

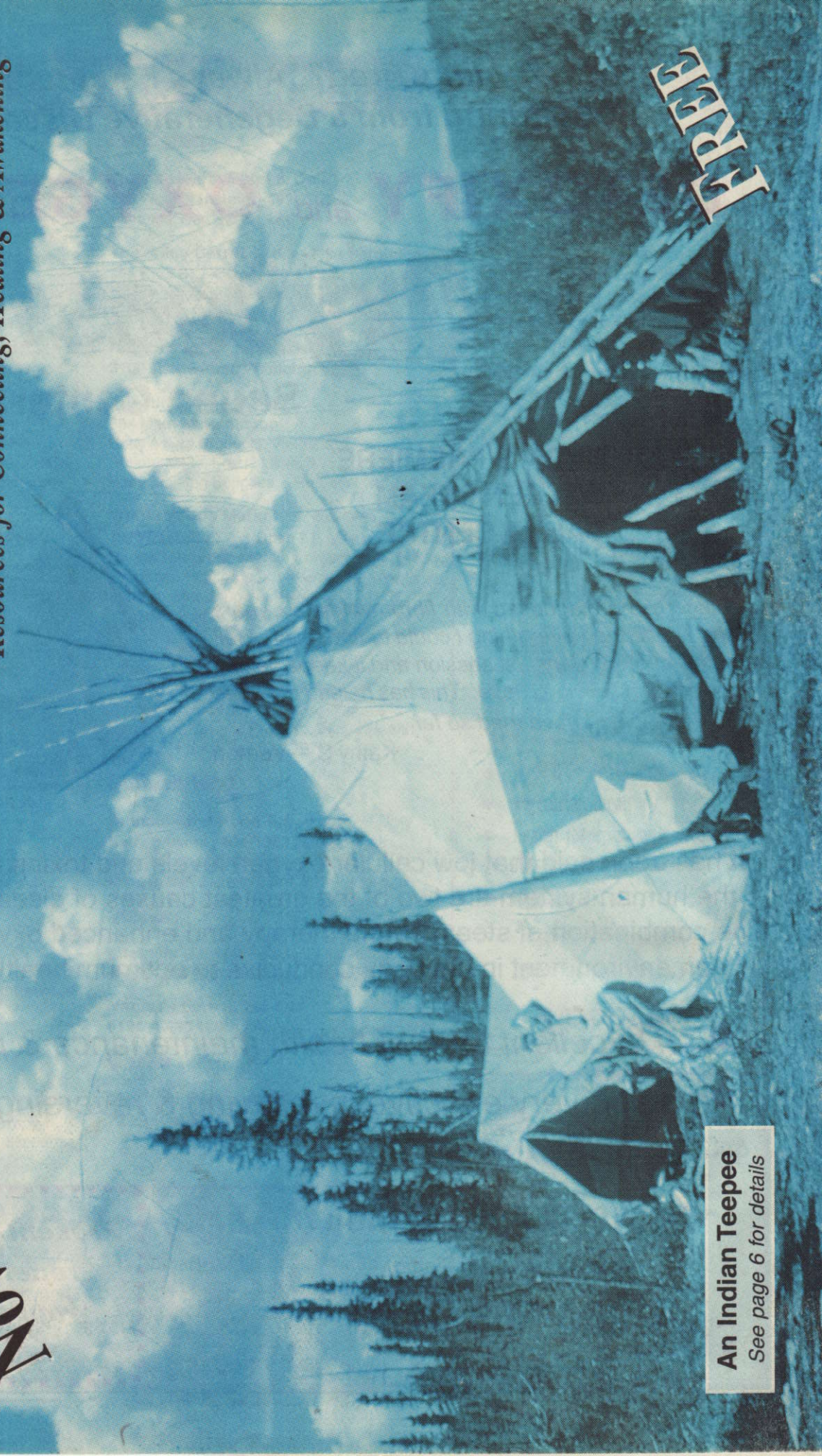
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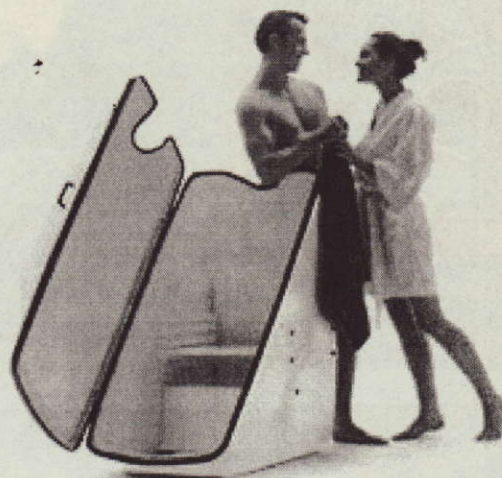
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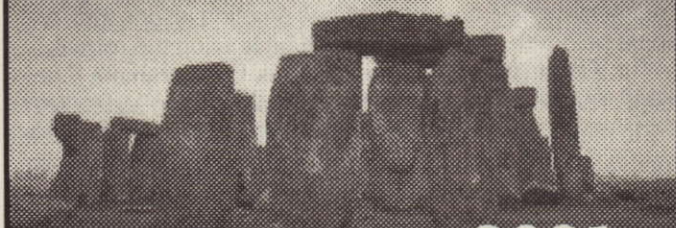
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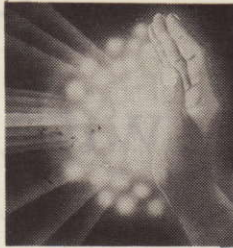
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Profile

Weekend

Mindfulness Meditation Retreat

at Naramata Centre December 1, 2 & 3

Treat yourself to a few days of silent meditation before entering the nerve frizzling Holiday Season. Naramata Retreats is offering a weekend Vipassana Meditation Retreat at the Naramata Centre on the first three days of December. The weekend format will provide a nice grounding for experienced sitters as well as a great introduction for those new to meditation.

The cornerstone of a Mindfulness retreat is Noble Silence. The lack of verbal communication allows one to deepen their meditation as the practice extends from sitting to walking, eating, working and sleeping. By slowing down the pace of life, one becomes aware of the beauty of the present moment. Newcomers will receive instruction on this 3000 year old meditation technique, which combines sitting and walking meditations. As with many wonderful things, the technique is easy to learn, but the practicing is a lifelong journey.

This will be a special retreat as there will be many gifted individuals adding their special touches to the event. We are honoured to have Venerable Sona coming from the Birken Forest Monastery in Princeton. He will be delivering the Saturday evening "Dharma Talk". Although Vipassana is non-secular (not attached to any specific religion), the Buddha "re-discovered" the technique and used it extensively during his 45 year ministry. The Dharma Talk serves as a way to pass on the ancient wisdom and Venerable Sona is a beautiful storyteller. He will be speaking on "The Good, The True and The Beautiful."

Morgan McKenzie will lead the yoga sessions, Bill Phillips will be sharing his knowledge of chants and Urmi Sheldon will be offering bodywork. In addition there will be a licensed counselor to help anyone who has emotion issues they need some help with. Brian Hughes will be leading the retreat.

If that isn't enough, then there is the Naramata Centre itself. The Silent Place Chapel is a very sacred space and a joy to meditate and chant in. Other sittings will be in the newly renovated Loft, nestled beside Naramata Creek. The flowing stream offers a soothing background to the silence. There is a Labyrinth as well, which is great for walking meditations.

Last but by no means least, there is the food. You will be astonished how much energy you use meditating and how hungry one gets. The food is exquisite. The chefs prepare vegetarian meals, which flow with the retreat. Meal costs are included in the price of the retreat.

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FORGIVENESS

A CHALLENGE AND A GIFT ON THE HEROINE'S/HERO'S JOURNEY

by Charmaine Wagner

Have you ever been hurt by someone and then blamed them for what happened and how you felt? Have you ever felt guilty for something that you have done, said, or thought? Have you ever judged another or yourself?

Blame, guilt, and judgement come with the territory of being human. Whenever I have been in these situations it has left me feeling either superior and justified or inferior and depressed. Either way, I was not being my true authentic self. I put a barrier between myself and the other person or between my 'conditioned self' and my 'true Self'.

It took me years to understand that blame, guilt, judgement and all my perceived "wrong-doings" were cries for forgiveness. All the hurts, the fears, the self-degradation, the rejection occurred when I was not aware of what was "really" going on. I could only focus on the hurt or the lack I felt within myself. I didn't understand what was happening, and I was unprepared to love and accept the experience and the people involved, including myself. In time, I began to realize that when there was a lack of love and acceptance for others, I blamed them. And when there was a lack of love and acceptance for myself, I felt guilty. In both cases I sat in judgement of others and myself.

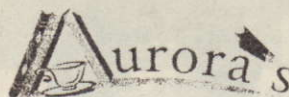
The key to healing all our wounds and wrong-doings is forgiveness. But what is forgiveness? What does it really mean when we say, "I forgive you?" Or, "I forgive myself?" What is the healing power of forgiveness?

Whenever we want to understand something or find meaning in an experience we have to look at the 'bigger picture'. Meaning is always found when the part is seen in context of the 'the whole'. The meaning of forgiveness is found in light of the Heroine/Hero, which is the Soul within ourselves, and all people, and all things. Whenever we touch the Soul within, we find ourselves at the Center of Love, and that is the power of forgiveness.

Forgiveness comes from within us and it is only when we have forgiven ourselves that we can truly give or receive it from others. To help us get to this point of self-forgiving we need to reflect on the relationship between forgiveness and the following aspects: the purpose of life's experiences, the shadow side, fear, judgement, trust, goodness, authenticity, and compassion. In light of these aspects we gain a greater understanding of ourselves and our true nature. This then allows us to release the blame and guilt we hold within ourselves and forgiveness enters our hearts.

When I gave my workshop, "Change Your Patterns, Change Your Life" at the Wise Woman Weekend, I became acutely aware of the essential role that forgiveness plays, not only when we want to make changes, but in our everyday life. I came away from the weekend feeling inspired and re-committed to sharing the healing power of forgiveness through workshops and my private practice in counselling.

Forgiveness heals and frees us from being held emotionally hostage by another or by our own conditioned actions and thoughts. This healing and freedom opens the heart bringing peace, harmony, love, and acceptance to our relationship with ourselves, with others, and the world. *See ad to the right*



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Musing

with Angele
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of ISSUES



An Indian Tipi

This tipi belonged to the native lady that was on the front cover of the July/August edition. We had travelled to Northern Alberta in the summer of 1959 to pick up Grandad on our way to home-stand in Rosswood, a small community north of Terrace. This photograph reminded me of the Indian Summer we just had. It also reminded me to give thanks for my creature comforts; like central heat and indoor plumbing, for I wouldn't want to be living in that Tipi in northern Alberta in the winter. Living in this valley is a great honour and every day I send kisses to the creek that I live beside. It is wonderful just to be alive at this time in history, a time the Hopis prophesied as the *Shift of the Ages*, the coming of the Golden Era. This is foreseen as a time of great peace, health and prosperity and the end of the world as we know it today, a time when matriarchal practices will resume as the patriarchal demands fade—a time of great chaos as these two forces redefine society as we know it.

Every day brings with it the busyness of life and recently I have been finishing up the Wise Woman Weekend. We got the thank you cards signed, read through the commendations and feedback forms and had our wrap-up meeting. I baked lasagna and squash and everyone showed up according to her time schedule, for we are all working women who make the time to be together.

Urmi said, "The organizers blended in like hidden machinery, doing what needed to be done as service to all." I am sure many of our readers have been to either the Spring Festival of Awareness or the Wise Women Weekend, and will attest to the magic that just seems to happen at these events. And yet it doesn't just happen, it happens because the six of us have worked together for a long time creating the space for the magic to flow. The foundation is strong and as Laurel likes to say "The whole is greater than the sum of the parts." This month I thought I would give you an overview of how a meeting like ours happens and how I see each of us...

We started the meeting by honouring the length of time we have been working together. A heavyweight feat in today's transient world. Urmi, Laurel and myself joined forces in 1988 to recreate the Spring Festival of Awareness. Nywyn, Marcel and Samarpan joined approximately five to six years ago. I enjoyed listening as each woman spoke from her heart, her observations. They teach me what it means to live in community; to be part of the whole and still retain my individuality.

The meeting had a smooth flow to it. I find it interesting to see where each person sits and the overall effect the meeting has on me. This year my energy felt charged and renewed. The appreciation of each other's talents shone through as we discussed the event. It continued with an overall view of what we each liked followed by what we disliked. Then there was discussion on creating the vessel for future weekends. What do we consider to be the essence of the weekend and how can that structure be refined or defined?

Laurel likes to supervise the meetings and together we come up with ideas. Laurel sat on my right side; she has lots of gusto and a good appetite for life and food. She is blessed with the strength of an ox and ploughs through issues with the best of intent, but change happens slowly for her. Her heart is full of compassion for she never wants to hurt anyone's feelings including the long winded speakers who sometimes take over during the Introduction of Workshop Leaders. We had lots of feedback that this needs to be shortened, so we discussed many ways this might happen. She does a great job of creating sacred space for our Celebration and Crones.

Urmi sat on my left side; her words of wisdom seem to have a deep impact on me. Her name means *Divine Wave*, a quality she lives in most situations. I think her overall energy is calm and determined even though she may not always feel that way. She experiences situations on a deep emotional level. Her observations are very close to her heart, both for herself and for the group. Urmi helps me with the physical reality of setting up the site and then helps out where she is needed, sometimes at the registration desk or in the healing house in between teaching her workshops.

Sitting at the far end was Marcel, my business partner. Her comments are mostly from an intellectual level that is very grounded. I like her honesty and her straight forwardness of practicality. She likes to keep things in order, a full time job, working with me. She organized the Healing House. When two volunteers didn't show she was unable to help me with overall administration for instead she spent her time keeping people on time for their sessions. She does a good job with all the details but she missed the essence of the weekend so we made some new rules regarding volunteers.

Across the table sat Nywyn, a manifestation from the elemental world. She likes to have fun, joy, and knows how to balance that with getting her job done. She lightens the world wherever she walks with her impish laugh resonating around her. She organizes the store and taught a workshop with Samarpan, who sat beside her at the meeting.

Samarpan helped with the festival for many years from the sidelines but had never wanted to get involved at the organizational level. Now that she is working for me and doing the registration for the three hundred people who attend she has no real choice. She reminds me of a Zen monk, who has practiced simplicity and letting go. Her head sits squarely on her shoulders and she enjoys the challenge of each problem as it is presented at the meeting or at the event.

Then we have me. I like to work hard, play fair and have an instant judgement of how I see things. This is tempered with my patience, willingness to learn and appreciation of life and all that it has to offer. I love to get lots of things done at the same time and try not to live off my adrenal energy when it gets really hectic. I feel I am guided by a force larger than myself and I take my orders seriously, making sure things get done on time.

Sunday evening we all help with packing up and putting away our banners and decorations. This is when I am the most grateful to have these five amazing women as allies for they make my job as coordinator easy. This ease allows the magic to happen twice a year, for even the weather has been perfect and people leave the site filled with the awe of being a human.

Angele





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Attention Deficit Hyperactivity Disorder

(ADHD) by Marcia Hamanishi

This is the story of my thirteen year old daughter, Rhea. She went from being diagnosed ADHD, placed on Ritalin at age four, to contemplating suicide at age ten. Thanks to several Natural Remedies, that I'll discuss later, she went on to win the 'most improved student' award in her grade seven class. From the time Rhea was a baby, she always required a lot of stimulation. She didn't seem to be satisfied after being breast fed and I had to bounce her while she was feeding, to keep her focused. I took Rhea off breast feeding at four months, thinking she just didn't like it. There was no change.

Around seven months old, toys would only keep her occupied for a short period of time. She always seemed to be in pain and a very unhappy baby. Rhea's compulsive behavior began to affect her younger sister. Marissa was quiet, but came second to compensate Rhea. Parks were a familiar place to visit. Shopping malls, restaurants were places to avoid. Rhea was kept on a leather harness, otherwise she would just take off. By the time she was four and a half years old she had been diagnosed as ADHD, and the doctor put her on Ritalin. After three weeks on this drug she was experiencing headaches and an upset stomach.

At kindergarten age, she liked being with other children but her fine motor skills were very poor. She struggled with school from grade one through grade seven. I placed her in Sylvan Learning Center for a year and a half during grade four. Around age nine or ten, she contemplated suicide. Rhea

was tested by the School Board in grade five and diagnosed with a severe learning disability. She was put on five or six drugs, one of them being Ritalin. Again she experienced stomach and headaches. One of the prescriptions was for high blood pressure. When she was sleeping all the time, I called a pharmacist and was told the dosage was too strong. After this, I decided that prescription drugs were not the answer. When Rhea was twelve, I was introduced to Natural Remedies and decided I would try these on Rhea. After reviewing the scientific literature, I was confident that they were certainly safer than drugs. Why these had not been brought to my attention before, I don't know.

First, I tried her on a natural herbal product, that contained passion flower, that has been used in Italy for Hyperactive children. Within ten days, without knowing she was taking anything, people started to notice a difference. Next, I used a specific brand of Essential Fatty Acids, which studies had shown were quite often lacking in ADHD children. After more research, I decided to follow with a product to improve blood flow to the brain, and a good natural multi-vitamin. To help with her sugar cravings, I added a final product, containing chromium, and noticed a difference almost immediately. It's been over a year now and 'what a difference.' Thank goodness for these products, and without the side effects, Rhea had experienced with the drugs.

Contact: (604-590 4920) or E-mail: mhamanishi@hotmail.com



From the Editor...

Chit Chat
with Marcel



Our world is full of conflicting opinions, and I wouldn't want it any other way. Let's face it, this is what stimulates our intellect, promotes our growth and keeps life fascinating and exciting. What a boring and stagnant place this would be if everyone completely agreed with one another. The trick is not to allow a conflicting opinion to arouse our negative emotions of resentment, bitterness and anger. This of course leads to conflict between people, communities and, on a global scale, war between countries. I try to realize that all of these opinions could exist in a collage of adventure if we didn't take things so personally—if we distanced ourselves from the situation and with the practice of nonjudgement, allowed others the free expression of their opinions. I know that if I am able to stay centred within my own power, a conflicting opinion can not upset me or threaten me in any way.

I would like to thank Eileen Boeur for her viewpoint which was published in last month's magazine—we felt she had the right to express her opinion, and I am sure there are some who agree with her. However, as you can see by the letters on page 10 of this month's issue, there are others who do not. Over the years it has been favourable feedback like these letters that has encouraged us to keep a personal touch to our magazine. I'm sure most would have to agree, that with any publication it is wise to provide your readers with the type of material that the majority find enjoyable, interesting and stimulating.

At Issues Magazine our mission is to provide information and networking opportunities for the Holistic Health and Conscious Living Community. Within that mission, our main focus is to get to know the people of this community. We like to hear inspiring stories of peoples' healing or personal growth journeys. Not a biography, but a story that comes from their heart—not their head. We feel that this is beneficial to our readers as it gives them inspiration, encouragement and information for their own journey—so they know they are not alone on the 'path.' We like to hear how life has directed them to do what they are doing in the holistic health or personal growth field. Their joys and sorrows; triumphs and tribulations; their challenges and how they met and overcame them; the learning and insight they received from these experiences; how they applied this new understanding to their life and the shifts and changes that followed. Some people do not feel that their own story is very interesting, but we feel that everyone's story has merit and holds some inspiration and confirmation for others.

This is why Angèle and I choose to present our articles in a personal way. It has been our experience that readers find this much more inspiring, encouraging and easier to relate to their own lives than an encyclopedia type, information article of facts, figures and details. As Sandy Spooner says in her

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letter, "One of the best ways to learn is through each other's stories." Let's continue sharing our stories so that we can keep learning from each other's experience as well as our own.

Marcel



THE ART OF LOVING CONNECTION

by Sue Peters

I have been studying a few manifesting techniques and have had success with some and not so good results with others. What I have learned, is that in order to create in my life the things I desire, I have to be in a state of loving connection to the Source energy, the Creator, God, whatever I want to name this Energy. This state of loving connection is inviting the Life Force to flow through my body. It is bringing myself to a higher level of awareness. When I vibrate with the well-being of the Universe, then amazing and wonderful things can happen to me. I can create a type of heaven on earth.

Now in order to vibrate in this delightful place, I would need to make a few changes in my life. It requires restructuring those well-worn old habits of thought. You know the ones that say this costs too much, or I can never do this right. These thoughts are the self-sabotage mechanisms that prevent me from being all that I can be. I know that this isn't news, but it is if I look at this from the standpoint that everything is energy and that my first language is energy. On an unconscious and spirit level I fully understand this language, and I always respond to it first. If I look around me, I can have an accurate reading of where I vibrate at this very moment. My life reflects exactly what frequency I am at. If a car backs into my vehicle, this is co-creation working, and both the other person and I have a matched vibration, and there we meet, at the rear end of my car. Hmmm, great, eh! The nice thing about this, is that it takes the blaming out and puts in responsibility. I am suddenly responsible for who I am and how I am projecting this interesting display of energy. (This is not to say that what another does has to be acceptable and okay with me. What it does say is that I was projecting out a vibration that matched theirs and ZAP! we met). I am also aware that being in the present, being in the NOW moment, is very important. This is the only segment of time that really exists. What I vibrate in this second is where I am at, but of course, this can change as my thoughts do.

I have found that a way out of this comfortable/uncomfortable habit is by going into a place, a feeling of appreciation. I appreciate the things around me. I focus my attention on the things that are uplifting to me. This simple act changes the vibration of a disconnected state into a place of happy well-being.

There is a story, about entering a beautiful city. This city is perfect. It holds beauty everywhere. The buildings are like rainbows of light, the streets are paved in silver—anyway, it is perfect to my eyes, and I feel wonderful. As I begin to explore this city, I walk to 26th Street, and discover a pothole at the end of the block. This pothole haunts me. All I can think about is this ugly pothole; the beauty of the city fades and soon it is no longer perfect, it is no longer a wonderful place to live. The ugliness of the pothole becomes my focus and now that is all there is.

I have found, that I have missed many incredible experiences and joys of life by only focusing on the potholes. I have also discovered, that if I encounter a situation that holds me in an unhappy place, and I change my focus, and introduce a more pleasant vibration (a happier thought), my day becomes better. The Law of Attraction says that it would be impossible for my day to not become better. Someone once told me that this sounds like denial. I had to laugh because I was the last person to be in denial. I know how I feel. I know the situation that took me to the bad feeling place. Been there, done that!!!! How can I release the lingering, stuck energy I am emitting, if I crawl around in it?

When I focus on Manawa - Now Is The Moment Of Power, this is the area or range of my present attention (or focused thought), I can shift my thoughts easily. By shifting my focus to an open connected state of being, I am able to move out of reaction and into acceptance and solution. Disconnection could put me into the back brain behaviors and old survival techniques, like drinking too much alcohol, escaping into habit forming drugs, eating a whole chocolate cake or two all at once, or leaving the body. These methods are desperate grasps to feel good, and the 'good feeling' usually doesn't last for very long. So, if I seek as many ways to feel good every day (your feeling center will let you know if you are being true to yourself), if I look and see all that I can to appreciate, then I stay in connection with the Creator. I flow with Life Force, and Joy finds its way into my heart and the magic of Aloha radiates like the sun out to others. Manifesting becomes easy, and being in a joyful state is not so Pollyanna as I thought it would be.

See ads below

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Letters

Thank you to the folks who took the time to write and to those who stopped to introduce themselves at various locations giving me their vote of appreciation. 99% love my Mother's family photographs and asked that I keep up my good work, so I think I will.

Angèle

Dear Angèle and Marcel,

I picked up the latest Issues yesterday and Eileen Boeur's letter really made me stop and think. I feel rather ashamed for all of the times that I thought of writing and never did. I just thought that you folks are so busy, what do you care what I think. I've often thought of letting you know how I like your colorful, homey cover photos. I was raised in Michigan and can relate to that, and sometimes the photos spoke to me about working through forgiveness and letting go of childhood family hurts.

There were many times that I wanted to let Marcel know that what she wrote about for that month was exactly what I was working through. Those articles that spoke to me always came when I needed some extra encouragement.

Angèle, I think you are so brave for sharing your life with us. Your honesty always reminds me that even though I'm almost 54, I don't have to have all the answers. In fact, the more I learn, the more I realize that I don't know anything. It's the journey, not the destination. One of the best ways to learn is through each other's 'stories'. Like the cliché says, "Learn from the mistakes of others. You can't live long enough to make them all yourself".

As for Issues being your personal journal—it is. I look at it as a personal journal that others are willing to share with the rest of us. Many of your contributors include their own personal journal entries. Some articles are a little too 'far out' for me but that's okay because there are others that I learn so much from. We all have our own lessons to learn.

Thank you for all of your hard work!! I just had to tell you. I'm not alone. One of your readers.

Love and Peace,
Sandy Spooner, North Shuswap B.C.

To Issues Magazine;

I picked up your magazine at the Body, Mind & Spirit show in Vancouver. It is very inspirational and enlightening. Please put me on your list of subscribers.

Thank-you, Colleen Munz

To Angèle Rowe,

Just noticed the letter from Eileen Boeur. I wonder why, if she feels so uncomfortable reading your personal reflections, she continues to read them. They must be of some value to her.

Tom Anderson, Ph.D., Summerland

Hi Angèle

I'm writing to let you know that I really appreciate your willingness to share the story of your personal journey, what Eileen Boeur objects to as 'all your ups and downs'. I believe courageous sharing is necessary to the process of learning one of life's most important lessons—WE ARE ALL ONE.

So, unlike Eileen, I am "truly interested in your past and your journey." Those who aren't should feel free to find their connections elsewhere. There is lots more in Issues Magazine to enlighten and entertain them.

Although I don't know you personally, I guess that makes me one more 'close buddy'. Thanks for your hard work and please do keep sharing.

Nena Ross, Penticton

Dear Angèle,

How profound to hear you write about "Love opening the heart" and to quote, "Never again will I allow my shoulders to cave forward to protect my heart..."

I, for one, enjoy your sharing—it also proved you are vulnerable, just like all of us, but you don't hide your feelings behind a facade.

The letter in October Issues from the woman in Kelowna really choked me—she states "over these past few years she has been waiting for a reprieve" ...Why did it take her so long to write? If she's so unhappy with your paper why does she keep getting it??

Not all articles pertain to everyone's needs—however we are a people with free will—choose what works for you.

Thanks for your sharing and caring.
Gina O'Sherman, Riondel

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What is New Age, Anyway?

It's people taking conscious responsibility for their own lives, not blaming others for their problems.

It's people who deliberately decide to learn and grow.

It's people seeing problems as lessons, perhaps in along series of lives and lessons.

It's people who believe we are what we think we are, and can change ourselves by changing our thinking.

It's people that feel they can change the world by changing themselves, not by trying to change others.

It's people who search for strength from the Universe by going inside themselves.

It's people that recognize love doesn't have to have conditions attached.

It's people loving and knowing themselves in order to better know and love others.

It's people who see others as not better than nor less than but rather different than, themselves, yet part of the same whole.

It's people honoring your right to your own path, not theirs.

It's people who realize that now is all we have, since yesterday is just a thought and so is tomorrow.

It's people interested in owning themselves rather than things.

It's people who see joy in life rather than pain, having experienced enough pain already.

It's people curious about extra sensory perception and all it implies.

It's people in all walks of life, from business persons to lower essence healers, psychologists to UFO investigators.

New Age is not often gloom and doomers, though many are concerned about ecology, the economy and other forces that affect our world.

New Age is not a movement based on guilt, anger, fear or hurt; it is a journey toward the love that is God.

New Age is not allegiance to one master; it is learning from many masters in the quest for the oneness of God.

New Age could not become a cult because of what is said above.

New Age is not just humans doing, it is humans being.

Jack Clarke



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Soften the Eyes to Relax the Neck and Jaw using Feldenkrais® Method

by Sandra Bradshaw

The eyes guide our movements and so it follows that the degree to which our eyes can move freely is directly proportional to our overall ability to move with ease. If you watch small babies, you will notice that their heads move much more than those of older children or adults. As they track objects their bodies begin to move more and more until the moment comes when they are completely surprised by their spontaneous ability to turn onto the stomach. This feat is achieved by trial and error and as the nervous system intakes the information necessary to repeat this turning, it becomes part of the baby's learned repertoire of movements. As we mature it is no longer necessary to move our head as much in order to turn, but our eyes still need to be involved for the movement to be smooth and easy. Looking at fixed objects for extended periods of time whether it is a computer, the road or a book will begin to create visual tension that translates into stiffness in the neck, jaw and at times the whole body. Sixty percent of the sensory system's input is from our eyes so it is also important to keep them relaxed in order that we stay alert to whatever is going on around us and to be able to respond quickly and easily to that stimulus (driving would be a case in point). The following Feldenkrais® lesson will demonstrate to you that the way we use our eyes can have a profound effect on our neck and jaw.

1. Lie down on the floor with your knees bent (bent knees allow our back to be more relaxed). If you need to, put a small flat pillow under your head. Otherwise, simply let your head lie on the floor.
2. In a relaxed and languid manner, allow your head to roll a little to the left and back to center then a little to the right and back to center. Let gravity rather than muscles take your head to the side. Notice your ease of movement and range of turning, as we will use this as a comparison later in the lesson.
3. Close your eyes and let the eyeballs rest in the sockets (you may even feel the support of the muscle bed

behind the eyeball). Continue to allow your eyes to be at rest and as you open them, simply allow the light to come into them and be aware of an increase in your peripheral vision—this is what we refer to as a soft gaze.

4. Keeping the gaze soft, once again roll your head lazily from side to side. Notice that as you do this the quality and range may have changed somewhat.
5. Now look with the intention of examining what is in your visual field and at the same time notice that your peripheral vision decreases. As you keep your gaze focused, roll your head from side to side. You may find that it is now harder to turn your head.
6. The first time you roll your head left and right have soft eyes and the next time focus your gaze. Alternate this way several times. Notice the difference in the quality of the rolling as you alternate. Stop now and simply roll your head without thinking about what you are doing with your eyes, and notice the changes in your awareness of how you do that movement.

If you work on a computer several hours a day or do any kind of close work, you may find this lesson helpful for relaxing your eyes, neck and jaw. *See ad below and to the left.*

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Emotional Transformation

by Carole Collins

Emotional Transformation is a gentle, non-invasive healing technique that addresses the cause of a lack of physical, mental or emotional health and well-being.

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Beliefs are very powerful! They determine the way we think, feel and act. Personal programming comes from the way others related to us when we were children, from decisions we have made in the past, and from the collective unconsciousness of the society in which we live. Whether we realize it or not our conscious and unconscious attitudes (belief systems) and feelings (emotions) powerfully affect the cells, tissues and organs of our physical bodies. The subconscious mind stores all the programs of the past. Our lives are an accurate projection of our subconscious beliefs. These subconscious beliefs are continually manifesting into form.

Applying Emotional Transformation techniques offers a distinct process of forgiveness, letting go of past emotional traumas and affirming new choices. Remember, the body tells the truth. The physical body registers every thought, feeling, and experience. Every positive or negative thought has a direct influence on our immune system. Each memory is contained by emotions and each emotion has two components: a thought and a physical sensation. True healing gets rid of the memory of an illness on a cellular level.

Emotional Transformation can improve physical, mental and emotional well-being. Many people have healed from unexplained pain, emotional difficulties, fatigue for no apparent reason, as well as other unexplained disorders. These simple techniques can be used by professional and lay people alike.

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Relationship Astrology

by Khoji Lang

What is the astrological signature of your unconscious?

The most intimate relationship we all have, throughout our whole life, is the relationship with ourselves. Each and every relationship besides this one is a mere reflection of the mix of inner harmony and disharmony we have cultivated within ourselves.

We live in a dual world—we are dual beings. On one hand we have roots in the genetic code inherited from our ancestors, including the whole evolutionary past since life began with the Big Bang. Half mother, half father we are bringing together two worlds, two extremes. Our life's challenge is to balance these polarities, and, at the best, to create something totally new out of these assets; building a stable roof on top of the two pillars of male and female germ cells. The other duality is, that we are earthy creatures as well as spiritual beings; mortal and transient on one hand, eternal and radiant on the other.

Psychologist C.G. Jung found that each human being consists of a small part which is conscious - one's personality - and a vast part which is unconscious - one's connection to the universe. Jung also revealed that our conscious identity counts for only 10% of our totality! The bombshell is that our unconscious 90% is of the opposite gender—a woman therefore is only 10% female, but 90% male!

Our relationships are reflections of our actual state of integrity between conscious and unconscious self. In order to become a totally integrated being, man's journey is to dive deep into his unconscious, discovering more and more about his innermost twin-flame. Relationships are mirrors, tools to increase one's integrity, one's health as well as general well-being.

Join me for an evening lecture in **Penticton, on Tuesday Dec. 5 at 7 pm**, you will be enriched, catching some glimpses of your personal unconscious signature. This knowledge is extremely powerful. It will be as if a light had been switched on inside yourself. If you keep nourishing this light, it is bound to expand. And one day you will have as much access to immeasurable unconscious potentials as you have to your conscious shell, your personality.

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Calendar of Events



November 5

You Can Do It with Tricia Nobbs at the Centre for Awakening Spiritual Growth in Kelowna, p. 19

November 9 - 13

Touchpoint Reflexology, Level 2 & 3 with Yvette Eastman in the Vancouver area, p. 7

November 10 - 11

The Language of Manifesting with Sue Peters in Penticton, p. 10

November 11 & 12

Sylmerian Water Globes on display in Kelowna, this page

November 12 & 18

Loving Me with Sue Peters in Penticton and Kelowna, p. 11

November 14

Breathe Free with Sandra Bradshaw (certified Feldenkrais® practitioner) in Kelowna, p. 13

November 15

Heyoka Urban Shaman with Sue Peters location to be announced, p. 10

November 18 & 19

Tarot with Cheryl Grismer in Westbank, p. 8

November 23

Forgiveness, Part 1 with Charmaine Wagner in Kelowna, p. 5

November 24

Chakra Balancing for Lightworkers with Jollean McFarlen in Kelowna, p. 5

November 24, 25 & 26

Emotional Transformation Level 1 with Carole Collins in Salmon Arm, p. 14

December 1, 2 & 3

Soul Journey for 2001 with Craig Russel in Kamloops, Vernon & Kelowna, p. 3

Recharge Your Soul (Vipassana Med.) with Brian Hughes at Naramata Centre, p. 4

December 5

Astrology with Khoji Lang at the Yoga Studio in Penticton, p. 14

January 19, 20 & 21

Reflexology Certificate Course, Level 1 with Elsie Meyers in Prince George, BC, p. 9

ONGOING EVENTS

NIA - Holistic Fitness. Ongoing classes - Tues. & Thurs. Michelle 492-2186, Penticton

Take Control of Your Life because No Illness is Incurable - Ongoing educational presentations in your area. Call for calendar 1-888-658-8859

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

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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HEAL YOURSELF AND YOU HEAL THE PLANET

by Angèle

"As you eat, know that you are feeding more than just a body. You are feeding the soul's longing for life, its timeless desire to learn the lessons of earthly existence - love and hate, pleasure and pain, and faith, illusion and truth - through the vehicle of food. Ultimately, the most important aspect of nutrition is not what we eat but how our relationship to food can teach us who we are and how we can sustain ourselves at the deepest level of being." Marc David

I like this quote and have thought about it many times in different contexts. I know many of the readers of Issues have changed their ways of living but for those of you who aren't convinced that food has any effect on you, read on.

Ever read the quote that saysEvery dollar you spend is a vote for what you believe in! Are McDonald's or the big supermarkets where you want to put your money, your vote for the future? Do you want, do you care, if your food is boxed, canned, frozen, denatured, with no life energy left in it? Produce is being irradiated, sprayed for bugs and fertilized to make it grow. Foods are picked green and shipped from anywhere in the world. Genetically engineered seeds are making a statement of their own. Factory farming of meat is in an even worse predicament than the growing of vegetables and fruit. Hormones and terrible living conditions guarantee that ninety percent of all the animals inspected after slaughter have diseases, including cancer. Is that what you want to eat to rebuild your system?

This millennium brings to life the third generation of children that have the possibility of being raised on processed and packaged food. The statistics can be easily seen in the schoolrooms and doctors' offices. A school teacher in the States wanted to show her grade fours the effect that boxed cereals have on them. She kept three sets of rats and the children fed them 1) Corn flakes 2) the box that the corn flakes came in 3) vegetables and whole grains. The rats that ate the box lived longer than the ones that ate the corn flakes by about three days. Her point was well taken and the school changed their lunch programs and they got a bonus... the students got better grades without any extra effort.

It is sad to realize how quickly we have degenerated in the name of progress and convenience and saving money. Our environment is suffering, the farmers who love the land are being forced to sell. People no longer feel healthy, and wonder why their doctors can't fix them. Only you can help yourself. Is it too late? I'm the eternal optimist and I think we can change. Many have taken self-responsibility for their thoughts and actions... more are needed. Get involved in whatever way you can. Educate yourself! What is the truth? Heal yourself and you heal the planet. Your soul needs you.

A Tree Is Known By Its Fruits

Testimonials from Avatar Course graduates

For anyone who is encountering the subject of Avatar for the first time, Avatar is an eight or nine-day self-empowerment training that is now being delivered in 64 countries. The Avatar tools are a synergy of exercises, drills, and procedures that when properly understood and used, increase your ability to live deliberately. They are remarkably effective and efficient tools for taking control of your life. If you need to identify and resolve a self-sabotaging belief or behavior, the Avatar tools can help. If you want to create a harmonious relationship, or achieve success, or just reach a pleasant state of joy and contentment, the Avatar tools can help you. They are also effective for removing grief and stress from your life, restoring health, and achieving peace of mind.

Here is a sample of testimonials from graduates of recent Courses facilitated by Russell Monsurate, one of the most prolific Avatar facilitators in North America:

Russell Monsurate and the Avatar Materials are amazing. I am a professional intuitive with clients all over the world. For the past 15 years I have been dedicated to following a spiritual path, but in the last several years I have very rarely been drawn to take a class or workshop as I receive clear insights through my own work and practice. When I heard Russell talk about Avatar, I felt I had a lot to learn from him. Boy, was I right!!! I created the perfect teacher and the most amazing course at the perfect time. We have experienced breakthrough after breakthrough, realizations at the very core of our beings. I had to give this gift of a lifetime to myself. I am so glad I did! We are all feeling freer, more joyful, more creative and peaceful with less need or desire for food or sleep. The energy and power we have reclaimed from taking Avatar is phenomenal. Avatar is not just another workshop, it is a lifestyle! Most of the books I have studied and courses I have taken have spoken of the same essential truths, yet I have never been able to embrace or embody them beyond an intellectual level. Now I know this course will never end for me. I feel truly empowered by the tools I have learned to work with in Avatar. We have waited centuries and lifetimes for this! G.D. - Victoria, BC, March 2000.

I thank you from the bottom of my heart for all the gifts I received! The gift of my reawakened body, improved health, peace and laughter. The gift of myself, of human delight and play. The gift of your openness and the beautiful way you delivered Avatar that touched all our hearts. For the first time in my life I can laugh at the parade of my creations. My life will never be the same! A.R. - Victoria, BC, March 2000.

I was able to experience a paradigm shift and move from an intellectual understanding into a realm of feeling. Never before have I felt more in control of my life and circumstances. K.R. - Dubai.

I realized this is what I've been searching for all my life. All the books, courses, etc. that I've taken before have led me to this place in time, but had never shown me the way to truly experi-

ence the truth. The unconditional love, peace, joy that I had only previously glimpsed at, I can now experience daily. I am so, so, so grateful. L.W. - Kelowna, BC, March 2000.

From the moment I started hearing feedback about the Avatar Materials from a couple of friends, and after carefully reviewing the information and testimonials on Russell's website, I was impressed that such a short course could have such a beneficial impact on peoples' lives. Three years in a meditation center in India and fifteen years of metaphysical studies in western Canada had given me many beautiful glimpses and insights into what the spiritual path is about. And yet I was still searching. The Avatar Course has shown me what I had been missing, and for the first time I know that the path is now clear before me. The fog has lifted. What a joy to know that Avatar is spreading around the world and is available to do its magic with people of all backgrounds, effectively and gently shifting minds to an experience of self-realization and enlightened living.

S.M. - Kelowna, BC, March 2000.

Many more testimonials can be seen @ www.avatarcanada.com.



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Drawing the Best from East and West

Homeschooling—Will I Ever Feel Organized?

by Karin Berghauer

Groceries lined the kitchen counter. A constant visual reminder of another task that needed doing. As my body raced around the kitchen preparing lunch for the kids, my mind raced around in my head spewing out a continual list of things to do. By the time I fell into bed I felt like my mind was nothing short of a mangled mass of short-circuited brain-waves. I had enough nervous energy to run a marathon. Once again, I was plagued by the familiar, nagging question, "Will I ever feel organized enough to homeschool and tend to the everyday needs of running a household?"

Homeschooling has forced me to constantly take a microscopic look at my life. To ask myself, "Is this really important? Does it have to be done today?" My days have, at times, been spent rescheduling, reevaluating and reorganizing my priorities. I have been stretched so much I feel like a bungee cord. "Stretched but not snapped," has become my motto.

One day I looked around and saw that I had accomplished everything I had wanted to accomplish but in a hurry, flurry sort of way. What was stopping me from walking through my day in a less frazzled, more peaceful state of mind if things were, in reality getting done? I realized that sometimes "feeling" unorganized didn't necessarily mean that I 'was' unorganized.

Feeling unorganized is an act of the ego. It aims for perfection. It makes me chase after elusive high standards. It tells me that, "Everything is important and must get done, NOW!" Feeling unorganized stems from living in the future. It means that my mind is in a constant whirlwind thinking of things that should, could and must get done. These whirlwind thoughts leave me feeling like my day is running rampant and there isn't enough time to accomplish everything. My ego rejoices.

Feeling organized is a by-product of living in the present moment. Everyone's idea of organization will vary. It is allowing life to unfold in a natural way as I walk through my day with harmonious, peaceful spirit, doing what is before me to do in order of priority. It is learning to put a stop to the endless to-do list that races through my mind. It is remaining as poised and confident as possible when the unplanned incidents and activities of life invade my day. It is vacuuming the floor without

moving furniture and knowing that that's okay.

On any given day I have decided to live by one of two mottos:

1. Don't wait for tomorrow to do what can be done today.
 2. Don't do today what can be done tomorrow, or tomorrow.
- Excavating the jewels of creativity and knowledge that are buried in the unturned earth of my child's mind is more important than discovering what lies buried beneath the cushions on the couch.

Following are a few ideas that I have learned, am learning, would like to learn about organizing my day:

1. *Be open minded enough to have a flexible schedule.*

The formal learning aspect of my homeschooling day is best done in the morning when everyone is feeling fresh. Some days it has had to wait until the baby's afternoon nap.

2. *Time myself.*

When I saw that it didn't take as long as I thought to accomplish a task I felt less panicky about what I wanted to accomplish in a day and began to relax.

3. *Keep it simple.*

I spread my housework out over the week by doing only one chore per day. It's easier for me to incorporate that one chore into my day than trying to do all the chores on one day. Casseroles are great for dinner! Freeze some to use on another day and there's only one pot or dish to clean up afterwards. Clean up messes when they happen. Put things away when finished with them. Wash, dry and put dishes away on the same day they are used.

4. *Prioritize.*

Look at what HAS to get done and ask, "If it doesn't get done will it have a negative impact on anyone or anything?" If it won't then maybe it doesn't have to get done today.

5. *Live in the present moment.*

Doing what is before me to do in order of importance has brought me incredible peace of mind.

Homeschooling has forced me to step out of my comfort zones and redefine my boundaries. Every day presents new opportunities to remain open and flexible with my schedule. With a little practice and a whole lot of perseverance homeschooling and household management are falling nicely into place. And yes, it is possible to feel organized.

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Profile

The Crystal Man is Coming to Town

by Lea Bromley

Theodore and I were beautiful meadow on a Vernon. I brought friends and Theodore crystals including the quartz octahedron in This set up a power-the celebration. In-years together is defi-celebrating. To our step has brought a intimacy and com-relationship.



married on July 1st in a mountainside near flowers grown by brought crys-copper and the picture. ful energy for deed, nine nitely worth delight, this new level of mitment to our

Theodore is known as The Crystal Man. He expresses his creativity by writing metaphysical novels. Some of you have read The White Rose, The Day The World Looked Up. His second book is even more exciting and will be well worth reading when it is published. Our "daily bread", however, comes from Theodore's consistent travel. He supplies crystals and jewellery to about sixty stores in western Canada. Once a year, at Christmas, we get to interact with the individuals who actually give a home to the crystals.

For the past six years the Wholistic Living Centre of Vernon has welcomed Theodore and his crystals. This is no longer possible because the Centre has closed its retail portion, so we decided to come to you this year. **Our Crystal Sales are as follows:** the first one is part of a Psychic Fair in **Kelowna** Nov 10, 11 & 12th, for info ☎ Lea or Theodore at (250) 838-7686 • Sun Nov 19th - Crystal Sale and Huna Healing Circle at **Inner Odyssey** in **Campbell River** ☎ 286-1401 • Sat Nov 25th at the **Gecko Tree Williams Lake** 11-5 ☎ 398-8983 • Fri Dec. 1st at 7:30 - Huna Healing Circle in **Golden** at the **Island Wellness Centre** on Goults Island • Crystal sale Sat. Dec 2nd from 11 - 3 ☎ Starwalker 344-6900 • Sun, Dec 3rd at the **Invermere Inn**, 11 to 4 ☎ **All Things Beautiful** at 342-7010 • Thurs Dec 7th in **Penticton** at **The Rainbow Connection**, 254 Ellis - 11 to 7 ☎ 492-5371 • Fri Dec 8th in **Salmon Arm** at **Impressions** at 240 Shuswap St. NE from 3 to 8 ☎ Sarah 833-1412 • Sat Dec 9th in **Vernon** at **The People Place**, 3402-27th Ave - 11 to 7. Huna Healing Circle at 7:30 ☎ Deanna at 558-5455 • Wed Dec 13th at **Re-Awakening Health Centre** in **Nakusp** - 1-5 ☎ 265-3188 • Sat. Dec. 16th in **Enderby** at 840 Knight (corner of Hwy 97A) 2-7 pm. Huna Healing Circle at 7:30 ☎ 838-7686.

Some of the crystals we have in stock are clear, rose, & smoky quartz, phantoms, amethyst, ametrine, rainbow obsidian, selenite, malachite, azurite, lapis lazuli, blue jasper, moonstone, labradorite, celestite, green kunzite, kyanite, aragonite, bloodstone, hematite. Some of the forms these come in are slices, pyramids, obelisks, various wands, hearts, river crystals, eggs, spears, geodes, sceptres and of course, **CRYSTAL BALLS**. We also have jewellery and more than 50 varieties of tumbled stones.

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by Jollean McFarlen MIACT CSL

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Picture seven glass balls stacked on top of one another in the colours of the rainbow. The order of the balls from bottom to top is red (trust), orange (faith), yellow (power/money), green (love/harmony), light blue (expression), indigo blue (intuition), violet (spirit).

Visualize this stack of balls inside the center of your body. Imagine a beam of pure white & gold light cleansing each ball. Mentally inspect the red ball and see it glowing with red light. See the red ball as perfectly cleansed. Do the same inspection with each ball in the stack, one by one.

Make sure the balls are all the same size. If one ball is much larger or smaller than the others are, mentally ask it to change size until it matches the others. Your chakras are now clean and balanced enough for any challenges. *See ad below*



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Suicide

by Shelley Hiestand

(Inspired by the sudden death of a person I know and that many people in the Okanagan knew and loved)

Suicide—one man's conscious decision to end this physical existence. A choice of when and how he wanted to leave his body. But a difficult experience for his loved ones who remain here, now. The not knowing why is the hardest. If there were some logical, explainable reason perhaps it would make it easier. When there seems to be no understandable reason why someone you love would decide to end their own life then it is hard to find completion to that connection.

This person apparently was the happiest he had ever been in his whole life. He had experienced a contentment, a peace that people spend their whole lives searching for. He had found it. What more is there to life, perhaps he was thinking. He had tasted a feeling of bliss and decided he wanted to live in that state perpetually. Perhaps he paralleled death with that same feeling of bliss.

The search for spirituality, for connection to that 'something more' is what many people spend lifetimes looking for. Meditation and other spiritual practices strive to achieve that feeling of inner peace. However, many modern and ancient practices offer tools that take people out of their body, away from 'this reality' into a perceived 'other state', 'another way of being'—different from the daily existence. It is like giving people a non-drug form of morphine that disas-

continues to the right

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sociates the body from this 3rd dimensional reality creating a sensation that there is an 'other reality'. It is this viewpoint that is the illusion. This is a possible danger inherent in many so-called spiritual teachings.

The reality is that we are not separate to God; we are not separate from that feeling of more, we are not separate from the rest of what is. We are an integral part of it all and it is not possible to experience that 'allness' without this physical body—that is the illusion! It is through these cells that we experience the highs and the lows, the bliss, the ecstasy of being. It may seem through meditation that we are experiencing another reality, but in essence we are simply tuning into the more of who we are, which is NOT separate to us in any way—it is only perceived as such.

The key to enlightenment, to understanding and mastering this existence, is to realize our connection between our physical and our spiritual natures. It is not about going anywhere, it is about appreciating this life experience, these physical bodies, the gifts from nature, the wonder of human interaction, the exquisiteness of a fresh, juicy mango, the touch of another on our skin, the smell of rain, the warmth of the sun.

When something happens in our lives it is important to look at it and draw a lesson from it, to learn from it and grow. The gift of this person's suicide is the opportunity it affords us all to look at our own lives, to appreciate life in all its manifestations. Perhaps this soul who committed suicide did it not realizing that there is always more to be experienced on this level, that here and now is the most amazing place to be. There is no 'better place', there is no 'other dimensional reality that is perpetual bliss.' Right here and now is the most incredible experience that is possible. We are so blessed to be here, in these bodies, and it does keep getting better and better. Even when you think you have experienced all there is to offer, then there is always more.

The problem I see with some spiritual practices is that people disassociate their spirituality with their 3rd dimensional reality, without seeing that it is this physical existence that allows the spiritual to manifest. Enlightenment is the ability to incorporate the more with what is. There is no easy way 'out' because there is no 'out'. What is, is.

If you are practicing anything that disassociates your physical with the spiritual, please reassess whether that tool really serves you. Bliss is not something you find in another place, or in another state of being—it is who you are and simply a matter of tuning into it. It is within you, not outside of you. You are it, already.

Why Naturopathic Medicine?

by Megan Mackenzie

I do not know where I first heard of Naturopathic Medicine. I could say it came to me in a dream. I could say I read a book. I could say I met a healer in a seminar I took. But that would be making up stories. I cannot point to any one inspirational figure or moment. It just happened. Here I am, Megan Mackenzie the Naturopathic Doctor. So why?

Once I finished my Bachelor's degree, the big debate of course was between conventional medical school, or one of the four barely known Naturopathic Colleges (one in Toronto, three in the U.S.A.). What decided it for me was 1. I didn't like drugs, 2. I didn't like needles, and 3. the idea of surgery made my face scrunch up in pain. Let's go the "natural way" I thought. I knew next to nothing about Naturopathic Medicine when I decided this. What I have learned since then has made me realize I chose the right path.

So what have I learned? Well, a great way of describing Naturopathic Medicine is through the principles a Naturopath follows. There are six:

1. **FIRST DO NO HARM.** Choose the least harmful therapy first.
2. **SUPPORT THE HEALING POWER OF NATURE.** We all have it within us: our life force, vitality, or spirit.
3. **TREAT THE CAUSE.** Find out what the underlying reason is for the problem, and address that, rather than covering up the symptoms it is causing.
4. **THE DOCTOR IS A TEACHER.** Educate people to encourage self awareness, and a healthful lifestyle.
5. **TREAT THE WHOLE PERSON.** Recognize and respect all aspects of a person. Encourage integration of the mental, emotional, spiritual, and physical self.
6. **PREVENT ILLNESS AND PROMOTE OPTIMAL HEALTH.** The best treatment of any health issue is preventing it from happening in the first place. Naturopathic Medicine is a Preventative Medicine.

The tools a Naturopath uses include diet and nutrition, botanicals (herbs), homeopathy, acupuncture, hydrotherapy, spinal manipulations, massage, and counselling. Quite a list! You might say we are the "general practitioner" of complementary therapies.

And something else I have learned? 1. Sometimes drugs are okay. 2. I love needles (acupuncture needles of course!). 3. The idea of surgery still makes my face scrunch up!



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Who ever said parenting was funny?

by Cathy Fenwick

As parents, we believe we have a responsibility to our children. Parenting is a big responsibility. When we decide to become parents we make a major life commitment to someone we haven't even met yet! Parenting is not easy. If it was going to be easy it would not have started with something called "labour." Labour is that almost unbearable pain that we forget as soon as we see our baby. Parenting is a challenge, but I believe it can and should be fun, too. If we are not having fun with our children we are missing out on the best part of being a parent. Little children are naturals at play and laughter. Playing is their job and it's a very important one. When children play and laugh together they learn useful life skills, like how to get along with other people. As adults we can learn a lot from children about how to get along, enjoy life more and pay attention to the things that really matter.

A friend of mine, who works with children with disabilities, went to the Special Olympics in Winnipeg several years ago. She told me about the time that nine young children, all with physical or mental disabilities, lined up for the 100-metre dash. At the pistol shot they all took off with a look of excitement and a will to win the race. Right away one little boy fell and started to cry. The other eight stopped the race, turned around and came back. One little girl bent down, kissed him on the cheek and said, "This will make it better." Then all nine competitors linked arms and walked across the finish line together. They were all winners. In their minds they knew that no one is really a winner when someone suffers. How different that attitude is from our adult definition of winner. Children's wisdom is pure and uncontaminated by a culture that teaches us that in order for one to win someone else has to lose. At what age do we stop believing in win - win?

Chief Dan George wrote, "The only thing the world really needs is for all children to grow up in happiness." There is great wisdom in this statement. When we grow up in happiness we develop the inner strength and resilience to deal with the difficulties life hands us. Play and laughter build self-esteem and resilience in all of us. If we remember to play and laugh in the good times, we become stronger and better able to cope when tough times come. Healthy laughter and play build inner and outer strength. I will share with you my ten tips for parenting with humour.

Don't sweat the small stuff. Minor challenges happen on a daily basis, we'll have a tough time if we over react to every little thing. When we don't sweat the small stuff we save our energy and resources for when the big stuff happens. How can I tell when it's big stuff or little stuff? I always ask myself this question, "Will it matter in 100 years?" A scratch on the coffee table or a precious vase broken accidentally will not likely affect the future of the human race in any significant way, but acts of kindness will be felt for generations. Notice

and enjoy the good things that happen every day.

Live in the moment. Children are exceptionally good at living in the moment. When my daughter was two years old she was in the hospital. When it was time for me to leave she cried and begged me not to go. I walked through the door, down the hall, turned around, went back and looked through the window. There she was happily playing with the other children. It took her three seconds to figure out what she needed to be happy again.

Don't be perfect. How many of us have parents? How many of us have perfect parents? Of course not; perfection isn't possible. You can say to yourself, "I'm not perfect, but parts of me are excellent." All we can do is our best. Focus on the positive, try to see the parts in people that are excellent. *Eat dessert first every once in a while.* My five year old grandson told me with great delight about his weekend visit to his other grandparents. "Grandpa gave us ice cream for breakfast!" His mother and I don't approve of ice cream for breakfast, every day, but this breakfast will be remembered. What are the things you remember from your childhood? I'll bet they had something to do with the fun you had and the times when somebody really listened to you.

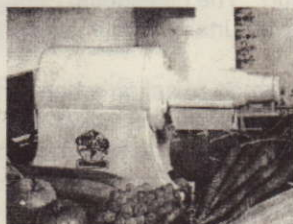
Remember to guard dignity, don't do to children what you would not want done to you. People say the main thing that stops them from having more fun with their kids is that they feel they have to be parents, which means getting tough on them sometimes. They say they have to discipline / punish their kids. There is a big difference between discipline and punishment. With discipline both sides keep their dignity intact. When we punish we destroy some of the humour, when we discipline we get to have our humour back. To punish means that I, as the adult, am in control of the situation. I will judge you, decide how bad you were, and impose on you this punishment, "Now go to your room." To discipline means we talk about what went wrong. Kids are responsible for their own behaviour and we find solutions together. "How are you going to fix what you did wrong?" When my son was five years old he carved his name into the top of our neighbor's very expensive coffee table. He just didn't think; he was in kindergarten and had just learned to write his name and liked to practise. He could have been spanked and sent to his room. This would teach him that when you make a mistake big people are allowed to hurt you. In order to teach him to respect other's property we, together, came up with the plan which included an apology from him and giving up some of his piggy-bank money to help pay for the repair of the table. He learned a valuable lesson. The other thing about punishing is that parents have to be around to enforce it, which is really punishing themselves, too. So we can end up resenting each other, which is not conducive to healthy humour. ☛



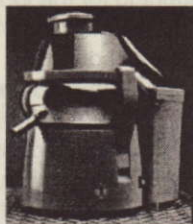
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Be flexible. As mothers and fathers we need to parent, but there are times when an open mind and a willing heart are more important than being right. If your child's messy room bothers you, perhaps you could close the door. One twelve year old told me, every time he gets his room the way he wants it his Mom comes along and straightens it all up, "Then I can't find anything." We really need to respect each other's space. My nineteen year old son likes his room very tidy, I tend to be a bit messy with my books and papers. One day I asked him if he minded my mess, through which he walks to get to his room. He said, "No Mom, as long as it doesn't spill over into my room."

Be available, give your time, not just things. We can't be with our children every single moment, but they must know where we are and how they can reach us when they need to. People say they are so busy they don't have time to play with their children. Some of the fun can be moment to moment in daily life. It is important that you do make time, and make the most of the time you have together. These times create life-long memories. My children tell me that the best part of their childhood was spent at the cottage in the summer. We had no TV, no phone, no hot running water and

no clock. What we did have was time to just hang out, sleep when we were tired and eat when we were hungry. We played lots of games and read lots of books.

My last three tips are, *read to each other every day, make time for the things that really matter and have lots of fun together.* Erma Bombeck said that raising a child is a little like flying a kite, we guide the kite up into the air, hang on tight in the storms, and eventually we let go.

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 <<http://www.saskweb.com/healinghumour>>



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Astrological Forecast for November *by Moreen Reed*

Buckle your seat belts; life is about to imitate an action flick. Mars will be taking the lead this month uniting us energetically. There will be opportunities for combined efforts, that do not fizzle, they actually come up to full speed. We get to experience what happens when the "Conceptual" comes into energetic life.

What comes to life has already been set in motion. In particular the aspects Jupiter has been making to Pluto in September and the first two weeks of October, will be shaping the history we see now. What was up in your life/ the news then? Uranus is the only outer planet to make a direct aspect this month and that is to Chiron (the collective psychic wound). I am expecting insightful change is possible that can shift the core beliefs that keep us acting out of pain. My hope is that people in places like Israel/ Palestine act from an aware place not out of history.

The social planets Saturn and Jupiter are now in Review mode. Saturn is working on the final check of our response to the state of the environment (next check in 29 yrs.) and Jupiter to the conditions of our communication systems.

We start the month on a practical note with Mars connecting to Saturn, giving lots of energy for strategic development. Mercury goes direct on November 7th. A collective sigh is heard across the land. The path out of the quagmire of obsession, jealousy, manipulation, should be straight forward now. We now return to regularly scheduled programming.

The Full Moon in Scorpio/Taurus November 11th at 1:14 pm PST, will shed the light of awareness on the environment both personally and collectively. Mars connects to both Jupiter and Neptune bringing to life real movement. Uranus strikes a note of revolution as well. I am placing emphasis on planet

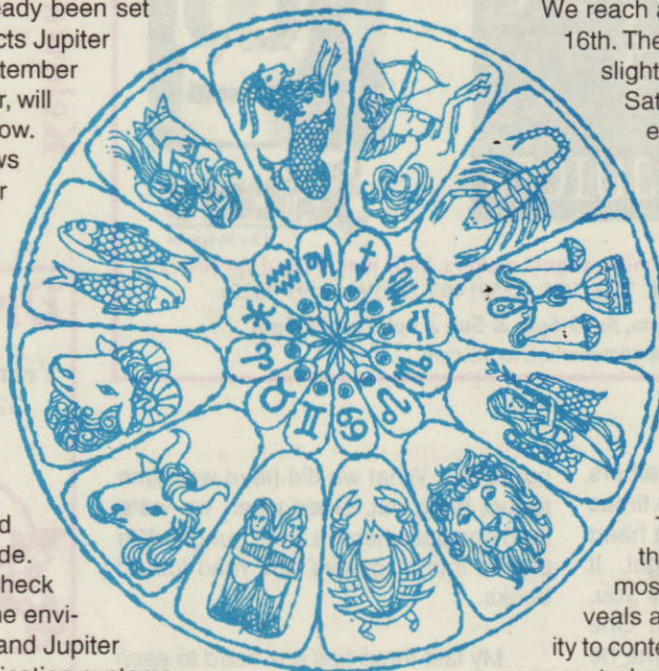
Earth here, but this could just as easily signal border changes in places like Israel or countries in Africa. On the personal note, shed the light of awareness on how energy flows in your life, is it sustaining for the long haul? The highlighted degree symbolism* "A woman drawing two curtains aside", and the keyword is daring.

We reach a crescendo of action around the 16th. The flurry of activity and action is only slightly slowed in the days to follow by Saturn's insistence on noticing our environment. By the 18th we will be wondering if the systems of communication can stand up to the pressures of activity being placed on them. Modifications will likely be required. By the 20th of the month those in power will be obvious and the momentum can be felt to increase, yet again, if that is possible...

The November 25th Sagittarius New Moon is at 3:11pm. The start of this Moon cycle offers the opportunity to plant hope in the most hopeless situations. The map reveals an opportunity to tap into the ability to contend with extreme difficulty and still come out ahead. Dialogue must be open and based on immediate experience. Old judgements and opinions have no place here. The highlighted degree symbolism is "A little child learning to walk"* The keyword is Individuality. Image starting all over again with the basics.

As we get to the end of the month fewer and fewer among us will be able to maintain the energy set in motion this month. I suspect most of us will be grateful for the slow down. For those who still need and want revolutionary action, Mars has one more aspect to make and the direct hit is on December the 2nd.

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



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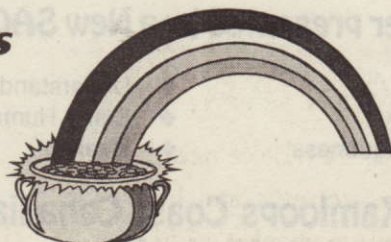
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The Celtic Cross



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



The Web of Wyrd

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



The Viking Runes

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



The Wheel of Life

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

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