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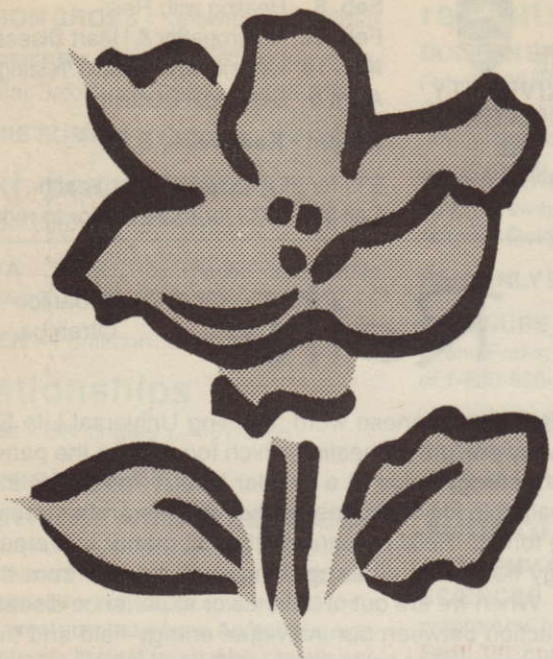
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Reiki

by Janice
Otremba

Reiki, a Japanese word meaning Universal Life Energy, is an ancient form of healing which focuses on the patterns of human energy fields at a cellular level. Reiki is an invisible but palpable life-force energy that infuses and permeates all living forms. Reiki recognizes that all matter is a creation of energy fields and all living things are created from this energy. When we are out of balance or experience disease, the connection between our individual energy field and those of the universe must be brought back into harmony. Reiki is a precise method for connecting this universal energy with the body's innate power of healing. Reiki is a gentle and comforting hands-on method, that assists an individual's natural control and influence over their own healing.

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for details see
Nov. ISSUES p.19



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Nutritious Fast Food: Juices

by Suki Derriksan

Being an avid vegan for the last ten years, eating and nutrition are major priorities to me. High nutrient dense food is my mission every meal and snack. Freshly juiced vegetables and fruits are quick energy with many healing benefits. And, thanks to some dedicated health conscious entrepreneurs, eating out can be a stress-free tasty event!

In order to get our nutritional needs met on a daily basis, we need to consume whole unprocessed foods. One of the best insurances we can give ourselves is that of freshly juiced fruits and vegetables. "JUICE" is defined as: water, flavors, pigments, enzymes, vitamins, minerals, and nutrients—all working synergistically to give our bodies the materials that promote healing, energy and protection from disease.

You can either juice at home with a good quality juicer—using organic produce, or seek out the local juice bar. Seeking out the local juice bar when one has a busy daily schedule is often the only choice.

The price of a large 16oz juice is around \$4.50 and worth every penny; you get at least half your daily dose of vitamins and minerals, plus amino acids, enzymes, and a real energy burst. You can usually add a variety of supplements, like Echinacea, Ginseng, Greens+, Bee pollen, Flax seed oil, Spirulina, etc. Add to that a hearty wrap or green salad and bowl of chili and you are well on your way to a fully fueled day.

Some of the benefits of fresh juices include:

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We need to support our brave entrepreneur out there running a juice and alternative food business. It is a great advantage to have this service provided for us. There is no substitute for fresh, live, raw foods. Our bodies depend on these live enzymes for every function. There is no substitute for the energy high we receive from ingesting living food.

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Musing



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A Touch of Alaska

This cover photo and quote made headlines in the *Alpena News* back in 1951. Mom and Dad both loved the North and tried to recreate it when they moved to Michigan. With lots of snow and the annual Thunder Bay Ice Carnival, Mom decided her dog Chinook should be part of the festivities. Cheena is Chinook's daughter and Mom is teaching them to pull her sled. Some of the newspaper clippings with pictures of women waving from the sleigh say .. "Queen Arlene and members of her court are set for some genuine Alaskan dog-sledding." "Visitors to our annual Ice Carnival will get to see these dogs pulling a load of beauties through the snow. Not one in a hundred probably will know this breed. They are Mackenzie Huskies from Northwestern Canada."

While Mom practiced her dog-guiding skills, Dad taught us how to make igloos. We needed special snow to make an igloo, and one crispy morning we got it in the form of heavy dew that froze. This helps the crust stay together so that it can be cut with a shovel. Each piece was cut to size as it spiralled upward and inward. I will put that picture on next month's front cover.

Mom still has a few dogs. She can't live without them. She told me that she has never lived without a dog. Even as a child and when she was in the convent, she had a dog waiting for her when she got home for the holidays. When she comes to the Okanagan this Christmas, she says she will only bring two of them... we'll see. It will be good to have her here for a few months or more. She would like to find a secluded place to live somewhere within an hour of Penticton. If you have a place with some space for her and her furry companions, please give me a call at 1-888-756-9929.

My focus for the past month has been to slow down just a touch. I cleaned out some old files, winterized the windows and painted a few of the practitioner's rooms. We have two women joining us... a newly-licensed naturopath, Megan Mackenzie and a registered massage therapist, clinical hypnotist and counsellor, Rosemarie Woloch. It is great to have some more people join our community of like-minded souls. I love what has been created here on Ellis St. People from all over drop in to say "Hi," and check out our Juice Bar, Gift Shop or Yoga Studio. Many people come because they are looking for some guidance in understanding their health, or to feel the spiritual connection that the people, books and videos offer.

Recently I had a real estate man drop by... he was representing someone who wanted to buy my land and build a restaurant. I contemplated selling, for I am always open to the possibility that the universe has something else for me to do. It didn't happen but it gave me lots to think about, for I have always wanted to start an Intentional Community... a Retreat

Centre where like-minded souls could live and work together. The offer prompted me to think once again about this possibility. If anyone has similar ideas, I would love to hear from you.

Another project I have started is producing T-shirts. You saw them on the back cover of last month's *Issues* and again this month on the opposite page. It reminded me of the quote... *Be careful what you ask for ...* I really liked Nywyn and Kestrel's designs and was saddened when they stopped making them three years ago. Recently Kestrel approached me wishing to sell his designs. I couldn't resist. It fits into everything else I do and will teach me a few more things about being in business. I can take them with me when I travel so if anyone wants to see them in other towns, please let me know.

With no children to create for, Christmas has become a time for quiet reflection. Owning a gift store is like having Christmas every day. When a parcel arrives or someone drops in on their way back from India with new products; rocks, oils or T-shirts, I can feel the excitement. I open the boxes and enjoy the scents or beauty until someone takes the item home. I enjoy the moment and then give thanks for my many blessings as I continue on to the next task of pricing, cleaning and even dealing with shoplifters. Each day teaches me much, and in gratitude I blow kisses to the sky for my abundance.

I want to say "Thank You" to all the Safeway stores who have allowed me to use their front foyer space to distribute my magazines for the past ten years. National Distributors Alliance have now bought the rights to put their racks in the foyers. NDA will allow my magazines in their rack for a monthly fee. That I refuse to do, so give me a call if you want to know a place close to a Safeway store where you can pick it up.

For those of you who noticed that the front cover is not in full color, I am learning what it takes to coordinate a Mac printer with an IBM computer. We have several experts doing their best to figure out the glitches, and we'll see what happens.

And last but not least... "Thank You," to everyone who took the time to respond to Eileen's Boeur's comments about needing a reprieve from my front cover photos and personal thoughts. It was interesting to read other people's comments both pro and con. Eleven years ago when I started writing *Musings*, I wrote about the changes I felt were needed in our "Health Care" system, for that is something I would like to see improved. Nobody ever made mention that they read it. People told me they generally find editorials boring. When I started doing process work I decided I would share my feelings and my healing process. I got lots of good feedback, so I continued. It is a good exercise for me to make the time every month to write—putting into perspective my idea of who I am in relation to how I am feeling. As I stated several months ago when I published my *before* and *after* photos, I feel like I have made it through the worst of the energy blockages and now it's time to slow down and let my body adjust. I will see what the future brings and keep you updated as to my progress. Each month as I reflect on where I am, those of you who are interested are welcome to peek in and share part of my life. Each day I try to be more in touch with my feelings, for the body never lies. It is the mind that likes to play games. Reading Chinese Medicine and Psychology is helping me to understand how energy moves through the system. Meditation, yoga and good food build my inner strength so that I may grow into my unique self and feel blessed with inner peace.

Namaste

Angele



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The Holy Grail

According to a popular Gnostic Christian legend, Joseph of Arimathea, an essene Master and friend of Jesus the Nazarene brought this sacred vessel to Glastonbury where he built the chalice well and the first Christian Church on English soil. The Cauldron of Cerridwen is an indigenous representation of the Holy Grail. Cerridwen was a Goddess and Keeper of the Cauldron of Inspiration and Rebirth.

The Celtic Cross



Before being adopted by the early Christians in Britain and Ireland, the Celtic Cross was a symbol for wholeness. All words for the cross have a common basis that means 'light of the great fire'. Like the World Tree, crosses implied the primary relationship between the Celestial (vertical axis) and the Earthly (horizontal axis).



The Web of Wyrð

Wyrð is a Saxon form of our word 'weird' which means 'to weave or wind'. This describes the unseen forces and time lines of synchronicity. The spider is linked to the Triple Goddess or the Three Fates who are said to oversee our destiny. To align with the spirit of the spider is to be conscious creators of our lives and become aware of the consequences of our thoughts, words and actions.



The Viking Runes

Wodin or Odin was said to have hung upside down from a tree for nine days and nights without food or water. In this altered state he attained the secrets (Runes) of primal knowledge. Each of the Runes represents an elemental energy of life. The Oak tree in the centre of the design represents the bridge between the Cosmos and the Earth. The Celtic word for Oak tree is Duir from which we get our word 'door'. Discover the language of the runes and let the door to knowledge be opened.



The Wheel of Life

The wheel is one of the oldest universal symbols for the cyclic nature of life. The Celtic Wheel was known as the 'Silver Wheel of Arianhrod', the moon Goddess who was the Keeper of the Knowledge of seasonal and planetary cycles. Each quadrant of this design has imagery depicting the four elements, which were believed to have spiritual entities that symbolized these forces of nature.

ISSUES MAGAZINE

☎ 492-0987

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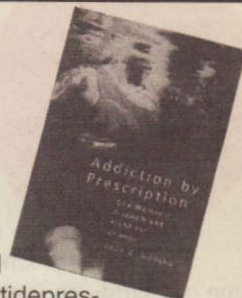
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Addiction by Prescription

by Joan Gadsby
ISBN 1-55623-156-7

One Woman's Triumph and Fight for change



In 1966, Joan Gadsby's four year old son died of a brain tumour. In response, her trusted family physician prescribed a 'chemical cocktail' of tranquillizers, sleeping pills and antidepressants—an act that initiated Gadsby's slow descent into an abyss of unrecognized addiction.

Over the next twenty years, Gadsby's career, her family relationships, her financial security and her health were all threatened by her 'addiction by prescription'. She was on various occasions arrested, restrained, sedated, jailed and written off as either psychotic or alcoholic as a result of the paradoxical side effects of the drugs. It was only after she unintentionally overdosed in 1990 and almost lost her life that she found out the insidious effects of the drugs, stopped taking them and went through the 'hell' of withdrawal—alone.

Gadsby has emerged from her addiction to become a tireless advocate for systemic change and accountability in the area of prescribed sedative/hypnotic drugs. She has interviewed thousands—from consumer to doctor to pharmaceutical representatives and government officials as she conducted extensive international research—in her quest to expose the shocking truth of the depth and breadth of addiction by prescription which affects hundreds of thousands of men and women worldwide. Joan is a BC resident and lives in Vancouver.

Not since *I'm Dancing as Fast as I Can* which became an international best-seller in 1979, has a book dealt so powerfully with the horrors of prescription drug addiction and its devastation on people's lives. In addition, this book presents a powerful 'call to action' with concrete proposals for resolving these complex issues.

First Light Celebration New Years' Eve Social



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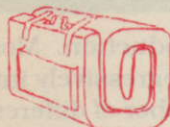
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From the Editor...



Chit Chat
with Marcel



The delight of Christmas is with us again. I really do enjoy this time of year. Even though I may complain a little about over commercialism and not enough focus on the true meaning of Christmas, I always find the time it takes for the extra shopping and preparations and to get into the Christmas Spirit.

For me, part of the fun of the season is all the Art & Craft shows I can go to during the six weeks or so before Christmas. The extravaganza of items on display is truly a joy to behold. It amazes me that there are so many talented people in our area with the ability to 'think up' the ideas for their products and the skill to bring them into form. What a marvellous example of how Life Force flows through individuals and, with their own unique creativity, becomes an expression of beauty in physical reality. Seeing so many people with this ability helps me to realize that this privilege is not just granted to a few special individuals, we all have the ability to use Life Force in this delightful way. It also helps me to see the close relationship between creativity and love and the way they work together. These beautiful gift items and decorations have not just come from peoples' heads but are definitely true expressions from the heart.

This more exuberant flow of Life Force at Christmas time is also evident in peoples' personal lives—the myriad of coloured lights and decorations on their homes and businesses, inside as well as out; the extra socializing with the wonderful displays of food and goodies; the generosity and kindness that is so evident at this time. I will remind myself to remain open to this exhilarated flow of Life Energy through the Holiday Season and all the fun, excitement and joy that comes with it. I am very fortunate to have most of my family living close to me and I am so pleased that my son and his wife will be travelling from Montreal to join us. The warmth and closeness of family is what makes the Holiday Season so special.

As for the true meaning of Christmas, may it be a joyous celebration of Christ Consciousness, the connection to our Divine Source whence comes the flow of Life Energy which ignites and nourishes our lives.



May your Christmas Season be a glorious expression of Life Force with the closeness of family and friends, fun and good times, and the joy of whatever pleases you most.



May the New Year bring you great blessings on your journey toward your highest potential.

Marcel

Profile

Magnetic Rejuvenation

by Wendy Ferguson

How does an elementary teacher with fibromyalgia get to be known as the 'Magnet Lady?'

Fibromyalgia robs one of energy, restorative sleep, and leaves one full of pain, but it started me on a journey exploring alternative medicine and eventually magnetic healing. A magnetic belt used on all painful areas helped me the most. I soon looked into buying a magnetic mattress, but found them all inflexible, bulky, expensive and some using a mixed pole, when the reading suggested using the north pole. I decided I would have to make my own magnetic mattress. Slowly the model and magnets changed until I had a twin size mattress in a zippered fleece sleeping bag the size of a twin bed, which fit into a small beach bag for easy carrying. Sleeping on it allowed me to go into a deep sleep without medication and took away the pain.

Now my creative juices were flowing, and I soon had a large magnetic sheet and various size mats, bracelets, rings, soles, knee and back supports, moist heat packs, face lifting kits, water magnetizing stands, earrings that make you feel better, and customized products to fit people's needs. My friends and family became excited too when they tried the mattresses and other products. They liked how quickly it relaxed them and how deeply they slept. My seventy-nine year old mother liked how it took away arthritic pain. They soon became very good customers and word spread. People were coming to me for magnetic healing.

One such woman is in my Qigong class. I could see she was in pain during class. I gave her a large, powerful magnet for her hip. It helped immediately, so she took it home. The next week she was pain free. She told me how she had a terrible pain go down her leg, but left it on anyway. On the fifth day the pain from both the leg and hip disappeared totally. Now she sleeps on a magnetic mattress and magnetizes her water.

The fun part is to invent new products. The latest is a double foam mat with powerful fatter magnets between. They have a double cover with the outside one being removable and washable. This is something I haven't found elsewhere. There are two sizes and many covers to choose from. Covers can be custom made to fit into home decor, since these mats are wonderful when you watch TV, to sleep on or to have in your car for a more luxurious ride. Inventing, having a reasonable priced product, meeting new people and helping others is fun.

I was sad to give up teaching. I wondered what else would be rewarding and how I could be useful to society. Now I am working with a much more mature group of people, and enjoying them. This line of work also has wonderful surprises and gratifying rewards.

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Wheel of the Year—Winter

by Laurel Burnham

I have found great wisdom and comfort in studying the traditions that accompany each season. Through the world of nature, and the ever changing cycles of birth and growth, harvest, decline, death and rebirth, I have found wonder and delight, mystery and meaning.

Over millennia, across great differences of culture and language, virtually all the people of the Northern hemisphere found ways of celebrating the changing seasons. They knew at a very deep level, that they were a part of those cycles and seasons. They found meaning in their lives, reflected in the natural world. They revered the earth, the sun, moon and stars, and the divine forces that powered creation. By coming back into harmony with the rhythms of nature, we will also find the power to knit our fractured lives back together.

There is perhaps no other season that is as loaded with significance, memory and mixed emotions as winter. The season officially begins with the Winter Solstice on December 21st, but the whole month of December, and into January, is packed with significant events. It doesn't matter what faith you follow, Christian or Jewish, Muslim or Pagan, every religion has a significant celebration. The underlying message has to do with the return of the light, the message of rebirth and return from the dark night. There is magic in the air, in the long nights. Our children, and our inner children are very much in tune with it. It is the birth of the divine child, the light of the world. It is the return of the light to earth, as the days from this point will grow longer.

As nature takes a rest, life withdraws from the surface into the ground. Appropriate activities for December have to do with introspection, rest and renewal. Winter reminds us of our physical selves, making us pay attention to our bodies. We must take care of ourselves, staying warm, getting plenty of rest, guarding against the various cold and flu bugs that invariably make the rounds. According to Chinese Five Element Theory, winter is yin, and rules the kidneys. During this time, we learn balance between our inner lives and the outer world, or else we pay the price in ill health.

Even as our inner, natural selves crave more rest, and silence, our exterior world is gearing up to the most stressful cultural season, that of Christmas. For many of us, it is easy to feel overwhelmed by the commercialism and external busy-ness of the season. All of our cultural obsession with consumption masks a great longing for meaning. As humans, we are meant to come together, to celebrate, and to pray for the return of the light, both the sun and the Divine to our lives. We have done so for millennia, it is encoded into our genes. Don't resist...just remember the key word is balance, the meditation is self-care. We need to celebrate our place in the great wheel of life, as-much as we need to take care of our physical selves.

Native Americans refer to the time around the Solstice as a time of Earth Renewal, and marked it with days of prayer and fasting. For people of the Jewish faith, the Winter Solstice is the beginning of Hannukah, the Festival of Lights, the celebration of freedom. Christianity celebrates the birth of child Jesus, the great star presiding over the birth of the Holy Child.

For several years now, my family and I have celebrated the Solstice with our circle of friends, by having a potluck feast, and a ritual honoring the children. Just as our children are the universe's gifts to us, so we honor our children by giving to them. Each child embodies the Divine promise, and the gift of life. We honor the children of our community by placing each in the centre of our circle, holding a candle. We then sing a lovely name song to that child, and each adult takes turn acknowledging the child, by sharing with the circle what we admire in him or her. We give the gifts of our praise, affection and attention. (Not to mention a present from under the tree!)

The name of the full moon this month is often called "The Moon of Long Nights". First Nations people in each area would have a specific name for this moon. For those of you who love full moons, you are in for a special treat. This year, the full moon is Christmas night, December 25th. It would be a wonderful opportunity to pray for light all over the world, and sweet dreams for its children.

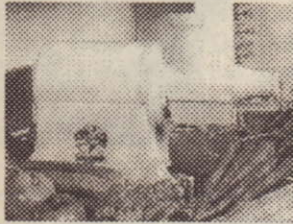
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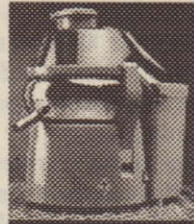
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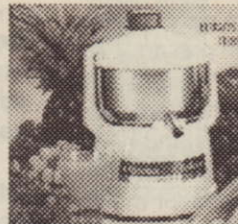
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by Reverend Deborah Gordon

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We're about what we must do personally and in community to bring about a world of peace and harmony. A tall order? Perhaps, but what I know as co-pastor of this centre, is that there is something within each of us that wants to connect, to belong, to explore and to share our gifts with each other. We come together for a purpose bigger than ourselves and together we choose to focus our energies on expanding our consciousness of living in an awakened world.

We are about the business of Spirit

—not finding it, because we have found it. It is what you are and it is what I am... we could not be anything else if we tried, but we are about the business of celebrating it. We are about personal growth and embracing life, we are about social consciousness and building a better world, we are about healthier living and experiencing that well-being. We are blessed to offer a supportive place of connection that nourishes the heart, mind, soul and body.

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Psychics & Intuitives

Can anyone do it and should they?



by Connie Brummet

Since the beginning of time we have heard stories and myths, facts and fiction about witches, psychics and fortune tellers. The gifts that these people possess have never ceased to amaze, mystify and even frighten the average person. Fear has unfortunately been the most dominant of the emotions regarding this extraordinary phenomenon, and this same fear filled our history with witch hunts, stake burnings and hangings, not to mention torture and other cruelties that were inflicted upon those who either claimed to possess, or merely were accused of possessing these strange and unusual gifts. Natural health practitioners were accused of witchcraft, especially if they used any intuitive means of diagnosing illness and disease. Aromatherapists of old were accused of casting spells with their essences, and consequently persecuted and murdered. Yet, the second most dominant emotion regarding this subject has always been curiosity.

Since ancient times, people have sought out natural healers, asking them to work their magic upon them, to rid them of those "devils" called disease. Multitudes of people sought out psychics and soothsayers, to receive counsel regarding their problems, their lives and their futures. Of course the psychics themselves were not always conducive to the betterment of their clients. Many have abused their gifts by telling their clients only fractions of the whole truth, keeping their clients coming back for more and more information. But, like it is said, one can find good and bad in everything, and the metaphysical aspects are no different. It is all a matter of the intent coming from the person using these gifts.

In today's society, metaphysics has become more socially accepted, not to the point where it has become a household topic, but at least people have conquered the ugliest part of their fears; the part that claimed the lives of so many innocents. There are still many that believe these gifts of intuition are tools of the devil. They are usually the ones who remain uninformed and conditioned by strict tradition.

The Bible mentions not to go to fortune tellers and soothsayers. Ever ask God why? The answer that was received when asked was: If people get their future told and it comes true, they may come back again, and if a second time it also comes true, we as intuitives have just developed a co-dependent person who wants us now to tell them how to live their lives. But when we teach them how to do it for themselves we give them the power. In the Bible, 1 Co: 12:1 it says that each of us receive a variety of gifts to be used for the general good by the same spirit: The word of wisdom, Faith, Knowledge, Healing, Miracles, Prophecy, Distinguishing Spirits, Various kinds of tongues and interpretation of tongues. The Bible is one of the best history books on Metaphysics. Remember it also states that if one had faith the size of a mustard seed, one could move mountains. God has also promised us: "Ask, and you shall receive." He didn't mention anything about what we could ask for, or set any limits or boundaries. To me that means that anything is possible, anything at all, and to me that means that God is okay with psychic or intuitive gifts, if used with understanding and for the good.

We wouldn't have them at all, if they were not part of God, for didn't he say that we were created in his image?

I take my gifts very seriously, I still do readings for my clients, but not the kind of readings they have come to expect. My readings are designed to help my clients help themselves, to assist them in overcoming those hurdles in life that hold them back from being strong, joyful, independent and free to make their own choices. I have developed the gifts of Wisdom, Faith, Knowledge, Healing, Miracles, Prophecy, Distinguishing Spirits, Various kinds of tongues and interpretation of tongues. I am not a fortune teller with a fancy headdress and large hoop earrings, but I am a modern Intuitive Natural Healer, dedicated to the clients who want to help themselves. My predictions and guidance are channeled from Spirit.

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Thought for Today

by Colette Vandecasteyn

Sometimes people come into your life and you know right away that they were meant to be there, to serve some sort of purpose, teach you a lesson, or to help you figure out who you are or who you want to become. You never know who these people may be (possibly a roommate, neighbor, co-worker, long lost friend, lover or even a complete stranger), but when you lock eyes with them, you know at that very moment that they will affect your life in some profound way.

And sometimes things happen to you that may seem horrible, painful, and unfair at first, but on reflection you find that without overcoming those obstacles you would have never realized your potential, strength, will power, or heart.

Everything happens for a reason. Nothing happens by chance or by means of luck. Illness, injury, love, lost moments of true greatness, and sheer stupidity all occur to test the limits of your soul. Without these small tests, whatever they may be, life would be like a smoothly paved, straight, flat road to nowhere. It would be safe and comfortable, but dull and utterly pointless.

The people you meet who affect your life, and the success and downfalls you experience help to create who you become. Even the bad experiences can be learned from. In fact, they are probably the most poignant and important ones.

If someone hurts you, betrays you or breaks your heart, forgive them, for they have helped you learn about trust and the importance of being cautious when you open your heart. If someone loves you, love them back unconditionally, not only because they love you, but because in a way they are teaching you to love and how to open your heart and eyes to things.

Make every day count!!! Appreciate every moment and take from those moments everything that you can, for you may never be able to experience it again. Talk to people that you have never talked to before and actually listen. Let yourself fall in love, break free, and set your sights high. Hold your head up because you have every right to. Tell yourself you are a great individual and believe in yourself, for if you don't believe in yourself, it will be hard for others to believe in you.

You can make your life anything you wish. Create your own life then go out and live it with absolutely no regrets. *MOST IMPORTANTLY!!* If you LOVE someone tell him or her, for you never know what tomorrow may have in store!

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The Limitations of a Partial Approach

by Hank Berkenpas, CNC

The conventional approach of diagnosis and treatment has certainly had some remarkable successes, especially in dealing with acute infections and trauma. Yet it has become so specialized and materialistic that we have lost sight of the larger picture. We have become reliant on the use of drugs and surgery, often to the exclusion of health-building and prevention. As a result, the major part of contemporary medicine is geared toward the controlling and counteracting of symptoms and disturbances.

The body has an innate ability to heal itself, given the right support and nutrition. We are so eager for quick and easy solutions that we rather indiscriminately turn to some drug or surgical procedure. Instead of strengthening the patient, we seem to be focused on compensating for the body's weaknesses, much like modern farming techniques attempt to substitute chemical warfare on pests for building up the plants resistance through soil enrichment and careful management. Natural products have been used for centuries to build a solid foundation of health with little or no risk or side-effect. Getting "back to nature" doesn't have to mean being a "hippy" or "flower child", it simply means taking care of ourselves from the inside out. Good health starts from within. We don't all need to become vegetarians, in fact, some people do very poorly on a strict vegetarian diet.

We should however focus on eating more whole, fresh, locally grown foods. Tropical fruits, for example, are picked green and shipped over long distances. The average Canadian adult consumes between 7 and 10 pounds of pesticides, herbicides and fungicides annually. Living a more natural lifestyle will add life to your years, not just years to your life.

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Winter Solstice

by Therese Dorer

As we approach the end of the year 2000 and move forward into the New Year, it is important that we honour where we have been this year and celebrate the accomplishments we have made. So often we rush forward into the next task, duty, or activity without taking time to pay tribute to where we have been. Our lives are so busy with the every day activities, and it is easy to forget to connect with our wonderful spirit.

Winter Solstice is coming and it is a time when we can celebrate the new light coming to the earth. It is also a time to let go of old energy and life patterns that have kept us feeling stuck, and embrace the new wonders that are in store for us in 2001.

In my work as a spiritual consultant I has had the privilege of working with many clients over the past year. Through private sessions I have been able to access individuals' spirit guides, and through them, give messages to my clients. I am constantly amazed and delighted with the wondrous messages they relate.

One of the most important messages that have been very consistent over this past year is the importance to Love, Honour and Trust ourselves. To love every aspect of our being and feel this at a cellular level. To honour ourselves, to honour who we are and all that we do. We are so quick to criticize ourselves. The guides give messages of complete acceptance of self. To trust in ourselves, trust that if we make a promise to ourselves we will keep it. That can be as simple as giving ourselves permission to play in the outdoors or faking time out to play with our children—ignoring the messages from Ego that we are not good enough, smart enough or generally don't measure up.

By nurturing our soul and sending messages of love and acceptance we help to clear the path to our spiritual connection. This is the time to embrace the divinity within and to understand our own individual power.

This December on Winter Solstice I invite you to celebrate the light returning to our part of the world and embrace the light in your being. Please remember to LOVE, HONOUR and TRUST yourself.

See ads in the Calendar of Events - Dec. 20 & Jan. 24
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Calendar of Events



December 5

Relationship Astrology with Khoji Lang at the Yoga Studio in Penticton, p. 31

Relaxing the Neck & Shoulders with Sandra Bradshaw in Kelowna, p. 5

December 7

Crystal Show with Theodore Bromley in Penticton, p. 4

Finding That Good Feeling, workshops with Sue Peters in Penticton, p. 31

December 9 - 10

Avatar Workshop with Russell Monsurate & Sylvain Mailhot in Kelowna, p. 19

December 10

The Christmas Angel with Doreen Mara in Vernon, p. 11

December 16 & 17

Wellness Festival at Delta Shoppers Mall, Delta, BC, p. 17

December 17

Fair Wares Faire (International & Local Wares) in Penticton, p. 12

December 20

Winter Solstice, an evening of love & acceptance, an opportunity to release old energy and accept the new energy of 2001 at St. Andrews on the Square, Kamloops. Therese 578-8447 or Terez 374-8672, p. 16

December 31

First Light Celebration with Kathrine and Sam Lucier in Penticton, p. 8

January 2

Solution Focused Counselling Programs begin at Erickson College in Vancouver, p. 11

January 3 & 4

Intro. Qigong & Tai Chi classes with Harold Naka in Kelowna & Westbank, p. 21

January 10

Introduction to Meditation with Cheryl Grismer in Westbank, BC, p. 09

January 11

Intuitive Training Certificate Program with Connie Brummet in Kelowna, p. 14

January 12

The Power of Now with Eckhart Tolle in Vancouver, p. 32

January 17

Miracles in Treatment & Training, Free Intro. with Marilee Goheen in Kelowna, p. 3

January 19, 20 & 21

Reflexology Certificate Course, Level 1 with Elsie Meyers in Prince George, p. 10

January 24

Love and Wisdom, an evening of conversation with those from the angelic realm, with Therese Dorer. Crystal Bowls played by Terez Laforge. St Andrews on the Square, Kamloops. Contact Therese 578-8447 or Terez 374-8672, p. 16

January 27 & 28

Psychic & Healing Fair at Dare to Dream in Kelowna, p. 9

January 29

Reflexology Diploma Program with Yvette Eastman in Vancouver, p. 4

Holistic Practitioner Course starts at B.C. Inst of Holistic Studies, Chilliwack, p. 25

February 5

Natural Health Practitioner Diploma Course at Aurora's... Kelowna, p. 15

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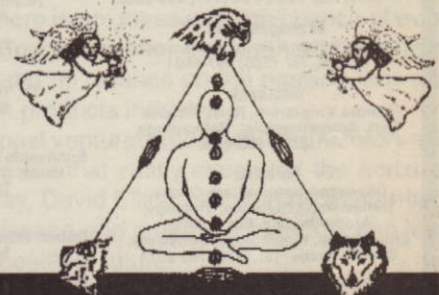
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Avatar: Practical and Mystical

By **Harry Palmer**, author of *ReSurfacing - Techniques for Exploring Consciousness and Living Deliberately - the Discovery and Development of Avatar®*

The Avatar Course is a nine-day self-empowerment training delivered by an Avatar Master. The Avatar tools are a synergy of exercises, drills, and procedures that when properly understood and used increase your ability to live deliberately. They are remarkably effective and efficient tools for taking control of your life. If you need to identify and resolve a self-sabotaging belief or behavior, the Avatar tools can help. If you want to create a harmonious relationship, or achieve success, or just reach a pleasant state of joy and contentment, the Avatar tools can help you. They are also effective for removing grief and stress from your life, restoring health, and achieving peace of mind.

Living deliberately means to operate as a creative source—at least within the confines of a certain domain of reality. A creative source acts deliberately out of its own inner determination; it is responsible.

The evidence that the Avatar tools are working for you is that certain things that you could not previously create, control, or change through your effort and willpower alone, you now can. In other words, within the reality domain that you are experiencing, you have moved to a higher level of creative source. You have acquired or recovered a greater ability to live deliberately.

This happens when some resisted experience, or inability, or behavior that was holding you back is removed or positively changed. You move beyond your former limitations. The size of your reality domain increases, and along with it, your influence, your opportunities, and your confidence increase. Your power as a creative source increases.

These are expected results of the Avatar training. Students who feel they have not achieved these results by the end of the second section of the three-section course are entitled to a full refund.

Practical Questions

Most of the people who sign up for the Avatar training have the immediate goal of improving their lives. So the immediate question in many minds is, "Will it work for me?"

This is not always a question that an Avatar Master can answer. Showing someone how to use a tool, even when the presentation includes many hours of drilling and exercises, will not always turn out a successful or motivated craftsman. Verifying that the tools work for others is not really the answer to, "Will it work for me?" The real answer to this question is a question in reply, "How honest with yourself are you willing to become?"

How vulnerable will you let yourself become? The reason this is asked is that the real causes of your unhappiness, whatever they may be, and the causes of your failures, whatever they may be, are buried beneath blankets of your own resistance. And while an Avatar Master can guide you, can create a safe, compassionate space, in the end it is your willingness to be vulnerable that dissolves the blankets of resistance. Then the true causes of your unhappiness are revealed, and you can put the Avatar tools to work for you.

As long as you are willing to go down the path that leads to greater honesty with yourself, the Avatar tools will work for you.

Mystical Questions

After you have successfully mastered the Avatar tools, you can use the tools to reshape or change personal realities. Abilities

are recovered. Limiting and self-sabotaging beliefs are discredited. Life goals are discovered. In a sense, you square your life away. Fixed attention is liberated and your awareness expands; the mind relaxes. And within the mental quiet, more distant questions arise—mystical questions about life and death. Who am I that thinks? Why am I? What is my purpose? What is the purpose of anything? These questions are doors to the inner mysteries.

One of the inner mysteries revealed in the quiet mind Avatar state is that there is a gentle urging or intention underlying the unfolding of life. It is like some divine cosmic order that quietly, compassionately whispers the perfect suggestions to you at exactly the right time. But it does not impose its will; it is not insistent; it does not command. In all likelihood it has not been heard, or if it was it was ignored. Very few people understand this universal inner Tao. For most it has been lost in the din of thoughts. Many people have intuitive flashes, but even these flashes come with strong doubts.

So beyond material success and happiness, in the here and now moments free of mind, new priorities unfold. What is really important? Which of my actions are of consequence and which actions are trivial? Why am I so concerned with impermanent things? These are questions found along the path of self-honesty. They do not merely elicit answers; they create moments of sudden intuitive understanding—epiphanies. Certain qualities start to evolve in your life: serenity, compassion, and consideration for others.

The experience of a transcendent moment and a realization of your own connection to source are mystical but unquestionably real experiences of your Avatar training. If you've got the courage to try it, you're in for a wonderful trip.



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Off-Centred in the Tao

by Harold Hajime Naka

Sometimes one has to take a step back, just to see how far one has come. For me, that step goes back to the last century to 1979, when I was an insecure 39 year old introverted, non-conforming, rebel searching for happiness, peace of mind, and the meaning of life. At the same time I was looking for a way to escape the responsibilities of life and society. The solution to my dilemma was to liberate my inner dancer and move with wild abandonment, revealing my true nature to the world (when you're insecure like me, you dream big).

Locked up in my body was a burning passion to move freely and naturally (a feeling I had felt since I was nineteen). After twenty long years of suppressing my secret, my heart and soul longed to be set free. But I couldn't dance! I felt trapped in my body by a cultural strait jacket that kept getting tighter and tighter, squeezing my creative energy out of me until I couldn't deny myself any longer. I decided to 'come out' and unlock my body (if only I could find the key). I didn't care that real men didn't feel this way (not in public anyway).

I worked up enough courage to go to the Kelowna Recreation Centre to register for the jazz dance class (I knew this was what I wanted to do, because I had seen it on TV). The man behind the counter told me that I couldn't join the jazz class because I would be the only male in class and besides I wouldn't like it anyway. With an annoyed look on his face, he told me to take Disco instead. My heart sank at the thought of having my dream dashed.

I reluctantly signed up for Disco. The room was full of people wanting to learn the latest dance craze. I stood against the wall, trying to look invisible, when to my surprise the instructor asked me to demonstrate a new step with her. She put the music on and took my hands in hers. I froze as she stepped back, pulling me towards her, causing me to step on her foot and almost knocking her over. She glared at me and quickly cast me aside and picked someone else. I was humiliated and embarrassed (my self-esteem dropped to zero from one). After that disaster, I took jive and ballroom lessons, stepping on more toes, not knowing which was left or right—being musically challenged didn't help either. Feeling discouraged I did my last waltz out the door, vowing never to dance again.

Then one day I heard that they were having jazz dance classes in my neighborhood. My heart skipped a beat while my head said, 'Don't make a fool of yourself'. I listened to my heart and returned to the Rec. Centre, this time determined to get into the class. To my great delight the staff was kind and courteous. I showed up at the first class wearing a baggy jogging suit and looked out of place beside all the female dancers in their tights. I didn't care, all I wanted was to move gracefully and effortlessly like the dancers I had seen on TV. I was surprised at how hard and fast we had to move. I was exhausted at the end of class. I persevered and my teacher told me I had lots of guts, I told her, "That's all I had." She took me under her wing and soon the rest of group made me feel welcome (I was in jazz heaven). I tried tap dancing and liked the sound the shoes made but found the routines difficult to follow. After a year and a half of pounding away and flailing about I finally heard my first beat of music. Now I had solved

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the mystery of how those dancers moved in perfect synch, while I was always out of step. Then my teacher, Marion, moved away. I felt a sadness in my heart as she had brought so much joy into my life.

Then Robb Card moved to Kelowna and started a class. I quickly registered and found myself having fun again, it didn't matter any more that I was often the only male in class, I was comfortable in my body now. But as they say 'all good things must come to an end'. My old sports injuries were catching up to me. I found it difficult to do the floor exercises and my lower back pain was becoming chronic. I knew that I couldn't continue without aggravating my injuries. It was time to say good-bye to the world of jazz and tap dancing and search for a gentler creative physical activity. As one door closed another opened and I walked into the magical world of Tai Chi and Qigong. In 1982, I took another step. I was now going to dance to a different beat, the yin-yang dance of the cosmos (or jazz Zen).

The slow circular movements of Tai Chi were easier on my body. In 1983, I took my biggest step, starting my own Tai Chi-Qigong classes. I wanted to create a space for self-healing, self-discovery, self-empowerment and self-expression through movement and spiritual cultivation. Over the years Tai Chi-Qigong has slowly and surely transformed my body. I can still picture my 'old' former self, with my body slouched over, feet dragging as I shuffled along staring at the ground—body reflecting my attitude. (I would have made Angele look like a Feldenkrais model). Now, as I turn 60, I can happily say that I feel younger, have more energy and smile more often (to give my face a break from all the years of frowning). Thanks to Tai Chi-Qigong, I have healed my body. Today I live in a pain free, tension free (getting there), supple and relaxed body. I have also found peace of mind and as for the meaning of life, 'enlightenment is just another roadside distraction—'real men pump Chi'.

Now I know why they call Tai Chi and Qigong China's gift to the world—it works. I hope my story inspires you to listen to your heart and never give up on your dreams or visions. Each person has a gift to offer humankind and our home, Mother Earth. Now, if you will excuse me, I can hear my inner-outer dancer saying "Get off your butt and dance your fool head off and let the spirit soar." *See ad below*

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COLOUR & NUMBERS FOR 2001

by Jollean McFarlen

Planet Earth is going into a 'THREE' year. A year for fun: the KEY WORDS are Enjoyment/Playfulness, and the colour is YELLOW. I know you are ready — I AM! Treat yourself to something to wear in yellow, add the colour to your home and/or office; flowers, accessories, Topaz jewels, blanket, towels, or pictures with yellow/gold—be creative.

Colours and numbers both have significance—street numbers, stop lights: red, yellow, green, bank, social security, and phone just to name a few. Numerology teaches us that each number has an associated colour. The vibrations also change monthly and daily. Louise Hay's book, COLOURS & NUMBERS and my book THE POWER OF COLOUR & HUMOUR, can help you find your own personal BIRTH-DAY number and vibrations for 2001. As this is a year for fun, that which you started two years ago is now beginning to come to life. Believe in yourself. I made the choice to move to the Okanagan two years ago; my business is really growing. The seeds are beginning to send out healthy roots. The birth is evident. It's important to take time for yourself, have fun, be creative, kick up your heels, and bring out the inner child. Sit down and colour with your favourite colours: paint, felts, pencils or crayons (borrow your children's) and see what you can create, then frame it for inspiration. Entertain your friends and go to parties. Go on vacations and holidays (I'm heading for Mexico). Tight budgeting? Spend a few days in hiding, decorate your space with posters, make a CHERISH map: cut-out pictures/words from magazines to help you get what you want to accomplish, what you want to do, or receive in the year 2001. Pretend you are on a holiday. Play music, read, dance, watch comedy/romantic videos, light candles, eat soul food, enjoy yummy treats. The influence this year is social and artistic. Express yourself creatively as much as possible. Laugh and smile; enjoy the fullness of life.

Downfall of a three year is analyzing everything to death, 'NOT DOING', so take ACTION, breathe blue and yellow deeply, trust your intuition and 'OWN' your power. I know you want to create more abundance in your life. Happy New Year and blessings for 2001. Affirmation for 2001

"I LOVE LIFE, APPRECIATE PEOPLE, ANIMALS
AND THE JOY OF LIVING. I GIVE THANKS DAILY"

See ad to the left

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The Health Paradox

— Are We Poisoning Our Children?

by Louis Hoolaeff



"Never before has there been so much talk about health. Never before have people been so unhealthy."— from *"The Electric Universe"* by David Elliott

Why is it that cancer has reached epidemic proportions even though billions of dollars are spent on research? Why is the rate of prostate cancer and breast cancer increasing at phenomenal proportions? Why do tens of millions of Americans suffer from allergies and other diseases each year? Why are 11% of all American children obese? Why do children now acquire cancers and diabetes at a very young age? And why do so many people have health problems that were virtually unheard of fifty years ago? Is it possible that our health 'experts' are missing something?

We feed our children an excess amount of sugars and devitalized foods, toxic preservatives and pesticides, fried, fast and fatty foods, dairy products with antibiotics, hormones and undigestible proteins, an excess amount of flour products that clog the digestive tract and supplement them with chemical concoctions of vitamins and minerals from isolates of unknown sources. Our children are becoming weaker and sicker, making for weaker and weaker generations.

According to *Whole Foods Magazine*, Americans spend over \$20 billion dollars on health products. So why don't more Americans look or feel really healthy? The truth is, the majority of health product manufacturers today have a background in chemistry not health and they work in a huge industry that is more concerned with profit margins than it is with your health.

Do you know that:

- Today, we ingest more toxins than the body can get rid of.
- Some natural health products are not all utilized by the cells of our body and contribute to toxic levels.
- An excess amount of protein intake leaches calcium out of our bodies, contributing to osteoporosis.
- Calcium carbonate and other nonutilizable calcium mineral supplements contribute to arthritis, kidney and gallstones, fibromyalgia and cellulite formation.
- Some multivitamins contain unlisted ingredients such as insoluble dicalcium phosphate, sugars, fillers, and an array of other chemical substances. Read the labels!
- Toothpaste now carries toxicological warning labels.

Ironically, some health products today have a low sum effect on your health, by doing virtually as much harm as they do good! Are not those products a waste of your time and money if the body cannot utilize them? Your body then has to utilize the available nutrients in an attempt to excrete these toxic substances. Your body is very particular when it comes to nutrients it can or cannot use. We MUST become informed to make wise choices!

Nature created herbs to feed the body, and, in most cases they should be taken independently of each other. They may be combined if the compatibility of the electrical matrix does not change their function. What happens if the delicate electrical matrix of an herb is combined with the matrix of a pesticide, or if that herb is irradiated? What happens when dicalcium phosphate or calcium carbonate enters your bloodstream? If you do not know the answers to such important questions, then consider a safe and effective alternative that uses an electrical understanding in its formulations.

Electrical combining is the concept of how herbs interact electrically, that is, how the electrons within each specific herb interact with the electrons of another herb when they are combined. Specific formulations can be attained to be highly utilizable by the body when proper electrical combining is incorporated into these formulations.

David Elliott, a researcher in the field of electrical combining, has been at the forefront of research in the relationship of electrical understanding in his herbal formulations. One of the most remarkable features of David Elliott's approach is that he has developed a system of metabolic profiling called mapping that enables him to follow the trail of matrix conversions within the body and thereby provide the precise nutrients required to promote optimal health. He has created revolutionary new health products designed specifically to support every system in our bodies to meet the challenges of our strange new world of chemicals and drugs, fast foods, electromagnetic pollution, smog, and 'super' bugs.

David Elliott's product formulations perfectly match the needs of the body. There is no guesswork, no chance of overdosing with nutrients people cannot use, no harmful ingredients or cheap fillers and no reliance on the passing fads and fashions of the health products industry.

Explorers of the past ventured into uncharted territory and brought back discoveries that vastly expanded the horizons of their cultures. Today, David Elliott has charted the territory of our biological landscape and created a map that can lead us to a brighter and healthier future.

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—Paracelsus

I've Won the Battle of the Bulge!

by Tracy Lambeth

I always remember being over weight. When I look at pictures of my younger years I wasn't a really fat kid, but obviously I must have been bigger than the other kids because I remember my weight being an issue since I was in the first grade.

During my teen-age years my weight and dieting consumed my daily life. I would eat cabbage soup for two weeks, or grapefruit and hard boiled eggs for a week or no fat or all fat or exactly 1000 calories. I considered every diet a success when I managed to drop a few pounds and go back to eating whatever I wanted. A few weeks later I would have gained all of the pounds I lost back, plus a few more. But, no problem, there were many other miracle diets I had not tried yet! So the cycle began, looking for the new diet that was really going to work!!! There were dozens of diets and I would suffer through each of them for a week or two until I was craving vegetables so bad that I dreamed I was grazing on the front lawn, or the desperate need for just one ounce of butter or cream consumed my dreams. I soon found out that if I eliminated one food group completely I would lose weight but the cravings for the eliminated group would be overwhelming. The circle was vicious and every time I dropped 10 pounds I would gain back 12. I suffered all the tasty alternatives, like making candy out of diet cream soda and gelatin (give me a break!), making a milkshake out of buttermilk and frozen strawberries, I have to tell you after being in starvation mode for a few weeks that one tasted good! I threw away more wonderful (can't tell the difference) low fat non-satisfying foods than I ever ate.

At one point I decided that exercise was the key, purchased a skookum treadmill and got up every morning at 6am for my workout at the local gym....now I need to tell you I was in good shape after a few months and I am sure long term the exercise would have helped me lose weight but after taking a week off for some reason I seemed to lose interest and never went back. My doctor put me on the FenPhen cocktail and it helped somewhat, once you got over the side effects, but long term the weight loss was minimal and the side effects serious. Then there were the trips across the line to purchase all the new diet miracles that made your mouth dry up and facilitate a complete spring cleaning of our fourteen room house in under two hours!!! I do believe the best investment (just kidding) I made in my dieting years was the four hundred dollars I spent on a set of tapes to brainwash me into thinking I was skinny, therefore making me eat like a skinny person. I remember the sheer excitement the first night I went to bed with the headset on and the complete and utter disappointment the next morning when I woke up and wanted Pop Tarts for breakfast! The yo yo dieting continued for over

thirty years by the time I was 41 I had dieted myself all the way up the scale to 312 pounds.

I don't know if you can imagine life at 312 pounds? It was miserable!!! I felt like a candidate for the Barnum and Bailey Circus and wherever I went I was sure people were staring at my unbelievable size. It was confirmed in writing by my insurance company that I was clinically obese!!! It was impossible to get lost in a crowd and every time I saw myself in a video or photograph or saw my reflection in a store window I became depressed for weeks.

I had to worry about whether or not I would fit in the seats at a restaurant or if the booths were going to allow me to eat without having to rest my breasts on the table. I refused to fly, as it was too hard to do up the seat belt and movie theaters were out of the question. Shopping for clothes usually ended up in going somewhere for lunch because I became so frustrated I needed to eat to bury my feelings. And I won't even go into the problems being overweight caused me with my relationships!!!

I often listened to other heavy women tell me how their life was perfect once they accepted their weight, but I never could and never will believe them. When you are obese you have serious emotional and physical problems!!!

Today one year after starting the **Safe n' Healthy** program I weigh just over 200 pounds. In a little over a year I have lost over 100 pounds, I haven't exercised or dieted, I have never worried about what I have put in my mouth or when. The weight loss has been slow and steady. I have my life back and I have my eating disorder under control. I want to lose another 50 pounds and I will, naturally and easily. We were so impressed with **Safe n' Healthy** that we purchased the rights to the product and are in the process of collecting testimonials from many of our successful customers and setting up independent distributors.

Safe n' Healthy is a food product, it does not contain anything except Konjac which is derived from a plant grown in Japan. When taken as prescribed it absorbs 500 times its weight in water and forms a gel in your stomach. This gel is 100% fiber and gives you the feeling of being full, but, more importantly when you do eat, the food is trapped inside the gel and released into your body slowly, regulating your blood sugar so you do not have any cravings. **Safe n' Healthy** has also been proved to lower cholesterol, control blood sugar levels in diabetics and lower blood pressure.

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PSYCHOACOUSTICS

by Terez LaForge

Psychoacoustic exploration is emerging as another option for letting go, relaxing and the revitalization of our life force, just as yoga, jogging and other sports and practices do. Thanks to Acoustic Brain Research Inc. founded by Tom Kenyon, scientific documentation has been done on the effects of sound, music and language on the human nervous system and on human behavior.

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TOOLS FOR HEALTH

by Michele Gieselman

Our bodies are sacred temples and physical forms that house our soul and spirit. Much like a finely tuned machine, they can break down when not properly maintained. Our bodies deteriorate from expending energy on negative issues. How can we be more aware that this is happening and what can we do about it?

If you are able to bring a negative experience to your mind, and the emotions involved are as painful as it was when it happened the first time, then part of your life force and spirit are being used to create that image and keep it alive. Fueling one or more of these memories on a daily basis will create huge energy leaks, thus resulting in deterioration of the body. So we have identified the problem, now what can we do about it?

Here are some tools to help maintain the health and well-being of our bodies:

1. Ask questions. Am I thinking about the past or the present? When I am thinking about past events, am I feeling negative or positive emotions? Can

I identify an energy leak here?

2. Practice forgiveness. Forgiveness moves our energy to the heart and when the energy moves there, we can mend. Forgiveness heals our bodies and our lives.

3. Take time out for yourself. Have energy work done. Meditate. This will help quiet the mind and call back the spirit.

These tools will assist in strengthening the human spirit so that it will be strong enough to mend energy leaks. One way of knowing that we are healing is by noticing that we are focusing on the present, rather than living in the past. It is obvious we are in the present moment when a painful memory no longer evokes an emotion from us. When that happens, congratulations! We have called our spirit back. Our energy leak(s) have been repaired. Give yourself the perfect gift for the new year—Self Love and Acceptance. Receive each day as a gift.

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ASTROLOGICAL FORECAST

December 2000

by Moreen Reed

The month of December has one dominant symbol lasting all month. Jupiter and Neptune keep connected, creating classical upbeat themes, either jovial visions and compassionate goodwill or blind autocratic denial and delusions. Venus will connect with this team the second week of December and Xmas sales will likely soar. The best parties will be now. We have good aspects for practical matters and relationship, a Venus/Saturn trine till December 6th, and also favoured is research and development with a Mars/Uranus trine, lasting till the 11th. The December 11th Full Moon in Gemini/Sagittarius is at 1:03 am PST. We are asked to shed light on our ability to operate within the rules that govern the natural order of things on this planet. In particular this requires awareness of the interconnectedness of life. Please note the wounds of all do affect your life.

The feminine perspective takes the lead and an extraordinary amount of energy is made available for purposeful action. Seize the day, do not accept unnecessary hardship! On the personal note shed the light of awareness on your own connections. Rebel against old outdated rules, shared core beliefs, setting free the winds of change to blow through your life. The highlighted degree symbolism* "People cutting through ice for summer use", and the keyword is Procurement. With the passing of the full Moon we enter the detour zone. Saturn will be giving us quality control test almost daily now. Not exactly what many will find useful as they try to prepare for the holidays. Take any detours that concern the environment or your personal resources seriously. Pay attention and deal with reality. This will last till December 20th, when Jupiter will bring us our next detour. Now the problems will arise around the rules of the game. Remember to respond maturely when arguments break out under the mistletoe! Win-

ter solstice is December 21st at 5:37 am PST. A very timely message is revealed in this map. The picture is one of consequences. If emotional suffering is not dealt with it can drive people to protect, at all cost, those they love—even to the extreme of imposing their will on others. Without compassionate intervention cycles of violence are spawned. On the birthday of peace and goodwill we have the start of the next Moon cycle and a solar eclipse. The December 25th Capricorn New Moon is at 9:35 am PST. The day itself will likely follow the traditional Capricorn form. You can expect to have sparks of revolution flying in relationships with Venus joined to Uranus and Saturn insisting on mature practical outcomes. The usual family "stuff" will be up and there is an opportunity for new outcomes! Mars connects with Neptune bringing in the spirit of compassion, "yes". Just be prepared for conflicts around the game tables as Jupiter wants all the rules and variations dealt with. Please remember this day also is the start of this month's Moon cycle. You are planting seeds that will require an aggressively organized program to ensure success. Be open and accommodating of new variables as the days unfold. The highlighted degree symbolism is "Indians rowing a canoe and dancing a war dance"* The keyword is Mobilization. The week leading up to New Year's Eve, will require some careful negotiating. First up is a cautionary note for December 26 and 27; these are prime days for accidental injuries from over zealous use of new toys, a Mars/Jupiter combo. Tensions will also be building as Mars forces some to let go of familiar channels of inspirations, as they are now redundant. Saturn too is growing impatient with relationships that are no longer sustainable, and calling attention to all those wounded and displaced persons. We must find solutions.

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

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January 2001


Happy New Year! But maybe not. Where has all the hope and united feeling of last year's celebration gone? The inspiration!? An irritation has crept in, giving the impression that any course of action is damned. Arrrgh!! This is the work of Saturn, exposing the reality of our collective wounds and asking for difficult grey style choices, hard compromises, to be made. New Year's Day itself asks that we all look beyond what has worked in the past. Our attachments can blind us to the next level of maturity that mankind requires. Oh yeah, substances of denial will not have their usual effect. This is the work of Mars' aspect to Neptune that goes exact today.

Well, does it improve for the rest of the month? There are good days, yes, but Saturn will sit on the reality of those collective wounds all month. This kind of insistence should bring real change to the suffering of many. Saturn's pressure eases off when he goes direct on January 24th. Please note if reality was a challenge during the second week of June/2000 then you will see significant relief after this date. Except of course if you're avoiding your responsibilities!

On the plus side, Mars the guy in charge of "doing", keeps life from becoming boring. After he leaves Neptune behind he joins up with Venus. Their month long romp means an abundant supply of creative and procreative energy is in the air. This would be a "yes!" for those chasing romantic relationships or wanting their creative juice to flow. Venus herself takes romance to a deeper bonded level around January 14th with her square dance with Pluto. This will also be a time for powerful alliances to be made, or broken. The January 9th Full Moon in Capricorn/Cancer is at 12:24 pm PST. We are asked to shed the light of awareness on our social integrity, walk your talk, and emotional intelligence, owning responsibility of immature reactive behaviours. Uranus makes a direct aspect to the Full Moon axis offering insight into the position you occupy in community. Do you harmonize or play a dissonant chord? Keep in mind what future your path is walking on. Is it good for all? The highlighted degree symbolism* "A hidden choir singing", the key word, Worship.

Mercury calls our attention to universal truth with his conjunction to Neptune on January 13th. This is bound to be a symbolically rich day. He then draws our attention to where power is moving and shaping our collective destiny, during the third week of January. As we arrive at the New Moon a wave of optimism sweeps in, brought by the Sun's connection to Jupiter and Neptune. For a moment the rhetoric will be fast and furious and by January 22nd stunning revelations will be made. I'm not sure that all the enthusiasm will sweep aside the tensions building from Saturn's insistence on a close look at the reality of our sustainability. Something will have to give.

The January 24th Aquarian New Moon is at 7:43 pm PST. This map reveals a moment in time pregnant with possibility. In a simplistic way you are planting seeds for revolution in your life, one that can see you walk your talk fully. Remember there is power in integrity, in living your small "i" truth. Reality is also very clear. Saturn is stationed, stopped in the sky revealing the stark reality of our ability to align with the rules of nature, and the consequences of not playing by those rules. This applies to both our international relationships and our



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relationship to the rest of the life forms on this planet. The highlighted degree symbolism is "A council of elders"* The keyword is Antecedence.

Mars will catch up with Uranus for the last week of the month. We can expect tensions in the world to heat up again. This is the wildest card our local universe stirs up. From this duo we get revolutionary break through and/or violence. Yikes! Last hit December 1 & 2, 2000. They reach an exact square dance on January 27th. Everyone Breathe! The choice for responsible action is enforced by February 3rd.

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

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Shiatsu and the Treatment of Carpal Tunnel Syndrome

by Harold
Siebert

"Where there is pain there is no free flow; where there is free flow there is no pain." This is a statement of fact in Oriental Medicine.

The Carpal Tunnel is the space between the Carpal bones and a ligamentous band that runs between the pisiform and hamate, and the scaphoid and trapezium. The median nerve lies here, between the ligaments and the flexor tendons. Wrist pain can involve swelling and pain in and around the wrist joint. It is generally agreed there is compression of the median nerve resulting in pain, numbness and tingling in the area of the distribution of this nerve of the hand, the thumb, index and middle fingers and the radial half of the ring finger.

Carpal Tunnel Syndrome is often thought of as an occupational disease, involving persons either using their wrists a lot or doing tasks involving the same repetitive motions. Among those at risk are typists, computer operators, hairdressers and meat cutters. Avid hobbyists, sports enthusiast and musicians comprise some more groups.

A Traditional Chinese Medicine (TCM) View

The six meridians of the arm flow through the wrist. The yin meridians affect mainly internal function. The yang meridians of the arm affect the outer and upper parts of the body including musculoskeletal disorders of the wrist. The hand is where the polarity of the meridians of the arm change. The yin meridians become more yang as they flow toward the fingertips where yang be-

comes dominant and the meridians flow up the arm as the three yang meridians. Points on the hand and wrist are valuable for treatment because of their ability to affect the circulation of Qi in this area of polarity change. Signs and symptoms include pins and needles of the lateral three and a half fingers of the hand. The symptoms are worse with use, more prominent at night. Driving a car tends to aggravate the symptoms and the affected fingers may feel dry. The thumb may be weak and in severe cases the thenar muscles may atrophy and there may be pain in the forearm and palm. The test used is to flex the patient's wrist beyond the passive limit for thirty seconds. If the pins and needles occur, the test is positive for Carpal Tunnel Syndrome. The TCM description is stagnation of Qi in the Heart and Pericardium channels.

Shiatsu treatment involves treatment of the whole body as well as the affected arms. Finally the method of Kenbikki, applying pressure with slight movement to any tender points in the area, will be beneficial and complete the treatment.

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Winter Medicine

by Judy Mazurin

As the coldness rolls in, we watch the last autumn leaf fall from the tree. The earth seemingly appears to shut down and become dormant. Winter represents a time of energy storage and conservation.

In Traditional Chinese Medicine, we see parallels between what occurs in nature and how our bodies react. In winter we tend to curl inward, and may find ourselves more sensitive and emotional. Our bodies are calling for a rest. Take this as time for reflection and concentrate on how to gather strength. One must conserve energy in order to have energy.

Water is the element in nature that represents winter. If you consider its nature, it may trickle like a stream or rage like rapids. It is constantly changing. Like water, we must stay active in the winter to keep the body warm and the energy moving. Water must stay in motion, or it will freeze solid or become stagnant. This stagnancy will slow the body down with difficulty of returning to normal. The acupuncture meridians associated with water are the kidney and the bladder. Not only do they have physiological functions they also have emotional inferences. The kidney meridian is the official in charge of willpower and fear. The bladder meridian is the official in charge of eliminating what we no longer need such as jealousy, or long standing grudges. You may know people who tend to have character traits or personalities like water that follow:

IN BALANCE - One has a strong willpower. Difficulty or danger does not easily discourage them. You may see many acts of inner strength, along with faith in self. These people are not foolhardy and often have concern for others and themselves.

OUT OF BALANCE - The Yin type person is insecure and fearful. They lack determination to achieve goals. The lack of energy can be seen in their ambition and motivation. They may let life slide by because their limitations are set by fear. The Yang type is one who does too much, may be ambitious or ruthless. They do not have any concern for themselves or others. This person may be reckless and usually lives in stress while suppressing fears.

Physiologically the kidney meridian houses our vital energy and our reproductive capacity. The kidney filters and cleanses the blood, balances the body fluids, controls the flow of water and mineral balance. This meridian warms the body and strengthens the bones and marrow. The bladder meridian stores and eliminates liquid waste. It assists the kidney in function and strengthens the back. Symptoms of imbalance show: urinary system problem, excessive tiredness, coldness, back and knee pain, frequency, urgency or pain urinating, and genital/reproductive troubles.

Like a water boiler we must work to keep the water moving, nutritious, circulating and warm in order to support the body and mind especially during this season. Some suggestions on how to keep your kidneys warm this winter:

1. Keep yourself warm and dry. Wear layers if you feel susceptible to coldness.

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2. Do a vigorous and warming rub to your back in the kidney area with your hands daily.
3. Drink lots of clear clean fluids, like water or herbal teas.
4. Do not consume icy cold water.
5. Eat fuller, warming and substantial foods. Warming dishes like stews and soups.
6. Root vegetables are good at this time of the year.
7. Cooked grains like millet or buckwheat.
8. Eat less fruit and raw vegetables. Steamed or lightly cooked veggies are better digested.
9. Salt-water foods are good in this season.
If flesh foods are part of your diet, practice moderation.
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My Continuing Journey

by Rosemarie-Theresa: Woloch

With each completed piece of experience comes a new direction. For me the awareness of the need for change usually comes by way of a dream. The kind that grabs my attention and hangs on for some time afterwards. It has a distinct emotional charge and is loaded with vivid colour, action and detail. A few nights ago I had such a dream, compelling me to pay attention. It is like a postcard from home providing the road map for the continuing journey of the soul's experience in the human form. Over the years I have lived and worked in many different places, all the while acquiring some understanding of myself in relationship to the people and the world around me. When the time came that my lesson or service was completed at the soul level and there was no longer a need to remain where I was, I gathered my possessions and my skills and moved on. I am at those crossroads again and I am looking forward to moving, making new acquaintances and providing my services that primarily evolved from a need to heal my self.

Earlier in my life I was on an extended vacation, enjoying the world of tranquil beauty and carefree living. I would rise in the morning wondering if I should walk on the beach then swim later or the other way around. Or, should I go to the pool-side and get some sun before or after the walk. Having made the major decision of the day, I would work my way down the ten flights of stairs, leading from the unit in the complex to the tropical outdoors, while thinking that I was serving my body well. Over a period of time, by doing the stairs, hiking, swimming and toasting in the warm sunshine, my skin tanned almost the colour of the natives and I became ever so fit and happy. Life was good, or so I thought.

Even though I exercised every day, ate well and had low stress in my life, I began to notice pain in my body. My low back ached and my knees were swollen. Why was that happening, I wondered. When I had it checked I was told that I had that dreadful condition known as 'arthritis'. Why me, I thought. Had I not been doing all the correct things? The doctor said, "Whenever you have bouts of pain, just put your feet up and rest your legs, for that is what you can expect from now on". Oh no! is what I was thinking. That was not for me. I could not live my life that way. It was then that massage therapy seriously got my interest since I had previously been considering studying it. I thought that I could help myself with the knowledge and then help others as well. At this point in my life I began to wonder if being useful was paramount to one's own physical, mental and spiritual well being.

After working at massage therapy for a while, which I enjoyed doing because of the evident, positive results, I realized that I needed to know more. Intuitively, I was experiencing a deeper connection at the energy level with some of the clients. They were ready to work on their unresolved emotional/psychological issues that were brought to conscious awareness by the work on the body physical. In order to do that, I looked for some way to be of greater assistance within a safe and positive process. This led me to the study of hypnosis for clinical application. It turned out to be a very powerful tool which has a tremendous healing effect by assisting in accessing/identifying the origin of a problem and dealing with it in that way.

Later on it became evident that I wanted to learn more about human behaviors. Counselling studies in loss and grief, suicide prevention, crisis intervention, abuse, mental disorders, communication and conflict resolution were some of the studies I was drawn to. These provided me with a broader knowledge base for therapeutic intervention. More recently, I have been introduced to 'Energy Psychology' as applied through muscle testing. Tapping and Matrix work are just some of these.

The added benefits of my work have been a journey of self discovery. Some experiences were painful while others were incredibly awesome. The more painful ones might have been those which I had been avoiding to experience at some deeper level of my subconscious mind. Thus I needed to be nudged more than once, each time more painfully so that I became aware of the need to understand. Yet once understood, they have provided me with the most insightful avenue to spiritual growth. My gratitude to those who, at their unknowing level, have served me to expand my awareness. To those with whom I have clashed, may the resulting lessons be of some value for their personal growth as well. I believe that is how we come to serve one another as agreed upon a long time ago, when crossing paths in the physical expression. The others to whom I am even more deeply indebted are the dear, wonderful souls who have knowingly supported and assisted me.

To satisfy my purpose of being useful, I wish to continue to be of service to those who are courageous enough to venture forward in exploration of hidden potentials.

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Rosemarie is available for appointments at the Holistic Health Centre in Penticton. See ads below

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Important Life Cycles

by Khoji Lang

On the day of your birth a certain geomagnetic field was apparent, a particular activity of the Sun took place. There was a certain temperature and climate; maybe sunshine, hail, snow or thunder. Much less directly visible, but nevertheless of significant importance, was the particular mix of cosmic influences—whispering sounds of celestial music.

Planetary alignments are forming antennas, filtering in cosmic information from the background of this infinite universe. Remember, the universe is tremendously alive. What had been thought to be empty space between the galaxies actually throbs with a variety of powerful energetic forces. It seems that the planets are transforming them down to compatible frequencies, vibrating the whole Solar system. The Sun's aliveness is directly related to the positions and alignments of the planets. It is the Sun's radiance that decides on the actual pace of evolution. The configurations of stars and galaxies create an apparently static energy-field. Planets, asteroids and comets draw their spurs of light against them, stirring and activating the static field which lies behind them. Depending on the planets' characteristics; its mass, consistency, rotation and revolution speed, as well as its distance from Sun and Earth, the cosmic background emanations are focussed and redirected in unique manners, resonating our Solar system's energy grid. Far below measurable values these transfigured interstellar emanations act like homeopathic medicine. The combined signals of the planets' concerted message stands in direct relation with the quality of our Sun's aliveness. Hence heliocentric astrology reveals the quality of our Sun's emission, depicting its primary life force for the moment you were born.

From the moment of birth life starts unveiling—like unrolling a carpet. Analyzing life's occurrences and themes, one can observe cyclic patterns. Potentials become actual in the same way as buds are opening when spring is coming. What has been there energetically becomes real when the time is ripe. It's of great benefit to recognize potentials, to take advantage of their prospects and to surrender to seasons and rhythms.

Birth is an energetic intersection in time, it marks the door you entered and therefore says something about you. Birth was the moment when you became a self-sustaining system of life-energy. This magic moment hides the energetic blueprint for your entire life's experience. As a fractal it is a reflection of your whole past and future. Hence birth can also be looked at as a meeting point of many different dimensions.

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Khoji is a musician and professional astrologer.

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Introduction to "Sound Energy Dynamics"sm

by Suzanne Jones

I would like to give the people of the Okanagan some background to an entirely new healing modality that has been around for twelve years now. This healing modality was developed by Christopher Tims in the U.S. in 1988 after his observations of the effects of secondary field sound waves of crystal bowls passed over and around the bodies of Tibetan monks. Christopher conjectured that if he could find a primary sound source, the effects of the sound waves would be much more effective. He was correct. Christopher's proficiency in "seeing" energy fields allowed him to birth the Level 1 healing technique known back then as "Light & Sound Healing". The name, as well as the technique, went through its own transformation to "Sound Energy Dynamics"sm, Levels I, II, and III.

The primary sound source that Christopher arrived at was music tuning forks. The Level 1 tuning starts with a relaxing foot massage, then working with the tuning forks up the "chakra tree", clears the seven major chakras (or energy centres) of the "accumulation of dirt" on them. Chakras are the ascending and descending vortexes of energy described in many esoteric writings. Each of us also has five bodies that connect to our chakras: physical, astral, mental, causal, and etheric. Our energy system is in constant flux. Truly wondrous for its ability to heal, transform and transmute. The remarkable thing about this healing modality is that it is totally non-process oriented. You might find it interesting to note that the fact that this modality is non-process oriented is the hardest thing for people to accept. Our minds are so accustomed to "processing" our lives like a meat grinder. Everything may go into the grinder complete and whole, but emerges out the other end in bits and bites of data. Many people are holding on for dear life to their accumulation of data, or "stuff." For many, it defines them. I personally would rather clean off the accumulation of dirt "on the windows of my chakras" and get on with "Being" in life, connecting all the dots as opposed to analysing all of the dots. It allows for a renewed inner clarity that is not marred by limiting beliefs.

The Level II tuning integrates the energy in the major and some of the minor chakra systems, opening up the connective pathways between them. A good example of this would be connecting the heart and throat. If a person might have had difficulty expressing loving thoughts verbally, integrating the two chakras will greatly facilitate this. This level also assists in the integration of the left and right hemispheres of the brain. The overall effect of the Level II tuning is that your energy system can now function more as an integrated unit. In other words, it becomes less fragmented. Most people experience this integration of their energy system as a profound sense of relaxation, calm, feeling more together, yet alive and "whole". I would say altogether a good place to be in today's rather hectic world! The other wonderful thing is that each tuning is accumulative in your energy field.

The Level III tuning involves working with the internal and external energy grids. Our energy field is quite dynamic, and responds wonderfully to having our neurological pathways opened up and activated. These are similar pathways to the acupuncture meridians. The external energy grid is what connects us to the external world. Simply put it is, once activated, our "Cosmic Connection".

As with anything in life, one has to experience something directly to bring it into the sphere of personal consciousness. I consider "Sound Energy Dynamics"sm to be way beyond a healing modality. To quote Christopher Tims, "All you need is to be open, to be interested in improving the quality of your life, to be curious enough to explore, and to have the courage to venture beyond that which you now know."

Christopher Tims is the head of the "Order of the Blue Star", a non-profit organization dedicated to the "upliftment of all life, through all planes, in our ever-expanding Universe." He continues to travel the world conducting various workshops and a full range of teachings from his vast experiences in LIFE. Feel free to visit the "Blue Star" website at: www.soundhealing.org

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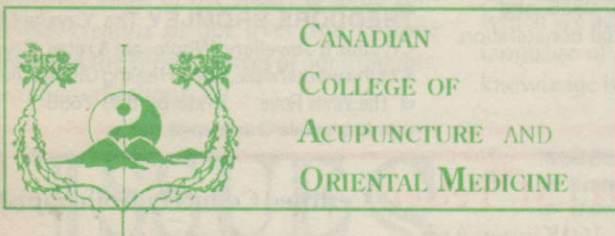
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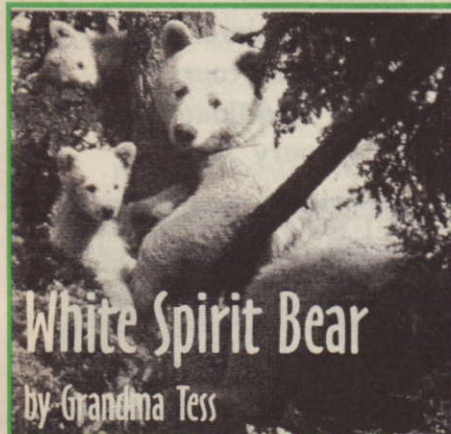
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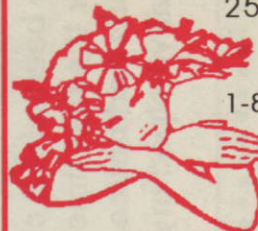
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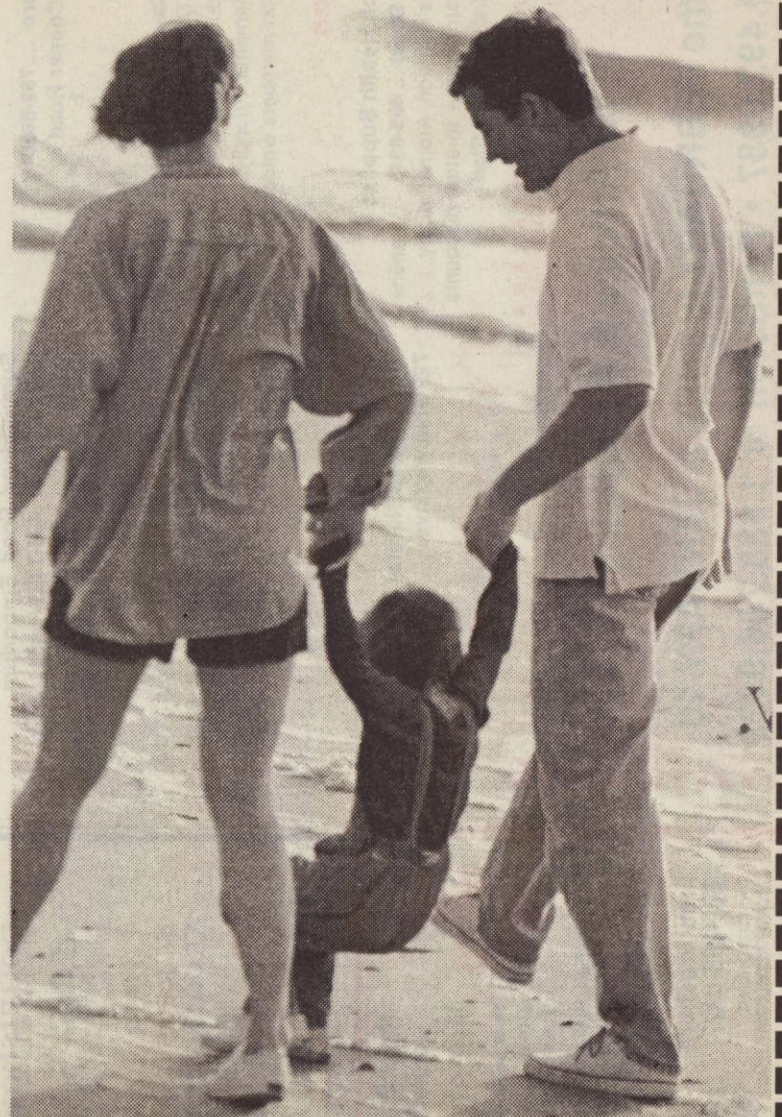
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