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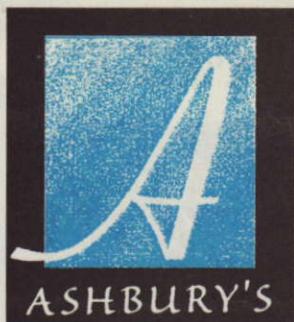


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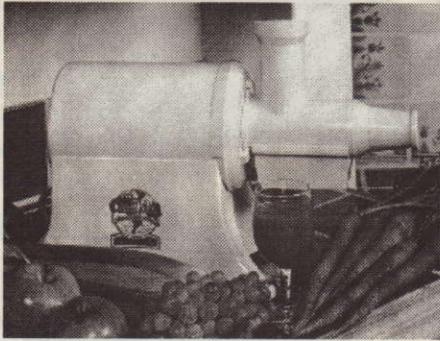
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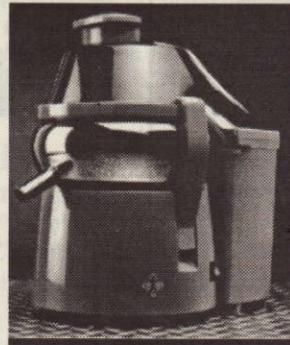
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# Five Minutes to a Better Life

Using the Feldenkrais Method®

by Sandra Bradshaw

"Sandra, I just attended a weekend workshop, a new movement method that will increase your range of motion in minutes. You do these small movements in a certain sequence and without any effort at all, you can do something that moments before seemed an impossibility. It's called the Feldenkrais Method." As Fran talked my mind flashed back several years to an interview I had heard on CBC Radio that Vicki Gabareau had done with Linda Tellington Jones, a horse trainer, who had developed a new technique being used with traumatized animals. Could this be the same name she had mentioned? After doing the five minute exercise with Fran and feeling a decided difference in my ability to reach behind me, I filed the name Feldenkrais away in my brain under "check this out" and then didn't give it another thought for several years.

The next time it came up, I was thumbing through a Yoga Journal and found an ad for a series of videos using the Feldenkrais Method. As a serious, self-taught student of Yoga (living in Vanderhoof for seventeen years, Yoga teachers were few and far between) I was always looking for ways to deepen my practice so I thought I would send for the videos and really see what this was all about. Six months later I was hooked and I was looking for a Feldenkrais training program. Not only had my range of motion and flexibility increased but I knew I was onto something that had the potential of changing my life. Of course, I also had no idea what a commitment either, financial and personal, it was going to be. I had envisioned a six week training program but the reality was eight months over a full year period. I would be making the pilgrimage to Boulder, Colorado every March and August over the next four years dropping enough money into U.S. coffers to set someone comfortably for a year in Hawaii. At the time I could afford to pay for the first segment of training and decided I had nothing to lose. For the fourth time in my life, I took a huge risk and started the program.

Only weeks into the training, I began to see the possibilities for the special needs kids that I worked with back home and after the second segment, I began experimenting with my students at school as we began exploring their movement patterns. Even in the early stages when I didn't really understand what I was doing, I began to see changes in the children and emergent movement patterns that had not been there before. In my enthusiasm, I had my friends lining up for practice in Awareness Through Movement™ lessons and I loved watching as they did the very same lessons that I had found so fascinating only eighteen months before.

Now, having completed my training and having used the method both in special education and in private practice, I have witnessed countless miracles. I have also had the pleasure of introducing many friends, colleagues and students to the Feldenkrais Method. I would like to share an Awareness Through Movement lesson with you so that you, too, can experience an ease of movement that is available to us all.

1. Turn your head to the right without forcing it. Notice how far you turn, return back to the centre. Repeat, confirming for yourself your comfortable range of movement.



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2. Take your left hand and put it on your neck just below your right ear. You will then press or squeeze the big muscle that you feel below your right ear (the sternocleidomastoid). This pressure will limit the action of that muscle.
  3. Breathe out slowly turning your head to the right towards your hand and then to the left. Repeat 2-3 times.
  4. Drop your hand and turn to the right. Notice the change in range of rotation.
  5. Bring your left hand up and hold the muscle. This time, as you breathe out and turn your head, keep your eyes to the front. Repeat 2-3 times.
  6. Drop your hand and turn to the right again. Notice the further increase in range of rotation.
- Change sides and repeat. Is the change the same on both sides? *See ad above*



The mother bear and her two cubs on the front cover reminded me of a time that we fed a black bear cub. The mother was killed nearby and Grandad decided we would help the little guy out. Twice a day we would warm up some milk and leave it in an old pot. When the cub was hungry it would scurry down the tree and slurp up the milk and then hurry back up the tree. If we were nearby, fear overcame his hunger and he didn't come down, so we learned to let him be. One day the Conservation Officer showed up and took the animal away and we were told that officers knew what to do with hurt or abandoned animals.

Terrace, the town near where I was raised, is well known for the special white bear called the Kermode. My Mom has done lots of research as to why some black bears have white cubs. She discovered that the Kermode originated on Princess Royal Island where they are isolated so they inbreed and the recessive white gene becomes dominant producing one white cub in every ten born. On the mainland only a few are born white. When I lived in Terrace I saw one at the garbage dump.

My Mom has spent the last four years researching and gathering photos and now has her book ready for publication. It is a good project to create awareness about the Kermode's habitat so that the logging companies don't go in and strip their native forest of logs. She has a video made by Sue and Jeff Turner, that is a BBC production titled *Island of the Ghost Bear* and is quite impressive and shows how friendly and curious these bears are because they have never been exposed to humans and have no fear. They play with the camera and love to pose. If you would like details about Mom's book *The White Spirit Bear*, please see the centre pages.

As children we had lots animals in our back yard. I remember picking berries about two hundred yards from our home. Once in a while I would hear rustling on the other side of the row, but I didn't think much about it. When I got to the end of the row, so did the bear. We came nose to nose and looked each other in the eye. The bear turned about the same time that I did, and we both went running off in opposite directions. My parents had warned me many times not to play with animals, so I didn't, but a few times I would have liked to. One day while I was riding my bike to school, a baby lynx jumped out onto the road and ran alongside my bike just like a dog. He was cute and frisky and wanted to play. But the voice in my head said "Where there are cubs there are usually Moms and they can be protective of their babies around strangers," so I didn't stop to play.

Life in Rosswood and my Mom's love of animals went together, and as the little moose on last month's front cover showed, we had our share of observing nature in action, with the good and the sad. Sometimes the struggle for food wasn't easy, and the mother was killed. And sometimes nature seemed a bit too harsh to me but growing up in the wilderness taught me core level appreciation of being alive, and when the sun shines... *it just doesn't get any better.*

This attitude is instilled deep in me and makes my life simple. I don't have many attachments to things or people so when people ask me about Jan leaving to pursue other interests, I am happy, for I love change. I appreciate the ten years Jan and I have spent together. Jan has helped me to grow and prosper and I also appreciate her willingness to accept change on the spur of the moment, even through I knew it wasn't always easy for her. She has let go of a lot of her programming in the time I have known her, and moving on from *Issues*, and the registrations for the Spring Festival of Awareness and the Wise Woman Weekend will give her the energy she needs to continue on her journey. *Issues*, the Holistic Centre and I will continue to grow and change as all things do. I believe I have much support from the devas who steward the land that Jan and I own. The money has come easily to pay out Jan's share and the time has come for us to part company.

My two recent Musings, about family reunion issues, brought much response from those people thanking me to those who were horror-stricken that I reveal so much of my healing process. It was good for me to work through my judgements about which letters I prefer to receive. They say an enlightened person doesn't give one more energy than the other, but I still prefer the compliments. Life has its ups and downs and as I say to people who share their feelings with me: "Enjoy the feeling of loneliness or anger, for it won't be there forever and it will make the good times so much brighter." For me, the process of putting feelings on paper is simple and I don't even have to think about it any more. Life is too full. I make the time and then sit down and type what has happened to me in the past month. It is my personal journal made public for those of you who would like to take the time to read it. In the early days journalling helped me to see where I was still holding onto anger and would point me in the direction of my next step.

I still find it fascinating ... my journey of discovering who I am. The layers are thick and after ten years of process, there is no one left to blame. It is up to me to change: to get to know my inner child and the many parts of myself that make up the logical brain. Seeing how I got programmed and how I create my reality is incredible and I find my journey as a human striving towards awareness (enlightenment), to be awesome.

My session with Ken last month released more tears, the most I have ever cried at one time, I think. He asked me to locate where my inner child was in my body. I quieted my mind and felt around and patted my belly. He then asked me, "What are you feeling?" All I could feel were tears and I said "She doesn't have any answers, all she wants to do is cry." He said "Good. Let her cry." After awhile it became tedious for I wanted to know why she was crying. I wanted answers, I wanted to understand her pain, but no answers came. Ken said, "Can you see the repeating patterns of how your parents raised you?" I nodded and said, "I feel like shaking the answers out of her." But there were no answers to be had, only more tears so Ken said, "Sit with her, hold her, don't question her, just be with her." I laughed deeply and said, "That feels so strange." He said, "That is your reason for having these sessions. You want to change, you want to learn new ways of being with your emotions and this is how we do it. Now, in the moment." I imagined I was holding her tenderly and gave her the space to cry some more. It took patience to

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11 - Meditation, 7 pm \$5  
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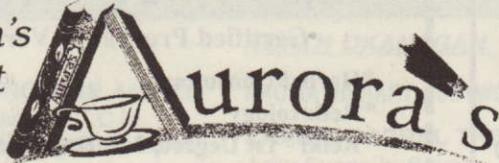
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5 - Aura Readings, 20 min starting at 9 am, \$20  
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Connie Brummet  
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*just be present.* Crying is a great way to release stagnant energy and afterwards I was tired but not exhausted.

I went to work at the Juicy Carrot, serving customers all day as Gerry was in Kelowna doing the October distribution of *Issues*. And for those of you who ask how my relationship with Gerry is doing, my answer is, "Great!" We make a good team, we have lots in common and we both love sharing our space and time with people who drop by for the good food and good company. The Juicy Carrot is a place to learn about health,

nutrition, vegetarianism or share interesting stories about people who are on the leading edge of change so that the world can become a little more special.

Sharing with like-minded people does my soul good and makes me feel less like an alien. Supporting Dr. Krop in his fight against the College of Physicians and Surgeons of Ontario and our right to have alternative medicine makes me feel like my struggle to be different is important. Reading *Alive* magazine and supporting Rhody Lake's point of view makes my heart grow light as more

and more people get themselves educated as to the high cost of drugs, pesticides, bleaches, biotechnology and factory farming. My hope is for people to educate themselves so they can make informed decisions. My hope is for people to feed themselves the proper balance of minerals and vitamins so that they are strong enough to think for themselves and want to look after their bodies and consequently their planet. We all do make a difference.

Angie 

# ISSUES MAGAZINE

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From the Editor...

# Chit Chat

with Marcel



In my daily work I meet many people who are becoming spiritually awakened to various degrees. With great enthusiasm they are beginning to take responsibility for their own lives and search for the answers and solutions to their difficulties and the many mysteries that life presents to them. Their journey through all the new spiritual and self-help books on the market, as well as the many workshops and lectures now available, leaves them excited and wanting to share this new learning with others. I have noticed that this is when they can experience the disappointment of finding that some others are not as open to these ideas as they are.

It reminds me of myself, some years ago, when with great relish I devoured this material and in my enthusiasm and heightened energy I began to feel that I had found the way and I wanted everyone around me to share in this new learning. So I began the process of trying to interest others and when at times I found that interest lacking I became somewhat judgemental about their lives and the paths they were following.

Fortunately, I eventually began to pay attention to the idea that no one has the right to judge another and what they are doing in their life. Now I try to live what I believe to the best of my ability and am striving to become a good example. It is my hope that I will be available if others turn to me with questions and that my reply will not deliberately try to manipulate their beliefs.

I appreciate Caroline Myss' reply to questions like: What about people who aren't doing their inner work? She says, "Are you kidding? First of all, you can't get away from your path. It's not possible....Any time you look at someone else and you think that they are not doing their inner work—How do you know what they are up to and what their instructions are? How do you know?....How do you know what's really going on?"

There are times that I wonder if perhaps the people whom I have been inclined to judge—the ones who don't seem to be interested in any kind of spiritual learning—actually contracted, before coming into this lifetime, to have no interest in spiritual teachings and to live completely by the resources of their own soul. Without the help of any spiritual direction, they may be testing how much their souls have learned in past lifetimes. Perhaps they are attempting to do it the hard way—writing their exams without looking in the text books for the answers. While on the other hand, I am doing it the easy way—writing my exams with all the text books open. When I look at it from this perspective I am much less inclined to judge.

And so here I sit wondering how well I will practice what I preach the next time I encounter someone who is having difficulty in their life but still doesn't seem to have the incentive to learn what I think would help them.

*Marcel*

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# Ho'omanaloa

by Sue Peters

Did you know that Huna is as old as 35,000 years and is the original art and science of healing and spiritual development of the Hawaiian people? When you can access something (a thoughtform) as old as this, you are tapping into a flow of energy that has had many thousands of years to build up its powerful intention of bringing harmony and balance into our being.

Ho'omana means to make Mana or life force energy. "Ho'omanaloa is a process by which one becomes enlightened by noho, and the means of noho is by bringing down the light from the heavens through the Supreme Mana riding on the breath." Tad James.

When I am sharing a Ho'omanaloa healing session with someone, I can feel the fire and force of the mana roaring through me. I hear the voices of the ancient ones directing me in their ways of healing and I am deep in the heart of the Hawaiian Spirit. I am blessed with Aloha (the joyfully sharing of life energy, God in us) radiating out from my high self (the heart and soul centers) and in this blessing, both of us (myself and those that I am sharing the session with) are connected to the Source Energy of all things. Because the intention of the Ho'omanaloa energy is to raise you to a higher, finer frequency, in many cases you may experience a feeling of joy or if you are in the place of processing out your pain, the time period for this is very short. Ho'omanaloa clears your energy passageways and opens those centers in your body (in all of your bodies) so that the flow of pure positive energy may move through you.

The symbols used in Ho'omanaloa, known as "Na ao Opua-Kilokilo, Ka haiki a Na Lani" are a series of 36 symbols, and they are designed to fill the body with light, to actually bring in greater amounts of light and open up the neurology to the infinite light.

To begin a session, to pave the way, the Ho'omanaloa practitioner may use Kahekili naue lke Hoonua. The intention of this symbol is to drive out any earthbound energies, to open up and make space for the further, higher level Mana to come in later. Once the passageways have been cleared, you welcome the energy of Uli, the feminine aspect of your Higher Self. Uli-Nana-Pono is the highest feminine energy on the planet and this is her symbol. It is she who brings rightness and goodness to a situation. Kaohu-Kolo-Mai, brings the light down from the heavens and into the front of the head. This symbol will open the third eye and create peace within. Then there is the kahuna shield - Ka Ahu Makali, it is a very protective symbol. It protects the wearer from outside influences and negative energies; it transforms and empowers. These are only four of the Ho'omanaloa symbols that can be introduced into a healing/energy session. There are many ancient Huna methods that are used in conjunction with the symbols, and for each individual the Ho'omanaloa technique is very different.

I have found that this particular Huna healing creates within you a clarity of mind, and lightness of spirit that will carry you to a place of feeling centered, whole and enlightened. It is a good way to start your day, and the rest of your life. Aloha!

"E ho'omaika'i Ika la'a kea me ke aloha mau loa!" Blessings of sacred light and everlasting love! *Grahame*

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# Calendar of Events



## November 4

**The Galactic Code** with Echan Deravy  
in Kelowna. p. 23

## November 8

**Homeopathic First Aid Course**  
(4 sessions) in Naramata with Pat  
Deacon, 250-296-0033. article p. 18

## November 11 - 15

**Reflexology Certificate** Level 2 & 3  
with Yvette Eastman in Coquitlam. p. 9

## November 13

**Integrated Body Therapy** with Cassie  
Williams in Kamloops. p. 24

## November 18 - 21

**Melchizedek Method** & Hologram of  
Unconditional Love in Vernon. p. 8

## November 19

**Jin Shin Do Level 1** in Kamloops at  
A Natural Experience. p. 23

## November 19 & 20

**Are You Really Open to Prosperity**  
with Patty Shortreed in Vernon, p. 3

## ONGOING EVENTS

### BREATH OF INSPIRATION

Reconnect to the truth of who you are!  
Nov. 21, Dec. 12 & Jan 23 • 1-4 pm  
Arlene, Kelowna: 717-8968

**Drop-in meditations** at Dare to Dream  
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**MONDAYS & WEDNESDAYS** 7 - 10 pm

### SUNDAY CELEBRATION

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## November 21

**Fare Wares Faire**, Penticton, p. 14

## November 26 - 28

**Awaken Your Inner Light** with Craig  
Russel in Kelowna. p. 12

**Reiki Level 1 Workshop** with Loro  
Tylor, Reiki Master in Penticton. p. 15

## December 3 & 4

**Time & Timelessness** with Michael  
Mead in Vancouver. p. 10

## January 15

**Learn How to be Psychic** 30 hr. intu-  
itive training with Connie Brummet in  
Kelowna. p. 9

## SPEAKER SERIES

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### Nov. 5 • Peter (Veda) Monk

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of emotions from apathy to enthusiasm.

### Nov. 12 • Pat Deacon, RSHom

A look at the history and philosophy of  
homeopathic medicine. Learn how it  
can help with chronic health conditions.

### Nov. 19 • Peter (Veda) Monk

Releasing Stress. The Mastery of  
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### Nov. 26 • Carole Collins

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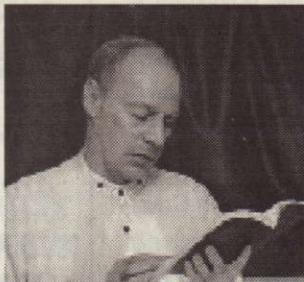
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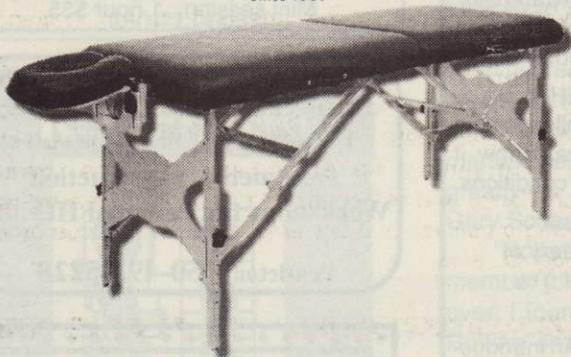
**Kelowna • Jan 30** Best Western, Hwy 97, 1 pm  
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# Life Coach Connection

by Diane Mayes

It was in an *Issues* magazine that I made the connection with my Life Coach...an opportunity to tune into my possibilities. I now had a travel agent for my spirit. With guidance, support, encouragement and tools, my life began to change. For 20 years I have been dealing with a diagnosis of Crohn's disease. The first seven years I worked with the Medical Profession, not knowing any alternative healing methods at the time. At age 26, my doctor presented me with a prognosis of "one year to live." I knew in my heart that this statement was only an opinion, a judgement, and therefore I had the choice to believe it or choose to surpass this prediction. So, for 13 years, under my own intuitive coaching abilities, I have searched, researched, studied, learned, changed, grown and evolved; not to mention the awesome array of alternative healing methods and wonderful people I have been introduced to along the way.

My life's natural experiences have brought me to be the unique person that I am today. I am a Certified Holistic Nutrition Consultant, Reiki Master/Teacher and Crisis Line Counsellor. I have received certification in Touch for Health, levels 1, 2 & 3, and in Body Management, level 1. I have completed many personal growth workshops as well as participated in a wide variety of volunteer work experiences. I am currently studying for a Bachelor of Social Work, as well as opening "Sew Much Fun Services", a small business featuring the "Kids Can Sew" Program, to teach kids and adults how to sew.

My Life Coach quickly recognized my coaching qualities and tuned me into my possibilities of becoming a Life Coach. At that very moment, "TrueSpirit Coaching" was born on a mental level and has been growing ever since. I realized I have actually been my own Life Coach for 20 years, coaching myself over some very challenging hurdles, supporting, encouraging and healing myself of a terminal illness. So now, becoming a Life Coach is a very natural next step on this path called life.

I am currently taking on new clients and am pleased to present to them a special offer on a Life Coaching package, for those who would like to discover their True Spirit ...for Life. I will be honored to have you as a client and appreciate you trusting in me. See ad below

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# Discover Meaning in your Life

by Charmaine Wagner

"Why is this happening?" "What does it mean?" What is the universe trying to tell me?"

Have you ever asked yourself these questions? I have; many times, and still do. Asking questions is the passage-way to our search for meaning and my search began at a young age when I simply asked, "If God created all things, why did He create the devil?" As I continued my life's journey, other questions arose: "Why can my mother 'push my buttons' so easily?" "Why did my 18-year-old marriage fail?" "How successful am I as a single parent?" "Why am I attracting certain people/events into my life?" "Why did my father have to die the way he did?" "Why am I experiencing this again? I thought I learned this lesson." Do any of these sound familiar?

I received answers to these questions and many more in various ways as I searched for meaning through Raja Yoga; seven years of studying with a Buddhist nun, two Masters degrees in Education and Counselling Psychology, countless hours of reading countless books and wonderful discussions with friends. I also found that my work with Hospice, with the mentally ill and 27 years of teaching and counselling expanded my perspective of the mysteries of life. But it has been during the past nineteen years studying sacred psychology and esoteric philosophy that I have truly gained a greater understanding and insight into the deeper meaning of life. Although the discovery continues, I am at a place in my journey where I know that the answers to my questions, my concerns, my doubts and fears will be revealed. Understanding, acceptance, forgiveness, courage, humor and love are just a few of the gifts that I have received to help me through difficult times and to truly enjoy the happy ones.

No matter who we are or where we live in the world, we all experience the human condition of living in a dual world. Black and white, rich and poor, joy and sorrow, justice and injustice; it is there amidst us at every turn. I have come to understand through my adventures and travels, especially in Cuba and my five years of living in Mexico, that people everywhere encounter the same positive and negative thoughts, feelings, and experiences. In Cuba, the people live under the oppressive control of the government while in Mexico, they are imprisoned by limiting cultural/religious beliefs and concepts. However, many are seeking to understand the meaning of duality and the suffering they encounter in their daily lives. These contacts with mankind's suffering have touched my heart deeply, and in spite of cultural differences, I know we are inherently the same. We are one. And what we do with our consciousness affects everyone, everywhere.

One of the most inspiring places on Earth for me is in Greece at the temple in Delphi. For here, the words "Know Thyself" were once written over the gateway to the temple. The power inherent in these words can transform us from

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living a life struggling with our dual nature to a life of balance, wisdom, and love. To know ourselves is essential especially during this unique time in history when humanity is on the threshold of making a major shift in consciousness and the new energies of the coming millennium are upon us.

I believe that this change in consciousness requires a Soul-centered approach to understanding our experiences. The goal of Soul-centered counselling is not to have a problem-free life, but to give life greater depth and value. Do you find it easy to face your limitations and fears? It is not an easy task, but I have discovered that my journey of Soul-making makes it more comfortable for me to walk in the "shadowlands" of my being and I am learning to bravely meet the challenges that arise. I can also more fully enjoy and appreciate my life and my connection with the true inner Self, the soul, is strengthened.

The purpose of my counselling service is to guide others to "discover meaning" in their life experiences and to understand themselves better. For when we truly know ourselves and find meaning we empower ourselves towards self-confidence and self-counsel, and we find creative ways of sharing ourselves and our uniqueness with those around us. *See ad below*

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# THE NIA TECHNIQUE

by Michelle Parry

What is Nia? It is difficult to describe with words. For myself, it is an experience. It is an expressive movement program, a program with intent, purpose and conscious awareness. It is both fitness and health. It is meditation and motion. Some call it Nirvana in Action. Others call it Nurturing Internal Awareness. It grows and expands as you do.

I would like to share with you how I came to find Nia and why I am so excited to offer ongoing weekly classes and monthly playshops in Nia. Three and a half years ago I participated in an Energy Awareness Seminar which incorporated active meditation as a large part of the program. During the active meditations I experienced the sacred knowingness of my body. It moved in ways I never knew existed and these patterns were not originating in my brain, but from my physical being. I didn't understand what was happening at the time, but can look back now and smile at all of the wonderful experiences I have had in the meantime. I cannot say that I am at a place of total understanding yet, but I have grown and many things are making a lot more sense.

Immediately following the seminar I experienced such a dramatic improvement in my health and well-being that I became quite determined to reconnect with that "whatever it was" that had taken me to the pain free place and to take myself back there with full awareness. As the old physical discomforts began to reappear after many months, I renewed my efforts to find that "what ever it was". I understood that music and movement had played a major role. I also understood that fitness played a major role and connection with spirit, pleasure, play and creativity. I also understood at some level my body was communicating with me and that I needed to learn its language. And last of all, I realised that this "whatever it was" was infinitely more powerful in groups. I began to try different types of movement, fitness and meditation, but it seemed that my body removed me from these classes in very short periods of time. It knew something that my brain did not.

Enter Nia. I participated in a class with my sister in Sechelt and knew immediately that this was "whatever it was". But it was two and a half years ago and no one was teaching classes in Penticton—no matter how hard I wished for someone to come. The investment required to study Nia seemed overwhelming at the time and so I continued to look around.

This past February, Spirit showed me without a shadow of a doubt that it was time for me to play in Nia. This time I was ready to act upon this guidance. Thank you Cheryl for helping me to access a part of my being that is allowing the miracle that is me to emerge from. For me, Nia is about spiritual, mental, emotional, and physical healing and well-being. It is about fitness, creativity and community. And it is about having fun. I invite you to come and play. *See ad below*

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# Astrological Forecast by Moreen Reed for November

November begins with most of us being very aware of tension building around those who are entrenched in a position. Give them a wide berth till after the 14th of November! The Mercury retrograde on November 4th will dominate most of the month. His reverse passage will be through intense Scorpio adding to the stress building around Saturn and Uranus.

While Mercury is retrograde remember, familiar channels of communication become tangled and confused. Expect delays and changes in plans with travel or appointments. This is a great time for right brain activities like art and meditation. You'll find yourself re-evaluating and reconsidering major issues. Hold all final decisions and approval until after Mercury goes direct on November 24. Let your sense of humour overcome the challenges of the unexpected adjustments.

The Scorpio New Moon is at 7:53 pm on November 7th. The mounting tensions of the Saturn Uranus square dance are wired directly into this New Moon. Draw your attention to where you place authority in relationship to power. If you give away authority in intimate relationships you give away power as well. If you assume authority over others you have too much power which will eventually build resentments. The dance of intimacy requires each partner to be present in personal power and authority. Rising tension announces imbalance and is a recipe for change. The highlighted degree symbolism is 'A girl's face breaking into a smile'\* The keyword is Acquiescence. Can you engage in or invite another to the co-creative dance? Venus moves into Libra on the 8th, her passage here lasts until the second week of December. During this time we can expect our focus to turn to our social calendars, legal affairs, partnerships and aesthetic activities.

I'm expecting a break through shift in tension with the exact square off of Uranus and Saturn on November 14th. The dance between these two provides an opportunity to break free of stagnant habitual activities or situations. We can witness an energy release when our desire to control existence meets and greets the inevitability of change! Or you can bog down in the stress of resistance.

The Full Moon in Gemini/Sagittarius on the 22nd is at 11:04 pm. We shed the light of curiosity on the ground we stand on; our core beliefs. What world do you live in? How many share your vision? Are you inclusive or exclusive? The highlighted degree symbolism\* 'A grand army of the republic sit at a camp fire', and the keyword is Reminiscence. Is the building of continuity in your life open-ended or a closed loop?

November 24 Yahoo! Mercury turns direct. Normal programming will resume today. Delayed contracts and negotiations can come to completion now. Mars moves into Aquarius on November 25 and will cruise here till after the start of the New Year. While here, intention must reflect our personal truth. Revolution and socialism/humanitarian agendas will be strong motivators now. We are also likely to see a step up in innovative response to challenges. The month draws to a close with an emphasis on passionate vision being pushed with increasing vigour!

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

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# Saving the White Bear through Caring and Sharing in Harmony

## About the Book

Can humans learn to live and co-exist with the Earth's creatures? YES! On an isolated island off the wooded and misty northwest coast of Canada live the rarest of bears—a race of black bears in which about one in ten are white. These bears are known as the White Spirit Bears.

About 100 years ago, a white bear pelt made its way to Francis Kermode, a scientist (and later curator) at the Provincial Museum in Victoria, who investigated it along with other scientists. They traced the bearskin to the area of the Skeena and Nass Valleys along the north coast of British Columbia. The scientists declared that this was a new species, which they named *Ursus kermodei* or Kermode bears, after Frances Kermode. Later, scientists discovered that the White Bears are not a separate species, but are actually a white subspecies of the American black bear; their scientific name is now *Ursus americanus kermodei*. It was thought that the Spirit bears were true albinos, but the bears' brown eyes, black noses and ivory-colored claws confirm that they are not. A recent theory suggests that the white coat is the result of a cub inheriting a recessive gene from the mother and a recessive gene from the father.

The bears inhabit Princess Royal Island and the surrounding mainland, thriving in the rainforests of coastal B.C. The forests' giant trees with overhanging branches cool the pristine rivers and streams that are home to thousands of salmon and provide ideal spawning grounds. The lush vegetation also supports and sustains grizzlies, deer, black wolves, eagles and innumerable species of plants and insects. All these creatures live together in harmony sharing the shelter of the forest.

This temperate rainforest is the White Bears' last refuge. Unfortunately, due to human encroachment and activities such as hunting and logging, the bears' home is in danger. And it is up to every one of us to do what we can to save all these wonderful creatures and their unique home.

We need to be responsible, not only to the wild animals and our ecosystems but to ourselves and future generations, as we are the trustees of everything that is here on our planet. Humankind has an obligation to ensure the well-being of the Earth's creatures. Each of our actions has global impact. We need to understand, strengthen and practice the value of moderation. We must learn from the animals to treat our shared environment with respect.

Every one of us has a duty to the management and preservation of the environment. This can be done by applying character qualities of life's workable principles—truthfulness, sincerity, compassion and gentleness—toward ourselves, our fellow creatures, our plant life, our planet Mother Earth and our universe. Only by building moral character can we experience true personal growth. There is within every one of us the greatest force in the world that we can use—a spark of infinite goodness and a seed of good heart.

## About the Author



*Nana Tess and her furry friends in front of her fuchsia colored motorhome.*

*Photo by John Roders*

An educator, writer and adventuress, Tess Tessier lives by the philosophies of peace, caring and sharing. To spread her message of harmonious living, Nana Tess and her furry friends tour the country in their 1973 GMC

fuchsia, purple and turquoise "home on wheels" visiting schools.

Born in Saskatchewan, Tess grew up in an adventurous family. Her grandmother was a nurse who was sent by the Canadian government to the Arctic during the flu epidemic in the 1920s. Tess' grandparents built the Kost Trading Post in Aklavik, NWT. Her grandmother was the first woman skipper to pilot a scow (flat-bottomed barge) north on the mighty Slave, Athabasca and McKenzie Rivers, carrying supplies for the trading post. Tess' mother was the first woman jockey in Canada. Tess' adventures include being the first woman to drive solo up the Dempster Highway when it opened in 1979 in the Northwest Territories, with her furry friend Gigi (a poo-terrier from the SPCA). In 1980 Tess soloed the Mighty McKenzie River in an unsinkable Gummman canoe with her companions Gigi and Liechein (a doberman). Tess credits her grandmother and mother with encouraging her to follow her dreams.

Tess spent much time in the Arctic and Alaska and eventually settled on a homestead north of Terrace with her husband, seven children and Grandpa Kost. At the age of fifty, with her children grown up and her husband having passed away, Tess reevaluated her life and decided to sell her possessions. She bought a motorhome and hit the road.

Sharing the road with Tess are various furry companions, some adopted from the SPCA. Tess and her companions, The Rainbow Ambassadors, have been visiting school children for nearly twenty-five years. She has shown slide presentations in schools depicting her life in the Arctic, homesteading and a multicultural fashion show. She is currently presenting her White Spirit Bear documentary. The traveling entourage shows how we can all get along and that we must respect each other and our planet, along with the value of believing in ourselves.

In *White Spirit Bear*, Tess hopes to further promote education and awareness of living in unity and harmony with our planet Earth and all its creatures. As an acknowledgment of Tess' contribution to conservation, all the photographs presented in this beautiful book have been donated by their photographers. Happy Thoughts. See ad to the right

**White Spirit Bear will be available in the Okanagan at the Rainbow Connection Book & Gift Store  
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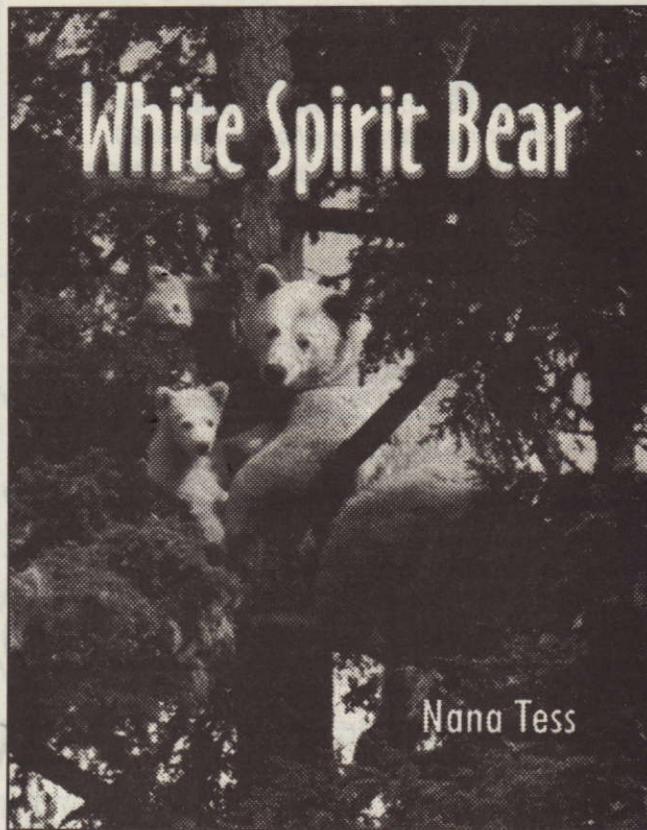
# White Spirit Bear



By Nana Tess

*White Spirit Bear* tells the story of the unusual and beautiful creatures that inhabit ancient rainforests on the northwest coast of British Columbia. Seldom interacting with humans, these rare white black bears have lived peacefully for centuries in the pristine environment of Princess Royal Island and the surrounding mainland. Readers will discover where the bears live, what they eat, how they behave and why they are white. Known as the bears' "goodwill ambassador," author Nana Tess also discusses the importance of preserving the bears' habitat. Through her messages of "caring and sharing," readers realize the importance of learning to live in harmony with all the creatures of the earth.

The author introduced the Spirit Bears through stunning photographs and informative topics. The book appeals to different reading levels so that children can read along, read aloud or read alone. There is simple text for beginners and there is fuller, complimentary text for more experienced readers. Though it is written for young people, the subject is one that concerns everyone. This book is sure to be treasured by the entire family.



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by Nana Tess Tessier  
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## Coming Home with Homeopathy

by Pat Deacon, RSHom.

Moving back to B.C. after 14 years away is a wonderful experience. I am struck by the astounding beauty of the Okanagan, the power of the mountains and the friendliness of the people. I am also happily surprised to find that with the diversity of alternative therapies found in B.C. there is so much openness to and interest in homeopathy.

I became involved with homeopathy 18 years ago while living in Vancouver. We had sought out every route to help our oldest child who suffered from eczema and allergies and several people suggested we try a homeopath. I was mystified and frankly skeptical when the homeopath told us that our son's eczema wouldn't go away immediately. He asked us questions we had never thought about before and we left his office seeing our son in a new light. He explained that homeopathy would first address an inner imbalance and that we could expect other changes. One sugar tablet would do that?! Much to our amazement he was right! We returned to him a month later with a child who was suddenly happy and cooperative, who was sleeping well and whose eczema had stopped itching. Furthermore, he was no longer hiding his body. I was caught - hook, line and sinker!

At that time, there was no place to study homeopathy professionally in Canada, so I bought the books my homeopath suggested, read them with relish and put my dreams on a shelf. We moved to other parts of the country where there were no homeopaths around, so I began doing home prescribing for the family's acute ailments. I was delighted to watch middle ear infections and high fevers resolve without the use of antibiotics and aspirin.

In 1990, my husband was offered a job in England. Finally, I was able to study to be a professional homeopath! I trained for four years and after a period of supervised practice, I registered with the Society of Homeopaths. I established a very busy general practice and treated over 600 people. My patients were people of all ages and from all walks of life. Many had long term chronic conditions, for which conventional medicine had nothing to offer. My respect for homeopathy and its capacity for healing grew with my practice.

We decided this spring to return to Canada. I advertised my practice and our house in our UK professional journal. Interestingly, the person who best "fit the job" applied from Vancouver. Strong parallels between our lives became apparent, including the fact that she and her family had moved to Canada from England at the same time that we were crossing the Atlantic in the opposite direction! Her main motivation in returning to England was the opportunity to do post-graduate study with her first homeopath. I am in the fortunate position to do the same with my original homeopath in Vancouver. It feels like coming full circle! It's a delight both to be back in the province I love and now finally to be in a position to do the work here I've wanted to for years.

Pat Deacon, RSHom., is practising in Penticton, Naramata and in Vancouver. See ad in the NYP under Homeopaths and in the Calendar of Events, Nov. 8.

# "Melvyn's not here. May I take a message?"

by Dona Sturmanis

Perhaps the most common question people ask about Melvyn's Living Room in Westbank is "Who's Melvyn?," if they haven't confused it with Mervyn, Marvin, or in one case Merlin, (We like the sound of that: Merlin's Living Room....) The "Living Room" part has also thrown off its share of people. Sometimes we have phoned a client "from Melvyn's Living Room" and left a message. The return call statement has been something to this effect, "so I get this call from a living room owned by a guy called Melvyn. Why should I care?"

Well, if you must know, Melvyn is a cat. A long-haired white cat with a blue and a gold eye, who has excellent listening abilities, contrary to a popular belief. Melvyn is not a pure bred Persian and the only way you know is because his face resembles that of a Siamese cat.

This beautiful piece of frivolity and luxury known as Melvyn was found at the SPCA, where some breeding conscious owner had deposited him so he wouldn't grow up to contaminate the bloodline. But when we found him, we felt he was a gift bordering on the divine. He picked us, we didn't pick him. To us, Melvyn is ordinary, yet extraordinary. He represents value, pleasure, humour and exotica that anyone can find if they look hard enough or in unlikely places.

Why the name Melvyn? No, this is not a numerological-created name or the monicker of some obscure archangel. If you must know, it is the name of an old grunge band we used to listen to, but that does not really matter. Melvyn just has a really great ring to it.

"Melvyn's not here," or "Melvyn's sleeping" are the answers you might get if you call the shop asking for him. Honestly.

As for "Living Room," our business is definitely not part of Melvyn's house nor are we a furniture store (although we do sell the odd funky old piece). It just resembles the actual living room where Melvyn spends most of his time, knocking things over and leaving great balls of white fur in his wake. This living room, just like the shop, is filled with odd and beautiful objects from all over the world, art and pottery, vintage furniture, colourful handblown glass and spectacular aboriginal and Inuit art.

In this other living room, just like Melvyn's, there are the most interesting people sitting around talking about the most interesting things. Granted, the ambience of this living room and the people who sometimes frequent it is not for everyone. There are those who have been deeply disturbed by the use of so much colour, have considered the display of so many art works and objects to be indulgent. And listening to others talk about travel, being creative, alternative health, spirituality, and the quality of poetry makes them, well, uncomfortable.

Almost always, though, these people who were initially uncomfortable in Melvyn's Living Room, return. The idea of decorating according to one's own taste and not the neighbourhood standard, appeals to them. The concept of buying

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an original painting, not a print from a department store, stirs them. And what could possibly be harmful sitting around with a bunch of colourful people in a colourful environment learning something that might change one's life forever?

You will not find Melvyn the cat at Melvyn's Living Room. He would be knocking things over and spreading long white fur about, which means too much vacuuming.

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# MSM is not a Medicine

by Klaus Ferlow

*It is a nutritional food supplement found in all foods—milk, fruits, meats and vegetables. We all need MSM every day to provide our bodies with the proper building materials they need to build healthy, flexible cells every hour of the day.*

## "Methylsulfonylmethane"

MSM is not a medicine, a drug, or a food additive. It is a FOOD; a pure white sulfur powder. It comes from the ocean and is water soluble. Sulfonyl sulfur is found in plants, meats, dairy products and vegetation. Broccoli shows high concentrations of MSM in its natural raw state. During normal preparation of food, we lose most of the MSM because it goes with the moisture, such as washing, drying and steaming. It is the third largest ingredient found in your body. You are made up of water, salt and MSM. The vitamin people missed it, there was so little in their samples, they never thought it was important. They found a lot of sulfur, we put in wounds to burn and cauterize, sulfites they put in cornflakes so the bugs won't eat them and sulfates they put in sausages. We may be allergic to sulfas, sulfides and sulfates which are in the sulfur family. Sulfonyl is also in the sulfur family, but it is nutritional and you can't be allergic to it, you need it.

The body uses MSM to create new, good, healthy cells. Vitamins and amino acids work with MSM during this process. Without proper levels of MSM our bodies are unable to produce healthy cells. Illness is the result and consequence of a body deficient of materials needed to repair damaged tissue and organs. We need to supplement our diets with MSM to provide the body with the proper building materials to maintain a healthy body and to enable the body to heal itself.

You cannot overdose with MSM. The body will use what it needs, and after twelve hours, will flush any excess amounts out of the body. If you want to maintain good healthy cells 24 hours a day, it is suggested you take MSM in the morning and evening. The MSM will flush what the body doesn't retain semi-permanently every twelve hours, because it is a free radical and foreign protein scavenger. MSM cleans the blood stream, so allergies to food and pollen go away in about three or four days. The only side effects are stronger finger and toenails and your hair grows faster because you have more sulfur in your fingernails and hair than any other cells of your body.

The body knows what it needs better than any doctor. It will use MSM wherever it is needed in the system. What if your body is experiencing more than one problem? Give the body extra MSM so it can provide more nutrition and heal itself. MSM has exhibited an impressive pain reducing and anti-inflammatory effect on swollen joints and damaged connective tissue and has been recognized for its beneficial effects on the skin. It counteracts skin aging by supplying the raw materials needed for healthy collagen production. Topical creams formulated with organic sulfur are helpful in treating skin disorders.

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## Tales of Better Health

by Jessica Diskant

Watching my clients' quality of health and quality of life improve is one of the greatest gifts of being in the health field. Some days, I may be down, but someone comes for a treatment and leaves feeling so much better, I, too, end up feeling better. I thank my clients for being a part of my life.

Some of the feedback I have been getting about the sessions sounds like this, "My bursitis, which incidentally has pained me for ten years, is now an annoyance, rather than a debilitating pain." Another client said, "Having these treatments helps me with my insomnia and nervousness, I feel much calmer after a session and it lasts for quite awhile." Another middle aged man had problems with his hips and said he noted a significant difference in his gait and mobility after his sessions. He also experienced profound relief from lower back pain.

Sometimes healing only requires a little assistance and other times people may need more. The beauty of Bowen is its gentleness and its ability to affect so many aspects of our being in a positive way. It is subtle, safe and soothing.

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# THE GALACTIC CODE

## Good news for the 21st Century

by John St. John

After five years of worldwide research involving all the Earth's major ancient sites, interviews with leaders in many fields and constant travelling, the presenter is now ready to amaze you truly!! Independent writer, explorer and remote viewer Echan Deravy has collected information that is not just interesting speculation about advanced ancient civilizations. It is obvious to many people now that high culture existed in Egypt, Sumeria, Central and South America as well as in Japan, as recent discoveries of huge stone structures under water in Okinawa prove. What we have not known until recently is what this means to us now, at the end of the millennium in a very shaky world, economically and environmentally.

Echan brings together archaeology, astronomy, genetic engineering, shamanism, space travel and high technology to show how chaos will increase until we understand the Code! It is a code that was well known to the Egyptians for example and a code that enabled the Maya to comprehend fractals and hologram-areas relatively new to us now. The next century will be the most amazing of all time IF you know the codes of future life on Earth. The current technological paradigm will soon be finished. Echan will share the good news so you can apply it to your life NOW without joining clubs, without religion or science!

Echan Deravy has been researching and writing about the paradigm shift since he had an extraordinary "contact" experience in 1992. He and his wife Sonia, co-publishers of 'Transdimension Vista,' have led international workshops for Japanese to over 30 locations. Their aim is conscious evolution. Since 1997 Echan has been teaching practical techniques to prepare for the next paradigm such as remote viewing, in Japanese and in English. He is in contact with leaders in fields as diverse as physics, shamanism, anthropology, crop circle research and alchemy. Because he is completely independent of any organization his information comes to you without any agenda to become a member. He does not sell 'gadgets.' He has been featured regularly in Japanese media such as Anemone, Zavtone and UFO Reality in the West and has a bilingual website at: <http://www.islandnet.com/~echan>. He and Sonia published 'Merging Point' in Japan in 1993 and it is still in bookstores! Prepare yourselves to be uplifted as you piece together the fragments of a story whose ramifications will affect everything you have ever thought about everything. The hard evidence is here—the question is, can you handle it? Can YOU activate the galactic code? And become that which you were designed to be—a universal life form on an eternal journey of evolution! See ad to the right

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## Our Healing Journey or Spirit Quest

by Marg Davidson

Balance—it's what we are all trying to achieve in this lifetime. As youngsters, it is invariably psychological balance—trying to understand others and their/our reactions to various situations. As we mature, some of us continue to strive for psychological balance. For some, it is physical balance—as we age, we become less flexible and “more like ourselves”, thereby staying with our old and familiar patterns, even though they no longer suit us as we grow in experience. This can result in a lack of growth, making our spiritual path more difficult than it needs to be.

While on this earth our healing journey is made easier as we learn to understand and therefore heal ourselves. We all have triggers that cause us to react to the words, gestures, or deeds of others. Often these triggers are so subtle that we are unaware of the nuances of our reaction or interaction with others. Healing the spirit involves recognizing the triggers, actions and reactions that are an integral part of our interaction with others. As we begin to heal our spirit or soul, our personal quest seems to develop more facets and the healing/understanding develops a subtlety.

Healing—that's what this life is all about. As I was putting together the bookshelves for Spirit Quest Books, the need for balance and light was exemplified for me. One of the tools at hand was an old wooden handled hammer, while another was a more “modern” and balanced steel hammer.

Stubbornly, I persisted in using the heirloom wooden handled hammer, despite its lack of balance compared to the “modern” steel hammer. Repeatedly, I hit my thumb instead of the desired target of small nails. After several hours of working with this tool, I realized that in my drive to complete the construction, I had overlooked my own need for balance. I was out of balance. This was being amplified by my choice of hammer!

There are many tools available to help us to recognize ourselves—meditation, inspiration, psychology, divination, quantum physics are but a few. My own journey of self-discovery began with a neighbor, a somewhat eccentric woman, who taught me to read palms when I was eleven years old. Why she chose me to share her knowledge and resource books with is an unknown, but I am thankful that she did. Some forty years later, I continue to rely on this skill to help me to understand others. Palmistry was only the start of my personal journey that took a path including tealeaf reading, tarot, numerology, astrology, Wicca, meditation, Reiki, aromatherapy, and alternative healing. I am a lightworker.

The quest to heal the spirit is achieved in small measures when one is coming from the light and in balance. Self-help, inspirational and new age books and products are among the fastest growing businesses in North America. In November, 1999 Spirit Quest Books will open in Salmon Arm providing the North Okanagan with a venue for exploring some of the tools available to help us on our journeys. Drop by and share this experience—it may assist you in your own spirit quest!

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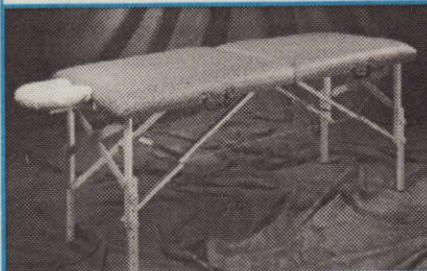


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