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# ISSUES

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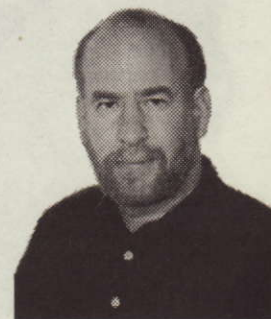
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# Language of Love

by Victor Nowoselski

I don't know about you, but all I ever wanted in life was to love, be loved and in the process of loving and being loved, just be myself. "To LOVE, BE LOVED and BE ME" was my heartfelt cry. Was that too much to ask for?

Who am I? Where did I come from? Why am I here at this present time? What is my true purpose in life? Were questions etched in my heart. Little did I know at that time, that my heart was about to embark on a lifetime journey of self-discovery. Little did I realize that I would be literally turned inside out, only to realize that the outside and how I related to people, places and things, how I related to life itself, was simply a mirror of that which was on the inside. Little did I realize that the outside is simply a BI-product of what is in the inside.

Through my counselling background, my personal experiences, extensive travel and working with multitudes, I started to realize that in the quest for love, there was one common bond, one universal language and that was love. I call this direct communication of the heart "Language of Love".

While back packing through Egypt, Israel, and southern Europe, I was privileged to witness and experience this time and time again. At times the only means of communication was pointing, smiling, gazing into each others' eyes and feeling each others' hearts. Why did I feel so deeply? Why did I know so clearly that which was being spoken? Why did borders, race, culture, color of skin, age, gender and social structure melt away in the twinkle of an eye? Why did I feel like we

knew each other for eons of time? Why did I grieve them upon our parting, if not one word was spoken amongst us?

I started to realize that I have been feeling, living, and breathing the oneness that we are for quite some time, otherwise I would never have had those experiences and fully appreciated them. We are all our relations. Be it rock, plant, four-legged, two-legged, the one that crawls, walks, swims or flies. With tears of joy and absolute gratitude I realized the transformation that had happened in my life as a result of diligent work on the discovery of self. I realized that if I want the right mate, lover or friend in my life, then the relationship I have with myself must be right.

I began to fully appreciate the totality of self and others. I began to understand that we as human beings interrelate not only physically, mentally, emotionally, spiritually; but also etherically (energetically). Relationship to self became of primary importance. When we speak of relationship, what is it? Relationship to self? To others? To that which surrounds us? What are we in relationship to? Who is it we wish to relate to? These are not easy questions to answer, for you see to know those answers would be to truly know yourself.

As we enter the threshold of the new millennium, we as human beings upon this earth face tremendous change. What used to work for us, does not. The changes we face can be our greatest opportunity or our greatest challenge as we relate with ourselves and one another. *See ad below*

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# MONEY, MASTERY & HUMAN NATURE

by Dr. Duncan Goheen

Have you ever asked yourself: "How and Why I change?"

"How and Why I manage not to change?"

"How and Why I prosper?" and "Why I don't?"

We live in a unique period in human history. A time of unprecedented rates of change. a) Some people are initiators of change, b) some are early adopters, c) some are mainstream adopters, d) others are late adopters and e) some will do everything in their power to resist change.

Which category fits you best?

There is currently a fascinating phenomenon occurring in our society.... More and more people with less and less discretionary income... Fewer and fewer with more and more. Why? Bad government you say... or greedy corporations ... or a favorite conspiracy theory... or some other "They" who are responsible for the increasing planetary income disparity.

Why is it, that no matter what conditions are present that there are always some "Money Masters?" People who live in peace and prosperity and help others do the same. What is the difference that makes the difference?

I. The first difference is that we live in an abundant Universe. We see the Universe as friendly with unlimited abundance. We enjoy abundance and prosperity, living in harmony with Universal Laws and Principles. We know a world that is filled with ever increasing opportunities for prosperity and abundance and give thanks for the ability to see and develop them.

II. The second difference is that we realize the truth of Rudolf Steiner's teaching (whether we know Steiner or not) that a person who focuses on criticism attracts the energies we criticize, thereby dulling our spiritual sensitivities and overall energy. Conversely, by focusing on abundance we attract it.

III. The third difference is that we are aware of mind traps. The tendency of our mind to crystallize the world into comfortable unchanging illusions. . resulting in a growing gap between our illusion of reality and reality itself. To counteract this we constantly 'houseclean' our mind... clearing away illusions of how things are... opening ourselves to a balance of both aspects of "always changing reality" and "never changing reality." The most challenging of all human tasks.

IV. The fourth difference is that we Live in the Question. We are always open to new ideas, new information, no matter how disturbing it might be. We prize the truth above all and don't waste energy on defending our view of the world. We face hard questions square on .. now.

V. The fifth difference is that we have an understanding of why we are here, now. We are in a material world because this is where we need to be for our evolution, growth and learning, and for helping others do the same. If this was not the case we would not be in a material world. Money Mastery is inseparably linked to and is a necessary condition for our soul, our spiritual growth and maturity. Learning to be a Money Master is a path filled with spiritual riches... riches not to be found elsewhere. We are here. This is where we are supposed to be and want to be. It's a good place. More money means we can be of more service to humanity.

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MARILEE GOHEEN

Cultural encoding is a process of transferring basic values and beliefs to us without our awareness.

This fact helps account for some of our sometimes strange behavior: choosing poverty vs abundance. The thought that we made this choice may not have occurred to us because of deep level encoding. It's a process that is invisible, out of our awareness.

### Canada, and especially British Columbia,

has been bountifully blessed by a wealth of natural resources and yet over eighty percent of our population is quickly losing financial ground. Why, when there is an abundance of opportunities around us? Cultural encoding has closed the door on most of our opportunities, before we have a chance to objectively judge their potential. How does this process work? We are programmed by negative associations that

**make us unable to see good opportunities**

when they are right in front of us.

We dismiss them (or don't even see them) before knowing what they really are. And this happens at a level that is below our awareness... it's subconscious. And of course this process helps to maintain the status quo. Fortunately we can clear our mind and emotions of deep level encoding that often sabotages our best interests, and replace them with thoughts and feelings that manifest prosperity, abundance for ourselves and others. Thoughts and feelings that invoke our highest creativity, potential, productivity and service. This is us at our best. Fully aware, enthusiastic, feeling great—at long last realizing the fulfillment for which we have been searching.

*Marilee Goheen brings an extensive business, consulting and counselling background to help you create money and time freedom, to build the life your soul desires. She is committed to assisting you to develop a prosperous independent business with like-minded people. This business will create abundance and prosperity for your material needs, services for others, and also provide you with accelerated personal growth and awareness.*

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## Mother's Day

Honoring all Mothers  
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This month's cover is a photo of Tess, my Mom, when she lived in Alaska. It was taken by Clarence, my Dad, who was quite impressed with her adventurous nature. Written on the back side is a note to his parents. It says, "This is it, Nice Eh? She had all kinds of nice clothes but likes to wear buckskin."

After twelve years in a Catholic convent for girls, Mom travelled to Los Angeles where her aunt encouraged her to take photography classes. Cameras then were quite complex. Her stepfather was gold mining in Alaska and offered her a flight to Aklavik, NWT, to visit Grandma. After the visit Mom flew to Anchorage, Alaska, and found a job as assistant photographer at Mount McKinley Park. She was to take pictures of wolves and record their habits. The pay was \$125 per month plus room and board. She loved dogs and the wilderness of the north, and her heart sang.

Mom became friends with Laddy, the chef at the hotel in Curry, a small town between Anchorage and Fairbanks. One day, he said they were looking for a camp cook. The pay was \$1,000 per month plus room and board. She told him she didn't know how to boil water, let alone cook. Laddy said he would teach her. She got the job and he would come over at 5 am and teach her how to fry bacon and poach eggs, then get back in time for the hotel to open. He gave her an army manual... *How to Cook for 100 Men*. During the afternoons, he would teach her to bake bread, cookies and pies. As she recited some of her adventures in learning to cook, Mom started to laugh and said, "The wolves and bears ate well that winter. Some days we threw out more food than we kept."

When I asked her how she met Dad, she said he was a carpenter working for the B'n B (bridge building) crews for the railway. In 1944, the Alaskan Railway was the only form of transportation. The government was building the Dew Line and Air Bases at Anchorage and Fairbanks, in case of a Russian invasion. Cook cars stationed themselves on the side tracks. During the two years Mom spent in Alaska, her cook car was moved many times. During one of the transfers, she heard they were looking for a bull cook. She told Clarence, for he was a good shot and could supply the meat she needed. That would reduce her costs and she could spend more on fresh fruits and vegetables and fresh eggs occasionally.

On their days off they took trips into the wilderness and that was fun until she almost drowned. Their homemade raft broke up after hitting the rapids and they lost their guns and other equipment. Her dog, Chinook, jumped to safety and Mom was thankful to have her along on the nineteen-mile hike back to camp along the railroad tracks in the semi-dark night of the North. When I asked if Dad had checked the rivers beforehand, she said no, he always said, "You'll survive." I said, "It sounds like you are lucky to be alive."

I asked Mom why she married Dad. She replied, "We got

along great. He loved photography, the great outdoors and adventure. He said that if we got married he would build a hunting lodge on the Kenai Peninsula. He would be the guide and she would look after the base camp. They got married by an Eskimo commissioner in the middle of nowhere with a ring made from a nail. When vacation time came, they decided to go home and meet the parents. First they went to Oregon to meet Grandma on her farm and then to Michigan to meet his parents. She started to fume when she told me, "Clarence arranged to have me fired from my job so that I couldn't return once I left Alaska. I didn't find this out until much later, but I still have the letter." When they arrived in Alpena, Michigan, they stayed at his folks' home and before she knew it, Clarence's brothers had arranged to buy land on Hobbs Drive. Dad was glad to be with his family and shortly afterwards Mom was pregnant. Dad decided that was best way to keep her, for they had seven kids in eleven years.

Mom got her spirit broken and our family pictures show the darkness around her eyes and her acceptance of life with no adventure. This was a change she didn't want to see. She felt cheated and lied to, as she adapted to Dad's demands. No longer did he appreciate the gypsy side of her and communicating became difficult. He wasn't so adventuresome when it came to changing his lifestyle or keeping his promises, and he no longer wanted her travelling. When Grandma died, he could see no good reason for allowing her to go home. She sold a cow for gas money and drove to the funeral, having decided she would deal with him when she got back.

A few years later during the Christmas season, when I was twelve years old, she cried all day and all night and couldn't stop. She went to her doctor and was told she was having a nervous breakdown and they hospitalized her. A week later she felt stronger and returned to Rosswood. She got a court injunction and had the RCMP drove us into town. She and Grandpa bought a house and she started working for the local newspaper, *The Terrace Omineca Herald*. Mom was no longer willing to put up with Dad's abusive side. When I asked why she put up with it for as long as she did, she said, "He had lots of good traits, and each time we argued he promised to change. I believed him, plus there was no support for women who left their husbands, whatever the circumstances."

I am glad that the times are a *changing* and women have more support. Many men are embracing their softer, more feminine side. Today we have counsellors and weekend retreats that provide positive reprogramming so that we are more in touch with the unconscious patterns we have in relating with our mates. I believe these are a reflection of our childhood belief systems and to go against the established patriarchal rules takes lots of inner knowing and strength.

My way to deal with my Dad's anger and lack of being there for me as a child is to do breath work that releases pent-up emotions. Every three weeks, Ken and I enter a space where it feels safe to bring up the old memories. As he presses on the tight muscles in my shoulders I cry and feel the frustration I felt as a child of not being accepted for who I was. I didn't get loved if I spoke my mind or didn't do as Dad asked. I was never taught how to negotiate if we disagreed. It was his way or the highway, and for a child there is no highway.

Today there is a highway and Gerry and I both know it. I will not keep quiet if I am feeling hurt or left out. We are learning to listen to each other and negotiate what is important to





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us. With time and practice, we are finding ways to get past our discomfort when speaking our truth. He takes the time to read *Musings* but gets bored when I write about *my process*.

Ten years ago when my kids left home and my marriage ended, I took a look at my body posture and decided it was time to take time for me. My shoulders felt like they were on fire when I typed, my hands went numb when I walked. Changing my eating patterns and studying nutrition was not helping my posture. I read one of Alice Bailey's books that said, "*The truth of our childhood is stored in our body, and although we can repress it, we can never alter it. Our intellect can be deceived, our feelings manipulated, our perceptions confused, and our body tricked with medication. But someday the body will present its bill, for it is incorruptible as a child who, still whole in spirit, will accept no compromise or excuses, and it will not stop tormenting us until we stop evading the truth.*"

Now I am at a point where I no longer need to fix my Dad (or any other relationship) so that I may get loved. During my last session it was more like... "You don't deserve a daughter like me" and "Get your shit out of my body." I am no longer willing to carry the energy he imprinted in me. Now, I get to watch my mother as she struggles with keeping her eyesight. Nutritional supplements are helping but only so, so. The problem is emotionally-based, and she does not have the time, the energy or the expertise to open up her emotional wounds. Her optimistic attitude and love of life are her saving grace and once in a while she gets in a good cry.

The Spring Festival will be over by the time you read this and plans for the Wise Woman Weekend will be started. The weekend is a time to honour each woman for her contribution to making the world just a little bit better. Exchanging ideas, learning new ways of being and sharing the love and laughter lightens the load each of us carries. The July/August Issues will have the program schedule. Hope you can join us.

*Angile*

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## ISSUES MAGAZINE

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From the Editor...

*Chit Chat*  
with Marcel

If you could have one wish, what would it be? Recently I had an occasion to ponder this question. In the spiritual group that I attend, we will be working with the concept of manifestation this year and we have been asked to have a wish that we will try to materialize. I never realized this would pose such a dilemma for me, because it seems to me that if I only have one wish it should be the very best wish I could possibly wish.

When I started to think about it, my first thoughts were for the material things of life. My health came first, but my health is very good—I could only hope to improve two or three minor things. Some in the group were considering wishing for new relationships. I seriously doubt the existence of an ideal relationship, but I consider myself very happy within the embrace of my marriage and I am grateful for the invaluable learning that I receive from any less than ideal times.

Then there is money....Yes, I could use some more of that. I could wish for more money. In the area of a job or career, I feel that I am in the most perfect place for me at this time and I am enjoying the learning opportunities, challenge and fulfillment. I don't need to wish for a wonderful vacation, as I will be in Cuba when this magazine goes to print. As I perused these and several other choices I began to realize that I was very content in many areas of my life and wishing for my idea of 'perfection' in the less than perfect areas would possibly take away the lessons I was gaining from these 'imperfections.'

So then I thought perhaps I should consider a more spiritual wish such as the ability to love unconditionally or to not judge others, to live in constant gratitude or acceptance, to have detachment or mental clarity. There are many wonderful choices here, but then again, if I were given any of these wishes, wouldn't I lose the learning gained by gradually learning them in my daily life?

So perhaps the ultimate of all possible wishes would be for the situations, experiences and life lessons that would give me the highest possible learning and progress toward my highest potential. But wait... isn't this a given? Aren't we always given exactly what we need for our best progress, according to our current ability to understand? This leads me to believe that the best possible wish would have to be for the 'Courage, Determination, Wisdom and Guidance necessary to glean the highest possible learning from my life's lessons and for the ability to transform this learning into Peace of mind, Freedom, Fulfillment and Abundance in my life.'

*Marcel*

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## Stress and the Llama Kiss

by Kathleen Allen

Many Canadians are finding that stress seems inescapable. More than four in ten say they often or almost always feel overwhelmed by stress on the job or with their families or finances. They feel overworked, overtaxed, and over obligated. In a recent study, half of Canadians questioned said they don't have enough time for family, friends and partners, and to do the things they want to do. How they cope with the stress sometimes causes more stress or an unhealthy lifestyle.

What can we do to cope with all the stress in our lives in a healthy way and still leave time for our family and friends? First, start at home, by taking more time for yourself. Eat healthy food, get enough sleep, and do something you enjoy at least once a week, if not every day!

Secondly, get a pet if you enjoy animals. Medical research has proven that people who own pets live longer, and the mere act of stroking a pet can reduce blood pressure. While this usually refers to house pets such as cats and dogs, llamas can have the same effect. In fact, as larger outdoor stock, they require a higher activity level of their owners and habitually force them to get outside and enjoy the outdoors. After a stressful day at your job, getting out with the llamas and just watching them as they prong about the pasture or get settled in for the night, you will feel yourself relax and the tension melt away.

Recently, entrepreneurs such as Mike and Linda Loynes of White Rock, BC have realized these benefits and are busily getting ready for the opening of The Llama Therapeutic Group. They know not everyone would be able to have their own llama and that there is a real need for a place people could go. The ranch will be a facility in the BC interior, far away from the noise and rush of city life, where stressed out people can relax with the llamas and sort out all kinds of problems. "There's an aura about them," says Mike. "They really get into your soul. We can't figure it out," says Linda. Mike said that when the therapy clinic is open, clients will stay at the ranch for five days, working closely with a llama assigned to them. They will have to establish a friendship with their llama. They'll care for it, feed it, groom it, and take it for a walk. They can talk to it too: llamas like that, but they don't talk back.

Harmony Hill Farm in Kelowna, BC has also picked up on the peace and serenity these animals can offer people. Operated by Barry and Wendy Langeloo, they offer their clients a beautiful bed and breakfast suite while they come to the farm to groom, walk, feed or talk to the llamas. Wendy and Barry want the very best for their guests, and have outfitted their beds with llama wool duvets. These non-allergenic, 100% natural products will guarantee a longer, deeper sleep, so their guests wake up feeling relaxed and refreshed.

One thing you'll never forget when you get this close to llamas, is a "llama kiss". That happens when they lean so close they are about a hair's breadth from your skin. They just hold their face close to yours. You'll have to admit a llama kiss can make your stress simply evaporate.

*See ad to the Left*



# Integrating Holistic Health into the Medical Community

by Lori Last

"I was looking for a way to combine traditional nursing with a holistic approach, incorporating body, mind and spirit. I had been working in the critical care recovery room, the bone marrow transplant ward and in the palliative care ward at Vancouver Hospital. I was looking for alternative ways to help my patients deal with their pain and heal their bodies." said Marlene Jennings, registered nurse and associated practitioner with the Centre for Integrated Healing in Vancouver.

This search led Marlene to the Holistic Health Practitioner Certificate Program at Langara College Continuing Studies. There, she became aware of the full extent of the holistic health model and began to study its various aspects in detail. From Traditional Chinese Medicine, to acupuncture, and energy work, Marlene found elements she could incorporate into her nursing practice.

"As I worked my way through the program, I began to incorporate various techniques into my nursing practice. Other nurses at the hospital were very receptive to what I was doing. The medical doctors were a bit more cautious."

"I had the best success with the patients in the bone marrow transplant and palliative care wards. These patients had more knowledge about alternative therapies and were receptive to what I was trying to do. I was invited to come into the wards and do energy work with the patients."

"The Holistic Health Practitioner program opened many doors for me. I benefited from the emphasis on group work. I learned to trust the group process as a learning tool. I also realized incredible self-growth. I've gone from being the learner to teaching others, both in my private practice with the Centre for Integrated Healing and as an instructor in Langara's Palliative Care Certificate Program."

Ruth Lamb, Manager of Health and Human Services and the Centre for Holistic Health Studies at Langara College Continuing Studies and one of the creators of the Holistic Health Practitioner Program designed the program to meet a deep need in the community. She set out to combine the significant experi-

ence of health care providers with the holistic content of the program.

"We are breaking new ground with the program. We are putting words to ideas and concepts that haven't been articulated before. We are focusing on deepening self-awareness, promoting self-growth and assisting participants to revise the healing role of health care providers. I am fortunate to work with a passionate group of instructors who are committed to the program and to the concepts underlying it."

The two-year part time program, launched in 1997, is designed primarily for health care providers. It offers an in-depth theoretical and experiential education in alternative/complementary healing. Courses include Ancient Wisdom, "Being" in Healing Relationships, Multidimensional Human Being, Awakening the Inner Healer, Establishing a Collaborative Practice, Integrative Complementary Practice, Tao Principles of Group Facilitation, as well as holistic pro-

gram planning and a retreat.

Marlene is not the only graduate of the program who has seen her professional and personal growth blossom.

"The Holistic Health Practitioner Program has opened doors for me I didn't know existed, both in the community and in myself. Not only did I have the opportunity to experience other modalities and discover which field called to me, but I was also encouraged to explore my own spirituality and learn to accept who and where I am. I cannot begin to express my appreciation to Ruth and the other instructors and participants for their contribution to my personal growth," said Linda Verhoeven, a recent graduate of the program who lives in the Kamloops area.

"The program builds a sense of community among the participants. They learn, work and grow together. Many of them, like Marlene and Linda, evolve their careers, find new directions and become change agents for holistic, integrated health care," said Ruth.

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# Leadership, Values and Vacuum Cleaners

by Jonathan Reams

As a young college drop-out, I suddenly found myself faced with the challenge of making a living. So when I was nineteen, I got a job selling vacuum cleaners. The commission was good, and I knew the product from years of vacuuming the carpet at home as part of my chores. I learned the presentation, and set out on the bookings that were arranged for me.

Now at that age, it is easy for a certain idealism to be present in whatever we take on, and I was no exception. I was selling the best vacuum cleaner in the world, and could explain to any audience how it would transform their lives. This idealism had its upside as well. I really believed what I presented, and allowed the product to speak for itself. I refused to compromise my values and do any kind of hard sell. I merely presented the product as well as possible, and let people make up their own minds.

Over time, it became apparent that this soft sell, respectful people approach, was not selling many vacuum cleaners. My supervisors wanted to see my presentation to help me make some sales, and so I did my best for them. After I was done, they stared at me strangely, but commented on how well I represented the product's benefits and features. They struggled for words to express the source of their strange looks, until one of them said that I was 'just too damn sincere' in my presentation. Couldn't I be just a little more aggressive, and put a bit of pressure on in the closing?

I refused to give in, and still not making sales, my supervisor came out on a sales call with me to help. I did my presentation for an older lady who already had a comparable model of vacuum, and was ready to do my style of closing, when my supervisor took over, and put the pressure on this woman to buy from me. This went on for a while, until it was clearly time to leave. As we were going out the door, she said to my supervisor that she had been about to buy the vacuum from me until he had opened his mouth and done the hard sell on her. Two things happened for me in that moment. One was that I felt vindicated in sticking to my values. The second was that I realized that selling vacuum cleaners was not for me!

Many years later I went back to school, and eventually went into the study of leadership. I found that while there were many views on the subject, the ones that made sense to me talked about the value of people. Rather than treating them as cogs in a machine, these perspectives saw people as rich, whole, creative beings. This kind of leadership brings out the best in people, allowing their values to come to the foreground and their spirits to be engaged in their work.

My search for this kind of work environment began with leaving the vacuum cleaner sales job. Over the years, I struggled to make a living, and wished for a job that didn't reduce me to a proverbial cog in the machine. Along the way I learned much about myself and some of the illusions I held about life. While I found that there were few work environments that truly allow people to become whole, I also learned that this is beginning to change. I also learned that we can take charge of our own lives, bringing more of ourselves to work, no matter where we may be.

Today, I find myself grateful for the opportunities life has presented me to learn about leadership from both the academic world, and the world of experience. This has let me see leadership as the creation of an environment in which people can undergo transformation, allowing them to be more fully engaged with their work, and with life in general. This kind of transformative leadership helps bring out people's deeply held values, and recognizes that spirit is not something we have, but who we are.

*See ad to the left*

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# Drum Journey, Spirit Path

by Nowick Gray

It was an otherwise quiet Sunday in the tiny hamlet of Argenta. Fifteen of us sat in a circle in the community hall, nervously tapping. The workshop leader, a Nelson drum maker, gave us some simple beats to try.

Goon Pa Goon Pa Goon Pa Pa

Pata Go, Pata Goon, Pata Godo Godo Goon

When we got into our first groove together, I knew I'd come home. Forget the digging of gardens, the staccato banging of hammers, even the peaceful silence of the Friends Meeting! This was dynamic, energizing, and exciting. For the first time in my life I could take an active part in the music I liked best. I could feel it coming through me and through the group, from the very earth. The "simple life" suddenly became more interesting. "Back to the land" became "back to the roots."

The workshop came and went. I had no drum, so set about making one from a yew log and a deer skin. Six months later I saw an ad in a Nelson paper for a workshop called "The Path of the Drum." The drum of my heart said, "Yes."

Ten years later, I give thanks for many workshops with master drummers, a book, *Roots Jam: Collected Rhythms for Hand drum and Percussion*, a website: ongoing weekly practice sessions with local drummers. Today my passion is to make the wisdom of the drum accessible to anyone who cares to try. I do this with the help of a simplified written notation, and a dedication to bringing body, mind and spirit into balance.

On May 26 to 28 I will be sharing my knowledge of drumming and traditional rhythms at the Johnson's Landing Retreat Center. *See ad below*

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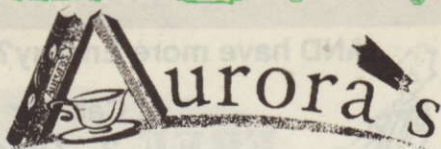
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**May 9 Intuitive Training:** Tues. 9 am • \$275 & GST  
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**May 16 Celestial Light Rays:** Tues. 7 pm • \$2  
For anyone who has taken the Intuitive Training

**May 18 Centarus & the Michael Project:** 7 pm • \$5  
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**May 20 Ear Candling Certificate:** Sat. 10 am • \$75  
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# BIBBLE SQUIEK GOES

by Gisela Ko

There is a place at the south end of the great Rainbow Bridge, Tibetans call it Yama Lok, the land of the dead. There is a wall around it, and a moat, and inside is a huge big black castle, where Yama, the Lord of the Dead, resides and rules. It is a dark place!

Humans who hated life while they were still living are now Yama's workers and soldiers. Souls that gave up on life, and soul parts that died even while their bodies are still walking the Earth, they all end up here. This is not necessarily the place you go to when you die, this is where you go when your soul dies!! Souls may try to hide from Yama in one of the castle's many rooms, but they can't get out and Yama gets them when their bodies die.

In the courtyard there are flags and if your name is on one of them, you will die soon unless someone takes down the flag and destroys it.

We were a group of Shamans told to go there, explore Yama Lok and see if we could rescue some souls and get them out. Maybe even find parts of ourselves!

I met with my crew of spirit helpers: "Who will come with me, show the way and help?" But each of them said, "Not me, count me out!" But in the end Swan stepped forward, "I'll come with you, let's go!"

Side by side Swan and I walked south on the Rainbow bridge. The colours were absolutely dazzling! But the further we got the more the colours faded until it was all dark shades of grey on grey. "This place could sure use some colour!" I thought fleetingly, but then we arrived at a huge black wrought iron gate. We stopped. "May I see some ID please," said a voice coming out of a booth to the left.

I rummaged through my pockets, all I found was a picture of me as a clown cop. Somehow it seemed totally logical to me at this point to hand this in... The gate swung open. Swan and I stepped through and into the courtyard. I looked down on myself and found that I had turned into Bibble Squiek, the most colourful clown imaginable!!

Next I pulled a little red hat out of one of my many pockets and fitted it on my white friend's head. Then I started blowing soap bubbles and casually looked around.. Nondescript people were carrying buckets in the background. Some turned their heads and looked at us in a noncurious way, and never missing a step kept going with their buckets to wherever it was they were going. I sensed no approval or disapproval—just numb drudgery.

Now where were those flags? I looked around. There they stood, in a long row alongside a stone wall to my right. I checked for names but couldn't read them. I was going to turn away, when Swan started to pull one down. I helped him and tried to destroy this flag with fire. Firefriend didn't work today, so I put the whole thing into a soap bubble. It actually looked quite pretty—the neatly folded flag in a huge big soap bubble, and Swan's little red hat had somehow found its way in there too. We sent it all up and away, asking the Airspirits to take care of this matter.

I then decided it was time to pay my respects to Yama. I entered the castle, Swan stayed behind, I think. There was a



# TO YAMA LOK



large, dark, empty hall and another door at the far side.

Blowing bubbles and prancing around I gradually "worked" my way to that door. It opened to an even larger, but every bit as gloomy and empty new hall. To my left was a high throne—and there sat Yama. The face looked

like a demon mask with big whitish fangs on either side of the huge mouth, yellow teeth and the eyes sticking out ten inches. Not a friendly sight!!

Since I felt I had only been let in to do a good job as a clown, I decided to put on a good performance for the great Yama. I did some of my best song and dance routines, I juggled scarves and laughed and cried, until the fierce face up there slowly mellowed into a big smile. That's when I valiantly stepped forward, bowed and curtsied, fell on my behind and got up again. "Great Yama," I said, "If there are any clown-souls in your castle, can I take those out with me?" Yama's smile now turned into an belly laugh. "If you can find any clowns here, any at all, you may take them with you!! With that he faded from sight.

I went through many high-ceilinged gloomy rooms without curtains or furniture, not even pictures on the walls. It was all dimness and different shades of black and grey, but in each room I juggled scarves and said out loud: "If any one would like to leave this place, just hide in one of my pockets!!

I never saw any clowns, nor anyone else, and I can't even imagine where they would have been hiding in those empty rooms. But my clothes did feel slightly heavier when I got back out to the courtyard. Or was it just my imagination??

Swan was waiting out there for me, and together we went back to the big iron gate. "Do you have anything to declare?" It was that disembodied voice out of the booth again. "Nothing I know of!" I said truthfully. The gate swung open for us, and Swan and I were back on the grey Rainbow Bridge.

It was a long walk, but gradually all

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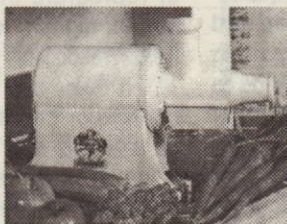
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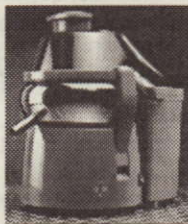
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those beautiful rainbow colours reappeared. Then I stopped. "All right folks" I said, "it's safe now, we're out, and you can all go home."

Well....like a swarm of bees they came out of all my pockets and every button hole and sleeve, and they just zipped away!! I was absolutely amazed at the sheer number of them! But they all seemed to know exactly where to go, and I didn't see any clowns among them. But that doesn't mean there weren't any. Even a clown's soul can die, but then he's probably no longer a clown.

I changed back into regular Gisela and took my fine-feathered friend to the lake where he can usually be found. We had a refreshing swim, then I thanked him and said goodbye for now. It was time to come back.

See ad in the NYP - Shamanism

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# Sifting the Genius from Your Own Life!

by Anita Kuipers

**"What we play is life." - Louis Armstrong**

**Play: to act light-hearted, to engage with amusement, freedom of movement.**

I ask myself, is my life play, as defined above? It seems as though my journey has been a lot about grief and about experiencing and identifying separation—separation from my heart, from my truth and from the God of my understanding. As I look around, read and share, I see this is so true for many people.

My quest is to answer, "Who am I?", and "What is my purpose here?" The keys to these profound questions lie in the everyday details of my life. No matter how much I try, I have found it really difficult to be present and living from my heart every moment of the day when experiencing fatigue, stress, chronic worry, procrastination, fear, low self esteem, unsatisfying relationships, and financial pressures. All these states deplete the energy available to me to truly live my life in a higher way. As a mental health practitioner, I have seen that this list could be expanded to include illness, depression, anxiety, addictions, phobias and difficulty with learning, sleep and memory etc. Being conscious enough of what is going on in my daily life, however, provides the clues as to what needs to be healed or digested so I am better able to hear the truth of my heart, and embrace my relationship with Spirit.

It is not about shame or blame, but rather it is about what has come to be as a result of evolution. We are the accumulation of all that has gone before us. This means that in addition to what we create, we also experience the memories, attitudes, beliefs, behaviours and feelings of our ancestors (The Good, The Bad, and The Ugly!). All of this 'information' is actually stored in what is known as the morphogenetic field.

## What is field?

Albert Einstein said that, "Field is the only reality, there is no physical matter, only denser and denser fields". Rupert Sheldrake, a Cambridge biologist who coined the term morphogenetic field, spoke about this field as holding the information of our entire genetic line and organizing all life forms. What is scientifically known about the field is that it determines form (instructing DNA/RNA), generates matter, stores memories, behaviours, beliefs, attitudes, feelings, etc., is built on resonance, connects events in space, and is inherited. The morphogenetic field is the matrix that makes up and informs reality. So in essence, our life or our 'reality' is determined by the field information we have inherited and created.

What is exciting about living in this time, is that we have the opportunity to heal what we have inherited, and transform our own lives. We are now able to digest all that no longer serves, and actually be able to live playfully from presence and choice. How? Through a leading edge technology, newly available to the public, called GeoTran, the language of the 'fields' that informs all life.

Dorothy Wood Espiau is the founder of GeoTran and began her research over thirty years ago. Having worked with many modalities and experimented with Sheldrake's theories of morphogenetic field, Dorothy began to understand how we operate on a field level as human beings. She realized that the human body is a complex expression of multilevel electromagnetic fields. Once understanding how the fields worked, Dorothy's quest was to determine how to get the field to change or reprogram the misinformation. Hence, GeoTran, a geometric, digital, numeric language which speaks directly to the fields, reeducates your energy field back to its original blueprint.

If there are any areas in your life that you would like to change or be different, there may be misinformation running on a field level. The gift of GeoTran is that you can very specifically, simply and permanently reprogram that misinformation back to what is correct, so that you are able to move forward with grace and playfulness in your own daily life. This work is gentle, easy, transformative and honours everyone's own unique process. The results are permanent. Life is about consciousness and GeoTran is here now to really support us in aligning our lives with our hearts, and the Spirit.

My wish for you is that you claim your own innate genius and express it in this world, in your own unique and beautiful way. *"I put talent into my work. I put genius into my life".*

- Oscar Wilde.

See ad below

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# Life with the Beloved

by Louix Dor Dempriey

The things that have one so enamored (the perfect love, the perfect child, the perfect income, the perfect house and job and town to live in) are the very things that keep so many from God. Humanity has become brainwashed by what the collective whole says are the ideals and attainments for which to strive. If they are an end, in and of themselves, each one of those items is a false God placed before your Lord God and Creator.

The same dynamic can be found in the New Age movement. The pursuit of enlightenment, ascension, bi-location, teleportation, etc. are all false gods. They are attachments and distractions of the mind. Desires are acts of separation. Inherent in one's desire for anything is the belief that one lacks something and, therefore, needs something. Thus, desire places an object of pursuit before God which, in turn, distances one even further from God. Life with the Beloved is not about enlightenment. It is about falling so completely in love with creation that you are in oneness with everything in any given moment. Then the next moment comes and you fall in love all over again. What if it is God's will that you do not attain enlightenment in this embodiment? Does that mean you fail? No. The only desire worth having is to become consumed by God's love. Place no conditions upon what that looks like. God is love. Thus, yearn to know love, to feel love, to express love, and to become love beyond limit. If that means enlightenment, then accept it. If it means being married, single, gay, straight, rich, poor, with or without kids, famous or unknown, accept that too. It does not matter. Those titles, positions, and attributes are simply what God needs to play this game of chess with our lives. Furthermore, all those attainments of the material world are gone forever in the instant you transit your physical form, from a life whose entirety only amounts to one blink of your soul's eternal eye.

God does not need six billion people enlightened in this decade, or in this century for that matter. God needs a surrendered, willing heart that says, "Use me according to Thy will." Desire not the fruits of life with God. Desire, instead, life with God.

There are countless people who are not enlightened masters, yet live so completely in rapture with God that it blesses everything they do. I have seen many working in hotels and restaurants. The love I see oozing out of them almost brings me to tears. Some of them are going home to screaming children, no money, and fifteen people living in a one-room box of a house with no windows; yet, they walk in grace because they feel the love of God constantly in their hearts. They see it, and insist on seeing it, in every single thing they do. That is the magic which helps them transcend their circumstance. Many of them have never read a book on ascension and might think enlightenment is what happens when you flip the light switch on a wall. Do you think it matters? Do you think they care? Their focus is on God, not on His gifts.

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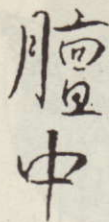
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Love is what everyone is seeking. The irony is that all have the power to have it in any moment. Many just do not give themselves permission, partly because they do not believe that they can have it. Most have been taught that life is about having to attain something. Others believe that, once they become enlightened, then they will have that love. But it is the other way around. It is the love which leads one into enlightenment. No moment lives beyond the confines of itself. All that matters is to fill this now moment with the highest amount of love you can muster, then ache to give even more. It is in these moments that you are in oneness. It is in these moments that you are living life with the Beloved.

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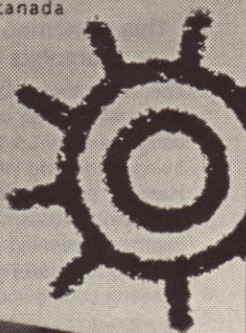
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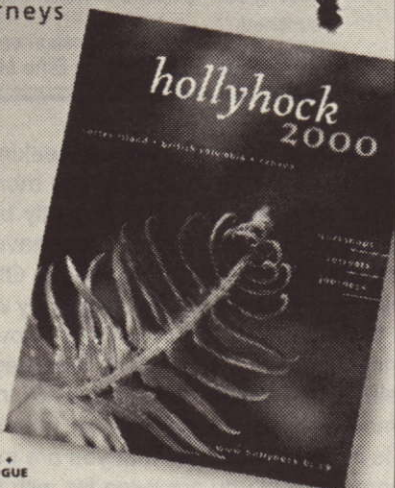
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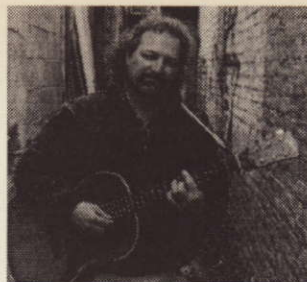
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## Corporate Loan

by Mark Gurevitch



Born in Montreal, Canada, I came of age at the tail end of the revolutionary 1960's, and from the beginning there was something uncommonly serious about me. I didn't see the world like all the other children. For me, the world was something to take part in and to take apart, to examine and if need be to rebuild. I grew up as an idealist, believing in the good of mankind while challenging all of its evils—from politics, to bigotry, to war. I have learned much through the years, and remain to this day, a guardian of visionary activism. When I was young I felt as many of us do, that I would do something that makes a difference. But now I believe I will touch someone that will make a difference. Because I will never be sure when, I need to try to be the best human I can be. This I believe should be everyone's goal in life.

### Why song writing?

When my English Literature teacher brought Dylan's "The Times They Are A-Changing" for a poetry reading, my world illuminated. Then and there I was aware that I needed to write songs which made people think and would lead them to discuss change. I bought an old guitar, learned three chords, and wrote an antiwar song. I have been writing ever since. I am awed by the writing process. I do not sit with a pencil and try to rhyme an idea. Many of my songs have never been written down. For me writing is a mood, a feeling. I play a few chords, open my mouth and words fall out. Sometimes I feel more like I am channeling for someone else. I've played some songs for twenty years before I meet the person that inspired them. In 1976 I was at a party, sitting in a back room holding a guitar. One of the other guests walked in sat down and asked me to write him a song about Ireland. I intended to write a song with rainbows, pots of gold, and leprechauns, but when I opened my mouth to sing a very different song emerged (Fire Still Raging). When I finished we were both crying. He then went on to tell me that his father had died fighting for the IRA. I was merely the receiver for his feelings. I thank the creator every day for this gift.



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# Whispers of Isis

by Patrice

For a long time now, I have been carrying this depiction of Isis around with me in my wallet. Not until last February, did I actually receive Spirit's voice indicating that I must take her out and be ready to deliver her message. I had no idea what this could possibly mean for me, but her presence kept coming up for me to intuit and therefore act upon as I saw fit.

For many years now, I have been aware of many of Spirit's messages and continuous blessings and it has been my pleasure to pass these along. It seems that I have been at a loss for words to truly describe what actually happens to me in these altered spiritual states. For all of us describing them for earth vocabulary, just simply falls short. With every engagement of my soul in this way, I not only have a healing effect on others but always on myself as well. Thus, the special gift of the planetary healer is in each of us.

I firmly believe that Isis is reaching out to all of us to help heal the female aspect, namely the surface of Earth itself, as well as the female aspect of each male and female. It is a whisper of it being "OK" to really feel again and to express the totality of who each of us truly is, for when we truly begin from our feeling intuitive centre we are guided from within to where we can best place our next step. This is allowing the male action in each of us to be guided by our female from within.

A soul-mate experience can further enhance the merging of these two polar opposites - male and female, although this is not absolutely necessary by any means. A continuous reflection of opposite mind can definitely have quite a variety of effects. While living with my soul-mate for well over ten years has indeed been a great honour and pleasure, it has also been a roller-coaster ride. Since many now are having more soul-mate experiences in order to help us evolve, it is still important to remember to hang on to yourself first.

Often the path of Spirit is to continuously reflect the opposite to what we think is in our own best interests. However, it has been my experience that this reflection is exactly what we need on our Spirit's Journey to unconditional love of self. What better way than learning to love our opposite in anyone and then the whole of the world can more easily follow.

For me Isis represents this balance of the male/female aspect in each person, male or female in body now. As one of the original progenitors of Planet Earth, Isis is anxious to assist us in this planetary healing and ascension.

The whispers of Isis continue to influence me in daily life and I am being encouraged to be a vehicle for her whispers of coming balance, peace, harmony, joy and bliss for all!

See ad to the right



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# The Power of Love and Compassion

by Elara

I was born with divine love and compassion in my heart. Even as a young child, growing up in Finland, I knew love as the greatest power in the Universe. This was proven to me time and time again as I learned to transmute the energy from the constant bullying and teasing I experienced from other kids throughout my childhood and into my teenage years. Whether I was walking to or from school, in the classroom, or even at home there always seemed to be one or more of these kids around taunting me.

Living with my divorced father, who worked shifts, and my younger brother, there was often no adult supervision in my home. One of the most trying times involved the daughter of one of my father's girlfriends who was three years older than me. Left on our own most weekends, she would often keep my brother and I up all night or make us sleep in the cold, if we didn't do as she said.

The stories of bullying are many, but I knew even then that these children were lacking self-love and hurting deeply inside. I felt compassion for them and would send them love through my thoughts. As a result of this, I worked through my fear and became more and more outwardly expressive with my feelings of love and compassion. My fearless, loving responses would often catch them by surprise, and some of my dreaded foes ended up becoming my friends!

As a child I had a recurring dream that helped me through these times. In the dream, I would be running for my life as I was being chased by dark shadows. Then I would remember that I had nothing to fear and would turn around and face the shadows, projecting love until they disappeared.

While growing up I had a lot of exposure to Christian teachings. The words of Jesus, "Love thy neighbour as thyself" always held a special significance for me. I knew deep down the true meaning of those words and I committed my life to both living this truth and facilitating it to others. I understood that I was to love myself unconditionally and extend that love to everyone I encountered to help them find the same love within themselves.

Although this desire was deeply embedded in my soul as a child, I certainly had no idea what opportunities and challenges the Universe would present to me in order to realize my goal! My capacity to love has been tested time after time through life's ups and downs. At times I would feel my heart closing which would cause me to experience a lack of love in my life, manifesting as difficult situations. Always through the healing power of love and compassion my heart would open up and I would return to love. This would either change the difficult situations around or my experience would change from one of conflict to peace.

In 1987 I came to Canada where I began a study of 'A Course in Miracles' which reconfirmed and helped me to more fully understand my childhood quest. As I continued my search for 'Truth', numerous books, contacts and experiences came my way always carrying the same message: Love is the greatest power in the Universe! My desire to spread this 'Truth' with its practical applications to the world was reignited.

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In 1992 I began facilitating 'A Course in Miracles' study groups. With my desire to connect deeper with my inner self and help others do the same, I progressed to facilitating meditation groups and then eventually workshops. In 1997 I had a wonderful opportunity to return to Finland where I found myself channelling a message of Universal Love followed by a powerful meditation to a large audience. During the channeling session a huge storm came up, where the audience witnessed a lightning bolt enter and circle the room! When the session was over the storm subsided; and the sun was shining once again.

There is always such great love present when people come to together this way that it can heal the most wounded heart and soul. As we heal ourselves through love we extend that to all humankind, eventually creating a world based on love and compassion. *See ad below*

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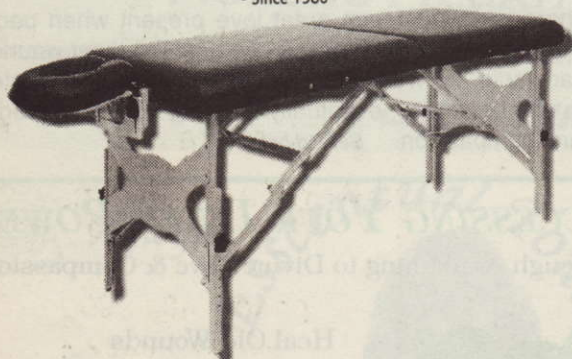
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## TRAUMATIC BIRTH SYNDROME

by Wayne Terai

### What Every Parent Should Know To Ensure The Health Of Their Baby.

This is a subject nobody likes to discuss. A German medical researcher discovered that over 80% of the infants that he examined shortly after birth were suffering from injuries to the neck, causing all types of health problems.

Another medical researcher found that ninety pounds of force was enough to cause stillbirth. He commented, "This is not what most obstetricians would consider a great force".

Dr. A. Towbin, from Harvard Medical School found that, "The birth process, even under optimal conditions, is potentially a traumatic, crippling event for the fetus...Spinal cord and brain stem injuries occur often during the process of birth but frequently escape diagnosis...death may occur during delivery or, with respiratory function depressed, a short period after birth. Infants who survive the initial effects may be left with severe nervous system defects."

What about babies that don't show immediate signs and symptoms of Traumatic Birth Syndrome? What if the signs and symptoms don't appear until later on in life? What is the effect on that infant? How does it interfere with that baby's potential to express completely as a human being?

The neck is an area of the body where you can't afford to have an uncorrected injury. Since injuries here can affect the brain stem, all the vital functions of the body are affected. This can occur whether there are symptoms present or not.

Do you remember what happened to Christopher Reeve, the actor who played Superman in the movie? He fell off his horse, and broke a bone in his neck.

In an interview he did with Barbara Walters, you could see that he was unable to breathe without a ventilator machine. He also was unable to control his bowel and bladder. Many of his other bodily functions were altered as well. "Wait a minute, how could this be?" you might ask. "He didn't hurt his lungs, his bowel, or his bladder, he hurt his neck."

This is precisely the point. When the neck is injured, the entire body is affected. Similarly, when there is an injury to part of the spine, the organs supplied by that area of the spine become dysfunctional. These spinal injuries, called Vertebral Subluxations, can alter the course of a person's life if they are not immediately corrected.

Traumatic Birth Syndrome, whether it causes symptoms immediately or just diminishes human potential over the course of a lifetime, must be dealt with immediately. Don't be fooled if your medical doctor says your baby is fine. Medical doctors get little or no training in the detection and correction of the Subluxations caused by Traumatic Birth Syndrome and will almost certainly miss them.

Chiropractors, on the other hand, have been detecting and correcting Subluxations for over 100 years through simple, gently procedures called adjustments. All children should be examined for Subluxations by a Chiropractor immediately after birth. Take this critical step to ensure that your children grow up as healthy as they have the potential to be.



# FIRE DANCING

by Carrie Dawn Hayden

For anyone who has ever questioned having an affair, whether wedded to another or the inner vow pronounced with life... I suggest greatly making a date with fire. It is unlike any partner, it is so raw, real and alive, transcending all boundaries in a limitless elemental jubilee. As Destiny has granted to me the unifying movement, I giggle within in retrospect of how fire dancing manifested itself into my journey through life.

In my early childhood, I was gifted with the passion for body movement. One could find me in ice arenas at the crack of dawn figure skating my little heart out. That feeling of freedom to gracefully glide across poured water, solidified. To stretch my arms out wide, my legs embraced in absolute skill, as I sailed on blades of pure bliss. Leading into my teenage years, I exchanged my figure skates for jazz dancing shoes as the layers of clothes shifted into tights and a body suit. This suit was made to practice and perfect, with much sweating and stretching, the dress rehearsal of annual shows and make-up caked competitions. Year after year, my passion for movement has not subsided to the slightest degree. This became the porthole to the grandest gift I was so open to receive. Placed in my two hands was a four-foot fire staff, with both ends wrapped in torch wick. I remember that moment was like a heavenly earth child, who was just introduced to a new candy to feast upon. I can not deny now that sense of fear that fire itself sets forth because of its power, its heat, like that of our sun, the universal source of light. Unlike the ice for figure skating, parallel to the movements of jazz dancing, to incorporate this element as my fondest partner has been one of my dearest challenges.

I clench my hands on the grip in the middle of the staff, proceeding to dip each end of wick into kerosene. I take many deep breaths in and out, finding the center and kicking off my jazz shoes, to feel the downright dirty ground. Bare foot, I focus, grin and prepare myself for my partner... FIRE.

Somewhere within I hear the sweet

whisper of fire in my heart as I ignite the wick into blazing, raging flames and I free myself to the movement that engulfs me. Swaying, toiling, coiling, I find the flames romancing me. They tease me, quenching the moment for what it truly is: a heaven on earth date with fate, as there are no masks to hide behind, not a second to correct mistakes, for the fire burns its mystic flight to unify me under its wings. I feel the freedom embrace me in warmth contouring my body in all directions, as the energy radiating from earth herself, flows throughout my entire entity. I lose myself into the surrender of sweet joy excessing laughter, the sweet sorrow excessing tears all bottled up into the explosion of selflessness. This timelessness gradually emerges as the most serene sense of tranquility and peace. As the flames slowly fade away into trickles of light rays becoming only a memory left for me to ponder, I stand with my staff in my hands, a torch wick now charcoal, skin beading in sweat, gasping for water to quench my thirst. Somehow, my appreciation for water is heightened as it filters its way throughout my body in dire need. Yes, to have a date with fire is a dance, I can only request all dare to make.

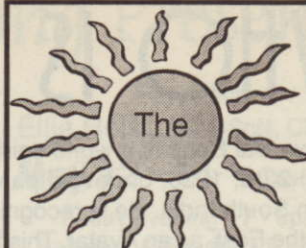
As the full experience circles, I find myself in the midst of choreographing for a group of eight fire dancers, a dance that beholds the name: UNITY.

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# WHO IS SRI SATHYA SAI BABA?

Sri Sathya Sai Baba is a world spiritual teacher. He was born on Nov. 23rd, 1926, of devout parents, in the village of Puttaparthi in South India. He is recognized in the world, and especially in the East, as an Avatar. This Sanskrit word means: "A descent of God to Earth in a human form."

## Sai Baba has declared His mission in the following terms:

I have resolved to enfold the people of the world in the fostering of Universal love. The world is my mansion and the continents are the halls therein. I have come to inscribe a golden chapter in the history of humanity, wherein falsehood will fail, truth will triumph, and virtue will reign. Character will confer power then, not knowledge or inventive skill, nor wealth. Wisdom will be enthroned in the councils of the nations. Do not be misled. It is not my purpose to strike men dumb by the display of miraculous might. I have come to confer the boon of blessedness, the benediction of bliss, as the reward for genuine spiritual endeavor, and to lead mankind into Liberty, Light, and Love.

## Teachings of Sri Sathya Sai Baba.

"Love is the only path that will lead you out of the wilderness and out of the darkness. Look up into the heavens and contemplate the glory of God and all creation. Look within and know that you are part of that creation. Open your heart and let the love pour out so that your own life is transformed; then through your own thoughts, acts and love, you can help transform the lives of those around you. Love, Love, Love, that is my message." "Love as thought is truth; love as action is righteousness; love as feeling is peace; love as understanding is non-violence. If you develop love, you need not develop anything else."

"Whatever the nature of your work, if you dedicate it as an offering to God, you will have no worry at all. This is real Spiritual Practice. Even when you are engaged in your daily chores, you can convert them into worship of God."

## Sai Baba on the 'Unity of Faiths' (slightly abridged, from "The Light of Wisdom")

"Let the different Faiths exist, let them flourish and let the glory of God be sung in all the languages and in a variety of tunes. Respect the differences between the Faiths and rec-

ognize them as valid as long as they do not extinguish the flame of unity."

The great teachers belong to mankind. It is wrong to believe that Jesus belongs only to the Christians and that Christmas is a holy festival for the West only. To accept them as one's own and discard the rest, as belonging to others is a sign of pettiness. Christ, Rama, Krishna; they are all for man everywhere. The various limbs and organs together form a body; various States and Communities form the world. The sustenance given by the Divine Grace circulates in every part of the body, helping it function in unison. The sustenance of Love endowed by Divine Grace has to circulate in every State and Community to make the World live in Peace and Joy. If this Truth is realized, there will be no idea of difference.

The founders of all religions were persons filled with love and wisdom. Their goal and purpose were the same. None desired to divide, disturb, or destroy. They attempted to do good, see good, and be good. All religions belong to the one God and lead to the same destination. There is no difference between one religion and another.

There is one religion, the religion of Love; there is only one caste, the Caste of Humanity; there is only one language, the language of the Heart. There is only one God and He is Omnipresent.

## Frequently asked questions and answers:

Is this some new religion? Baba stresses that we should worship God in whatever form is most inspiring to us. Spiritual growth, as taught by Sai Baba, can be applied to any faith. There is no need to change one's religion.

If Baba is Divine, why doesn't He stop all the wars and atrocities which are causing so much suffering in the world? Baba has stated that all the ills of this world are caused by Man's ignorance. If all the wars, famines and natural disasters were to disappear as a result of Divine intervention, all the problems of this world would only resurface in very short order, and natural disasters would once again reflect the chaos in human consciousness. **The only way to save the world is to foster individual inner transformation.**

See ad in the NYP under Spiritual Groups

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# Astrological Forecast

## for May 2000

by Moreen Reed

The line-up that awaits us in May is rare. The five visible planets plus the Sun and Moon will all line up in Taurus. This kind of concentration will make one area of your life very intensified and energetically rich for new adventures or developments. Of course those who are resistant to change in that area will... well let's say it won't be pretty. Those who stand the best chance of enjoying this line up will have Capricorn, Virgo, Aries and Libra prominent in their charts. Those with Taurus, Aquarius and Sagittarius strong will be in the thick of the challenges and will see the most dramatic shifts. The signs that are left will be the ones most annoyed by all the hoopla, and may feel like unwilling participants in a giant world size pinball machine.

From Astrology's perspective there are two major phenomena happening in May. First there is the crowd in Taurus. This group is in charge of your real world experience, so having them all sit in on one area of your life will be very obvious. What you may need to remember is that this opportunity is about taking stock of what you value, and what must survive into the future? This time will challenge your relationship to life and to self. What will take you into the future? What can be sustained and what cannot? The peak experience comes on May 2nd, when time will feel like it has stopped. Skills required for success in May will be tenacity, resourcefulness and a desire for a long-term solution.

The second phenomenon is looked upon classically as an economic and political time keeper, the 20 year long Saturn Jupiter cycle will start anew on May the 28th (they are part of the Taurus crowd). At this time an old order will pass and a new order will take over. Evidence of this cycle is everywhere here in Canada and the USA, even the media spin is using words like 'new economy'. On a personal level all real world projects begun in May get a major boost of energy! So take the area that the focus is on, come up with a plan and start it in motion now.

The Taurus New Moon on May 3rd is at 9:12 pm PDT. There are ideal conditions in this chart for developing project plans, and the fruitful digestion and absorption of experience. The highlighted degree symbolism is 'A man in a rakish silk hat, muffled, braves the storm' The keyword is 'Sophistication.' The chart also features Mars stepping into Gemini, giving momentum to those embarking on projects that need connections or create connections and plenty of rhetoric for those who cling to the status quo.

Neptune stations and turns retrograde on May 8th. The spiritual light turns away from the world in general and seeks the personal connection for the next five months. For those who are engaged in spiritual work, it will be important to take time and care of your own direct link. May 12th Saturn squares Uranus for the final showdown between the old conservative order and the revolutionary new order.

The Full Moon in Taurus/Scorpio on the 18th at 0:34 am shines the light of our awareness on who's aligning with who. Very strategic and fruitful alliances can form today and all in the blink of an eye. The highlighted degree symbolism\* 'A mature woman reawakens to romance', and the keyword is 'Persuasion.'

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Jupiter squares Uranus May 20th, they offer liberation from an old order or attachments. Now we are in the final count down! Uranus stations and turns retrograde on May 25th. All revolutionary energy is turned inward till October.

The Saturn Jupiter conjunction is on May 28th. Here in B.C. I'm expecting the day will go to those who conquer their fears. Political and economic decisions must not be dictated by popular fear. Remember our pioneering roots.

At month's end Gemini energy will swiftly move us back to normal time, but is it? Talk talk talk talk..... See ad below

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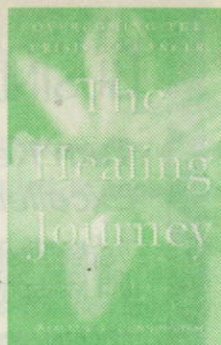
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## The Healing Journey

by Alastair J. Cunningham ~ ISBN ~ I-55263-107-9

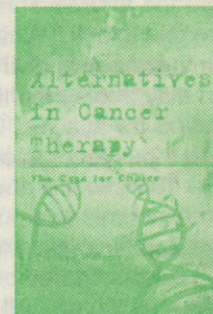
Written by a doctor with more than 30 years experience who is also a cancer survivor himself, *The Healing Journey* is authoritative. Alastair Cunningham takes the reader from the diagnosis of cancer through an explanation of the biology of cancer to medical treatment and other strategies for healing.

In this revised edition, Dr. Cunningham presents the latest developments in the field of psycho-oncology—the study of the relationship between the mind and cancer. He analyses new research on the effectiveness of group psychological therapy and looks closely at the impact of personal behaviours and attitudes. -Resources have been updated and so has the information on drugs and treatments.

**About the Author:** Dr. Alastair J. Cunningham is a senior scientist at the Ontario Cancer Institute. He is also Professor of Medical Biophysics at the University of Toronto, Clinical Co-Director of the Wellspring Centre for cancer patients and a member of the Institute for the Advancement of Health and the Society for Behavioural Medicine. He has PhD degrees in both cell biology and psychology and has over 30 years experience in cancer-related research.

## Alternatives in Cancer Therapy: The Case for Choice

by Penny Williams ~ ISBN ~ I-55263-113-3



A passionately argued, clear look at the world of cancer treatment. Focusing on alternative treatments that have had their basis in conventional medical research, author Penny Williams paints a compelling and chilling portrait of a North American medical establishment unwilling to look at new ways of treating cancer outside the traditional trio of surgery, radiation and chemotherapy.

Through extensive patient interviews and opened clinical files, Williams builds an argument that some of these other treatments, particularly AIT (immuno-augmentative-therapy) have an impressive empirical success rate. Nonetheless these successful approaches have been closed out of the North American clinical trial circuit because their discoverers butted heads with the establishment and lost.

Never losing sight of the human cost, Penny Williams shares the stories of cancer sufferers having to hide their alternative treatments from their close-minded conventional doctors. She also shares the stories of patients lucky enough to have doctors who could see that the non-traditional treatments seem to be having effect. Williams tells the story of patients who survived as much as 17 years beyond their prognosis and of those who did not. She tells stories of hope and laughter and unbeatable human spirit.

Gracefully written, *Alternatives in Cancer Therapy: The Case for Choice* is compelling and important. It dares the North American medical establishment to set aside its biases, calling for the combination of conventional treatments and alternative therapies in the healing process.

**About the Author:** Penny Williams, a writer and editor, lives with her family in Ottawa. She wrote *The Other Place: A Personal Account of Breast Cancer*, an award-winning book published in 1993. Additionally, she has written feature articles on medical issues for magazines such as *Homemaker's* and has been a keynote speaker on topics related to breast cancer.



# Calendar of Events



May 9

**Relaxing the Neck & Shoulders**  
Kelowna, p. 12

May 12 - 14

**Loving Presence** in Kelowna. p. 17

May 13 & 14

**Wesak 2000**, the Okanagan Valley Wesak Celebration in Vernon. Phone 558-7709

**Integrated Body Therapy** Kamloops p. 22

May 17

**Geo Tran Intro** Kelowna, p. 16

May 18

**Centarus & The Michael Project**, presented by Mandala Books in Kelowna. p.8

May 19 - 20

**Empowerment of Minority Women**, a conference in Penticton, info 250-492-6299

May 19 - 29

**The Teacher's Seminar** • Reflexology with Yvette in Vancouver, p. 28

May 20, 21 & 22

**Jin Shin Do** with Doreen in Kelowna, p. 8

May 19 - 21

**Opening Into Love** in Kelowna. p.7

May 23

**TMJ Health** in Kelowna. p.12

**Dream Classes** start, 6 Tuesdays at 7pm. Tanya Lea 250-763-5107 Kelowna. Awaken the Power of Your Dream's Wisdom

May 26 - 28

**Hand Reflexology Workshop** with Chris Shirley in Penticton. p.36

**Reiki Level One**, Loro Tylor in Penticton, p.9

**Language of Love** in Kelowna. p.4

**Drumming** in Johnsons Landing, p. 13

May 26 - 27

**Awareness Through Movement** with Syl Rujanschi, in Prince George. p.18

May 27

**Wisdom of the Dream**, a dream workshop for women with Jamie Rosanna Dorig in Kelowna, 250-717-1584, p. 31

**Shamanic Journeying** in Abbotsford. p. 9

May 28

**Reiki Class Level 1 and/or 2**, at Dare to Dream in Kelowna. 250-491-2111. p. 28

May 29

**TMJ Health Workshop** in Vernon. p.12

June 1 - 10

**LIFE SHIFT INTENSIVE** June 1-10 & Nov. 1-10 A ten-day annual program for accelerated personal growth and spiritual development. Blanche & Harreson Tanner 250-225-3566 Breath Practitioner Training & Certification available

June 3

**Shamanic Journeying** in Kelowna. p.9

June 10 - 11

**Ortho Bionomy** in Kamloops p. 7

June 17 - 18

**Accessing Your Inner Power** with Elara in a log cabin on Okanagan Lake. p. 21

June 19

**The Power of Money**, Kelowna, p. 8

June 23 - 25

**Life with the Beloved** in Vancouver. p.17

June 23 - 24

**Awareness through Movement** with Syl Rujanschi in Westbank. p.18

June 23 - 25

**Reflexology Certificate Course** in Prince George. p. 9

July 10 - 20

**Okanagan Summer School of the Arts**, in Penticton, p. 23

July 15 - 22

**Mystery Quest**, a 7 day adventure that will deepen your connection to the wisdom in nature, yourself and all living things. Tipi Camp, Kootenay Lake, BC with Blanche and Harreson Tanner 250-225-3566, Email: lifeshift@netidea.com

July 27 - 31

**Women's Earth Medicine Retreat** at Sah Naji Kwe Wilderness Spa near Yellowknife, NWT. Dianne Tharp (780) 9563897 or Blanche Tanner (250) 225-3566

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**NIA - Mind, Body, Spirit Fitness.** Ongoing classes. Call Michelle 492-2186, Penticton

### WEDNESDAYS

**MEDITATION** at Dare to Dream, 7pm  
168 Asher Rd., Kelowna ... 491-2111

### SUNDAY CELEBRATION

**Kelowna:** Sunday 10:30am. Kelowna Centre for Positive Living, Science of Mind, F.C.C., 702 Bernard Ave • 250-860-3500, www.kcpl-rsi.com

**Vernon:** Sundays at the Okanagan Centre for Positive Living, Science of Mind. Meditation 10:30am, Service 11am, Funday School 11am at the Powerhouse Theatre 2901-35 Ave. Call 250-549-4399 **WEDNESDAY:** Meditation at Falcon Nest 5620 Neil Road, 6pm, 549-4399

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# HOPE IS KNOWING I CAN HANDLE IT

by Cathy Fenwick

*Hope lights a candle.*

*Hope discovers what can be done.*

*Hope draws its power from deep inside.*

*Hope is the resilience of the human spirit.*

Hope is the candle that lights the darkness. It is the power that keeps us going when things get tough. While doing a workshop on Healing With Humour in January, a woman sitting in the front of the room commented with tears in her eyes, "What you are doing is giving people hope!" After the session we talked about how necessary hope is to life. Without hope there is distress, cynicism and despair. "Hope happens somewhere between despair and joy" (Telling My Sister's Story, 1996).

We often say or hear things like, "I hope this new job goes well, I hope I win the lottery, I hope the weather is nice for the wedding, I hope to live to be 96 years old, I hope they find a cure for cancer. If my cancer comes back, I hope I will be able to cope." These statements describe three levels of hope. The first level of hope could be better named "wishes". This is "win the lottery" hope. The second level is more altruistic, it's the "find the cure for cancer" hope. The third level refers to possibilities beyond wishes and good deeds. This acknowledges the resilience of the human spirit. It encourages us to carry on. It is the inner strength that says, "I can..."

Level three hope recognizes the potential of the human spirit. It gives us the courage to go on, the challenge to start again, the strength to rise above fear, and the will to experience joy. I do not dwell on the possibility of having a cancer recurrence, but the possibility is ever present. I hope it doesn't come back. I hope they find a cure for all of us. I hope I have the inner strength to meet the challenges when times get tough. These are the levels of hope I live with every day.

Hope is really about possibilities. It means having a mind that is open to the great mystery and a heart that is open to receive. Hope is the antidote to fear and despair. When our hearts and minds are closed to possibilities, we lose hope. Hope comes from within. We can develop hope in ourselves by strengthening our inner resources. We can engender hope in others when we have the opportunity to share with them from our inner strength. Just as we can visualize the wished for events, situations, or conditions, we can visualize hope coming from that inner strength. Hope shifts the balance between despair and joy.

Hopeful people have a strong sense of personal power and trust. For them, hope is the energy that propels them to action. It's that quality that puts us back in charge of our lives when things seem out of control. Roberto Benigni, the acclaimed Italian writer, actor and director of 'Life is Beautiful' shows us the power of hope. Benigni said he always wanted to make a comedy film about life in a concentration camp, but knew it would be difficult to do it well. He did it with courage and grace in this wonderful production. In one scene, Benigni is working as a waiter in the camp, serving dinner to a number of German dignitaries. He has the opportunity to play a beautiful piece of music from an Italian opera and turns the loud



speaker toward the women's quarters in the camp, sending powerful messages of hope to his wife. *'Life is Beautiful'* is primarily a film about hope. No one can see it without shedding tears. I cried, laughed and learned a lot about hope.

Hope is the spark that keeps possibility alive through the best and the worst of life. We foster hope by emphasizing possibilities rather than limitations. Hope grows when we take responsibility for our lives, go out and learn what we need to know, keep an open mind, and explore options. Hope grows when we trust that we can do what needs to be done. Hopeful people often say, "Yes I can" or "No I choose not to." Instead of running from crises, hopeful people move into them, look for the opportunities that are part of the challenge, and learn from these experiences.

Hope is a process that is infinite. It is the spark of the divine in us. Hope keeps us connected to the great mystery. It shows us the circle of life continuing in many series of events that go around and around. The absolutes of good/bad, right/wrong, life/death, and being/nothingness are not part of this process. Absolutes imply a start and a finish, which can create hopelessness. Hope is circular, it is continuation, possibility, infinity. Hope is the potential of the great mystery.

Hope means that we can continue to love life and share joy, no matter what. It means to ignore those who would destroy hope. There is no such thing as false hope because when our wishes for health, wealth and power are not fulfilled, hope always comes through when it is rooted in inner strength. Hope is knowing that we will handle whatever comes with courage, dignity and inner peace. Hope is knowing that Life is Beautiful.

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



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# Rethinking the Dating Game

by Suzanne Stevenson

When you think about it, relationships are a 'chancy' business. We may know less than ten people as friends and out of that ten, one becomes a major relationship. There's often not much history or supporting community. No wonder relationships are in trouble.

Then there are the dating services on the web—the other extreme. Thousands of people out there! Lots of information, but can you trust it? How realistic is the description? Where's the community?

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# Devil's Claw

## The Herb for relieving Arthritic Pain

by Klaus Ferlow

Millions of people are suffering from the pain of joint inflammation. While conventional medicine promotes aspirin and other drugs as a treatment it consistently ignores other safe options such as diet, fasting, supplements and herbs.

Given the popularity of Devil's Claw as a herbal remedy, more and more people are using its various forms such as herbal cream, tincture, capsules and tablets. It is a native plant to South-west Africa and grows in the Kalahari Desert and produces brilliant red/purple flowers with woody barbed fruit. The name comes from the claw-like shape of its seed pods. Natives have long used the plant to treat digestive problems. It has anti-inflammatory and anti-rheumatic properties. It is commonly used to manage many inflammatory joint diseases such as osteoarthritis, rheumatoid arthritis, lupus, and gout.

The Devil's Claw tincture is classified as a bitter tonic useful in management of various gastrointestinal complaints including dyspepsia and digestive upset due to poor gallbladder and/or pancreatic function. It also acts as a powerful detoxifier and liver cleanser. Decoctions of the dried roots (we are using the liquid herbal extract wildcrafted from the roots of Devil's Claw) have long been taken as a tea by the indigenous people of South Africa for a variety of digestive and rheumatic conditions.

My own mother suddenly developed arthritis in her fingers at the age of 82—she couldn't straighten them out anymore. She also had pain and inflammation in one of her knees. She uses our Devil's claw cream and Devil's Claw tincture with great success, which relieves her pain. Now at age 90 she functions normally and can even take her daily walk again!

Arthritis is a natural but ultimately incorrect cellular response to certain stresses on the body. No two people have identical patterns or progression of symptoms. To counteract the symptoms a program is needed to steer the body toward a healthy response without causing unwanted side effects. Devil's Claw has no side effects. Other benefits are that it will eliminate swelling and stiffness of inflamed joints and muscles and offer some antifungal action.

Devil's Claw was discovered in the early seventies by a German scientist, Mr. Mehnert. It was then introduced to Europeans and became so popular that in 1976 it was estimated that 30,000 arthritic patients in the United Kingdom alone were using it successfully. The advantage of herbal creams is that they can be used on the spot where it hurts and/or when skin problems occur. A cream works five times faster (absorbed into the bloodstream within minutes) when compared to internally taken products.

If arthritis pain is bothering you, Devil's Claw could be your best friend. In connection with proper diet, exercise, relaxation techniques, nutritional supplements, this herb can be an effective way to keep rheumatic conditions under control the natural way! You can take charge of your own health and well being.

*Disclaimer: It is not our intention to prescribe or make specific health claims for any of our products. Any attempt to diagnose and treat illness should come under the direction of a health care practitioner.*

See ad to the left



# Wisdom of the Dream

by Jamie Rosanna Dorig

The "Wisdom of the Dream" speaks to us each night, cloaked in the mysterious language of symbols and metaphors. Displayed before us in vivid imagery, dreams give us symbolic messages from the unconscious. By alerting us and focusing our attention, they offer direction, advice and guidance. Attending to our dreams and giving value to the symbolic imagery connects us to the deepest part of ourselves, restoring balance and wholeness.

Imagine for a moment the following headline: "Woman receives message from another world." Think of how intrigued people would be. Some would wonder if contact had been made with extra terrestrials while others would surmise that a ghost had spoken. However a more mundane but no less extraordinary phenomenon has occurred. The woman of the headline has simply had a dream. While contact with intelligence from outer space or a message from a departed spirit would make headlines, the phenomenon of dreaming fails to activate our collective interest.

Our present day western culture has little time for dreams. This can partly be explained by the fact that we tend to over value the rational at the expense of the imaginative. In ancient Greek there was no word for "word". Instead they used the dual terms "logos" and "mythos". Logos referred to the ability of words to convey cognition and logic. Mythos referred to the ability of words to evoke imagery. Dreams primarily dwell in the world of mythos. If dreaming is indeed a form of communication, then it is based on a language of imagery.

As with any unknown language, dreams may appear to be meaningless but this does not indicate their lack of meaning. If we were to examine an Egyptian hieroglyphic text, it would probably appear to contain a mass of incomprehensible scribbles. This indicates our lack of knowledge of an ancient language, not the document's lack of meaning. The same is true of dreams. Many believe that dreams are a facade, hiding a secret from us. This belief is no more accurate of dreams than it would be of the hieroglyphic text. We do not understand the text because we do not know the language, not because the text is hiding something.

When trying to make sense of your dreams, apply the same principles and disciplines you would apply to any foreign language. Focus your attention, observe carefully and watch for repetition. Be patient with the process. If one dream leaves you baffled, keep it in mind and then wait for the next dream. You are more likely to find meaning from a sequence of dreams than from one, isolated dream.

Once we begin to take our dreams seriously, we will naturally have questions such as "Why?" "Why was I flying in that dream?" or "Why was I driving backwards?" There is another line of questioning that I personally like to suggest to my clients when they present me with their dreams. This is the question "How does it feel?" As with the examples above I would change the question to "How does it feel to fly?" or "How does it feel to drive backwards?" The reason is that I believe it is absolutely imperative to keep the images and emotions evoked by our dreams grounded in the body. The question "Why?"

tends to keep us in our heads and move us away from our present time and our present situation. But often insight comes if we can stay present with the dream image and remain firmly connected to our bodies.

When looking at dreams, there are many ways that you can work/play with the images the dream presents. Start by focusing on the part of the dream which carries the greatest emotional impact. Then find a way to give it creative expression. The most common way is to tell the dream or to record it in writing. But you can also create a poem, a song or even write your own fairy tale. You can draw or paint images from the dream or you can use sculpturing materials such as clay or putty. The important thing is to give the dream form, bringing it out of the unconscious into the material world.

There is wisdom to be found in our dreams. Dreams have the innate ability to bring our conscious attitude into balance. With the focus of our day-to-day lives constantly pulled towards material and commercial concerns, dreams offer invaluable insight into regaining a more holistic outlook. Dreams serve a compensatory function. Without blame or guilt they nudge us each night towards our centre. If we engage in the process and dance the 'dance of dreams,' we will inevitably be richly rewarded.

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by Urmi

# Interesting People

## Return of the Artist - Ben (Dennis) Neilson

Don't you just love someone who quits their job and

pursues a career in art, the envy of all us wannabe artists. Some people follow their dreams even if it's risky business. For Ben (Dennis) Neilson the "dream" is more of a destiny. From an early age he began to earn the title of Artist, from friends and family. Drawing and sketching were a constant pastime. After graduating from Penticton High School, Ben went on to Art School and did some travelling before returning to Penticton and meeting his wife Viki. At that point he was offered the challenge of taking over the family business which was very successfully run by his father. Accepting this responsibility was a step away from the artist's palette and it was quite a few years before Ben picked up the brushes again. Although running the business of roofing and sheet metal was entirely stifling Ben does admit some benefits from having had that experience. 'It taught me how to succeed in the business world.'

At the encouragement and insistence of his wife, Ben took a course at the Summer School of the Arts to reawaken his pent up artistic energy. The instructor Bruce Crawford offered the inspiration, and technique that Ben needed to get into production right away. Bruce challenged the group to play with the medium of acrylic paint. The eight years that Ben had been away from his craft had incubated the latent talents waiting to be expressed. The small spark from a summer school class ignited a wealth of creative process. He built a studio in his home and started painting prolifically. He had his first solo exhibition at the South Okanagan Art Gallery in 1988. This was a pivotal moment of recognition as only 10% of artists ever get a chance to have this type of exposure. Ben said, "That exhibition reinforced my focus to one day make painting, *what I do*."

After a time he felt he needed to be in the atmosphere of other artists and rented a studio with Glenn Clark, another local artist. This led to sharing space at the old Western Advertiser building on Front street. That building, which was under zoning consideration had the perfect atmosphere for artists and soon there were over six sharing the space, forming a collective studio. It was around this time that Ben started experimenting with using texture on his canvases. His wife Viki inspired him to use paper to add texture. He then discovered that the sheet metal he had been using in construction made an interesting substitute for canvas. The metal combined with layers of paper and acrylic paint give his paintings a depth and richness, a bit of scraping and scratching and the painting takes on an antiquated look. These paintings are large, about 4 by 5 ft. Ben uses his welding experience and even uses roofing tar to create some very interesting shades of brown and black in his work. Part of his formal art education occurred during a time when conceptual art was popular. He explained conceptual art



as "That's art, because I am an artist and I say it's art." Ben says that this trend of thinking at the time of his education was humbling for him as a painter because art was being defined in a different way and painting was considered ordinary. He also commented that the art community has become so obscure that the average person is left out.

This influenced him to create a series of paintings called, "The Girls from Elle". This is a series inspired by a pile of Elle magazines in which Ben saw the images of Kate Moss and other super models as being a commodity. The images are so far removed from the real person through computer enhancement and make up that Ben took those unreal images and made unreal portraits. The results are haunting, somewhat familiar images of beautiful women. Ben jokingly refers to this series as being similar to Andy Warhol's Campbell Soup painting in that people reacted to the Elle series because the media is so successful in implanting these images into people's minds that people subliminally recognize them. After the Elle Girls came a series of intriguing selfportraits. It was these portraits that first interested me in Ben (Dennis) Neilson. I had attended a New Year's party at his collective studio at the Cannery. It was like walking into another world, one I definitely wanted to be a part of. Ben's huge brooding selfportraits and Elle girls were comfortably hung in the huge wooden warehouse space. The cavernous collective studio is a labyrinth of alcoves housing at the present ten artists with room for two more. According to Ben it is "only out of necessity," that he is mentor and organizer of the collective. His years in business have created a disciplined life style and he can take care of the administrative processes whereas many artists have no background or interest in that area.

New Year's 2000 was Ben's deadline for returning to his vision of becoming a full time artist. After twenty-seven years the roofing business has been put aside. Ben's desire is to receive a comfortable reward for his work on an international level. "I consider that I have a gift and that it should be shared. I want to create the best work I can and be honest about it. When I casually said its kind of an obsession he replied, It's gone way beyond that, it's a profession."



Horse I



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