONSULTING TRAINING CENTRE #5A - 319 Victoria St. Kamloops ... (250)372-8071 Senior Staff- Susan Hewins, Linda Nicholl, Shelley Newport, Will McLeod & Cathy Nelson in Williams Lake~ 306 - 35 S 2nd Ave 392-5535

business opportunities

EXPERIENCE THE BEST Wealth/health home business. Learn & Earn. Free audio. 1-800-664-6141 www.kapz.com

chiropractors

DR. RICHARD HAWTHORNE..492-7024
1348 Government St., Penticton
Extended Hours. Call for your Appt. Today!

colon therapists

Kelowna: 763-2914 Diane/Christine
Penticton: 492-7995 Hank Pelsner
Westbank: 768-1141 Cécile Bégin
Westbank: 768-1141 Nathalie Bégin
Kamloops: 374-0092 Annette Buck
Nelson: 352-5956 Cleanse & Purify
Merritt: 315-0111 Kathy Hendrickson
Salmon Arm: 835-4577 Margaret Tenniscoe

colour therapy

JOLLEAN McFARLEN *miact*, Author, Futurist, Colour Psychologist & Feng Shui for healthy homes/offices. Clearing, channelling ph/fax 860-9087, jadore@bc.sympatico.ca

conference room

800 SQ. FT. ROOM for workshops & meetings. Aurora's Natural Health Care. Daily, evening or weekend rates. Kelowna:491-0642

counselling

DON'T STAND ALONE - Olena 490-4629

GAIN CONTROL OF YOUR LIFE!

Master Hypnotist, Experienced Family Counselor, Helga Berger, B.A., B.S.W., Kelowna ... 1-250-868-9594

MAYA COUNSELLING~Janet White,M.Sc. Relationships. Donna Roberts,M.A. Certified for Trauma & Hypnotherapy 770-3121

PERSONAL GROWTH CONSULTING TRAINING CENTRE Bus. (250)372-8071 Fax (250)372-8270 See Breath Practitioners

STRESS, ANXIETY, RELATIONSHIP, addictions, trauma counselling.By donation Call Richard in Kelowna ... 868-2002

crystals

DISCOVERY GEMSTONES Crystals & Minerals for healing & collectors. 2514 - 131 Ave, Edmonton, AB T5A 3Z1 Phone (403)478-2645 fax(403)472-1198

THEODORE BROMLEY The "Crystal Man" Enderby 838-7686. Crystals & Jewellery. Wholesale & retail. Crystal & Huna workshops. Huna Healing Circles. Author of The White Rose

dentistry

CENTRAL OKANAGAN DENTAL GROUP 250-762-6414 General Dentists offering biological, family and cosmetic dentistry. New Patients Welcome. Saturday & evening appointments also available. #205 - 1626 Richter St.(Downtown) Kelowna

DAAN KUIPER ... 352-5012 Member of the Holistic Dental Assoc. Offering cosmetic & family dentistry. New Clients welcome. # 201 - 402 Baker St., Nelson, B.C

DR. HUGH M. THOMSON 374-5902
811 Seymour Street, Kamloops
Wellness Centered Dentistry

dowsing/radiesthesia

Quality **PENDULUMS & DIVINING RODS**
www.diviningmind.com Phone 250-445-2277

ear candling

EAR CANDLING FOR HEALTH
Alexa La Madrid - Penticton ... 490-9180

electrical nutrition vibrational medicine

The International Academy of Vibrational Medical Science offers leading-edge courses in personal growth, health and awareness throughout the world. For course details or a free catalog, call Elaine at 250-384-7064 or visit our Website: www.vibrationalmedicine.com

exercise

Liven up, dance **FLAMENCO** 250-769-6179



Cécile Bégin, D.N.

*Nutripathic Counselling
Iridology & Herbology
Urine/Saliva Testing
Colonic Therapy
CranioSacral & Reiki
Relaxation Massage*



Health Centre

Westbank ... 768-1141

*Colonic Irrigation
Colon Health Consultation
Nutritional Consultation
Iridology
Cleansing Programs*



Nathalie Bégin, CH

the 'NATURAL' yellow pages

flower essences

SELF HEAL DISTRIBUTING, Edmonton
Canadian Distributor of F.E.S. (Californian)
& Healing Herb Flower Essences. Es-
sences for retail, wholesale & practitioner
needs. 1-780-433-7882 or 1-800-593-5956

foot care

HEALTHY FOOTPATH ~ Home Footcare,
Healing Consultation ~ Kelowna
Marcia Goodwin, RN, BScN ... 707-0388

forestry

**THOMAS & NORWELL FORESTRY
CONSULTING** Planning & advice for
healthy harvesting, partial cutting, planting,
etc for woodlots, private land. We love trees!
851-9222 Judy & Rob ~ 2 RPF's in Kamloops

for sale

ENJOY SIMPLICITY IN STYLE: Tipis,
Yurts, Canopies, Hammocks ... Gitta 250-
352-6597 <http://labyris.hypermart.net/yurt>

MASSAGE TABLES — Gift: ex. cond.
\$200, \$350 & \$590
Quality ~ Brand Name ~ Guaranteed
Toll free & ship today 1-604-683-0068

gift shops

DRAGONFLY & AMBER GALLERY
Beach Ave, Peachland BC ~ 767-6688
Unique gifts, crystals, jewelry, imports,
candles, pottery & books

HUB OF THE WHEEL Penticton 493-0207
Alternative spirituality, gifts, books, readings,
123 Westminster Ave. W.

handwriting analysis

ACADEMY OF HANDWRITING SCIENCES
Correspondence-Vancouver (604)739-0042

ANGÈLE - Certified Graphologist,
Penticton Phone 250-492-0987

hawaiian huna

SUE PETERS - Haumana Ho'omanaloha
practitioner ~ Osoyoos ... 495-2167

health care professional

CÉCILE BÉGIN, D.N. Nutripathy 768-1141
Westbank ~ Iridology, Urine/saliva testing,
Colonics specialist, Herbalist & more.

EAGLES' WAY ~ Summerland... 494-7108
Herbalist, Iridologist & Ear Candling

NATURAL HEALTH OUTREACH -
H.J.M. Pelser, B.S., C.H., C.I. ... 492-7995
Herbalist, Iridologist, Nutripathic Counsellor,
Certified Colon Therapist & more. Penticton

OKANAGAN NATURAL CARE CENTRE
Kelowna.. 763-2914 Master Herbalist,
Reflexologists, Kinesiology, Iridology, Phobias,
Colonics, Nutrition & certificate classes

PEOPLE'S CHOICE NATURAL HEALTH
Kamloops ~ Reflexology, Ear Candling,
Personalized Health Care Programs,
Nutritional & Herbal Consultations. 554-6950

health consultants

NO ILLNESS IS INCURABLE Scientific
discoveries from obesity to degenerative
illness. Most advanced methods to achieve
state of "homeostasis." Info package:
1-888-658-8859 Bonus: audio tape & income
opportunity. www.skyboom.com/louish

health products

ANTI-AGING PRODUCTS MARKET
is exploding. Amazing results. Join superstar
Steven Seagal in the fastest growing home
business. (We're breaking all records!)
Proven support system. Free information
package Call 24hrs 800-215-5270

CANCER CAN BE BEATEN. I DID, 4 years
ago without any surgery, chemicals, drugs
or radiation. You Can Too. Also control
M.S., Arthritis, Fibromyalgia, Crohns,
Colitis, Asthma, Psoriasis. 250-766-0072

HERBALIFE INDEPENDENT DISTRIB.
Margaret Rippel ~ Kelowna ... 868-2177

SHAKLEE PRODUCTS ~ Bev 250-492-2347

SLIM SPURLING HEALING TOOLS
Acuvacs, Rings, Harmonizers, Feedback
loops. Cdn Dist. Call (250) 537-8391 or fax
537-8392 E-mail: queen@saltspring.com

SLIM SPURLING HEALING TOOLS
Acuvacs, Rings, Harmonizers, Feedback
loops. Facilitator geobiology workshops.
Cdn Dist. Call 250-542-5940 or fax
250-542-1226 email: merlin@bcgrizzly.com

herbalist

JOSEPH VERHOVENY - Penticton ... 493-6645

SARAH BRADSHAW - Salmon Arm .. 833-1412

homeopathy

BARBARA GOSNEY, DCH ... 354-1180
Classical Homeopathic Practitioner.
Consultation & Courses.
2 - 205 Victoria St., Nelson, BC V1L 1Z1

DR. L. LESLIE, Ph.D Certified ... 494-0502
Homeopathic pharmacy available. Summerland

JUDE DAWSON, L.B.S.H. Homeopathy
Clinic ~ Salmon Arm 250-804-0104

PAT DEACON, LPHSH, RFHom.
Classical Homeopathy for all conditions.
Penticton 492-5371 or Naramata 496-0033

hypnotherapy

THELMA VIKER Kamloops-250-579-2021
Certified Hypnotherapist, Metaphysical
Instructor, Master Hypnotist • Life Issues
Self Hypnosis • Develop Psychic Abilities
Habit Control • Access Unlimited Potential

massage therapists

MASSAGE THERAPY CLINIC
Marilyn & Floyd Norman.... 492-0238
187 Braelyn Crescent, Penticton

H.J.M. Pelser Certified Colon Hydrotherapist

160 Kinney Ave.,
Penticton



Herbalist
Iridologist

Nutripathic Counsellor
Cranial Sacral Therapist
Certified Lymphologist
Deep Tissue Bodywork

Natural Health Outreach

492-7995

DR. KEN EZAKI

CHIROPRACTOR



1348 Government St.
PENTICTON

492-7024

Better Health Through Chiropractic

the 'NATURAL' yellow pages

SKAHA MASSAGE THERAPY... 493-6579
3373 Skaha Lake Rd., Penticton with RMT's
Maria d'Estimauville & Neil McLachlan

SUMMERLAND MASSAGE THERAPY
CranoSacral Therapy available
Manuella Farnsworth, R.M.T.494-4235
Odean Hume-Smith, R.M.T.
#4 - 13219 N. Victoria Rd, Summerland

meditation

MARGRIT BAYER ~ Kelowna ... 861-4102

PETER(VEDA) MONK 492-7114 Ext 201

SILVA METHOD - Increase intuition &
create abundance thru dynamic meditation~
Course info - Dale ...1-250-766-3503

TRANSCENDENTAL MEDITATION

Technique as taught by Maharishi Mahesh
Yogi is a simple, effortless technique that has
profound effects on mind, body, behaviour &
environment. Please phone these teachers:
Salmon Arm ... Lee Rawn 833-1520
Kamloops... Joan Gordon 578-8287
Kelowna ... Annie Holtby 446-2437
Penticton... Elizabeth Innes 493-7097
S.Okanagan/Boundary...Annie 446-2437
Nelson ... Ruth Anne Taves 352-6545

music

AUBERTE CAMPEAU - singer/guitarist
Soothing songs for all occasions ...492-5228

naturopathic physician

Penticton

Dr. Audrey Ure & Dr. Sherry Ure...493-6060

Penticton Naturopathic Clinic ... 492-3181
Dr. Alex Mazurin, 106-3310 Skaha Lake Rd.

Oliver

Dr. Tamara Browne, ND 498-0311
Chelation offered. 34848 - 97th St., Oliver

nutripath

PENTICTON: 492-7995 - Hank Pelser
WESTBANK: 768-1141 - Cécile Bégin

organic

ORGANIC EXPRESS DELIVERS! Fresh
Fruit & vegetable variety boxes to homes in Kelowna
& Vernon. Dry goods & bulk as well. 860-6580

pregnancy & childbirth

DOULA Child Birth Services ~ Penticton
Susan Black: 809-8482 or 490-9881

DOULAS MAKE THE DIFFERENCE!

For a better birth at home or hospital, doctor
or midwife-attended, add a DOULA to your
birth team. In Penticton Shirley: 496-5668
Kelowna: Heather..763-3183 or Terra..762-
9763; Vernon: Charlotte..260-5944 or Janice
..547-2269. No charge for initial consultation.

LABOUR SUPPORT, Pre-natal Classes
Sarah Bradshaw ~ Salmon Arm....833-1412

primal therapy

PRIMAL CENTER OF BC (250)766-4450
Agnes & Ernst Oslender, 4750 Finch Rd,
Winfield, BC V4V 1N6. Personalized intensive
& ongoing courses. Convenient arrange-
ments for out of town & international clients.
E-mail: primalcenter@primal.bc.ca
www.primal.bc.ca

psychic / intuitive arts

AUTUMN - Top Professional Psychic
Readings & Psychic Teaching. Clairvoyant,
Clairaudient, Tarot ... 1-250-765-7282

ELIZABETH HAZLETTE ~ Salmon Arm
Channelled readings ...833-0262 Author
Dear Ones. Letters from our Angel Friends

HEATHER ZAIS (C.R). PSYCHIC
Astrologer ~ Kelowna, BC ...(250) 861-6774

MARIA K. ~ Astrology & Tarot ...
492-3428 Penticton and area.

MAURINE VALORIE - psychic healer,
artist & rebirther. Tarot workshops &
private sessions. Vernon 549-3402

MISTY - Readings in person or by phone
Penticton: 492-8317

SARAH-Tarot Cards..833-1412 Salmon Arm

TAROT CARD READINGS by telephone,
professional card reader, Dianna Chapman.
Includes Astrology & I Ching reading. Visa or
MasterCard. Toll free 1-888-524-1110

THERESE DORER - Spiritual Consultant,
Medium, Past Life connection. For personal
readings please phone 250-578-8447

reflexology

BEVERLEY BARKER ... 493-6663
Reflexology Ass'n of Canada. Instructor &
Practitioner offering Certificate Courses.
Registered with BCPPSEC. Penticton & area

BOWEN THERAPY, REFLEXOLOGY, CRA
Traudi Fischer ~ Peachland 767-3316

LEARN REFLEXOLOGY AT HOME

Reflexology for Every Body
Book & Video \$69.95 Tel:(403)289-9902
www.footloosepress.com

JEANNIE'S TOUCH REFLEXOLOGY
Certified. Revitalizing, soothing. Summerland
& Penticton. Cell phone 809-6608

OKANAGAN NATURAL CARE CENTRE
Reflexology Assoc of Canada Certified &
classes and more - Kelowna ... 763-2914

PACIFIC INSTITUTE OF REFLEXOLOGY
Foot, hand & ear reflexology. Instructional
video - \$29.95. Basic & advanced certificate
courses. For Info 1-800-688-9748
535 West 10th Ave., Vanc. V5Z 1K9

reiki masters

CHRISTINA GODDARD ~ Reiki &
Channelled readings ~ Peachland..767-3373

CHRISTINA~ Teaching all levels/Usui
method. Treatments available. Reiki Circle
every Wednesday 6:30pm. Please call for
appt. Kelowna ... 250-861-7098

DIANE BERNARDIN ~ Teacher/practi-
tioner certified. Teaching all levels of Usui
method. Penticton or Kaleden ... 497-5003

Michael Kruger

Reiki Master / Teacher
private instruction available

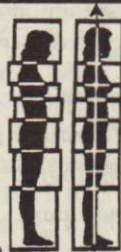
Ear Candling
Reflexology
Relaxation Bodywork

(250) 492-5371

Holistic Health Centre, 272 Ellis St Penticton



Structural Integration



Deep Tissue Manipulation

Re-aligns your body providing:

- ✧ relief from chronic back and joint pains
- ✧ improved posture and breath
- ✧ increased flexibility and energy

Jeffrey Queen, B.A.

Certified ROLF Practitioner

For sessions in Kelowna, Vernon & Penticton

please call Penticton: 250-492-3595

Toll Free 1-888-833-7334

the 'NATURAL' yellow pages

ÉVA TROTTIER ~ Grand Forks ...442-3604

GAYLE SWIFT ~ Teaching all levels;
Certified teacher Melchizedek Method
545-6585, Vernon

LEA HENRY ~ Enderby ... 838-7686
Reiki Teacher/Usui & Karuna, Treatments

MARGARET RIPPEL Practitioner/Teaching
all levels. Chakra Clearing ~ Kelowna ..868-2177

PATRICIA ... 260-3939 ~ Vernon
Teaching all levels Reiki; Certified teacher
Melchizedek Method. Offering Tapas
Acupressure Technique, Ear Candling w/
Reiki, Soul Retrieval, Twelve Strand DNA
Connection, Holographic Sound Healing

SHARON GROSS ~ Kelowna ... 717-5690

SUE PETERS - Practitioner/Teacher - Usui,
Tara Mai, Seichem & Shamballa ..495-2167

TOSHIE SUMIDA ~ Kelowna ... 861-5083

reiki practitioners

AUBERTE ~ Penticton ... 492-5228

JOHN ~ Vernon ... 260-2829

retreat centres

COSTA RICA! Dec to Mar More than a B&B.
Organic Orange Orchard offers location to
rainforest, ocean & culture. (306)493-2504
email: woodlandencounter@sk.sympatico.ca

HALCYON HOT SPRINGS RESORT
NAKUSP, natural thermal pools, chalets,
cabins, RV hook-ups, licensed bistro, outdoor
activities. Exclusive Wellness Packages.
265-3554 or Toll free 1-888-689-4699
www.halcyon-hotsprings.com

A HEALING PLACE - retreat to a treed
waterfront setting. Spa, music/book library, out-
door activities. Includes Therapeutic Touch, holi-
stic health assessments, spiritual direction with on-
site RN. \$55-\$95/night...(250)396-4315

**TARA SHANTI GUEST HOUSE &
SEMINAR CENTER** Kootenay Bay, BC
Wellness packages and B&B accommo-
dation. Located on five acres with
stunning views. Call 1-800-811-3888
www.tarashanti.bc.ca

retreats

RETREATS ONLINE

Now for the first time...one internet sight for
retreats...getaways...workshops...meeting
spaces...facilitators ~ in B.C....across
Canada...around the world. Vacations that
can change your life! Fax (604)872-5917
www.retreatsonline.com
Email: connect@retreatsonline.com

ROCKWOOD CENTRE Retreat/
Seminar/Meeting space located on the
spectacular Sunshine Coast. *Unique in its
simplicity.* For info call 1-800-565-9631 or
www.sunshine.net/rockwood

VISION & HEALING QUEST RETREAT
July 9-15, 2000 Valhalla Tipi Retreat, Slocan,
BC led by Laureen Rama. Experience
profound healing or visions for your future. Let
the power of nature renew your soul and
transform your life! Contact Laureen at
1-800-491-7738 or www.spiritquests.com

**WATER FASTING & NATURAL
HEALING** Doctor supervised programs.
Free brochure 1-800-661-5161
www.naturaldoc.com

schools

**ACADEMY OF CLASSICAL ORIENTAL
SCIENCES**, Nelson is offering a four year
program in Chinese Medicine & Acupunc-
ture. Sept. '00 entry; Calendar & applica-
tions call 1-888-333-8868 Email:
acos@acos.org
website: www.acos.org Fax: 250-352-3458
303 Vernon St., Nelson, BC V1L 4E3

**NATURE'S WAY HERBAL HEALTH
INST.** Certified Programs #1) Consultant
Herbalist #2) Iridology #3) Reflexology #4)
Reiki Vernon, BC (250)547-2281 or fax
547-8911 www.herbalistprograms.com

THE ORCA INSTITUTE

Counselling & hypnotherapy certification
programs. 1-800-665-ORCA(6722)
Email: "orcas@home.com" or
Website: http://orcainstitute.com

**WINDSONG SCHOOL OF HEALING
LTD.** Distance learning or 2 year diploma
program. Phone (250)287-8044 Ad p. 4

shamanism

**ADVANCED SHAMANIC HEALING
TRAINING** led by Laureen Rama. Aug 27-
Sept 1, 2000 - Alberta Learn soul retrieval,
extraction and how to support clients. Con-
tact Laureen at 1-800-491-7738 or
www.spiritquests.com

SOUL RETRIEVAL, Shamanic Counsel-
ing, Depossession, Extractions, Removal of
ghosts & Spells. Gisela Ko ... (250)442-2391

sound therapy

**LEIA WALES: TONES AND
HEARTSOUNDINGS.** Unlock your
Healing Voice. Kelowna ... 764-5001

spiritual groups

ECKANKAR, Religion of the Light and Sound
of God, invites you to explore spiritual freedom.
Worship Service 11 - Noon Sundays at Eckankar
Centre 210 - 1579 Sutherland Ave., Kelowna.
Book Room ... 250-763-0338

ECKANKAR - Religion of the Light and
Sound. 250-770-7943 www.eckankar.org

PAST LIVES, DREAMS & SOUL TRAVEL
Discover your own answers to questions
about your past, present & future through the
ancient wisdom of Eckankar. Experience it for
yourself. Free book: 1-800-LOVE-GOD ext 399

Enjoy the
convenience.

Have **ISSUES**
MAGAZINE
mailed directly
to your home!

\$15 per year for 10 issues

Name: _____ Phone # _____

Address: _____

Town: _____ Prov. _____ Postal Code: _____

Enclose ☐ \$15 for 1 year Make cheques payable to **ISSUES**
Mail to: 272 Ellis St., Penticton, B.C., V2A 4L6

the 'NATURAL' yellow pages

THE ROSICRUCIAN ORDER ...AMORC

A world wide educational organization with a chapter in Kelowna. Find out more about the Rosicrucian teachings and how to achieve your full spiritual potential by attending our public meetings held the first Thursday each month at Aurora's Natural Care, 3284 Hwy. 97 N in Kelowna at 7pm. You can also write Okanagan Pronaos AMORC, Box 81, Stn. A, Kelowna, B.C., V1Y 7N3 or call 1-250-762-0468 for more information.

TARA CANADA Free info on the World Teacher & Transmission Meditation groups, a form of world service & a dynamic aid to personal growth. Tara Canada, Box 15270, Vancouver, BC V6B 5B1 1-888-278-TARA

SATHYA SAI BABA CENTRES

Kelowna ... 250-764-8889
Kamloops ... 250-851-9337

SPIRITUAL EMERGENCE SERVICE

S.E.S., a non-profit society, provides information for people undergoing psycho-spiritual crises: Spiritual awakening, psychic opening, near-death experiences and other kinds of altered states of consciousness. We can refer to therapists competent in these areas. (604)687-4655
Email: spirit@istar.ca
Penticton ~ call Jan ... 492-0522
Kelowna ~ call Pamela ... 712-0041

tai chi

BUDDHIST-TAOIST HEALING MEDITATION

Spiritual Peaceful Martial Arts
Ongoing Classes: Kelowna & Westbank
Harold Hajime Naka 250-762-5982

DOUBLE WINDS ~ Salmon Arm... 832-8229

TAI CHI CHUAN, YANG STYLE ~

Kelowna For Chi balancing, Toning & Defending
New "B.C. Interior Martial Arts Academy"
Ph. Jerry Jessop now! (250)862-9327



TAOIST TAI CHI SOCIETY

Health Relaxation Balance Peaceful Mind
Vernon Armstrong Lumby Oyama 542-1822
Kelowna Kamloops Salmon Arm Nelson
1-888-824-2442 Fax 542-1781
Email: ttcsvern@bcgrizzly.com

teaching centres

OKANAGAN NATURAL CARE CENTRE
Reflexology Assoc of Canada Certificate
Instructor. Kelowna 763-2914

workshops

CAROL RIENSTRA Life Force Therapy,
Animal Communication, Psychic Development, Reiki, Spiritually guided workshops.
Willing to travel. Holistic Ctr. ...492-5371
email: lft@desil.com http://www.desil.com

REV. SANDRA DAVIS - 'Affirm success'
workshops. For info 493-8040

CREATION BY DESIGN empowering;
change limiting beliefs; create what you
desire in life! Carole Collins (250)260-1130

FOR CREATIVE PEOPLE in all walks of
life! 12wk program based on "The Artist's
Way". Carole Collins (250)260-1130

FIREWALKING- breathwork, team building,
sweatlodge, rafting, riverside tipi retreat.
Golden, BC 1-888-232-6886

LIFE SHIFT INTENSIVE Nov. 1-10/99
and June 1-10/00 A ten-day annual
program for accelerated personal growth
and spiritual development. Blanche &
Harreson Tanner 250-225-3566 **BREATH
PRACTITIONER TRAINING & CERTIFICATION
AVAILABLE**

MELCHIZEDEK METHOD & REIKI

Please call for next available course
Gayle ... 545-6585 and Patricia ...260-3939

MASTERY OF LIVING: *Awakening the
Inner You* - Ongoing Peter (Veda) Monk
492-7114 Ext 201 Penticton & area

yoga

ARJUNA YOGA STUDIO ... Kamloops
Iyengar & Kripalu Yoga, Meditation, Belly
Dance, Feldenkrais®, Workshops ...
372-YOGA (9642)

CLIFTON RD, KELOWNA-IYENGAR
Method ~ a variety of teachers/classes to
meet a variety of needs for healthy growth

MARGRIT BAYER ~ Kelowna ... 861-4102

PENTICTON ~ Mon & Wed 5:30 & 7:30 pm
at the Yoga Studio, 254 Ellis St. 493-4399

SOUTH OKANAGAN YOGA ASSOC.
(SOYA) for class/workshop/teacher training
info call Dariel 497-6565 or Marion 492-2587

Mon. 10 am • Tues. 7 pm

Reiki Circle

at HHC: 272 Ellis St., Penticton
for details call 492.5371



CANADIAN
COLLEGE OF
ACUPUNCTURE AND
ORIENTAL MEDICINE

A four year diploma program in traditional Chinese medicine focusing on acupuncture and herbology including western sciences. We emphasize the development of the personal, professional and clinical skills necessary for people involved in the healing arts. Financial assistance may be available.

Established in 1985. For information or calendar (\$5) contact:
CCAOM, 855 Cormorant St., Victoria, B.C., V8W 1R2
FAX: (250) 360-2871 e-mail: ccaom@islandnet.com
Tel: (250) 384-2942 Toll-free 1-888-436-5111



"Suppliers of professional
massage therapy products"

Call for a free catalogue
1 800 875 9706

Phone: (780) 440-1818
Fax: (780) 440-4585

"MAIL ORDER"

TABLES / CHAIRS
STRONGLITE
OAKWORKS
PRAIRIE
PISCES
OILS / LOTIONS
BIOTONE
SOOTHING TOUCH
BEST of NATURE

BOOKS
CHARTS
HOT / COLD PACKS
LINENS
ESSENTIAL OILS
ACCESSORIES
MASSAGE TOOLS
HAGINA / MINT OIL
BROCHURES

#203, 8815 - 92 St., EDMONTON, AB. T6C 3P9
www.planet.eon.net/~massage

HEALTH Food Stores

Chase

The Willows Natural Foods

729 Shuswap Ave., Chase ... 679-3189

Grand Forks

New West Trading Co (CMSL Natural Ent. Inc.)

442-5342 278 Market Ave. A Natural Foods Market. Certified **Organically** grown foods, Supplements, Appliances, Ecologically Safe Cleaning Products, Healthy Alternatives

Kamloops

HealthyLife Nutrition ... 828-6680

264 - 3rd Avenue, Kamloops. See Adelle & Diane Vallaster for quality supplements.

Nature's Fare ... 314-9560

#5 - 1350 Summit Drive, Kamloops

Kelowna

Long Life Health Foods ... 860-5666

Capri Centre Mall: #114 - 1835 Gordon Drive Great in store specials on Vitamins, Books, Natural Cosmetics, Body Building Supplies & more. Bonus program. Knowledgeable staff.

Nature's Fare ... 762-8636

#120 - 1876 Cooper Road

Nelson

Kootenay Co-op ~295 Baker St ... 354-4077

FRESH SUSTAINABLE BULK ORGANIC. Organic Produce, Personal Care Products, Books, Supplements, Friendly & Knowledgeable staff. Non-members welcome!

Osoyoos

Bonnie Doon Health Supplies

8511 B Main Street; 495-6313 Vitamins, Herbs, Aromatherapy, Reflexology - Self Help Information ~ Many in store discounts *Caring and Knowledgeable Staff* "Let us help you to better Health"

Penticton

Judy's Health Food & Deli

129 West Nanaimo: 492-7029
Vitamins, Herbs & Specialty Foods

The Juicy Carrot ~ 493-4399

254 Ellis St, Penticton
Juice bar, Organic produce, Natural foods, Vegetarian Meals & Evening events.

Nature's Fare ... 492-7763

2100 Main Street, Penticton

Vitamin King - 492-4009

354 Main St, Penticton
Body Aware Products, Vitamins, Supplements, Fresh Juices & Body Building Supplies ~ Herbalist on Staff

Whole Foods Market ~ 493-2855

1550 Main St. Open 7 days a week
Natural foods and vitamins, organic produce, bulk foods, health foods, personal care, books, herbs and food supplements, The Main Squeeze Juice Bar

Shuswap

Squillax General Store & Hostel

Trans-Canada Hwy (Between Chase & Sorrento) Organic Produce, Bulk & Health Foods. Phone/Fax 675-2977

Summerland

Summerland Food Emporium

Kelly & Main: 494-1353 Health - Bulk - Gourmet - Natural Supplements
Mon. to Sat. 9 am to 6 pm, for a warm smile

Vernon

Nature's Fare ... 260-1117

#104 - 3400 - 30th Avenue

Suzanne Guernier

Relaxation Massage

Introductory massage for \$20 per hour
Thursdays
at the Holistic Health Centre
Penticton • 250-492-5371



FELDENKRAIS®

with Syl Rujanschi



AWARENESS THROUGH MOVEMENT

Quesnel Oct. 2&3 747-1762
Westbank Oct. 23&24 768-7119
Williams Lake Nov. 6&7 398-7263
www.feldenkrais.com

OFFICE SPACE AVAILABLE

Part-time +, downtown Kamloops.

Share with health care professional and counsellor.

250-374-4383

Therese Dorer

Medium

Spiritual Consultant
Past Life Connection



For personal readings call 250-578-8447
357 Chilco Ave., Kamloops, BC, V2H 1L9

Sacred Essence

Aromatherapy Massage
Natural Bodycare Products
Custom Blends for Pregnancy,
Birth & Beyond

Krista Gustavson

Certified Aromatherapist
Oliver 498-2895

DEADLINE

for November is October 10-15th

Articles in by the 10th & Advertising in by the 15th

250.492.0987 (Penticton) or 1-888-756-9929

INTEGRATED BODY THERAPY

with **Cassie Caroline Williams, Ph.D.**



Registered Practitioner of Ortho-Bionomy, Advanced Practitioner and Teaching Assistant for Visceral and Lymph Drainage Therapy and certified Teaching Asst. of CranioSacral Therapy.

Learn a variety of osteopathic techniques to release the spine, the rib cage and the pelvis. **Ortho-Bionomy** is a gentle therapy which positions the body to spontaneously release tension. **CranioSacral Therapy** is an offshoot of cranial osteopathy which uses the membrane system in the central nervous system to softly

address structural restrictions. **Zero Balancing** is a meeting of structure and energy to release tension. The practitioner is acting as a facilitator so that the body can do its own self-healing. These gentle, noninvasive techniques complement other approaches and are well accepted by the body.

KAMLOOPS COURSES

Integrated Body Therapy 2 (appendages)

Oct. 16 & 17 • \$200 (\$175 before Oct. 2)

Integrated Body Therapy 3 (cranial)

Nov. 13 & 14 • \$200 (\$175 before Oct. 30)

We accept



Register early - space limited

Courses for credit with CMT

Cassie Caroline Williams **250-372-1663** Kamloops

**Available for sessions in Kamloops,
Penticton 492-5371 & Princeton 295-3524**

TRULY A LIFE-CHANGING EXPERIENCE

The Hoffman Quadrinity Process

**A unique 7-day residential experience
that will change your life!**

The Hoffman Quadrinity Process is designed for:
people who cannot deal with their anger;
those unable to come to terms with their feelings;
adults who grew up in dysfunctional and abusive families;
executives facing burnout and job-related stress;
and individuals who are in recovery.

What people are saying....

"I recommend it without reservation." *John Bradshaw*

"I consider this process to be the most effective program for healing the wounds of childhood." *Joan Borysenko, Ph.D.*

Helping Heal People's Lives For Over 25 Years



For your detailed brochure, please call
Hoffman Institute Canada
1-800-741-3449 Ask for Peter Kolassa



CALGARY HEALTH EXPO

Organized & Sponsored by Health Options 2000

Big 4 Building, Stampede Park
Saturday, October 30 - 10am to 6pm
Sunday, October 31 - 10am to 5pm

Day Pass - \$5.00 per person
Weekend Pass - \$8.00 per person
payable at the door

**Speakers, Exhibition Booths,
Demonstrations, Special Events,
On-Site Food Service**

For more information
please call: 403 287-9000



Thanks to our many sponsors!



MELVYN'S LIVING ROOM



Curiosity Shop by Day, Learning Centre by Night.
Objects and Experiences for the Other Side of the Brain.
An Eclectic Establishment for Eclectic People.

What our clients say:

"Cozy and unique"... "Fun and inviting atmosphere."...
"Unusual, fun and interesting. A superb idea."... "I like your
mixture."... "Keep up the good work. Great little shop."...
"Relaxed atmosphere, prices I can afford for interesting,
unique things."... "Warm and friendly."... "Your doing a good
job. We find what is here very interesting."... "Inviting."... "I
like the atmosphere, articles and events."... "

**Crystals, stones, runes. Vintage jewellery & clothing. Used &
new books of interest. Unusual lamps & candleholders.**
**Paintings & photos by local artists. Windchimes, hammocks &
banners. Feng Shui friendly objects. Eclectic household items.**
Stationery, cards, notebooks.

Fall classes are being offered in Drumming, Feng Shui, Pain
Control, Crystal Bowl Meditation, The Seven Chakras, Crystal
Vibrations, Runes, Buddhism, The Artist's Way, Drawing and
Painting, Screenwriting, Journalism, Life Writing, Editing,
Fiction & Storytelling. Instructors include Jeanette Dunagan,
Judith S. Good Sky, Dona Sturmanis, Brenda Molloy,
Deborah Greaves, Joan Casorso & Roz McKittrick.

24 hour 250-768-1158 for registration and information.

Bimonthly mailout of courses & events.

Photo & comment display of our courses & events in shop.

Open Tues. - Sat: 10:30am - 5pm

Located in downtown Westbank on Hoskins Road behind Main St. Subway