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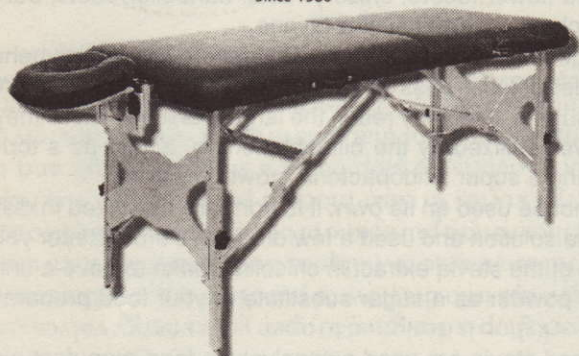
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Don't Let the Ups and Downs of Sugar Get You Down

by Sophia Jesswein

Statistics show that the average North American consumes about 131 pounds of sugar each year, sixty pounds of which is in the form of refined white sugar. Sugars not only feed the anaerobic forms of life, but also cause the peaks and valleys, or ups and downs, in the mood, mental focus and level of energy we experience.

To experience a substantial level of energy, mental focus and sustained performance, the proper maintenance of constant and adequate glucose (blood sugar) levels is one of the body's most important functions.

A slow, steady absorption of glucose rather than rapid peaks and valleys which come from refined sugars, starches and even high amounts of complex carbohydrates and fruit sugars, is the key to maintaining level blood sugar.

There are some natural sugar substitutes that can be used to help you with your sweet tooth. One of the best sugar substitutes I can suggest is using Stevia leaves or Stevia Extract dispersed in Chicolin.

What is Stevia?

Stevia is a natural plant extract which is 200-300 times sweeter than sugar with hardly any calories. Stevia does not feed yeast or Candida and should be a natural sweetener of choice when dealing with parasites, fungal infections, diabetes, hypoglycemia, and to avoid the ups and downs of sugar.

In all its current forms, stevia has a taste unique to itself. With all of its sweetness, there is a slight licorice-like bitter aftertaste when the leaf extract of stevioside powder is placed in the mouth. This bitter aftertaste comes from the leaf veins and variety of the plants. The majority of the veins must be removed during the cut and sift process to overcome the strong bitter aftertaste; just look for the right powdered extract or brand name that has the least aftertaste.

What is Chicolin?

Chicolin is a soluble fiber (called Inulin) derived from the tubers of the chicory or dahlia flower plant. This soluble fiber is found in numerous roots in various amounts, such as dahlia flower tubers, chicory roots, dandelion roots, burdock roots, Jerusalem artichokes, asparagus, and onions.

Inulin is really a large molecule of sugar, an oligosaccharide, which behaves like fiber. Oligosaccharides or Inulin pass through the digestive system unchanged, slow the absorption of sugars, until they reach the large intestine. There they are selectively and intensively utilized by the bifidobacterium, action as a top rate blood sugar regulator and a super bifidobacteria growth medium.

Stevia extract cannot be used on its own; it is normally dissolved in distilled water or an alcohol base solution and used a few drops at a time. Better yet, put about five to ten grams of the stevia extract in chicolin, shake to have a uniform mix, and use the white powder as a sugar substitute in your food preparations and beverages.

Oligosaccharides and stevia are used extensively in food manufacturing in Japan and South America. However, because of powerful sugar lobbies, there are politics surrounding these ingredients. In the United States there was an embargo placed on stevia in 1991. Since then, in 1996 the American Herbal Product Association and some food manufactures challenged this ruling, hence it is now exempt from the import alert and is classified as a nutritional supplement. Stevia can be used as an ingredient, a food additive or a nutritional supplement, but cannot be called a sweetener. There is no ruling in Canada and the herb or extract is not extensively used or available in most stores.

To avoid the peaks and valleys that come from refined foods, starches and excessive low molecular weight sugars, try a drink of Green Alive superfood with two capsules of essential fatty acids first thing in the morning and mid-afternoon with one or two additional servings of Chicolin sprinkled on food or dissolved in juice or other liquid. *see ad to the right*

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The Trek up the Mountain

The front cover photo is of my brother David on the tractor, which was donated to the family by my Grandma in Oregon. It was well used for many years and sold only when we left Rosswood. This great invention was used to ford flooded creeks, till the land, carry loads of potatoes or hay and ferry people up the mountain to go goat hunting. It could climb hills like a billy goat and made carrying down the dead one much easier. Aunt Cathie is in the trailer with Mom, who has a gun propped against her knee. Aunt Cathy wasn't a hunter. She wanted to see the valley from high up and this one-time trip let her enjoy Mom's love of the North. Camps were built at intervals so that the long hike into the mountains was successful and manageable. The tractor went up as high as the tree line and then the trail was too narrow, so everyone hiked the shale path on foot. Aunt Cathy was not the outdoors type and stopped often to get her second wind. David was their guide. He built the fire, put up the tent and while Aunt Cathie enjoyed the scenery, he hiked higher up, shot a goat, skinned it and hauled it back down. This picture reminded me that bringing home the bacon takes planning, intuition, skill and should be enjoyable if not fun.

This picture also reminded me of the responsibility our parents gave to us as children. David developed lots of self-esteem and confidence by learning to operate a tractor. He was an excellent marksman by the age of fourteen and continued to develop his hunting skills early in life. He has built his own house, workshop and roofing business, as have most of my brothers. I also like to do most of my own fixing-up — I guess living in the wilds instilled many talents towards self-sufficiency. Planning and organizing come easy and I enjoy coordinating my day so that many things get done, all with very little stress.

1999 was a year of change for me, a time of constant flux. Some days it felt more frustrating than stressful and at times I got tired and had to rest but as usual I survived. I now feel all the wiser and richer for I am gratefully the sole owner of two commercial buildings on Ellis Street in Penticton. My partner, Jan has moved on.

Jan was my neighbour when I met her eleven years ago.. She caught me stealing a rose early one morning. We talked and she attended a few Metaphysical Club meetings. She attended a Reiki weekend and loved it. Over the next year she helped organize more Reiki weekends and gave sessions to her family and friends. She practiced her typing skills by putting *ISSUES* articles on disk and took over the registration for the Spring Festival when Marion retired in 1993. In 1994, after her divorce was complete, she started working as my receptionist. Less than a year later the building we were renting came up for sale and we decided to purchase it. Together we had enough for a down payment. We both worked long hours and *ISSUES* and the Centre continued to grow. In 1995 Marcel decided to buy shares and become a working partner. I used

that money as part of the down-payment on the building next door which hadn't sold after being on the market for awhile. Jan and I owned the buildings and the three of us owned Visions Unlimited Network Inc., (the company that hosts the Spring Festival of Awareness, Wise Woman Weekend, *Issues Magazine* and the Holistic Health Centre). I really enjoy having partners, even though my family and friends don't advise it. I appreciated Jan's many skills, her honesty and the fact that she was an avid reader. She learned to run several computer programs and as her self-confidence grew she took over the proofreading and wrote the book reviews and even a few personal stories so that you, our readers, got to know her a little better.

By the summer of 1997 we had outgrown the old building, for I no longer had a desk to work at and the practitioners' rooms needed improving. We decided to move into the new building next door, but first we needed to renovate. The time and money needed to expand depleted Jan's energy and renting out the buildings was not as easy as we expected — complications including a lack of time, money and communication left us both feeling a little disillusioned. Her vision shifted of how she saw her life evolving and the tension between the two of us started to appear. It was just a matter of time as the wedges were put in place.

By the beginning of 1999, a year long process of separation started. She wanted out of the buildings we owned. I convinced her that both of us would lose our money if we sold now, as the real estate market had dropped since we had invested. I negotiated and we came to an agreement that I would pay her back the money she had invested. By the end of summer Jan had made another decision: she no longer wanted to be part of Visions Unlimited Network Inc. The computers were making her vibrate. We put an ad in *ISSUES* to sell her shares. After several inquiries and a few meetings, I decided that I would prefer a partner that I already knew... so Gerry offered to buy her shares and became a silent partner and we would hire staff.

I am glad that Jan came into my life for she believed in my vision of developing a Holistic Health Centre long before the banks would have trusted me with their money. As with all completions there is a letting go — and Jan did that as gracefully as possible. Since her leaving, the roses she had planted in the back got transplanted to a new location as the city ripped through our back yard, levelling hills and developing a new walkway. These roses will remind me of Jan and her help to make the Holistic Health Centre a reality.

I have always known life to be quite magical but this past year has felt like a rollercoaster ride that just kept getting faster. Negotiations have a way of stirring things up in my mind and my stomach so I am glad it is over — maybe now my stomach will settle down. I expect the year 2000 to be spent streamlining and learning more about the retail business as my two buildings become a happening place for the spiritual and holistic people in our community. My three year goal is to design and build a three-story building that will house a proper yoga studio with heated wood floors, overlooking Penticton Creek with an organic restaurant, juice bar, book and gift shop on the ground floor. If you have money to invest in such a project drop me a line as I would prefer to pay interest to someone I know rather than the bank.

Angèle





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by Rhona Terry

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Pascalite exists now as a cream-colored, cheese-like material, which is hand-mined underground to preserve its apparent antibiotic qualities, then it is powdered, making it readily usable for both internal and external purposes. Please do not confuse Pascalite with ordinary clays, sodium bentonite, Jordan clay, French green clay etc. Though listed as a calcium bentonite, at least one government agent has hinted it may well be an as-yet-unidentified material outside the scope of present knowledge.

One research group gives a possible explanation as to why Pascalite differs from other clays. It lies relatively near the famous mysterious Big Horn Medicine Wheel, which dates back to antiquity. "We feel medicine wheels were built on vortex areas where earth energies surface intensely, and the Pascalite contains that same intense energy. Pascalite is alive and has the ability to improve soil so it can breathe normally, drain better in wet weather and retain moisture in dry weather.

From the New York Times: 'Clay shimmers with electronic energy, it triggers intricate chemical reactions and sucks poisons from the environment.' This is interesting as there is concern as to the potentially harmful electronic fields generated by anything electrical, big or small. The environmental protective agency expressed concern that those emissions may be linked to leukemia, lymphoma and brain cancer. This issue must be taken seriously and demands much more research.

Pascalite is mined and stored in a solar shed to absorb further energies from the sun for a year, waiting to be transported down to the plant, powdered and offered to mankind, to benefit through those still mysterious remarkable abilities that are finally becoming recognized. *See ad to the left*

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From the Editor...

Chit Chat
with Marcel



During the past few years I have heard a lot of talk about 'The Dark Night of the Soul.' It is my understanding that this phrase was first coined by St. John of the Cross, when describing the emotional turmoil that enters a person's life when they begin a spiritual awakening. According to Caroline Myss, when a person asks for spiritual enlightenment, what they are really asking is to see the true face of God and in order to have this happen we must conquer all our distractions or false gods. This begins the process of acknowledging and disconnecting from these distractions, situations and people that we have attached our spirit to in this illusion of physical reality. The way in which I have begun to recognize these false gods is to realize that when I am feeling an emotional upset, it is because I am losing my energy to the trigger of this upset, be it a person, situation or belief system. This is my signal to call back my energy and disconnect from this false god and remain centred in my own power.

Of course, this will take a lot of learning, understanding and spiritual practice to become proficient in this process and until this begins to happen I know I will likely journey through my share of 'Dark Nights of the Soul.' When I realize that these times in my life are my teachers showing me how I am allowing my energy to be drained away, I find it easier to detach from the situation, ask for clarification and take back my energy, thus easing the emotional distress.

My passage through this process has also been made easier by a poem that came to me, from the depths of my being, during one Dark Night filled with turmoil and frenzy. I named this poem 'Fire of My Spirit' and as I repeated it over and over that night, I found that the process of Spirit Fire quickened and gradually my pain eased and I was calm and quiet. I have used this poem in the same way since, with the same results. I would like to share it now in the hopes that others may find the repetition of these lines useful to calm the Spirit Fire of their 'Dark Night of the Soul.'

Fire of My Spirit

Fire of my Spirit, power and might,
Licking and leaping, burning bright.
Rolling and roaring, thunder and tears,
Ease my pain, quiet my fears.

Searing and soaring, seldom at rest,
Waking or sleeping I know I am blessed.
Rising and falling each night and day,
Beckon my Soul and light the way.

Groaning and growling, invading my dreams,
I open my arms to you, strange as it seems.
For when you simmer, smoulder and cease,
My mind is clear and my heart is at peace.

Marcel

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AROMATHERAPY

NOT JUST ANOTHER PRETTY SCENT

by Theresa Tahara

Misconceptions of aromatherapy are common. "Because you are an aromatherapist. I would really like to have you rent the spare room in my shop. I stock a lot of aromatherapy items such as fragrant candles and soaps and they would go well with your massage business." The eager voice on the other end of the phone proved once again, the mistaken idea that aromatherapy consists of pretty scents usually derived from synthetic fragrance oils or low quality essential oils and not much else. Many businesses use what they consider aromatherapy to maximize their sales, sometimes resulting in negative effects on people with allergies and even minor sensitivities.

This was made obvious a few days before Christmas when I read, with interest, in a Kamloops newspaper, a letter from a Christmas shopper titled, "Scents, Smells Force Shoppers to go Online." After trying to shop in one of the malls, she was forced to leave with allergy symptoms. She ended up with a severe migraine because of all the highly scented products. This shopper stated that she would prefer to support local stores, but she was forced to finish her Christmas shopping on the Internet.

The term Aromatherapy was coined by the French chemist, René-Maurice Gattefossé. He became fascinated by the therapeutic properties of essential oils when, after burning his hands, he rinsed them with Lavender essential oil which eased the burning and promoted rapid healing. "Real" aromatherapy is the controlled use of naturally distilled essences of plants (essential oils) to promote the health and well-being of the body, mind and spirit. Each essential oil has many different therapeutic properties. Some of these help boost the immune system. Others relieve the pain and discomfort of many ailments such as arthritis and are anti-fungal, antibacterial and antiviral and, probably to the amazement of the Christmas shopper, can be used to modify the effects of allergic reactions.

A professionally trained aromatherapist uses high quality essential oils obtained from trusted sources and combines them with a special type of European lymph massage. This is done only after a health check to determine the client's needs and to ensure none of the oils are contraindicated for any problem the client may have. An example of this is to avoid using essential oils that help raise blood pressure on a client who already has high blood pressure.

Aromatherapy is more than just a pretty scent, when you consider the many positive therapeutic effects of massage combined with essential oils. *See ad to the left*

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CHANGE OF PATH

by Barry Pietz

For years as a young boy, all I wanted to do was drive a semi-truck. As I got older and started into the work force, I received an opportunity to work in a factory that manufactured trucks. After a short period of time, learning how the trucks were built, my dream of driving came to fruition. I drove for several years, owning my own trucks during that time, and even though I had mentioned to my wife that I never felt like I fit into that occupation, I felt I was on my path in life.

All through these years I had always had an energetic ability in my hands, but was not fully aware of where it was coming from or the potential that it had. At that time, there was always the urge to read things related to reflexology and massage. I was always able to put my hands on our children and, through my visualization, help them to calm down or to fall asleep at night. I had always seen this as something everybody could do as being a parent.

Because as yet the messages being sent to me were still not being heard, they became stronger very fast, in the form of a personal injury. This injury reoccurred three more times over a four year period, through my healing and growing transition. While having acupuncture during this time, with someone who has become a close friend, I was doing visualization on what seemed to be a muscle knot in the area of my right scapula. The acupuncturist had put her hand on the spot she wanted me to focus on. In the next fifteen minutes the bump disappeared under her hand, much to her astonishment. We later spent many sessions together with me working on her. I would just put my hands on the area that was in pain at the time and allow myself to follow my hands or listen, to a voice in my head or a picture in my mind, where to move my hands to next. This lady has had sessions from people around the world and says that she has not experienced the strength and intensity she would feel when I would work on her. It was from these meetings and the great results that she felt, and her gentle but strong hand on my back, and words of encouragement that helped move me on my path as a healer. She will always be my friend and mentor.

While still searching for more answers, I had two or three different psychic readings and two different astrology readings, all from different areas of the province. They all told me the same thing, I was to be a healer and help people. During my recovery, I enrolled in a reflexology course. Suddenly, I felt like I had come home, because every time I put my hands on people's feet it was like I had been there before. I then enrolled in a level one Reiki course to try and understand what it was I was feeling in my hands and where it might be coming from. I now have my second level in Reiki.

During my recovery, I had an Ortho-Bionomy session. It was then that all the lights came on and I realized where my path in life was really to be. Since that one session, I have taken various courses relating to Ortho-Bionomy, Cranio Sacral Therapy, Visceral Manipulation and Trauma Release Therapy. Working with these modalities has resulted in many fantastic accomplishments. These have been people and friends who have suffered in pain for many years and found relief after as little as only one session. *Continued to the right*

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Our Goddaughter was told that she would have to put up with the pain in her tailbone, it had become misaligned during the birth of her first child. After only one session, she was able to sit on a hard chair without any discomfort. I am grateful for my Ortho-Bionomy session and the person it brought me in touch with, she has since become a friend, a mentor and a teacher. She is a very kind and giving soul. I have now started to practice in the Salmon Arm area. I still enjoy taking new courses and gaining knowledge, and I have become better at receiving messages these days. It has become a lot easier on my body also. I do truly feel that I am on my path in life.

See ad above



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Calendar of Events



February 1 - 10

Anatomy for Healers 1, OUC, S'land, p. 8

February 12

Introduction to Meditation with Cheryl Grismer in Kamloops. p. 7

February 16

Spiritual Awareness & Meditation - Learn to manage your personal energy system: centering, the aura, chakras, etc. 8 weeks, 7-9pm, at Aurora's in Kelowna with Duncan Harte M.A., preregistration required call 250-860-5686.

February 17

"Spiritual Fitness," new start date with Loro Tylor at Naramata Centre in Naramata, p. 26

Understanding Osteoporosis, OUC, p. 8

Relationship Workshop with Jamie Rosanna Dorig in Kelowna. p. 25

February 19

Wholebody Reflexology starts in Winfield with Karen Timpany. p. 18

February 21

Certified Practical Reflexology starts with Yvette Eastman in Vancouver, p. 9

February 29 - March 9

Anatomy for Healers 2, OUC, S'land, p. 8

February 24

Preventing Heart Disease, OUC, p. 8

February 25

Avatar Training starts in Kelowna with Avatar Master Russel Monsurate. p. 12

March 2

Men's Health Issues, OUC, S'land, p. 8

March 5

Aromatherapy Intro, OUC, S'land. p. 8

March 8

Book Signing with Gregory Ashid Possman in Kelowna. p. 23

March 10 - 12

Body Electronics, An 'Abraham' Weekend with Barbara & Mel Kazinoff, Osoyoos. p. 17

March 17 - 19

Sacred Alchemy of Illumination presented by Soul Journey in Kelowna. p. 37

March 18 - 19

Integrated Body Therapy with Cassie Caroline Williams in Kamloops. p. 27

March 24

Canadian Acupressure Institute, Jin Shin Do training starts in Vancouver. p. 18

April 4 - 11

Anatomy for Healers 3, OUC, S'land. p. 8

ONGOING EVENTS

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Vernon: Sundays at the Vernon Centre for Positive Living, Science of Mind. Meditation 10:30am, Sevice 11am, Funday School 11am at the Powerhouse Theatre 2901-35 Ave. Call 250-545-9585 **WEDNESDAY:** Meditation at Falcon Nest 5620 Neil Road, 250-545-9585

"If you haven't got all the things you want, be grateful for the things you don't have that you don't want."

Anonymous

The Relocation Cure

by Margaret Davidson

Life constantly brings us challenges. Before we came to this life, we chose a path. Occasionally, life changes make it difficult to stay on this path. We realize that somehow life isn't right and we may try many cures before we regain our path. A relocation cure is a valid choice, but not always the best choice at that particular time.

The relocation cure is the one taken to avoid a lesson by simply moving away from a situation. For example - when there are no others with similar interests or goals, there are three choices (1) choose to operate in complete isolation, (2) actively seek out situations and individuals to provide the environment necessary for growth or (3) move to a different venue which (hopefully) provides the correct environment. As children we are told that when we do not agree with something about another person, it is because of something we see within ourselves but choose not to look at. The ego makes that a hard pill to swallow.

However, in my experience, it seems to be true. It is not the people in our lives that prevent opportunities of growth and staying on our spiritual path—it is within us. We need to allow the correct circumstances and energy to develop in our lives, in order to nurture the growth and understanding that is so necessary to keeping us on our individual path. In choosing to have the correct energy around us to facilitate growth, we need the correct environment. The correct environment is both a physical state and a philosophical or spiritual state. Growth requires challenge as well as energy and individuals in our lives with similar interests and goals as ours.

Moving to another location in order to stay on the path can be an avoidance, or it can be correct. When I moved from my home of 17 years in the Lower Mainland to a smaller community, my goal was to make my life easier and to return to my path. It was not the case. From the very start, the energy of the area and the individuals in the new location were erratic. I am either a slow learner, or I had other lessons to learn, but it took me six years to realize that the location I had chosen was not compatible with my predestined spiritual path.

So many times in life, I have said that I truly believe that we are here to learn our chosen lessons and when we are no longer learning, we leave this life. I received many signs that I was not on the correct path. I chose to ignore them all, thinking they were only coincidence. In March 1998, I was involved in a head-on collision (the other driver wanted to be in the same lane as my pickup, but he was going in the opposite direction!). I began to realize that I had known for some time that change was required and the "coincidence" of being on someone else's path travelling at 40 kph was a clear indication that it was time to check the map!

It was evident to me that I was not living in an environment that would allow me the challenge and growth I sought. For the second time in six years, foremost in my mind was the knowledge that I had to move. I began a quest to find the correct place for me. Previously, I had looked at several places in BC and Calgary. Somehow Calgary was not quite right. Then, on the way back to the Lower Mainland, I stopped to visit my brother and his family in Salmon Arm. This was the

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first time I had looked at the area as a potential residence. My decision was made after only one day! It felt right. The energy was good!

Having made a similar (and ultimately incorrect) decision six years previously, I was determined to thoroughly explore all of the reasons why a move to Salmon Arm would be correct. For the next two months, during the Salmon Arm wild-fire and its aftermath, I continually questioned my decision. It seemed right. In October 1998, I made the move. I put my house on the market, thinking that if my decision was correct, then my house would sell quickly and I could start my business.

Six months passed, and then ten months. The house was still for sale. At the ten-month mark, I realized that my resolve to pursue my dream and make this my home was being tested. So many things seemed right, and yet the sign I was seeking did not materialize.

November 2nd was the official opening of Spirit Quest Books, my long-time dream of creating a venue where people come to heal their spirit. Three days later my house was sold! I learned many things about others and myself during my six-year detour. I'm now on a different path from some friends but have gained some new friends along the way. I believe I am back on my predestined spirit quest! *See ad below*

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Radiating

by Sue Peters

I learned a wonderful self-healing technique several years ago, it teaches you how to begin the process of loving your body. If you do this exercise every day you will soon begin to notice delightful changes in your physical, emotional and spiritual well being. Like most people, I spent my days not too aware of my physical body. If there was a pain coming from it, I would tend to it, but generally I would ignore my body and only listen to it when necessary. Through this exercise I began an interesting and educational journey into self awareness from a physical/emotional/spiritual standpoint. I learned to listen to the voice of my body...like the parent, finally listening to the little child.

In order to begin the radiating process, you need to hold within yourself a memory of a time when you had sooooo much fun, a time when you laughed so hard, a time when you felt sooooo good! It isn't so much the story of the feeling you are seeking, but the feeling itself. You are trying to harness the energy that created the feeling, because it is with this energy that you will create the vibrational change in the body's acceptance and awareness level. This exercise requires no BRAIN connection, no analyzing, no thinking! To fully experience this process, remember to go past the story that held the feelings and to get in touch with the force that created the feeling. You will be learning how to love from one physical/energetic center to the next, and to the next, and so forth. Your greatest power will come, when you realize that the brain which you have just been using as machinery, is prepared to carry the feelings of the Heart and Spirit and awaken the whole physical body to these powerful vibrations.

The brain was designed to hold love before any other purpose. The computer part is not its main function. That whole entire area in there, is so fused with neurons and cross fibers, that it can hold and carry more life and more power - because it's tapped right into your nervous system - even more than the heart or any other part of your being. When the brain can love and feel the love (not think the love) then it activates

the entire nervous system and begins to swell with the Life Force engaged from the Universe. In this process, the body will begin to relax and be triggered into becoming electrical. This is how you are going to start Radiating. You're going to learn to love with the whole entire body! Every cell of your body is being loved, this is the attention it wanted and what it's been waiting for you to do. When you elevate the heart energy to the brain, you reach a deeper emotional level. You touch your core self.

We all know how parents can get too busy to look at the kids - that is what you all do to the body. You listen to it when it hurts, but never hear it. The body has been waiting for you to open up and plug into your nervous system. It's waiting for you to trust it and love it. So, now is the time...you are going to FEEL LOVE and EXUDE LOVE through every cell! By doing this exercise, you will have the opportunity to check in with your separation issues. Are you in your body? Do you need to shift the "bad feelings" into a better feeling place (fill it with love)? Loving your body is not about how much you exercise or what you eat, it's not about any of those... It's about letting it be exposed to the LIFE FORCE of the UNIVERSE—opening your energetic passageways and valves to the pure positive flow of Source Energy. It's about loving it enough to respect it and to allow it - freely, without restrictions or judgments - to be a part of your conscious life.

Radiating Exercise:

1. Think of a time that you experienced a feeling of love - see this feeling of love as a brilliant sun or star and place it in the center of your solar plexus.
2. Bring love (the warm loving feeling) and preciousness up from the solar plexus to the heart and then into the head, then radiate the feelings (like a brilliant sun) out in all directions from the brain.
3. Let the feelings of love flow from the front of the brain to the right and to the left side of the brain, then let it flow into the back of the brain filling all the nerve bundles.
4. Let the feeling of love flow into your

skeletal system, into your circulatory system, your lymph glands, muscles, skin, teeth, eyes, eyelashes, hair, ears, nose...send it, the feeling of love, everywhere...throughout your entire physical body.

5. Let it travel at its own velocity.
6. Notice the restrictions you carry in your body.
7. Continue to radiate your loving feelings throughout your body.
8. Radiate this energy out of the body so that it surrounds you.
9. Now bring this feeling back into your body and register it as a feeling of unconditional love... Let your body absorb this feeling. Let it go deep into the cells, into the RNA - DNA...Feel it!
10. Massage your arms, legs, stomach...FEEL the warm loving feeling...let the body, who is the child, know that you, the parent, truly love it.
11. Now bring this feeling back up into your brain and move it down through your neck, thymus and into your heart.
12. Feel the love in your heart and let it radiate out - like the rays of golden sunlight. Now, choose someone with whom you want to share this energy and whose personal permission you have previously been granted, then send the energy, the rays of light, from your heart to their solar plexus.

* Remember, when you send this energy from your HEART to their SOLAR PLEXUS, they receive only unconditional love and you stay out of their "emotional stuff." When you send energy from your HEART to their HEART, you get hooked into their emotional baggage and you become a "SLOPPY EMPATH!"

Sue Peters will be a presenter at the Spring Festival of Awareness April 28, 29 & 30 at Naramata Centre. See back section for more details.

See ad below



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From Atheist to Spiritual Teacher

by Duncan Harte M.A.

I was an atheist living in Japan. An injury had herniated two lumbar discs and kept me bedridden for ten days. I seriously questioned whether I would ever walk again, let alone dance. Unable to move, I knew it was no longer in the cards for me to be a professional dancer—a traumatic realization. I began to feel intense, mysterious waves washing over me. Somehow I knew this phenomenon to be spiritual energy. It was wonderfully healing and having tasted the mystical, I wanted more.

Though I was driven to search for meaning and wisdom, I viewed the New Age movement with skepticism. In my mind only ancient traditions like Buddhism, Yoga and Native Spirituality were legitimate sources of information. So my partner and I set out on a quest through Asia, seeking a fabled 'mystery school'. The journey led us through studying meditation in a Thai monastery to exploring Ayurveda and Yoga in an institute in India. Though we learned much of value, I clearly sensed these traditions were not my path.

Ironically I discovered my mystery school not in Asia, but back home in Vancouver. One night a friend offered me what he called 'a healing'. I felt energy pouring out of his hands from several feet away. Immediately I knew that my quest was over. I devoted over four years to intensive study at the Leyline Centre for Spiritual Practice, where I studied meditation, healing and aura reading. I couldn't get enough, so I also studied to become a Reiki Master. It was an amazing process which prepared me for the following experience of a lifetime...

Late one night I became aware of myself, my spirit, floating above my body. An awesome presence began to fill the room. It was huge, humbling, even terrifying. Yet I felt excited, as if this were the moment I had been waiting for all my life. A voice stated, "I'm going to wake you up now, is that okay?" I was speechless. Numerous arms of light began penetrating my chin, reaching deep inside me and pulling out clumps of old pain and darkness. My body was terrified. It lay on the bed writhing, though ever so slowly, not at all understanding this miraculous process. As spirit, I knew

it was not a dream. This incredible psychic surgery continued for what seemed to be about two hours.

After that, life became a series of miracles. A few days later, I humbly asked myself, "What do I have to give?"—to the Leyline Center's annual fundraiser. To my surprise, a guiding voice clearly answered, 'Dance your spirit'. A flood of divine inspiration poured forth, and I ended up donating a spiritual dance class to the auction. It became a runaway success, leading to an invitation to teach Dance Your Spirit through Langara College's Centre for Holistic Studies. Recognizing that the Universe had created a wonderful opportunity for me to teach, I decided to brush up my skills by taking the Teacher Training Program at the Leyline Centre. It was the most validating experience of my life. My path became clear when the teacher described me as being "born to teach." The student evaluations for my courses at Langara were also wonderful.

Ruth Lamb, the manager of Langara's Center for Holistic Studies, had always been incredibly supportive of me and my classes. Yet we both agreed that if I really wanted to make a career of teaching it would be advantageous to have a Master's degree. It was then I decided to journey to California to obtain an M.A. in Creation Spirituality at Naropa University. To summarize, Matthew Fox's Creation Spirituality explores the connections between spirituality, arts and sciences and applies universally found truths toward creating healthy social change. Learning an incredible amount about the Universe in which we live, I also came to appreciate the mystical roots of Christianity. Upon completing the program, to my surprise, I felt called to return to the Okanagan where my family lives. And since I have been back here, many things have fallen into place like clockwork. So here I am—ready and eager to teach, heal and play. See ad

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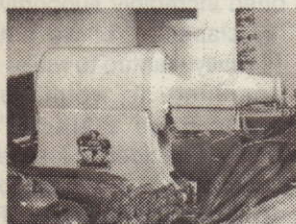
Duncan Harte M.A. is dedicated to bringing spiritual wisdom to life. Holding a Master's Degree from Naropa University in California, he is also a graduate of the Leyline Centre for Spiritual Practice and a Reiki Master. He has taught classes at Langara College in Vancouver, at high schools in Japan and at the Pacific Centre for Human Growth in the San Francisco Bay Area.



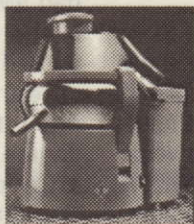
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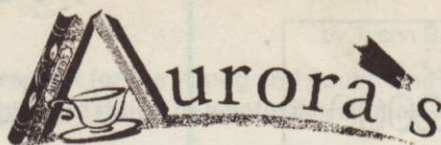
These are the words which started it all for Dr. John Whitman Ray (founder of B.E.) and eventually myself and untold others. But what does it mean?

My journey to find the answer started in 1996 when my wife, Barbara, and I took our first B.E. workshop. At the end of five amazing days I realised that the limited knowledge of the workshop leader was not enough. I had to know more! I thank him, now, for opening the door but the next few months were extremely frustrating, since Dr. Ray seemed to have vanished and neither the Internet nor anyone I knew had any leads.

Barbara and I were on the verge of accepting defeat, for what promised to be a quantum leap in our knowledge of health and healing, when, by chance, she came across the name of a company in the U.S. which seemed to have some connection with B.E. Not only did they have a connection, they had it all! Books, Audio and Video tapes and location for Dr. Ray, who was living in New Zealand. Then I remembered "There are no coincidences." We were meant to be part of Body Electronics. The trail had suddenly heated up again and like bloodhounds we were on it.

We read, listened to and viewed all the material we purchased and eventually in 1997, Barbara travelled to California for 2 weeks study with Dr. Ray's North American teacher, Dr. Doug Morrison. She returned, determined that I attend the upcoming Teachers' Training Course, to take place. IN AUSTRALIA!!! Being a sensible husband in the face of a determined wife, I realised argument was futile. February 1998, found me

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Feb. 16 **Spiritual Awareness & Meditation**
8 week Course, 7pm, \$200

Thursdays

Feb. 3 **Intuitive Training Course**
10 weeks \$275, 9 am

Feb. 3 **Reiki Level 3** - 7 pm, \$300

Saturdays

Feb. 19 - **Hypnotherapy**
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Sundays

Reiki Masters' Certificate Course
9 am - \$500

Connie will be a presenter at the
Spring Festival April 28, 29 & 30
in Naramata.



deplaning in North Queensland to be taken by car to a tropical paradise retreat centre, complete with eagles and snakes that could kill in seconds, and Dr. John Ray. I'm not sure which was the most intimidating, as Dr. Ray was a huge man with a deep booming voice. As it turned out he was the most gentle, loving soul you could wish to meet.

The next few months were magical. My spine, after years of adjustments, was healed and I have not needed treatment since. A badly broken finger straightened from a 25% deviation to only 5%. And this was small stuff. A young woman paralysed from the neck down regained full mobility of her head and neck, full range of motion of her arms and was feeling sensations down her spine for the first time since her accident. Another young woman, a severe burn victim, with purple raised scar tissue over 75% of her body started to heal before our eyes. Purple fading eventually to healthy pink and the raised, wrinkled scarring, smoothing and disappearing. And so much more!

So what is B.E? It is a three-dimensional modality of healing. First nutritional saturation, second a revolutionary method of sustained accupressure and third understanding the Laws governing the physical, emotional and mental bodies. No true healing can occur unless the body has the building blocks for regeneration. Thus nutrition comes first. Then follows sustained accupressure to break down the organic, mucoprotein crystals, releasing stored memory and thus opening the gateways for the natural flow to be reestablished to the physical, emotional and mental levels. As the crystal is being compressed, memory rises and a predictable range of emotions is experienced. Starting at Unconsciousness, where

there is no memory, then one moves through Apathy, Grief, Fear, Anger, Pain and finally Enthusiasm. At Enthusiasm one transmutes all resistance. Our emotional body is locked to our physical through resistance. By transmuting resistance at Enthusiasm our emotional body moves upscale to connect with our mental body, where all our creation takes place. So at this level we release our resistance to obtaining good health and seeming miraculous healing takes place. Our overall well-being falls squarely into the Law which states: "When our thought patterns, word patterns and emotional patterns are held in state of creation, eventually they will come into manifestation."

Having taught B.E. while living in Toronto, I am now preparing to share this wonderful work here in the Okanagan Valley.

See ad below and in the NYP under Workshops



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A PRAYER FOR THE THIRD MILLENNIUM

by Arnold Porter

Well, here we are, sitting not quite safely in the third millennium. Mother Earth, though somewhat battered and vandalized over the last few centuries, still turns serenely in her orbit. The seasons still come and go, the tides rise and fall, night alternates with day.

Sitting on the lap of 'She Who Nourishes Us,' we have only recently realized her fragility. We begin to understand that, rather than an endless resource to be plundered, she is a fragile being floating in her crystalline sphere through the darkness of frozen space.

May we come to understand, love and care for the earth our mother.

May humankind come of age, outgrowing the greed and aggression of our adolescence and replacing it with the wisdom and compassion of maturity.

May we leave behind war and bigotry and learn how to make the abundance of our mother available to all her children.

May we remember Eden and recreate it here on earth. (Or perhaps come to realise that we have never really left Eden).

May we as healers, as the handmaidens of evolution and change, help this planet, one person at a time, awaken to a new way of being.

May we ourselves awaken and live our lives in peace and joy.

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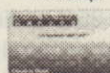
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HEALING TMJ AND BACK PAIN WITH FELDENKRAIS

by Tyson Bartel

"Improvement for the young and youthfulness for the aged. To better imagination, posture, breathing or whatever you may wish to do." Dr. Moshe Feldenkrais.

The Feldenkrais (pronounced felden-krice) Method was developed by physicist and judo expert Moshe Feldenkrais, D. Sc. (1904-1984). After he seriously injured his knees playing soccer, Feldenkrais patiently taught himself to walk again without pain by studying human movement and learning to move as efficiently as possible. In the process, he began to use the insights he gained working on himself, to work with others. He applied his method in various disciplines. Among his students were Margaret Meade, David Ben-Gurion, Yehudi Menuhin and Julius Irving. Feldenkrais practitioners are trained to work with people in two ways; Functional Integration is a one to one learning process communicated through slow, gentle touch; and Awareness Through Movement. ATM works with any number of people to create a safe learning environment for improving how we move and feel in our bodies.

In ATM's, the Feldenkrais teacher guides you through a sequence of movements in basic positions - sitting or lying on the floor, standing, or sitting in a chair. These movements improve the way your body works, so that after ATM lessons you may feel taller and lighter, breathe more freely, and find that discomforts have eased. You learn how to relax and release tension. These lessons can improve how you feel and enhance every day living as you take what you learn into your daily activities. Best of all, ATM's are fun to do!

Although the Feldenkrais approach to health is from an educational perspective instead of a therapeutic one, many people find that the lessons minimize or eliminate many problems. Many doctors, chiropractors and other health and human potential professions are now including Feldenkrais lessons as a valuable complementary treatment for conditions ranging from neurological disorders such as strokes, cerebral palsy and multiple sclerosis to chronic musculoskeletal difficulties like back pain, shoulder/neck tension and TMJ problems. The Method recognizes that the human body functions as a whole, so if the ankle is misaligned, that will affect the knee, hip, back, neck, etc. In the same way, if one area of the body is improved, it improves the whole body. Therefore, the hundreds of Feldenkrais lessons allow people

to gradually improve specific and overall functioning of the body.

In our society, many people feel burdened by their bodies instead of feeling free and energized to move and express themselves. The spine and the jaw are two key areas of tension and pain that, if relaxed and re-aligned, can be restored to instruments of expression and creativity.

'Healing Your Back' involves becoming aware of your spine and learning to release tensions along it in order to let it move freely. There are many Feldenkrais lessons that approach freeing the spine from different directions. Some lessons free the neck and shoulders predominantly and others loosen up the hips and lower back. There are some wonderful lessons that free the ribcage and open the chest. In the Feldenkrais workshop for the back, a variety of lessons are taught that lead to an integrated use of your spine in walking, standing, sitting, etc. Lasting benefits result from learning efficient ways of moving. When you move comfortably and effectively, muscles will contract only when necessary while remaining loose at all other times and the spine will continually align and realign appropriately for whatever you are doing.

'Healing TMJ' focuses awareness on your jaw, head, neck and shoulders and teaches you how to release tensions in these areas to allow the jaw to move freely and without pain. People are delighted to discover how relaxing their shoulders and neck can relieve headaches and TMJ pain. Many Feldenkrais lessons have been created that clear up the connection between shoulders/neck and jaw/head and allow the upper body to function as an integrated whole. Some of these lessons so effectively relax the facial muscles that some wrinkles may disappear. A relaxed face is a youthful face! Imagine dancing with a free spine and singing with a relaxed jaw - joyful!

Tyson will be a presenter at the Spring Festival of Awareness in Naramata. See the back section of this paper for details.

See ad in the NYP - Acupressure/Thai Massage under Bodywork



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Program & registration in the back section of this paper

Awakening the Child Within

by Joanne Cole

I was the first girl born after three brothers in a family of nine children. As a child growing up on a farm in northern Alberta during the fifties, I cherish memories of running bare foot in the fields, chasing butterflies, picking wild flowers and wild berries. I remember lying on my back in the tall grass watching the white fleecy clouds drifting by—dreaming of going far away somewhere and meeting my Prince Charming. Part of my wish did come true when I was sixteen. I was offered a job as a caregiver for three wonderful boys under the age of five. I spent two years with this family. Then, I made the big move to Edmonton where I spent over a year working as a nanny. This loving family, through their caring and support, gave me the strength to go after my dream to travel.

In July, 1965, I boarded the train to Terrace, B.C. I was nineteen years old and had never seen a mountain, a big lake or a large river. I remember looking out the train window watching the scenery when in the distance the Rocky Mountains began to appear in my view. Later as the sun was setting, I observed the reflection of the mountains on the water. It was so breathtaking that I was moved to tears. The dream of my childhood, watching the clouds going by, had finally come true. I could not have imagined such beauty. My whole world had been so sheltered. As the watcher and looking back in the past, I see myself on the train as an innocent child chasing her rainbow full of dreams and expectations.

Terrace was a fast growing town in the 60's. Things were happening fast for me too. Two weeks after I arrived, I met a man whom I married four months later. We became proud parents of a beautiful baby girl the following September. Then, in August of the next year, we were blessed with another lovely girl. Our third child, another special gift, once again a girl was born to us three years later.

Life as a mother is a gift from the divine. My daughters and I have had some challenges to work out, and still do at times. As I have moved into the grandmother role and they themselves have become mothers, the gift of these relationships has been the continual exchange of the teacher/student role. One example of this was in 1985, my daughter came to me and asked if she could go and have a past life regression done. As I had been raised in a strict Christian environment, my mind was closed to anything and everything to do with energy work. Therefore, I went into a total panic within myself. After I composed myself, I said, "Let me try first and then you can go." With a skeptic mind, I made the appointment with Joy Gadner in Nelson. I found Joy to be a gentle, caring, soft spoken person. Nothing like I had imagined. The session was so powerful that it took a few weeks before I was able to process all the emotions that came up during the regression. Then my life began to change. I attended meditation classes, workshops on spirituality and a course in energy healing that included long-distance healing. During the last class, my teacher advised me to take my time practising energy work. It all left me a little confused, but now I understand why she was concerned. It took me many more

years of studies and several energy courses before my mind and physical body became united and the tools I learned integrated into my healing energy.

For the next ten years, I read many books on spirituality, natural healing, psychic energy, etc. I felt a passion rising within me and a great interest in devoting my life to be a channel for the increasing energy.

In 1995, I received my first and second degree in Reiki and my physical and emotional health improved.

In 1996, I became a Reiki Master/Teacher. I feel the Divine Light is a guiding force within me that brings forth the pure light and teachings of the Divine Lineage of Reiki.

In September, 1997, I quit my job for a company selling franchises. Then, I moved to the Kootenays and took a year off while house sitting for a friend. During that time, I took courses and became a Certified Reflexologist.

The past year, my life energy has given me the strength and the courage to make some very difficult choices. The energy has fundamentally helped me look at my demons and change them into my allies. I have overcome many obstacles and faced my shadow. I'm beginning to understand how much work there is to my life journey. Through my own life experience, I have acquired tools and now ask for the grace of the divine to help me in my work as a healer by helping others take responsibility for their own life and learn how to heal themselves. My life now evolves around the acceptance of love, from myself and the people I encounter. I feel a balance in myself and my surroundings as I grow in my awareness.

The year 2000 is a new millenium, a new century and a new world opening to me. I have seen a glimpse of the rainbow lately. Having met Angèle and starting my practice at the Holistic Health Centre may well be my dream being fulfilled and the awakening of the child within.



Joanne is now working at the Holistic Health Centre in Penticton and is the Healing House co-ordinator for the Spring Festival of Awareness. See ad below



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This Buddha's for You

by Harold Hajime Naka

Ho hum, another century is history and with it all the Y2K hype. The world didn't stop. If anything, it is speeding up. 2000 is the 'Year of the Dragon' a time of tumultuous change or a year of a thousand happinesses (now you have a choice). This year will mark sixty years of stumbling along on my spiritual healing (mis)adventure, only to discover that enlightenment is just another roadside distraction. When I looked into my Zen mirror, for 'the meaning of life', I saw an old village fool with a mischievous look in his eyes smiling at me. I smiled back at him and then we both burst out laughing. I put the mirror down, wondering what the fool in the mirror saw that was so hilarious. I could still hear him giggling away as I pondered the meaning of this strangely familiar encounter.

While you are wondering which of the fools is me, I also am wondering if I am the fool dreaming that I am dreaming this. While I was waiting to wake up, to get a grip on reality, a light came on in my mind. It was as if some invisible hand was turning a dimmer switch on in my head illuminating a path back into my mysterious beginnings. The light beamed down on a picker's cabin at Greata Ranch (between Peachland and Summerland where I made my debut (again) in the year of the Dragon on Dec. 6, 1940. My parents were farming there and being the first born son was a good omen in the Japanese tradition. I was named Hajime (beginning or the first). It was an occasion for celebration and joy, that would bring success, fortune and honour to the Naka family.

From there we moved to Peachland (by Trepanier Creek) where I lived a fairytale childhood. I was happy and spoiled. I spent many carefree days playing and fishing by the creek, while my parents worked in the tomato field. When I was ten years old we moved to Westbank. It was a culture shock! I had my initiation into the real world when I experienced discrimination for the first time. I was not prepared for all the teasing I would get. I reacted by swearing, yelling and throwing temper tantrums, which led to fights (which I always lost).

When I entered high school I was reunited with my friends from Peachland who were bused to Westbank. I was happy to see them, but by then I had developed an inferiority complex, learned to discriminate and hate, and going to school made me feel dumber and dumber. When I wasn't in detention or being kicked out of class for breaking the rules (a habit that I carried into my adult life), I had to help on the farm. I must have planted and picked millions of tomatoes over the years. I dreaded working, it felt like I was paying back some Karmic-debt from my past life (what had I done to deserve this?) I don't know which I hated the most, school or farming.

Someone must have heard me. I remember dad sitting impatiently in the pick-up waiting for me and my brother to get in to go to the tomato field. We were fighting to see who would sit by the door. When dad started to drive off, I fell out and he drove over my leg. I got the summer, fall and part of winter off, wearing a cast. Who said wishes don't come true?

In school I felt very insecure and lacked self-confidence, but at night I would stand outside the Westbank cafe with my rowdy friends wearing sunglasses with my shirt collar turned up and a cigarette hanging from the corner of my mouth trying to look cool—like James Dean did in the movies. I was lonely

and moody, pretending to be happy while feeling miserable. I envied everybody else's life and wanted to change everything about mine. The worst part was that I didn't have anyone to talk to, to share my feelings with. I didn't know how to express myself, nobody knew me. I felt like an outcast and a social misfit (I still feel like one today). I also quit school before I was expelled.

My future without an education didn't look too promising. To lose face was to bring shame to the family and the thought of having to work on the farm for the rest of my life was very depressing. My dad must have been concerned too, so he asked a fishing friend who owned an auto-body shop in Kelowna if he could give me a job. To my great surprise, he said he would take me on as his apprentice. I had traded farming and no pay for toxic fumes, stress, noise, dust and low pay (when I got paid). My boss treated me like a son, but he was an alcoholic and drank up what little profit he made. He sold the business on condition that I go with it. My new boss was a jerk who drank too. (Life was not beautiful).

I was lucky to be offered a job at a new shop with a caring boss. I worked there for the next thirty years. I figured that each year I spent in the trade was a year off my life expectancy. In 1994 I got out while I was still alive, to detoxify and get a life, teaching Qigong - Taiji full time. (Now you know the rest of the story) I had paid my dues to the silver tongued devil and discovered my Buddha nature. A Zen reject disguised as a Taoist rebel, rebelling against society.

But seriously folks, I made my first conscious decision to change when I was sixteen, starting with temper tantrums. What I didn't know was that I had unconsciously committed myself to a lifelong journey to self healing, self discovery and spiritual awakening. If I had known then, how long, lonely and painful the path was going to be, would I have taken the first step? The answer is yes. I really feel that my life was destined to unfold exactly as it did. I feel grateful for my life lessons (what a gift) although I would not wish it on anyone else. If you are wondering what kept me going—it was fear of taking responsibility for my life and a warped sense of humour. What have I learned from all this? Just this, 'you are not who you think you are'. Now if you will excuse me, I am going to look into my mirror, to see who is going to have the last laugh. *See ad below*

Harold will be a presenter at the Spring Festival of Awareness April 28, 29 & 30 at Naramata Centre.

See back section for details.



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D.A.V.I.D. AND THE WINTER BLUES

by Donalie Caldwell

With winter upon us and the grey, cloudy skies that are so common here in the Okanagan, many people find themselves subject to depression. Each year 6% of the northern Canadian population are affected with Seasonal Affective Disorder (SAD). Women are most vulnerable and the ages between the twenties and forties seem to be the prime age for this problem. The common symptoms are depression, extreme fatigue, hypersomnia, carbohydrate cravings, and weight gain.

Last winter, a study was conducted in Edmonton in conjunction with the University of Alberta using the DAVID (Digital Audio Visual Intrainment Device). It was observed that depression was reduced in 100% of the 81 participants and eliminated in 84%. In the control group, the depression levels increased. It was also noted that carbohydrate cravings were reduced and some participants lost weight.

Studies have also shown reactive and endogenous depressions have been responsive to similar treatment. The pulsing white light of the eyeset and tones of the headset of the DAVID gently guide slow brainwaves, typical of depression, up to a higher level, resulting in improved mood. The relaxing effects of the DAVID reduces anxiety and improves the quality of sleep as well.

The DAVID can also be used with audio cassettes such as: Building Self-Esteem, Core Relaxation, Healing and Stress Management, Changing Emotions-A Stress Management Program, Feeling Better/Mind Body, Personal Ecology-Complete Self Esteem and Confidence Building Program, and Subliminal Stress and Anxiety. A twenty-minute session on the DAVID in the morning can change the outlook of your day into an experience to look forward to.

Dave Sievers, developer of the DAVID, was a design technologist at the University of Alberta, Faculty of Dentistry in the 1980's. There, he developed TENS stimulators and biofeedback devices. In 1985, the first DAVID device was developed. Since then, he has continued to develop light and sound stimulation/brainwave entrainment devices to respond to the changes in technology and the demands of the marketplace. Research studies to determine the effectiveness of this technology are ongoing.

The DAVID can be used to slow down brainwaves for: meditation, stress reduction, deep relaxation, pain relief, inducing dream states and improving sleep. Or the DAVID can be used to speed up the brainwaves for disorders such as: closed-head brain injury, fibromyalgia, PMS, chronic fatigue, attention deficit disorder, depression, SAD, and insomnia.

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The Year 2000

The Year of Relationships

by Charmaine Wagner

How do you feel about your relationships? Are they harmonious? Inharmonious? Or are there some relationships that are 'okay' but somewhere within yourself you know something isn't quite right?

Well, this is the year to courageously venture into those areas of your relationships you have avoided and bring healing and understanding to them. The Year 2000 is a year of establishing or reestablishing harmony in your relationships with others. It is a year of developing the heart and the Love that resides within. And, it is a year to look at the physical, emotional and mental patterns that bring conflict and tension when relating to the people in our lives. In my experience I have found that in the darkness of our pain and conflict, which I like to call the 'shadowlands' of our being, lies the key to harmony. For it is here that I have discovered the deeper meaning of my experiences and the qualities of Soul that seek to be expressed. Now is the time for us to not only embrace the positive but also the negative which we so often repress, deny or avoid.

When you think of relationships, what do you think of? We usually think of our relationships with other people, but it is far more than that. The dictionary defines relationship as "the connection, either perceived or imagined, existing between two or more people or things". So, relationship also includes our connection with the world around us and most importantly our connection with the Divine Life within us and within all things. This year it is important for you to nourish and value your relationship with the Divine. This is the greatest gift you can give yourself, KNOW THYSELF; for to truly Know Yourself is to touch the Divine within you, which results in a greater caring and willingness to bring peace and harmony to all the 'connections' you have with others and with the world.

The new millennium, which brings with it new energies and a major shift in consciousness for humanity, supports any efforts you give to increasing your awareness of yourself and others. I believe that to truly make changes in our life it requires a Soul-centered approach to understanding our experiences and our relationships. The goal of Soul-centered counselling is not to have a problem-free life, but to give life greater depth and value.

The purpose of my counselling service is to help others work with the energies of the coming year and to guide them 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. We find creative ways of sharing ourselves and our uniqueness with those around us.

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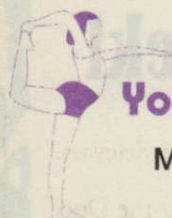
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EAT YOUR VEGETABLES

by Angèle

The Surgeon General's Report, Canada's Food Guide, The National Cancer Institute, your local doctor and your mother or grandmother probably all said the same thing to you at one time or another... "Eat your vegetables." The problem is that most people don't.

It is now recognized that orange-red vegetables have high levels of carotene, a suspected anti-cancer substance; that citrus fruits contain vitamin C and bioflavonoids, important immune-strengthening nutrients; that dark leafy vegetables are rich in folic acid, a B complex vitamin necessary for proper maintenance of red blood cells and the nervous system.

Many people do not eat enough fresh organic fruits and vegetables because of a busy lifestyles, cost or taste.

The fun way to put five pounds of carrots into your diet is by juicing them. Juices are nutritive-packed beverages that are easily accessible even for the busiest of people. Certain juices have preventative and therapeutic value and most taste good. If they don't they can be combined with apples or carrots to dilute the distinctive tastes.

Juicing is easy and today there are a wide variety of affordable juicers available at most health food stores. Try a little ginger or apple with your carrot juice for added flavour. Celery has lots of potassium and is good for all that ails you. Beets stimulate the kidneys and the fruits are good bowel cleansers.

Wheatgrass is the latest, greatest way to get all the minerals, enzymes and nutrients into your blood quickly with the added bonus of fresh oxygen. Ann Wigmore researched the remarkable qualities of fresh wheatgrass juice and now has clinic in California for people with cancer or other degenerative disease. Everyone gets better drinking the wheatgrass juice. This juicer is more expensive for special blades are needed to squeeze the liquid from grass or herbs.

Check out your local juice bar and put the sparkle back in your eye.

WHAT DO YOU DO WITH A LLAMA?

by Kathleen Allen

Llamas are relatively new to the North American scene. The first importation happened about 40 years ago in the United States. The llamas came from South America where people have raised them for about 6000 years. In Peru, the llama and alpaca have a very important job to do. They have provided the native people with the means to be able to live high up in the Andes. The Incas used the llama for food, transportation, clothing, and even used their droppings for fuel for their fires to keep warm.

Llamas were slow to catch on in North America, but it was only a matter of time before their personality, beauty, and gentle nature charmed people. During the middle 80's, the demand for llamas was greater than the supply and the price shot up into the tens of thousands. But today, there are about 8000 llamas living in Canada and the price has come down to a more realistic level. Many people have now purchased a few and are enjoying all the benefits of these wonderful creatures. You probably know someone who has a few or live near a farm with llamas or alpacas.

So, the big question is, "What do you DO with them?". Well, firstly, you just need to be around a llama for a few minutes before their magic starts to rub off on you. That's why most people bought a llama in the first place. Then, they wanted to interact with their llamas, so hiking and carting developed into a pastime for llama owners or an actual business. There are many places you can go to hike (for the day or a week) with llamas or have a cart ride. Llamas can carry about 100 pounds on their backs for a whole day of hiking, which makes a truly awesome way to go camping in the back country. They can also easily pull a cart with two people on it, for an enjoyable ride just about anywhere. Llamas also make great guards for herds of sheep and goats. They will attack a dog or coyote that comes near their "herd". Lastly, llamas and alpacas produce beautiful wool, much finer than sheep's wool and free of lanolin and grease. When you own a llama or alpaca, you get all this with an animal that is very easy to keep, doesn't cost much to feed (less than a dog or cat) and will reduce your stress just because of its very nature.

Each year on Father's Day, the third Sunday in June, we host an Open House on our farm in the Joe Rich valley, east of Kelowna. People from all over the Okanagan Valley come to see the llamas, enjoy a cart ride, watch the different demonstrations and enjoy a day in the country. We have had as many as 500 people show up for the Open House. The demos include shearing, spinning, weaving, knitting and sometimes we'll have a breeding demo. We also provide a no host barbeque so you can truly spend the whole day and enjoy yourself.

If you would like to see some of the wonderful products that are made from llama and alpaca wool, you can stop by our store, Simply Alpaca, in the Town Centre Mall in Kelowna or plan to attend our Open House on Father's Day this June

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Astrological Forecast for February 2000 by Moreen Reed

The month of February is outlined by an upcoming aspect between Saturn, the guy who does reality testing, and Pluto our evolutionary agenda. The aspect forming is a test of personal humility. You can expect that if your agenda for the month is appreciative and respectful of yourself and others, to receive a lot of nourishment from life. If you are oblivious to the merits of your choices in relation to others this will be a very draining month. On a social level we will be confronted with many no win situations that demand social maturity to occur. Situations are not black and white, there can be no winners and losers, we all lose in the end with these simplistic world views.

The Aquarius New Moon is a solar eclipse which occurs at 5:03 am PST. Along with the previous Lunar eclipse of January 20th we see the symbolic outline of the shape of events for the next six months. Here we plant the seeds of what we want to see happen. The highlighted degree symbolism is *A watch dog stands guard*. * The keyword is Probity; adherence to the highest principles and ideals. The picture painted today should be stark and clear, both the Sun and Moon are square Saturn and conjunct Uranus. Mercury has just slipped into Pisces allowing our minds to take in more levels of reality than normal. Living in the present with clear objectives is demanded.

Mars lights up the winter blues with his entrance into Aries on February 11th. Even though we are a month and a half away from spring, Mars in its home turf of impatient Aries, can get us all in a boisterous 'kick up your heels' kind of mood!

Jupiter, the planet associated with 'Society,' its laws and moral codes, shifts out of willful Aries and into sensual sedate Taurus on Valentine's Day! Hmm... I foresee a run on whipped cream, chocolate, aromatherapy and the giving/receiving of massage. On the moral political aspects of society we will look at literal components of survival: food, water and air. Its effect on the lovers' holiday is likely to be an emphasis on the physical aspect of relationship.

The Sun moves into Pisces on February 19 and the Moon catches him shining a critical eye on our ability to shift easily through different levels of awareness. The Full Moon in Virgo/Pisces is at 8:27 am PST. We are asked to shed the light of awareness on our experience of the universal dimensions of life. Jupiter, the archaic ruler of Pisces, makes the strongest aspect at this moment adding the bonus of generosity. Can you see and appreciate the universal picture of people as they make their way in life? The highlighted degree symbolism* *A Public Market*, and the keyword is Commerce.

Mercury will begin his first retrograde session of the year on February 21st. While Mercury is retrograde, familiar channels of communication become tangled and confused. Expect delays and changes in plans with travel or appointments. This is a great time for right brain activities like art and meditation. You'll find yourself reevaluating and reconsidering, major issues. Hold all final decisions and approval until after Mercury goes direct on March 14. Let your sense of humour overcome the challenges of the unexpected adjustments.

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

HEALING E-MOTIONS

by James Minckler

E-motion is energy in motion. Strong feelings that we experience are an important aspect of health. They are the tools we use to create our existence. These e-motions are normal and healthy when they are flowing. Our feelings affect the electromagnetic field that surrounds us. The body is like a giant circuit board. Every cell in our body responds to every thought we think and every word we speak.

The body is a storehouse of memory. E-motions can change and slow down the vibration of life when they are negative and constant. When negative e-motions are expressed, we give our power away.

Continuous modes of negative thinking and speaking produce body behaviors where dis-ease will exist and advance. Shallow breathing and low blood fuel levels will also interfere with the flow of e-motions. Holding on to negative e-motions will upset the chemical balance in the body. Feelings radiate certain vibrations. Positive thoughts create light airy feelings, while negative thoughts create heavy, dense vibrations. A common misuse of this energy is the constant verbalization of certain negative statements such as "I'm sorry," "I hate" or "I'm afraid," which act as a mantra in reverse. So often we cannot see our mental patterns. We must become aware of these patterns which are constantly creating our reality. We must listen to what we are saying. It is important to separate our physical and e-motional bodies from the belief system which has kept us in limitations. Our limiting beliefs are only thoughts, and thoughts can be changed. E-motions will continue to have power over us until they are released and redirected. When these feelings are positively transformed we can create the future. At this point, healing is inevitable.

In the healing process, it is important to forgive ourselves and others. There are issues involving forgiveness in all families. Learning forgiveness provides the tools to break the chains of dysfunctional family behavior. Only when we forgive our elders, can we really begin to heal. Our e-motions travel with the soul and never leave the family. By identifying and releasing false beliefs and traumatizing life experiences since birth, we take major steps to be free from e-motional distress and negative compulsions. People who know who they are cannot be controlled.

The solution is to first get out of denial. It takes great courage to face the truth and to allow the intellect to flow through the heart instead of the mind. This heart connection can be a source of new information and inspiration. To begin to express these heart messages practice meditation. E-motional recognition brings new levels of awareness within the Self. With the spiritual understanding of this process of integration, this lifetime's experiences will begin to make sense. As we consciously experience this process of healing, we can begin to

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understand our life purpose and the reason why. Our sense of security begins to be restored as we become a participant in creating our own reality. When we transform our e-motions, we activate certain strands of our electrical circuitry. When this occurs there is a dynamic awakening and energy shift in our physical and e-motional bodies. This interconnectedness is required for us to experience the next global shift. The high quality of our physical and e-motional vibration magnetizes positive experiences to ourselves and spreads the light to others. What we are thinking now is creating our future. NOW is the time to activate our spiritual potential.

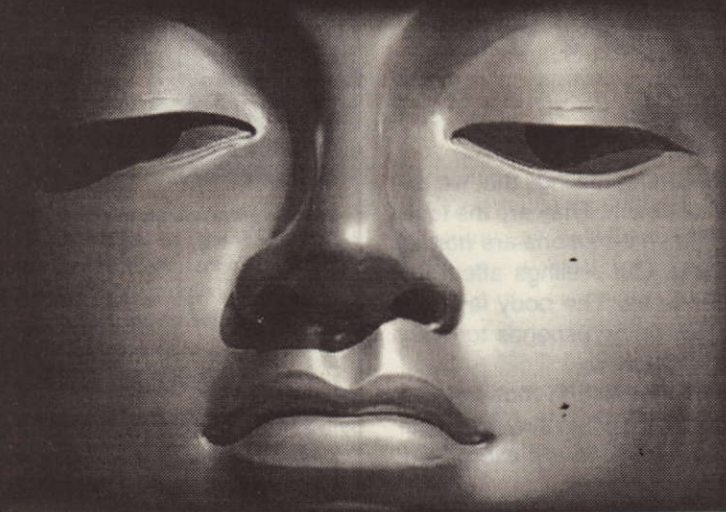
Females are more affected by e-motions because they are more magnetic by nature. They are more sensitive to vibration and feel the magnetic flux in the Earth, therefore they feel more e-motional shifts. With this gift of sensitivity, the collective consciousness of the female principle will lead us into the next millennium.

*James will be a presenter at the
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See back section for details*



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Compassion and Forgiveness are Keys to True Happiness

Compassion and forgiveness are the keys to true happiness and healing. There is no room for joy when the heart is filled with anger, blame and resentment. Forgiveness is not easy and I know I must practice it every day. If the act is so heinous that I cannot even tolerate the image of the person, I try to see past the act, past the person, to the part that is spirit. I believe the person acted out of their own woundedness. This does not mean that I condone the act or that I must care about or assume any responsibility for this person. My spirit can forgive the spirit of the other. Forgiveness heals me, I do this for my healing, the other must find their own way to heal. The following is a forgiveness meditation that I practice. You may want to do this with a therapist or trusted friend, someone you can talk to about this before and after doing the meditation. Take as much time as you need.

Make yourself comfortable, relax, allow feelings of warmth and peace to flow over your body, relax, whenever you are ready, let your eyes gently close, breathing gently in and out, notice how your body rises gently on the in breath and relaxes on the out breath. Every breath is an opportunity to let go. Imagine that you are breathing in divine spirit, allow the

light to wash over you with each breath, breathing in light, warmth and peace, breathing out tension, relaxed, peaceful, calm.

Reflect for a moment on the word forgiveness, slowly bring into your mind, into your heart, the image of someone for whom you feel resentment. Gently allow a picture, a feeling, a sense of them to gather there. Gently invite them into your heart for just this moment. Notice whatever fear or anger may rise to limit or deny their presence. Don't force it, let it be. Silently in your heart say to this person, "I forgive you. I forgive you for whatever pain you have caused me, intentionally or unintentionally, through your thoughts, words, actions. However you may have caused me pain in the past." Open your heart to a sense of that spirit when you say, "I forgive you."

Feel for a moment your expanding heart as you extend to this person your forgiveness, let go of the walls, the curtain of resentment. Let your heart be free, your life be lighter. "I forgive you for whatever you may have done intentionally or unintentionally to cause me pain, through your actions, thoughts, words, through whatever you did or didn't do. However the pain came to me, I forgive you." Allow the person

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to be there in silence, in the warmth and stillness of your heart. Let them feel the peace of forgiveness. Let it be and let that person go on their way touched by your blessing and the possibility of forgiveness.

Now gently bring into your mind, into your heart, the image or sense of someone who has anger and resentment toward you, someone whose heart is closed to you. Notice what feelings limit their entrance into your heart and let it be. Mercifully invite them into your heart and say, "I ask your forgiveness, I ask to be let back into your heart. I ask that you forgive me for whatever pain I have caused you intentionally or unintentionally by my actions, words or thoughts. However I may have hurt you, whatever caused you pain, I ask your forgiveness." Allow yourself to be touched by their forgiveness. Allow yourself to be forgiven. Say farewell and with a blessing let them be on their way.

Calling out to yourself in your heart, calling yourself by name say, "I forgive you" to yourself. Allow yourself back into your heart saying, "May I be at peace, may I know the beauty of my own true nature. May my heart be open, may I be healed." Feel the warmth and care that wishes your own well being. Let forgiveness fill your heart, let compassion and forgiveness fill your whole body, let yourself be bathed by mercy and kindness. Let yourself be loved.

Let your heart be open to the image of our beautiful planet, this delicate planet, floating like a jewel in the silky blackness of space, Mother Earth, with her white clouds, blue waters, green continents, mountains, plants, animals, a living breathing presence. May there be peace on this earth. May the hearts

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of many open to the possibilities of forgiveness, peace and joy. May we be open to one another, may all life reach its fullness and reflect the glory of Creator and the spirit in each of us. May all beings know the joy of their true nature. May all beings be free from suffering, all beings, hearts open, minds clear, souls at peace. May we heal the world, touch it again and again with forgiveness. May we heal our hearts and the hearts of those we love by merging in compassion, let our hearts open to this moment, open into a universe of warmth and caring. Draw each breath into that warmth and love. Breathing it in and breathing it out. When you are ready, bring your attention back to the room. Open your eyes, stretch and move around slowly.

Take some time to think about how forgiveness leads to a life of joy and happiness. When I let go, open my heart, let out the rage, I open to compassion and forgiveness. I make room for energy, celebration, creativity and joy. *Do you believe that compassion and forgiveness are essential to healing? Please write to Cathy at Issues Magazine and share an experience or a story about forgiveness and healing.*

Cathy Fenwick is an author, educator, consultant and cancer survivor. She develops and delivers workshops and keynotes on how to get more healthy humour into your life and your work. Her books include *Healing With Humour*, *Telling My Sister's Story*, *Workscapes* and *Building Bridges*. You can check out Cathy's website at www.saskweb.com/healinghumour



Saying 'No' to the W.T.O.

by
Natasha
Weeks

From November 28th to December 2nd, 1999, I had the honor/horror of attending the World Trade Organization in Seattle. I feel that I need to inform people about what really happened at these events, considering the biased media coverage that followed the many rallies and marches.

There are so many fundamental areas being attacked by the WTO. These concerns include the downfall of social programs, such as corporatizing and privatizing healthcare, education, and our water supply. The World Trade Organization damages food safety by pushing genetically engineered food and jeopardizes food security by seed patenting and forcing the elimination of local farm subsidies. In addition, the WTO harms the environment, animal welfare, and forest preservation laws. As if these travesties aren't enough, the WTO also affects the freedom of public broadcasting, electronic markets, libraries, as well as basic labor and human rights! The main way the WTO can destroy is by the fact that they are a non-democratic, corporate body that can choose to dismiss the laws of any country and threaten them with sanctions and boycotts if they fail to comply with the WTO's orders. For example, California's law protecting sea turtles was knocked down because it was considered a *trade barrier* as it would interfere with revenue from shrimp farming. A health regulation in Guatemala protecting babies and mothers from infant formula advertising was thrown out because it clashes with the WTO's patent rules. The more details I learned in Seattle the more passionate I became in fighting this evil structure.

The Monday after I arrived in Seattle was one of the fullest and most blissful days of my life. It was deemed environmental day and I attended educational workshops followed by a large rally and march to downtown. There was then a protest at McDonald's, against their endless list of disregard for all, where we danced in drum circles and had a small rave. Family farmers from four continents spoke. The mood was optimistic and excited. Next I got in line to see the social justice gospel group Sweet Honey in the Rock open up a ten religion (ranging from Native American to Jewish to Buddhist) interfaith ceremony to end the global debt, called Jubilee 2000. This included a play, more music, and was one of the most powerful experiences of my life. Most of the two hours was spent giving standing ovations and crying. The audience then joined the 10,000 marchers waiting outside to form a human chain through the downtown core to voice our distress over the state of the world. My evening continued with the Protesters' Gala where I danced to Spearhead and The Laura Love Band (check them out!) and heard passionate motivational addresses from Vandana Shiva, Ken Kesey, Tom Hayden, Jello Biafra, Michael Moore, and Anita Roddick. These speakers were extremely inspiring and uplifted the hope for the future, of the entire crowd.

On Tuesday we opted to sleep in, to prepare for a long day and made it downtown in time to meet the march just before it left the arena. I wasn't really listening to the last speakers because I was overwhelmed by the size (35,000) and diversity of the crowd. We were soon in the sunshine attempting to merge into the march, which took over half an

hour. As the group headed towards downtown, I was amazed to see so many kinds of people working towards one goal; shut down the WTO! The unions were singing the chants of the endangered animals, the topless dykes were walking beside the religious groups, along with witches, evil Santas, full jazz bands, and skeletons carrying coffins representing all that would die under the WTO. The feelings of unity and pride in joining thousands of activists who want to better the world gives me a spiritual charge that I cherish every time I protest injustice. This elation quickly deteriorated as we arrived in the city center and realized the police were claiming they were too understaffed to properly arrest blockaders and were choosing instead to attack them. I watched singing protesters, Red Cross workers, and unaware by-passers being pepper-sprayed while the vandals that were looting and destroying property were completely ignored by the authorities (These few were not WTO protesters). As I was not prepared to risk arrest I attempted to get back to my friend's house, but in an unknown city with no buses or taxis operating I ended up stumbling in circles most of the night.

I hurried back into the chaos Wednesday morning to witness the true situation for myself and attempt to protect whom-ever I could from police brutality. I quickly found the harshest police state I have ever been in. The National Guard had been called in and were preventing groups from gathering together, continuously changing the no-protest zone boundaries, and arresting anyone who spoke out against the WTO (I guess it is illegal to educate). I then joined the Women's and Children's March, led by the Raging Grannies, to find that the permit had been revoked. The police told us we could only walk a block and anyone who chanted or spoke would be arrested, so we all put tape over our mouths and just stood there. After fifteen minutes the riot squad arrived and prepared to tear-gas us! Most of us then went into the Center of Concern for seminars on how globalization affects women in different regions of the world. By the time this had finished in the afternoon there was no way left to show our disapproval of the WTO. The police would not allow people to gather or even stop moving. I went to the bus station to leave Seattle feeling extremely distraught and helpless.

Luckily my spirits were raised at home when I saw on TV the police being reprimanded, the rallies continue, the candle light vigils at the jail, and most amazingly the WTO talks fall apart on Friday night! I know that the protesting led to this outcome both by physically sitting-in and lending support to the delegates from the developing nations and psychically through prayer, meditation and music. The marches and blockades also raised the consciousness of many by shedding light on the agenda of the World Trade Organization.

But there is more to be done. If you don't stand against crimes against humanity, you are supporting them. Successful protests include letter writing, consumer boycotts, civil disobedience, and teaching the issues to your community through art, theatre, and literature. Never forget it is the greatest travesty to do nothing at all, because you can only do so little.

Connecting with Spirit

by Theresa Dorer

For many of us this journey on earth is a solitary one. We are born into families and we have partners that join us along the way, but every day we are faced with decisions and situations we must face alone. There is the saying, "We come into this world alone and we die alone." I believe however, that because we all have spirit guides we are never truly alone.

In my personal journey along the spiritual path I have been amazed and blessed with many wonders, but the one that has brought me the most comfort and joy is the understanding and awareness of my guides. Through meditation I was led in a gentle and loving way to meet my guide and the strength and wonders of this experience has enhanced my life.

The first time I "saw" my guide, I was in a deep meditation and I was so surprised I immediately opened my eyes and came out with a jolt. To "see" someone while in my quiet time was a huge surprise. Now that I had seen her I was intrigued and interested in reconnecting with my guide. I continued to practice meditation until finally I was able to be in her presence and ask her questions. I was amazed at her wisdom and ability to help me. No question seemed too big or small for her wisdom. As I continued on my journey, I came to understand that I have more than one guide and each brings me gifts and strength from the etheric.

In my work as a spiritual consultant, I have been blessed to be able to access guides for my clients. I am again so delighted to hear the wisdom and knowing these wonderful spirits have to give their human partners. The gift I have been given by spirit is the ability to "see" like in a dream state the spiritual helpers for my clients. These guides come in so many different forms but the one common trait is a gentle and always loving and non-judgemental energy.

One of the messages they almost always share is their admiration of the courage it takes to walk the earth. They remind us that they are there for us, to help us to love us, and we are not alone.

For many I have seen wonderful Native guides and these magnificent spirits are so wise. They tell me that

they walked this land for thousands of years and that many of them are working as guides, now, as it is a time of change. It is a time for humans to get in touch and know they are connected to their own knowing which the guides call "the more". For some I have seen Scottish guides dressed in kilts and with stories of days gone by. In these cases it seems as though the clients have shared a past life with these guides. It is as if they have come to earth to share a life with each other in a very special way; one having the earth experience and one in the spiritual world providing guidance.

Always the guides give the messages that we on earth have free will and they are there to provide love and support but do not interfere. We can "hear" their voice in so many subtle ways, the intuition we all have is their voice and guidance. Some of the most beautiful guides are what I call the Nature Spirits. These wonderful beings always show themselves in the most beautiful places. They come as if from the very earth herself. Sometimes they are part of a tree and then show themselves to be from ancient times with so much wisdom to share. They have much knowing about earth and they stress the importance of our relationship with our beautiful planet. They talk of spending time in nature and the healing that takes place when we take the time to be with the beautiful Mother Earth.

Often I am asked how to get in touch with our guides. Meditation is one way—going into the quiet and listening for the voice which is with you always. Remember this voice is always loving and gentle, never critical or judgemental. To quiet our mind enough to hear and feel the love that is there for us, is so important in our journey. Enjoy the quiet and please do not be impatient, for just being in the quiet is beneficial.

Another way to connect with spirit is to go into nature, sit by a river or lake and feel the wonder and beauty that is always there, but we sometimes don't see in our hurry-up world. Going to Mother Earth helps us to connect and heal our soul. I would encourage all to enjoy the partnership with your wonderful spiritual friends as you journey down your earthly path. See ad to the right

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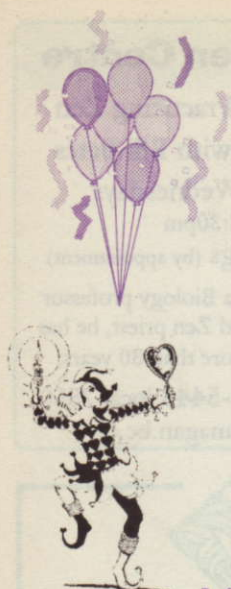
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Tenth Anniversary for February 2

and here are the Article Contest Winners of

by **Maurine McVicar**

by **Glenda J. Emerson**

The journey for me began early in 1999.

As a nurse in a busy hospital in Calgary, I found myself stretched to the limits of endurance, both physically and (especially) mentally. The strain began to wear on both me and my husband, as I was bringing home my anxieties and stresses, and life at home began to be as much of a trial as work had become. I felt as though I was slogging through a bog, every step an effort with very little forward motion; a dark and depressing place without a glimmer of light. I knew that I needed help from some source, but where?

My husband and I tried the route of marriage counselling. Now, I'm not saying that counselling isn't a viable way to address one's problems, but for us it created more problems than we had initially. As an RN, I'm trained in remedial counselling techniques, and was less than impressed with the methods of the counsellor we had been set up with. My husband, however, interpreted my hesitations as my unwillingness to "try," that I was criticizing any efforts made to clear up the problems. The only sure thing that I knew during this time was that this wasn't right for me, and I dug in my heels with my refusal to return to the sessions.

Time passed, tempers settled, and life went on. Our anniversary was coming up at the end of February, and we decided to head to Ainsworth Hot Springs for a few days of R&R. We have enjoyed the springs and surrounding area in the past, and were looking for some healing time. While we were tooling around Kaslo one day I came across the Issues magazine which told of the "Festival of Awareness" in April at Naramata, and listed the presenters and their topics. I thought on that festival long and hard, I know, because by the time I finally decided that I'd go, the pages were dog-eared and frayed. We headed home, both of us relaxed and with my head swimming with anticipation. And so it began.

I was looking for a new attitude, a new way of thinking, and I seeded the kernels when I decided to come to Naramata. I looked for friends to go with, but no one was able to get away at the time, and to be perfectly honest with you, I think that many people that I spoke with about this thought I was getting

When I first read the invitation in 'Issues' for submissions, I didn't think I was 'evolved' enough to write. Yet as I look back a few years ago, to my last hospital stay, I realize that I have progressed at least a small step or two along my path.

Three years ago I was lying across my hospital bed, staring though the wire mesh on the windows, when something clicked. It was my third admission to the Mental Health ward in two years and I finally realized no one here was going to 'fix' me or my life. I had to do it myself and I knew I had already been given at least some of the tools that I needed. I had taken an intensive six-month course on self-discovery a couple of years prior to this latest descent into despair, and while I hadn't been ready or able to utilize the lessons I learned there, I hadn't forgotten them either.


Thanks to a wonderful, compassionate doctor, I was now free to live my life as I chose, within the limits of a disability pension that he procured for me. I now had the time and the means to focus my energies on healing and nourishing my soul. I had read Shirley McLean's books several years before, but having been raised in the church (Pentecostal) I felt a bit guilty, as though I were keeping a ouija board under my bed or something. At the time I only understood about half of what I read; metaphysics, chakras, even meditation were all new ideas to me.

Then I began to read voraciously and soon developed the ability to discern what was right for me. I also learned to pursue those activities which contributed to feelings of inner peace: long walks, listening to beautiful music, writing, making handicrafts and of course, reading.

I've even come full circle in a way. After spending my adult years only sporadically attending church, I was invited to a wonderful Christmas Eve candlelight service. I've usually felt only an oppressive sense of guilt when I attended church. Even my reason for being there was suspect. It was usually out of the fear of going to hell if I didn't. But this time I was fascinated by the rituals and ceremonies of the Anglican service, and the reverence shown in this place brought peace

continues on page 35

continues on page 35



for Issues Magazine

2000

10
YEARS



of A Spring Festival of Awareness Pass

by *Judy Nicholas*

Electrical Sensitivity is an Environmental Illness that can develop when a person is overexposed to artificial light or high electromagnetic fields over an extended period of time. Computer screens and fluorescent lights are the leading causes of Electrical Sensitivity, also known as E.S.

I am a Medical Lab Technologist. My workplace has no daylight, too many fluorescent lights, many computer screens and electrical equipment. I am now electrically sensitive. I can no longer use my computer, watch T.V. and I must avoid all buildings with fluorescent lights. I also can no longer work at my profession. I cannot return to college or work where there are computers or fluorescent lights.

My sensitivity is moderate to severe. My peripheral nervous system reacts within fifteen minutes to exposure, causing my body to feel like it has a sunburn over the entire surface.

The symptoms of Electrical Sensitivity are very similar to Chronic Fatigue Syndrome, and in fact, may be one of many unknown causes of CFS. They are both a result of a dysfunctional Endocrine System. In my case, the Electrical Sensitivity developed first and later progressed into Chronic Fatigue Syndrome.

The challenges I have had to meet in the past three years have provided me with much opportunity for learning and growth. Initially, I became very ill at my workplace over a period of six months. Because the Medical profession has little knowledge of this new Environmental Illness, I had to research and diagnose the problem myself. The only treatment available that was effective was Healing Touch treatments administered by physiotherapists. After a recovery time of six months, I returned to work only to become very ill again as my body reacted to my environment. This exposure would cause my chakras and energy fields to become quite dysfunctional. Regular Healing Touch treatments and learning energy exercises so I could treat myself became very important.

Having to leave a profession that I enjoyed a great deal and which provided me with many benefits was very difficult. Discovering who you are when you take away your career and your income is a very enlightening experience. Attempting

by *Frank Savenye*

I started my journey not unlike many other young children, in a traditional Catholic family and going to Catholic school for the first six years of my education. I do not believe I had any thoughts of spirituality other than that there was an angry judgmental God who would make up his or her mind about my whereabouts when I was to die and leave this earth. As I understood things, it was a matter of following the rules and one could be in Heaven with all the other angels or break them and face the eternal fires of hell. It did not take a rocket scientist to decide to behave yourself and stay within the rules of the church, because it seemed to have all the power. I also felt that the priests and the nuns had some kind of special power as God's workers and could put in a good word to God for you.

By the time I was eleven, I thought it might do me well to consider a career as a priest, believing it was an easy route for survival. Not only for myself but it would feel wonderful to help others on their journey in life. It was taught that becoming a priest, was a "calling". A priest I knew, said he was pondering his decision and felt he could choose to either be a priest or a garbage collector and decided to become a priest to save his own soul. I was definitely feeling let down and confused. At the same session I discovered that priests could not marry either. This did not agree with my personal views and opinions.

During the late sixties, I was married and kept busy raising a family. It was a period of rethinking and studying one's own personal self. Our second child died of SIDS at the age of 3 months. At this time I witnessed the separation of spirit from the body, as my child made her transition home while in my arms. It was an awakening moment, as I understood that we are spiritual beings living in a physical body. When I was 28 years old the marriage ended and I chose to divorce myself from the ancient dogmas of the Catholic church as well.

A year or so later I made a move to the "other" side and joined a large fundamentalist church. I began to study the Bible with great eagerness and enthusiasm. Again I entertained thoughts of becoming a Minister so that I could assist others along their path. After seventeen years with this

continues on page 35

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Structural Integration

by Andy Atzenberger

Consider the human body as a collection of large segments of weight. These segments - the head, chest, abdomen, pelvis, legs and feet - rest one atop the next much like a stack of building blocks. It is the function of the myofascial system (muscles and connective tissue) to both bind these segments together and determine their relationship with one another in gravity. Any tension or strain within the myofascia can therefore affect the alignment and balance of the various segments. Rolfing - Structural Integration - is a hands-on form of bodywork which aims to release the tension and strain of the myofascia and realign the body's building blocks.

Where do these tensions and strains come from? They can begin from the moment we learn how to crawl and walk. Other strains can come with injuries, surgeries, disease, day to day stress and the demands of the work place. Furthermore, our body image, attitudes, outlook on life and emotional state can also have adverse effects on the myofascial system.

Results of these myofascial strains and tensions include: pain in the body and impaired motion and flexibility, resulting in poor posture and less energy. Any pulls or strains can also compress our joints, causing them to hurt and deteriorate.

Now, I would like to give you insight into how a Rolfing practitioner evaluates a client's structure so that you may have a better awareness of your own structure. After taking a medical history, the Rolfer evaluates the client's posture both standing and in movement. The main focus is to see if the various body segments are in line with gravity. Does the head look or feel like it is sitting straight or is it tilted? Is the neck vertical or is it tilted forward? Are the shoulders level or is one higher than the other? Do the arms hang loosely at the side? Is one side of the body more compressed than the other? Is the pelvis level or is it tipped forward or backward? Do the legs, knees and feet track straight forward or are they rotated in or out? Using this evaluation, the Rolfer will know how to proceed working on the client.

The myofascial system in the body is like one continuous web surrounding all the muscles and bones, running from head to toe. Any pull in this web or network in one part of the body can cause pain or discomfort in another part of the body. A simplified example of this is low back pain. There may be several reasons for this pain—a pelvis tilting too far forward, fallen arches in the feet or bowed legs which cannot properly support the body. Another example of this is Carpal Tunnel Syndrome, which may originate from the shoulders and neck rather than from the wrists.

Rolfing sessions are not only effective for those suffering from chronic pain or poor posture however. Athletes and performers seek out Rolfing to restore flexibility and mobility. Others use Rolfing to release the emotions and traumas that have become locked in tissues over the span of their lives. The results of Rolfing are not only lasting, they are progressive.

See ad to the left

Contest Winners...continued from previous pages

by *Maurine McVicar*

a bit "flaky," to say the least. I know my husband had suspicions.

Anyway, as time got closer, I decided that I would go by myself, further solidifying my resolve to pursue this amazing opportunity. I was so excited at the prospect of seeing so many new people with wonderfully different perspectives on life (and more!), all in one fantastically beautiful spot for a whole weekend; a condensed source of enlightenment! I didn't know what to expect. I went with an open mind and never regretted a single moment. Such a marvellously warm and insightful group of people I have not experienced again in such a concentration—the electricity was palpable, and there were currents running through it all, that I interpreted as powerfully strong and good. To fully describe in words the experience is difficult; for me it was a spiritual cleansing. I felt infused with wellness and felt stronger, both mentally and physically, than I had in a very long time. I carry some of those sensations with me still.

Since then, my life has been very interesting, to say the least. My husband was initially very unsettled with my new-found calm when I arrived home, but after a few months of upheaval, he and I have settled into a most pleasant and comfortable "zone." I have become more active in my studies and experiences in alternate healing/health, and found a less stressful job with better hours in home nursing. I continue to seek out new perspectives and new ideas (new to me, anyway, I should clarify!). But the most surprising turn of events took place in June; I found out that I was pregnant! Now, that in and of itself perhaps isn't so amazing, but I am 35 years old, married nearly ten years, and had been told when I was about twenty that I would probably never get pregnant. How's that for interesting? The spirit is willing!

For me, the journey is just beginning, I know, but I am grateful to grow and look upon these opportunities with interest and anticipation now, rather than with fear and trepidation. Life is the teacher, and I am just starting to be open and aware enough to learn; I was looking for a "change of attitude", and am finding my way.

by *Glenda J. Emerson*

to my spirit. It didn't hurt that the priest with his long hair, cream coloured robes, and gentle voice, bore a strong resemblance to Jesus as he is usually portrayed.

So perhaps my journey will now include exploring the Anglican faith, since I believe all who are searching are looking in the same place and sharing the same goal of spiritual enlightenment. But at the same time, I want to continue to expand my soul's horizons with more reading, perhaps the intuitive training course at Aurora's in the new year and of course I will continue with the activities I've found which bring me such a valued sense of inner calm.

I still battle depression and at times the cares and worries of this earthly world overwhelm me. I am very grateful to be able to live my life in a way that allows me to search for my own spiritual truth and to pursue activities that heal my soul.

by *Judy Nicholas*

to establish a home-based business has been a very interesting endeavor but has left me exhausted. Any attempt to do more than the most necessary daily requirements leaves me feeling enormous fatigue. I have had to pace myself and drastically decrease my normal activities.

Learning who I really was and healing any pain from my past also became very important and somewhat of an adventure. The Spiritual Intensive Course with Cheryl Grismer was very enlightening. Learning to become focused and to meditate in combination with yoga exercises was also good for my body and health.

The challenges I have met and overcome have left me empowered and much stronger mentally, emotionally and spiritually. My new challenge for the New Year and decade will be to achieve and maintain good physical health. My main focus will be on improved self-care. This will result from a vast and ongoing accumulation of knowledge of myself, my body and my spirit. Continued help with Healing Touch Therapy, Yoga, fresh air and the outdoors as well as a new pursuit towards Acupuncture and Chinese medicine. I am enjoying a big shift from always being in my head and now learning to come from my heart. Ultimately our souls know what is good for us and how to help us with our healing.



by *Frank Savenye*



church I became disillusioned with life and in particular with organized churches and religions, I felt people were judged by the amount of their financial contributions, rather than being loved and accepted unconditionally as they really were.

My wife Lynn and I started a whole new life as she introduced me to the "New Age" thinking and its wonderful independent philosophers and thinkers. I believe that we are spiritual beings living a human experience and that we are on this earth to assist one another on our pathway home.

In 1996, we moved to Calgary and opened up our Metaphysical Bookstore named Miracles. Those two years introduced me to many wonderful local people, many of whom give their energies to the Naramata Spring Festival every year. We held a variety of classes and introductions to seminar events. I enjoyed a wide variety of learning experiences and earned my certificate as Reiki Master.

Today, the bookstore is closed and our journey continues; we are setting new roots in Kelowna. We are still interested in helping other people and trust that we will be guided to the right situation where we can give to the metaphysical community and be a help assisting others on their journey. I have a great desire to do so through my writings and in giving my own talks and seminars.

Interesting People

The Master's Garden

by Urmi



Some of the most interesting people are dead. People who rise above the common denominator, often have been snuffed out like candles in the wind. This month I pay tribute to my personal mentor and spiritual Master Osho, who left his body ten years ago on January 19. The shock of his early departure makes me more appreciative that I was fortunate enough to have met, talked with and lived in his presence.



I will begin, a bit of history about a man who influenced thousands while he was alive and whose teachings continue to awaken and enliven many seekers to this day. The name Osho means *the place where existence shines through, where the divine comes to earth*—a fitting title for the man that I knew first as Bhagwan Shree Rajneesh. Born in India to a very large family, this promising youth was spotted by astrologers as having some outstanding qualities. There are many interesting stories of him as a boy getting into all kinds of situations that challenged both himself and any friends brave enough to be around him. One example being games he used to play in the river near his home. He would convince all of his friends to jump into the whirlpools that formed when the river was swollen from the monsoon rains. The only way out of the whirl was to completely let go and be sucked down to the bottom of the river, then pop up outside the whirlpool. From these early experiences and from continuous meditation and examination of life and death around him, he was destined for a special purpose. Being somewhat of an eccentric all his life, Osho was a renowned scholar. He had a reputation of challenging authority and his professors in university were kept on their toes and often knocked off their feet by his revelations of their mediocrity. At the age of twenty-one he had an experience that in the East is an accepted possibility of human evolution, called enlightenment. One has to be completely immersed in a greater energy to attain such a title in the East. Osho's story of enlightenment happened one night when he became so full of energy that he could not stay in his house and found himself wandering in nature. He climbed a tree and sat there for the whole night. The story goes that in the morning his body was on the ground but he was still sitting in the tree. This separation of body and spirit is paramount to the experience of enlightenment, which once attained never goes away. This flame of consciousness catalyzes others.

As for my part, I travelled to India in the early seventies, as a teenager. It was a bit like stumbling upon a midsummer night's dream when I came across Osho's ashram in Pune. At first I was very sceptical, any smart person would be, and I stayed on guard whenever I was in Osho's presence, in case he was hypnotizing me. It took a year for him to pass my personal test and I relaxed into life around a Master.

The energy around an awakened human being is very powerful, but not in an intimidating way, more in the way that a rose is powerful or a sunset or waves crashing on the beach.

In a way that no words can adequately explain, Osho was love, humour and a brand of humanness that I always knew existed but had never experienced. He personified the goals that I sought for myself: how to be human and fulfill my potential, how to live each moment in the present. The atmosphere around Osho was inspirational. His revolutionary active meditation techniques were the fast track to change. The energy level of those around him expanded into celebration and we all rode the wave celebrating each day in the Master's garden. Being around this higher consciousness helped transform people very quickly but it didn't all come easily. Growth can be painful. When I began to see how some of my inner workings functioned, it seemed a slow process to ever really be my original self.

Meanwhile, more people came from all over the world to partake in Osho's great experiment. When Osho came to the United States a new phase began. He wanted to create an international commune, an energy centre which he called the Buddha Field. This would be an environment which would ultimately aid in the elevation of human consciousness. The Buddha Field would provide the energy, the atmosphere, the day-to-day culture that would create a new type of human being who was capable of living in a completely new way. Osho's experiment only lightly touched success. The lower vibrations of greed and power manipulated the whole movement into destruction. Some of those in control became corrupt and a complex series of events forced Osho to leave the U.S. An enlightened person has no investment in things being a certain way so no disappointments are suffered and so it seemed that Osho never suffered. He always sparkled, even though we knew he had severe back problems. For twenty-five years he spoke daily about the various scriptures. Pulling the beauty of each Master and translating it so our ears could understand the greatness and the simplicity. Often he would use jokes to get his point across and as a Zen stick for the serious seekers and the sleepers in his audience. He was colourful, poetic and a highly educated speaker.

Twenty-five years after meeting Osho I now realize that my evolution is a constant journey to nowhere—patience, tolerance and more patience. That possibility to go one step further, to reach one step higher, to be that much more. Every so often the memory of his smile, a whiff of his presence comes to me and tickles my heart—just enough to keep it open. Daily I honour the memory that lives in me. I dedicate my life to being who I am, where I am and I watch myself in the dance of my life. I strive to accept, to be aware, to live, love and laugh and be a good human being, knowing full well that I fall short of my potential and that this is the very thing which makes me human.

If you would like more info on Osho you can write c/o of ISSUES. I will be sharing his meditation techniques at the Spring Festival of Awareness and teaching a massage class.



Nia Technique

by Michelle Parry

There is a part of you that wants to dance, to stretch, to play, to move gracefully, to feel fully alive. That's why there is Nia. Nia draws from many of the world's greatest teachings: Eastern and Western, dance and martial arts, music and movement, ancient energy healing and sports medicine, to create a balanced approach to mind - body - spirit fitness. It is a personal growth program that works with the body's natural wisdom and intelligence.

The process of Nia addresses the four parts of the self: the physical, mental, emotional and spiritual. The physical process is personal, natural and experiential. The mental is conscious, guiding every action and thought. The emotional uses expressiveness to release blocked energy. The spiritual process of Nia is one of connecting to a greater whole.

Nia reaches people in their hearts, motivating them to get fit and healthy by evoking a deep and personal desire to explore their potential. Fitness, health, well-being and self love naturally result from the magnetic Nia experience.

I am noticing and being told of the changes Nia is fostering in the Nia students, a deeper awareness of how choices affect our lives. Students are feeling more flexible and their bodies are changing shape. Emotional blocks are being stirred ever so gently in a loving, supportive and playful atmosphere. Students are commenting on meditations becoming more powerful, on noticing the difference in their motional self from one class to the next, and simply observing and allowing it to be, rather than judging or denying themselves that particular experience on that particular day. The communication lines between the parts of our self are being opened up, so that when it is suggested to us to "listen to our body" we can understand the very personal language our body uses to communicate with our Self.

Beginner students are able to play comfortably in the class alongside more advanced students because each student is only concerned with their own personal range and expression. This is so beautiful to be a part of and I am grateful to the students for helping me to grow and explore right along with them. The ultimate beauty of Nia for me is that because the movements and reprogramming take place at the speed of life, the transformation translates so naturally into my everyday life. I invite you to come and play in Nia.

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