

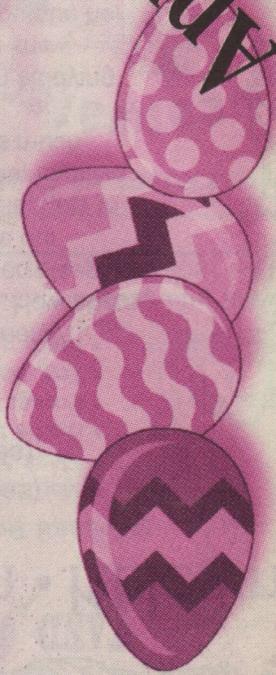
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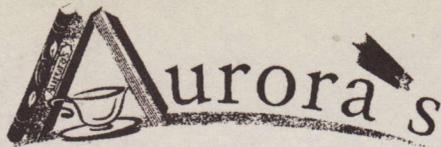
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The Great Easter Egg Hunt
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Connie Brummet
Facilitator

Aurora's April Course Schedule

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Mondays • Meditation • 6:45 pm \$3

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Tuesday • Celestial Light Rays Meeting

April 18 • 7 pm

For those who have taken the Intuitive Training Course this is a once-a-month class where we will be practicing, learning and sharing new ideas.

Wednesdays

April 12 • Intuitive Training 10 week Certificate Course 6:30 pm, \$275 & GST, see details below.

Thursdays

April 13 & 27 • Intro to Geo Tran • \$10 • 7 pm

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Other Events

April 14, 15 & 16 • Health Fair at Chapters, FREE

April 28, 29 & 30

Spring Festival of Awareness in Naramata.

I will be a presenter, join me!



Intuitive Training Certificate Program • Kelowna

Evening Classes	April 12th	Wednesdays	6:30 pm (10 - 3 hr. classes)
Day Classes	May 9th	Tuesdays	9:00 am (10 - 3hr. classes)

Investment: \$275.00 + GST

Remember back... Have you ever felt like someone was around but nobody was there?... Heard your name called or a voice in your head and again no human said anything?... How about knowing something before it happened?... You might have had images or dreams (when sleeping or awake) that just happened to come true?... We have all been given the ability to use our intuition, we just need a little earthly guidance. Come and learn with like minded people, how to develop these gifts to better yourself and others. A sample of the course outline: Auras, Intuitive Readings, Chakras, Manifestation, Pendulums, Energy, Past Lives, Psychometry, plus much, much more.

Connie Brummet is a Clairvoyant, Psychic, Healer and Teacher. Connie has been studying *Natural Emotional Healing* for the last nine years. As a child, she felt, heard, saw and knew things, which family and friends couldn't explain to her, and so she was compelled to pursue her own quest for knowledge. As she came into adulthood, through conversing and learning with teachers and people with similar perceptive and intuitive qualities she has developed her gifts. She has been asked to share her knowledge and discoveries with others who either seek their own psychic understanding or those who require a personal intuitive session.

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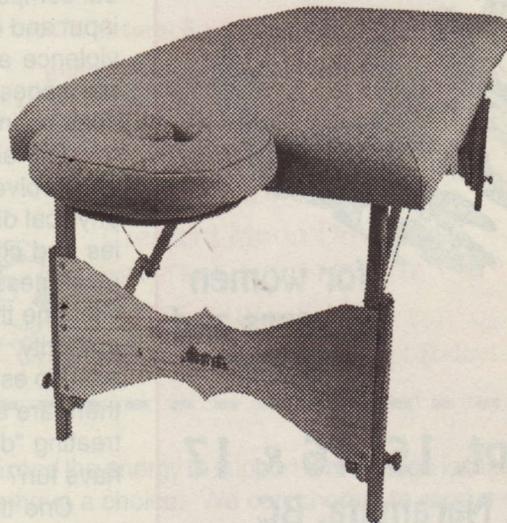
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Minding Our Bodies & Finding Our Souls

The passing into a new millennium appears to be an opportunity for many of us to search for deeper meaning in our lives—a meaning that must transcend materialism and “canned” spirituality. We have lost contact with our bodies in our computerized, automated society and as a result our awareness of sensory input and output has become fragmented and dulled, contributing to escalating violence and intolerance. If we fail to become aware of our bodies and the messages they are imparting to us, we take the risk of damaging our health and contributing to the negative realities prevalent in the world today.

The ancient yogins realized the importance of the mind/body connection and evolved practical systems for spirituality and discovery of the soul through physical disciplines. In a modern context we will share from our personal studies and chosen disciplines the practical applications that promote mind/body awareness. Most of us have already shifted into a new paradigm of health, a vital one that values our own internal authority more than the external medical authority. With a reorganization of how we make health decisions, comes the need to establish new relationships with our health care practitioners. We know there are as many different approaches to creating health as there are ways of treating “dis-ease”, so how do we deal with the information overload and still have fun?

One thing is for sure, most of what we have been brought up to believe about our bodies and our health does not allow us to journey along the path of self-healing with much support or certainty! This can be very frustrating until we discover new perspectives that allow us to fully integrate our beliefs with effective therapies. In our experience as health care practitioners we are assisting people to experience the wholeness of their bodies and minds in a new way. Beginning with the importance of mind-body communication through the nervous system, we learn to appreciate the need for physical activity. From there we can find out how to use our minds to create more freedom of movement and finally acknowledge the power of the mind as the ultimate healer.

We are offering an evening workshop to stimulate your mind/body awareness and increase your ability to navigate on your healing journey. Please join us to learn, laugh and celebrate your expanding awareness and the ability to live life to its fullest! *See ad below*

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Tuesday, April 18th, 7:30-9:30 pm

Speakers: **Dr. Barbara James**, Chiropractor
A New Paradigm of Stewardship

Dr. John Goyeche, Psychologist
On Finding Your Soul in Your Body

Sandra Bradshaw, Feldenkrais Practitioner^{CM}
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Tickets: \$10 at the door at the **Coast Capri Hotel, Kelowna**

For more information **250-868-2951**

The Heroine's Journey

CHANGE YOUR PATTERNS, CHANGE YOUR LIFE

by Charmaine Wagner

We love to read and see stories and fairy tales about the journeys of heroines and heroes. The triumphant success of any heroine/hero brings joy from our hearts, tears from our eyes, and a feeling of wholeness from our Souls. But why do we have these feelings? What is a heroine? And what is the journey?

The journey of the heroine and hero is the same. However, for each gender there are unique aspects that accompany the quest. The focus in my workshops and counselling is on the heroine's journey and how we, as women, need to become aware of the cultural and gender dynamics that touch each of us in our own unique way.

Do you think you are a heroine? Do you know someone who is a heroine? What does it mean to be heroic?

I had never thought of myself as a heroine until I truly understood what the word meant through experience. To be a heroine is to courageously embrace the 'duality', the positive AND the negative, that exists within us and within the world. Isn't that what the heroine does in the stories? She faces and overcomes some great obstacle, some great fear, and allows another aspect of herself to emerge and express itself, and thus, conquers the unconquerable! How glorious is that moment of triumph!

The heroine is that part of us, the Soul within, which breaks the barriers and enters into the 'shadowlands' of our unconscious, embracing that which we have for so long denied or repressed. How often have you blamed others rather than take responsibility for your situation? Do you ever feel guilty? It is only when we accept our 'shadow' nature, with an open heart, that we receive the healing that comes with the quality of Soul that seeks to express itself. Have you ever asked yourself this question, "Why is this happening to me AGAIN?" I have; and during my twenty-seven years of studying, teaching and counselling, I have discovered that we develop positive and negative patterns for a reason. Our patterns serve us and give us meaning. The challenge is to discover the meaning of pain and conflict in our conditioned patterns.

Sometimes we are afraid to change, and this is natural. We often become so entrenched in our patterns that they become comfortable in spite of the conflict that we experience. We cling to 'the old way' because that is what we know, and change brings the unknown. This is where the heroine in us can come forth; for we can be assured that if a pattern comes to our attention it is time for change. If we are experiencing a pattern that is causing disruption in any aspect of our lives ...within ourselves, in our relationships, at work, etc. ... it is a signal that we are ready to

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change, and the energy to support that change is there within us. We have a choice. We can choose to repeat our patterns or we can choose to change. What is your choice? We are all heroines when we recognize our dual nature and the conditioned patterns in our lives. This is when our journey truly begins. I want to share that journey with others as they resolve the duality that appears in their conditioned patterns. Through meaning and change, our UNFOLDING journey will bring greater peace, harmony and love in our relationship with ourselves, with others and with the world.

It is my belief that when we truly know and live the life of a heroine, we not only change our individual lives but we touch the heart of the planet and change the lives of people everywhere. *See ad below*

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Begin to discover the Meaning and Joy inherent
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The Great Easter Egg Hunt

Do you recognize the dreamy-eyed girl? It is me, when I was four or five years old and still living in Michigan. I seldom wore dresses or white clothes after we moved to Rosswood when I was seven. I asked Marcel what kind of picture she would like to see on this month's front cover and she said, "An Easter egg picture," so I dug deep and found a picture of my rabbit and told her one of my favourite stories.

The rabbit is on the table because my Mom was learning to be a painter and was told by her teacher to practice painting live objects. My rabbit seemed content to pose and I seemed content to watch. The baby bottle was my brother's; Mom used it as a contrast to give perspective to the picture she was painting. The pile of Easter eggs is an added artistic touch on my part.

As children we celebrated all the holidays, and every Easter, Dad hid brightly colored eggs all over the house. I liked the game of finding them but found that eating more than one gave me a tummy-ache. Sometimes it was months later when I discovered a lost egg and then it tasted better. When I became a Mom I carried on the tradition but switched to small chocolate eggs that were foil-wrapped. As my kids grew the hunts became more serious. The one I remember the best is the year I won. My boys were now teenagers of 14, 16 and 17 and there was a foster boy and Rae, my husband. I decided to hid the eggs only in the front room, otherwise it got too complicated and took too long. Typical of most Moms, I was always asking them not to leave their dirty clothes lying around, and the night before I reminded them to clean up the front room, but it didn't get done.

Early Easter morning I spent an hour being very creative and hide one hundred eggs. To put this contest into perspective, *this was serious stuff*. I sewed or taped eggs into the curtains, took apart light fixtures and anything else I needed to hide them in. When the time came for the hunt, the boys were organized. They divided themselves into two teams, moving the furniture into the middle of the room, searching each piece before putting it back. When the counting was done, they were five or six eggs short of the hundred. They questioned my counting ability, for they were sure they had done a thorough job. I grinned from ear to ear, trying hard not to laugh. With great smugness I walked over to the couch and gingerly picked at the heel of a dirty sock lying under it. Dale, the youngest, said, "Mom, you wouldn't!" I grinned some more as the eggs rolled out of the dirty socks into full view and I gloated—for about a week. After that, I noticed their socks were no longer left lying around the front room.

I have been caretaker to rabbits many times in my life. The one on the front cover was my first rabbit. Rosswood had lots of wild rabbits hopping around and we eventually caught

one, but he bit my brother so we let it go and Mom got us another tame one. As a young mother wishing to create the same experience for my children, I bought a pair of rabbits from the pet shop and was told we owned two of the same sex. I put them in a cage with only a little hay till I had time to build them a home. Several days later, I noticed dead baby rabbits in the cage. They had frozen to death for fall had arrived. This came as a surprise and a shock and I decided that I had had enough of rabbits.

When I moved into the building on Ellis Street in Penticton five years ago, I noticed a young rabbit hanging out around the woodpile. I left food out and he survived and stayed around. With the construction of the new pathway and the old woodpile getting moved, the rabbit decided to move across the street and live under a vacant building. Several people leave carrots for him/her and we can get within a couple feet of him, but he keeps his distance, standing up on his hind legs as he surveys the situation. Noticing when he is out of hiding is a magical moment for me, and I consider him the mascot for the Juicy Carrot.

In the last three months, I have had four one-hour deep massages on my left shoulder. It took two sessions to loosen up my neck so that it didn't feel pinched. After the third session, which felt like needles going into my vertebrae, I could feel sensations in the opposite jaw bone for days as my skull shifted. During my fourth session, I could feel a deep, subtle sensation in the opposite hip joint. Doing yoga afterwards I could stretch further forward, but the pull was intense on the right leg. After my walk and for a few days later, the hip ached and I am hoping that it is rotating slowly back into proper alignment, which will allow the opposite shoulder to drop. When I stand still and tune into my body, I notice that my feet like to roll to the outside edges. Ten years ago, I was struggling with pulling up the inside of my arches, as my feet collapsed inward. My neck now crinks and pops, as the vertebrae have loosened up, allowing my bones to readjust. I take this to be a good sign as I want the pressure from deep within to release for I no longer remember why I am holding that tension. Changing the way I walk and stand takes time and patience with myself, both of which I have lots of. I am delighted and honored to be given this journey towards self-realization.

My intent for the year 2000 wasn't clear until now, but then I hadn't made the time to focus on it. When I was out walking the other day, it came to me: my goal is to feel more energetic and healthier at age 50 than I did when I was age 25. I certainly am more intuitive and can now feel my energetic body. Each day I understand a little better what takes my energy levels down and makes my eyes feel heavy. Eating high-quality foods that rebuild my system is easier than ever. In fact, sometimes food is too abundant. I have always felt happy and satisfied with whatever I was doing on a day-to-day level and now that I feel like I have a mission and a vision, life is really good. I am grateful for all the blessings I get from the universe, for each day someone teaches me something about myself and my perceptions about being a human. We are all sparks of the Divine.



Angele



*I would love to meet you and exchange hugs,
if you are attending the Spring Festival.*

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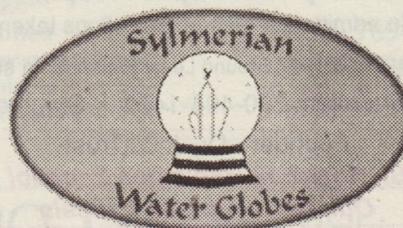
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Junegrass Centre

by Deb-RA Sawers

Junegrass Centre for Empowerment opens May 2000 on one hundred beautiful organic acres in Northern Alberta...a dream fulfilled.

Justyce Brunin and I (co-founders) were being prepared for weaving and webbing the dream long before we met. I am an artist and global ceremonialist and found myself the student of many spiritual teachers from many cultures over the years. This was enhanced by a love of Earth and twenty-five years of study of archeomythology, women's spirituality and cross cultural wisdom and truths. Justyce, a long time advocate for children's rights and a master animal trainer, found synchronistic events occurring at a rapid rate at about the time her path crossed mine.

Fast friends, with similar spiritual belief systems, we found we could pool ideas, resources, time and care for our six children and the two street children we cared for. Life was enhanced through partnership in focus on goals and ideas through meditation and image holding circle. The ideas for the centre had been a part of both our lives and we applied the same ideas that enhanced our family life to the seeing through of the vision for a centre with tipi/tent village, labyrinth, campsite and fabulous events and workshops to EMPOWER others. Weekly meetings and womanifestation sessions led to the land finding us on November 10/99 and by the 16th it was ours...complete with the river, trails, fields and location asked for in focus sessions.

"We are inventing new ways or actually accessing old ways of partnership, business and life," says Justyce. "Very little is written down and our energy and barter book is a sight to see. We try to focus on energies and movement of them, and money is only one form...often we have a zero bank account but someone comes forward with plants we needed or sees a building for sale or offers to work in the gardens for exchange of knowledge...it is so powerful, the coming together of like-minded people."

I am in awe of the human spirit and people's urge to give. We have had offers of crop harvest, labour, machinery, plants and horses...because at the root of Junegrass is empowerment for ALL and a belief that as we heal so does Great Mother. Thankfulness and gratitude, ceremony and ritual are a daily part of our lives, ever remembering Divine Creator and working in partnership with Spirit. A strong spiritual belief system and faith have nourished the seeds of Junegrass and love and light will see her blossom.

This year Junegrass will open with a Medicine wheel building ceremony on May 19 and on June 21 there is a World Peace and Earth Healing event with the theme of music and humour for healing. In August there will be Rendezvous 2000...a Womyn's Gathering.

Junegrass vision statement sums it up: We believe in the inherent gifts of every human being, the beauty of their soul, truth and the power of knowledge and understanding. WE believe the time is NOW for partnership with Creator, genders, communities and the earth as ONE. See ad to left



From the Editor...

Chit Chat

with Marcel



As spring bursts forth in the Okanagan Valley, I find myself feeling so grateful for the warmer days, the daffodils and tulips and the tinges of colour appearing on the trees. It seems like during the winter I always forget just how beautiful the new foliage is, so the reminder of this beauty comes as a delightful surprise every spring. This is something that is easy to be grateful for, but most times 'being grateful' is a concept that I struggle with. I know that Gratitude is a subject I bring up fairly often and I guess it is because I realise how important it is and I am aware of the difficulty I have incorporating it into my life.

Caroline Myss tells us in her audio tape, 'Spiritual Madness,'*The last stage, the one you are reaching for when you get beyond the separation, stage one, when you get beyond stage two which is 'my guidance versus yours' and get through stage three which is 'my goal is not to stop movement but to learn to go with movement', then the last stage, where you want to hang-out, is in Appreciation....you want to hang-out in Gratitude.* She goes on to tell us that on the days when we have trouble finding anything to be grateful for, 'being alive' is enough reason to celebrate. It is easy to be grateful for a banquet. It's when the banquet isn't there that it is important that we find reasons to be grateful.

It's true that some things are easier to be grateful for than others. Tops on my list are my good health, the blessing of family in my life and meaningful work. I am also grateful that the Universe has placed me in Penticton. I appreciate that there is no 'rat race' here, but still good restaurants and lots of activities. I love the lakes and beaches and the tourists that come every year providing an atmosphere of summer fun, gaiety and relaxation. It's like being on a holiday all summer even if I am working most of the time.

I think it is important to be grateful for the little insignificant things too—the ones that we just take for granted in our daily lives. One of my big ones in this department is 'toilet paper.' Quite regularly I find myself being grateful that I am living at a time when there is toilet paper. I appreciate the comfort and convenience we have today compared with how it must have been in the days before toilet paper or even when they started using the Simpson Sears or Eatons catalogues.

Probably the most difficult aspect of gratitude is learning to appreciate the value of the lessons being presented to us in our lives. Even though some of these can be very difficult I am trying to remember to be grateful for the learning derived from every challenge. I am also trying to be more aware of the blessings that appear on a daily basis. In this regard I am grateful for the example set by my business partner Angèle, who I notice occasionally during her day, raising her eyes to her Benefactor on High, blowing a kiss and expressing her thanks for a new situation, blessing or opportunity that has just become apparent.

Marcel

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Becoming a

For eight years now, I have had a shamanic healing practice. Until two years before I started my practice, I would never have guessed that this would be my livelihood and bliss. I did not do healing work or foresee myself as a healer. Yet I did have strong intuition. And others found it helpful to speak to me about their challenges. As I travelled the world, I was often introduced to shamans and healers. These seemed like interesting peripheral factors in my life then. Now I see they were indications of a gift that others could more clearly see.

I loved my life ten years ago. It was rich and full with work I enjoyed, stimulating learning, friends, family, and a loving relationship. I had almost everything I had ever dreamed I wanted and the future looked even brighter. And then after a year or so, things fell apart. The relationship ended. I quit my job before I was ready so that my ideal successor could take over. My dog died. I held up well for three months and then sunk into a strange depression.

It took about six months of introspection and the support of a counsellor to pull myself out of that pit. I felt I had learned a major lesson—that I was not in control of my universe. I could not make everything I wanted to happen, happen, especially when other people were involved. I felt I understood some of my deep thought and behaviour patterns and where they came from, but I didn't know how to change them. I didn't know where to look for hope for the future. But I decided to leave that be and just enjoy life, and what came, one step at a time. I felt free and glad to be alive and open to whatever my life would become now.

Then I went to a conference and found myself in a workshop learning how to do shamanic journeys. I was completely taken by this experience. In my shamanic journey meditations I found myself becoming different animals. And this changed me! My back was straighter afterwards and I felt more inwardly powerful. I came home and started asking everyone I knew if they knew a shaman who could teach me more.

Within two months I had taken a basic workshop with Michael Harner, the grandfather of the neo-shamanic movement, and was invited to a private vision quest retreat. There I had a vision that I would be a shaman leading ceremonies. This was quite unexpected yet it felt completely right. I realized then that this was the direction my whole life had been moving toward.

I felt fear at the awesome responsibility this role would carry. I protested, I'm little, I'm white, I'm a woman, I'm a management consultant! How could I be a shaman? I heard gentle, wise laughter and the words from an unknown source: "Do you think you're going to do this alone? We'll be with you, supporting you. Just keep doing what you're doing and you'll grow into it step-by-step."

I then became part of a group that met every two weeks to do shamanic journeys. We often did healing for other people. In my first healing journey, I was guided to do a soul retrieval—bringing back a part of a woman's soul that had split off due to trauma when she was young. I had never heard of this practice before. Yet every week, I and another

Shamanic Healer

man did the soul retrieval aspects of the healings. I loved doing them. I found it easy and exciting and I found myself filled with so much compassion for the people I supported in healing. I also received healing from the group and found that this was the answer to changing the behaviour patterns I had identified in therapy. I started feeling more alive and whole. I told some of the healing stories to my friends and they started asking me to do it for them.

So I began performing healings for my friends. After about a year, I mustered the courage to start charging money for the time I spent doing healing sessions. It was a challenge to feel worthy of this. Somehow I felt less responsibility when I didn't charge. But I was spending time and energy doing healings that was taking away from my paying consulting work. I asked for guidance from spirit and received the message that spirit wanted me to do healing work and wanted me to be supported in that. After a while, I charged more because I found it took more energy and time than I had originally thought. I gradually became more comfortable with the money aspect of the work.

After a year and a half, I left the healing group and worked on my own. I decided to take Sandra Ingerman's five-day soul retrieval course as I saw how powerful soul retrieval healing was. I met other shamanic healers there and felt part of an international community. People started asking me if I would teach them how to do soul retrieval healing. I said I didn't feel I had enough experience yet. I could not imagine myself doing this.

Then I plateaued in my learning. I sought guidance from spirit and got that to really learn I should teach. I put much time and energy that Fall into launching my own workshops across Alberta on Shamanic Care of the Soul—preventing soul wounding using shamanic principles.

I received a good response and learned much about sponsoring workshops. I continued to offer workshops and do healings. I started offering workshops to healers of other modalities on how to care for their souls using shamanic principles. I found I had a lot to offer them about healing work in general. As I gained mastery in my shamanic healing, clients with larger life woundings came to me. I enjoyed the challenge of working with people with multiple personality disorder and similar afflictions. I was still consulting, but it was becoming less of my work as my shamanic work grew.

And then came a time when it just felt right to offer a training course for healers. I put together the brochure and ads and prayed to spirit to support me if this was in the greater good. Four wonderful people came to that first seven-day event. It was the most powerful transformational event I had ever been to. I was in awe of the process. I had never felt so fully me, so fully used in every fibre of my being in service to the learning process of the participants. They changed before my eyes and I grew too. The second course a year later was just as powerful, so I decided to offer it regularly.

Step-by-step, I have become a shamanic healer, a shamanic teacher, and now a teacher of healers. Every skill I learned in my past careers has served me in this one. And

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looking back now, I know that the wonderful life I had planned for myself ten years ago was off the mark. I had planned it with my head. It would have utilized my skills and gifts in some ways, but not fully. I feel so natural teaching healers I know it is my calling and I'm blessed to follow it. Now I trust the process enough to continue following, not needing to know the next step, just trusting it will be there when I'm ready.

See ad below



Lauren Rama will be a presenter at the Spring Festival of Awareness Naramata, April 28, 29 & 30.

See page 29 for details.



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The Adventures and Journey of Douk-A-Bor Dan-Dee

excerpts from Jon-Lee Kootnekoff's second book



I am of the belief that I chose the moment and day of my conception, in the hayloft of a barn in Canora, Sask. at 10 pm on November 10, 1934. I chose to be born at 10 am on August 10, 1935... I weighed 10 pounds, 10 ounces. I am a Leo.

The midwife who delivered me in the family farmhouse took a look at me and my mother, Mary, and slapped my mother. I was very wrinkled and a small degree away from being really weird looking! Maybe a Space Cadet?

My father once told me our prize rooster crowed three times at the precise moment I was born. He said this was a sign of good luck. I was to become a teacher and lead an adventurous life. Wow, what a challenging, changing and risk taking adventure it has been—a lesson learning DHARMA. Every Spiritual Being I have met, I have met by Divine Appointment. Every place that I have been, there I was! For me there aren't accidents. I am here within this school/home and Earth Mother to take care of unfinished business, to love myself and others unconditionally, to forgive my self and others, to serve/give and to raise my level of consciousness. My 'sphere-circle of influence' are mystics, magicians, humorists, comedians, clowns, storytellers, shamans and elders.

My most profound influence has been that of my parents and grandfather. Although they had never heard of him, I believe that they dipped into the collective consciousness of a man called Jiddhu Krishnamurti. Krishnamurti's distrust of any organized cult or religion reflected the belief of my parents and grandfather that people carry their God within themselves. Krishnamurti's attitude is, "Truth is a pathless land, and you cannot approach it by any path whatsoever, by any religion, by any sect. Truth being limitless and unconditioned, cannot be organized nor should any organization be formed to lead or to coerce people along any particular path."

My attitude is that love and truth are

formless. Love and truth flow through form. We are that form!

Wrestling with my spirit has been much more challenging than getting the physical, mental and emotional dimensions of my life intact. I struggled with my spirituality because I sought it outside of myself. In vain, I looked to churches, gurus in black robes with white collars and/or self-righteous men who pompously spread their outdated dogma. Men who forced and coerced people into what to think and feel. Learning 'how to' think and feel has not been attempted as yet!

A sect, religion or tribe by its nature is meant to keep you safe and thinking the way they think and exist. They want you to conform and want to control you. They have a great fear of change and fear of the unknown. They are reluctant to encourage individuality because that is against the tribal archetype.

I found freedom of mind and heart by realizing that I could not change and evolve by the tribal group mindset. I needed to take my own individual responsibility and the management of my own soul and spirituality. It is my belief that I chose to incarnate into a tribal system that I didn't fit into. I had to not fit into! And I want to love them unconditionally and embrace them and I need to move on. I want to unplug from their circuits and take my own love-power back. I am releasing myself from tribal authority with sincere gratitude, not with anger. I need to seek and discover something of greater measure.

It has been written that, "We are shifting from reason-based thinking, which is body identified, into an age of chaos. Chaos is a Divine presence and is the realm of spirit. For spirit, matter is formless and space is infinite. Therefore, our approach to life needs to be circular rather than linear."

Jon Lee will be a
presenter at the Spring
Festival of Awareness
on April 28, 29 & 30 at
Naramata, BC.
See page 29 for details



Calendar of Events



April 13

Addiction and Creativity, Why is will power not enough to break free of addiction? A presentation with Jamie Rosanna Dorig in Kelowna. 250-717-1584, p. 31

April 14, 15 & 16

Reiki Level 1 Workshop, with Loro Tylor in Penticton, p. 9

April 15 & 16

Integrated Body Therapy, with Cassie Williams in Kamloops. p. 10

April 18

Minding Your Body, Finding Your Soul, at the Coast Capri Hotel, Kelowna. p. 4 & 18

April 20 - 24

Touch for Health, with Yvette Eastman in Vancouver. p. 26

April 22, 23, 24 & 25

Energy Balancing Funshop with James Minckler in Kamloops. An adventure in health awareness and self-empowerment, Call Jeannine Summers 250-673-4006

April 27 - May 1

Take Your Soul to Work, a retreat with Tanis Helliwell in Victoria, p. 16

April 28, 29 & 30

The Spring Festival of Awareness, in Naramata, B.C. p. 29

Geobiology & Earth Acupuncture with Merlin Beltain in Kamloops. p. 15

April 28 & 29

Self Realization with Craig Russel in Kamloops. p. 14

Animal Communication Workshop with Linda Collins in Vernon. p. 13

April 30

Daily Preparations for Spiritual Success with Craig Russel in Vernon. p. 14

May 5 - 7

Energy Balancing Funshop with James Minckler in Kelowna. An adventure in health awareness and self-empowerment. Call Gudrun Howard 250-769-4182

May 6

The Heroine's Journey, with Charmaine Wagner in Kelowna. p. 5

May 6 & 7

Body, Mind & Soul, Healing Arts Awareness Event in Cranbrook. p. 30

May 13 & 14

Wesak 2000, the Okanagan Valley Wesak Celebration in Vernon. p. 27

May 19 - 21

Opening Into Love with Jon Scott and Shannon Anima in Kelowna. p. 7

May 19 - 24

Mindfulness Meditation Retreat, Vipassana with Robert Beatty in Naramata. p. 7

May 23

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

May 26 - 28

Hand Reflexology Workshop with Chris Shirley in Penticton. p. 16

June 1 - 10

LIFE SHIFT INTENSIVE June 1-10/00 A ten-day annual program for accelerated personal growth and spiritual development. Blanche & Harreson Tanner 250-225-3566 BREATH PRACTITIONER TRAINING & CERTIFICATION AVAILABLE

June 23 - 25

Reflexology Certificate Course in Prince George. p. 9

ONGOING EVENTS

Reiki Classes - Usui Method, All levels, info call Margaret 250-868-2177 Kelowna

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

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EVERY SECOND WEDNESDAY OF THE MONTH

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WEDNESDAYS

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

SUNDAY CELEBRATION

Kelowna: Sunday 10:30am. Kelowna Centre for Positive Living, Science of Mind, French Cultural Centre, 702 Bernard Ave • 250-860-3500

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



Animal Communication Workshop

During this two-day intensive, participants will learn to communicate with their own animals. Basic communication, clearing and balancing techniques will be demonstrated. It is strongly suggested that people will have done some previous emotional release work. The ability to muscle test is a prerequisite for this workshop.

April 29 & 30

Vernon, B.C. \$150

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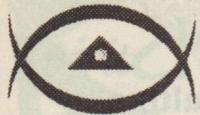
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Akasha gently guides us into our Higher Consciousness and shows us how to access the unlimited spiritual wealth, love, happiness and power of our Higher Self. We will learn how to be a clear channel for our Higher Self, and open a magical door to experience new creative abilities and qualities as part of who we are. Akasha will return on August 25 & 26 to complete the second half of 'Self Realization,' which includes a deeper understanding of individual and universal realities, and the difference and impact each of us can make in choosing and defining our reality of choice. The workshop concludes with practical steps we each can take to restoring the original divine blueprint of spiritual wealth, love, success and happiness that is our birthright.

Daily Preparations

for

Spiritual Success

Vernon, April 30

Sunday, 10-5 pm • The Village Green Hotel

Call Deanna Grace Mills at **250-558-5455**

Admission is \$88 and available at the door

Akasha shares with us new ways, means and patterns we can create and establish in order to experience more spiritual success in our daily lives. Akasha offers us a meaningful and joyous clarity of our spirituality, one that speaks of a loving relationship with our Higher Self and each other. Daily we can learn to harness greater love, inner strength, wisdom and power that translates into a life of fulfillment, happiness, growth and abundance. Join us Sunday as Akasha presents the Soul Journey material with a heart of wisdom, laughter and joy.

'Say Yes to Life'

A Message from the Angel Akasha

Beloved of My Heart, I greet you in the name of the Eternal One. Today I would like to talk with you about 'Saying Yes to Life'. There are many perceptions in your world as to what a spiritual path looks like and what it involves. Many of these perceptions involve concepts and old limiting, orthodox, religious belief systems of some nature. As an Angel who has been around a long time, I would like to suggest that living a spiritual life or being on a spiritual path can be as simple as 'Saying Yes to Life'. This saying yes is an openness and willingness and desire to broaden one's experience and is an invitation to the starry heavens to join with you in your eternal dream for life. I am speaking of an attitude that creates a sense of grandness of opportunity within your thinking patterns that causes you to not accept anything less than excellence in all facets and aspects of your life.

There is such a hypnotic spell of mediocrity that has been long-standing and it has shed a long dark shadow on the human experience. Yet in the latter half of the twentieth century, we have seen hundreds of thousands of people step out of mediocrity and begin to pursue with success some form of excellence in their lives. A greater dream has unfolded within the consciousness of many, causing a century of rapid evolution unparalleled in human history.

To step out of the main stream of human consciousness and dare to think for yourself, dare to dream a happier and more successful dream for yourself, demands that you 'Say Yes to Life' each and every day. If one consciously chooses to say yes, then life will demand of them to bring some magnitude into their thoughts and dreams, demanding a watchful self-check on one's own thoughts to examine whether their thoughts are bringing limitation or liberty into their own personal world experience. Saying yes to life demands ownership of everything that you feel within yourself, including the painful emotions. It demands an individual to stop pointing the finger at others, to stop all form of blame, and take total ownership for what one feels. A person who says yes to life each day, takes themselves in hand and disciplines their emotions to cooperate with their dreams and all they aspire to experience or express. An individual who is saying yes to life is not concerned with other people's dreams and world, but rather is one who seeks to use their imagination, vision and inner strength to build and create a life that is of their fondest passion and purpose.

If you seek deeply within your Hearts and listen to your feelings you will come to understand why you came to earth, you will know what your purpose is and what is your place in the universe. For the Heavenly Creator to express in your life as an infinity of Love and success, then the Creator requires that each of you design a Field of Dreams for yourselves for creation to express within. Beloved of My Heart, listen less to those thoughts that come to you in your head and listen more to your rich feelings and heart. Yes, Beloved, a spiritual life or path can begin by 'Saying Yes to Life' each day and going for the gold in everything that you do. It is your destiny and it depends on you showing up each day. *See ad to the left*

Sacred Science Geobiology & Earth Acupuncture

by Cassie Caroline Williams

Last June I attended a Sacred Science Geobiology and Earth Acupuncture workshop in Vernon with instructors who had trained with Slim Spurling. He had conducted a number of experiments dealing with areas of heavy pollution and high crime rates. One, which was particularly impressive, was that of air pollution around Denver, Colorado.

In the late 1950's I was growing up north of Denver. I can remember those trips to pick someone up at the airport and driving down into that ugly gray cloud above the city. In March of 1994 Slim Spurling and Bill Reid set up a number of environmental harmonizers along the front range of the Rocky Mountains, running north and south. The harmonizers emit a natural frequency out to a radius of 100 ft. When exposed to a tape, which emits frequencies similar to that of Mother Earth, the harmonizers emit to a diameter of thirty miles! During a period of days, for one hour a day, this area was cleared along the front range, subsequently the air cleared incredibly. Just over a year ago, I attended a workshop in Denver, finding the air very clear and then unaware of the geobiology experiment. Geopathic Stress lines were also addressed.

The devices used, such as the environmental harmonizers, are made of copper wire and gold-plated. They may be in the form of circles, harmonizers (basically a bunch of circles together), or other shapes. For effectiveness, all of these are a certain proportion of a cubit, an ancient Egyptian sacred measure of about twenty inches. Hence the term 'sacred science'.

There have been a number of applications of Slim's work in many areas of the world. When used in large cities with much crime, clearing of geopathic stress lines and the use of harmonizers resulted in dramatic drops in crime rates. In other places with severe pollution of lakes and rivers, this sort of clearing has made stupendous changes, returning to an unpolluted state. The course also presented a series of newspaper articles about how some treated areas had their pollution levels drop, although the public did not know the reason why.

During the course in Vernon, we learned how to clear geopathic lines and

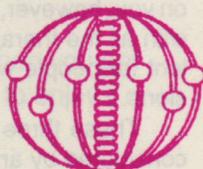
cleanse areas of pollution, crime, etc., assisting healing Mother Earth and also ourselves. The most dramatic day was day three, when we went outside to work with different areas of town. We worked with the area just outside the building where the course was held; the nearby creek had its bed altered considerably. As we worked with the deva of the creek to assist us with the clearing, many ducks and songbirds responded by flocking to the area. Later we went to the north end of Lake Kalamalka to clear its pollution; from the dock we called the deva of the lake, and in doing the clearing, many fish came to pool under us on the dock, as though fully aware of what were doing.

Initially, my own home didn't have birds coming to the feeder. After clearing the land and calling in the deva of the property to help me, the birds returned to the feeder. Over a period of seven months things shifted on my land.

Here are a couple of examples of what may be done with this work. Last summer I helped a friend to clear the small community in which he lived. One neighbor dealing drugs left several weeks after the clearing. Someone else cleared the house of a woman with breast cancer, only to find a junction of two stress lines through her bed in the area of her chest.

The course being offered in Kamloops at the end of April will be taught by Merlin Beltain from Vernon, who has trained with Slim Spurling. The group will learn to find Geopathic Stress lines in the land and buildings with dowsing rods and to clear various areas around Kamloops. Seasonally these stress lines change, so periodic clearing is the best way to achieve a cleared area. The group will learn to detect and neutralize these geopathic stress lines in a variety of ways. *See ad below*

Learn about the Environmental Clearing Program spear-headed by Drunvalo Melchizedek and Slim Spurling



Geobiology & Earth Acupuncture

with Merlin Beltain coming to Kamloops

April 28, 29 & 30, 2000

Join us! Learn to reduce pollution in your local environment.

Earth Acupuncture — Learn to dowse! Locate negative Earth energy zones that sap your creative potential and health. Learn to deflect and/or neutralize geopathic stress in many ways.

Nutrition — Nourish your body at cellular levels. Learn to bring higher vital life force energy into the food chain by using our devices ... at home, at work, in agriculture, or in the garden.

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Merlin has deeply explored healing herself as well as others, and has worked with the devic realms for many years. She is currently teaching others how to communicate with the devas and how to work cooperatively with Nature to heal energetic imbalances in the Earth.

Cost is \$175 for all 3 days if a \$50 deposit is received by April 15th, 2000 or \$225 after that date. Send deposit or full amount to

Cassie Williams, 335 Victoria St, Kamloops, BC V2C 2A2

Phone **250-372-1663**, Email: cwms@kamloops.net or Merlin@bcgrizzly.com

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Tanis Helliwell, M.Ed., author of the best selling book, *Take Your Soul to Work*, is the founder of the International Institute for Transformation. She had a private spiritual counselling practice for 16 years and leads retreats internationally. Clients include the Banff Centre for Management, IBM, Royal Bank, Alberta Medical Assoc., World Future Society in Washington, DC.



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HAND REFLEXOLOGY

by Chris Shirley

Recently, hand reflexology has received some much overdue attention. An Egyptian papyrus dated 2330 B.C. clearly depicts both hand and foot reflexology, so, both have existed since ancient times. Eunice Ingham, who made reflexology popular this century, acknowledged hand reflexology in her teaching, but only as "a back up" when it was not possible to work on the feet. Similarly, there have been very few courses or books that teach hand reflexology. Consequently, it is rarely offered by professional reflexologists and is little known.

One obvious advantage of hand reflexology stems from the easy availability of the hands. Foot reflexology requires bare feet, and both recipient and practitioner positioned comfortably for the feet to be worked on. This severely limits the settings in which foot reflexology can be comfortably performed. Whereas, hand reflexology is conducive to almost any setting.

Secondly, some people are much more comfortable having their hands worked on. Ticklish feet, smelly feet, perceived ugly feet and the invasive nature of having one's feet touched by a stranger can be barriers to foot reflexology. Hand reflexology is good news for people with any of these concerns.

A third advantage of hand reflexology is the comfortable accessibility of the hands for working on yourself. Working on yourself is never as pleasant as having someone else work on you, however, reflexology on your own hands provides you with all the therapeutic benefits of reflexology. This is excellent for people who wish to augment their professional sessions.

These three advantages of hand reflexology should be considered by anyone intending to learn reflexology: for professional practice, for practice with friends and family or for self-help. I predict that hand reflexology will soon have equal footing (excuse the pun) with foot reflexology, and may even become more popular than foot reflexology.

If you haven't experienced a hand massage, there is nothing quite as exquisite as surrendering those overworked, extremely sensitive hands to the bliss of nurturing touch. Try it.

PACIFIC Institute of REFLEXOLOGY in Vancouver
presents



Hand Reflexology

Certificate Course

with Christopher Shirley

Penticton • May 26, 27, 28

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www.pacificreflexology.com for general information.

INSTRUCTIONS FOR LIFE

by the Dalai Lama

1. Take into account that great love and great achievements involve great risk.
2. When you lose, don't lose the lesson.
3. Follow the three Rs:
Respect for self
Respect for others and
Responsibility for all your actions.
4. Remember that not getting what you want is sometimes a wonderful stroke of luck.
5. Learn the rules so you know how to break them properly.
6. Don't let a little dispute injure a great friendship.
7. When you realize you've made a mistake, take immediate steps to correct it.
8. Spend some time alone every day.
9. Open your arms to change, but don't let go of your values.
10. Remember that silence is sometimes the best answer.
11. Live a good, honorable life. Then when you get older and think back, you'll be able to enjoy it a second time.
12. A loving atmosphere in your home is the foundation for your life.
13. In disagreements with loved ones, deal only with the current situation. Don't bring up the past.
14. Share your knowledge. It's a way to achieve immortality.
15. Be gentle with the earth.
16. Once a year, go someplace you've never been before.
17. Remember that the best relationship is one in which your love for each other exceeds your need for each other.
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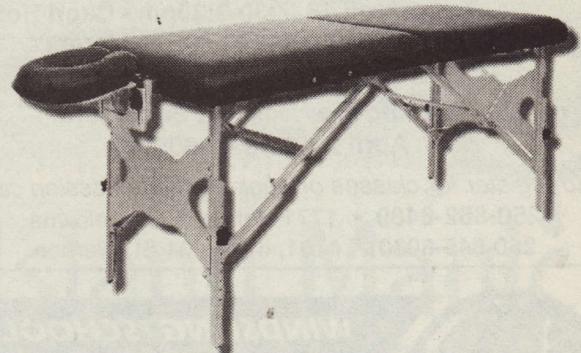
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A.D.D. AND LEARNING WITH THE D.A.V.I.D.

by Donalie Caldwell

Attention Deficit Disorder with or without hyperactivity can be a serious disability. Between 5% and 10% of all children have this disorder, which can lead to significant underachievement. Left untreated almost 80% of the will be held back one or more years and nearly half will drop out and fail to graduate. Low self-esteem and depression are a too common outcome. ADD is a chronic disorder that usually continues into adulthood. There is no known "cure" for ADD/ADHD. Often these people simply learn to manage their symptoms through behavior modification. There are various treatments available: Medication, Homeopathics, Behavior Modification, Neurofeedback and Brainwave Entrainment.

Recent research suggests the behavioral manifestations of ADD are secondary outcomes, consequences of neurological abnormalities. EEG recordings show that children with ADD produce more theta activity and less beta activity in the frontal and central cortical regions of the brain. These disproportionate levels of brain activity indicate under-arousal. Studies using positron emissions tomography confirm, that reduced cerebral blood flow and lower levels of glucose metabolism characterize ADD. To compensate for this underarousal, stimulant medication is often prescribed. An alternative approach to treating ADD is brainwave entrainment.

Studies using the DAVID (Digital Audio-Visual Entrainment Device) have shown improvements in attention, impulsivity and behavior. This was based on daily twenty-minute sessions over a period of two months. The process of the flashing lights and pulsed tones of the DAVID stimulates the cerebral blood flow and glucose metabolism. It also causes the electrical activity of the whole brain to resonate or entrain at the same frequency as the stimulation. Thus, the brainwave frequency can be raised, overcoming the underarousal state.

In the same study, learning-disabled children with reading difficulties were also included. The results showed significant improvement in reading, spelling and fluency. The students seemed to have enhanced self-esteem and were generally happier. The DAVID is now used increasingly within the Minnesota school system, where one study was conducted. Special needs school teachers and counsellors are also starting to be trained in the use of this incredible technology.

Other slow brainwave disorders believed to respond with the DAVID are: closed head injury, Fibromyalgia, PMS, chronic fatigue, SAD and insomnia. The device can be used for meditation, stress reduction, pain relief, to improve sleep, induce hypnoidal states, enhance mental performance, increase peak sports performance and boost creativity. The DAVID programs have the capability of slowing or increasing the brain waves as well as stimulating one brain hemisphere more than the other or integrating both hemispheres for maximum whole brain functioning. See ad to the left

Donalie will be at the
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Metaphysical Minister Meets the Challenge

by Rev. John Bright

I was raised on a Saskatchewan farm and when I learned to play the guitar I never dreamed I would still be playing after retirement in a second career as a minister. I received my degree from the University of Metaphysics in California after completing the required courses.

My wife, Iris, and I retired to the Okanagan in 1989 after years in the construction and development business in the lower mainland. Finding retirement boring I took up a second career. Being busy keeps you young. You always need goals. Retirement is not stopping; it's just changing what you do.

I attended church as a child and although my mother always wanted one of her three sons to be a minister, I never thought I would be the one. The Christian teaching was difficult to understand, it didn't make a lot of sense to me. Christ taught in parables and his teachings require interpretation metaphysically to be understood in a logical manner.

The following is a brief explanation of a well-known Biblical story: When Christ's disciples had been out fishing for some time and hadn't caught anything, the great master told them to go back out and cast the nets out on the other side of the boat and to keep the good fish and let the others go. This parable isn't about a fishing trip. The water represents life, the boat is our journey through life, the net is our mind and the fish are thoughts or ideas. We must change our thinking, keep the good positive thoughts and let the negative thoughts go. Now it makes sense. To help myself understand the Bible better I took Science of Mind classes for six years, graduating the final Ministerial two-year course in 1997.

The Science of Mind is the power of positive thinking. If you change your thinking, you change your life. Thinking positively to be a good person. If you don't have goals you just fade away. Life has a lot more to offer me and I have a lot more to offer life. I want to be involved in something that will help people help themselves.

I am the co-founder, with Judy Pedersen and Connie Bloomfield, of the Centre for Awakening Spiritual Growth. I was ordained at a recent ceremony at the Schubert Centre where services are being held every Sunday morning at 10:30am. We like to celebrate on Sundays with singing and positive messages from myself and guest speakers. I also play guitar to lead the singing. Everyone is welcome to attend our services.

No one should hold back from pursuing their goals because of an early lack of education. It has been a challenge for me and I had doubts I would make it this far. I didn't go to school until I was nine and then left in grade ten to work to help support my parents. I was really challenged with spelling when I first started to take courses but since I got my computer I have much more confidence. Although I have been challenged with learning I keep on because of my desire to help others to help themselves. We can choose whatever we want to do, there are no limits, only the limits in our own mind. We all have the power within us. Too many people feel they

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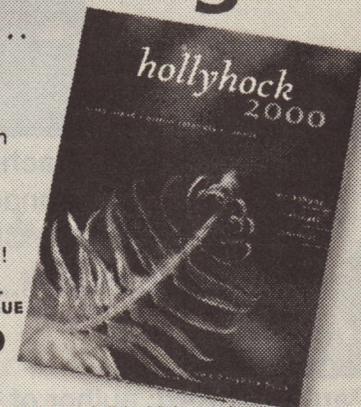
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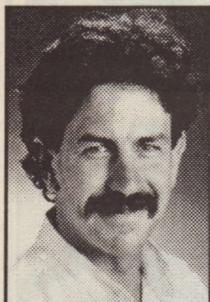
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are unable and give up, but we are all able.

My ultimate vision is to have a self-help community where people can learn to help themselves get back on their feet. I don't believe people want a hand out; they want a hand up. All I need is a large piece of land and I will organize this community where people will help other people to help themselves. I see all humans as spirit living a human existence and not humans with spirit inside. We use the human body to manifest what it is we want in this lifetime. The spirit is eternal. We must believe we can do it. If I can do it, with the upbringing I have had, anybody can do it. Age really has nothing to do with it. Get an idea, transform it into a goal. Pay attention to the Divine urge and follow your dream. You are all loved by the Divine Universal Power and I love you too!

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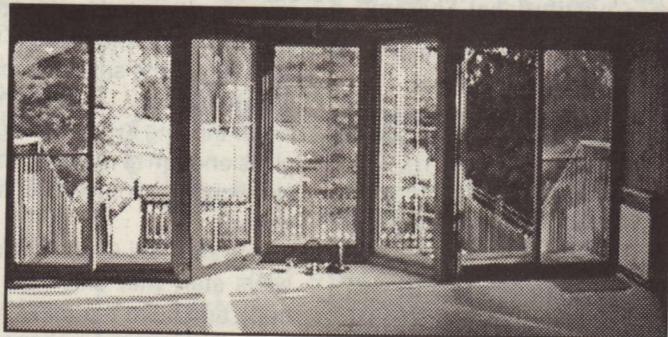
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Overcoming the Fear of Falling

'Taichi way'

by Harold H. Naka

You have heard about the fear of flying, but how about the fear of falling? No, I am not talking about being in a plane; I'm talking about falling while standing on the ground. There is a real concern with falling among the elderly. So much so, that researchers recently conducted a study with groups of seniors to find ways to improve their balance (falls by the elderly often result in permanent disability, complications leading to other illnesses or even death). One group participated in a Taichi (Taiji) program while another group used the latest high tech. computer system designed to help halt falls. At the end of the fifteen-week study period, the Taichi group had achieved almost 50% better balance over the other group. (This comes as no surprise to Taiji players).

One of the reasons Taiji is so effective, is that one learns to move with the body's natural way rather than against it, also the slow flowing, shifting of the body from one leg to the other helps to maintain strength and balance. The report conclusion said: "Our data suggests Taiji can influence older individuals functioning and well-being significantly and provide some appreciation for why this mind-body exercise form has been practised by older Chinese for more than three centuries."

Over my years of Taiji-Qigong practice, I have come to some interesting conclusions. I have noticed that our way of living and moving is influenced by our culture—we live in a cultural body. Almost from the moment we are born the conditioning begins and continues on throughout life. The fear of falling is subconsciously associated with the fear of losing control and looking foolish. You have heard the saying 'I hope I don't fall flat on my face.' Just the thought of falling or tripping in front of a group of people is enough to make anyone tense up. No wonder we are so uptight (tight up on top).

In my Taiji-Qigong classes we always start with exercises to relax the body and calm the mind. I tell my students that unless we change our habitual way of holding ourselves up with tension, we will end up walking in our shoulders and our feet will shrivel up.

Actually the fear of falling is a myth perpetuated by society to keep us ungrounded, uncentred, unbalanced and untrusting of ourselves. To prove how much power we have invested in this myth, I told my students to fall, to really try and fall. Nobody has fallen yet, so there is no need to use tension to hold ourselves up. To prove my theory I decided to try it out. I was leading a Taiji-Qigong workshop in Naramata, when I announced to the class that I was going to fall. They gave me a look that said, "You've been standing in the hot sun too long." I repeated that I was going to let my body fall. The class gathered around me, probably wondering how I was going to accomplish this great feat. I was focused on staying relaxed; I didn't realize how much trust was required to let myself fall. There was no backing down now, I stood with my feet together, my arms at my sides and leaned back. I told myself to stay relaxed as gravity kicked in and slammed me onto the ground. I landed with a thud, it's true, gravity sucks (hard!) I got up, smiled and feeling a little groggy said, "Don't try this at home." Later on I felt a little nauseous. I had received a mild concussion—I must have tensed my neck a split second before I hit the ground.

That experience gave new meaning to the saying 'breaking your fall.' I can understand how the elderly can break when they fall. When people encounter conditions that are hazardous like icy sidewalks, there is a tendency to tense up. Taiji teaches us to stay relaxed in these situations. When one is relaxed there is a connection to what is under one's feet and the body-mind responds to the situation under foot by staying balanced and centred.

Taiji-Qigong has been proven to enhance balance, strength, coordination and overcome the fear of falling. I know I have; now I have to work on fear of landing, without breaking or getting a concussion. Remember, it is better to fall for Taiji-Qigong than to fall on your face. See you in class. *Ad to the left*

Harold will be a presenter at the
Spring Festival of Awareness
Apr. 28, 29 & 30 at Naramata.
See page 29 for details



Astrological Forecast

for April 2000 by Moreen Reed

In the month of April we will see the end of the Saturn and Pluto domination that has kept our experiences tied to the treadmill of maturity. Don't get me wrong here, the human species can stand to mature, it's true. Still most of us would like a break. Mars, the energy that most likes straight up action, and is driven by a simpler black and white view of life, will tangibly shift the mood on April 15, when he skips past Saturn. Yahoo!!! You can now expect clear agendas that require positive concrete action and best of all, attainable tangible objectives will replace compromises that have left us all worn out and let down in the recent past.

The Aries New Moon on April 4th is at 11:12 am PDT. Aries is traditionally associated with the energy of spring, robust, lusty and headstrong. Start this Moon cycle with active planning based on principles of sound common sense. Please keep in mind that an old order is passing away.** The picture painted today shows competing agendas. Mars is closing in on Jupiter creating a condition of maximum enthusiasm that can lead to premature action, while Saturn sits with his eye on consequences, ready to impose lessons of maturity. The result—one foot on the gas at the same time that the hand brake is on full! The highlighted degree symbolism is 'Nature spirits are seen at work in the light of the sunset'* The keyword is Invigoration.

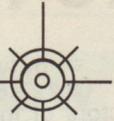
Mars will be the most dominant contrast to the Saturn Pluto agenda in the days to come. We get David versus Goliath on the 5th, as Mars joins forces with Jupiter. I expect bombastic moves in both economic and political areas to start today. By April 9th the bubble will burst, the trains will derail and the familiar lesson of humility will be powerfully imposed.

On April 15th we reach an important point of no return that is directly related to a twenty year long economic cycle that sees a new beginning in May. Mars joins the planet associated with natural obsolescence Saturn, and we will witness an old order's momentum stop. Then as Mars moves past Saturn we will see who and what keeps moving forward. I expect that the full impact of the first two weeks of April will not be fully apparent till after the May 28th conjunction of Jupiter and Saturn, the beginning of the new economic cycle.

The Full Moon in Aries/Libra on April 18th is at 10:41 am PDT. We are asked to shed the light of awareness on the bigger picture today. Today marks the halfway point in the current eclipse cycles. Look back to the end of January, the start of February. Have you moved forward in your current agendas or are you stuck in a rut? Finding the balance between your objectives and the objectives of those you interact with will keep you moving forward in life. The highlighted degree symbolism* 'A celestial choir singing', and the keyword is Veneration. A note of caution for today and tomorrow, Mars is striking a difficult note with Uranus, I advise avoiding situations and people who are in conflict. Individuals who have been harbouring resentments can be easily triggered into violent reactions with this energy.

The next ten days of April take on a decidedly personal flavour. Mars the planet of intentional use of will and Pluto our evolutionary agenda hold court. For those who are clear in





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their goals this will be a very productive time, and we may see dramatic advances in areas associated with law, education, the environment and accumulations of wealth. For those who play power and control games, dominion looks possible. Lastly if you are choosing the victim role you might want to seriously look at what it is you value and the beliefs that hold you entrenched in this role. This time favours those in power.

April ends with a decidedly heavy focus on Taurus, both Mercury and Venus enter the sign on the last day of the month. Now the only one missing is the Moon, and she is closing fast, arriving to complete the alignment on May 2nd. We all may for a moment or two, experience time coming to a stand still. For those who are needing change at this time, it will be like their feet have been nailed to the floor and every situation is in resistance to the change they want. I recommend a time out and indulging in your five physical senses, to renew your relationship to life and to self.

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

**Note: this will have an impact on economic and political trends

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GLOBAL LIVING PROJECT GEARS UP

by Ivan Ussach

Erica Sherwood and Jimi Merkel, co-directors of the Slocan Valley-based Global Living Project (GLP), are preparing to leave the deep peace and modest comfort of their secluded mountain home site for the 3rd annual GLP "Cycling for A Sustainable Future" Tour. They are headed by bicycle for the west coast, seven snowy mountain passes distant, to give presentations and workshops on their special brand of Global Living to university and other urban audiences from Victoria to Seattle. Global Living is, in practice, living simply and harmoniously within the means of nature. It is also, in theory, an equitable way of life, in which one strives not to use more land and resources than what Mother Earth can provide on average to each of six billion people—while also allowing adequate habitat for the millions of other species.

After experiencing their presentation last fall on the east coast, I was so moved and inspired that I left my own cozy rural digs to join them for a six-month "Wiseacre Challenge." Together we will see how close we come to living *well* on the equivalent of one acre per person—the wiseacre—a figure based on setting aside 80 percent of the earth's bio-productive land for wildlife. The average Canadian consumes 18 acres. The emphasis on "well" is intentional: As Erica once said, "If it ain't fun, it ain't sustainable." Creativity is essential.

For Jimi, the years he spent hawking electrical systems to the military seem like another lifetime. The Exxon Valdez disaster changed everything. He decided the Earth's problems were too serious to wait until retirement. Using the tools of "Your Money Or Your Life," the national best-seller, he was able to quit his job, achieve financial independence and devote his life to environmental service. Building on his love of cycling and his disenchantment with auto-based culture, Jimi was instrumental in expanding alternative transportation in Southern California, while honing simple living skills. In 1994 he researched efficient resource use in Kerala, India and the Himalayas as part of an Earthwatch expedition. He moved to BC the following year, founding the GLP as a non-profit volunteer organization and initiating the GLP Summer Institute as a unique forum in which to blend the life-fulfilment tools of

YMOYL with another powerful tool for personal and planetary transformation: The Ecological Footprinting technique, developed at the University of British Columbia. This year's Summer Institute will be the fourth, with Earth Matters of Nelson taking on a lead role.

Erica and Jimi found each other in 1998, and it wasn't long before she left her human services career and joined him, first, on the mountain, then on tour. Sherwood, also an experienced activist on women's and environmental issues, says her decision became clear when she realized that she couldn't be at peace until she was working for the Earth. This is her second year organizing the Cycling Tour. She spent most of 1999 crossing the continent on her bike with Jimi with a message of peace through simplicity. She continues to explore her deeper interests in ecology, poetry and Earth-based spirituality. The pair will be joined on the coast by Dr. Mathis Wackernagel, co-author of "Our Ecological Footprint," and Dave Heitmiller, author of "Getting A Life."

The Ecological Footprinting technique measures the approximate amount of productive land required to provide goods, services, energy and waste elimination; it's being used increasingly around the

world as a quantitative indicator of the ecological impact of human consumption. The GLP team will have in tow copies of the just completed first edition of the Global Living Handbook, to excite and help recruit a committed cadre of urban footprinters.

And me? I'll be holding down the fort, supporting the tour, prepping the gardens, learning the wild plants, sprouting, doing yoga and poetry. I have never breathed such clean air, drunk such clean water, eaten so simply or so well; and I've certainly never lived where all my bodily wastes could actually *support* organic-permaculture gardens. In short, my actions and core values have never been so well-aligned. The effect is exhilarating, like a huge burden lifted. I am so grateful. And, it's fun!

For more info contact the GLP at (250) 355-2585, email jmerkel@netidea.com or visit our website at www.netidea.com/~jmerkel/

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H.D. Thoreau

PROJECTS: GLP 2000: "Wiseacre Challenge"

A team of five researchers are spending six months documenting their low-impact lifestyle while seeking to live well on the smallest "footprint" possible. Their ambitious goal is the "wiseacre," equivalent to one acre of productive land and sea space per person. The average Canadian uses 19 acres, the average American uses 25 acres. Several team members have previously achieved footprints of three to four acres. Members weigh, count and record each item used in daily life, and use Ecological Footprinting (EF) to determine the equivalent area needed to provide materials, energy and waste assimilation. Dividing the earth's total productive area by total human population yields an average of 5.5 acres per person—without an allowance for the millions of wild species. The "wiseacre challenge," therefore, is ultimately an attempt to live equitably among people and wildlife.

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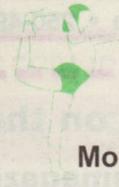
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SHAMBALLA 2000

by Todd Lorentz

The influential Dallas Herald described an immense surge in public interest in Buddhism and other forms of 'non-traditional' religion, and reported recently that over 50% of Americans claim to have had some inner experience of divinity.

This discovery of God Within, tied less and less to organized religion and congregations, is what publishers call 'private spirituality.' It has dominated book sales for the past ten years with chicken soup for all, conversations with God, etc. such that the period has been dubbed 'the decade of the soul.'

Anyone who has pursued any form of religious studies can tell you that this is a sign of the times. Those who have delved a bit deeper know that it is in line with the reopening of the Mystery Schools and the re-emergence of the esoteric teachings foretold in spiritual traditions like Freemasonry, by the seer Edgar Cayce and even by many of the Native American traditions.

There is much material available on the planned release of the Ancient Wisdom teachings, starting in the late 1800's with Helena Petrovna Blavatsky, who lived and worked with the Masters of the Wisdom, perfected beings high in the Himalayan range. She later founded the Theosophical Society to bring to public attention the body of knowledge concerning this great plan that she had received from them. From 1919-49, Alice A. Bailey produced a series of books under the guidance of one of their number, the Master Djwal Khul, while physically thousands of miles away. Today, British author and lecturer Benjamin Creme continues the delivery of these teachings via hundreds of interviews yearly.

Readily available in any bookstore or library, these teachings and others now coming to light are about the constitution of humankind and the universe, reincarnation and karma, initiation and the path to divinity. One great theme that runs through them is the use of sacred ritual to usher in the energies of Brotherhood, Goodwill and Synthesis, the 'building blocks' as it were of the Age of Aquarius now dawning. It is thus no accident that more and more people are hearing about and beginning to celebrate what is known as the Three Full Moon Festivals of Spring.

Starting with the full moon at Easter, these three festivals form the high point of the spiritual year, a time when a pathway opens, literally, between Earth and the spiritual forces, which protect and nurture the planet and all its inhabitants. It is a time when humanity can best capture and absorb the higher energies that are pouring in. This year, a special added grace occurs. One of the great forces of divinity, the Shamballa force, will be released directly to humanity. It is known as the Ray of Power, and it allows old forms of crystallization and conditioning to break down, and make way for the creative energy or Ray of Love.

The Shamballa force, the energy of Destruction personified as Shiva in the Hindu trilogy, has been released only three times this century: once before the World War period of 1914-45, which completely changed the geopolitical and social cast of society, and destroyed the old and worn-out civilization. Shortly after the release in 1975, several great teachers entered into our midst, spiritual titans of the order of the Christ,

the Buddha and Mohammed, who are gradually emerging onto the world scene to help us solve the critical problems facing humanity today.

What the pouring forth of the Shamballa force will occasion now in 2000 has yet to be determined, but the esoteric teachings link it with the much larger cyclical release of this energy. One release occurred in a civilization that predates ours, Lemuria, when the principle of mind was implanted, and animal-man came into being. This corresponded to the birth hour of the human soul. A second occurred with the destruction of Atlantis, recounted in modern history as the Great Flood.

The esoteric teachings state that 'each time this energy strikes into the human consciousness, some fuller aspect of the divine plan appears. It is the energy which brings about synthesis, which holds all things within the circle of the divine love.' It produces two subsidiary benefits: the destruction of undesirable and hindering world forms in government, religion and society, and a synthesizing force which binds together that which has hitherto been separated. The key to its right use is understanding and group use.

The Shamballa force is so new that it is as yet difficult for humanity to recognize. It was experienced during the first and second world wars as a great energy of purification, which was regenerating humanity, and widespread fires were a characteristic of the time. Who, having seen the explosion of fireworks all over the planet at New Year's 2000, could doubt that, 'That which has so grossly imprisoned the human spirit is disappearing: the rocky grave of humanity is breaking open and releasing man to a new life of resurrection.'

That new life is celebrated at Easter, of course, the first of the yearly Three Full Moon festivals, and the first in this era of brotherhood now dawning. The Shamballa force ushers in a new and potent demonstration of divine living this year, and the ancient mysteries are being revealed: humanity is ready and it has called.

Todd Lorentz is a student of philosophy and esotericism doing graduate work at the University of Edmonton.

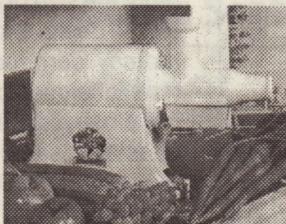
Alice A. Bailey, The Externalisation of the Hierarchy, Lucis Trust: New York, 19—, p.439 idem, The Rays and the Initiations, p.716 idem, The Externalisation of the Hierarchy, p.71 idem, The Rays and the Initiations, p.86



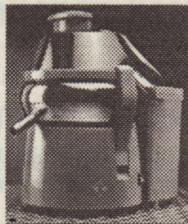
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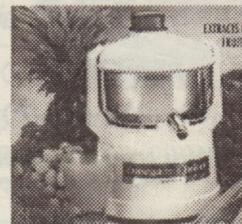
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Healing Comes in Many Forms

by Cathy Fenwick

When I was diagnosed with cancer in 1990 I had a tumour the size of a large egg and seven of eleven lymph nodes tested positive for cancer. Surgery and six rounds of chemotherapy were recommended. While I gratefully received this traditional medical treatment, I felt there was more I could do to help myself. I talked to anyone who would listen. I asked questions, searched and read everything I could get my hands on. Purely technical treatments seemed so inadequate. Where did mind and spirit fit into the picture?

I actively participated in many complementary healing practices such as healthy diet, vitamins, acupuncture, meditation and visualization, prayer, psychotherapy, humour and positive attitude, but something was still missing. The healing work I was doing didn't feel holistic; I was treating body, mind and spirit as though they were separate. Most treatments left out my spiritual self or isolated the soul as something which lies beyond. Two years after surgery and chemo, my sister sent me an article about shamanic healing and soul retrieval.

Shamanic practice is based on the belief that body, mind and spirit are inextricably linked. Any action or reaction on one part affects all the parts, not only for individuals, but for everyone and everything. Shamanism is about finding ways to live in harmony with all life forms. This immediately appealed to me. I was about to travel to Alberta in search of a shamanic practitioner when I discovered a small group of practitioners here in Saskatchewan. In a workshop titled "Ancient Way of Knowing: The Shamanic Journey," I learned about shamans and the shamanic work that continues today.

Shamanism is the earliest known practice of healing mind, body and spirit. Evidence of these methods exists worldwide and dates back 20,000 years. Illness is seen as spiritual in origin and healing requires intervention on a spiritual level. This work teaches us how to help ourselves and others, to live in health, happiness and in harmony with nature. Shamanism encompasses the belief that everything is alive. People are alive, and so are the earth and the universe. Key features include remembering self, maintaining one's personal power, and living peacefully with all of creation.

Many of us in the modern world live disassociated from natural balance in the universe. In order to survive when things are unbalanced or a trauma occurs, we cut ourselves off emotionally and spiritually in order to help the body survive. In psychology this is called dissociation. Shamanism refers to this as soul loss. Symptoms of the trauma may heal, but the soul parts may not return. To be fully alive in the body, mind and spirit, we need to have all functions in all three areas working together. We can't do this when some of the parts are missing. For example, my mind would not work to full capacity with even small bits of my brain missing. Spirit or soul is not fully there if parts of it leave in order to protect us from injury. Often we adapt and carry on, not noticing the missing parts most of the time, until we become ill.

This work in no way contradicted what I had learned in my studies and work as a therapist. In fact it made perfect

sense. We need all our parts if we are to be fully aware. Often therapy doesn't progress because something is missing. Therapists and clients tend to focus on the emptiness or the dissociation that follows traumas. In soul retrieval we focus on filling the emptiness. The part of our self, the soul part, that left us is brought back. Now we can really deal with what happened, finish the issue and move on. During my own experience with soul retrieval, my shamanic practitioner was able to find and retrieve three soul parts which had left at various stages in my life and had not returned. The descriptions she gave me fit with memories I had of those times. A fourth soul part returned spontaneously, about three months later, during an early morning meditation.

At first I was sceptical, but I continued the work, adopted an attitude of discovery and watched as my healing progressed. It took several months for my body, mind and soul to reintegrate. The process continues. I still experience loss, grief and trauma but I now have a method for keeping body and soul connected. My life has changed in many ways since the cancer diagnosis. Shamanic practice has given me a deeper understanding of the interconnection of all things and brought my life back into balance. I am more energetic, the sky looks bluer, trees are greener, snow is whiter and there is a healthier glow about life in general. I am much more attentive and respectful of all life including Mother Earth. I feel healthier, happier and more peaceful. I am grateful for the deeper understanding of the interconnection of all; how harm done to one part harms the whole. When we work towards healing one part we participate in healing the whole.

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



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Body, Mind & Soul

A Healing Arts Awareness Event

by Audrey Neufeld

In the fall of 1999 my partner, Miles Phillips began developing his dream of becoming a promoter of the healing Arts. Miles operates a retail store offering local art, chocolates and giftware, however, it became clear, that for whatever reasons, the store front was becoming a gathering place for people interested in the Healing Arts. The timing was right, and with little time to think about it he enlisted the organizational skills of friends and associates and the first Healing Arts Awareness Event became a huge success for all who attended and participated. With requests for a similar event in the spring, Miles and I formed our company, Kootenay Healing Arts Promotions. Life has been very exciting over the past months with meeting and learning from such a wide variety of holistic and spiritual healers.

The May event promises to be even larger with greater community interest. Expanding from using a large conference room with approximately twenty-seven information booths and combined lecture room, we will have the entire conference room for increased booth availability with a separate lecture room. The response is truly heartwarming; from the first event the overriding sentiment was delight at the abundance of loving energy created by the gathering of Healers.

The people of the East Kootenays are opening their hearts and minds to all that is available to them and we are grateful to be part of the transition.

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The Dynamics

"Desire begets Desire" is how Eastern Sages describe the dynamic behind our longings, cravings, greediness and the myriad of other such aspects of desire. Accordingly, their wisdom tells us that desire must be identified, taken by its roots, and ultimately culled from our psyches if we are to attain ultimate 'peace' and freedom in our oft turbulent and troubled lives. But what in actuality is desire? And how and where does it come from? Is it an innate part of us and therefore immutable or is it born of our experiences while in human form and therefore transmutable into a positive, more supportive aspect of our being?

At a transpersonal or collective level, we all experience desire both consciously and unconsciously. Desire emerges and grows through the process of evolution as well as through the workings of 'freewill,' that special gift which we as Human Beings enjoy. In one sense, certain desires are innate and necessary to our being yet, many other desires that arise from choices we make are not only unnecessary, but also outright harmful to our being.

An example of an innate, unconscious desire is the will to live, which both in the human and animal kingdoms is termed the 'survival instinct'. As such, we don't wake up each day and consciously choose whether we want to live or not. Rather, it is simply a part of us, that inexplicable spark which even in our darkest moments keeps us from calling it quits! However, as human beings, through the exercise of our freewill, we have taken something as fundamental as our 'need' for self-preservation and turned it into something much more disturbing—greed!

In the animal kingdom, an animal consumes only that which it needs in the moment—no more and no less. Should you offer it a second helping, it will not accept it, as its needs have been sufficiently met and it is content. We on the other hand have become insatiable in our appetite for material possessions as we lust after money and material pleasures in an attempt to be more secure, happy and free. Often, we live in future time and become obsessed with feeling secure. Ironically, this very insecurity and attendant fear usually render us even more insecure, possessive and miserable. And in the process, we end up harming, both consciously and unconsciously, all of those who stand in the way of our desires being fulfilled.

In the corporate world, the *powers that be* depend on this dynamic to fuel their greed. We are encouraged to be 'ambitious' or 'motivated' in order to be successful and thus more secure. For me, this is synonymous with stopping at nothing to get to the top! The unfortunate consequence of all this, however, is that ultimately the ensuing loneliness and isolation that we experience through harming others becomes underscored by our own attendant hurt. Inevitably, our apparent 'victories' soon become hollow and meaningless, compelling us to seek out something 'more substantial' and thus, the cycle of 'desire begetting desire' continues ad infinitum. And when the pain of hollowness becomes unbearable, rather than

of Desire

by Taron Puri



going within, we then turn to 'substance' abuse through developing addictions to drugs, sex and alcohol for our edification!

Our quest for fulfillment through relationships provides yet further fertile ground for exploring the dynamics of desire. As with material cravings, our entanglement in the web of desires for another also never finds fulfillment as by its very nature, desire begets desire. The Ego gladly hosts and sustains our desires and leaves no room in our heart for the soul to enter and illuminate our being in unconditional love. Instead, our desires take root within the heart and take expression in the form of our infatuations, our lust and our greed. We become self-centered in our neediness and ultimately dependant and possessive, as opposed to being centered in ourselves and thus connected and self-illumed in our worth. Lust for another diminishes our spirit by creating separation and suffering, rather than unity and joy. It narrows down the scope and flow of life rather than being expansive and free and it generates a craving of the senses as it 'seeks' fulfillment, whereas love is an expression of the light of spirit and is the actual 'experience' of fulfillment.

Certainly our inborn longing and need to be loved is not only valid but also necessary for the nourishment, growth and the ultimate blossoming of our being. However in order to achieve such a state, we must consciously recognize the difference between the energy of actual love, and its shadow, desire. We must identify and remove through a process of 'unwinding,' all the blocks which ego-based desire has placed in our path under the guise of legitimacy and naturalness. In the final analysis, the more our desires are indulged through their expression, the more we become enslaved by their self-entwining nature—much like a stick around which layers and layers of twine are wound.

On a practical level, in order to reach a state of desirelessness, we must pursue a path of action that includes the practices of meditation, selfless service and devotion to a higher source that embodies essence over form. Rather than being lofty principles, these practices will reconnect you with the source within you, which is self-illuminating and pure. This will eliminate over time your ego based desires which are a mere shadow of the light of spirit. By exercising your free will to ultimately free yourself from the bondage of desires, you will free yourself from the misery, self-pity, anger, jealousy and the countless other progeny of a heart filled with unfulfilled desires, and become instead secure, tranquil and perhaps even enlightened!

Taron will be a presenter at the Spring Festival of Awareness in Naramata, B.C. April 28, 29 & 30. See page 29 for details or pick up the February Issues for the program.



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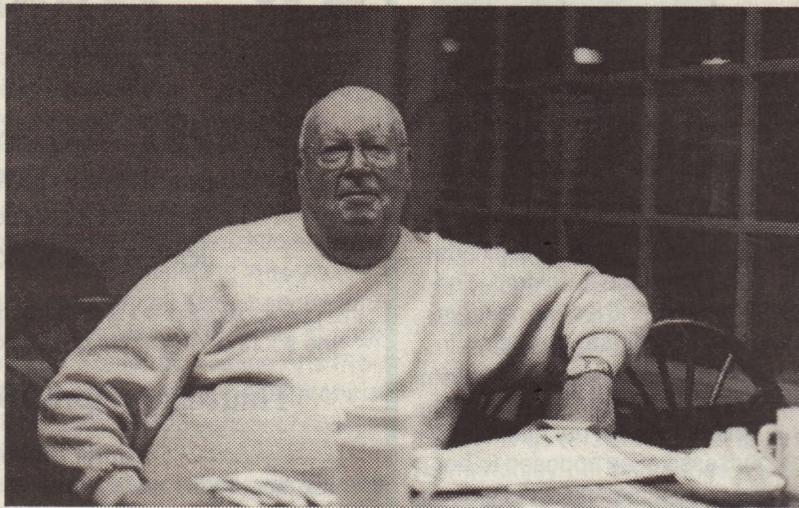
Have a Salubrious Day with Dave Tod

by Urmi

See you at the
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of Awareness!



There are a lot of interesting ways to meet interesting people. Recently I noticed a strange block advertisement in the Penticton Herald. The layout and content of the ad were unusual and after reading the whole thing I was still not sure what it was about. Being the curious soul that I am, I called the number and by this chance inquiry met Dave Tod. He sounded very energetic



the nature and beauty of the area. He thinks seventy is young and people need to move around and make their life more interesting.

Dave has mapped out several hikes and a variety of scenic drives in the area. He talks passionately about the wonders here that I have just taken for granted. He is looking intently at me even though he has previously informed me that due to macular de-

generation he can't really see me. I appreciate his optimism. When I told him it was my lucky day to meet him he was genuinely flattered.

For someone who never thought he'd live past 50, Dave is doing great at 87. "People have to move and make their life interesting," says Dave. "When people say there is nothing to do in Penticton it gets my hackles up and so I started my own promotional campaign. Its fun and keeps me busy." Dave doesn't talk about himself or his history. He is much more interested in his present project than his past accomplishments. I have to keep going back to the basics to get more information on him. Married thirty-five years, he raised three sons (two are twins) and a daughter, who are now grown-up. When his wife died seventeen years ago, he started organizing social events that gathered people together from across Canada. These days he keeps himself busy either writing letters, getting pictures, or getting ideas for his promotional projects. Dave does not plan or organize his days and has been blessed with a keen imagination that keeps him busy.

When I asked him about his philosophy, he didn't hesitate at all, "I travel by instinct and I firmly believe that one of the most powerful tools is to react in the spur of the moment. Its absolutely amazing how things fall into place. I feel like I have a couple of Angels around me all the time." When I ask Dave about aging he exclaimed, "Life is getting better and better and better all the time. As you get older your mind slows down and you don't think about dying, you do a lot less worrying. The most important thing is *Adaptability*"

My final question to Dave: Do you ever get lonely? He looked at me and chuffed, "If I get lonely I just come down here and talk to somebody." I marvel at the simplicity of that answer. Dave makes it all so manageable. I gather up the papers and flyers he has given me, my day brighter for having spent the time with him. His parting words "Have a Salubrious day!" I don't think I've ever heard this word before but somehow I understand exactly what it means.

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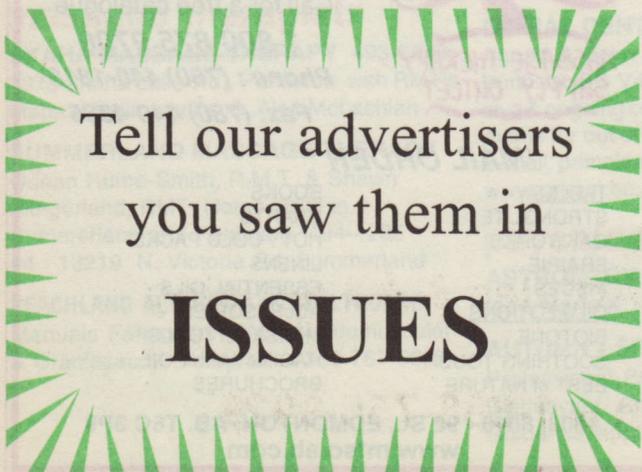
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