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Resources for Connecting, Healing & Awakening

July / August

Priceless

Wise Woman Journey

Read Musing - page 6 for details



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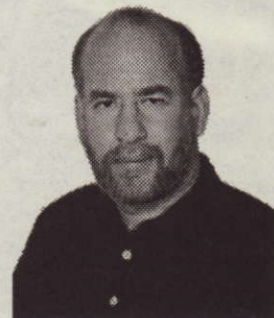
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FELDENKRAIS® for Gardeners

by Sandra Bradshaw

The garden is calling and that often means long hours of bending, resulting in a tired back. Try this short Awareness Through Movement Lesson to loosen those muscles in the low back that feel tight and sore. You will need a tennis ball or equivalent to do this and about fifteen minutes.

Do a forward bend slowly and allow gravity to pull you down so that you are not forcing through muscular effort. This way you will only go as far as is comfortable. Notice both the quality of the movement and where you stop, as we will come back to this at the end of the lesson. Then sit in a chair.

Put the tennis ball under one foot, right at the arch. Make sure that you have your back supported and that you have the ball positioned so that you are comfortable and will be able to easily do a few small movements with the ball.

Allow your foot to rest on the ball and without pressing hard, roll the ball toward your toes. Do this mindfully so you can feel your foot rolling over the ball and notice how your foot contours to its shape. Then roll the ball back to your arch. Do this several times always coming back to the same place.

Now with the same easy feeling, roll the ball from your arch to your heel and back again. Move mindfully rather like you would if you were doing a movement meditation. Do this several times and always come to rest at the arch of the foot.

Now combine the forward and backwards movements so that the ball is starting at the arch, rolling forward to the toes, rolling backward to the heel and then back to the arch. Do this several times and always pause after each sequence to give your nervous system time to absorb the sensory information that is being given.

Now bring the ball back to the arch and roll the ball several times from side to side. Again do not hurry the process—this is a time for you to connect with your body and to give it your undivided attention.

Now roll the ball in a little circle under the arch of your foot. The smaller the circle, the easier it will be to control the ball so play with different sizes until you find what works for you. Do this several times both clockwise and counterclockwise. Do this same sequence with the other foot.

Now put the ball away and stand up. Slowly do a forward bend again allowing gravity to take you forward, and notice how you do that now. Has the quality changed? Are you able to spontaneously go farther than you did the first time?

Sandra Bradshaw

Certified Feldenkrais® Practitioner



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Wise Woman Journey



Meet Nasuskau, an Inuit woman who was 116 years old when I met her. My family was travelling north in the Peace River Country to pick up Grandad and we stopped at an Indian village with our school bus. They were curious to see inside and asked to have a look. I remember the native Chief offering to buy my brother Billy for \$2 (They thought he would make an excellent fisherman). I thought it was a great deal and didn't understand why Mom and Dad didn't accept the offer. My parents often complained about not having enough money and here was a chance to make some and get rid of a brother. Next came Nasuskau with a child at each arm, they gave her directions in their native tongue, as to how to get up the stairs of our bus. Inside her young helpers suggested that she sit on the seat. She bent over and felt it, then shook her head and sat down in the middle of the aisle. She said she had never sat on a chair and wasn't about to now. She was a well-respected Elder who had lived her life on the ice near Aklavik hunting caribou and seal with her family and now was nearly blind. Mom was given permission to take the picture of her.

I thought this photograph was appropriate, for I have been working all month on the Wise Woman Weekend Program, which is on the reverse side of this month's ISSUES. If you have a look inside, you can meet many wise women willing to share their wisdom and their skills. We are inviting some local crones to join us and if you have a favourite one who is at least eighty years old, you can bring her free of charge. Please phone or write us. We also thought that if you are a youngster (under 25 years of age) and would like to be mentored by a crone and help her for at least six hours of the weekend, we would be interested in having you as a participant. Also if four women register together one of them can bring Grandma for free, as long as she is 70 years old. The weekend is designed for women over the age of 35, but we also realize that age does not always make one wise, so if you feel a calling to be there, please make a special request to attend. We will be happy to consider your reasons for attending.

As far as some history on me being a Wise Woman... I knew as a teenager that I was born old. When I taught sewing and quilting classes twenty-five years ago to women twice my age, I would play a name game to help me get to know people. Everyone put an adjective in front of their name, starting with the same initial. The only adjective I could think of at the time was Ancient Angèle. As a youngster I liked helping my Mom and my brothers. Looking after them came easily and taught me to be responsible at a young age. My deeply ingrained compassionate nature, is not something I have to work at either. I believe we each come into our life with choices. We chose our parents so that our soul will continue to evolve in the direction we want. We also bring with us the knowingness of our many journey's and the gifts that we earned. Becoming aware and remembering is getting easier all the time.

At the age of fourteen I had five good baby-sitting jobs, and at age sixteen I was working three part-time jobs and going to school. I could see little good in TV, teen model magazines or fancy cars (Mustangs were hot at the time). I could see no reason to smoke or drink and made a promise to myself to only hang out with friends who liked to have a good time without them. At age seventeen I had over \$400 dollars saved in the bank. Back then a good wage was a dollar an hour and baby-sitting paid fifty cents an hour. University wasn't possible for there were no student loans and I knew Mom couldn't afford it. If I hadn't gotten pregnant I am sure my story would be different, but the training I got raising a family is invaluable. Getting married and being responsible for the child in my belly felt like the right thing to do at the time. Within a few years we bought a big old house. I advertised for men wanting 'room and board.' After four years my down payment was paid back — and just in time, for I needed the rooms for my growing family. Also I was glad not to have to cook *all the time*. When my three boys were little I made sure I got out of the house two nights a week. I studied dancing, painting and astrology and the other night I taught classes to pay for them. If Rae didn't want to stay home he could pay for a baby-sitter but I demanded my time away. Because I was so young raising kids, I remembered the feelings and lessons my parents taught me and made sure I didn't repeat the lessons I didn't like. I read a few books but most of my parenting skills came from a knowing rather than a teaching.

When my three boys were in grade school I got a part-time job at the swimming pool. Eventually CUPE included us in their contract and I was getting well paid to have fun. One day I disagreed with the young man who was my boss and I quit. I was unhappy. I also wanted sunshine. Many years earlier when some grey clouds had rolled in I started crying because I knew I wouldn't see the sun for weeks. A clear voice spoke and said, "Sell your house when it is worth \$48,000." The voice gave me hope and when house prices rose I remembered it. I put an ad in the paper and had over twenty responses. One offered cash if we could move out in two weeks. I said "No problem," and got busy. I was happy and my soul sang. We headed South and stopped at the town of Summerland—the name seemed appropriate and we settled in. Within a month, I got hired at the local swimming pool and Rae got a job truck driving. After many years of breathing chlorine, standing on cold drafty decks and having a new pool manager I became unhappy again. I cried and my husband said "Quit." What would I do? Using my inner guidance to figure out what would make me happy and earn a living was a process in itself. This story has been told a few times.

I have noticed over the years that my voice of guidance is no longer loud. Sometimes it is a whisper, a knowingness, a thought, a book, some words someone else says. But guidance feels right in my body. When I hear myself complaining I know it is time for a change. I have no fear around change, for I know deep, deep down that I always will be looked after. I take each day in stride, and three times a week I race up and down the outdoor stair cases so that I can keep my heart strong and get in some fresh air to stay healthy. Life is filled to the max and every day offers new learning opportunities for me to become wiser as I continue to walk my path with heart.

Angèle





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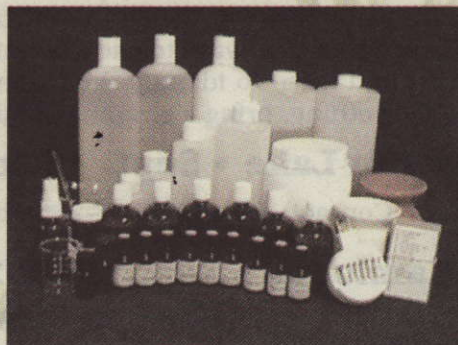
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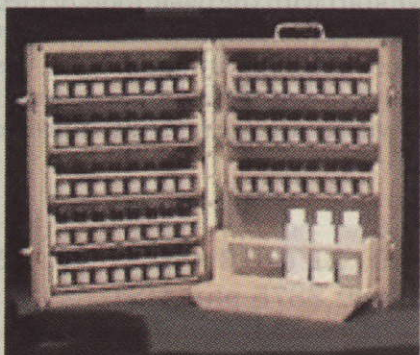
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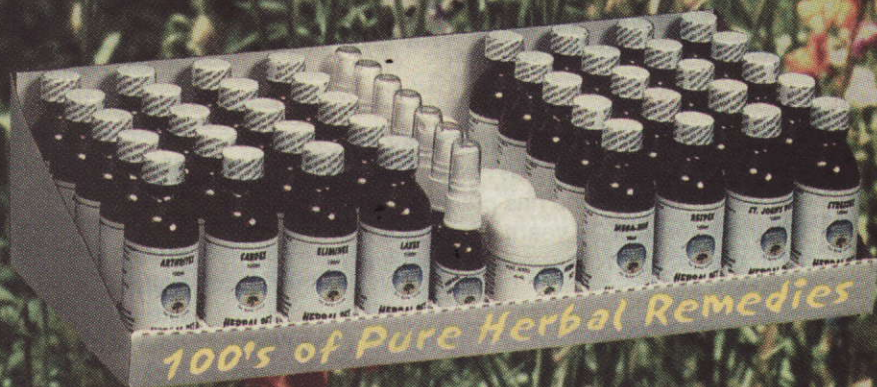
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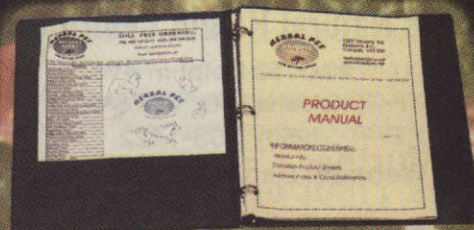
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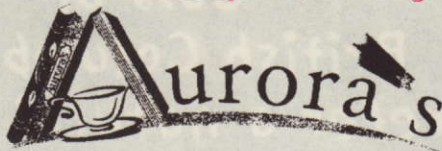
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From the Editor...



Chit Chat
with Marcel



There seems to be a process developing in my life that I am finding quite delightful. I have noticed that I am coming in closer contact with the messages that are being sent to me through the happenings of my life. In many of my experiences I can see that I am receiving practice in using various spiritual principles or see the messages or insight they are presenting me with.

I was recently approached by a student from U Vic who is writing her thesis on the Menarche and the influence it has on various aspects of a woman's life. For those of you who are like me and are unfamiliar with the word Menarche, it is the time of a young girl's first menstrual period. This student was looking for women who would be willing to be interviewed for her project. I agreed and we met a few days later.

During the course of this interview I was taken back through many forgotten times. It was a very cathartic process—almost like journaling, but in this case through speaking. Near the end of the interview I spoke about how I was just realizing that there was a sacredness about this event that I had innately sensed at that time but it was only now becoming conscious for me.

When I had a chance to think about it later the true significance of this became apparent. It is now obvious that menstruation is the link between the physical and spiritual aspects of being a woman. What leads me to believe this is that it involves blood—and what activates and moves blood? The heart. For me the heart is the link between the physical and spiritual aspects of our being, thus menstruation is the link between the physical and spiritual aspects of being a woman.

In the past, in some societies I'm sure this was recognized because a 'Rite of Passage' was performed at the time of Menarche—as it still is in primitive societies today. Joseph Campbell tells us in his video tapes, 'The Power of Myth,' of a primitive society that honours a young girl at the time of Menarche with a tribal dance and then she is sent into seclusion for three days to contemplate the importance, pleasures and responsibilities of becoming a woman. It saddens me to think of how the sacredness of this time has been lost in our society and in most cases has been reduced to a young girl telling her mother of this occurrence and they may have a little chat about feminine hygiene.

I offer my encouragement to all women in our native and New Age communities who are performing 'First Blood' ceremonies. I feel it is important that the link between the physical and spiritual aspects of being a woman be recognized and re-established.

Marcel





Calendar of Events



July 11 - 12

Aromatherapy & Blending Seminar by Saje in Kelowna. p. 13

July 15

Body Electronics with Babs & Mel Kazinoff in Kelowna. p. 37

July 15 - 16

Accessing Life Force with Lynne Mündel in Kamloops. p. 21

July 16

Nurturing Your Soul a spiritual retreat in nature, near Chase, B.C. Therese Dorer 578-8447 & Michelle Gieselman 372-0469

July 22 - 23

Soul Expressions with Sue Peters in Kelowna & Penticton. p. 25

July 28 - August 1

Learning Made Easy with Yvette Eastman in Prince George. p. 31

August 5 - 26

Discover Waldorf Education, Open Houses in Kelowna. p. 30

August 8 - 11

Awake 2000 at the Institute of Transformative Leadership in Nelson. p. 29

August 11-13 or 11-16

Couples Intensive with Shannon Anima & Jon Scott at Johnson's Landing Retreat. p. 16

August 13

Moving Toward Wholeness with Harold Naka in Kelowna. p. 26

August 16

CCMBA, Gaye Burridge in Penticton. p. 18

August 23 - 30

Massage Training Intensive with Fiona Walker in Salmon Arm. p. 23

August 25 - 26

Soul Mastery with Craig Russel and Soul Journey in Kamloops. p. 14

August 26

Shamanic Healing Training with Laureen Rama in Central Alberta. p. 41

September 1 - 3

Elementals & Nature Spirits with Tanis Helliwell at Johnson's Landing Retreat. p. 17

September 5

Holistic Practitioner Course at the B.C. Inst. of Holistic Studies in Chilliwack. p. 23

September 6

Natural Health Practitioner Diploma Course at Aurora's. Kelowna. p. 10

September 9 - 10

Integrated Body Therapy with Cassie Williams in Kamloops. p. 21

September 15

Wise Woman Weekend at Naramata, BC. Join 44 women presenters and have the time of your life. See back section.

September 16 - 17

Intermediate Meditation with Cheryl Grismer in Sylvan Lake, AB. p. 7

September 23 - 24

Kahi Healing Basic Training Level with Sue Peters in Kelowna. p. 25

September 29

Counselling Hypnotherapy Certification by the Orca Institute in Kelowna. p. 2

ONGOING EVENTS

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

MONDAYS

Circle of Love Meditation with Elara 7:30pm in Kelowna. Call for location 769-4857

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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THE NATURAL CELLULITE SOLUTION

by Christina Awram

WHAT IS CELLULITE?

I remember the first time I saw cellulite on my body—you could hear my horrified shrieks into the next time zone! I was trying on bathing suits at a department store, and the poor salespeople were positive I was being murdered in the changing room. But I've since learned to thank my body for the message it's giving me, and nip it in the bud. What's the message, besides "I've got a lumpy rear and thighs"? Cellulite is simply a sign of toxicity and a clogged lymphatic system. And if you don't detoxify now, you'll create much bigger challenges later. Toxins are being trapped in your body, so getting them out of there becomes essential for you to be healthy and vital, as well as creating a slimmer leaner look.

THE 7 STEP PROGRAM

You have to be committed—it didn't get there overnight. But contrary to popular belief that you're "stuck with it", cellulite can be minimized or completely eliminated regardless of genetics. The bonus is that when you downsize your cellulite you pick up a whole lot of side benefits ... more youthful skin and significantly more energy, just to name two, plus you feel much more positive about yourself. If you follow this simple program you'll see dramatic results in six weeks, guaranteed.

1. Water

Drink at least 8 glasses of purified water daily. It helps flush out toxins, and it's great for your skin. Try adding some lemon juice in the morning, which also helps boost your metabolism.

2. Do NOT diet!

Traditional diets lower your metabolism, because your body thinks you might be starving, which is the last thing you want. Eat often (I usually suggest 6 snacks/meals a day), and simply make healthy choices (organic fruits and veggies, wild fish, free-range chicken, grains, etc.). Eat fruit by itself on an empty stomach. Try eating only two food groups per meal (eg fish and veggies). Try not to eat past 7:00 pm - if you're a compulsive late-night snacker, try a walk, a bath or seducing your partner instead! (This keeps getting better and better).

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10 drops Lemon, 5 drops Fennel, 5 drops Juniper, 5 drops Lavender. [Note - do not use Fennel or Juniper if you are pregnant, and stay out of direct sunlight for 1 hour after application.]

4. Supplements

It's easy to get carried away with supplements—there's lots of great stuff out there. However, these are my basic recommendations for overall good health and to increase the results of your program: a. A gentle 2-4 week herbal detox program (do NOT fast) - add milk thistle if it's not included. b. A multi-B, 1000mg Vitamin C, 800IU Vitamin E and a chelated multi-mineral daily with food. c. 1000-2000mg water-soluble Colostrum, twice a day on an empty stomach. d. 500mg Apple Cider Vinegar supplements, one with breakfast & lunch, two with dinner.

5. Foods To Avoid

This is where everyone screams. So get it out of your system, and get over it. I know it's probably all your favourite things, but Hey, it's only for six weeks. Normally anything in moderation is just fine, but for now try tossing them out the window. Here we go; chocolate, sugar, coffee, tea (except herbal), all dairy products, red meat, yeast, wheat, all high-fat and highly processed foods, excess salt. Aaagghh! Remember, it's not forever. If you're a coffee addict and don't want to deal with withdrawal, have a maximum of two cups organic coffee per day, black. And if you do indulge, don't beat yourself up about it (see step 7). If you know your blood type, I highly recommend the book "Eating Right 4 Your Type" as a general guideline for what best suits your metabolism in general.

6. Moderate Exercise

No, you don't have to be a gym bunny and wear that dental floss outfit up the crack of your butt. But it is important that you MOVE—that's what the body was designed to do, and increasing circulation is an important part of the program. Bring up your heart rate for at least 15-20 minutes consistently every day; walk, hike, bike, dance, go to aerobics, make passionate love (remember, at least 15-20 minutes!) Get creative, make it fun, hook up with a buddy—just do it, you'll feel fantastic, it's a natural high.

7. Love Yourself

This may be the most crucial step of all. It's time to re-program those negative tapes keeping you stuck in the past. You are precious, so treat yourself accordingly! Look in your eyes in the mirror at least twice a day and with your hand on your heart say out loud, "I love myself and I love my body. I choose to forgive and let go of the past. I deserve to be healthy, happy, vibrant and radiant. I am worthy of having it all. I am magnificent, and I am free." It may feel strange at first, but the truth is addictive so work your way up to ten times a day.

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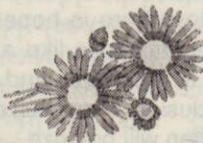
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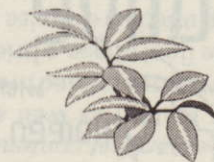
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July

Astrological

begins on an auspicious note here in BC with the first of the summer eclipses occurring directly overhead. July 1st the Cancer New Moon, a Solar Eclipse is at 12:33 pm. Eclipses magnetize a symbolic script which unfolds over the next six months. In British Columbia we can expect to see deliverance come to our bankrupt BC Political scene. Notable themes in this map are: All levels of Government need to be especially sensitive and supportive of British Columbias initiatives that involve foreign connections. Governments can establish dialogue that demonstrates British Columbian's are willing to meet foreign needs on their ground, from their perspective. Key people will facilitate this process. On a personal note optimism is strong today, yet you would be wise to take time to refine your intention for this coming lunar cycle.

Although July has no significant 'square' aspects forming, we are going to be inundated with 'catch 22' like situations. So what can you do when there can be no win/win in a situation? The first week of July will ask the question, what can you do to alleviate the challenge of ethnic violence? One suggestion might be to look for your own fear-based intolerant reactions and rebel against your own habits. Find a way to shift fear to a mature informed response. A reminder also, that till July 17, we are still under the influence of Mercury retrograde. Hold all final decisions and approval until then.

The second week of July will be easier. Communications come to the fore, with lazy habits the target of the 'catch 22'. See the week of June 5th for more information. Situations with the potential to go over the top, can on July 8th or 12th.

The Full Moon in Cancer/Capricorn on the 16th is a Lunar Eclipse and occurs at 6:56 am. We shine the light of our awareness on personal emotional well-being. We want to provide a nourishing environment so that we can flourish. The challenge is to apply this on a social level, entrenching these simple ideals into the fabric of our society. The highlighted degree symbolism* 'A Leader of men wrapped in an invisible mantle of power,' and the keyword is Destiny. Implied is a need for visionary women and men to be in positions of power.

Mercury dominates the third week of July, but probably only for those not on vacation. First you get to sign papers after Mercury stations on July 17th. Then go for closure and mature acceptance of a less than perfect deal on July 25. This brings closure to events connected to June 5 & July 10.

The last week of July we can expect a shift of energy. Confrontation will start to show up, a switch from the 'catch 22' of the past few weeks. Now there is hope of finding a clean balance or compromise that feels like a win/win. To achieve this you are required to recognize and honour individual stories while fostering inclusion. If you stay disconnected from your own story, the situation will polarize.

We end the month with the final eclipse of the year 2000. July 30th the solar eclipse a Leo New Moon is at 7:13 pm. The highlighted degree symbolism* 'Glass Blowers shape with their breath glowing forms.' The keyword is Deftness. The map suggests bold revolutionary alliances be considered in the next lunar cycle. I also see a period of fruitful interchange amongst ethnic groups.

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

Forecast *by Moreen Reed* August

August should feel pretty normal, no more 'catch 22' scenes to deal with, instead the regular square dancing will be back, those usual broadsides, out of left field situations, that catch us all when we least appreciate it. The first dance, in the first week, sees Venus and Saturn square off. Clearly state your wants and the story line that goes with them, when you run into a brick wall. Respect is the best you are likely to get. In face to face situations this week, clarity will likely be an issue unless you find a mutual reality track.

Saturn leaves Taurus for the first time in two years on August 9th. Saturn's sojourn into Gemini, only until October 16th, gives a respite from survival issues. Saturn's reality check of Gemini will be noticeable in arenas such as the internet, where I expect a slowdown in growth of this industry as we take the time to deal with the realities inherent in this world. We may see the beginning of rules and regulations.

Chiron stations and turns direct on August 12th, many can expect to see real progress return to their healing journeys. Often serious illnesses that have not responded to treatment for the past four months, will now.

The Full Moon in Aquarius/Leo is on August 14th at 10:13 pm. We are asked to shed the light of awareness on our 'Story'. Warning, it will be easy to be seduced by the elegance, sheer brilliance, poignancy, etc. etc. of our own script! Recognition of our own foibles with compassion and humour a must. Detachment supports humility which allows for more creative power to be released. The highlighted degree symbolism* 'A bareback rider in a circus thrills excited crowds', and the keyword is Audacity.

Pluto the evolutionary momentum of human kind, turns and resumes forward motion on August 20th. We can expect large scale population movements to increase now, as well as growth in globalization of the economy. The promise of the Millennium New Years peace will again be felt as a real possibility with ethnic conflicts showing signs of transforming again.

The square dance of rhetoric, he said, she said blah blah blah, takes us through the last ten days of August. Each of us is responsible for being present for another person in a respectful way. Each of us is responsible for showing up and clearly stating our case. Habitually played story lines are absolutely useless! Unless banging your head on a brick wall is working for you.

The August 29th Virgo New Moon is at 3:19 am. The start of this Moon cycle holds extraordinary levels of energy that is directed towards morphing (transforming) the current world order into a new paradigm. Of course I expect Greed to be morphed into quality of life for all. Well okay, maybe that is a stretch, but this is about tapping into that spring of eternal hope! If you can balance curiosity with the need for meaning, you understand that you have power now. If you can ride with what wants to happen in such a way that your new insight can be translated into our social fabric you are a real architect. This magical energy to effect change can be used personally for gains in self mastery. The highlighted degree symbolism is 'A Harem'* The keyword is Restraint. Please note polarized conflicts could explode with this energy today. *Ad to left*

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



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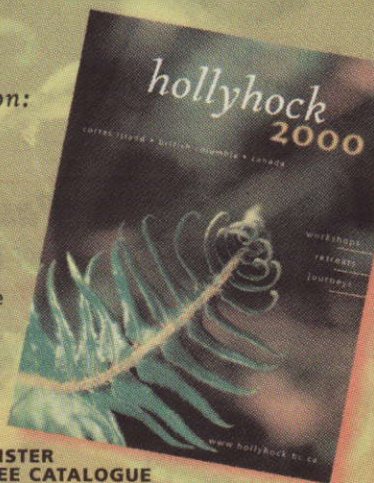
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Wolf is the symbol for wisdom; the transformative energy of knowledge married with experience. Wolf is my teacher. As I learned from wolf I became a better teacher. When I graduated this class of women, all brilliant, all worthy, all changed as a result of our wolf pack time together, I was grateful for the passage of pain I'd lived through. This was the experience, the depth, that gives my howl that authentic, edgy quality. This is the mark of the wild one, endangered, but surviving and wiser for it. *See ad below*

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Wolf Wisdom

by Shannon Anima

At the graduation ceremony of my class last week, one of my students called me into the hallway and shyly presented me with a print of a Native Canadian woman and a wolf. My student, of Metis origin, told me wolf was symbolic of teacher, and thanked me for being her teacher and affecting her life. She is entering a college of social work in the fall and is climbing her mountains one by one. This was a class of women who had left abusive relationships, many who were also struggling with addictions, all were under the pressure of poverty, and many were single mothers. The gifting was a tearful moment, teacher to teacher.

Wolf has come to me in many guises in the last several years of my life. She entered as a protector when my child was traumatised. The first gift was a crudely made card from my daughter with a cut out picture of an adult and young wolf howling side by side. It so perfectly expressed the grief and desolation of that moment in our lives. I still have that picture by my desk, beside the photo of smiling daughters. I needed that wolf energy for endurance through court, to hold my heart true, to face the hostility of opposition, and the fear.

Along that arduous path I found a power stone incised with a wolf image. It travelled in my pocket, with my daughter and I, through many hospital emergency rooms, lawyer appointments, hearings, therapists, Ministry offices, and police stations. Now, the little stone rests in my daughter's pocket as she walks her karmic path and faces her demons of fear and challenge.

My work in the world is as a teacher, counsellor, and advocate. I began teaching sports as a teenager, then graduated university and began as a schoolteacher at age nineteen and became a school principal of an alternate program. For many years I taught yoga and meditation at large retreat centres throughout North America. For a time I taught environmental education to university students, and I trained student teachers. I also trained as a counsellor and led group process and workshops. My MA and almost completed book are on heart opening communication in relationships.

But it was life experience that taught me. Life experience deepened what I have to offer and forged my gift for teaching into a calling and a vision. The devastating loss of friendships, spiritual support group, spouse, financial stability, home, and faith in the reality I trusted was the chasm I fell into from my flight of success. The descent was hell, with new adversity at each turn. In the past I had dealt with chronic illness, with relationship breakups, death of parents, with assault, but nothing else in my life had the same magnitude of loss and relentlessly chaotic quality as this slide of several years. I discovered that a woman without money, without the respectful status of professional employment does not have much external power leverage.

This was the time when I learned and am still learning to rely on the pack. My lone wolf act was too vulnerable and not knowledgeable enough to survive. I moved into a community living lifestyle and received support to raise my children while attending to the spiral of crises. *(continues to left)*

Wanted: Humans to Work and Play with the Elementals



by Tanis Helliwell

Ten years ago, I spent a summer in Ireland living in an old cottage occupied by leprechauns. These seldom-seen beings taught me about the evolution of elementals—the race to which leprechauns, elves, goblins, gnomes, trolls, and faeries belong. They explained their interdependence with humans and urged me to promote an awareness of how humans and elementals need to work together in healing the Earth. Although my initial experience with the leprechauns took place in Ireland, they and other elementals have, over the past ten years, become part of my ongoing life.

If we are open to look there is overwhelming evidence for the existence of elementals. Like humans, elementals exist in all countries of the Earth but are perhaps best known in Ireland and Britain. Almost all cultures around the world have legends and stories about them. The Arunta aborigines of Central Australia speak of a "fairy spirit race" inhabiting an invisible world who, like the Irish leprechauns, are thin and always youthful in appearance. The Maori in New Zealand call their oldest elementals the Children of the Mist or Patupairehe. The Children of the Mist are flaxen haired and slender and are said by Maori elders to have been in New Zealand long before the coming of their people. The Maori also believe in other kinds of elementals such as the ones they call Nanakia, who are similar to elves, are associated with trees and are encountered most often in forests.

Even in North America many of us have had encounters with elementals. As a child, I lived in many worlds simultaneously, and was aware of voices on the wind and elemental beings glimpsed out of the corner of my eye. I don't think my story is unique. I think many children see elemental beings - like faeries and elves - and that many of these beings are the 'special' friends which their parents think their children imagine. The story of Peter Pan holds incredible attraction for children because it illustrates

their connection to the magical world of elementals and the message that as adults, they will have to forfeit this connection. Still, some people, as adults, remain open to see and hear angels and elementals. These people are called mystics or clairvoyants and, it is my belief, that a great many more of us can open to hear and see again as we did when we were children. And, I would suggest, it's important to do so for many reasons.

Because elementals are so gifted at manifesting they can teach us to do so. My leprechaun friend offers many suggestions on how to do this. He says that humans often send conflicting messages to the universe about what they want. Although we may want or need something, we do not believe that we can have it—either because we don't have enough money, education, or because someone else has it, and the resources appear to be limited. "Elementals" says the leprechaun, don't have this problem. "We think about what we would like and extend our senses to see it and feel it, and then it appears. The strength of the mind and the strength of the will are the keys to manifesting for all beings."

It is not by accident that the dissolution of the natural world of our planet has coincided with our disbelief in elementals. We have undervalued both and taken both for granted. We have lost touch with the life around us and in us. By getting in touch with elementals we can heal both ourselves and our world. This is what the elementals wish us to do. Elementals are looking for committed humans with whom to work to help both of our evolutions and offer suggestions that will help us to do that.

Tanis Helliwell is the author of *Summer with the Leprechauns: a true story*.

She is currently on the Canadian Best Sellers' list with her newest book *Take Your Soul to Work*. She has been both an organizational consultant and a teacher of the inner mysteries. For over 16 years Tanis has led tours to the Earth's sacred sites and is offering a weekend workshop in BC.

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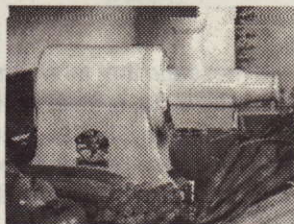
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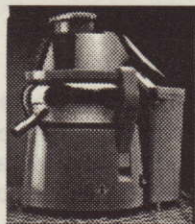
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Ascent Magazine Helps the Homeless

by James Gates

I never look forward to leaving the quiet shores of Kootenay Lake to go to the big city, but this trip had an important purpose in mind. I left because I was involved in organizing a benefit for the homeless of Vancouver's downtown eastside. On Friday, June 2, 320 people from Vancouver's many ethnic communities gathered to enjoy a multicultural concert hosted by Ascent Magazine, a new Canadian yoga and spirituality magazine based in Kootenay Bay.

We organized the benefit for the First United Church Mission, which is located in the heart of the downtown eastside. They provide a place for people to go when there is nowhere else, give meals to the hungry and help create community for the dispossessed.

The concert ended up involving many performers from the city's different multicultural communities. There were Hindu dancers, a Persian musician, a Sikh performer, and two western musicians. One of the musicians told me he wanted to do something for his soul, he wanted to help people with his music.

It's unusual for people to participate from such a wide diversity of ethnic groups. Reverend Ruth Wright, executive director of the Mission said at the event, "It's so rare when people can come together like this, it shows we have so much in common." Bharata Natyam dancer, Anusha Fernando, said after the event, "This was great because many people have tried to organize multicultural performances before, but they always seem to fail."

Many organizations contributed to the production of the event which meant that Ascent could donate 100% of the proceeds to the First United Church Mission. This meant that over \$5,000. could be used by the Mission to buy everything from soup to socks for the people who end up on Vancouver's streets; homeless, desperate and alone.

I was very moved by the response to the benefit. That night, for a short time we were all able to focus on what is common between us. We all need a home; it's something we can all relate to. By focusing on what is common, people from a wide range of cultures and religions can produce something truly remarkable.

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Where are the Men?

by Forbes Leslie

As a partner in an online dating service and a man, I constantly find women living a vibrant, connected, life, while men are absent from gatherings or discussions. Where have men gone?

Hockey games? Work? Anywhere but connectedness or relationships. Man's role as provider and protector has ended. What has happened is that many men are disassociated from a real role in community. They are loners waiting to be found by Cinderella—stuck in increasingly irrelevant traditional roles.

Men feel irrelevant—apart from sex and lifting heavy objects what use are they?

How can men find relevance in relationships or in community? How can they be reengaged and actively participate in gatherings and discussions with women? How can they be persuaded that discussing the size of their toys is not the most exhilarating topic?

Men are action oriented—they 'do' things. To ask men to develop emotional intelligence without a reason does not draw on their strengths. Men need a reason to do 'things'. Men need to feel self-validated in a role enhancing their self-worth. They may not want a pivotal role but they need a supported role.

Communication, inter-relatedness, and emotional skills used in community can be learned 'on the job' and the trick is to give men an action, or role, such as recorder or task group leader, so there is a reason to be in a gathering or discussion. Men have to be coaxed out of their shell to a gathering that affirms their place in community. An example is volunteering with the hospital auxiliary.

A political organization is a better example. It has a concrete reason or action involved—electing someone. Reconnecting men must include a reason—men do not, as yet, gather to converse and empathize emotionally. What canadiandatingservice.com/okanagan (the dating service) has to do, or for that matter, anyone trying to reintegrate men in community, is to create a platform that allows men to participate with women in a cause they believe in. Pick your cause, there are many, make sure it has equal attraction to both sexes, and men can be rediscovered.

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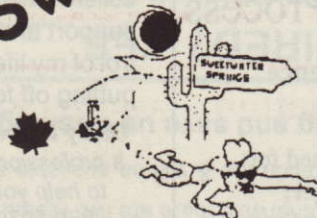
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Letting Go OF EXCESS Baggage

by Christien Kushnir

I lost my husband in a motor vehicle accident in 1998. Immediately following, I placed everything into storage and moved in with my parents. When I moved out on my own almost two years later, the thought of going through my husband's belongings, as well as my own, was daunting and frightening. Darcy Drobeno was recommended by a mutual friend and his services seemed fitting for my situation.

Darcy arrived early with a positive attitude and demeanour. He helped me decide which articles should be placed in piles for either keeping, giving to friends and family, or donating to charity groups. Whenever a difficult item arose that I was having trouble deciding on, through a clever system of questions, he assisted me in making clear decisions which I do not regret. After the clearing process Darcy came up with many excellent ideas regarding the transition from my sad past, to my present and emerging future. He taught me how to create a 'Legacy Album' to commemorate my late husband's life, so that my son would have something to learn about the father he will never know. He also presented the idea of a 'potluck potlatch dinner,' where people close to me and my husband would come for dinner and choose from my pile of giveaway items. This was an excellent idea. It helped my transition, as well as my friends', towards my new life. I needed this ceremony to show people that I was no longer a sad, lonely, widow, but a new, vibrant person ready to enjoy life again.

Darcy was instrumental in this process and made these transitions much easier. His organisational abilities are excellent and my garage has never looked better. With Darcy's support and encouragement, I managed to take back control of my life, my finances, and other things I had also been putting off for a long time.

Darcy Drobeno is the owner of Healthy Home Services, and is a professional Estate Transitions Coordinator. He is available to help you clear clutter from your life anytime. Call him at 860-5979 (Kelowna) or email: healthyhome@thesun.net

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Taking Time to Be Yourself

by Gayle Swift

At one time in my life I identified myself with what I "did." I was comfortable with wearing the "hats" of Customer Service Representative and Engineering Technician. These were suddenly exchanged for Mum! A lot of fear came with that new "hat." I had no formal training, no workshops, no evening classes, etc. "Can you do the Mum job with no certification?" they asked. "Yes!" I replied with strength and optimism. Twelve wonderful, informative, and personal growth-filled years have flown by. I have helped create two self-sufficient, independent young adults and become one great Mum.

Then life as I knew it became a roller coaster ride, beginning September 1999. Many small personal losses appeared, one after another. I saw it as my "identification hats" stripping away.

My fifteen year old daughter chose not to play volleyball. This surprisingly stunned me. How could this great athlete not want to do this anymore? The five years she had devoted to her sport had left her exhausted and tired of the same drill. The team had owned her. I supported her choice and stood up in her defense when the coach feared the "loss of a good thing." I feared that part of my job classification was gone—the chauffeur mum, the "being there for her after a game" mum, the 'supporter in the stands' mum. What would I do now?

Three days later, unaware of his sister's decision, my twelve year old son asked, "Mum, can you get my hockey registration money back? I don't want to play anymore." I supported his choice. We spoke openly—he was definite. "I don't like how they rate/grade us. They don't see who I really am." Yes! The wisdom of youth. For me, another mega fear. Another part of my job classification was gone. The chauffeur mum, the 'sit in the rink' mum—you've heard the drill. I was being downsized!

Two major doors slammed shut in one week. I grieved the way an empty nest parent would. The illusion of loss brought up within me two emotions I described as Anger and Hopelessness. I allowed myself to grieve and I was gentle with myself. I did this by affirming that my feelings were all okay, one emo-

tion is not better than another. This compassion for self permitted the emotions to just bubble up like champagne bubbles and burst forth and dissipate.

I shared with my son and daughter about how they felt no longer being associated with a sport as defining who they are. This of course spoke directly to my own heart. The "hat" mum is NOT who I am. I now owned this with the help of these two glorious young adults. What a gift. One door closes to allow five more to open. I am living the Truth of Trust.

It happened. A phone call from our local newspaper. They had heard of my spiritual meditations, personal growth classes and my private healing sessions. "We are doing a five part series on *Maintaining the Soul in the New Millennium* and we would like to interview you." Yes! Doors close, emotions come up and out, compassion for self grows creating new doors to open!

I sat down to get some ideas for the interview. I began to write. To my surprise ten beautiful discourses came forth in one hour. A day later three more came, each one building on the other. This was more than an interview; I realized this was a new class I was preparing. Then over the next few days forty more came through. It was so simple and clear. The interview with the reporter went nicely and was a different topic than the discourses. I would wait for a "sign" to come before presenting this new information. I am living the Truth of Perfect Timing.

I accepted some employment over the busy Christmas season—demonstrating products in a large food chain store. Feelings came up again. Fear and self-worth. I had not worked for someone else for twelve years. Wave upon wave of doubt came bubbling up like those champagne bubbles again. I set my intent and in the three days between hiring and starting, these fears dissipated.

Then came a call from a local TV show, "Are you doing anything new these days? We would like to interview you." The "sign"! I knew it was the Divine time to present the new material I had now named "ME TIME."

New fears surfaced. *continues →*

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Different media exposure, being more in the public eye, open to criticism /judgment. This is so great! My body quickly went through the now familiar routine: 1) acknowledge emotion 2) give it permission to come up without judgment 3) Move On! The interview was fun and went effortlessly. I am living the Truth of Patience.

The more I was excavating my inner world the outer world was reflecting me. With great furor I cleaned my home of nineteen years. Out, out, out! Children's toys, wedding dress, books. I took two days tearing and burning all my journals. What a great purifying cleanse. The Ecstasy of Spring.

Then another blow—my business partner decided to leave town! She had been my endearing ear every day for years. She was perhaps my greatest loss but because my

spirit was prepared from all the previous minor losses, my body naturally flowed into bubbling up and out and peace came so easily. Now I understood why the new class, Me Time, had come forward. It was for me, not us. All this personal purging permitted me to let go of restricting "hats." Unplugging. It was this personal courage and compassion with self that permitted the new information—the ME TIME class—to bloom. I am living the Truth of Gratitude.

These classes will demonstrate where you "leak energy and deplete SELF." You are taught to shift from this depletion and leakage of energy outward to focusing on the Inner—TRUE SELF. You are instructed in simple, practical strategies and techniques for drawing forward and strengthening this Inner You—your PERSONAL POWER. Through these teachings you experience a profound SELF healing permitting the TRUE SELF—BEST YOU—to emerge.

My private sessions reflect change too. I no longer do hands-on, as my voice and resonance carry all that is required. Remarkably, the clients' perfected DNA, the perfected blueprint, is ignited and propels them to a higher state of health, knowingness and truth. They are harmonized and balanced within profound peace and serenity—their true selves.

Today after encountering all this, my TRUTH is: I listen only to my own inner voice. I stay in tune and aware of my outer world as this is a direct reflection of my inner self. My experiences show me I have TOTAL responsibility for becoming self-actualized and self-liberated. I am living Transformational Mastery as a way of being.

All this took place in nine months—our gestation time and birth month! Ah, the Synchronicity! *See ad to left*



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Most of us grew up eating refined and denatured foods. Even after we have learned how to eat better, we are constantly tempted by a vast array of processed convenience foods. It's not easy to eat well all of the time! Ignoring the signs of poor digestion can lead to serious problems such as colon cancer, pancreatitis, and immune system dysfunction. Incorporating unpasteurized lacto-fermented vegetables into the diet on a daily basis can greatly aid in the recovery and maintenance of digestion.

A healthy large intestine (colon) is very acidic and is populated with high numbers of "beneficial bacteria" such as *Lactobacillus Acidophilus*. These helpful microorganisms feed on the waste left over from our digestion and create "Lactic Acid". We rely on the lactic acid to keep our colon healthy and acidic. Without beneficial bacteria and the lactic acid they create, the colon does not have enough acidity to stop the growth of harmful parasites and yeasts. Eventually the environment can even become hostile to the acidophilus and other helpful bacteria.

The multitudes of symptoms that result are often called "Candida" which is an abbreviation for an overgrowth of a yeast called *Candida Albicans*, (although there are often other yeasts and parasites involved other than *Candida*). Some important indicators of *Candida* are fatigue, poor memory, "spacey" feeling, intense food cravings, gas, loss of sexual desire, bad breath, and indigestion.

"Candida" has been linked to allergies, chronic fatigue syndrome, irritable bowel syndrome, multiple chemical sensitivity disorders, and various cancers. A

history of antibiotics, birth control pills, alcoholism and refined foods all increase one's risk.

The Science of Sauerkraut

The same types of beneficial microorganisms that create lactic acid in the colon are naturally present in all vegetables and are especially high in cabbage. They are responsible for turning raw cabbage into sauerkraut. In the fermentation of sauerkraut they increase in numbers dramatically, digesting the cabbage and other vegetables, and consequently produce the digestion enhancing lactic acid.

Lactic acid works the same in a jar of fresh sauerkraut as it does in our large intestine; harmful bacteria cannot survive in the acidic environment. When we eat unpasteurized sauerkraut we reap the benefits of ingesting an entire ecosystem into our own internal ecosystem. The lactic acid from the sauerkraut creates a positive environment in the colon. This acidic environment fosters the growth of the beneficial bacteria introduced from the sauerkraut and these bacteria in turn create more lactic acid. There is some lactic acid in conventional pasteurized sauerkraut (although it is often supplemented with harmful white vinegar) however, all beneficial organisms are killed by the heat used in the pasteurizing.

Lactic acid is helpful in our stomach. As we get older, our stomach's natural secretions of hydrochloric acid decrease. This stomach acid helps to break down our food in the stomach so it can be more easily absorbed by the small intestine. Naturally produced hydrochloric acid is also the most important defense we have against harmful bacteria and parasites often present in food. Lactic acid from sauerkraut can partially compensate for reduced hydrochloric acid levels when it is consumed with a meal.

Unpasteurized Sauerkraut benefits digestion in the stomach in another way by assisting the pancreas. Our pancreas secretes enzymes essential to digestion into the stomach. Enzymes are heat sensitive and only available in "living" uncooked, unprocessed foods. Modern science has determined that Unpasteurized Sauerkraut is an exceptionally good source of these enzymes. First hand recommendation of this specific benefit came to me in a recent call from a happy customer who related his story of having chronic pancreatitis. By eating fresh sauerkraut on a daily basis he has been able to seriously reduce the amount of prescription enzymes that he has taken continuously for the past five years.

Amazingly, this is just the tip of the iceberg about this incredible food. If you are interested in more information on Nutritional Healing I recommend *Healing with Whole Foods*, by Paul Pitchford, and *The Body Ecology Diet*, by Donna Gates. *see ad to left*



by Joe Karthein



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Kahi

by Sue Peters

'A' ohe pau ka 'ike I ka halau ho'okahi
All knowledge is not taught in the same school

When I learned the healing art of Kahi, a system of body-work, which uses a very light hand or finger pressure, doorways began to open toward the heart of the Hawaiian spirit. Kahi created a state of peace and harmony within my body, mind and spirit.

In the traditional Hawaiian healing, the eight centers of the body are the crown, chest, navel, pubic bone, the palms of the hands and the soles of the feet, while the four corners are the shoulders and the hips. In Kahi, you add two more power centers: the seventh cervical vertebra and the coccyx, making fourteen centers in all.

What I love about this type of healing are the Hawaiian chants. I have a choice of many healing, balancing and awakening chants to draw upon; Ka la I ka mauili ola - which summons forth the restorative warmth of the sacred breath, He 'a' ali' I ku makanai mai au - which begins the healing process, Ho'omaka Hou - creates an endless series of new beginnings and Ilawe ika ma'alea a ku' ono'ono - this takes wisdom and makes it go deep within.

There is also the invoking of the seven Hawaiian principles, Ike - the world is what you think it is, Kala - there are no limits, Makia - energy flows where attention goes, Manawa - now is the moment of power, Aloha - to love is to be happy with, Mana - all power comes from within and Pono - effectiveness is the measure of truth.

When I am practicing this type of healing/balancing I feel uplifted and energized, my feet and hands tingle. I feel the mana, the life force, flow through my body as if it were hot lava exploding from a volcano. The Aloha within me expands, radiates from my Higher Self (located within my heart and above my crown) and I feel the oneness of all creation meld into my whole being.

This feeling of oneness is what Kahi is about. The oneness begins long before I start treating the individual, it begins when I start the Breathing Meditation with the Cross of Fire, or it begins when I focus upon the three selves: Lono (the unconscious), Ku (the conscious) and Kane (the Higher Self)...and instruct my Ku of my healing intentions...and invite the blending of the energetic forces of all three Selves to merge together. Whenever it begins, I know and understand that I am an extension of a Powerful Source of Energy that flows continuously throughout the Universe, and in this knowing, I will hum with complete Well-Being. The essence of Aloha radiates from me.

See ads below and to the right

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*God has cared for these trees,
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 and a thousand tempests and flood:
 But he cannot save them from fools*

- John Muir



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ARE WE THERE YET?

by Julie Severn

Well, we've passed August, 1999, January 1, 2000 and now Wesak, May, 2000's full moon and we didn't leave, nor did the world blow up. What ever will happen next?

It's hard to imagine there could be more energy coming our way because the energy we've experienced over the past year has been more extreme and powerful than any energy experienced on this planet since the dawn of humankind.

As I write this I realize I have gone through more feelings and issues in the past year than I have in any lifetime to date. I realize it has been painful and yet illuminating. Most conscious healers have been experiencing the same feelings without much understanding or explanation of why it has been happening. When a person consciously desires to heal, they may go through many stages of healing; the first stage of healing is acknowledging that healing is necessary in the first place; thereby opening the spiritual body. The second stage is a step-by-step peeling of your 'personal onion' to remove the layers (each layer being an issue), and this is painful, causes tears and brings healing; opening the emotional and mental bodies. The second stage takes a lot of time and clearing but has gratifying results. When you finally hit the third stage of healing, you realize you are feeling more free and clear than you have ever felt before. As soon as you get comfortable in your third stage of healing, you bounce right back to stage two to clear yet another issue you may have missed. Do you listen to what your spirit is telling you? If not, your physical body will intervene and cause you to lie down and listen to your spirit. Physical pain will move in specifically to your stomach, bowels, back, immune system and central nervous system. These are the most common areas screaming at all of us to listen to our spirit; to heal ourselves now.

That's what the human experience is all about—clearing, peeling layers and clearing some more. It's an interesting learning experience to discover who you really are on the inside. When you start to discover yourself, you learn about unconditional love, judgment and pain. You then remember your desire to be unconditional in all that you do but human issues pop right back in and invite the same behavior patterns and responses you thought had cleared in stage two. Ha, now it's realized that we might have become a bit arrogant in our spirituality and it's our own way of shooting ourselves in the foot to guide us to realizing we are perfect in all that we do and this is just another layer of our spiritual onion.

Just explaining this is complicated; imagine attempting to analyze it in our day to day lives. It is best understood by realizing our own karmic attributes and understanding that all of humankind is on the same karmic wave as we are all in this now. I feel much better knowing this because I work as a healer and hear many stories of peoples' lives and pain. I hear their stories and I understand them as well, because I have lived their stories. I may have lived them in my own way but the pain and the healing is there for me to access as I work with others.

I have worked very hard to climb my own spiritual ladder to achieve spiritual enlightenment. I learned, the hard way, the ladder is shaped as a U, such as some of the playground equipment our children use at the park. This U-shaped

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Universal Energy Trails

by Sharon Lamont

What do a frog and wealth have in common?

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Feng shui (pronounced fung schway), is just the art of placement. A frog discreetly placed just inside the entrance of your door signifies the arrival of wealth. Used by the Chinese for more than 4,000 years, feng shui has not only survived the centuries but has continued to be embraced in Asia, as a vital part of everyday life. This is a powerful testament to its efficiency and potency.

Feng shui meaning 'wind and water' is based on the flow of energy lines that flow in and around everything. Regular practice of yoga, meditation, martial arts, creative movement, and relaxation techniques, all allow the 'chi' in our bodies to flow freely. The same is true for our environment. Making small adjustments to your room layouts, home and work, will harness the 'chi' and enhance your good fortune in many areas of your life.

By focusing on an aspect of our lives that we would like to activate or change, we can use the energy of the universe to make it work for us.

Come take the journey of feng shui which begins at the entrance of your home..... the mouth of 'chi.'

P.S. Don't forget the frog. *See ad below and to the right*

ladder permits us to achieve a certain degree of enlightenment and causes us to climb right back down to planet Earth to continue to complete our healing and enlightenment. You see, it is through interaction and lessons with other humans we achieve our full enlightenment. Anytime we place judgment and conditional love in our path, we are in for more lessons and pain. Anytime we place nonjudgment and unconditional love in our path, we are that much closer to achieving our full enlightenment, or ascension, as so many have called it. Did we realize our ascension includes staying here to assist with healing the planet human?

Now that I realize this piece of my own puzzle, it makes my lessons and gifts easier to bear. In fact, while some of my lessons may hurt, I welcome them and thank them for assisting me in my own personal climb. Bless me and bless you for we are one and we are in this together. What a wonderful gift. We are not alone. We are loved and we are learning—together. Life is good. *See ad below*

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Detoxifies Heavy Metal (mercury from amalgamated fillings)

by Klaus Ferlow

*Excerpt from The Botanical Review - a technical bulletin
published by The Institute of Quantum & Molecular Medicine*

Since Roman times cilantro has been used as food and medicine. A recent study by Dr. Yoshiaki Omura from the Heart Disease Research Foundation, New York, NY, USA (Acupuncture Electrotherapy Res. 96; 21 (2) 133-60 and Acupunct Eletrother Res. 1995 Aug-Dec. 20 (3-4) : 195-229 has discovered that the herb cilantro will detoxify mercury from neural tissue, is used to help stimulate the appetite and relieves minor digestive irritation. This is a remarkable discovery. It is a novel technique, which greatly increased our ability to clear up recurring infections, both viral and bacterial. Bioactive Cilantro blend is an inexpensive, easy way to remove (or chelate) toxic metals from the nervous system and body tissues. Cilantro blend contains yellow dock to help drain the mercury from the connective tissues. It is an excellent blood cleanser, tonic, and builder, working through increasing the ability of the liver and related organs to strain and purify the blood and lymph system. Achieves its tonic properties through the astringent purification of the blood supply to the glands and acts as a cleansing herb for the lymphatic system.

Do dental amalgam fillings contain toxic material?

Silver fillings are made up of five different metals, amalgamated together to form a solid mass which hardens in the mouth. The main ingredient in amalgam is mercury, which accounts for about 50 percent of the completed filling. The other ingredients are silver, copper, tin, zinc and occasionally nickel. Mercury vapors are released in the mouth in low level concentrations when fillings are subjected to the pressure and abrasion of chewing.

Actually, all of the elements comprising dental amalgam are toxic metals, but mercury is by far the most toxic. Sharma & Obersteiner established that mercury is more toxic than lead, cadmium, and even arsenic. Mercury has a very high absorption rate and is capable of entering the human body very rapidly and completely. Mercury vapor is fat soluble and neutral electrically. It has the ability to penetrate cell membranes and pass rapidly into the body from the blood into the body cells.

Systemic Effects:

Neurological: Frequent or chronic headaches, dizziness, ringing or noises in the ears, fine tremors (hands, feet, lips, eyelids, and tongue).

Immunological: Allergies, rhinitis (inflammation of the nose), sinusitis, asthma, lymphadenopathy (especially cervical or neck).

Endocrine: Subnormal temperatures, cold, clammy skin, especially hands and feet, excessive perspiration.

Other: Muscle weakness, fatigue, hypoxia (lack of oxygen), anorexia, joint pains, anemia, Edema (swelling), loss of weight.

Severe Cases: Hallucinations, manic depression.

Cilantro's postulated mechanism of action is to act as a reducing agent changing the charge on the intracellular mercury to a neutral state allowing mercury to diffuse down its concentration gradient into connective tissue. This is called



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read...*The Ultimate Nutrient** by Jesse Stoff, M.D.

connective tissue mercury toxicity. The next step is to remove the mercury from the connective tissue. Mercury is preferentially attracted to the cell wall of the unicellular organism *chlorella*. It can also be bound to sulfhydryl groups in garlic or to sulfur in the form of MSM. To get the mercury out, a cleansing of the liver, intestines, kidneys and lymph should be done. The clinical goal is to convert mercury into a state enabling it to be removed from the cells and be eliminated from the brain, connective tissues, lymph system, liver, gastrointestinal tract, and kidneys.

Good News for Amalgam Sufferers:

Chelation therapy using chemicals like EDTA has long been used to help remove these heavy metals, but cilantro is a natural substance that is good news for people suffering from the ill effects of amalgam dental fillings.

Dr. Omura recently performed another study in which three amalgams were removed from an individual using all of the precautions available to prevent absorption of the mercury from the amalgam. Even with strong air and water suctioning, water rinses, and a rubber dental dam, significant amounts of mercury were later found in the individual's lung, kidneys, endocrine organs, liver and heart. No mercury was detected in these tissues prior to the date of removal.

The active components in cilantro are fragile, and processing by heat will destroy the chelating agents. It is therefore recommended that it be taken in a liquid botanical preparation or raw, to get the most out of this remarkable herb.

Indications and Usage:

Metal toxicity, mercury amalgam toxicity, immune disorders, premature aging, cardiovascular disease, allergies, Alzheimer's, gastrointestinal disorders, psychological disorders, asthma, cancer, chronic fatigue, endocrine disorders and gingivitis.

The food and drug administration have not evaluated this statement. It is not our intention to prescribe or make any specific health claims for this product. Any attempt to diagnose and treat illness should come under the direction of a health care practitioner.

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LIVING IN RHYTHM

by Lyn Turner

There is much talk these days of 'living in the present.' I am finally beginning to see that this means 'living in rhythm.'

We are born rhythmical creatures. We breathe in and out, our heart beats... every part of our body is permeated with rhythms. We can adapt our sleep and digestive rhythms, change our heart and breathing rates, but still our rhythms all work together in precise harmony.

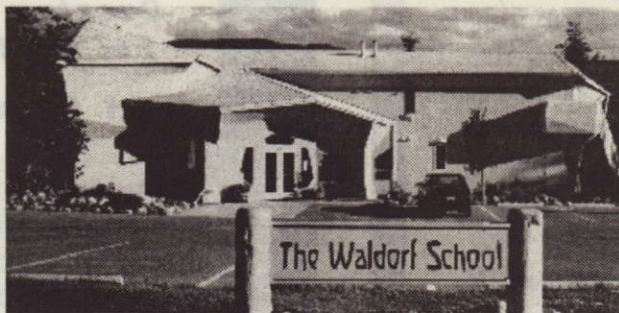
The rhythm of the earth mirrors our rhythm. As we go to bed each night and wake up each morning, so does the earth. As we breathe, so does the earth. In winter, the earth breathes in—pulling seeds deep into the ground, plants into their roots and bulbs, animals into hibernation. Although outwardly asleep, inside the earth is busily preparing for what is to come. We, too, breathe in as we withdraw into the warmth of our homes and families, while at the same time, we are inwardly active, we make plans, play with ideas, create, pore over seed catalogues...

And in summer, clearly we are all breathing out! The earth puts on bright colours and is abuzz with insects, birds and creatures. Although outwardly very much awake and active, the inner earth sleeps while its energy goes into fruit and flowers. We, too, breathe out as we move outdoors, put on our bright colours, lift our faces to the sun and go on vacation. Our inner world becomes less active—we find it harder to concentrate, we relax our routines, we become dreamy...

Spring and fall are transition times. Think of the unpredictable weather. Spring brings joy in new life, warmth, and a return of colour. But there are also setbacks with late frosts. We suffer colds and flu, emotional disturbance, almost as though this new growth is too much for us all at once. Fall brings harvest and comfort, but also a sense of loss—of warmth and light, as well as of the wishes and dreams invested in summer. With the falling leaves, we too come back down to earth.

So, our natural rhythms are not demanded by our bodies on their own, nor are they imposed by the sun and moon. Their true nature is in the dance between the two.

How do we become aware of this dance? For me, awareness has come through my experience of Waldorf education at the Kelowna Waldorf School. Here, the dance is brought patiently and quietly to the children. In 'Parent and Tot' and preschool, we experienced the comforting rhythm of making bread every Tuesday, making corn husk dolls every fall, precious birthday celebrations. In the grade school, classroom routines are established. Subjects are taught through the rhythm in movement and music. Nature is brought into the classroom, into the curriculum and into the children's main lesson books. Seasonal festivals are celebrated. My favorite is Michaelmas. The entire school sets to work clearing out the flower beds to plant bulbs for spring. We share warm soup and dragon bread made by the children. But then there's also



dancing around the Maypole, jumping the paper fire of Midsummer, the mysterious Enchanted Garden at Halloween, the long, dark Lantern Walk, the breathtaking spiral of evergreens in the Advent Garden...

I have learned how to bring the dance into our home in simple ways. The children set our table with a small vase of flowers and a different coloured cloth for each day of

the week. We light a candle each night for story time. We have many an impromptu celebration of little things—the first strawberry harvest, a lightning storm, the blossoming plum tree, the full moon. We recite and sing seasonal verses and songs. We take nature walks with sketchbook in hand. We try to notice the beauty all around us.

We have a small nature table where rocks, driftwood, wasp nests, flowers, handmade treasures are given a place of honour. Each season brings out old friends; tiny felt mice, a dragon of prickly chestnut husks, a turnip lantern, gnomes in bright jackets and hats, King Winter, Mother Earth, the little brown root children, knitted lambs, silk blossom faeries, tiny bees made of alder cones wrapped with fluffy yellow yarn and tissue paper wings....

And so we are learning Rhythm equals life, Life equals rhythm.

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What is Craniosacral Therapy?

by Megan Mackenzie

You may have or may not have heard of it. Sounds like cranium and sacrum therapy, does it not? For those of you who don't know, cranium comes from the Greek word for skull. The sacrum is an upside down triangle shaped bone at the bottom of your spine. The pointed end is your tail bone.

So what do these bones have to do with therapy? Well, an old osteopath (someone who heals through manipulations of the bone structures of the body) named Dr. Upledger, discovered something he named the craniosacral pulse through working on his patients. It can be felt through very light touch to any part of the body, and is easiest to detect at the skull and sacrum.

The origin of the pulse is debatable but most agree it has to do with the production of the fluid inside the skull that bathes your brain and spinal cord, called the cerebral spinal fluid (cerebral means pertaining to the brain). The pulse is carried like a subtle wave along the thin membranes that cover the brain and spinal cord, and are continuous with the same type of membranes that cover every muscle in the body, down to your toes. These thin membranes look like onion skins (the soft inside ones) and are called fascia.

What all this gibberish comes down to is, craniosacral therapy provides an excellent tool for detecting restrictions in this fascia anywhere in the body. The therapist uses very light touch to feel the craniosacral pulse, and works with it to release the restrictions that are felt.

These restrictions could be caused by recent physical injury, or scarring. They can contribute to the cause of any type of ailment, from headaches to cancer. Restrictions can also be caused by emotions the body has absorbed over the years. Through craniosacral therapy, many have been able to release tension and pain that these physical or emotional injuries have caused.

Craniosacral therapy can be quite an awakening experience for some. For others it is simply a relief from their pain. Obviously a lot more explaining needs to be done. I find that talking about craniosacral therapy brings up more questions than it does answers for those that are new to these concepts. What is true for everyone is that when they try it, they experience profound relaxation, and that is always healing.

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Life the Great Teacher

by Jan McConachy

The orange flag went up the day the x-ray clinic called. "Where were the records of my previous year's mammogram?"

Ontario shipped the records to BC, the clinic compared the two sets, the follow-up call came in, yes there was something there, and it should be further examined.

As a senior project manager in international development work, I did the most natural thing in the world for me to do, I kicked into project manager mode. I phoned friends, all the key cancer treatment institutions, the women's centres, my medical doctor. I went to the library and to Banyen books. I wanted a strong team working on this project giving me the best advice and treatment available. I wanted medical practitioners who would hear me and support my participation in the decision making process. I wanted to know everything I could about how this disease works in the body, the current wisdom on causes, factors influencing its growth, the medical interventions available, complimentary treatments, and how I could support my body in what I anticipated would be a major challenge. I was 47 years old, with a wonderful son of 17, a painfully dysfunctional second marriage, a great career which was suffering from my recent move out West, and the good fortune to have some amazing women in my life.

The cancer diagnosis was confirmed. My career was put on hold with full support from my employer. The medical team fell into place. The support team drew in a holistic healer, and a meditation teacher. A family member connected me to "Bosom Buddies" a breast cancer support group in my neighbourhood. My sister-in-law helped me map out my support sources on a relationship chart—my husband wasn't even on the page. Support came from unexpected sources. Acquaintances became close friends. Former friends distanced themselves and my social network completely changed shape. I began to view my life and my connections with people in my life, from a very different perspective. With startling clarity my priorities stood out before me, I had no time, no patience for anything or anyone that was not supporting me. My son was in boarding school in Ontario, we had many painful telephone conversations, his teachers assured me they were keeping a special eye on him, the whole school was praying for me, but what I really wanted was him beside me in Vancouver.

It has taken me eight years to write about this, and there is still pain, there are still tears. The healing continues, this journey never ends, only becomes deeper and deeper. When I look back at my journal from those days, my heart is filled with compassion for that woman, when I read what she wrote in 1992. A black book with notes about cancer treatments, interspersed with notes about



Wise Woman

Sept. 15, 16 & 17

My Story of Reality

by Lynne Gordon-Mündel



Reality as I had known it collapsed, kaleidoscoped into NOW. The flame continued to glow in the center of all of Existence and I knew there was no past, no future, only Love.

This was not the beginning of a romantic novel but a glimpse of clarity in a long quest for understanding. It was also the opening into immediate, conscious relationship with the Infinite and a new way of being in life. My journey does not follow a linear sequence. Like all of us, I am a multi-dimensional being, I exist on many planes simultaneously; my life as a wise woman began when I remembered that I am dreaming myself into being and that reality flows forth from the timeless Present, from beyond space, time or human comprehension. Remembering where I came from, my sense of what I could do to better serve humanity was viewed from a new and infinitely larger perspective.

As I look back into the earlier aspects of the dream of my life I realize that there has been a recurring question sculpting events and circumstances—a kind of theme, a pressing search, an urging. The quest was not given to me in words but showed up in my feelings and thoughts and in the choices I made. The quest was accompanied by an unnameable sadness: Throughout my early life, while my friends and others around me seemed to be having fun, I found myself quiet, wondering why people, particularly adults, acted happy in public when really they were crying inside, or angry. I saw the falseness, the dichotomy, the lies, and I felt sad. When I spoke to the adults I was consoled, given advice, even pitied—as though the pain were mine alone!

Education came easily for me. 'Getting started' in life required discipline but discipline and achievement also seemed to come naturally. Still, always there was a question, the same question: "How can I help?" I saw the pain around me and felt it through me and I could only ask inside: "How can we alleviate the suffering? the poverty? the warfare?" Over time, through my life as nurse, counsellor, wife, lover, mother, friend, author and community facilitator, the question took shape. Gradually I could hear and see the quest forming me, through, for example, my choice of profession. Through my choices I began to see what I wanted, why I am here. More and more the quest became visible because wherever I turned I not only could not find an answer, but my life experience intensified the question: I worked with the dying, I worked with children who had been mutilated by their mothers, I dressed the wounds made by a hatchet cutting into the tender skin of a tiny girl whose Mom could no longer contain the pain of her life. And I worked with the mothers, locked up behind the bars

Wise Woman stories continue on the next page

Presenters

Registration details
in back section



Journey of an Aroma Goddess

by Christina Awram

Certified Aromatherapist & Outrageous Happiness Coach

It's true that I'm rather outrageous. Actually, at times I can be very outrageous. I gave this "alter-ego" of mine her own name—Zelda. She is a warrior goddess who happens to love aromatherapy, and it's a magnificent combination. I realized some time ago that Zelda is a big part of who I am—the style I approach life with. There are thousands of health and wellness people out there who are incredibly qualified, yet I've recognized that my uniqueness lies in my ability to communicate and facilitate with a high degree of outrageousness thrown in. I call it "edu-tainment", and my motto is "Live, Love & Laugh!" My dharma (sacred purpose in life) is helping others be outrageously healthy and happy. Having spent so much time in my youth and early(er) adulthood being confused, miserable, sick, lonely and depressed, I know for a fact that we can choose to move through these imbalances to joy and bliss. With a little help, of course. Where was it written that we're supposed to do it alone? I plan to live forever. So far, so good.

My first career was in office management. Very corporate, bows on blouses, right left march, stuff like that. I was immersed in the corporate lifestyle for about fifteen years, and I still think of myself as a recovering controller. I knew it was time to switch gears when I started putting a garbage can on my desk and labelling it "In". When people accused me of being tense, I reassured them I was just terribly terribly alert. One day I ended up at the YMCA on a two-week contract that ended up turning into four years, and this started to change my life. I discovered the joys of physical fitness, and an atmosphere where people actually cared about each other. What a novel concept! I rapidly became one of their most popular fitness instructors, and went on to become a personal trainer. It was wonderfully satisfying, yet I kept feeling there was something else I was supposed to be doing, some piece of the puzzle was missing. And my demons continued to plague me.

My depression was growing too large to hide. I'd disappear for days at a time into what I called "My Black Hole of Calcutta." My migraines were escalating out of control, and insomnia had become my new not-so-best friend. If there was a bug going around, I'd catch it. I was popping more pills than Carter. I went to my doctor one day and told her this cycle

Feminist Nature Emerges

by Sam Lucier



On December 31st, 1999 with all my worldly possessions packed into a U-haul, I was on the ferry, leaving Victoria to return to Penticton. I had left Penticton in the fall of 1983. In my mind, Penticton would always be home, though I never really thought I'd return to live here before my own retirement. Life is filled with surprises.

In the early eighties, a crisis of meaning led me back into the Catholic Church that I had been raised in. I wanted a life with meaning, I wanted to know I had purpose and dignity and worth, though I'm not sure I was able to articulate those needs back then. So I became a Catholic again, and I have to say that it was an exciting time in my life. I eventually chose to go back to College, attending Newman Theological College in St. Albert, just a few kilometers north of Edmonton. I loved theology, scripture and pastoral care—I loved learning and I loved the environment. I did my practicum at the Edmonton Remand Centre, a maximum-security prison. It was exhilarating and terrifying. I completed my studies and was offered a position as a Youth Minister and Pastoral Assistant at the Cathedral parish in Nelson, BC. I was there for three years, before I decided to leave. I initially had planned to go back to school, had applied and was accepted into the School of Social Work at the University of Windsor. At the same time, a position in the University Chaplaincy came up, and I applied. I had given my notice at the Parish, and at the end of June of 1987, I left Nelson for Windsor, the city of my birth.

I was the Catholic Chaplain at the University of Windsor for three years, and in that time became involved in the Catholic University Chaplaincy nationally. But the Church that had started out to be a place of freedom and life for me, became more and more a place of constriction. My feminist nature began to emerge and I began to ask questions that I didn't like the answers to. After three years at the University of Windsor, I gave my notice and planned to leave the world of Churchwork.

At that same time, a good friend and colleague, Fr. Leo Roberts in Victoria, was diagnosed with cancer. His partner on the Chaplaincy team was going on sabbatical, and I was asked if I was interested in the position. The Bishop of Victoria, Remi De Roo was the most liberal, and outspoken Catholic Bishop in Canada, I had read some of his documents and kept abreast of his work with social justice issues in Canada. Though I had wanted to leave the world of Churchwork, I felt that Victoria Diocese was offering me an opportunity that I couldn't resist. I looked forward as well, to working with Leo, but at the end of June, Leo died. In July of 1990, I left Windsor and in August of 1990, I began a position as Catholic Chaplain on what would become an Interfaith Chaplaincy. It was a challenging, enriching, frustrating, exciting and painful time.

I was the first catholic laywoman to enter each position I held; in Nelson, at the University of Windsor, and at the University of Victoria. It was tough. One of the things that a

Wise Woman stories continue on the next page



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Life the Great Teacher - by Jan McConachy

her son's driving lessons, his chiropractic appointments, his flu shot, his girlfriend troubles. He was scared about me. Detailed notes by the project manager of her own survival project.

As I worked through my project, curious to understand how my usually robustly strong and healthy body had succumbed to this disease, I found research that started to show me the picture. Long term, low level, emotional distress, exacerbated by a sudden emotional shock, had been shown to be a contributing factor in many women with breast cancer. It seemed like a fit for me. So I began the journey of discovering my unseen self, the one whose choices had brought me to this place, the one who had somehow floundered on her life's path and needed rescuing.

The last eight years have witnessed the emergence of a woman who now understands so much more of the unseen forces which made up my core patterning and influenced those choices. By carefully moving through the pain, layer by layer, the insights were released. With support from teachers, counsellors and healers, I developed a daily practice in meditation and journalling. I began to study the writings of Eastern mystics, explorations in Western spirituality, and the feast of wisdom in body/mind healing work. A new language formed on my lips, reflecting the shifts in my perspective. Unravelling my own mysteries and unlocking the carefully guarded darkness inside, I made my first tentative steps towards a new love and appreciation for myself, I was learning to live from my heart. I experienced periods of intense awareness bringing a temporary sense of completion. I say temporary because each time I moved on to another stage in my healing. I no longer hold out the expectation for completion, I now know this is the real journey of life.

It has been three years since I last set foot inside a corporate office in any official capacity. My life has changed completely, and my contribution is being made in a very different way. In my holistic healing practice I receive daily opportunities to deepen my own growth, expand my awareness, and continue the journey. My purpose is to inspire others to find their own healing path, and my daily work provides me a wealth of opportunities to do just that.

*Jan's practice is: Tactus Vitae Therapeutic Bodywork,
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My Story of Reality - by Lynne Gordon-Mündel

of the hospital for the mentally ill, sedated, playing cards with the other inmates, unable to face what they've done. And around them the staff, being cheery, making jokes, but inwardly frustrated, even annoyed and disdainful with the gloom surrounding the inmates, and I wondered: Why is the staff not asking the question that burns inside me: How can we help these people heal?

Why did I feel so alone with the now urgent realization that we are not healing people by locking them up and sedating them! And when I worked with people with cancer, or degenerative diseases of the bones or liver or immune systems I realized we are not healing people by making them rest and giving them drugs. We are alleviating pain temporarily and making space for potential healing — but when will we provide real opportunity for healing? And how? I was only nineteen years old but wherever I went, whatever I did; caring for people urged me onward though the path was only beginning to become conscious.

Then one day, catalyzed by the energy of involvement in life, I was given the gift of Realization. My limited perceptions released and I saw the unity of all things; I knew beyond all doubt that Life is benevolent. I saw/felt/knew that healing, not just healing of disease but healing of the unnecessary pain of the present human condition and will not come about as a result of human effort alone but through regaining our attunement with our Source. We are not limited to this lifetime, we did not begin when we were born and we will not end when the body dies—we exist throughout eternity. All of what we call suffering is in truth our Creator calling us to our natural heritage, reminding us that we are not in control, that our attempt to control is hurting us.

Seeing/feeling/knowing the unity of all that is, I began to live as a conscious being, a wise woman. Now my life and my work are developing in the knowledge that we live eternally and that we do not have to lie to ourselves about what we feel; we do not have to be ashamed of feeling sadness, or rage. These feelings are symptoms of our capacity to remember, to awaken! I work now with many people in retreats probably similar to the retreats held at Epidaurus in ancient Greece. At the retreats we acknowledge the difficulty of the human condition but we do not dwell on difficulty or pain; instead we make space for health, growth, creativity and the joy that comes from simple honesty with ourselves and with life. In my life and in my work I remember that permeating all of existence is a timeless Presence; if we only stop a moment and breathe, and listen with our cells, we know that all is well.

*Lynne is founder of the Three Mountain Foundation
and offers monthly workshops. See ad page 21*

Feminist Nature Emerges - by Sam Lucier

laywoman did when she entered a patriarchal, celibate hierarchy, was indicate the inadequacy of the existing system. It was hard on all of us. It was exciting to be first, but it had its price.

At UVic I was the first catholic laywoman to be able to preside over baptisms, weddings and funerals. It was new for me, and superseded any vision or expectation that I might have had for myself as a woman working in a leadership position in the Catholic Church. The highlight of my Catholic vocation had to be chairing the organizing committee of Voices of Hope, Echoes of Woman's Spirituality, a five day conference held in May of 1996 at the UVic. It was spectacular. We brought in Sikh, Buddhist, Catholic, Protestant, Aboriginal, Hindu, Wiccan, Muslim, Jewish women from all over the world. We invited women who continued to find meaning in their faith communities to gather with women who had ceased to find meaning in any tradition to reflect on their experience of meaning making. Women came from all over for this exploration of our feminine experience. I delighted in each moment. Two months later, after six years on the Interfaith Chaplaincy, I left the world of Churchwork. And eventually I realized that Catholicism itself had lost much of its meaning in my life.

Separating from the Church after so many years was like leaving a marriage. I was lost and life seemed foreign and empty. In a profoundly biblical sense, my life was a howling wasteland. Yet, it was in that howling wasteland that I encountered the God beyond religion, a God mysterious and new to me. Looking back, the pain of separation has subsided and I realize that in many ways the Catholic Church was a mystery school, and in a sense I graduated. I found my soul there, I found my integrity, my voice, I found meaning and worth, and these things I bring with me wherever I go. They are good gifts.

After a year I found a position at a funeral home in Victoria, where I worked for two years. It was there that I realized that the resources for those who have no religious affiliation are rather limited. It occurred to me that we are somewhat conditioned to celebrate particular moments along the path, and those who do not espouse a particular faith tradition are not being served. I believe that the Churches work for those that they work for, but there is a whole body of people who are not served by the Churches, and yet their needs are still there. I felt that I could respond to these needs, and so I started 'Rites of Passage, Celebrating the Moments and the Memories'. It is my desire to assist those who wish to celebrate the various passages we move through; weddings, births, anniversaries, and death. It is my profound conviction that people have a right to celebrate these rites without being preached at, that people have a right to ask for what they want, to use readings and music that are relevant and appropriate. I meet with families, help them to determine what type of service would best serve the moment—the length, the symbols, the music. Then I put it together and at an agreed on date, I arrive and lead the event.

I had thought at one time that working in the Catholic Church was my last best opportunity to truly live out of my gifts. I know now that this isn't so. It has been my experience that life is faithful to those who are faithful to life. And sometimes life asks us to let go of everything we know and understand and trust that we will be led lovingly to our next place. And sometimes we are led back to a new, old place.

Sam's business is Rites of Passage • Services for those with no religious affiliation • See ad on page 11

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Journey of an Aroma Goddess

by Christina Awram

was really depressing me. She agreed, told me I was clinically depressed, and promptly wrote a prescription for Prozac. I dutifully started popping these new pills, and now felt like a zombie who couldn't even have an orgasm. Enough!

I'll never forget the morning I took a really long, hard look at myself in the mirror. It was not a happy sight. My skin was a wreck, I had bags under my eyes so deep you could pack your groceries in them, my hair was dull, my entire energy was defeated. I was only in my early thirties, and was convinced I'd never make it to forty. But then I had one of those "moments." As I looked into my own eyes, I swore to myself, "Christina, there has to be another way!" Not "maybe." Not "perhaps." Not "if." I felt so committed to changing my path in that moment, it was a definite "has to." And in that moment, I remembered my warrior and goddess spirit. It was time to reach out for support, and now my life started shifting dramatically.

I began looking at natural wholistic approaches to health, and things improved. I became more curious about why I'd created this dramatic movie, so I jumped into personal development with a vengeance. That's when I found out it's all a process. We don't suddenly reach a pinnacle and coast. Life continues to evolve, and we can choose to make it a magnificent journey. Everything is a choice. One day I asked God (I love talking to God, he always talks back). "Hey God, I'm not real clear what my next step is, so I promise to pay really close attention over the next few days if you'd just send me a few signs."

Everywhere I went, I saw Aromatherapy. I didn't even know what it was. At one point I was in a bookstore and a book on Aromatherapy fell off a shelf right on top of my head. "All right!" I told God, "I'll check it out!" I went back to school to become a Certified Aromatherapist, graduated with honours, started up a private practice, and began incorporating essential oils into my daily life. The results were startling, and my life has become so rich and joyful that I sometimes pinch myself to make sure I'm awake. Recently I celebrated my 40th birthday, and it truly was a celebration. It wasn't so long ago that I felt I wouldn't even live this long. And here I am—in my dharma, vibrant, passionate, in a magnificent relationship, and outrageously healthy and happy. Sure there's still challenges, but the way I choose to handle them is a whole new ballgame. Life is an adventure; Dance like no one is watching. Work like you don't need the money. And love like you've never been hurt. May the dance continue.

*Christina is the new owner/manager of Saje in Kelowna
see ad and story on page 12 & 13*



by Urmi

Interesting People

Tsering Chutso—Lake of Dharma



Joy Herbert Linklater

This month's Issues is a salute to the wise women in our midst. It takes trial and error, tears and laughter, and of course many years of experience to become a Wise Woman. These things alone do not create wisdom but rather the soul of the beholder that assimilates it all is the true benefactor. My choice for this edition is Joy Herbert Linklater. She is celebrating her 75th birthday this June. A bubbly, vivacious woman who has dedicated her life to self-discovery and positivity. Joy's journey is ongoing.

Born in Durham, Ontario into a Quaker family, at an early age she learned that, "We are all one." This theme would be reinforced throughout her life through the many other religions and philosophies she has studied.

At the age of sixteen she became Canada's first 'Rosie the Riveter.' This was a wartime program which involved hiring civilians to assemble aeroplanes. She was an avid student, so having to leave school was devastating for her but she found a way to keep studying at night school to further her education. Being the oldest of seven children, in a time when war was ruling the economies, this move into self employment was heralded by her family.

After a few months she was instructing the new riveters but found the job boring and asked if she could become an expeditor, a person who sped up the production at the factory. Working with the engineers this spunky sixteen year old would read blueprints and oversee the production of special parts orders. This kept the job challenging and expanded her responsibilities. She worked at the factory for two years and continued to take night school. One of the courses she took was journalism, but her main goal was to go to university.

At eighteen she travelled around North America with a friend. They worked in a restaurant in Los Angeles and found their way into the high life of that city. They were chosen to be on the Queen for a Day Show for their adventurous spirit. This brought a wealth of prizes and opportunities their way. Joy has a picture of her and her friend with celebrity Red Skelton. Their journey took them around the US and through Mexico to New York and back to Canada. Back home Joy began studying Plato's Republic. This philosophy reinforced Joy's natural understanding that we are on a sacred soul journey. Whether we are awake or not it is up to us and that life is a battle between the "Little Mind and the Christ Mind". She studied the Vishita which teaches universal love that transcends our limited culturally conditioned mind.

At this point Joy refers back to her very first experi-

ence with learning; her grandmother's glass book case containing the Books of Knowledge. I get a glimpse of that young enthusiastic girl, thirsty for understanding and determined to expand.

She continues to tell me about her ongoing search for education which is a thread throughout her life. Through marriage, five children and all that goes with life, this quest for expansion has stayed with Joy. Her credentials include a Masters in Psychology, Reality Therapy, and Attitudinal Healing as well as being a qualified instructor in Yoga and Tai Chi. Other accomplishments include self healing melanoma cancer, a journey to India

to the Orville Community, teaching Marriage Enhancement programs and the Course of Miracles as well as instructing at the University of BC. At present Joy teaches Chi Gong to seniors and does workshops at the Elder hostel in Jasper, bringing her understanding, life experience and joy to all around her. Her life mission and understanding is to go beyond our conditioning. She says, "When you understand that love is letting go of fear and that death is just a transformation, a tremendous freedom arises." Joy's life has been dedicated to sharing her understanding and she still sees all her experiences as learning opportunities.

When she comes to visit me for a massage she never fails to expound on my talents and qualities and finds a way to do this with everyone she encounters. Her lifelong practice of positivity has developed into her very nature. She fosters feelings of honour and appreciation by recognizing and stating the talents of all those in her midst. Joy's life is full of an ongoing understanding that benefits those around her. Her smiling face and healthy outlook on life are truly inspirational. She was once initiated by the Tibetan Kalu Rinpoche who gave her the name 'Tsering Chutso' which means Lake of Dharma. Dharma meaning the way or understanding.

To this great woman a salute for life long progress into the unknown. Thank you for being such an inspiration to me both in your wisdom and your incredible health and vitality.

Her final words: "Beloved ones: May the wings of intuitive wisdom and the visions that flutter softly, guide and direct you and may your spirit see their message."

Joy will instruct the morning Tai Chi and be an honoured crone at the upcoming Wise Woman Weekend in September.

Urmi is instructing Self Massage co-creating with Christina • Energy Healing and leads a Morning Meditation as well as a Labyrinth Walk at the WWW.



My Journey

by Lorhainne McMannes

I was introduced to Usui Reiki in 1997 while living in Canmore. It was at a time in my life when I had begun my spiritual journey and was searching for my place in this world. I continually struggled with low self-esteem, no self-confidence, and inner conflict. I carried a lot of anger from my childhood, and I continually ran into conflicts with others. I felt I was constantly being tested as new situations would arise, and to this point I did not handle conflict well.

I was in search of something, and did not know what. To this point I had looked into Ekankar, studied Numerology, and Wing Chun Kung Fu, but felt I was still missing something.

One day a friend told me of a Reiki course she was going to take (on energy work), and she asked me if I would be interested in taking it with her. At this point I wasn't sure, but decided to try it. It turned out to be a wonderful experience, and for the first time I felt I had just stepped onto the right path. I took the Level 1 in January of 1997 and continued to complete Level II, Advanced and my Masters by the end of May 1997.

While I was with my fellow Reiki practitioners, and practicing Reiki, I began to feel at ease and for the first time a sense of belonging. I went through an intense emotional and physical cleanse, suffering many physical symptoms from runny nose and flu like symptoms, to anger and mood swings. My intuition had really picked up, but I was still full of self-doubt so I constantly questioned the validity of my inner voice.

In June of 1997 my husband and I moved to Victoria where we stayed for two months, before moving to Kelowna. I began to pursue crystals while in Victoria as a complement to Reiki, but I continually ran into closed doors, both in Victoria and Kelowna.

During this time I was expecting our first child, who was due in March; my inner voice which had once been so strong, I could no longer hear. It felt like a wall had been put up in front of me. This continued throughout most of my pregnancy, which left me frustrated, uncertain and a feeling of being lost.

Out of frustration I began praying and asking for an opportunity to present itself to me, a home business, something I could do at home with the baby. At this time I did not feel confident to pursue Reiki professionally.

In November of '97 a fellow Reiki Master told me about Young Living Essential Oils, and told me she was going to a Young Living Essential Oils meeting that evening. I immediately felt excited and wanted to go. After attending this meeting I purchased a missing link tape by Dr. Gary Young; and was excited about the information of what these oils could do for me physically, emotionally. I immediately signed up to become a distributor and was excited about the business opportunity and what these oils could do for us. After receiving our first kit of Essential Oils, my husband and I noticed immediate physical and emotional improvements. I used lavender on my husband to stop his snoring, and Jasmine for my Braxton Hicks contractions (which gave me almost immediate relief), Joy for my emotions, and White Angelica for the negative bombardment I felt. I struggled over the next year and a half using more and more of these wonderful products to clean up my physical body, and not really realizing that these Essential Oils seemed to be the key in helping me unravel my emotional blocks.

I began to feel stronger and more self-confident. My inner voice had returned and I had begun to feel very confident in trusting my intuition.

I was so in love with these Essential Oils I decided I wanted to pursue a career as an Aromatherapist, as well as continuing to be a Young Living Essential Oils distributor. I enrolled in an Aromatherapy course in September, 1999, and once again encountered inner conflict; something did not feel right. After finishing the course I pursued my interest in Aromatherapy, but felt a need to take the Level 1 training offered by Young Living Essential Oils. This time I traveled to Vancouver to take the course, both the lecture and hands on training. I found the integrity and the calibre of the knowledge taught to be extremely valuable, and a key in my career as an Aromatherapist, Reiki Master-Teacher, and a distributor for Young Living Essential Oils.

I am now actively teaching Reiki, and offering sessions in Aromatherapy, Reiki, and Raindrop Therapy. My husband and I are also full time Distributors for Young Living Essential Oils, and are looking forward to what else awaits us down the road.

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(see article in Issues Feb. & June)

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