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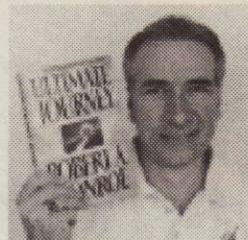
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Profile

THE ULTIMATE JOURNEY

by Paul Chelli

Death is the ultimate journey. Exploring life after death should be of the utmost interest to all of us because death is one event that we cannot avoid. This was not the original goal of Robert Monroe when he wrote 'Journeys Out of the Body' in 1971.



However, he did want to pass on his experiences to others so that they would not have to go through some of the confusion and terror that he went through. What developed out of thousands of solo journeys out of the body was a process using audiotapes with hemispherically synchronized sounds to pre-occupy our unconscious minds, in order to better focus and hold our awareness at other states or levels of consciousness.

In 1974, Robert Monroe established The Monroe Institute as a nonprofit research and educational organization for other people to carry on what he had started. Since then he has written two sequels, 'Far Journeys', in 1985, and 'Ultimate Journey', in 1994, which explain to the reader the existence of an interstate highway that he discovered from here through the levels of consciousness to the Reception Center or Park, where most people go when they die. It wasn't enough that Bob researched and wrote about his ultimate journey, but through The Monroe Institute he developed week long programs for people to attend to develop the mental balance and skills to journey to these nonphysical realities, while still alive.

The tapes have proven to be especially effective in applications such as physical wellness and coordination, mental well-being, creativity and problem solving, learning and memory, meditation, sleep and dreams. Robert Monroe labeled the different levels of consciousness that people gravitated to as they listened to the guided or music audiotapes. The higher levels of consciousness are similar to that experienced in the movie, 'What Dreams May Come.' More information on TMI can be obtained from the website, www.monroeinstitute.org.

Paul Chelli, who is a fourth year psychology student at OUC and interning to become a qualified outreach trainer for The Monroe Institute, will be conducting the Guided Meditation evening workshop through Parkinson Recreation Center starting October 25th for six Wednesday evenings. Another workshop to be held on the weekend of Nov. 25-26th called the Excursion Workshop will be led by Susan McCulloch from The Monroe Institute. In the Excursion Weekend workshop you will learn to discover deep relaxation, release limiting beliefs, tap into your healing energy, increase creativity, overcome fears, learn problem-solving tools, learn to access subtle energies and open the gate to the nonphysical realms.

Please preregister for the Guided Meditation Workshop by calling Kelowna Park Services at 860-3938 or for the Excursion Weekend Workshop by calling Aurora's Natural Health Center on the corner of Kirschner and Dolphin at 763-1422. All that you will need to bring are your stereo headphones, blanket, pillow, and a notebook. Also scheduled are two introductory lectures for a \$2 drop-in fee on the Guided Meditation and Excursion Workshops at Aurora's Natural Health Center at 7 pm on Oct. 17th and Nov. 21st, titled 'Out of Body Experiences' and 'Past Life Releasing,' respectively.

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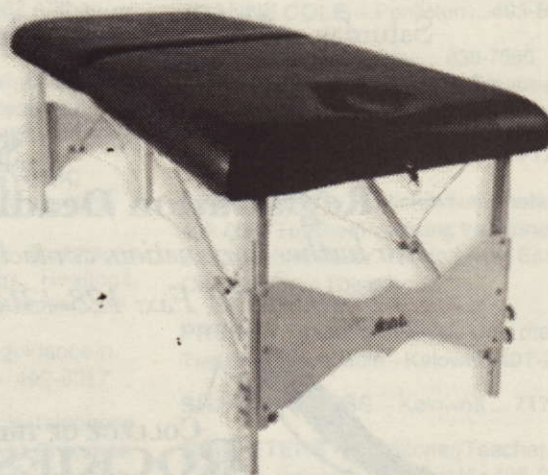
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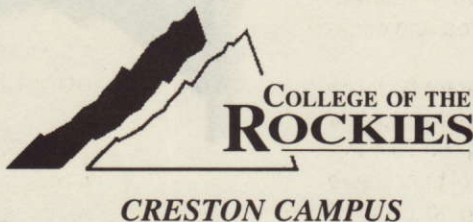
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**NATURAL
OPTIONS**

Destination Renewal

by Sandra Baxter

Its been a quintessentially Kootenay day, travelling alongside the lakeshore. My friend Cheryl and I are on a midlife road trip. Our destination is a spa style weekend in a rustic lodge somewhere along this lakeshore. A last turn between old orchards and farmsteads, and we've found the Johnson's Landing Retreat Center. Tucked into a majestic gap in the mountains, with the lake stretched below, lapis under the autumn sky, the Center is a breathtaking bit of paradise.

We enter the lodge and are met by Carol Ann and Richard, the proprietors. Carol Ann invites us to the dining room where ten other women have assembled. Dinner of vegetarian lasagna, homemade bread, garden salad, and strawberry-rhubarb crumble. Cheryl opts for a shiatsu massage that evening while I try my hand at Treasure Mapping. I dropped out of art in kindergarten, and I am ridiculously pleased with my cut and paste collage efforts to create my "vision" for my life. The next morning I sleep in but Cheryl raves about the morning meditation and yoga classes. We all convene after breakfast to learn the art of creating our own organic flower facials. Our instructor Margaret confesses she is 48 and she looks about 35; consequently we all become quite enthused about grinding almonds and flower petals in the kitchen blender. A couple of cups of good coffee have me revved for an afternoon hike to Kootenay Joe Ridge. Saturday night I watch the stars from my balcony until a tap on my door calls me to the massage table. It's our marvellous Margaret again, kneading my middle aged flesh into ecstatic oblivion.

Sunday afternoon arrives and Cheryl and I exchange e-mails with a nurse from Calgary and a shamanic healer from Vernon. Bootsie, the resident feline, ushers us to our car and we're on the road again. I riffle through the CDs and discard the Gypsy Kings in favour of some mellow Van Morrison. Cheryl has resolved to join a yoga class back in Penticton. My new resolution is just to treat myself a little better every day: a treat a day; a massage, a walk in the leaves, or maybe clay and calendula petal facial mask with a bottle of wine some wild evening. I definitely feel rested as promised, certainly relaxed, and somewhere on the road pointing in the direction of totally renewed.

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A Journey Worth Travelling

by Wildjem

On passing the French Cultural Centre on a Sunday morning, one will see people entering the building in anticipation of the 10:30 am service. There is always much to do in preparation for the weekly gathering at the Kelowna Centre for Positive Living. Friends gather on the front balcony enjoying time together, greeting others as they approach. Others are seen escorting their children to the basement for the Funday School Program and then continue up stairs to help with set up. Sound system, chairs, information table, practitioners table, coffee, tea and much more are all things needed in preparation for the one-hour event.

The groundwork is well on the way when co-pastors Reverend Kenn and Reverend Deborah arrive. Musicians can be heard on the piano and guitar in preparation for the music, and sound engineers test the mikes and speaker volume. Greetings, hugs, and laughter are shared by all who enter the doors. It is a time for community, a time to share, a time to give and to receive.

Imagine your first visit: You find a chair and wait for things to begin. The soft background music, perhaps Van Morrison, begins as a cue to find a seat and quiet your mind to the present moment. Reverend Deb greets the congregation, "Good morning" and all respond. What a lively bunch and you may wonder where you fit into all of this.

The program begins with a couple of songs, some laughing and clapping and then Reverend Deb begins her introduction by sharing that this Centre is an organization that teaches a healing philosophy that empowers people. She may say, "We believe that we live in a Spiritual Universe, ruled by a creative Intelligence which operates in a pattern of law and love that we can rely on. It is constantly surrounding and supporting us. By studying the Science of Mind we come to understand that spiritual laws respond to our thinking. This philosophy teaches how to discover the strength, power and courage that are inherent within each of us. In part we do this by learning how to listen to our inner teacher, by the power of affirmative prayer and by studying Universal

Principles for successful living."

And the Service continues with meditative time leading up to the message of the day, given most often by Rev. Kenn. Kenn has a magical way of talking to our mind through our heart. He shares his real and humble experiences to illustrate tools in conscious thinking that help lead us down the path to our truth. He is an inspiring, humorous, exciting and vibrant speaker. Often his message leaves one in awe.

The service comes to an end after a musical performance and all are invited to join in a circle, hand to hand to sing, "Let There Be Peace on Earth." Hugs, joy, laughter again, tea and cookies and clean up begins.

I have attended this Centre for three years and have now relocated to Quadra Island where I am creating a new community on my own. In light of this, I have a message for you. Imagine it is not Reverend Deborah sharing the opening talk but me. This is what I would say:

"You who have come here for the very first time, please know this is a home, a place of love, support, and nurturing acceptance. For me, I found family here. My friends have seen me cry, many first met me when I was but an emotional puddle, soaked in my own misery, living a life of confusion and crazy making. My family here at the Kelowna Centre for Positive Living held me and loved me. They let me cry. They held my hand as I learned how to walk anew. The fear and pain washed away. I held the hands of my new friends when they cried, and soon we all began to laugh together. Tears of pain have turned to tears of joy. New paths have opened to me. A new journey, a new heart. Hope turned to faith and trust (the foundation of a new strength). I moved on to new horizons..

I am not sure where I am going but I am on my way. An open heart, a skip to my stride, I hold my "Centre" family dear to my heart. I love you and I miss you. So you who are here for the very first time, Welcome. This is my family and I know they will love you as they have loved me. Let it happen and it will. In love and light, Wildjem."

See ad to the right



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Musing

with **Angèle**
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Happy Halloween

The front cover this month is a photo of my family dressed up for a Halloween party at our one-room schoolhouse in Rosswood, BC. Community gatherings were few and far between, as were the homesteads. We looked forward to these special occasions, for we knew there would be fresh-baked goodies to eat and time to play with the other eight kids that lived within a ten-mile radius.

I usually dressed myself and then helped my brothers find suitable props to create the character they wanted. David wore his favourite hat and added a cape, sword, eye-patch and beard and became a pirate. Phillip went as a hobo and if you look closely you can see his sack tied on a stick. I went as an Indian princess. Mom let me use Grandma's hand-beaded ceremonial cuffs and belt. These were given to her by some native women in Saskatchewan in appreciation of her teaching and healing skills. Brother Paul was Cemetery Pete and as far as we were concerned, wore the fanciest costume because it was store bought. Billy was a French Dude and Michael dressed like a girl in some of my clothes. Eventually, the youngest, Donny, did get dressed-up.

Mom is standing in the background. She got dressed up as the devil. She dyed her long johns red and made horns from cardboard and carried a trident made from wood. Vicki, a neighbour, came dressed as a devil also. I remember them laughing hard as they belly-bounced off each other in a playful way. They had both padded their bellies with pillows and found it amusing that they both dressed alike.

I don't remember eating chocolate bars till I was about thirteen and had moved to town. The first year I went trick-or-treating, I was so enchanted with the giveaways of fruit, money, popcorn balls and candy treats that I kept going till my pillow case was full and heavy. I gasped when I got home and looked at the clock and realized it was 11 pm—no wonder the people had surprised looks on their faces when I knocked. It took a few days to sort through the candy. I kept my favourites, threw out the suckers and shared the rest with my brothers.

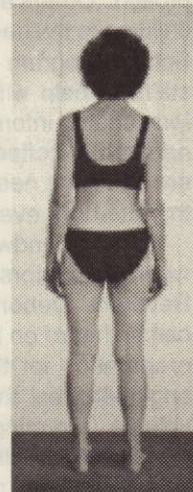
Events influence our lives more than we realize. The younger we are and the more times something is repeated the more impact it has on our psyche. Often I can see the program but don't take the time to fully realize the impact it has on my life until I get a chance to reprogram it during one of my breathwork sessions. Then I get to ask myself—"Is this who I am and do I want to keep this belief system?" Relationships always bring up the deepest memories, for love opens the heart. I am always grateful to see my programming, although it doesn't always feel that way when I am in the middle of it.

Gerry and I have continued to change and our relationship reflects it. We are both busy people who love what we do and no longer make the time to be with each other.

Intimacy is not easy to understand, so rather than figure it out, we will just be business partners. The shift has been gradual, but our differences have become greater than our similarities. I have had some sad moments, but the letting go process is now over. It is I who needed more out of this relationship, and talking about my needs hasn't made a difference, so ...*c'est la vie*. We work well together and appreciate each other's skills and willingness to put in long hours to make our businesses grow. Never again will I allow my shoulders to cave forward to protect my heart. No longer am I willing to stuff my feelings and keep quiet when my heart speaks, and if that is uncomfortable for another ... so be it.

I thought it was about time to show my 'before and after' photos. The picture on the left was taken six years ago by

Gary Schneider, a Rolfer from Kamloops who came to the Centre once a month for sessions. The work to change myself started in earnest at this point, for I had asked the universe to help me from becoming any more hunched over than I already was. The picture on the right was taken three months ago as I felt the last big shift in my hips happening.



Many of my deep internal muscles have shifted, and I can now stand up with both hips almost in alignment. As you can see, I no longer learn forward with my nose against the wall. My rib cage is slowly lifting upwards and as it does my chest opens and I can breathe more deeply. My right shoulder is still lower but the rotation is gone and my neck spasms have stopped. I have more width between my shoulder blades and my fingers no longer fall asleep. My feet feel planted as I no longer carry all my weight on my outer arches. I am half an inch taller and feel strong in my body. Yoga lets me continue the stretching work of the Rolfers as my body realigns itself. Gravity no longer works against me and energy flows to where it is needed more easily.

And I needed all the energy I could get to make sure Naramata Centre was ready for the three hundred women who arrived to learn ways to empower themselves at the Wise Woman Weekend last month. The networking, the sharing and fun everyone had allowed us to open to new ways of thinking so that we can allow the shift that is happening. Everyone had their story to tell, and each presenter helped us find other ways to connect to our core selves. For if we are to change the planet, we must first change ourselves. Krishnamurti once said, "Wars start within... unspoken words or energy that didn't get heard gets reflected in the bigger picture for all to see." Our society and political systems reflect the combined intent of everyone on the planet, and each shift each person does is important in the tipping of the scales. When enough people want the same thing, the energy they create makes it easy for it to come into existence.

Angèle



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The 4th Wise Woman Weekend Delights Everyone!

Over 300 women seeking wisdom met at Naramata Centre for Continuing Education. The fourth annual, highly successful Wise Woman Weekend was once again sponsored by Issues Magazine. A rich schedule of over forty workshops on a wide range of subjects were presented. Some of the highlights included an Intertribal Healing Circle, explorations of music therapy, art and ritual drama. A range of dance, voice and drumming workshops. Other presenters shared a wealth of knowledge on topics such as Menopause and Breast Cancer. Other workshops explored spirituality, Feng Shui & Astrology.

This popular event was attended by women from Victoria to Saskatchewan, to take in the last golden weekend of summer in the Okanagan. Joining the weekend were two First Nations women from Alert Bay to share the traditional women's wisdom of the Kwakwakawaka Nation, a Native Pipe Ceremony. A one woman play, "Returning for Crazy Jane," based on women's stories of the B.C. goldrush was presented by Lynn Frederick. Other spontaneous offerings included an evening fire dancer, and hula dancers.



Enthusiastic participants concluded their weekend with a 'Wise Woman Parade' and closing ceremonies, offering heart-felt meditations for the healing of the waters of the world. "It felt like women were really able to blossom," noted one of the organizers, Laurel Burnham. "Women are able to recognize that life's experiences and years lived can indeed lead to wisdom."

The entire crew of Wise Woman Weekend would like to thank all women who took the time to attend, whether as healer, instructor, volunteer or participant. Everyone contributed to the energy, beauty and healing power of the weekend. Blessings to every one! Special thank you to our Honored Crones Marion Walters, Noor un Nisa Joan Smith, Joy Herbert, Joanna Saunders, Maxine Saunders and Bonnie Nickelson.

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From the Editor...

Chit Chat
with Marcel



The other day someone asked me how I knew what life lessons I should be working on at any particular time. I guess this is one of the easier things to determine about spiritual work—for me what I need to be working on is whatever is in my face at that particular time. I try to watch the reflections of my life to show me what my next learning should be.

There has been one particular theme playing out in my life this summer—one of minor irritations. None of this seemed to involve people close to me in my personal or business relationships, it was more the people in the fringe of my life and the public. Starting in June there were two or three misunderstandings with advertisers—very unusual. Then over the summer while in the throes of organizing Wise Woman Weekend: people not living up to their commitments; arrangements being changed back and forth due to people's indecision; one lady was upset because her refund didn't come back in three days and so on. All of this seemed to leave me with the feeling of being ticked off at people—not angry just irritated.

So early in September when I had a Body Mind Integration (emotional release) session with Ken Martin, a practitioner from Nelson, this is what we discussed. While we were talking, he could see me clenching my fists, so he gave me a large towel and asked me to express how I felt by twisting the towel and by expressing verbally. I did this for a few minutes—"I feel ticked off, Get out of my face, Give me a break, etc." Then he asked me how I felt. The energy seemed to have dissipated and I was more calm and relaxed. Then Ken

had me do a breathing process to help contact my deeper feelings. After a few minutes he asked me how I felt. There didn't seem to be much there so he asked me to concentrate on my inner child, "How did she feel when these things happened?" It seemed like she was hurt, she viewed it as an attack. If someone was treating her this way then she assumed they didn't like her—they didn't love and approve of her and this was hurtful to her. Ken asked me to talk to her. I told her things like: It doesn't matter if anyone in outer reality loved her or not. I totally loved and approved of her and of course God loved her unconditionally. She could get all the love she needed from us.

Then Ken asked me to concentrate on my heart, "How would you come from love?" When I took this approach the thoughts that came were: When someone attacks or confronts me even to a small degree, they are coming from pain, fear, discontent, etc. You might say that in a way it is a 'cry for help.' Their attack usually provokes a defensive or negative attitude in me. But what if I consciously chose a positive approach and came from the heart with compassion and understanding of their pain, fear, discontent, etc. I didn't feel that this would be a whimpy approach that would allow an invasion of my boundaries—in fact it would probably strengthen them and a much more satisfying situation would develop. With this realization my heart opened and I started to cry, releasing past hurt and sadness from these situations.

After a few minutes we talked some more and I mentioned how it was surprising to me, that even though I know these principles, I often don't remember to use them in the moment of conflict. Ken said it was because I know them intellectually but now I was beginning to know them on an emotional and physical level as well. We laughed when he said, "And now you will get lots of opportunities in your daily life to practice your new understanding."

See Ken's ad on page 16

Marcel



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TAI CHI CHUAN

A LIFE-LONG QUEST

by Jerry Jessop

I began to practice Tai Chi Chuan in 1972 at Calgary's China Town. At the time there was a predominant cultural interest in Chinese philosophy as it enlightened our way of living. As a new graduate in visual arts, I used Tai Chi to empty my mind for a more direct spontaneous application of my brush strokes. Now, after years of practise I am still refining technique, however, through hours of teaching a week I am becoming aware of subtle energy flows to all parts of my body. I also experience almost total emptying of my mind as I use the three magical Chinese processes of relaxing, focusing and imagining. Now I take great pleasure going over forms I have practised thousands of times as if they were new. Time is in the moment, as I wade through the heavy mass of water—like air. The poetry of the forms is in their relationship to nature as they appear translated in the I Ching. Tai Chi Chuan is a life-long quest which will never disappoint a person who has interest and persistence.

The first step involves learning the techniques in the sequence of the form. Proper form training is essential to a student who wishes to utilize Tai Chi for maximum health and self defence benefits. For this reason it is easier for a beginner to learn the short form of 25 movements, which comprises most of the main forms of the long 108 form. Next, it is important to perform the movements with proper circularity, flow and coordination. Then, we learn to use the body as one unit to exert intrinsic energy.

Understanding how energy flows through the body is the next step. Here it is important to focus the mind 'Ki' on an opponent so that the 'Chi' will follow almost without physical interruption. The fifth step is the training of the spirit, which is accomplished by practising Qi Gong exercises from the beginner stage on. Moving and still meditation help to build concentration of the eye focus; deep abdominal breathing, so that air coming in through the nose expands the abdomen; and relaxation into the feet, for rooting of energy.

Last we learn to coordinate internal and external movements into the highest spiritual level of oneness. Tai Chi Chuan is well worth the time and effort as you realize the health benefits to all organs and functions of your mind and body.

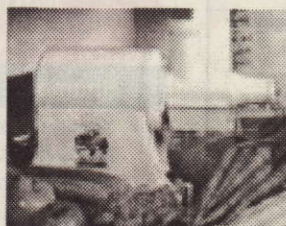
See ad in the NYP under Tai Chi



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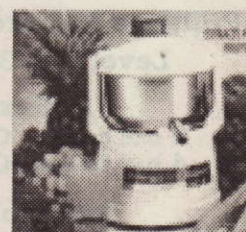
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VACCINATION

ARE THE VACCINATORS TELLING US THE TRUTH

by Dr. Viera Scheibner (Principal Research Scientist, Retired)

Even parents who have some hesitations about vaccines allow themselves to be frightened into vaccinating their children because they think that vaccines prevent those deadly infectious diseases. What is the truth? Surprisingly, vital information about the inability of vaccines to prevent diseases and that infectious diseases are indeed beneficial for children by priming and maturing the immune system of children, comes from the peer-reviewed medical journals. All those outbreaks and epidemics used to frighten parents into vaccinating occur in the vaccinated. If we address a disease everybody is afraid of, such as polio, we find truly astonishing evidence that the polio vaccines, whether the injectable or oral type, cause polio instead of preventing it.

The first Salk, injectable polio vaccine was tested on some 1.8 million children in the USA in 1954-1955. Within a few days, hundreds of the vaccine recipients and some of their contacts developed paralysis. It was called the Cutter incident. The US Surgeon General discontinued the trial and one company (The Cutter Laboratories) withdrew their polio vaccine, even though paralysis occurred in the recipients of vaccines produced by other companies. The trial was resumed a few weeks later, but a new diagnosis of polio was applied: the classical diagnosis (a disease with a residual paralysis which resolves within 60 days) changed into "a disease with residual paralysis persisting for more than 60 days". This new diagnosis allowed some 99% of polio cases to be excluded. New names, such as viral or aseptic meningitis, ascending paralysis, Guillain-Barre syndrome, to mention just a few, have been applied ever since when a vaccine recipient develops what was previously called polio. They also pointed to new enteroviruses (viruses that multiply in the gut) to explain paralytic polio in the vaccinated children. Why did they not study these other enteroviruses before developing vaccines based on only polio viruses 1, 2 and 3? Surely, they would have been causing polio before the vaccines were developed. Or, were these new enteroviruses just another type of monkey viruses like those that are now known to have contaminated the polio vaccines produced on monkey kidney tissue? Also, why do they claim that the polio 1, 2 and 3 vaccines eradicated polio when there is no vaccine against the other enteroviruses? The answer seems to be in 30 000 to 50 000 cases of viral meningitis per year in the USA alone, as published in the MMWR in 1997.

This matches the level of poliomyelitis in the epidemic years prior to mass vaccination. However, there was very low or no incidence of polio in the inter-epidemic years of the pre-vaccine era. This incriminates the polio vaccine. Now vaccines are administered against polio all year round, every year, and now all those cases occur every year, not just every 3-5 years and with no seasonality. The polio vaccines have actually increased the incidence of polio, as measured by the classical definition of the disease. Sutter et al. (1991. Lancet: 338: 715-720) wrote that from January 1988 to March 1989, a widespread outbreak (118 cases) of poliomyelitis type 1 occurred in Owen, with the highest incidence in children younger

than 2 years (87/100 000) "despite an immunization program that recently has raised coverage with 3 doses of oral poliovirus vaccine (OPV) among 12-months old children from 67% to 87%" and "the region with the highest attack rate (Batinab, 117/100 000) had one of the highest coverage rates (88%), whereas the region with the lowest coverage (Capital, 71%) had a low attack rate (6/100 000)". Similar outbreaks occurred right after similar large mass vaccination programs in Gambia, Brazil, and Taiwan. One does not have to be a rocket scientist to see that the vaccine was actually causing these outbreaks. The Cutter incident is revisited again and again.

There is only one immunity: natural immunity, which is achieved by going through the disease, without the immune system being damaged by vaccines. Unvaccinated children with intact immune systems will be unlikely to suffer the extreme effects of the viruses related to polio. Orthodox immunological researchers have demonstrated that vaccine injections do not immunize, rather that they sensitize. That is, they make the recipients more susceptible to the diseases which the vaccines are supposed to prevent and also to other, unrelated, bacterial and viral infections. That's why babies develop ear infections and bronchiolitis right after they get their "routine" vaccines. How can it be coincidental when tens of thousands of recipients of vaccines develop the same spectrum of reactions and in characteristic clusters, and always after and not before vaccination.

Recently, some doctors have been publishing that children have so much asthma and other chronic problems because they do not get "enough infections". Why don't they say clearly "infectious diseases of childhood" rather than the nebulous "infections"? Political correctness, perhaps. By not vaccinating, your child will actually have a better prospect for a healthy, normal life.

VACCINATION

**Questioning
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Dr. Viera Scheibner PH.D

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Dr. Viera Scheibner, Ph.D. Internationally recognized medical researcher and scientist will discuss her extensive research which clearly points to the ineffectiveness and dangers of vaccines, especially for children. Author of four books, she provides evidence to prove that vaccines are destructive to the immune system.

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Healing the Influence of Forgotten Memories

by Bozenka Kipling

How fortunate, magical and enlightening is this moment of great perfection, when in the eye of my heart I find my greatest fortune in you. But what does that mean? It means that there is nothing you must do or become right now in order for me to love you. Whoever you are, whatever you are, just as you are, I love you. Love turns our experience to music, liberating us from suffering in a flash of brilliance that remains forever. Love is the healer to whom nothing is impossible, to whom the true nature of yourself and all things is known. No longer tied to details, love cannot be gained by willpower. Oh, how I hope that you will hear my words with more than your analytical mind, so that with your wisest possible expression of self you can know that I love you. I love you not only in the way that love loves all, but in the way you need to be loved, just as you are, now and always. I love you; you I love.

Who am I? I am an ordinary human being who has found a way to use the small, flickering light of my own mind to illuminate my own heart. In doing so, some extraordinary things happened to others around me, and they labeled me a healer and teacher as well as many other attributes, all of which seem meaningless and misleading to me now. Perhaps it was because I never belonged to any particular religious or spiritual movement; never sought any recognition for what is simply my life, that people found value for themselves in my experience, compassion and love.

Amongst other worldly manifestations, documentary films about my work on healing were shown to national and international audiences (Seeds of Wisdom, Healing the Spirit, Self: The Magic of Being, The Seeds of Love and Learning, Choices, and others). If you have not heard of these films, it could be because I refused to follow up with tours and promotions of any sort. The shiny armor of advertising machinery or the symbols that show one has been ordained by society no longer hold any attraction for me. I prefer that all of my personal offerings stand on their own merits.

For more than ten years I consciously strove to understand why, in this apparently complex phenomenon of spirituality, my simple life attracted and served so many people in so many different ways. What is the secret ingredient that made many travel from as far away as New Zealand and Japan to take a chance with a woman who didn't even have a business card? It could be because I had nothing of more value to give them but my love. Why? Because I remember myself, standing there in front of the unknown, the greatest imaginable chasm between my healing and me. How frightened and alone I would be still were it not for a gentle voice that said, "Let me love you, not only in the way that love loves all, but in the way you need to be loved. Just as you are, now and always. I love you; you I love. If you are reluctant to jump, climb on my back. I will carry you," said the voice of someone who loved me. That was many years ago, and I have not forgotten that when a heart is given freely to another heart, then two are gathered in the name of love.

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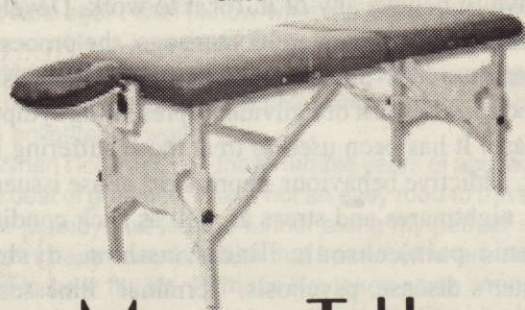
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found transformation in healing, that transformation when two eyes of forgiveness become one eye of love. To explain this in words is my challenge. You see, one eye of forgiveness looks without, scanning the things that need to be forgiven. In order to forgive, you must have something to forgive. The other eye of forgiveness looks within, to find the strength in one's heart to forgive what the other eye judged. This is why forgiveness is so difficult for many of us, because of the duality of our nature. We could practice forgiveness all of our lives and still be influenced by memories, until one day someone's heart is given to us freely, to open the most sacred chamber in our own heart. When it happens that we accept the heart of a stranger, then the two eyes of forgiveness transform into one eye of love. The eye of love does not look without to find what is wrong, or right, or just—it looks within, and sees the innocence of a child. The eye of love sees innocence in all. Innocence in all is also the innocence in all that is not remembered.

I have no more to give you but my love. It is expressed in the CD offered in this magazine. It will show you why none offends the soul, none is favored by the soul, and all serve the soul. Please consider my heart, and use it as a key to your healing, because I love you, not only in the way that love loves all, but in the way you need to be loved. I love you; you I love. Unless you take it from me, I have nothing of value. So I wait with my heart in the palm of my hand, like the apple on the tree. See ad above

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ROLFING & LIGHT COLOUR ENERGY HEALING

by Gary Schneider

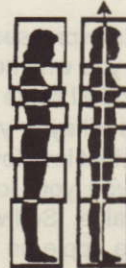
It seems like a lifetime ago that I started Rolfing in the Kamloops-Kelowna regions of B.C. However it has only been seven years. And this article is not about Rolfing. This article is about Light Colour Energy Healing, which I have been doing in conjunction with my Rolfing. Those who know me will probably be surprised that I am into a healing process that releases deep core physical, emotional, mental, and spiritual wounds. Somehow life has brought me full circle. This process is gentle, noninvasive and painless. I have been astounded by the results. I have been learning Light Colour Energy Healing from a man named Reverend Weston D. Bailey. He has become my mentor, teacher, and friend. Somehow I stumbled into his life, quite by accident one day while in Sacramento, California. Although I am sure that somehow it was not an accident. I had a treatment by Weston and my life was changed forever. Two key areas of my body released that I had never been able to heal. I still believe that Rolfing is a great healing modality, and in my opinion rolfing heals the human being in ways that no other method, that I am aware of, can. And at the same time there were always a couple of key areas in every client that seemed to be stuck. Light Colour Energy Healing seems to be a major key to the puzzle of healing. The most amazing thing about this healing process is that you don't have to believe any of it, for it to work. Developed by Rev. Weston Bailey over 30 years ago, the process accesses residues from present and past life experiences held in the body/mind/spirit of individuals presenting symptoms of dis-ease. It has been used to treat those suffering from phobias, addictive behaviour, depression, abuse issues, insomnia, nightmares and stress as well as such conditions as chronic pain, chronic illness, asthma, dyslexia, Alzheimer's disease, psychosis, "terminal" illnesses and more. Light hypnosis, regression, visualization and colour are some of the valuable tools utilized in the process. However the main focus is on encouraging and allowing the higher consciousness of the individual to manifest the healing. No one tells you what you should believe, what you should or should not do. You put the puzzle together yourself through a guided facilitated process. Weston has found that when individuals have dealt with their issues on this level, it is over. Weston has never had a reoccurrence of a symptom once it is dealt with. Weston will be coming to Kamloops to teach a 200 hour certification course on the Metaphysics and Parapsychology of Light Colour Energy

Healing including spirit influence and attachment. He will come to Kamloops every three or four months for three long days. **The class will be October 13, 14, 15 with an introductory evening lecture on October 12. The price of the class is \$300 in U.S. funds.** We already have lots of people signed up and you are more than welcome to join us. The course is designed for health professionals, doctors, psychologists, counselors and therapists as well as "lay" persons interested in healing and helping others. And the part of this class that will be difficult to accept will be the exploration of various classifications of spirit influence and/or possession, including earthbound spirits and what have been referred to as "demons" or the "dark side" of human nature. Rev. Bailey will present case histories and examples as well as explain the ranges of experience that open the door to such influences: How spirits attach, what they attach to, and the influence they impose upon human consciousness. This part of the course will focus on how to become cognizant of these influences, guidelines for depossession and spirit releasement and how to create an immediate and lasting environment for self-protection. Classes will consist of lecture/instruction, discussion and demonstration of techniques with volunteer clients or attendees. **If you are interested phone Lori at (250) 374-3659 or Betty at (250) 554-1691.** If you want to experience a session you can call me at (250) 554-1189, Kamloops. If you are on the web Weston's website is: [www:fssh.org](http://www.fssh.org) for local info www:angelfire.com/folk/light

"For my own part, I too much value the pursuit of truth, and the discovery of any new fact in nature, to avoid inquiry because it appears to clash with prevailing opinions." — SIR WILLIAM CROOKES

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Astrological Forecast For October by Moreen Reed

This month starts with confrontations that demand action. A major square dance is forming with Mars putting the pressure on our evolutionary agenda Pluto and our social systems Jupiter. Please, do not pull out the old routines. The crisis(s) that we will face require people to move into uncharted waters and the solutions will not be found in what has worked in the past. Energetically we can expect October 3rd and 4th to be pivotal. On a personal level you might gather momentum/power for an assault/breakthrough over this same period of time. Take time to heal and assimilate this time.

Get ready for Friday the 13th with a Full Moon. Hmm... ought to shake up anyone who missed the first week's action. The lead up to Friday features a benevolent connection between the Sun and Uranus, nice smooth change seems possible with these two. Next, only hours before the Full Moon we have the second exact opposition between Jupiter and Pluto, which in September brought the leaders of the world together under the banner of UN, making promises to correct the problems of the world. I am hopeful that we will see those same world leaders demonstrate the courage to follow through with actions now.

The Full Moon in Libra/Aries will shed light on whether humanity is moving towards equal quality of life for all or increasing polarization of human society. The time is October 13th at 1:53 am PDT. On the personal note shed the light of awareness on balance in our own world. Do you contribute or detract? Do you hoard/defend; power/resources/judgements to achieve your own ends? Can you take delight in the many faceted nature of human relations? The highlighted degree symbolism* "A crowd upon a beach", and the keyword is Exhilaration. Mars makes a difficult aspect to Uranus today facilitating the release of violent chaotic energy. Avoid situations that are way out of balance!

The days following the Full Moon may seem like life in "slow motion". Neptune is coming to a stand still and will turn to direct motion on October 15th. For many this represents a turning back to the world from months of inner spiritual attention. It is time to let the flow move out into the world again. Imagine energetically contributing to peace and plenty for all.

Time stands still, and crash, the physical world is back. Saturn backs up into Taurus (October 15) and resumes his reality test of the species ability to survive! No more stalling.

Concrete commitment to realistic agendas must be devised between now and April 20, 2001.

We are over the hump, it's smooth sailing from now on? Wait, what's that up ahead, why its only Mercury stationing and turning retrograde for the last time this year, October 18th in Scorpio. No sweat, you know your way through the quagmire of obsession, jealousy, manipulation, you are familiar with the territory of cocreation in human relationships. Be prepared for the usual drill, just add in full-bodied emotional experience... Let's see, that would be from rage to rapture.... Okay! While Mercury is retrograde, familiar channels of communication become tangled and confused. Expect delays and changes in plans, with travel or appointments. This is a great time for right brain activities like art and meditation. You'll find yourself re-evaluating and reconsidering major issues. Hold all final decisions until after Mercury goes direct on November 7th.

Luckily Venus dances into enthusiastic Sagittarius, today as well, she can see the human journey as a grand adventure. There is light at the end of the Scorpio tunnel!

In the week that will follow, the heavens are mercifully quiet, we only have to remember to stay present lest we fall into one of those mental mind bending Scorpio pits. Of course uncontrolled or unannounced regeneration or rebirth is another possibility! Next up, Uranus, the guy in charge of chaos and change stations and turns direct just a day before the New Moon, October 26th. A moment in time that is electrical and more chaotic because Mercury retrograde will create openings on many levels, mostly nonrational ones. Profound and deep change can be seeded at this time.

The October 27th Scorpio New Moon is at 0:57am. The start of this Moon cycle offers the opportunity to plant seeds for deep and powerful transformation. Don't hold back, there is both the power (superhuman) and the spirit here to set great things in motion. The highlighted degree symbolism is "A massive rocky shore"* The keyword is Stabilization. Here in B.C. I'm thinking we may get a taste of the earth moving literally. As the month closes watch for power alliances to form, Venus joins Pluto and Chiron on mankind's leading edge. Both Canadian and US politics will likely give us a taste of the new paradigm that is evolving. Personally walk your own talk with people of like mind.

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



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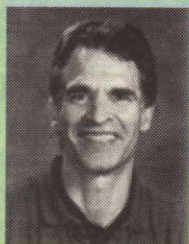
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JOURNEY INTO MYSELF

by Phil Bond

Nine years ago my world fell apart. At the time, I was living in Vancouver working with emotionally disturbed children in an inner city school. I knew something was wrong. I had for years, but I had also learned to ignore what I was feeling, deny it and most of all drive through it. I kept driving myself harder and harder while the discomfort I felt became stronger. I was running as fast as I could. I was newly married, working in a very stressful job in the day and holding down a part-time job in the evening. It didn't seem to me that it was such a big deal. My previous job had been in a group home as a supervisor/counsellor working much longer and more demanding hours. Some weeks I would get home only three nights, the rest were spent sleeping over at work. I didn't understand why I was living this way but I didn't feel I had a choice.

All this changed nine years ago. I was standing in front of the class speaking to the students and the strangest thing happened. I was watching myself. It was like I had separated from myself and I was watching this person who was me. I knew something was very wrong. I knew I could no longer drive through this. I had burnt out. The doctor said I was emotionally and physically exhausted. I had no energy to run anymore. The big wave I had been running from was about to hit me.

I then entered the most scary and most painful period of my life. During this time I could barely eat, sleep or think of anything but being afraid. What was happening to me? I was overwhelmed with fear. Each morning, after lying awake during the night with anxiety and gripped with fear, I would start my day vomiting, knowing that another day of fear and anxiety awaited me. I felt powerless. I didn't know what to do.

Like a drowning person, I frantically reached for whatever I thought would save me. Did I need a break—I took eight months off. Did I need a new career—I quit the school system. The pain did not go away. The fear, the anxiety, the sadness and depression stayed. Maybe a different setting was the answer. We moved from Vancouver to the Okanagan. Nothing changed.

Finally I began to look somewhere I hadn't before. Inside myself. That was when my healing journey began. I began to

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BRINGS LIFE CHANGES

search out books that talked about facing crisis, about change and about living differently.

I became interested in how other people were dealing with challenges in their lives and how they were healing themselves. This led me to "ISSUES" magazine. There was an advertisement for an open house at the Penticton Holistic Healing Centre. I decided to see what it was all about. I knew I had nothing to lose.

This step was about to change my life. After attending the open house I signed up for a group at the centre called Creative Chaos. Each week we would get together for a couple of hours. I began to hear about patterns and core beliefs, about why we react as we do, about how we form our beliefs in our childhood.

At one of our evening sessions we had a presentation on Integrative Body Psychology. The presenter was Ken Martin. I knew as I watched Ken work with some people in our small group that he was the person who could help me.

Through Ken's support and assistance I am now learning to listen to the very feelings I was so afraid of. To listen to what they have been trying to tell me.

I have gone back into my childhood and looked at some of the painful experiences that have shaped my beliefs. I am learning to release the pain, the held in emotions, and to understand what really happened. I no longer have to live my life with the misguided beliefs and patterns that my past experiences created.

I am learning that there are parts of me that have been wounded but there are also parts of me that are strong and healthy. These parts can help me to live my life in a positive and fulfilling way.

The most exciting part is that I am now able to stop encountering life with fear and anxiety. I can replace my misguided beliefs with the truth. The truth about myself, about life and about how life really works. This creates a very different experience.

The work that I have done with Ken has been difficult at times. It has been challenging. It has shown me that I am more than I ever believed I could be. It has been life changing!

See Ken Martin's ad to the left

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DEM BONES

by Cassie Caroline Williams, Ph. D.

Most people think of bones as being solid, inert tissue which supports our bodies. However they are composed of living tissue, complete with blood vessels, and the marrow within long bones produces red blood cells. Bone tissue responds to stresses and strains. When extreme, a bone will break; if pressure is applied to less than the breaking point, then the bone may become distorted. Common distortions in traumatized bone are compression, decompression (stretching), torsion (twisting), shears (diagonal pulls or stretches), bowing, or any combination of the above. These are usually seen in the long bones of the body. I will cite some instances which have happened to various clients of mine.

A classic case of compression occurs when someone falls on their bum, landing hard on a sitzbone or the hip bone (ilium). That impact is translated to and distorts the bone tissue and may remain there for years, causing considerable pain, because no tendons, ligaments or muscles are attached correctly. A father brought me his 13-year old son with "growing pains" in one leg, as his doctor called it. It turned out that at ten years old, this boy had jumped off a haywagon twenty feet off the ground, landing hard on that leg and twisting an ankle. All the bones from his hip to his ankle on that side were compressed. By working with each bone until it regained its normal structure, the bones decompressed. When he got off the table, this boy exclaimed that his leg "felt normal!!!"

Decompression is found less frequently, but does occur. It might be in the femur (thigh bone) below a compressed ilium. One client was in a freak accident when he was thrown awkwardly from his horse. His ilium was strongly decompressed with a torque. Releasing that bone eliminated his pain. Torsion happens when strong pressure is applied to bone, causing a twist. Blows to a leg or arm can torque the underlying bone(s). Another to torque is the ilium. Any torsion causes severe pain in the surrounding muscles. Someone with long-standing pain not addressed by massage or chiropractic had severe torsion of the ilium; releasing the bone gave her immediate relief. The shoulder blade may have torque, giving severe shoulder pain. An older teenager who was into lifting weights came with arm pain: it turned out that he had torqued the bones of his arms!

Bowing occurs more with direct blows to a bone, without a spiral component. A rancher client had a hard blow to the side of his knee, causing him pain. The end of his femur was strongly bowed, on its release he commented how his knee felt more normal and pain free. Shears happen when a part of the bone is restrained and another part is not, resulting in a diagonal pull. A client who played hockey and had been bashed against the boards a lot had a strong shear in his ilium. Releasing the bone helped him. Another client used to jump off garage roofs as a child and had extreme torsion in her metatarsals (bones in the feet). Releasing this bony tension in small parts of the body can provide much relief. Many of us have suffered blows or fall in our lives. Resulting pain may occur years later and its cause seem mysterious. The good thing about this is that once recognized, it is possible to rectify. We don't have to live with this pain.

The Wrong Path to the Right Place

by Jeni Mayer

Owner of ProWrite Communications, a Holistic Health Site on the Internet

In 1995 I was hiding out in a snowbound cabin in northern Saskatchewan—my ninth move to escape a violent relationship that was destroying my life. It was a cold winter that year, the thermometer dipped below -30 for weeks on end. I was horrendously sick—physically, emotionally and spiritually. I hated myself, I hated my life and I hated the choices that I had made that had led me to this bleak place in my life. I wavered between wanting to die and struggling to find the help that I needed to survive. But I'm getting ahead of myself in the telling of my story. And so I ask for your patience as I backtrack.

My grandmother was always fond of saying, "If life gives you lemons, make lemonade." It's an old cliché, I know, but one I've learned to live by. When I was thirty-three years old, my third young adult mystery novel was being published, and to those around me, it appeared that I had the world by the tail. I was being invited to speak in schools across Canada and I was constantly jetting off to one locale or another—from Labrador to Vancouver and more than 300 points in between. I was the mother of two beautiful daughters. I had a lovely home and a supportive husband. On the surface, I'm sure, it looked good. My friends and family constantly praised me for my accomplishments, and I got fan mail from kids all over Canada. But my life was a mess. I suffered from low self-esteem and my marriage was crumbling. In 1993 my marriage ended in divorce and within months I got involved with a violent alcoholic.

If there is such a thing as a "living hell" I lived there for at least three years. I was beaten more times than I care to remember. I tried to escape the situation on numerous occasions, but the new man in my life always found me and the violence began again. By the time I ended up in the cabin in the Great White North, I was a basket case. That's when I began looking for help to heal. Unfortunately, I soon discovered that the modern medical profession, though they could offer a solution to my depression, had little in the way of help for my wounded spirit. It was at this time that I began to look for an alternative means to heal—a journey that ultimately led to my current employment as the owner and operator of the Western Canadian Holistic Health World Web Site. www.saskworld.com/westerncanadianholistic

In looking for alternative help in Saskatchewan, I quickly discovered that you can't just pick up the phone book and look under the yellow pages for a shaman. Nor, I discovered, could you find alternative health practitioners easily on the Internet. That's when I got the notion to rectify this problem by creating a holistic health web site on the Internet. It took me three years of spiritual recovery before I ever acted on this notion, I was busy trying to survive my crisis, but the web site eventually came to pass.

Today I'm free of the abusive relationship, I worked through my issues, my abuser has served his jail sentence and is now on probation in the community. A restraining order prevents him from contacting me or any of my family mem-

bers for the next three years. And last, but not least, I am the proud organizer of the Western Canadian Holistic Health World Web Site.

This web site, which began as a project of love, is like a child that I nurture each and every day. It is the thing that gets me up in the morning. It is the thing that helps me to put my past behind me and to strive for something new and exciting every day. Our growing Internet community now has more than 125 practitioners from Saskatchewan on the site, and other practitioners from B.C., Alberta, and Manitoba are joining on a daily basis. The web site has online holistic health book reviews, a members' forum, a workshops and education page, an ongoing events page, and an area devoted to the promotion of organizations that assist battered women and children, and others with wounded spirits to heal.

The Western Canadian Holistic Health site is not a mere directory. Each practitioner or product and service supplier has their own page on the site. Each person describes their area of expertise and provides contact information for those who are seeking an alternative to modern medicine. Our site provides information on everything from Reiki Masters and Reflexologists, to Tarot Readers and Health Food Stores. Our office has become a clearing house of sorts for those seeking information on holistic health practices. Just yesterday we got a call from the sister of an anorexic woman who was desperate to find help for her ailing sibling. Last week we received enquiries about reflexology training and space clearing.

If someone had told me ten years ago that I would one day be participating in the growth of a vibrant community of holistic healers, I'm certain I would have laughed out loud. Ten years ago, I didn't know what the word "holistic" meant. Today my life is immersed in the field. I have met so many wonderful people whose lives are devoted to caring for the sick, healing the wounded, and leading all of us to a brighter, more enlightened world.

When I look back on those terrible years of abuse, I feel a great deal of gratitude. It was not an easy road to travel, but it was a journey that led me further along my path of spiritual growth. I have complete faith that I am now where I am supposed to be in my life. Perhaps I've taken some wrong roads in the past, or perhaps these are the roads that I had to take to get where I am today. I don't know the answer to that question, and perhaps I never will. For today, at least, I feel grateful to have ended up where I am. I will forever be grateful to all of those in the holistic health field who have joined our growing community—those who have embraced me as one of their own and helped me each and every day to live a wiser, stronger and more fulfilled life.

Jeni Mayer

and ProWrite Communications can be reached at:
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Bridging us into the Third Millennium

by Khoji

The next three months are bridging us to the third Millennium. On September 12, one day before the Full Moon, Saturn became stationary retrograde, changing over to its yearly backward motion. Jupiter will reach its stationary position on September 29, to move backwards for the next several months as well. The two giant planets have been direct since the beginning of this year. Coming closer to the point where they change direction makes them almost stationary for a few weeks time. The slower a planet moves the stronger the impressions of its emanations. Saturn therefore is the dominating influence of this present time.

Jupiter and Saturn are both still closely conjoined. Jupiter in Gemini is helped and supported by the structuring forces of Saturn who resides in Gemini since August 9. Saturn is adding the necessary realism to the jovial enthusiasm, underlining the quest and insisting not to stray away before the solution is found. It's about learning to communicate - not nonsense or superficial crap—but to open ourselves to speak from our heart. Clarity is regarded as highly valued, the courage to be dedicated and honest is a basic requirement for finding fulfillment.

On the other end of the zodiac, in Sagittarius, we find Pluto, and his brother in spirit—Chiron. They both have recently come back into direct motion from the Earth's point of view - Chiron on August 12, Pluto on August 19 - right at 10 degrees Sagittarius, at the cusp of the Aries-decan.

The opposition of these planets translates into a deep urge to find the truth. It's also about entering new territory, with utter destination and totality. There is a collective desire to burn the past and that's what's happening on a big scale!

On Sept. 17 Earth experiences another close fly-by of a small asteroid (see <http://www.spaceweather.com>). Also on this day Black Moon is exactly conjunct the Lunar South Node. This energy can be felt for some weeks already, and will continue for the next months. It symbolizes the painful recognition of how much we still depend on the past, on how we have built our own prisons by worshipping idols, ideas, philosophies and systems.

Fall Equinox (Sept. 22, 10:27 a.m. PDT) seems to indicate a profound reorientation. There is growing courage to try something new. The male approach of conquering nature has brought us to a dead end. It's about daring to do things in a new way, with heart instead of calculating mind. Again the Moon is the main focus point. She seems to be the special feature of this year in her own sign, in Cancer, conjunct the Lunar North Node at its closest approach to Earth (perigee). It looks as if Earth would need to be nurtured like a new-born baby. It's about recognizing and renouncing all the dark recesses of the past (Black Moon and South Node are exactly opposing, in the sign of Capricorn). Our growing consciousness forces us to dissolve false structures. Inadequate laws and rules have to be exposed and abolished. In order to survive, the male has to be balanced by female qualities—cooperative, partnership-oriented. We have to open our eyes to see both sides of an issue, rooting ourselves in holistic understandings of nature. Linear thinking - cause and effect - has to be replaced by well-rounded and multidimensional approaches. *See ad to the right*



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Full Moon Events

by Judy Ellis

Each month on the evening of the full moon, for several years now, I've been attending what we've simply referred to as 'gatherings'. These aren't religious get-togethers, for we are explorers, seeking our Source in EVERY religion, as well as in the ABSENCE of every religion. We, like Oprah, are intent on remembering our Spirit, and helping others to remember theirs.

Someone volunteers to host the gathering in their home, then decides on a topic she wishes to explore. We share potluck goodies first, of course, and tea. Then, after sitting in silent meditation for about 10 minutes or so each one of us is given an opportunity, if we wish, to speak from our hearts on the chosen subject. Last month we were asked to give some thought to what 'New Age' means to us. We were requested to comment on how we are contributing to a New Age.

Well for some reason, even though this typically philosophical Sagittarian had by then been immersing herself in New Age ideas and pursuits for about twenty-five years, and could easily have rambled a few sentences off to the folds in her midst at this gathering she resolved instead to sit down in front of her computer, place her fingers on the keys and listen. The following came through.

As a preamble, I must tell you that the night before writing the words you're about to read I found myself slipping helplessly into a deep, dark despair, for the third time in the past six months!. But THIS time, for the FIRST time that I can remember, I discovered the POWER I OWN to snap out of it!

"New Age - new awareness, new hope - a vision of Utopia - living in harmony with each other and with that which sustains us physically, our dear Mother Earth. From Pisces into Aquarius - a major transition, a major cleansing needed in order to become all we are meant to be, in order to remember WHO we truly are. Expanding, stretching, growing, learning, changing, albeit ever-so-slowly. BREAKING old negative habit patterns that have only caused ourselves and those around us needless pain. Making positive loving CHOICES, moment by moment. Receiving guidance and support at each and every turn, sometimes recognizing our many graces, our countless blessings, sometimes totally unaware of the help we are receiving at all times.

New Age, to me, is synonymous with getting to know God, as Creator, as Essence of Pure Unconditional Love, as Life Itself, as the air I breathe, as YOU! As ME!

New Age - coming into our God-given Power once more. Realizing we have come into this and every incarnation with a mission to fulfill. Knowing that there is much to be done. Knowing that each lifetime comes to an end. Knowing that each lifetime is a wondrous gift, not to be taken for granted.

Striving to become totally responsible for and totally aware of every single thought that passes through our minds, every single initiating, KNOWING beyond all question of a doubt that each and every one of our thoughts, words and deeds had created and continues to create the world in which we live. Slowly, stubbornly desiring to realize we can only change ourselves, and in so doing change those around us.

So think as if your every thought were to be

Etched in fire upon the sky for all to see,

For so, in Truth, it is.

So speak as if the world entire were but a

single ear. Intent on hearing what you say,

For so, in Truth it is.

So do as if your every deed were to recoil

upon your head,

For so in Truth it does.

So wish as if you were the wish,

For so in Truth, you are.

So live as if God Himself has need of you,

His life to live,

For so in Truth, He does. *Mirdad*

Now, how am I contributing to bringing this New Age into being? By working on myself. By constantly ironing out the wrinkles, so many wrinkles. By praying for others. By listening. By being grateful. By giving when God informs me of a need - not of others. By coming into the realization of my self-worth. Ultimately, though, I contribute to bringing this New Age of Enlightenment into fruition through the grace of God, and Only through the grace of God. A great Swami once said; "Our minds turn towards God only by His grace. It is His Grace that makes us yearn for Him. Oh God, I remember You because You remembered me first. We need His Grace at the beginning, in the middle, and at the end. Grace is all in all. We cannot get Grace by virtue of our so-called merit. The worst sinners have received Grace and become pure and glorious. Purity is not a precondition for grace. It is the flow of Grace that makes the heart pure..."

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by Klaus Ferlow

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Creating Magic in My Life

An interview with *Star Avatar Master Russell Monsurate*

Russell Monsurate was born in Bombay, India. He was preoccupied with seeking answers to the Big Questions very early in life. Yoga, Transactional Analysis, Vipassana, Reiki, Transcendental Meditation, Silva Mind Development and the Ultra Mind Course were some of the many courses he studied and practiced. One day a friend gave him a video, *The Avatar Experience*. He knew at once that he had found a pearl of great price! He is now a Qualified Avatar Master and has been delivering the course in India, the Middle East and Canada. In terms of numbers of students and results, Russell is one of the most prolific Avatar teachers in North America. Many testimonials from recent graduates from the Okanagan can be seen at www.avatarcanada.com.

**Russell can be contacted at Avatar Canada, toll free:
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- Experience the state of consciousness known as enlightenment.

Here are typical testimonies from two of my graduates, "*This course is simple yet powerful! Once in a lifetime one must do it*" and "*The best wish one can have for another is to experience Avatar.*"

How did you start on the spiritual path? My first spiritual teacher was a Siddha Yogi who practiced Kundalini Yoga. A couple of years later I trained as a Yoga Teacher under Sri Yogendraji and for a while ran a yoga center while attending university. I then joined a seminary where I spent two years studying philosophy and comparative religions. Several renowned Indian Masters such as Madhusudandasji Maharaj, Swami Parthasarthy, Baktharaj Maharaj, Swami Chidananda and especially Papajii inspired me and touched my life in very special ways. I toured India and stayed at different ashrams seeking out these Enlightened Beings. However, my hidden beliefs continued to sabotage my search for the truth! Long days and nights were spent poring over spiritual and metaphysical books, pursuing holy men and attending spiritual services with an urgency that sometimes left those around me concerned. While I was studying Vedanta with a group of close friends I stumbled upon Avatar. It was then that I discovered the monumental difference between "studying what an apple tastes like and eating it." Oddly enough, most of my life until then was spent fearing the apple.

How would you compare/contrast your life before/after

Avatar? Before Avatar I was a desperate seeker. I was burdened by the belief that only a lifetime spent on rigorous spiritual practices would take me to Source. I was convinced that just one more book, one more practice, one more master, might finally produce the Eureka! that kept eluding me. Others sold me the belief that it would take several lifetimes of chopping wood and carrying water. Sounds familiar? Maybe if I was lucky and had broad shoulders I would come back with the bucket and axe in the year 3010, to give it one more try. Hey, maybe in lifetime #189 I might finally graduate.

After Avatar, my whole life took on the quality of an adventure - light, graceful, and easy. The Avatar tools I gained as a Master

were so empowering that they enabled me to work by day and deliver Avatar by night. This helped me create Star Master status in a couple of months, despite the fact that I lived in a country where advertising anything even remotely connected to spirituality was taboo. That short spell produced twenty two Avatars and Eight Masters (course facilitators). I also made new friends, transferred my residence halfway around the world, and turned my work into a labor of love. All of that happened from an intuitive level with such synchronicity that it often left me smiling. Many Ancient Companions surfaced and taught me some of life's most illuminating lessons. Most of them were my Avatar students.

What do you feel is your role in assisting in planetary transformation?

I now see the Universe as a vast, inseparable web of flowing energy and understand that we play a decisive part in constructing reality. My role is to awaken all fellow voyagers to the realization that we can all live more creatively and deliberately if we choose to. And also to help eradicate the strong identification that we have with our physical bodies, replacing it with a more expanded viewpoint of Higher Self. On a personal level, I wish to become a Trainer and live more from the heart each day. After all, the mind creates the abyss, the heart crosses it.



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A Wise Woman

by Kate Denis

"Squeeze the juice out of the lemon of your life and turn it into really good lemonade," Maggie Hanna a life mission coach exclaims. As each presenter took center stage to introduce their various workshops, my eyes kept pulling my attention to the huge banner looming above. 4th Annual Wise Woman Weekend. Wise woman...what makes one wise? What makes one a wise woman for that matter? The literal definition of wisdom is the ability to make sound choices and decisions based upon knowledge of what is right and true.

Most people would say that age is synonymous with wisdom. That the experiences that go hand in hand with time make one wise. Spiritually speaking, how can we discriminate by chronological age? Who is to say how many lifetimes that I have lived to get to this stage in my spiritual growth? No one knows what my agreement with my soul is, it is up to me to remember.

What is the difference between hearing divine words spoken through the mouth of an aged Tibetan monk, a tousle-haired young woman with a lipring or from the mind of a little child? Each one of these people is speaking their truth that comes from Source.

My pondering has led me to realize that a wise woman is a woman who has stepped onto her path of authentic awareness.

A wise woman is a woman who sees the complexities of life as a metaphor of its simplicity.

A wise woman is a woman who doesn't even conceive of judging another's path.

A wise woman is a woman who is free from the shackles of judgement and ego.

A wise woman is a woman who makes herself the heroine of her own story.

Feng Shui

by Jollean McFarlen

When the going gets rough, you have to look for innovative and creative ways to achieve your goals and alleviate your frustration and worries.

People in China believe that if one can harness the energies that are all around oneself, people can lead lives of happiness, contentment, and abundance. The Chinese do not consider buildings to be inanimate objects. They believe that buildings radiate an energy field, and that the underlying energy is called "chi".

Feng Shui literally means *wind and water*. Feng Shui believes in the science of arranging personal surroundings and space so that the artificial structures one lives in harmonize in an auspicious fashion with the intrinsic energies that swirl around the atmosphere. See ad above

Letters

Hello Angèle,

Sorry to hear, or read, that your box of family photos are numerous. I've been waiting over these past few years for a reprieve from your family, your growing years and your personal journey—both physically and spiritually. It really is unbelievable that you would think that everyone is interested in whether you could be balanced on your father's arm when you were a baby...and, of course, you relate it to yourself as you matured. I am not your close 'buddy', so I'm not truly interested in your past and your journey through all your ups and downs and how you got through personal turns in the road.

We all had parents, we all lived in a family, we all had 'things' happen to us along the way — and most of us simply coped and tried to glean lessons the caring universe was teaching us.

There are numerous subjects you could elaborate about relating to your magazine's mandate of healing and awakening. You and Marcel write as if it was your personal journal. Hope you take this as constructive criticism—I just had to tell you. I'm not alone. One of your readers,

Eileen Boeur, Kelowna, BC

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Calendar of Events



October 7 - 8

Integrated Body Therapy, Level 2 in Kamloops with Cassie Williams. p. 18

October 10

Body Smart, Intro to Feldenkrais with Sandra Bradshaw in Kelowna. p. 20

October 12

Light Color EnergyHealing Intro with Rev. Weston Bailey, Kamloops. p. 14

October 13 - 15

Reflexology Level 1 in Vancouver with Yvette Eastman. p. 9

October 14 - 15

Ho'omana Elemental Healing Workshop with Sue Peters in Penticton. p. 17

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

October 14 - 21

Avatar Course, 8 Days in Kelowna with Russell Monsurate & Sylvain Mailhot. p. 23

October 16

Practical Herbalist Training Program in Creston, deadline for reg. Oct. 16. p. 4

October 17

Vaccination, Questioning Safety & Effectiveness with Viera in Penticton, p. 11

October 17

Out of Body Experiences with Paul Chelli at Aurora's in Kelowna. p. 2

October 20

Feng Shui & Colour, Ladies' Fun Nite with Jollean McFarlen in Kelowna. p. 24

October 20 - 23

Quantum Change NLP, with Monika Nygaard in Salmon Arm. p. 10

October 27 - 29

Calgary Health Expo, Speakers, Exhibition Booths, Demonstrations, etc. p. 2

Rest & Renewal Women's Retreat, at Johnson's Landing Retreat Centre. p. 4

Stargate Ascension Workshop & Heart, Soul & Miracles in Kamloops & Vernon. p. 7

October 28

Body Mind Integration, 4 weekends starts with Ken Martin in Penticton. p. 16

Waking Up, starts with Cheryl Grismer in Westbank, B.C., back cover

November 3 - 5

Archangel Michael with Ronna Herman in White Rock, B.C. p. 12

November 4 - 5

Kahi Healing, Basic Level Training with Sue Peters in Kelowna. p. 16

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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

THURSDAYS

Summerland: Conversations with God Study Group, 7-9pm. Call Mary Kelly 250-494-8826

SUNDAY CELEBRATION

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

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

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