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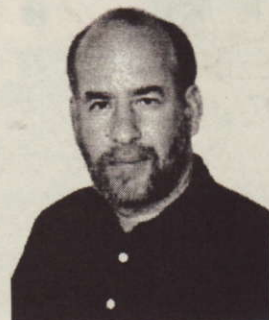
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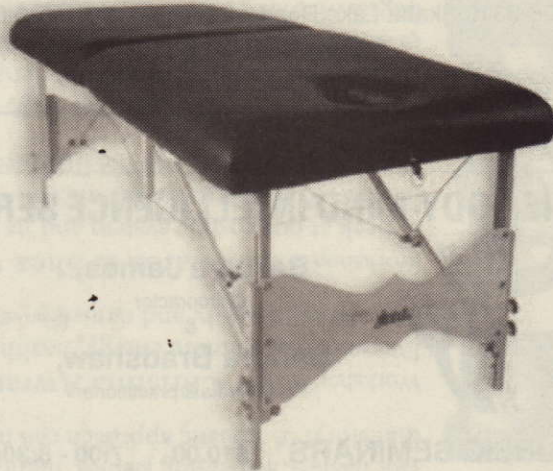
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BUILDING A BETTER WORLD: MR. I

by Yurgen Ilaender

I have been teaching music since 1980 and currently teach over 300 children each week, aged three to eight, in the Fraser Valley. I see my teaching as a reconnection of spirits. It's not just that I teach them about music, the children teach me so much about life. I have developed a musicianship program that I call 'THE MUSICAL RAINBOW'. Through singing songs, chanting rhymes, playing xylophones, recorders and simple rhythms instruments children learn to build a repertoire of musical experiences that will carry on as they get older and begin to learn an instrument. The students learn to read and write music in the upper levels.

I have two daughters, aged 13 and 16 who sing at concerts with me at various times throughout the year. We often put on a Christmas show, and sing at various local events. Over the years I have written lots of songs for kids. Four years ago a friend of mine came up to me and said, "I want you to make a children's album, and I'm going to pay for it." We put together a fun collection of songs. The album is called, 'HELLO, MR. I'. A name many young children know me as. All 1000 copies made were sold or given away.

Last year it was time to put together another CD. So many songs had emerged out of teaching the classes at the various schools, songs of my own, and songs from all around the world. My focus now has been multiculturalism. I've come to believe that to build a better world we need to know more about how we all live in the world. For our recitals in the teaching program we were doing songs from all over the world and parents and the children loved learning different languages, native material, and folk songs from their own country.

Again, it happened that the mother of one of my students offered to put up the money to have the CD made. We called it, "BUILDING A BETTER WORLD". It has a 'multi-cultural musical message' that promotes tolerance and respect for all cultures of the world. There are songs in different languages, and the whole album is scented with the theme that we are all family on this earth, and love is the essence that keeps us connected. It is a great family album with something there for everyone. The CD leaves you with a feeling of joy.

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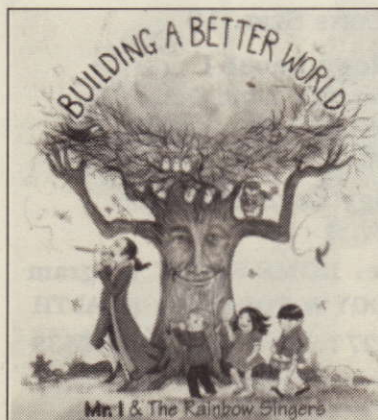
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Learning Balance

Meet me at five months old learning the art of balance on my Dad's hand. This was a joint effort: I had just enough leg strength to hold myself up and Dad did the balancing. His hand would move keeping me upright and if I tumbled, he still had hold of my feet and would loop me upwards as he caught my head and brought me to face him. By the look on my face I was probably wondering... "Is this necessary?" "Yes! It was a family tradition!" His Dad did it to him, all my brothers learned to do it, and now it was my turn. I don't remember learning this skill but I do remember my Dad practicing with my younger brothers and many of their friends when they came over. The teamwork involved in showing off these skills was good for the soul. I am glad I have the pictures to remind me of my early programming, for the time before six years old is very important in our process of becoming ourselves. Unconditional love and time lavished on babies foster healthy self-esteem and they let us know that the Earth is a great place to live.

Now that Issues has upgraded to full color process, I am going through my boxes of family slides once again and picking out more memories that speak to me. Many are in color, so for those of you wondering if I was ever going to run out... I should have enough photographs for another ten years! The last three photographs, my Mom, my Dad and the native woman were ones I wouldn't have considered putting on the front cover years ago because they didn't tell a story about homesteading. But since I have received lots of favourable comments, I feel that it gives me permission to dig a little deeper in my mother's boxes of slides and photographs to see what else wants to surface. Many thanks for your varied comments. I am delighted the pictures or story speak to you.

I have also come to an understanding about *Musings* ... I don't worry about the fact that some months I don't feel like I have much to say before I get started. I make the time, the thoughts flow as my fingers type, and then the column is rewritten several times. I get feedback from Marcel, my Mom or friends until the message is understandable. Many times what I think is clear doesn't make sense to someone else.

I have heard from many people how important it is to share our family stories in an honest way so that we may each learn from each other and feel included, loved and valued for our soul's contribution to living in our society. Your encouragement and honest comments keep me on track doing what I do, including organizing the *Wise Woman Weekend* in the middle of September. It is important that women be honoured for their contributions to our society. Creating support and network systems that nourish our souls and well-being is important.

The front cover photograph was my first attempt, at five months old, to learn balance. The photo on this page is the last time I did it, for at some point, I just got too heavy for a man to hold me up in his hand. This photo is one of the few pictures I have of Grandpa, my Dad's Dad. He is holding me

up so that we could show off to family and friends. The smile on my face speaks a thousand words. Getting praise as a child goes a long way to building self-esteem, something I have lots of. I give my parents credit for telling me how good I was and giving me lots of opportunity to help out. This deeply-instilled virtue makes it easy for me to see the good in other people and my desire to help them along their journey of life.

My summer included several weeks off, so I hung out around the Kootenays. I visited the Yasodara Ashram, went to a Music Festival at Crawford Bay, and then took the ferry back and visited Kaslo and Argenta, and hiked the Fry Creek Canyon before settling down for a two-day retreat with Paul Pitchford at Johnson's Landing Retreat Centre, a secluded place for healing body and soul. The retreat was titled *Healing with Whole Foods and Awareness*. This title was similar to Paul's book, released about seven years ago, called *Healing with Whole Foods, Oriental Traditions and Modern Nutrition*. Paul is the head instructor at the Heartwood Institute of California. He has studied for many years the Chinese way of learning balance. We did Tai Chi and meditation every morning at 7:30, ate organic wholesome meals, and got to understand the play of yin and yang within ourselves.

Although I have read Paul's book many times and have taken some courses with him, still I return for more. Each time the information sinks in a little deeper and becomes a little more instinctive. The Chinese have a 5,000 year old history of wellness that has helped people stay healthy and vigorous well into their eighties. They taught their people to eat, to exercise and to work and play in a balanced way that is as natural as the changing seasons. Lack of energy or pain anywhere in the body are reflections of an imbalance in the smooth flow of chi through the body. It means that time, energy or building materials are not available to do the task at hand, and the body sends us a signal. Paul has simplified this ancient Chinese science into something I can understand, and each year I am ready to hear more clearly what I need to do to bring my body into balance. When questioned about the task of changing our eating patterns or living life differently, he said, "Our diet is perfect for who we are in the moment. If we want long-term change, we must first change our attitude: and then, letting go of our desires is easy."

Learning balance seems to be my soul's goal. Studying Oriental medicine appeals to me, for the more I read, the more I want to know. I want as much energy in the last half of my life as I had in the first half, so I will keep experimenting with foods that nourish me, yoga that strengthens me, and breathwork that energizes me. I would like to pass on some of my knowledge, so I will be offering several Nutrition Courses this fall as well as my Yoga classes.

See the ad and article on page 32



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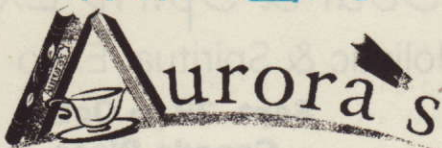
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From the Editor...

Chit Chat
with Marcel

In many ways, September is more like the beginning of a new year than January. We have had our summer fun and relaxation and it is time to settle

down and turn our attention to the more serious parts of our lives. I suppose the habit of starting life anew at this time comes partly because, as children, the new school year and other activities always started in September. At any rate this year it seems that I have a fresher start than usual.

As I had been on a vacation trip in April, I decided to spend my two-week summer holiday by going into seclusion at home and going on a fast—eight days on water and two days on fruit. I have done some shorter fasts in the past few years but this was only the second one of this length. Fasting is a wonderful opportunity to give all the systems of the body a much needed rest and to eliminate the over accumulation of toxins that build up throughout our everyday lives.

After the first couple of days, as the toxins start to circulate in my body, I always start to feel weak and tired as well as upset to my stomach. This isn't very pleasant but at least it forces me to rest and sleep most of the time, which I probably wouldn't do otherwise. This resting time also gave me the opportunity to do a cleansing on other levels than the physical. I spent a lot of time detoxifying on an emotional and mental level as well.

Now I had time to 'walk into my shadow'—to shine the light of my awareness on to all the lost shadow parts of myself, the parts that I had shut away in all the deep pockets of my being because they were too uncomfortable or painful to deal with. So as well as cleansing and releasing with my spiritual practise, much of my time was spent delving deep within myself, being aware of every little tension, pain or discomfort. Not trying to fix it—just being with it and feeling it in a focused but detached manner. Recognising it and acknowledging it as part of me. Accepting it back into the wholeness of my being and feeling the gradual release.

Deepak Chopra tells us in his audio tapes, 'The Higher Self,' ...*The key to restoring balance is to acknowledge the discomfort, pay attention to it and allow it to be released the way it wants to go. Acknowledging means that you admit pain when it comes up rather than denying or storing it....Let your awareness flow toward it in any way it wants....feel what is happening....any and all reactions are possible and permitted....deep clearing of stress is possible by extremely gentle means....By building a habit of being aware you begin to clear old charges of any kind.*

Now, with much gratitude to the Universe for giving me the space in my life for this experience, I am ready for a fresh new start. The caterpillar of my old self has journeyed deep within the cocoon of my being, has spent time with her shadow, integrating as many lost parts as possible. Now the butterfly emerges—stronger, brighter, freer—and eager for the adventure of a new year.

Science and Intuition, Blending Polarities

by David Fickett

When I graduated from college in 1981, I vowed to somehow follow my passionate interest in psychology and philosophy, wherever it might take me. Beginning with self-help books, I soon found my way into Silva Mind Control. Following leads given by class members and my own uncanny sense for the validity of a new idea, I read books like *Psychic Discoveries Behind the Iron Curtain*, *The Secret Life of Plants*, *Superlearning*, and many more. Around 1986 I read the famous and comprehensive book on dowsing by Christopher Bird, *The Diving Hand*. So taken with the practical applications of dowsing and its unusual history, I tracked down the American Society of Dowsters in Vermont. They told me of a local group where I lived in Portland, Oregon, the Northwest Society of Dowsters (NWS). I visited, quickly joined, and then attended their summer conventions. Through them I heard of the Canadian Society of Questers (CSQ), a group which gathered around dowsing, but also held a multiplicity of other related interests. Although the organization was based in Vancouver, I soon realized that they had members scattered all through British Columbia and Alberta.

In the fall of 1990, I attended my first CSQ fall convention in Salmon Arm, and have been back now for eleven straight years! The last two years the fall convention has been held at 100 Mile House, and the same location has been chosen for this year. Members arrive from all over British Columbia and Alberta, including ten to twenty Americans who return regularly. Last year there were at least 120 people in the audience on Saturday, a packed room indeed.

It is great fun to meet friends I usually see or hear from only once a year. Spirited conversations fill the dining room as we impatiently update each other's lives at meals and between speakers. The diversity of subjects presented each year is amazing, ranging from astrology, numerology, graph-

ology, and rune reading to automatic writing, Feng Shui, spiritual healing, and innovations in organic farming. In fact some of the topics I have never heard of before. To learn more about a fascinating speaker or his or her topic or both, one usually just needs to catch the person at a convenient time, and ask away.

In many ways, I have learned more from my informal conversations in the motel, dining room, or outdoor dowsing sessions than I have during the formal presentations. Most people are generous with their time and information if you are sincerely interested, yet also respectful of their need for some privacy.

But to truly learn about dowsing and the many related subjects, we must do more than read, question, and attend workshops. There is no real substitute for practice and participation. Those who are the wisest and have become experts in their own special subject area are those who have dedicated a portion of their free time over months and years to learning through trial and error. They have my greatest respect for they have made the disciplined effort so necessary. Or as Emerson said: "You must do the thing to have the power." There is no other way.

I encourage any and all to attend the 2000 fall Quester Convention at 100 Mile House and bring their armloads of questions and childlike curiosity. Each person should find many subjects that grab them, hear of new books to read, make a few new friends, and be entertained and challenged in the process. Some will probably even share e-mail addresses and the names of new web sites.

For those who read, ask for help, practice, participate, and throw a bit of their soul into the experience, an absorbing and joyful time is almost guaranteed. *See ad below*



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ACCESSING LIFE FORCE

by Lynne Gordon-Mündel

The human race is awakening, yet our awakening is not easily seen because its path threads through the drowsiness within which we have been living for so long. Awakening will not happen in separation from civilization but is arising in the midst of it. I wonder, do you see or feel the signs and symptoms of planetary awakening within yourself? Does your body sometimes feel almost too alive? Do you ever feel agitated? Anxious? Have you felt vague physical symptoms without reason? Unexpected and unexplained anger? Do you get tearful? Do you ever feel a desire to go off into nature where you can be alone or in the company of one or two people who can be open and honest with you? Does your mind wander sometimes into realms of fantasy, imagination, questioning? Do your dreams seem to be trying to get your attention, evoking confusing, sensual, or even destructive feelings, feelings that do not "fit" into your neatly packaged life? Do you find yourself drawn to new relationships, new experiences, or even new lands? If so, you may be experiencing symptoms of the awakening. You may be accessing Life Force in ways you do not yet understand.

The people I meet in my work carry unspoken questions about life—riddles

that, to the mind of our current culture, seem unimportant, inconvenient, even inappropriate. Such questions are forming the scaffolding for a new paradigm of consciousness on our planet. Life itself is asking questions through our dreams, through our relationships, through the feelings in our bodies. Awakening will not happen in the realm of the mind or through computers; it is evolving in our cells. The sensory intelligence of our bodies is reminding us that there is a Force that moves the Universe and we are not separate from that Force. It is up to us whether we wish to access relationship with that Force, whether we wish to experience health, love and joy in relationship with 'That Which Nourishes' all of life, or continue to live in not-so-blissful ignorance.

How can we access relationship with Life Force? In a sense, that is the easy part: Life Force is trying very hard to access you. Life is always attempting to inform us, to imbue us with love and joyous abandon. What we have to learn is how to allow the energy in, how to integrate, into our civilized lives, the great bounty life offers us. And so we observe how the energies of consciousness wish to move in order that we can give them more freedom without harming one an-

other or being destructive to other forms of life. Day by day for twenty years I have been looking for and finding people who are willing to allow more energy into their lives; these are people who are willing to observe their own nature, their dreams and their sensory experience with honesty and integrity. The people I have the privilege to work with are choosing to carry the new consciousness with respect for themselves, for one another and for the natural world. They are willing to let go of the need for continuous personal gratification and to live in balance, in a sphere where the darker and sometimes uncomfortable aspects of life are not driven off but included in a growing commitment to unconditional Love.

Again and again, during retreats, I see people take up the physical, psychological and mental challenges that lead them into deeper relationship with the Source of all life: ritual walks, sweat lodge, fasting, times of silence, vision questing and entering the labyrinth of the unconscious. They dream healing dreams and listen to deeper levels of Self. We are remembering once again that our Wholeness is not dependent on some thing or someone outside of ourselves, but upon our relationship with Source and our healthy attunement with Life.

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Lynne Gordon-Mündel is a Shaman in a modern context, counsellor, group facilitator and author of *Shamanchild*. Her background is in the sciences and in health care, both traditional and alternative. She has been facilitating transformational retreats for close to 20 years and is at the center of a tiny but growing community dedicated to serving planetary awakening.

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Astrological Forecast

for September 2000 by Moreen Reed

The September big picture shows two main themes. The first theme is one dominated by the element "Air": think, conceptual, abstract, connectivity, communication, all the stuff of mind. Many "Grand Trines" will form during the month. I expect we will see moments of unobstructed flow of ideas and plans that feel wonderful when they are happening. Brain storming and think tanks are favoured by this aspect!

The second great theme is danced between Jupiter and Pluto. These two oppose each other for the next two months. Symbolically we have Jupiter/Gemini, societies, judgements and opinions or it's open mindedness brought to bear on the Pluto/Sagittarius evolutionary challenge to make a paradigm shift in fundamental core beliefs. This full Moon like aspect brings social awareness to the current developmental stresses that face people at this juncture in history. A couple of examples I expect to be in the news; How can we deal with mass population movement, immigration in particular for Canada? Legal, moral and ethical issues come to the surface as today's realities do not fit the old judgements and beliefs. Look to the arenas of Bioengineering (beliefs about what constitutes "life"), the global economy and ethnic strife (beliefs about connectivity, and interconnectedness) to be on that list as well. This is an opportunity to balance out extreme biases or beliefs and to transform our world view.

If you put these two big pictures together I see great potential for the first theme; new ideas, plans, conceptualizations to be used to resolve these current stressors, the second theme. Looks really good!

The art of vision is the first Grand Trine to form in September. Art and romance will benefit greatly. Look to the news in the first few days as well to highlight the issues needing the visionary boost.

Communication of ideas is favoured the second week of September. I believe this is right on cue for the election of new party leaders to the house of Commons here in Canada!

September 12th Saturn stations and turns retrograde. Typically some aspect of our reality comes into stark focus demanding that we take responsibility for its status and if necessary take steps to correct a negative situation. You technically have till April 2001 to finish or resolve the situation but I recommend sooner rather than later.

Our first Lunar event is the September 13th Full Moon at 12:37 pm PDT. The Pisces Moon is focused on our Virgo agendas shedding the light of compassion on our humanity. Can you see where forgiveness of self and/or other is needed at this time? The highlighted degree symbolism is "Royal Coat of Arms" The key phrase "bringing people together in a common purpose creating unity and stability."

The third week of September is dominated by Mars and his ingress into service oriented Virgo. If you are going to "do it" you had better "do it" right! Mars square dances into Saturn on the 18th creating instant feedback.

The Fall Equinox "Mabon" is on September 22nd at 10:28 am PDT. Notable in this map is the opportunity to bring vision down to earth. Please avoid ruthlessly imposing this vision!

In the days leading up to the New Moon, Venus transi-



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tions into Scorpio. She challenges the visions of the day, by serving up the under belly of human relationships exposing obsession, tyranny and the like.

The New Moon in Libra is on September 27th at 12:53 pm. The possibility of bringing vision into reality is in the air, the New Moon is one angle of the grand Trine in air. Procreation features strongly as well. The Libra degree symbolism* "The ideals of a man abundantly crystallized", reinforces the idea of making real the potential we each carry. Set in motion the process required to bring one of your ideals into being.

September closes with a sense of urgency to do the right thing. Mars brings into focus the challenges that face our society today. There is a danger here that society is too attached to its world view and familiar strategies for dealing with problems to let go and allow new approaches to formulate.

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

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Putting the Soul Back Into Farming

by Jillian Vieira

I became vegetarian in my early twenties because I was disgusted by 'factory' farming where animals are treated as production units, housed in close confinement in a computer-controlled environment, or fed unnatural foods in a crowded, dirt lot.

When I was fourteen, I visited a slaughterhouse in Scotland on a school trip and was horrified by the hundreds of carcasses swinging from a moving track as they passed along the production line. I disagreed with the growing of vast amounts of grain to fatten animals—humans can better utilize grain, it is an unnatural food for a ruminant grass eater such as a sheep or cow. But despite all these compelling reasons, I simply could not thrive on a vegetarian diet. I gained weight from overeating grains, felt physically fatigued, mentally fuzzy and emotionally unstable.

When I came to Canada in 1991, I was still vegetarian. I lived and worked on an organic, horse-powered farm. I participated daily in the care of animals and it felt right to gradually start eating meat again. My body loved it, and my heart and head could accept it, knowing that these animals had lived a natural healthy life.

Today, I live with my husband and our four children in a peaceful, secluded valley nestled on the lower slopes of Mount Fennell near Little Fort, BC. We raise our own food cleanly and with respect and strive to enhance the land and return to it more than we take. The animals are a vital part of the cycle—no real fertility is possible without them. They move freely, seeking and harvest-

ing the herbs they prefer, meanwhile returning organic matter to the soil in the form of manure. Our pastures are more vibrantly fertile every year. I have also noticed more wild birds returning.

We feel enriched by our daily interaction with the animals. We know each one individually and treat them with respect from birth to death. Now, in my thirties and having birthed four children, I have more physical energy, more mental clarity and more emotional stability than I did as a vegetarian twenty year old. My body thrives on a diet of high quality animal protein, organic vegetables, fruits and some grains—no wheat or dairy. I know there are many other people who are philosophically inclined to vegetarianism but whose bodies are crying out for quality lean meat and who refuse to eat the cello-wrapped, chemical-laden products of mass cruelty found in most stores.

There is an alternative. We are not the only farmers who have spurned industrial agriculture. More farmers will change if consumers will demand healthy food, raised with a conscience and spend dollars where their hearts lead. Then we will see farmers inspired to work creatively with Nature, to evolve healthy and harmonious farms. Let's fertilize the soil and soul of our farms!

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This is Homeschooling?

by Karin Berfhauser

My first year of homeschooling was quite unlike the peaceful, organized picture I held in my mind. There were times when my days seemed nothing short of chaotic and frustrating. With a five year old, a three year old and a baby there were times it felt like I was lost in a whirlwind of frenzied activity meeting one child's needs, then another, then laundry, housework, meals and oops...I had better squeeze a little homeschooling in there!

"This is homeschooling?!" I often thought. Frustration set in as I compared my homeschooling lifestyle with the quiet, calm, organized lifestyle of my two more experienced homeschooling friends; each with nine children.

"Relax", an experienced homeschooling mom told me, "this is only your first year. Like anything new in our lives it takes time to find our own rhythm, our own pace. Soon you'll be gliding along quite smoothly wondering what all the fuss was about."

The advice sounded good and made sense but it took quite a while before it actually sank in. When feelings of chaos and frustration tap-danced around my nerves I would stop and take a few slow, controlled, deep breaths and enter into the quiet place of my spirit. It was here that spirit's calm and peace would envelop me and remind me that homeschooling, although at times difficult, was indeed the right path for both the children and I.

One day I decided to summarize what homeschooling meant to me. I thought this might help me gain a little more focus and perspective on those days when it seemed life was out of control. Recalling the books I had read and conversations I had with other homeschooling parents, a definition began to form.

Homeschooling is allowing children the freedom to develop, grow and learn as naturally as possible in a safe, loving and supportive environment conducive to their interests, abilities, talents and maturity level.

Although some formal instruction and book work was essential it was also essential to help my children incorporate what they learned into everyday life experience. Homeschooling was meant to encompass the whole child; body, mind and soul. Building character was just as important as learning numbers. Homeschooling was happening all day. It was learning about life and responsibility and learning to think things through to a logical conclusion. I began to see that children learn a lot on their own once they are able to understand and think through certain concepts.

The other day my now six year old son walked into the kitchen. "Mom," he said, "I can count by ten." Since he seems to be the practical joker in our family I thought he was only kidding. We had discussed the concept of counting by ten about ten months ago. It was too difficult for him to grasp so we moved on to something else. Now he was trying to tell me he could accomplish this feat. Waiting for him to exclaim his famous line, "April Fools!" I was immediately bowled over as he proceeded to count by ten up to forty. I explained to him that by adding 'ty' to the other numbers he could count by ten up to one hundred. To my amazement, he did!

He now has his own understanding of adding numbers to the number one hundred. "Mom, whatever number you add to one hundred equals one hundred and that number." He explained to his brother that if he went up a hill in his roller blades the same way a hiker goes down, sideways, then he should make it to the top of the hill without rolling down.

Homeschooling should not be seen as the only answer to raising bright, well adjusted children. It should be viewed as an alternative form of education that a parent can choose depending on their children and their own confidence in their ability to teach as well as parent their children.

I am amazed at what my son has learned 'on his own' through conversations, activities and our reading together. With only a smattering of formal learning interspersed between the regular activities of everyday life we are both beginning to soar. He with the academics of learning and me with learning to relax.

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Hawaiian Elemental Healing

by Sue Peters

Waiho Wale Kahiko • Old Secrets are now revealed

The elements are the building blocks of the physical reality we exist in. All of creation is comprised of various forms and combinations of these elemental energies. As the qualities and strengths of the elements interplay with the spiritual aspects of the universe, the formation of our lives develops. Our continued healthy functioning is regulated by these same universal forces. The kahunas of Hawaii have a timeless understanding and respect for these universal laws.

Air, Fire, Water, Earth, and Spirit, all of these incredible forces dwell within us. We are like the universe around us and in this likeness, we also hold wisdom and power. In the past, I had heard and read about the five elements, and just took it for granted that they existed outside of me. I never thought that they were also part of me, or that I could access these external forces that constantly surrounded me.

What I mean by access, is to touch them, to flow them through me...to actually be a part of the Wind/Air, and use it to bring balance and calmness to my mind. To merge with Fire, and to bring the energies of this element into me, thus creating rapid change, and assisting me to focus with such passion that manifesting dreams becomes a reality.

At any time I can call upon water to release depression, fear, anger, doubt and other deep heartfelt feelings that have trapped me in a stuck place. Water soothes and uplifts and works directly with the emotional body. Earth will bring into my being solidness and grounding. It will calm and strengthen me to complete any task I set out to do. The I'o (Spirit) element consists of a powerful, uplifting flow of unconditional love. When I tap into the element of Spirit, I am in instant connection with the Source energy, and well-being from every level of my being radiates from me.

I have learned that when I call upon the elements for healing/rebalancing, wonderful things happen within me. Nature and I become one in this earthwalk, and I can see the perfection in all things. It becomes very easy to move into appreciation and gratitude. Huna has taught me how to use the elements for healing myself, others, and how to *grok (*adopt a pattern of a thing so well that one can think of themselves as being that thing and have such resonance with it, that changing your behavior will change its) these forces. I use grokking to create healing and harmony, and to learn about myself in relation to life around me.

When I work with Nature, she teaches me about Manawa - Now is the moment of power; Kala - There are no limits, and Mana - All power comes from within. It reawakens "O na mea huna no 'eau" (of things hidden-within me, before all other stuff came in and blocked it out) inside of me, to who I truly am.

See ad to the left

Spirit of the Okanagan

by Vicky Willard

Once again the Ogopogo is under siege! In the name of tourism, a reward of \$2,000,000 has been offered for **indisputable** evidence of the existence of Ogopogo, in Okanagan Lake. Periodically over the years this promotion has been used, starting at 1 million, then 1.2 million, but has it ever had the effect that the Chambers expected?

Although the promoters and Chambers of the Okanagan Valley have guaranteed us that no harm will come to Ogopogo, you and I both know what some people will do for money.

What has the Ogopogo ever done to deserve the harassment of man? Can we afford to not protect the Ogopogo? What are we going to do, wait until it's too late, and then protect him? We need to put a stop to this, before some harm is done that cannot be reversed.

Before the white man came to the Okanagan Valley, the Indians knew of the Spirit of the Lake. This spirit lived in a cave close to Squally Point. The Okanagan Indians would never paddle a canoe or raft near this area because often a squall would spring up and "The Remorseful One" would rise to claim another life. If it was necessary to go within the area it was better to carry a small animal and throw it overboard as a sacrifice to appease the creature.

The story of the origin of the Ogopogo has been recorded as this: "Many moons ago in the hills, there lived an old Indian known to all of us as 'the old man of the mountains'—a friend of all animals and kind counselor to his people, he was called by them 'Old Kan-He-Kan'.

There came to the Valley, one day, an evil man named Kel-Oni-Won who was possessed with a Devil Spirit. With a club he murdered the vulnerable old man. In memory of 'Old Kan-He-Kan' his people named this beautiful lake in the valley Okanagan, and called upon the gods to avenge his death and to punish 'Kel-Oni-Won' for his wicked deeds.

These Gods, unable to decide upon the punishment, left the murderer to brood on his sins until council could be held. The Gods later decided to change 'Kel-Oni-Won' into a lake serpent, a restless creature, which would forever be at the scene of the crime where he would suffer continual remorse. He was left in the custody of the beautiful Indian Lake Goddess and was known as 'The Remorseful One', living in the lake in company of other water creatures. The only land animal that would tolerate his company was the hated rattlesnake.

So if you wish to see him and cannot get near him, you know that his conscience still bothers him and he is ashamed to show his face."

For many of us living in the Okanagan, the Ogopogo is the Spirit of the Lake. If we destroy the Ogopogo, the Lake will also be destroyed and where will our tourism be then!

Vicky and her supporters encourage each of us to write a letter of protest to the Minister of Environment and the Minister of Tourism. Contact her for info or to give your support at email: ogopogookanagan@hotmail.com

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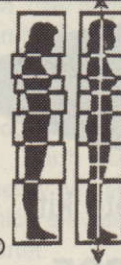
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He said, she said

by Cathy Fenwick

A humorous perspective on gender communication

There's a mountain of research on communication between the genders, or the lack thereof. The nature vs nurture debate rages on, people continue to make generalizations and perpetuate the stereotypes. How much is biological and how much is learned? Both contribute and the degree each plays is variable. On the nature side there are chromosomes, genetics and temperament to consider. On the nurture side there's upbringing, culture, habits, expectations, ethics, customs, background and learning which influence people. In the great circle of life we need both male and female. The keys to healthy communication are balance, flexibility, sensitivity, respect and sense of humour. Forget "men are from Mars, women are from Venus," men and women are from Earth, get used to it! I don't care for the Mars-Venus approach because I think it reinforces stereotypes and is more about manipulation than genuine caring.

We need to challenge our preconceived notions, generalizations and expectations based on beliefs. How we interact is influenced by our expectations of male and female behaviour. We respond to situations based on what we believe about certain groups. At times we are punished if we don't behave in expected ways, because people respond more to their preconceived notion than to the reality of the situation. What do we think about men who are tender, considerate,

nurturing? What about women who are tough, assertive, accomplished? Each of us contains anima (feminine) and animus (masculine) energies, both are good and both are needed. Equity and balance of power allows us the freedom to express ourselves and encourage all to join in the fun. When there is an imbalance of power, humour is often used to inflict discomfort. That's not healthy.

Flexibility is necessary if we accept that there are many paths to enlightenment, many styles of communication, but we must understand the rules. Compassion and respect is absolutely necessary so we can help each other to understand. When we operate using both our anima and animus we achieve better balance and better use of our strengths. Flexibility helps us to accept what is good in each of us and our, sometimes different, ways of handling situations. Respect helps us to honor ourselves and to honor others. In the research, variation in differences between the genders is generally 60-40 or 70-30. There is more variance within groups of women and men than there is between these two groups. There is a great deal of overlap, so we must be careful not to make broad generalizations. In writing this article I exaggerate a bit to make my points.

What do we know from the research? *First, men last for only 15 minutes, women can go on forever.* I'm talking about talking! Men, in general, are more focused on getting the job done and are less tempted to get sidetracked by personal stuff. Many women view conversations as an opportunity for emotional connection. Many men view conversations as opportunities to convince, instruct or impress. Women generally are more comfortable with informal, small talk and chit chat, which is also good. When we care we pay attention to the other and take a little time to show that we care. There is a biological basis for this focused vs scattered way of functioning. Men's behaviour is more often influenced by their left brain, the analytical, logical kicks in first. Women's behaviour is more often influenced by their right brain, the creative, intuitive kicks in first. There is more interaction between the two hemispheres in women's brains, many of us are really good at multi-tasking, while many men prefer to focus on one thing at a time. Women can talk on the phone, make dinner and change the baby's diaper all at the same time. For balance and flexibility we could all learn to focus and handle multiple tasks when necessary. Another known fact is that men's brains are bigger, but that doesn't seem to make any difference. Size really doesn't matter!

"Fine" means I'm annoyed and you have to guess why. Direct vs indirect communication, neither is wrong, but it is important that we understand the rules. Men tend to be more direct and come right out with it. "Please send these faxes by noon today." The communication is clear and succinct. Women ask rather than tell, "Could you send these faxes when you have a minute, if you don't mind ..." Both are saying the same thing. It's up to the receiver to respond. The indirect method denotes sensitivity. In some cultures, the direct approach is considered disrespectful and even rude. Some of

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us need to work on being more sensitive, attentive, considerate and nurturing. Others need to work on being more assertive and direct. Very few people can read minds with any degree of accuracy. Clear communication depends on talking to people as individuals, rather than as members of a certain group. Communication includes physical presence, background, experience, understanding, beliefs, attitudes, imagination, desires, interests, nonverbal cues, time, purpose, the talk itself. It's complex, don't take things for granted, when in doubt check it out.

Mind vs heart decision-making styles. Do our decisions have to be logical? Would we not be better off if we did the analytical stuff then ask ourselves, "Does it feel right?" At times we can begin with intuition such as, "This sure feels right," then follow it up with some logic and analysis. *If you don't finish all the work on your plate you can't go out and play on the weekend.* Who has more trouble with the emotion of guilt? Women lie awake at night, partly because we don't focus on "time to sleep," we also worry more. We even spend piles of money on make-up and hair care, why? We do so many things to cover our imperfections. Why do we think we are imperfect? Where does all this self-scrutiny and self-blame come from? In our culture, there's a long history, starting with Adam saying to Eve, "It's all your fault." Maybe the original sin was Adam looking to blame somebody!

It's when you're drowning that you learn to swim, why men don't ask for directions and women do. For women asking for directions saves time and it's an opportunity to connect. Men don't ask because they think it's an opportunity to learn more by figuring it out for themselves. There's nothing

wrong with either way except if it goes to extremes.

How free do we feel to give and receive compliments? Generally women are better at giving compliments, men are better at talking about their achievements. Many women do not do a good job of selling themselves. This shows up in job and promotional interviews. Women tend to undervalue their skills and time. Men don't have as much trouble with this, studies show that more women than men will work harder for less money. Shouldn't we both give compliments more often and shouldn't we both brag a little? We could all be more tough and more tender when necessary. Neither is right nor wrong, we need a balance of both energies. This balance will create more harmony. We could all exercise gratitude, acknowledge one another and allow ourselves to care. Working toward understanding each other saves time and energy. I believe most of our differences are learned and we are more alike than we are different. Misunderstanding is normal, often not intentional, and can be rectified with an open mind, a willing heart and a healthy sense of humour.

Cathy Fenwick is an author, educator, consultant and cancer survivor. She develops and delivers workshops and keynotes on how to get more healthy humour into your life and your work. Her books and manuals include *Healing With Humour*, *Telling My Sister's Story*, *Workscapes: Keeping spirit alive at work*, *Building Bridges: The heart of effective communication* and *Hope for people facing cancer*. You can check out Cathy's website at www.saskweb.com/healinghumour



Imagination Survival

by
Dorianne Kohl



Wise Woman

Sept. 15, 16 & 17

As a child I was at one with my imagination. Fed by a dramatic and often dysfunctional environment of passionate tempers (my father and brother) and repressed angst (my mother and two older sisters), I found refuge in creative play. I used cardboard cutouts to express dialogue between characters, created musicals in the back yard, walked barefoot on harsh cinders between our clapboard houses, imagining myself in Africa with my "soles" on fire. I lived to sing and dance, ice skate and play dress-up. I performed in dance recitals and ice carnivals from a very young age. Tumbleweeds, as they rolled down the dusty prairie roads, were my companions when locusts and grasshoppers filled the air with their disturbing clicking noise, I imagined I was in Borneo or some faraway place my father picked up on the short-wave radio. Radio plays offered an opportunity to imagine settings and characters. I looked forward to those times as a family, when we gathered around the tiny living room, listening.

I was a wartime baby, born in a time when everything was rationed, love and affection included. There was hardly enough to go around. My mother worked long hours trying to keep the balance in home and family, while her health suffered from the effects of internalized oppression. Frequent bouts of bronchial pneumonia put her in hospital, while uterine cancer and heart disease followed in the years to come.

I loved her dearly and had her same quiet nature; yet, when she died, I was left bereft and alone, searching for direction in my emotional life which was ragged from years of isolation, and a feeling that somehow as a 'change of life' baby, I had been the cause of her poor health.

At the same time as my mother's death, my father was dying of cancer. His yearlong struggle gave us an opportunity to heal some of the scars which had been created through his violent and often tyrannical behaviour. It also gave me time to honour his sensitive side, the part of him whose eyes filled with tears when flashes of his own childhood came back to him, and the tenderness he exhibited towards wildlife.

One of the interesting dichotomies of this period of loss for me in 1970 and '71 was the escalation of my career in Toronto as an actress/model. Approaching thirty, I was suddenly in demand, and was sent to Venezuela, Puerto Rico, Hawaii, Los Angeles, New York to make commercial films and photograph fashion catalogues. It seemed the universe was offering me a bridge to sanity, a window to self-esteem, an opportunity to illustrate my creative potential and aptitude for projection of glamour and character in my work.

One of the greatest gifts I have ever received has come from my partner Ken, when he handed me the script, "Portrait of a Lady" in Ajijic, Mexico in 1987. Based on Margaret Laurence's novel, 'The Stone Angel', the script offered a detailed life of a woman whose complex and often tormented internal life, mirrored my own. My director was ruthless in his request for depth, which made me furious at times, but ultimately I trusted the process, and the product achieved a di-

mension in my performing career which I had never before experienced. I was five months pregnant with my second son at the time of the play's opening. My belly was rich and full; my spirit was soaring. The play was incredible...our audiences laughed and cried, and packed the place night after night.

There are always landmarks in one's life. For me, it seems there are eleven year cycles which mark rather drastic changes in my life. The first experience occurred when my parents decided to move to a new neighbourhood; new school, a gang of tough girls. It was traumatic to the point where I had no recollection of the move at all...don't recall packing a single box or suitcase... only know that I lost many of my valued possessions and identity with that move. Eleven more years in Regina, and then a move to Toronto to embark on the career of choice, followed by eleven years in Toronto as an actress/model and a drastic move to the Okanagan, leaving my career, friends, and identity behind. After five years in Summerland, another dramatic move to Mexico, where I realized I was being nurtured by the mother energy. In the eleventh year in Mexico, after believing that I would never leave, I began to develop a spiritual restlessness, and many signs began to point the way of return to Canada. Although I did not want to believe this, I began to meditate daily on this possibility, asking for guidance from the Higher Power. I did not want to make a mistake in judgement or choice "Soul is 100% correct," my spiritual guide used to say..."it never errs, because it is in tune with past lives and knows what direction life must take now." That seemed like an extraordinary possibility, yet I have come to know she was right, as over the years, I turn to the wisdom of the spirit before making life-changing decisions, and have been reassured many times that it is so.

Having received this ultimate nod from the Higher Power, I packed up my three children in our beloved pueblo in Mexico, and returned to Canada to begin a new life in Armstrong. Here, I have felt blessed and comfortable, enjoying the many opportunities which have arisen as a result of choosing the Okanagan.

Throughout my life, many shamans and guides have come in my path, to offer and share their teachings. I have been part of many sacred circles, where the fires of wisdom have burned and sometimes seared. Each teaching has permeated deep into my consciousness, and has been infused with experience ...love, loss, pain, joy, rebirth, healing, struggle, determination, confrontation. Through it all I have become a Warrior Woman, armed with tools for survival, not with weapons of destruction. I am a warrior fighting for the rights of nature, of wildlife, the instinctual nature of women. I have left the runways of vanity to become instead, hopefully, a model for the 'real value of woman', who embraces and loves herself as she is...imperfections, wrinkles, grey hair included. Yet one who is earnestly engaged in the healing process, who works diligently at overcoming oppression and fear, and who includes the masculine species in the evolution towards an actively healthier community.

Presenters

registration details
in back section



MY SOUL'S WISDOM

by Sharon Smalberg

How many of us go along in our lives, doing whatever we do, and yet having the sense that something is missing inside? Isn't it interesting what ultimately brings us to places of wisdom, to where we can put yet another piece of the puzzle, that is our life, into place.

When I left the world of business and entered a completely different world, I felt quite lost. I studied Hypnosis, NLP, various forms of energy healing such as Healing Touch, Reiki, and SHEN, then on into Energy Psychology and the world of Meridian Based Therapies. As my left brain began to loosen its powerful lifetime hold on me, and I grew more open and aware, I became convinced of the power we hold within us, the power of thought and energy for self-healing. To work as a healer I knew I must first work on myself and develop physical, mental, emotional and spiritual health. Contrary to popular belief that it can't be done, I even got rid of Fibromyalgia—yet, at some level, I knew something was missing inside. There was an emptiness deep within me that I couldn't understand.

Sometime in May of 1999, two people in different cities and circumstances said the same words to me, "You should take Nia, you would really like it". When the first person said it, my response was, "What on earth is Nia"? Apparently she had read an article in Chatelaine about Nia and that it involves movement, dance and health. I said something like, "Sounds interesting, I should look into it," and promptly forgot all about it. When the second person said the exact same thing, my intuition told me to pay attention even though I didn't have the faintest idea what it was all about. I looked up 'Nia' on the internet and it said "Through movement we find health". Ah, I thought, this is about health, of course, that's why it is important to me. As I began to read the web site, my body began to be covered with goosebumps and I realized I was experiencing what I have come to know as guidance toward the next step in my personal journey. I read no further, called about the five day training intensive in July and what a coincidence—the class had been full but just a moment ago someone had cancelled and there was now an opening. I sent my cheque! Never having seen or experienced this thing called Nia, I only knew I had to go.

I'd like to take you back in time. After my mother died about fourteen years ago, I was listening to a particular piece of music from 'Fame' and my mind instantly choreographed a scene and a dance—it went like this. In my mind's eye I saw a very, very old and frail woman with dusty grey hair pulled back in a bun. She was wearing a black dress with a little white collar and was sitting in a wheelchair. The room she was in was very old and she was gazing wistfully through the panes of a dusty old window that was obscured by old lace

curtains covered in cobwebs. As the music began, a wispy figure of a young woman wearing a white gossamer sheer dancing dress, emerged from the body of the old woman and began to move to the music. She danced with grace and elegance and with abandon and joy until the music reached the last notes, then she floated back into the body of the frail old woman in the wheelchair, whose eyes then closed.

When this 'vision' happened, I thought with great sadness about my mother's soul and how much she had loved to dance and experience joy—yet, at a youthful 72, she decided she no longer wanted to live. She willed herself to die and she did—from cancer. In fact, for years, whenever I heard this music, tears would stream from my eyes and my heart would again feel the sadness.

Now, back to July 1999 and the Nia training. There were ten of us, ranging in age from 20 to 63 and, as it turned out, not one person was there strictly for the dance training. We all had a totally different reason for being there and it became an incredible personal growth experience for each of us, including the 63 year old male professor of business from Quebec, who was there because he feared for his health.

After a full week of dancing, talking, laughing and sharing, a wonderful closeness had developed within our group. There had been something called 'free dance' each day, where the instructor would play different types of music at random and expect us to dance however the music led us. That part was very challenging for me, in fact I had to shut my eyes, using the logic that if I can't see them, they can't see me. It worked and I had tremendous experiences each day as we danced. Then we were told that on the last day we would be doing individual free dance to a piece of music that the instructor would choose for each of us, based on her skilled observation of us—of our mind, body and soul. Yes, that meant dancing by ourselves in front of the group, demonstrating that we had indeed mastered the concepts of Nia in order to teach others. Well, my conscious mind freaked out and said, "NO WAY, JOSE"! I knew I could not do it—I thought I might die if I tried. I was terrified beyond belief! Because of our closeness, I spoke openly to the group, told them of my intense fear and admitted that I probably would not be able to do it.

On that last day, one by one, over the period of the morning and half the afternoon, each person got up, stood in the middle of the floor and, when their music started, did their 'free dance' and demonstrated their new skills. It was incredible and exhilarating to watch—until everyone had had their turn and now it was mine. The thing I most remember was the incredible feeling of love and support from the hearts of my fellow classmates. That feeling was powerful enough to get me up off the floor and into a standing position. I was still frozen in fear and had just begun to say "I don't think I can....", when the first beat of 'my' music hit me. The instructor had chosen well. The last thing I remember was hearing that first beat. Then I danced and danced as I never knew I could—with my body, mind and soul and with my eyes wide open.

As I finished my dance and came back to full awareness, I became aware that everyone was crying—they knew before I did, what had happened. It hadn't been my mother's soul that emerged and danced—it was mine. On that exquisite day, in the presence of my loving and caring Nia classmates, my soul had finally come out and danced. I had finally discovered what had been missing—my soul came home.

HEALING FROM THE SOUL OUT

by John Snively

In 1983 I found myself in Nelson establishing a biological/holistic dental practice and embarking on a remarkable journey that lasted fifteen years. Eventually in view of the inherent stresses involved in managing such a practice, I found it difficult to relax within my heart and spirit and allow that deep energetic essence to manifest. I became more and more interested in the role of the cranio-sacral mechanism as it influences whole health and was drawn to return to the practice of radionics, and to explore more in the etheric field using flower essences and vibrational medicines. I had spent so much time dealing with the physical/somatic reality of people's lives, and now felt compelled to move further and deeper toward the subtle energies.

I first became exposed to the practice of radionics while in Albuquerque twenty years ago studying at the New Mexico School of Natural Therapeutics. Even though I was a neophyte I was so excited about its potential I was willing to treat anyone who requested it. One day my mother called me from her retirement home in Florida and asked if I might have some answers to her ongoing digestive problems. For years she had been treated allopathically having had her appendix, gall-bladder, and part of her stomach removed. Still she suffered. I decided to treat her radionically and asked her to send me a hair which I would use as the 'witness'. The witness is an energetic representation of the person. Using the radionics instrument and limited knowledge I performed an analysis and came up with a treatment. It happened to be a homeopathic called Staphysagria. I knew nothing about it, but trusted the process implicitly. I created the remedy radionically and with some trepidation mailed it. I heard nothing from her and was afraid to even ask; especially in view of the fact that my mother knew nothing of alternative therapies and my ultimate fear of failing my mother. Several months later when we reunited she asked me, "What was in that little bottle you sent me?" I hesitatingly asked why. She said, "Well, it took all the pain away, and I've been symptom free since."

Radionics is a holistic approach to healing. It is above all concerned with the total being, with mind, emotions, and the subtle force fields that govern the functioning and well being of the visible organic systems. I have continued to investigate and work with radionics over the last twenty years with similar profound results, delving further into the subtle bodies towards

the soul. It is my contention that most problems manifesting in the physical realm are but results of some deeper disharmony on the mental/emotional level.

With radionics I am able to provide a remedy or broadcast a healing energy for any condition, emotional, mental or physical, working with the universal energy of the individual to restore harmony and health. Clients phone, mail or even e-mail healing requests and I work with them immediately and energetically through the 'witness'. I feel humbled by the power of this 'quantum' healing. Radionics provides me with a glimpse into those hidden recesses of the human condition revealed to us through the magic of intuition and intent.

After fifteen years I knew I must move out of the practice of full time dentistry and investigate the sacred essence of the soul. This has led me once again back to Albuquerque to spend time with Robert Stevens, who originally taught me radionics. He is a brilliant and dedicated healer who has developed a technique called Core Synchronism. Core Synchronism is a system of bodywork designed to assist nature in establishing harmony via the vital force(soul) and the cerebrospinal fluid, with all parts of the organism. Core is a gentle palpatory approach to healing and harmony. Healing is stimulated by deep states of relaxation. Core synchronism goes far beyond cranio-sacral therapy and is deeply relaxing, safe and gentle. This work is based on the philosophy of natural therapeutics, cranial osteopathy, polarity therapy, and the palpatory philosophical discoveries of Robert Stevens. Each time I placed my hands on someone's head to measure the movement and pulse of the cerebrospinal fluid I knew that all the levels of being were interconnected.

A woman came recently for Core treatment, supported by her partner because she could not walk independently. She had been immobilised for several weeks by sciatica pain. She had sought help through several types of physical therapy. Midway through the treatment she got off the table and walked unassisted to the washroom. We were both awed and grateful.

Whether I am working with distance healing through radionics or hands-on-care in Core Synchronism I am profoundly affected by the nectar of the soul's essence. The giving becomes the receiving. *See ad below*



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RESPONSIBILITY TO OURSELF

by Roberta Joehle

I have been really struggling with writing this piece. I discovered that the block on this subject really did lie within myself. What I thought had already been taken care of inside of me, had really not been dealt with completely. So how could I describe something that was still such a large part of my own fears? I needed to discover my own fears inside and write for myself

My first question is, where did the expectation of responsibility and its different levels come from? Who sets them up? Personally, I found they came from the boundaries that I myself and especially others, whether it be family, coworkers, friends or mates, set for me or themselves. It is the pressure of these personal and outside expectations that set these boundaries.

What is it that makes people think I have to share in or live the dreams they have set for me? Whoever said I wanted to be just like them?

I am proud of who they are, so be proud of who I am. Their responsibilities may be a steady job with benefits and a great wage, family gatherings upon request - set sometimes months ahead, making crafts, sewing, baking or even regulated spring cleaning, loving someone out of comfort and familiarity, saving and investing for their retirement, the ownership and collection of material objects or owning a house, giving up all for their grown children... There is nothing wrong with these things for them, in fact my support is there if that is what they want.

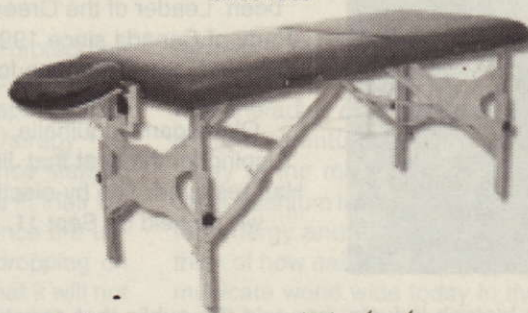
Now where in the universe does it say that my dreams can not be different, with as many crazy twists as needed to suit me and my happiness? Is there someone or something that says my responsibilities cannot be working for the pure enjoyment without concern for a great wage or a lot of benefits, living off the cuff of my sleeve each day so I can move or change with the wind, painting a childlike picture, playing with Tonka toys or blowing on the harmonica, changing my mind at the last minute without the loss of my family's hearts, living without the burden of what family may feel brought them shame but gave me joy, living in the present day and not in the past years, months and days...

Most important question I need to ask is, who said I cannot choose the man I love because of the joy he brings my soul every day, even through the storms? And who sets the rule that says I cannot show my grown children the faith and love I have for them is strong enough to let them live their own lives? Why must this be done with the feeling that I have deserted them instead of the feeling of love and strength it took to give them that freedom?

The feeling of responsibility is a funny thing; it tends to pull us in many directions, due to the abundance of feelings attached to the word. Guilt, sadness, confusion... My experience in this is it comes from the thoughts and feelings of the people we surround ourselves with. The closer people are to us, the stronger the feelings lie toward our duty of upholding

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the responsibilities of what people expect of us or in us. In this, a lot of unhappiness may lie because we concentrate on what others want or think.

We need to set the boundaries to our needs and what it will take to make ourselves happy. I have discovered that the feeling of responsibility does not bring us happiness, it only increases the negative energy which brings about confusion and stress in our lives.

I have found myself ninety percent of the time worrying about others instead of the goals set for myself. It is not that others are not important, because they are. My children, sweetheart and family are very much a part of my heart. My feeling is that the largest responsibility should not lie in them, but in myself. If we concentrate on the responsibility of keeping our souls and hearts full of positive energy, happiness will easily come into our lives.

The rest of what people may think is our responsibility and boundaries will eventually fade away and be covered by the love we experience deep within ourselves. Our lives will glow with the abundance we have created for ourselves and the people we love and care about. This last part may sound a little harsh but what the heck. What is responsibility anyway? Just a collection of unwanted, negative thoughts clouding the real path to our dreams.

So it is really very simple... Keep our energy focused within our hearts, and that large feeling of responsibility that sits on our very small shoulders will turn into the love we so much want and need. Instead of a whole lot of words attached to thoughts that go nowhere due to our 'responsibilities.'

GENETICALLY ENGINEERED FOODS AND CROPS



Joan Russow (PhD) has been Leader of the Green Party of Canada since 1997. She is in the Okanagan for the federal by-election, Okanagan-Coquihalla, running for the seat that Jim Hart resigned. The by-election will be held on Sept 11.

The biotech industry has told the public that genetically engineered foods and crops are just a continuation of "conventional breeding" practices. In the World Scientists Statement, however, the following distinction was made between Genetically Engineered foods and crops and conventional breeding:

"Genetic engineering is a new departure from conventional breeding and introduces significant differences. Conventional breeding involves crossing related species, and plants with the desired characteristics selected from among the progeny for reproducing, and the selection is repeated over many generations. Genetic engineering bypasses reproduction altogether. It transfers genes horizontally from one individual to another (as opposed to vertically from parent to offspring), often making use of infectious agents as vectors or carriers of genes so that genes can be transferred between distant species that would never interbreed in nature. For example human genes are transferred into pig, sheep, fish and bacteria. Toad genes are transferred into tomatoes. Completely new exotic genes are being introduced into food crops" (World Scientists Statement, 1999)

Many of the health and environmental consequences anticipated by the opponents of genetically engineered foods and crops have materialized. There is sufficient scientific evidence of the harm caused by genetically engineered foods and crops to human health and the environment to justify the implementation of the Precautionary Principle, which reads:

"Where there is a threat to human health or to the environment, the lack of full scientific certainty shall not be used as a reason for postponing measures to prevent the threat."

The Precautionary Principle has become a tenet of international customary law and as such is required to be integrated into state law.

Sadly, in Canada, governments have acted with negligence rather than acting with precaution. The federal government, especially the Health Protection Branch and the Food Inspection Branch, have allowed 4500 trials of genetically engineered crops since 1988. They have approved genetically engineered "novel foods" such as canola oil, soy, corn, wheat, tomatoes, potatoes, and squash since 1994.

I believe that there must be a united call for * the global ban of GE foods and crops, * the global ban on the patenting of life forms, * the end of the exploitation of the knowledge of indigenous peoples and farmers, * the global promotion of organic agriculture. * the implementation of a fair and just transition for farmers, stores, and communities affected by the conversion from agribusiness to organic farming. The Green Party of Canada ran in the 1997 Federal election calling for the banning of genetically engineered foods and crops and the implementation of the Precautionary Principle. I attended several international conferences where I helped to draft a series of documents: Biodevastation Declaration (St Louis, July 1998), the Global GE Ban Resolution (Delhi, March 1999), the Petition for a General Assembly Resolution calling for Banning GE foods and crops (New York, June 2000); an e-mail petition Alternative Biosafety Protocol (January, 2000), as well as a petition calling for banning these foods and crops which was placed on the floor of the House of Commons on December 2, 1998.

The Federal Government must redirect the budget of the Department of Agriculture from promoting agribusiness to supporting the conversion of farms to pesticide-free, non Genetically engineered organic farming.

For further information please contact: Joan Russow: 250-598-0071 or the Green Party office in Penticton: 493-0672



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Jump into a Higher Octave

by Khoji Lang

Comets are known as heralds of change and their emergence has always been understood as an omen. On July 23, 2000, just three days before comet LINEAR reached its closest approach to the Sun, astronomers had the unique chance to observe the total disintegration of the comet. Within a few days it literally decayed into interplanetary dust. It's interesting that the announcement of LINEAR's decay was made on the yearly "day out of time" within the Mayan calendar—on July 25. The message is clear: we are about to experience radical disintegration of linear mind!

LINEAR's disintegration has been happening in the sign of Virgo. Up to the Fall equinox the Sun filters through this segment of the zodiac—meaning that all emanations which are coming from the Sun are passing through the finely dispersed dust of former comet LINEAR. The Sun is celebrating an eleven-year peak of activity, radiating surplus amounts of life-energy. The Sun exhibits increased numbers sun-spots, reflections of huge magnetic turbulence, eventually resulting in Solar flares and Coronal mass ejections. Billions of tons of Solar plasma can be ejected into space, causing high-speed Solar winds and geomagnetic storms. In astrology the Sun stands for individuality and spirituality. The Sun is the primordial source of life, we are linked to it all the time. Our consciousness is purest expression of Solar energy. Whenever the Sun intensifies its aliveness, an expanded urge for individuality flares up on Earth. Structures and systems are becoming increasingly volatile and rifts start appearing. The approaching maximum of Solar activity is all supported by outstanding planetary alignments: Jupiter in Gemini is in opposition to Chiron and Pluto in Sagittarius—depicting a magnanimous boost of transformational fervor, a spiritual revolution. This vibration enables us to change attitudes and to drop habits. Gemini is about opening mind's perspective, thus allowing to recognize the complexity of this universe. The Sagittarian energy tells us to throw out beliefs and concepts. True wisdom arises from the heart. Truth is multidimensional, it is impossible for it to be captured and reduced to words. Clarity descends to those who dare to live—totally, extensively, without any ifs or buts. Disappearance of linear thinking will open us to mystical realities. Life is far greater than cause and effect. In fact, each single breath is a mystery. The cosmic signs show that something beyond our control—and well beyond our grasp—is about to happen. *see ad below*

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VACCINATION

THE IMPACT ON CHILDREN'S HEALTH

by Edda West

For decades the scientific establishment has denied that vaccines may be linked to a dramatic decline in the quality of children's health. Although vaccine injuries and death have been documented in the medical literature for well over 100 years, health officials have knowingly turned a blind eye on the human tragedy which leaves in its wake a generation of children suffering from multiple developmental disorders and chronic degenerative diseases.

"The shocking facts that 31% of U.S. children suffer from a chronic condition and that the rate of disability from such chronic conditions in children has seen nearly a fourfold increase since 1960 ought to seriously challenge our medical research establishment" says Dr. Philip Incao MD, who has compared the significant differences in quality of health in unvaccinated and vaccinated children in his family practice over 29 years. "I observed that my unvaccinated children were healthier, hardier and more robust than their vaccinated peers. Allergies, asthma and pallor and behavioral and attentional disturbances were clearly more common in my young patients who were vaccinated."

Immune system disorders, and chronic degenerative diseases like diabetes and cancer are increasingly common afflictions of today's children. Some of these like autism and diabetes are approaching epidemic proportions. Recent California statistics estimate that 1 in 320 children become autistic, and research both in the U.S. and Europe has linked some forms of 'late onset' autism to MMR vaccine.

Insulin dependent diabetes is the fastest growing disease threat to children's health. Researcher Dr. Bart Classen MD estimates that the current population of young children being injected with hepatitis B vaccine across Canada will suffer a 40% increase in diabetes, and that each new vaccine added to the schedule similarly increases the risk of diabetes.

Today, cancer kills more children under the age of fifteen than any other disease in the western world. Vaccines containing multiple viruses, bacteria, foreign DNA and toxic chemicals have never been safety tested to prove that they don't cause cancer.

As increasing numbers of vaccines continue to be added to the already staggering load children have to endure, parents are beginning to rebel against the medical dogma, that

until now has elicited obedient compliance. Slowly, a crack is beginning to appear in orthodoxy's impenetrable armor, and testimonies from concerned scientists, such as were presented at several Congressional hearings in the U.S. this past year are an indicator that some are at long last waking up to the fact that we have a major health crisis on our hands and it is NOT from infectious diseases.

In a press release following the Congressional hearing on hepatitis B vaccine, which is given to all Canadian school children and injected into newborns in some areas, Dr. Jane Orient MD, Executive Director of the Association of American Physicians & Surgeons called for a moratorium on this vaccine, saying, "Children younger than fourteen are three times more likely to die or suffer adverse reactions after receiving hepatitis B vaccine than to catch the disease", and warns that, "the increasing 'vaccine cocktails' administered to children may be hazardous to their health."

In Canada, there are no specific laws that can force you to vaccinate your children. Some provinces have enacted laws on vaccination for school entry, but also allow exemptions for conscience and religion. Canada has no mandatory reporting system of adverse reactions to vaccines, nor follow up of children who suffer these reactions, and unlike the U.S. and Britain, does not provide compensation to families whose children have suffered permanent disabilities or have died following vaccination.

The rigorous 'gold standard' has never been applied to vaccine research. There have never been large, well designed studies to identify and compare all morbidity and mortality in vaccinated and unvaccinated populations to evaluate the true background rates of seizure disorders, mental retardation, learning disabilities, autism, diabetes, asthma, arthritis and cancer. Until this happens, the vaccination paradigm can be viewed as a gross medical experiment imposed on our children that violates the most basic principle of medical ethics of "first do no harm". Canadian Medical Law which underscores patient autonomy, and the right to "Informed Consent" is routinely violated by health officials who neglect to inform parents of the risks associated with vaccines.

Fear is the favourite instrument used to insure compliance with vaccine agendas. Fear disables us from making clear, well informed, independent decisions about vaccines, and serves the vested interests as a smoke screen that prevents us from grasping the larger picture of what is really happening to children's health today. Parents, investigate before you vaccinate!

The Vaccination Risk Awareness Network (VRAN) was founded by parents whose children suffered adverse reactions to vaccination. VRAN's mandate is to empower parents to make an informed decision when considering vaccinations, and to provide information and resources that contribute to the health of Canadian families.

For more information, please refer to our web page hosted by Freedom of Choice in Health Care at: www.freedomofchoice.org or contact us at: 250-355-2525.



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Calling all Star People to Work and Play

by Jollean McFarlen

Kuan Yin (Goddess of Mercy) who is focusing on bringing Joy for the earth tells us Earth is a school, a training ground in the use of your co-creator abilities. It is now time for us to be receptive to these *Source* qualities of working with the stars—a major part of the learning that we need to undergo on the Earth. I know we are children of the stars who have the divine heritage to remember and claim for ourselves, our children, grandchildren and for posterity. The energy blessings are all around us. They give us guidance and teachings; all we need to do is connect through the process called initiation, for those humans that are ready to participate.

These are the stars from which the masters are ready to send their energy blessings:

Initiation—'to begin' stepping through the spiritual door, a new way of being for the 21st century—colour red.

Pleiades—offers the blessing of **Unconditional Love** to open one's heart chakra—colour orange/peach.

Arcturus—offers the blessing of **Hope and Faith** through all things possible—colour yellow.

Vega—offers the blessing of **Compassion** to use for yourself, animals and others—colour green.

Polaris—offers the blessing of **Breath** to help past the limitations—colour aqua/blue.

Betelgeuse—offers the blessing of expanded **Soul Awareness and Forgiveness**—colour indigo/purple.

Rigel—offers the blessings of **Wholeness, Self Acceptance** from the integration of matter with spirit—colour violet/magenta.

Sirius—offers the blessings of amplified and glorified **Christ Consciousness**—colour white/golden/pearlize.

As many of us on Earth, through our small steps into space-higher consciousness, become more aware of the galaxy's multitude, ask 'oneself' who am I? Why am I here? And what is this mysterious divine plan which seems to tug at one's heart strings, maybe it's to slow you down to remember and express?

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Calendar of Events



September 3

The Devine Feminine with Rev. John Bright in Vernon. p. 15

September 9 - 10

Integrated Body Therapy with Cassie Williams in Kamloops. p. 14

September 12

Body-Mind Intelligence Series starts in Kelowna, with B. James & S. Bradshaw. p. 4

September 15, 16, 17

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

The Labyrinth, with Sage Berrett-Heller at Johnson's Landing Retreat Centre. p. 33

September 16

World Peace Day, Summerhill Winery Pyramid Kelowna 8 pm call Helena 764-8000 Bring a candle for peace.

September 16 - 17

Intermediate Meditation with Cheryl Grismer in Sylvan Lake, AB. p. 5

September 16 - 24

The Avatar Course, with Avatar Master Sylvain Mailhot in Kelowna. p. 29

September 18

Reflexology Diploma Program starts with Yvette Eastman in Vancouver area. p. 3

September 20

Energy Blessings from the Stars, starts with Jollean McFarlen in Kelowna. p. 25

September 22

Eckankar, Do you ever think yourself a Soul? Free introductory talk. Penticton Library/Theatre. Info 770-7943

September 22 - 24

Accessing Life Force with Lynne Gordon-Mündel at Johnson's Landing Retreat. p. 10

The Time is Now, Info Eve. & Workshop, Blanche & Harreson Tanner in Kelowna. p. 13

September 23

Nurturing Your Soul Workshop, energy work, spirit guides, animal totems, essential oils, group meditation led by spirit. Kamloops, B.C. Resource Personal. Michele Gieselmann 250-372-0469 or Therese Dorer 250-578-8447

September 24

The Pyramid Ceremony with the Rosicrucian Order in Kelowna. p. 25

GeoTran Introductory Courses with Anita Kuipers in Kelowna. p. 31

September 29

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

September 29 - October 1

Body, Soul & Spirit Expo at Canada Place in Vancouver. p. 7

Science and Intuition at the Annual Dowsing Conventiun in 100 Mile House. p. 9

Dreams, Goals and Miracles with Craig Russel (Akasha) in Kelowna. p. 17

October 1

Discover Yourself as a Spiritual Being. A daylong seminar from 10am-4pm. Odd Fellows Hall. For info 763-0338. Free of charge. Everyone Welcome.

October 4

Modern Nutrition & Oriental Traditions starts with Angèle in Penticton. p. 32

October 6 - 8

Sacred Sexuality with Jon Scott & Shannon Anima at Johnson's Landing Retreat. p. 30

October 14 - 15

Ho'omana Elemental Healing Workshop with Sue Peters in Penticton. p. 14

October 20 - 23

Quantum Change NLP, with Monika Nygaard in Salmon Arm. p. 27

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

Troi Lenard is available for Vibrational Energy Healing Sessions till Oct. 10.
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The Nia Technique

Sharing the Joy by Michelle Parry

A huge welcome to Sharon Smallenberg of Victoria, who is coming home to the Okanagan and will be joining me in sharing the joy of Nia-Holistic fitness in Penticton and Naramata.

I am wildly excited to have Zeta Gaudet of The Nia Technique joining us for a playshop in October. Zeta is the Canadian Trainer and is truly a master of movement and magic.

Nia has been receiving mainstream media attention with two interviews on CBC radio, and BCTV Noon Hour News, as more people discover the joy of combining Tai Chi, Yoga, Modern Dance, Aikido, Tae Kwan Do and meditation in the magic that we call Nia.

And at a personal level, Nia has helped me to stay fully present and aware during an extremely stressful time in my life. I am learning to be not only present and grounded but balanced with left and right brain activity. My flexibility and stamina have increased and I am captivated by the subtleties in music that I was never able to hear or feel before. My movements have become much more playful and free and I am always energized by a class.

As an instructor, I am moved by the dedication of Nia students, fitting classes in amongst work, family, garden, budget, soreness, aching or simply weary bodies and in the heat. Students are experiencing the joy of physical fitness as their ankles and feet grow strong and pelvis becomes flexible. They are experiencing laughter and freedom as they express themselves physically and emotionally through movement. In a Nia class we dance shout and kick, we are graceful, cry, laugh, sweat bucketfuls or not at all, and always come away feeling lighter, brighter, focused and deeply connected to our body, experience and purpose; at a personal community, global and ultimately at a cosmic level.

I invite you to come and share in the joy and magic of Nia. See ad below

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NLP & TIME LINE THERAPY®

by Monika Nygaard

I discovered Neuro Linguistic Programming (NLP) in 1989 when friends of ours had phenomenal success using the techniques to help troubled teenagers that no one else could reach. I was intrigued and immediately wanted to know more about it. When I moved to Vancouver Island, I was finally able to take the training and to help others in their healing journey.

I also suffered from allergies to wheat, rye, oats and barley for 22 years; to dairy for six years and to apples for thirty years. I was told NLP could rid me of them, so in a two hour session six years ago, they were all cleared for me and I have helped many people clear varying allergies since then.

The structure of how NLP works is very significant. If you were to take apart a fine Swiss watch (the ones with all the gears, springs and mechanisms), and put it in a jar and shake it—how long would you have to shake it before it goes back together again?...forever may not be long enough. However, if you have a little Swiss Watchmaker who knows the structure of how it works, it would only take a few hours. This is how NLP works. By understanding the nature of the unconscious, it can "fix" broken parts or aspects in us that just don't seem capable of fixing.

So, how does this work? NLP, through using a new development within it called Time Line Therapy®, assists a person through a light trance state to get in touch with the root cause of negative emotions or limiting decisions. Most therapies agree that if you can find the root cause, the very first time a person felt sad, hurt, angry, afraid, etc., and if the repressed negative emotion around that event could be released, then all the other similar incidents based on that first event would have to change as well.

Through working in and studying other therapies, I was surprised at how difficult it was to access this first event and how traumatic the reliving of it could be. Very seldom was the very first event accessed.

With NLP it was discovered that one of the Prime Directives of the uncon-

scious mind is to repress and protect one from unresolved traumatic events or negative emotions. So, in respecting this understanding, Time Line Therapy® assists a person in a light trance state to float above all the memories in their life to only locate the event. Once the unconscious (which is eavesdropping on us 24 hours a day) knows that it will not be going back in to the event and reliving it, but only will be locating it, it is then more than happy to assist because it also has a Prime Directive to resolve any repressed negative emotions.

Once the root event is located and any learnings from the event are preserved, then the person can float back before the event, before any of the negative emotions came up. This could be a few hours or days before. Since the negative emotion hasn't happened yet, it is released this way very gently and quickly. Typically this is the first time since the event that a person has been completely free of that negative feeling. Then the unconscious, being like an amazing computer, can re-sort and re-evaluate all other events based on it very quickly in a matter of minutes.

In clearing allergies, the emotional root cause is cleared the same way. For me, the root cause of the wheat allergy was at five years old, but the allergy didn't show up until I was 22. Once the root cause was cleared, I was assisted in having my immune system reprogrammed with a new strategy through the neurological system to react to the previously allergic substances in an appropriate manner. I have been symptom free for six years.

The results that I have seen are truly amazing. I have been privileged to assist people to overcome symptoms of clinical depression and to get off medication, eliminated allergy symptoms, phobias, traumas, Post Traumatic Stress Disorder, limiting beliefs, road rage, excess anger, asthma symptoms, obsessive behavior and bed-wetting among others. As well, clients have told me of great increases in self-esteem, energy, positive outlooks and feelings and, in general, it has assisted people to move

forward in their lives.

NLP and Time Line Therapy® are truly therapies of today and the future - a great quantum leap forward in the study of the mind. It is equivalent to other quantum leaps in the study of matter, energy and technology. When we think of how easily and quickly we communicate world wide today in the outer world, isn't it wonderful that these great strides to communicate in the inner world of our unconscious is also taking place.

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Monika Nygaard,
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Twin Flames

by Louix Dor Dempriey

Twin flames are most often described as two beings who share one soul, two halves of the same whole. If one were to scan the art and literature of the ages, one would see constant reference to twin flames: Romeo and Juliet, Lancelot and Guenevere, Psyche and Eros, etc. To say that twin flames are two halves of the same soul implies that each soul is incomplete. It implies the fallibility of God's creation. This, of course, is impossible. We are whole and always have been. And though this definition is still widely accepted, even in Metaphysical teachings, it stems from a consciousness of duality or separation.

Before I expand on the subject of twin flames, I need to provide a divine definition of "relationship," for most people, again, understand and enter into relationships from a place of victim consciousness. Relationship is defined as the process by which you ongoingly draw to yourselves ones with whom you engage in order to see—outside of self—some reflection of the many aspects of your authentic and/or unauthentic selves, from which you can continue to grow, learn, and become more exquisite demonstrations of your true God-selves.

Each relationship serves a unique purpose and addresses certain issue(s) in your consciousness which need either refinement, acknowledgment, or some combination thereof. Thus, it is that all relationships are karmic: parental, filial, sibling, marital, platonic, sexual, abusive, romantic, etc. The nature and duration of the relationship are perfectly structured and suited to what needs to be addressed. Even a momentary encounter with a cashier in a store can enlighten a person by way of some reflection upon the self. At the opposite end of the spectrum, the ones whom your souls chose to surround you as your immediate family (parents, siblings, and spouses) have so much to teach you—and you them—that your souls chose a form of relationship that would stay in your energy field for most of your lives.

Each relationship will stay in a person's life until it has finished serving the purpose for which that soul called it forth, inasmuch as all relationship is a healing modality—to practice and develop being in relationship with God. This is true even if the respective parties cease any conscious, physical contact, as is the case with deaths and divorces. The reason that many individuals in these circumstances feel haunted by the memory of a deceased or estranged love is that the souls are still engaged in their mutually agreed upon service to each other. This karmic interaction and unfoldment can, and most often does, transcend lifetimes.

Twin flames are two souls whose karmic (healing) and dharmic (service) unfoldment is so perfectly matched that they are able to serve God and each other eternally through that relationship. Not only is twin flameship the highest form of relationship, it also gifts humanity with a vehicle for transcendence and, ultimately, ascension, as twin flames continue shaping and leading each other into Oneness—the very embrace of the Beloved. This weaving, once all karma has been cleansed and transmuted, continues on a purely dharmic level far beyond ascension. At that point, it becomes a matter of purely serving God (though it always was) which progressively expands the consciousness of the two souls. Looking into the spirit realm we find twin flames still serving creation through

the woven tapestry of God's loving embrace. Some of these pairings of divine complements include: Lady Venus and Sanat Kumara, Lady Portia and St. Germain, St. Clare and St. Francis, Mother Mary and Archangel Raphael and on and on.

Because twin flameship acts as a direct portal into the heart of God, the amount of Light that pours through it is like that in no other human-to-human dynamic. It is for this reason that twin flames, once (and if) awakened and ignited to each other, can only sustain a harmonious relationship if they have an extremely high degree of mutual surrender to God's will for them. Twin flameship is not human love; it is Divine Love using two human portals.

It is also very important to point out that twin flameship has nothing to do with romantic and/or sexual involvement, though in many cases it includes and uses both those types of human interaction. The relationship exists at the soul level. What it looks like on the physical plane reflects how God needs to use those two embodiments. It is because the human hand of wilful intention muddles and mitigates the grandeur and glory of God's plan unfolding in one's life that twin flame relationships seldom reach their zenith on Earth. How does one, then, know how to attune to the highest and best way to be in relationship with a twin flame—or with anyone for that matter: surrender to God's will.

Over the years, I have watched many twin flames annihilate each other because they did not understand why they drew themselves to one another and because they refused to ask God how *God* wanted them to care for *His* relationship which had overlighted them. I have also seen many divine sparks dwindle into ordinary love because both parties tried to claim ownership of that which did not belong to them.

Mostly, however, I have watched twin flames pass each other like ships in the night, sometimes recognizing each other, but most times not. Yet even in each other's physical absence, I watch the two souls continuing to source, heal, and guide each other more and more towards God in ways they will never know.

Whenever I speak of this divine romance, I see both men and women don their safari hats and rifles in search of this perfect love, which they believe is waiting in the mists. God is your twin flame. Strive to see and find that love in everything and everyone. Treat everyone as your Beloved for, in truth, everyone is. Although human love is a beautiful and wonderful part of life on Earth, romantic and/or sexual partnership is not a prerequisite for attaining God union. To look for anything outside of self only deepens one's separation from God. Only union with God can bring peace, joy, fulfillment, and everlasting love.

Louix Dor Dempriey, author of Dawn of Enlightenment, is an Avatar who travels the world as humanity's living remembrance of itself as Love. By merely being in His presence, many have experienced miraculous healings. He may be contacted at: P.O. Box 583, Laguna Beach, CA 92652 U.S.A. fax: (949) 830-3100 e-mail: zimaron@LouixDorDempriey.com website: www.LouixDorDempriey.com

Spend two weeks in the Holy Lands of Israel (November 19-December 2, 2000) with Louix Dor Dempriey, as History comes full circle and the Scriptures come to life. For more information please contact Beverly Alberda at the above address or by phone at: 949-306-7344

Exploring Consciousness

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

I will try to describe Avatar without conveying too many of my own beliefs or perspectives to you. The reason I say that is because the Avatar Course is about your beliefs and your perspectives.

What you believe has consequences in your life. The Avatar Course helps you to make the connection between what you are experiencing and the belief that is creating the experience.

Imagine enrolling in a course where the study materials consist of your own consciousness. We provide navigational tools, a blank map and emotional support. It's your exploration; you have to bring your own terrain.

The purpose is to assist you in returning to the level of consciousness at which you are the knowing creative source of your own beliefs.

Creative source is an effortless state of being. Don't confuse it with an attitude or identity that may be on automatic and seems effortless. This state is effortless, accepting and undefined. (Desiring and resisting are efforts. Accepting and appreciating are effortless.) From this state of being you can experience anything, and within extremely broad limits (perhaps boundless) change it as you decide.

This is the state of being that we call Avatar, and we have found a very simple and very effective procedure for achieving this state. It can be done in a matter of days when presented under the guidance of an experienced master. With this sense of presence and the tools we teach you to use, you are equipped for the exploration of your own consciousness.

The course is set up in three sections. **Section I is a self-discovery workshop, called ReSurfacing.** This section stimulates re-surfacing into an expanded awareness of the difference between you and the experiences that you are having, the difference between the perceiver and the perceived. It presents exercises that create personal insights into how your beliefs affect your life. This heightened awareness places you in a position to direct change in your life.

Then, with the Section II materials, you start exploring. Little expeditions into the backyard of your consciousness. Overnights! You practice the specific abilities and tools that are required to successfully manage what you are already experiencing in life. It's an opportunity to get your affairs in order before the big adventure begins.

Section II clarifies and expands an extrasensory perception channel to the physical universe that you may already be vaguely aware of - extended feeling. This is a nonsensory feeling that does not require physical contact. It quiets the mind and dramatically enhances your sense of being. It produces the same type of mental stillness that meditation produces, but it does so in an interesting and much faster way. It's like meditation in that it is about gaining mastery of the mind—allowing the mind to still—but Avatar does it playfully without the struggle or confrontation. It's the difference between opening a safe by prying the door off or using the combination. Avatar is the combination.

Another exercise in Section II develops a skill in recognizing, creating and changing judgments. This really begins to wake you up to the patterns in your life.

We experience what we experience in accordance with our judgments,

which are the beliefs through which we filter our perceptions. Two people may experience the same event quite differently. For one of them it is traumatic and ruins their life; for the other it is inconsequential. The difference is determined by the judgments the two people place on the experience.

The end result of this exercise is the ability to honestly relax judgment on anything being experienced. It lets you slip into your resisted experiences like entering a hot tub for a good soak. If you have been struggling with a body condition or a relationship, this exercise produces powerful realizations and turning-point experiences.

The final part of the Section II materials contains tools and exercises to remove barriers or blocks that you may have placed in front of your ability to create reality.

So now, Section III, the main course. It begins with a guided initiation session conducted by an Avatar Master.

The initiation takes you on a tour of some of the most fundamental, transparent belief structures of consciousness. Transparent because instead of seeing them, you see through them. Building upon the skills developed in the previous sections, you are introduced to speedily effective procedures and tools that you can use to self-determinedly manage your life. You learn to apply the procedures in a series of rundowns to remove conflicts, dependencies, self-sabotaging beliefs, persistent conditions, limiting identities, and even pain. You may experience some remarkable healings.

For a complete description of the various Avatar Rundowns, ask for the "Exploring Consciousness" brochure from an Avatar Master. The whole course usually takes eight or nine days.



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A Taste of Tantra

by Shannon Anima

"Yum Yum" is the fond name a client couple gave to the ancient Tibetan Tantra practise of yabyum. Shirley told me that they continue to enjoy Yum Yum every night when Frank comes home from his administration position. They sit in this sacred posture and tell about their day's activities, enjoying a close energetic connection for a few moments before dinner and the evening news take priority.

Tantra in the West is usually thought of as synonymous with sex. Certainly sex is part of the path of tantra, but it is only one method in a greater philosophy. Tantra is essentially about union; the union of male and female energies, the union of one individual and another (same sex or opposite), the union of mind and body within the individual. Tantra is the dissolving of the mirage of separation, and the awakening of the divine consciousness of the essential oneness of all beings. Tantra is not a religion or a dogma; it is an inclusive way of walking in the world, of breathing in the whole experience.

Tantra can be practised through communication that is heartfull and vulnerable. Vulnerability is a key to tantric experience. Vulnerability is taking the risk to be totally naked whether with words or in the flesh. This vulnerability involves being seen in our light and brilliance as well as our shadow and defeat. We embrace the goddess and god in our beloved, simultaneously with the wounded child. Sexuality is a powerful path for melting into this heavenly love energy. Through conscious practices individuals and couples learn to develop and direct the tremendous energies potentially generated through sexuality.

My teaching partner, Jon Scott, tells his story of tantric awakening. After a dissatisfying experience in a sexually distant marriage he noticed a consistent pattern; he felt like the sexy women he began relationships with all became motherly and distant within a short time. Desperate to change his experience, Jon sought his own healing. He worked with his shame and disempowerment in men's groups. He explored his inexperience and fear in tantric retreats. Now, his relationship with his life partner is juicy and satisfying, due to his personal exploration of his own wounding, and taking responsibility for his part in the relationship dynamic with women.

Another side of the dynamic we work with is sexual addiction. For the partner who uses sex as a substitute for close-

ness, for emotional connection, or to satisfy any variety of needs, tantra provides awareness of the profound sacred nature of the energy. Sexual addictions and frigidity often originate from early sexual trauma. Tantra resanctifies sex for the woman or man who has been sexually molested.

In my own path I had been a devoted yogini since I was a teenager. For fifteen years I lived in ashrams, and was a yoga and meditation teacher. In the white light and crown chakra focus of ashtanga yoga I found that some lively, vital part of myself was repressed. My leopard print shorts seemed misplaced among the muted apparel at the yoga retreats.

When I left the yoga centre to study process psychology I found that my yoga focus on overcoming negativity had created an alabaster goddess figurine. I had to fall from my pedestal to see how the holy facade had served to oppress others, distance others and cut me off from my fully authentic self. In the midst of delving into the grief, anger and creative force of my shadow self I reconnected with tantra yoga. My own experience of self and others could be larger and more whole in the expansive awareness of tantra. My relationships and lovemaking moved from the mere delicious, to sublime and transcendent. Tantra has integrated the woman and the yogi in me.

At one of our recent workshops we were becoming despondent about reaching a couple who had become entirely shut down to each other in a relationship that had gone dead years ago and was endured 'for the sake of the children'. Naturally, the couple were full of pain and resentment, each blaming the other for the wounding their souls experienced in this loveless arrangement. Even the Innerquest Breathwork left them both snoring gently on the floor while others around them released and breathed their way to emotional integration. We gave out the tantra homework on Saturday evening; a naked experience of yabyum in the privacy of their retreat rooms. Sunday morning as we entered the forgiveness rituals, a new couple arrived with fingers entwined and tears in their eyes. The physical and spiritual bonding of sacred sexuality had begun the process of leading them home to their original vision of each other as god and goddess. Tantra is a divine and powerful medium to recreate the sacred fire of relationship.

See ad below



Shannon Anima & Jon Scott

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Restoring Choice

The Gift of GeoTran by Anita Kuipers

Have you ever stopped to wonder, "Is this life I am living what I desire, or just what became of me?" Too often we are triggered by thousands of bits of information in a day, like computer glitches, that cause us to be in reaction mode rather than living from the choice of our hearts. This was certainly my experience. Even after having spent years searching learning and doing my own personal work, similar issues would resurface time and time again. My life did not change in proportion to the effort I was putting in. Also, as a mental health practitioner I was seeing similar reoccurrence with my clients. The ability to live from Love, Freedom, and Choice in all areas of life was just not happening.

Four years ago I was introduced to the language of GeoTran. I experimented with it using my own life as the crucible. I began to see answers to many of the questions I had stemming from my medical and psychology background. GeoTran is the language of the 'fields' that inform all life. It is a way of permanently restoring a persons field to its original blueprint, simply and in a moment, by digesting and restoring the misinformation in your own personal software.

Albert Einsein said, "Field is the only reality, there is no physical matter, only denser and denser fields." Rupert Sheldrake, a Cambridge biologist, also talks about the morphogenetic field, which holds the information passed down from our entire genetic line and organizes all life forms. Deepak Chopra calls it the quantum field and the field of all possibility. What is scientifically known about the 'field' is that it organizes growth, (physically, mentally, emotionally), determines form (instructing DNA/RNA), stores memories, behaviors, beliefs, attitudes, feelings, etc., connects events in space, is built on the principle of resonance, and is inherited. So in essence, our life or 'reality' is very much determined by the field programs we have inherited or created. Some of that information is right for us and some of it is not. It is misinformation or glitches in our software that keep us from using our program the way it was designed to work. It is like booting up your inner computer and loading a program and trying to run it when it is full of glitches. The computer either grinds really hard trying to get past the first glitch, crashes, or stops and gives us an error message. Is it any wonder then that being present, living from the heart and achieving our dreams is a challenge?

The good news is, the field can be reprogrammed just like a computer! GeoTran, which stands for geometric transformation, is a geometric, digital, numeric language which speaks directly to fields, and can be used to reeducate your energy field back to its original blueprint. It is the computer software language of our human computer. And just like a computer programmer we can easily learn to work on our own software to restore true Choice, Freedom and Love to each and every moment of our lives.

So if there is any area of your life that you would like to change or be different, then there are likely glitches running on a field level. These can look like illness, difficulty with learning, or problems with memory, writing, hearing, sight, sleep, relationships, finances, addictions, fears, phobias, loss

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of hope and dreams and more. GeoTran makes it possible to digest all that is not true of who we are and restore choice in our lives.

GeoTran has been a gift to me personally and professionally. I have always known that life is not meant to be endured, put up with, observed or feared. Life is meant to be really *lived*. And now the energy I put into changing my life is amply rewarded by being able to easily take action and realize my dreams. This work is gentle, easy and transformative, and results in permanent change. Through the gift of GeoTran, the principle of resonance, and all the people I've met who are committed to using this language for themselves and in working with others. I have renewed hope for this planet and all of its inhabitants. It begins with Self and it begins with each of us making the choice to really go for our own lives.

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with Anita Kuipers
B.Sc.O.T.

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FOOD AND ME

I ate well as a child, or so it seemed. My Mom made her own bread from white flour and baker's yeast. Pudding and jello came from a box. White sugar was the norm and margarine never went rancid. Flaky pie crusts were just as important as lots of ice cream and cake at special occasions. My father was a hunter and fisherman, and Grandad liked to grow spuds and turnips. The rest of the vegetables were either canned or frozen, and my Dad didn't like rice or salads. Sound familiar... It was the beginning of the food revolution, and most of us went through the same routine of believing that processed foods were good for you.

I used to wonder why some people had more energy than others? Genetics maybe, but I think it has more to do with the quality of our lifestyles and our food choices. It has taken me twenty years of experimenting with food, figuring out the rule books and trying to decide what really works, and whose advice to follow. A typical rule was "*drink eight glasses of water a day!*" Yes indeed, water is needed if you eat a lot of concentrated proteins that need dispersing, but if you are a vegetarian, you get most of your water from the vegetables and cooked grains, legumes or beans that you eat. There is a lot of information out there that is very confusing for the average person to decipher. Taking the time to read and experiment on myself has been a lifelong process.

I became a vegetarian over twenty years ago because I couldn't digest meat. I couldn't digest beans either, so I ate lots of vegetables and bread and felt like I had lots of energy. I continued to eat lots of cheese and eggs as they gave me a sense of fullness. I gave up dairy after becoming very 'mucousy' and started getting candida. About four or five years ago, I walked into a gas station to pay for my gas and started drooling over the candy bars. I knew something was wrong. I found out I was low in protein, so I started to eat some fish. I read more books and wished I had educated myself a little better years ago, but I don't seem to learn easily from books. I need hands-on experience. I discovered that when the protein levels get low, nothing works properly. The kidneys lose their ability to create the fluids that cool the liver that circulate the minerals, that feed the heart that creates the fire to digest the food, and the belly becomes a cesspool. Even fruits and vegetables were starting to give me gas. Enzyme pills that had helped for a while weren't the answer any more. I needed to rebuild my stomach fire so that my food could get cooked (digested.) I studied Ayurveda about thirteen years ago, and about seven or eight years ago I switched to the Chinese Five Element Theory. Slowly and surely I have come to an understanding of how energy works.

Over the past seven years, I have read and reread Paul Pitchford's book *Healing with Whole Foods* and have attended a few of his workshops. This year I also had a personal consultation. My kidneys needed rebuilding. I needed hot spices to counteract all the cold foods I had been eating to cleanse my liver, for I had thought that was the problem. It was, and I am glad that I did the parasite and gall bladder cleanses, but now it is time to balance rebuilding my kidneys while supporting my liver. Too many cleansings threw my body out of balance and my fingers and toes were getting colder each year. I learn best by experience and the feelings in my body. I am grateful for having a sensitive body for now I have much to teach others who are struggling to understand their food choices and levels of energy.

Here is one insight into Chinese medicine that I have come to appreciate. Sweets are either considered empty or full. Full sweet foods are rice, dairy and wheat. Empty sweet foods are fruits, honey and the sugars. The sweet taste balances out the salty taste. People who crave empty sweets have eaten too much rich food and they are trying to balance out the full feeling. Children need the sweet taste so that their bones will grow. Adults need fewer sweet and more bitter foods, such as celery or parsley, to stimulate the liver. Sometimes our emotions create the cravings for sweetness in our life and no amount of sugar will fill that void. I know many more practical, quick ways to get healthy. If you are interested I will be offering an eight week nutrition course and a four week cooking class. *please see ad to the right for details*



The Ceremonial Labyrinth

by Sage Berrett-Heller

There is increasing evidence that for 4500 years, in most cultures throughout the world, the labyrinth has been used to mark important passages in people's lives. From shepherds to royalty, from midwives to shamans, from monks to native Indians, the sacred tool of the labyrinth has aligned the individual and community with a Divine Source of energy.

Donna Nett and I have been exploring and creating ceremonial labyrinths for the past three years. The labyrinth creates a physical earth temple that opens a positive energy vortex. In a ceremonial labyrinth experience, the walk into the centre offers a visible prayer of thanksgiving and gratitude. In the centre, union with our collective Source is possible. Just like in the story of the hundredth monkey, if enough people open to the experience of oneness, the whole group becomes ignited. The walk out can then become the manifestation of a new level of unity consciousness.

Donna reminisces, "One of the most significant labyrinth walks for me was a transition ceremony as I left my job of many years and entered a new journey of personal development. The labyrinth was drawn in sand at a beautiful beach. The people I had worked with for so many years walked with me into the labyrinth to signify a thankfulness and a completion of this phase of my life and then walked out with me showing their support of me opening to a new life path."

She also shared, "At a recent social development conference at a private school in Bellingham, we made a labyrinth out of boughs and rocks on the school grounds. All the conference participants walked into the labyrinth together, passing a lantern from one to the other to represent the entire community being touched by the light of the divine in unity. The entire ceremony was done in complete silence and the reverence was palpable. This particular community is about to enter a major building project and it is important that they be strongly united as they go forward."

Three years ago I chose the large outdoor stone labyrinth at Xenia Retreat Centre on Bowen Island, that I had helped to build, as the setting for taking on my new name. With my beloved friends we collectively created a naming ceremony to release my former name and receive my present one. Using prayer, a candle flame, a water blessing, drums and dancing, and a crystal bowl with vocal toning, the participants became fused in a joyous expression of unified awareness. When I left the centre of the labyrinth I was able to greet, heart-to-heart, each friend still on their way into the centre, and receive a personal blessing.



Last Easter I offered a labyrinth ceremony to our Kootenay community to share in the James Twyman global 'Cloth-for-Peace' Project. Two weeks prior to Easter, I offered a labyrinth building workshop on the wet sandy beach at Kokanee Creek Park. Early Easter morning, more than eighty people arrived to celebrate the event. The walk into the centre of the labyrinth was held in si-

lence as each person carried their cloth offering to the global banner that is to be wrapped around the United Nations building this September and given to the world leaders as a collective sign of support for world peace. As we entered the centre of the labyrinth, a profound energy came over the group as we attuned to this event that was taking place simultaneously all over the world. Prayers, deep silence, spontaneous songs, joyous expressions and sounds poured forth as we lifted into the deep presence of planetary unity. Walking out we witnessed in each other what heaven on earth could look like.

In addition to boughs, stone and sand, we have been using other materials to create outdoor labyrinths such as prayer ties, cut lawns, turf mounds, autumn leaves and snow. For indoor use, we have recently created a 24x24 foot canvas labyrinth with a leaf/vine stencil pattern. We are planning to use this portable labyrinth for weddings, birthdays, rites of passage, weekly healing rituals for global or community focus in Nelson, and for labyrinth building workshops. For personal use, clay finger labyrinths, or labyrinths (as coined by Donna) can be easily taught in workshop or conference settings. All of the labyrinths we have been using are of the classic seven or eleven circuit pattern, some with a large centre circle to accommodate large group ceremony.

Earth Geomancer, Henry Dorst, states that the planetary energy grid lines are created by humans in sacred ceremony which elevate the evolutionary life force of all beings on the planet.

As earth stewards we offer ceremonies in the sacred temple of the labyrinth, which can serve in this way as bridges between heaven and earth. We welcome the opportunity to join with others in celebration of individual, community and global alignment with our greatest potential.

See ad in the NYP under Ceremony and ad below

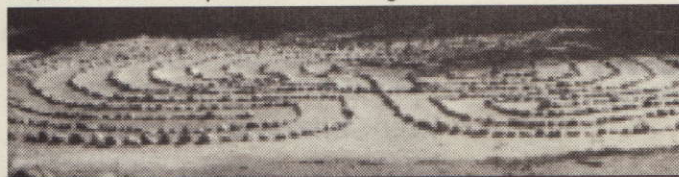
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