

ISSUES

MAGAZINE

Resources for Connecting, Healing & Awakening

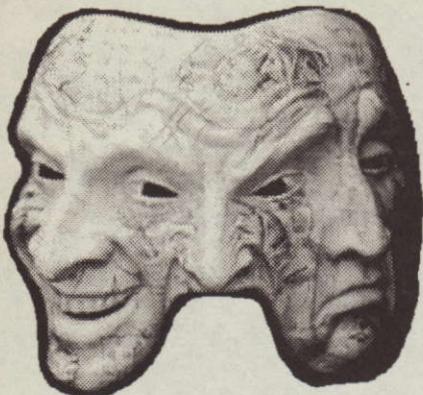
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June 2000

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Happy Father's Day!
See Page 6 For Details

INTEGRATING THE SHADOW



Q: *Why do so few people find God?"*

A: *Because they won't stoop low enough.*

-Sufi proverb

The parts of our *selves* that we disown are forced to come at us as fate. These shadow parts have much of our energy and passion. We need to recover them in order to navigate our depths.



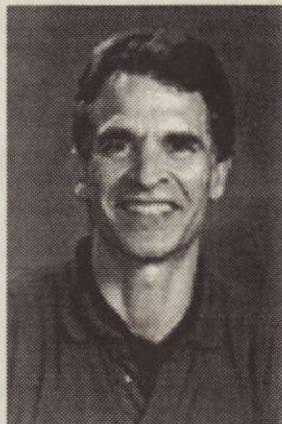
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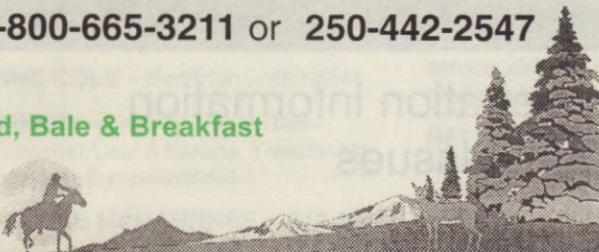
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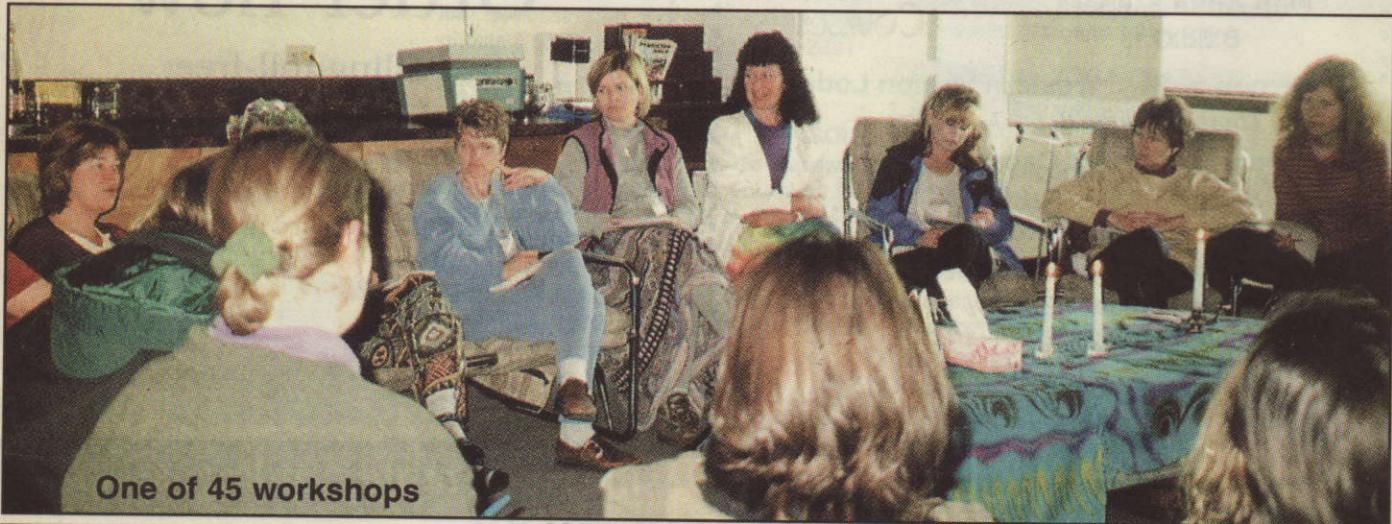


Walking the labyrinth

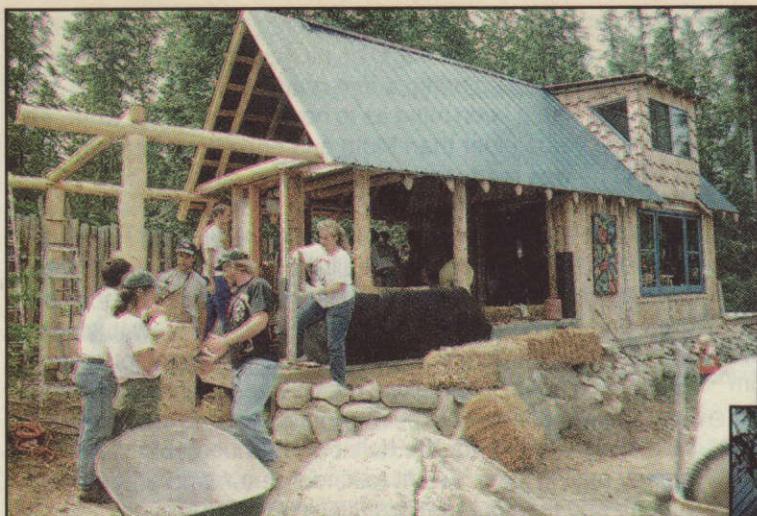
Program schedule and registration information
in the July / August Issues

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One of 45 workshops



Building With Strawbales

by Richard Ledwon



It's been just over six years since I attended my first strawbale workshop in the Ottawa area with the now famous 'strawbale queen', architect Linda Chapman. I learned the basics there during the construction of a load bearing, Nebraska style structure. However, the most lasting feeling was one of community. After three days a group of people, most having never met or built before, created a beautiful structure together.

The subsequent workshops that I've attended or co-led have all had that same feeling. Not only is practical hands-on training, knowledge and information imparted but also a wonderful feeling of what people can achieve by working together.

Two summers ago, I had the pleasure of working with Habib and Rabia Gonzalez who gave me more understanding and a deeper appreciation of the technique. I certainly respect Habib's diligent efforts in bringing strawbale construction into wider acceptance.

I've been living in a strawbale house for three years and I personally love the warmth, charm and aesthetics. The land on which I live also has a completed strawbale in-fill green house/guest cabin and a larger 400 sq. ft. post and beam building, which will be in-filled with strawbales this summer.

On June 23-26 we will be hosting a strawbale workshop, which will be the construction of our circular meditation centre. I enjoy promoting this effective and economical way to create one's own home. I'd like to personally invite anyone interested to visit us here at the Ashina Wholistic Retreat Area in the Slocan Valley. See ad below

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Happy Father's Day



Meet Clarence, my Dad, when he was thirty years old. In the background is a railcar similar to the one that he lived in while he was in Alaska. He met Mom there and that story was in last month's *Musings*. Dad was born in Detroit, Michigan, Feb. 17, 1918, third oldest child—the same as me, except I have two older brothers and he had two older sisters. At age eighteen he left home and found work at the CC camps (Construction Crews). The depression was in full swing and if you were fit, able and willing to work, you could work building Nature Parks. He got paid a dollar a day and got free room and board, plus one hundred dollars per month was sent home to his parents.

Food wasn't always plentiful, so some days Dad would go fishing. Since he didn't own a fishing rod he improvised. He loved to play with dynamite and would build little rafts and send them downstream with a charge. After the blowout he would hunt around for any stunned or dead fish to barbecue. One day his little raft got tangled in the reeds under a bridge and that blew up too. They never did figure out who the culprit was.

Dad got an opportunity to travel in 1941 when he was twenty-three years old. He was sent to California to train as a soldier. War was declared that December and Clarence and his five brothers were whisked off to the South Pacific. Just before leaving, he married his sweetheart so that he would have someone to write to him. After a few years she decided that the anxiety of not knowing if he would ever come home was too much for her and wrote him a 'Dear John' letter.

Dad got lots of chances to practice his marksmanship during the war. He didn't like killing, so he and a buddy would head into the hills with rounds of ammunition and empty their rifles into coconut trees, taking careful aim to kill each coconut. They also did some practise shooting in bat caves. Once he spotted some Japanese soldiers hiding out in the caves. They fired in a smoke grenade and took the soldiers back as captives. He became an explosives expert and helped to blow up holes to make latrines as the convoy moved onward and set up camps.

He had lots of ingenuity and when money and whiskey were in short supply for the enlisted men, he and a few buddies solved the problem. When the next convoy came through with supplies, the whiskey truck broke down and then went missing. Mike, my brother, laughed as he told me Dad's story of how they buried it in a gravel pit. The officers suspected what happened, for every so often, whiskey was plentiful at a gathering. Michael said that when they needed cash they would sell some and they never got caught. I heard these stories from my brother because I didn't see much of my Dad after I was twelve.

When the war ended in 1944, Dad went back to Detroit to work. After two months in one of the local factories he packed

up his belongings and as he put it "stored them in a matchbox." With the clothes on his back, he hitched a ride to Alaska and found work building bridges and roads. He was a self-taught carpenter with a keen mind as to how things should work. He was nine years older than Mom and once they were married in 1948 he was ready to settle down and raise a family. They moved to Michigan and he became a contractor. He built and renovated some of the warehouses for Abitibi and Heron Cement. In the summertime he built his own house and learned to work with different types of roofing materials. His business grew and in time most of my brothers learned how to shingle and do basic carpentry. He loved kids and spent lots of time changing diapers and making meals whenever he was home.

The weekends were spent working around the house and weekdays working for the dollar so that he could spend the money raising kids. I went to kindergarten and grade one in Alpena and then our family of seven left for Canada. Prior to moving we took several summer exploratory trips so my parents could make up their minds just where to settle. We travelled through California and Oregon visiting relatives before picking up Grandad in Grimshaw, Alberta. My parents loved the North and they preferred the hard work of surviving to the convenience of city life. When I was half way through grade six the separation occurred, for they could no longer live together. Dad took the boys and moved back to Michigan.

Clarence then started his own business, *Brousseau Roofing and Contracting* and as my brother David put it... "He ran a pretty tight ship, but with age he softened." The one summer I went back to Michigan I got to help and learned to walk on roofs and help with cleanup. Weekends we went boating, for he had an unsinkable boat and he taught me to water ski.

When I got pregnant at age seventeen and Mom refused to allow me to get married, I phoned Dad and he said sure, he would even pay for the license. We had a simple wedding at his house; his sister made my cake and veil. I sewed myself a white dress so that my expanding stomach barely showed. After the wedding we moved to Montreal as Rae had relatives there and he found work at an elevator company. We moved into his Grandad's living room for several months before his parents offered him a job and he flew home to Terrace. A week later he phoned and asked me join him. I cried all night, not wanting to go home and knowing I had no choice. Within a week I bought a train ticket and we found an apartment to rent. Life was simple and I even watched TV when I ironed.

I didn't see my Dad for many years. We were both busy and visiting family was not high on his priority list. One summer he and Donald, my youngest brother, went to Mexico for a month during the summer. He loved the people and discovered how cheap it was to live. At age fifty-six he decided to take a trip to South America and check it out. On his return he drove up to Terrace to visit his three grandkids. I don't remember much of his visit, other than looking at his photographs. He seemed impressed with a three-toed sloth sitting on the tail gate of his truck. It was early morning and he had found the sloth crawling through the wet grass. Dad lifted him onto the tail gate for he was quite friendly and the sloth sat still long enough for Dad to set up his tripod and camera and get in on the photograph.

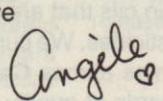
I remember him going to a doctor in BC and saying something about his feces being like black tar. His energy was starting to fade and he drove home and started the fight to

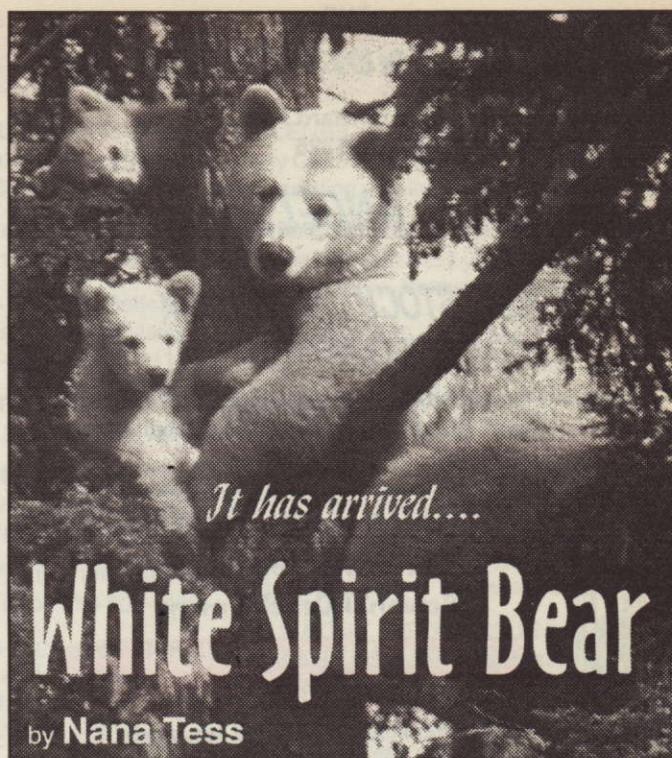
stay alive. They recommended chemo, which only made him worse. Mom went back to Michigan and tried her best to help him get better holistically. They tried Laetrile and some liver flushes, but it was too late. His liver was swollen to double its regular size and his pancreas wasn't working properly. Michael looked after his needs for the last year as Dad sorted through his belongings. Since he had helped the three older boys through college, he thought it best that Michael get the house and business. I was given a hand-carved box that he made while he was in the South Seas and some cash. I also have most of his photographs and the letters we wrote to each other during my teen years.

Dad didn't believe in insurance policies or wills so before he got transferred to the Saigaw Veterans' Hospital to die he gave, sold or transferred everything he owned. When the doctors offered surgery, he replied... "The only thing you ever take is the wallet," and refused. Dad died in 1978 — at sixty years old his mind was clear — it was his body that failed him. He wasn't interested in learning nutrition, exercise programs or detoxifying. He had decided he was too old to learn, till it was too late. I didn't go to his funeral for it was a long trip and I knew it wasn't important to him. Besides I was busy and broke raising a family.

Looking at his handwriting I get a good idea of who he was, and he was a lot like me. Busy, dependable, creative with spiritual tendencies. I think I have come to terms with my unconscious programming of Dad. Suppressed anger and needs that could never be spoken were so deeply buried that I forgot I buried them. With more memories of anger than of joy, I wonder why my body preferred to store the negative energy. I figure it must be part of our survival mechanism. With time and gentle guidance from my body, friends, family, dreams, angels and therapists, I have been able to look at most of the tension I hold in my body, and have been able to release it. With each release I get to use the energy that was used to hold the stuffed emotion in place for everyday living. Thank goodness I am figuring out the secret to having energy for I have created myself a busy life and I need all I can get.

May your Father's Day be honoured by thinking of your Dad for a few minutes, and give gratitude for all his blessings. They were given with as much love as he could give at the time.

Angie  



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by
Jim & Theresa
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Our company, Divine Essence, was born with the new millennium. It was conceived out of our desire to provide affordable therapeutic quality essential oils to our own family and also to share them with others. We have personally used essential oils therapeutically for over seven years and have experienced considerable holistic healing and balancing. The oils have enhanced our spiritual growth and connectedness with both the mother earth and our higher selves. We see our three month old business as a Divine gift and have already received incredible joy from working with our oils.

Divine Essence oils are purchased, bottled, labelled and distributed with love and respect to the mother earth and with gratitude to our creator. We meditate prior to bottling to bring the clearest, highest energy into our product. Following our work we also meditate to thank our creator for providing this gift and to thank the angels for guiding us to use it.

Divine Essence is creating unique ANGEL BLENDS for Soul Journey meditation groups. These blends are created specifically for assisting the Soul Journey students to connect with and receive from the angels. Currently our three Soul Journey ANGEL BLENDS are 10% Rose Absolute (rosa centifolia) for AKASHA of the Rose Pink Ray; Lavender with a hint of Orange for Archangel Michael's protection; and 5% Chamomile (Roman) in Lavender is Archangel Raphael's healing blend. These blends can be diffused and applied directly to the skin.

Essential oils are the concentrations of the plants healing properties which promote physical and emotional well-being. Aromatherapy is the process of using essential oils to support the body's natural healing ability and thus bring the body, mind and spirit into balance. Large amounts of plant material are required to produce the essential oils. For example, it takes 60,000 rose petals to produce one ounce of Rose oil while the essential oil of the Orange is more easily collected from the peel. Thus the price is individual and varies accordingly. We strive to obtain oils that are natural and free of chemical fertilizers and pesticides. We currently buy in bulk from three reputable companies across Canada with longstanding histories of high standards of quality and service.

There are several ways of using essential oils to enhance your life. Our primary method has been through diffusing and we carry several different types of diffusers and would be glad to instruct you on their use. In the past three months we have also started using oils in a massage blend. Most pure essential oils are too concentrated for direct application to the skin and need to be diluted (6-10 drops in 1 tbsp. of massage oil such as grapeseed or jojoba). We like to use several drops of Lavender in a calming bath at bedtime. I have started using essential oils in both the dishwasher and washing machine. It is amazing what several drops will do! These oils are all antiseptic to varying degrees and can also be used in room sprays to combat bacteria and viruses.

We are enjoying educating ourselves about creative ways to use essential oils to heal ourselves and the earth. We would love to help you use essential oils to enhance your life!

See ad to the left



From the Editor...

Chit Chat

with Marcel

It has always been my experience that learning about spiritual principles and the way of the Sacred is one thing but actually putting this learning into practice is quite another. A concept I have been striving to practice in recent months is the value of keeping the Sacred with me through my daily life. I am learning the Sacred isn't just something or somewhere to visit during meditation or prayer, it can be invoked to be with me at all times. This can give a whole different energy and atmosphere to my day, and of course, as I am finding out, the trick is to remember to give it my attention and regularly spend a few moments during the day inviting the Divine into my life and acknowledging Its presence.

In the past, as Joseph Campbell has told us in his video tapes, the native North Americans considered the Earth to be a sacred being. They treated her with respect and love and lived with the Sacred all the time. When I see the damage now done to our environment it isn't hard to tell how far we have removed ourselves from this perception. Perhaps it is more difficult for us nowadays in our high tech. lives that seem so far removed from nature, but I think it is possible with some diligence and effort. It seems to me, even with my first efforts, that the advantages are well worth while. When I do remember to call for the presence of Spirit in my day, I find I am noticing a sense of peace and centredness, more self-confidence and the ability to remain detached, also an easier access to guidance.

One of the ways I call for the Sacred, other than through meditation or prayer, is through Blessing; I bless myself, my food, my space at home and at work as well as other people in my life. Affirmations are also useful. There are many affirmations that can be used to call for the presence of Divine Love and Light. All spiritual practices have their procedures for doing this—you have yours as I have mine.

This month I was reminded of another helpful hint in this regard when I read Peter Morris' article (page 30). Peter uses 'red dots' which he places at strategic spots around his home, workspace, vehicle, etc. Whenever he sees this red dot it is a reminder to him to spend a moment connecting with Spirit. I remember learning this technique years ago when I attended one of Peter's workshops, but like many other things I didn't put it into practice. I would like to try this now. I'm not sure I will use a red dot. Perhaps a symbol more meaningful to me like my very favorite butterfly. I will ask to be reminded that like everyone I am a sacred being living within the Sacred, not outside of it. The Sacred only needs me to stop ignoring It; with my attention it will come to life in my daily journey.

Marcel

From the Editor...

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Shamballa Reiki

Multi-Dimensional Healing

by Sue Peters

Where did Shamballa Reiki originate? This method of Reiki energy was introduced in this present time through John Armitage also known as Hari Das Melchizedek.

It is believed that St. Germain had incarnated Reiki on the earth during the time of early Atlantis, that it was a system of empowerment through LOVE, a way of connecting with the source through your I AM presence or higher self. It is a healing method and an open doorway to spiritual En-Lightenment.

I have experienced and become a Master in several types of schools of Reiki and I have found that this particular brand is definitely a powerful pathway to accelerate your spiritual development. It is both simplistic in its approach to healing and complicated at the same time. You are working with high frequency thought forms and energy streams that have been around for thousands of years. You greet Ascended Masters, Archangels and a vast, more experienced part of yourself.

Shamballa Reiki is an easy way for you to empower others to heal themselves. There is no one that can't do it! In this Reiki, you are asked to take your own power back, let spirit guide you, and just work in accordance with Divine will.

What I enjoyed about this method were the meditations—I would find myself going deeper and deeper into a much clearer, finer frequency. It became easier to vibrate in a place of gratitude and acceptance of what life's journey had to offer.

If you are searching for a method that reaches a little deeper into the other dimensions and realities, then Shamballa Reiki may resonate with you. You learn a variety of meditations to activate your merkaba. This method takes you deep into the realms of the super consciousness and encourages you to begin an interesting and sometimes exciting process of becoming an unlimited and expanded thinker.

Shamballa Reiki reminds me of one of the fundamental Huna principles: Kala - There are no limits. If there are no limits, then of course anything is possible. All you have to do is believe. See ad to the left

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All in a Day's Work

by Judy Mazurin

By now you may have heard quite a lot about the benefits of Acupuncture, there are new studies coming out all the time. I won't repeat all the details, but this has been my daily experience.....



10:00 am: My first (new) patient arrives, referred from his doctor, with a pain in the neck and back that just won't calm down. He hasn't slept for weeks because he cannot find a comfortable position. He has been taking a barrage of Tylenol 3's and now is constipated. He has been through all the diagnostic procedures ranging from MRI to CAT Scan, only to find that they do not know what is wrong. We treat him, and he leaves feeling better along with suggestions of how he can assist himself the remainder of the week.

11:00 am: I have a whiplash patient. Her accident is fairly recent so she is still in the acute "DON'T TOUCH ME" stage. She is at her wit's end in pain, and is unable to work. She is terrified of needles and the only reason she came is because her friend told her that she felt better when she had acupuncture. She is very tender, and any therapy that she has tried has been of no help even if they have been able to touch her. Acupuncture is the correct place for her to start.

2:00 pm: My golfer client, he swears that by hook or by crook the acupuncture is keeping him on top of his game. We work on his back today, as his elbow is doing well.

3:00 pm: John is in with sciatic pain, he is feeling better, but the pains still show up. I am not surprised as this is only his third treatment and he has been living with sciatica for a year and a half, because he thought the pain would eventually go away. His depression is not as heavy as before and he is sleeping better. I treat him and recommend that he see his chiropractor again as soon as possible, as they may achieve a more stable adjustment this time.

4:00 pm: Susan with headaches and chronic insomnia. The treatment I suggest uses herbs to help calm her mind and body for the insomnia and, I will definitely use ear acupuncture as her headaches respond best to ear points.

5:00 pm: A new patient with menstrual pain. She tells me that she and her husband have been trying to conceive a child for about one year now. She is not willing to surrender to fertility drugs until all options have been explored and wonders whether acupuncture may be effective.

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

Having completed my B.Sc. Pre-med. requirements in University, along with growing up in a VERY holistically minded home, my next step was to decide what type of medicine to study. It was some time before I found exactly the healing practice that I should be in. I have always been curious about acupuncture, and the science behind how simple needles could treat different ailments, but it just didn't seem tangible at the time. Years later, having studied the traditional art and philosophy of Chinese Medicine in both Canada and overseas, I understand what the Chinese have been up to these past 5000 years. I mean after 5000 years of practice and results, they couldn't be all wrong. I love to hear clients return, saying, "I can't believe I ACTUALLY feel better and I don't want to jinx anything by saying the acupuncture is helping."

It is difficult to honestly compare Western and Eastern medicine based on the existing physiological principles alone. The two disciplines have different paradigms of thinking. Chinese medicine / Acupuncture operates by understanding relationships that occur in the body in a web-like fashion (this beget, this beget). Whereas, modern Allopathic Medicine understands the same relationships in a linear fashion (cause and effect). The key for us to balance our lifestyles is to learn how to integrate the two forms, and learn where each type of medicine excels. See ad below

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When asked why she felt starting a school was important and who the students are, Pauline Wolf, founder of the Windsong School, and practising therapist for twenty-five years, twenty of which were in Campbell River, B.C., says, "There is a lot of confusion about the credibility of standards in this field, and it was necessary to create courses that could be scrutinised by the Private Post Secondary Education Commission and the Ministry of Advanced Education. By going through the process of Accreditation, which is a voluntary process by which a registered institution seeks recognition of its standards of integrity and educational competence, the institution and its programs are evaluated and recognized for quality assurance.

Students benefit from knowing that an institution and its education programs meet the criteria established by the Commission. The age of our students ranges widely from twenty to fifty-five, the average age being thirty-five. Of that 95% are female seeking new careers in the health industry. These people know where they are and where they want to go. Many come from high income positions but felt they needed a more personal, nurturing contact with people. Some have backgrounds in log scaling, forestry, some are driller blasters, machine operators. Others are counsellors, teachers, nurses, musicians, social workers, and mothers needing a career where they can be independent of set office hours.

The attrition rate for the school is high and most of our graduates are happily working full or part time in their fields, some self-employed, others in fitness clubs, community health teams, or alongside other health professionals. The holistic health field brings a high level of personal job satisfaction and I am deeply delighted that being an accredited School allows our students to seek financial assistance to attend. We keep the number in classes small, six to eight per class, so that individual attention can be given to each student.

My assistant teacher, Marlene Douglas, holds a degree in Oriental Medicine as I do, and is also an Acupuncturist. Both of us hold teaching certificates from the Province of British Columbia and both of us practice part time in the fields that we teach through Krystal Stress Clinic in Campbell River. This helps us to keep in direct contact with the needs of the people using holistic health services. We offer other courses as well with equally well qualified instructors." See ad to left

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Power of Money

by Sonia Haynes

For centuries, money has mesmerized people on the planet regardless of their backgrounds or belief systems. There is great fear and desire around money. It has been given so much power, that at the mere mention of money, lots of money, many of us will have reactions ranging from excitement to terror. The fear of money has caused it to be a controlling factor in our lives. We live pay cheque to pay cheque. Our holidays and family times are centered around our bonuses. Money has been considered the enchantress that has destroyed many an honest man or woman. What we forget is that we created money to serve us—not to be our master.

Religions teach that one needs to give material wealth away in hopes of receiving our reward when in a higher place. The life of poverty seems to be greatly admired by religious and spiritual people alike and is thought to be the way to enlightenment. "Practice the life of piety and all will be revealed." 'Follow the lives of Buddha and Jesus (to name a few) and give up everything.'

What we do not understand is that these Masters realized and owned their belief systems, which were founded in lack. This understanding, enabled them to reach a place of such power, where they knew they could manifest anything they desired. When we know that we can create anything we desire, then we want for nothing. The place of lack becomes irrelevant. It is time to realize the source of our belief systems and shift ourselves from limitation to infinity.

For the first six years of my life, I was brought up in opulence. I had everything that I could ever want in the material sense. I had the great fortune of loving parents, or so I thought. My mother worked very hard to give us what we needed. Unfortunately, my sisters and I were left with my grandparents who were in a poverty mentality so deep, that whenever abundance came to them they squandered it away and left us in need, without shoes and sometimes without food to eat. I bought into this mindset and created, in my adult life, limitations and blockages in whatever I did. My jobs did not provide enough for my family. The business that I was building was a struggle. I was a "good person" and could not understand why this was happening to me. I was reduced, after all my hard work, to going on welfare. My anger at not being able to provide for myself and my children spilled over into illness. I felt trapped. I had to find a way out.

I realized that the simple truth to releasing myself from the illusion was to trust in my own ability to create anything I wanted. I went to Japan with a ticket and twenty dollars. Found my way to Australia, visited many places in Australia and returned home. I slowly released myself from the illusion and experienced so many miracles in my life. I have been to the place of limitation and fear and have found my way out. I know that it is possible for everyone on the planet to achieve our own basic needs and have our dreams realized.

See ad to the right

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Returning for Crazy Jane

by Lynn Fredrich

When I tell people the title of my one woman play they ask me, "What do you mean? Who is returning for crazy Jane?" I suppose I have only one answer—I am. But I invite everyone who comes to see the production to come with me. For I believe she may have received the raw end of the rope, so to speak, and deserves to have her story told at least one more time through the eyes of a 'soul sister' on the chance that my interpretation can encourage others to estimate her truth in a new way. What else can be gleaned from the scraps of truth from the past? In retrospect we may see ourselves more clearly. Too few stories have been told of the women of the 1890's who worked in what is now termed 'the sex trade' industry.' My curiosity began with my own quest to find resonance with how women have endured through difficulties, in places and times where life demanded something more than they bargained for. Negotiating a part of themselves that had to be given at a price they were reluctant to pay.

So, who do they say Crazy Jane was? As the story goes, she was a prostitute who ran a brothel out in a mining town called Oro, in the 1890's. This was located where Lemon Creek meets Crusader Creek in the Slocan Valley. Nearest towns being Nelson and Slocan City many miles away, accessible only by wagon roads that took days of travel. Nothing there any more. Kokanee Provincial Park is this territory now. Well, Jane was known to follow Nilsik Creek on her days off, now also known as Crazy Jane Creek, mile after mile, up as far as a lake. One day she roamed off and never came back. There is a mining claim in her name, also once called Lady Franklyn and Lady Jane. The lake up at the end of the creek is officially named Crazy Jane Lake—grizzly bear country. She was also known to be kind to the miners, not just in her business, but in other ways. Anyway miners have talked about her ever since her disappearance but like most old stories, nobody can really say the way it truly went.

I went up there, last summer, to Oro, where Crazy Jane would have lived. Some old growth forest is still there and Oh! what a feeling it is to be in the old growth. I imagine she knew that feeling too and that perhaps she had at least heard of all the wondrous features of this area. Like the Kokanee salmon spawning up the streams, the hot springs at Ainsworth, the ancient rock paintings all along the Kootenay Lake. I believe she may have known of these things because she made it her business to know. Because I want her to know, and I guess that is where the fragments of her story and my creative sense of what she awakens in me meet in the creative flow of life. But what intrigues me most I suppose is the label placed upon her head—'crazy'. I have an intuitive sense that she may have carried this stigma before her disappearance, along with a wry acceptance of this truth. Taking the narrow parameters of woman's behaviour into consideration, even for a 'shady

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lady', she would have had little room to behave as the free spirit I imagine she was.

Also in my consideration, there is in society the presumption that life in those times was anything but crazy. As far as I can decipher in this era the whole of Western Canada was undergoing a radical madness of change. There are stories of people who walked 700 miles to get where they were going, men killing each other for no more than a dollar, and an estimate of half of the female population in each town of this area earning their living through prostitution. The discovery of natural resources flourished and those, who knew how to make a dollar off them, strove in the most difficult conditions to manifest their hopes. Indigenous peoples, Chinese immigrants, and the European white settlers collided head on. Minimal consideration was given to contradicting values and many people suffered greatly as a result. Murder, suicide, sickness and untimely death prevailed. The basic sanity of going into the forest to find relief seems anything but crazy to me.

The amazing thing to me is that it really wasn't very long ago. A mere one hundred years has passed since Crazy Jane lived. Her story, of one woman trying to make her way in the world, speaks to me of how we all try to survive in our own ways—through a bit of luck and a lot of determination to find a taste of real freedom. On a soul level, freedom is as simple and intangible as the ability to take a full, deep breath, claiming our fundamental right to be alive. Crazy Jane stands for the struggle we are still having in coming to terms with our right to express our truth—to question beliefs that lock us into double binds of telling us that we're damned if we do and damned if we don't and living up to standards set by others rather than our deep soul urges. She found freedom her way, by walking into the forest and never coming back. Perhaps surrendering to the jaded view of being remembered as 'Crazy' forever. She was compelled to walk away from all that she knew towards a new way of knowing. In celebration of her spirit remembered we "Return for Crazy Jane."

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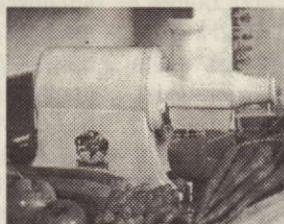
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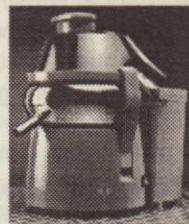
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My Experiences with an Ancient Healing Food

by Joe Karthein

In my early twenties, I spent one and a half years at Nursing School before I quit in frustration. I saw first-hand the degenerated state of conventional health care. Patients were given terrible food, very little attention, no dignity, and loaded up with ridiculous amounts of prescription drugs—then they were expected to heal! Years later, when I became seriously ill after being in India for six months, experiences made me certain that drugs and doctors were not for me. Before this trip, I had always prided myself on my good health gained from eating well and my daily yoga routine. I felt I was invincible, armed with alternative healing knowledge and my little bottles of grapefruit seed extract, stabilized oxygen and other tinctures and herbs that I had brought with me. It was a humbling experience coming home looking and feeling like I did. I was so sick—my insides were crawling with parasites and "Candida" yeast.

I began trying different approaches to healing myself that included aggressive fasting, "live food" diets, Candida diets, acupuncture, apple cider vinegar, herbs, aloe vera, hydrogen peroxide and more. Often I would experiment with a number of these therapies at once, rationalizing that more of a good thing could only help more. Some things did help a little; others had long lasting negative consequences. The strictly "live foods" diet may help to cure a heavy, hot, and fiery person, but almost destroyed a thin, "cold", person like myself. Months were

passing and I was getting worse and very worried! I'm now grateful for these experiences as they taught me how delicately balanced the human body is. The only way to heal serious imbalance is slowly and patiently; any healing practice that is "extreme" will usually do more harm than good.

As I began to realize how much damage I had done to myself by jumping back and fourth between extremes, I decided to try one more thing: Unpasteurized Lactic Acid Fermented Vegetables (Unpasteurized Sauerkraut). I was a little doubtful that one food could help my serious problems, but at least it wasn't too radical and going to upset my newfound conception of balance. The glowing reviews on Unpasteurized Sauerkraut in many Holistic Nutrition books were enough to persuade me to experiment with it. (Please see "Healing with Whole Foods," by Paul Pitchford and "The Body Ecology Diet," by Donna Gates.) Within ten days of eating two small portions of Unpasteurized Sauerkraut daily, I noticed a significant improvement in my digestion and elimination. I hadn't changed anything else about my diet; I just ate what I felt like and tried to avoid very bad foods.

What really surprised me was how good Fresh Sauerkraut tastes. Growing up with a German father, I had to eat the store-bought, "canned" stuff that is full of preservatives and white vinegar. I didn't like it then, and I don't like it now! Fresh Sauerkraut is completely different and I am glad I learned how to make it!

After giving away a few jars to friends, it wasn't long before I realized the potential for creating an ethical business. Things have moved very quickly since then! I have tried to proceed with as much environmental and social consciousness as possible. We live on a beautiful small organic farm in the West Kootenays. My processing facility is just steps away from two acres of certified organic gardens. We will be growing all the carrots and beets in the different varieties of sauerkraut. In addition, we will grow as much of the cabbage, spices and herbs as possible. What we cannot grow ourselves we buy from other local growers at fair prices. This feels good!

It is very labour intensive to make and ship this product and I pay my employees fairly. The ingredients are all the highest possible quality—even the salt is Organic Unrefined Gray "Celtic" Sea Salt. If you are interested in making Unpasteurized Sauerkraut at home to solve your digestive problems I suggest the book "The Cultured Cabbage" by Annelies Schoneck and Klaus Kaufmann and published by Alive Publications.

I am happy to report that two years have now passed and it feels like I'm getting back the "iron stomach" I had as a teenager. Even the occasional indulgence in ice cream doesn't give me problems. See ad to the left

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Intuition Technology Helps Healing!

by John Living

Intuition can be described as a 'feeling' that something is good (or bad) for us. Most of us have been guided by intuition many times, and would like to get that help more often. Healers, and others, have used kinesiological methods, such as the resistance of muscles to bending, and the 'stickiness' between thumb and finger, to get answers to questions about both sickness and cures. They are accessing the intuitive part of their mind to help others. The response that they get can be redirected to other muscles and magnified by an instrument, giving greater precision and enabling more complicated questions to be answered. This use of an instrument is called 'Dowsing'. When many people think of dowsing they picture a man holding a forked branch to find water to locate a well, or a builder using bent wire rods to find pipes and cables. Some have used a pendulum, such as a needle on a length of cotton, to ask, "Is the baby a boy?" They are dowsing!

Being able to dowse is like learning to ride a bicycle, drive a car, or train a dog—most people can do it. But you have to put effort into learning if you want the best value. For Dowsing you choose a tool to use, decide on the signals to be given, and follow the discipline needed to ask questions correctly.

A pendulum is probably the best tool to use for healing. Usually two sets of signals are needed; the first set includes the 'Yes', 'No', 'Wait', and 'Not Available' signals and the second set expands this to pointing to items on lists, on shelves, or on charts, such as when counting to find doses needed. The most important step is training your body to give the signals you have chosen. Do not expect that the responses are automatic! That belief has caused many people to think that they are not able to dowse. You must do training exercises.

When starting your training, you may find it best to use a length of wire with a bend at the end as a handle (a straightened coat-hanger is ideal). This is called a 'bobber', and is a horizontal pendulum. Because it is long and springy, it greatly amplifies all signals.

Most dowsers find that a good set of signals for a pendulum is: a clock-wise circle means 'Yes,' an anti-clockwise circle means 'No', a side-to-side swing means 'Not Available,' and a 'to-and-fro' (up-and-down using a bobber) means 'Wait.'

Asking questions needs care. If you ask, "Is the baby a boy or a girl?" you will usually get a 'Yes' —you would be better to ask "Is the baby a boy?", "Is the baby a girl?", and then "Are these answers correct?" and "Did I understand the answers correctly?" in the case of twins!

A typical use of dowsing is to select vitamins and supplements, and decide on the strength needed and the dose to be taken. Ask "Do I need any additional Vitamins?", "... supplements?" and if so, use a chart or list having different varieties listed and ask your pendulum to point to any that you need to take. It is best to check by asking "Do I need to take more of this (name of vitamin, etc.)?"

Now you can go to a counting chart to ask the strength to be used, the dosage needed, and the frequency that it should be taken. Again, check that the answers are correct and that you have understood them correctly! Next repeat the process, in case you need more than one vitamin or supplement.

You can also ask your pendulum to point to the shelf having the vitamin, and to the container having the best vitamin or brand for you.

Many qualified practitioners use their intuition to help give the best advice to their clients. Some dowse to check that they have correctly diagnosed illnesses, and may use charts to discover if the cause is due to a spiritual, mental, or emotional problem, since it is more important to eradicate the cause of the symptoms!

One cause that has been well researched in Central Europe is geopathic stress. This is due to people sleeping and sitting for a long time in places where the Curry Grid (named after Dr. Manfred Curry) crosses, and is magnified if veins of noxious water flow in the ground beneath the building. Over 3,000 of the resulting cases of cancer, heart problems, sleeplessness and malfunctioning organs have been documented by Kathe Bachler of Austria and presented in her book 'Earth Radiation.' She includes case histories mentioning babies huddled in the corner of their cot, trying to avoid these energies.

These earth energies can be detected by dowsing, and the noxious water veins can be overcome. The processes are easy to learn, and if used, the health of the family may be greatly improved. Even the movement of beds and chairs into different positions can help people be more healthy!

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SkyDancing

by Suki Derriksan

Creative fire. Passion. Bliss. Free movement and breath. Are these not our birthright? Where do they come from, why do they fade or become blocked? If you have ever wondered about such universal gifts and are working with them and wanting to incorporate them into your daily life, or your relationships, maybe you would be interested in SkyDancing Tantra.

SkyDancing Tantra is a philosophy and school of thought that incorporates methods that have been inspired by ancient traditions: Tantric, Taoist, American Indian and many others. Margot Anand, who has skillfully integrated the ancient spirit of Tantra with the most recent discoveries in clinical sexology, as well as therapeutic methods of humanistic and transpersonal psychology, founded SkyDancing Tantra. Her teachings are powerfully healing and effective.

The practice of Tantra offers peace of mind while relaxing and energizing the body and connecting to a higher power, thereby combining body-mind-spirit in our most intimate relations. It is a sexual odyssey that totally transforms a couple's connection to self, each other and the Great Spirit. If one is single, the connection is just a powerful, as within each of us resides an inner male and an inner female, which we are constantly harmonizing within ourselves.

Over the past two years, I have been very privileged to attend a number of SkyDancing workshops in Palm Desert, California and at Hollyhock on Cortes Island, BC. I have also completed level one of *Love and Ecstasy* training led by Margot Anand, Kosha Pati and Sohini Genevieve. It has truly changed the whole expression of my inner woman and my outer woman. This knowledge has stimulated a new, more loving and intimate relationship with my spouse of ten years.

The workshops are fun, enlivening and very healing. Breathwork, dynamic movement, meditation, chakra energy location and movement, combined with sensing and sharing of this energy within the group, take place in a safe and sacred place created especially for this purpose. Communication practices and exercises in sharing our hidden fears and expressing our needs and desires are also emphasized. The main theme of the workshops will positively enhance our sexual relationships and bring new awareness to our sensuality involving all of our six senses. All done with integrity, confidentiality, compassion and a ton of humour!

There is a wonderful opportunity to bring Kosha Pati and Sohini Genevieve, an eight year couple who are direct disciples of Margot Anand from the SkyDancing Tantra International into the Okanagan and Kootenay areas. If you are interested in attending a workshop or have any questions please feel free to call me directly or check out the SkyDancing website listed below.

Suki is a Holistic Health Practitioner (US certified Massage Therapist, Acupressure Therapist, Polarity & Cranio-Sacral Therapist, and Reiki Master) She follows an Ayurvedic lifestyle and honours Mother Earth as a daily practice. She can be reached at 250-862-7913. She will be guiding a Creative Movement class at Melvyn's Living Room in Westbank through the summer. Website: www.skydancing.com

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Connecting With Spirit

by Therese Dorer

As summer approaches it brings with it many promises. When I was a child I loved this line from a song, '... roll out those lazy, hazy, crazy days of summer.' The images that surfaced for me were of long hot summer days, full of exciting and wondrous activities.

Many of us have favourite childhood memories of summer. Swimming in the cool clear water, attending summer camp with friends, singing around a campfire, or just being in our own world of imagination. As we join the adult world we often leave those memories and activities behind and with our hectic lifestyles we don't set time aside for summer fun.

Mother Nature puts forth her best in the summer. To pause and truly absorb the beauty of one flower or listen to the wind as it whispers through the trees brings us closer to Spirit.

The gift of beauty is always there, it is up to us to choose to see it through the eyes of a child full of wonder and delight. So it is with Spirit, the gift of Spirit is always there, and it is up to us to feel and see it.

We all have choices to take the time to pause and listen, or to rush forth to the next busy project. It is in the pauses that Spirit lives.

With this in mind, we are planning a special retreat in a beautiful natural setting... a farm nestled by the South Thompson River near Chase, BC.

Part of the experience will take place in a 75 year old barn with a beautiful cathedral hay loft. Lunch will be by the river under towering 100 year old cottonwood trees. For the evening we will enjoy an open campfire and a view of the full moon rising over the valley. Time will be set aside for reflection and nurturing your soul. This retreat will allow you the time to reconnect with your self and meet others of like mind. We welcome you to attend our retreat, but more importantly we ask you to take time to connect with Spirit this summer in your own special way.

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The Life & Teachings of Lady Yeshe Tsogyal

by Derek Ridler

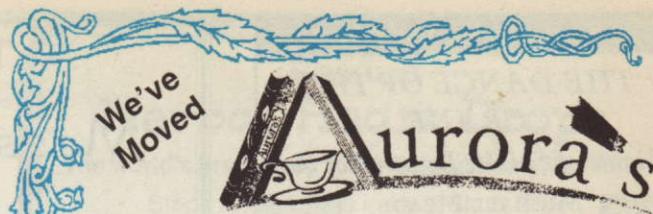
Just before the Parinirvana or passing beyond of the Buddha of our age, Shakyamuni Buddha prophesied that he would miraculously reappear to propagate, even more powerfully, his teachings, in particular the Secret Mantra esoteric teachings.

Manifesting in India as a child prodigy, he became known as Padmasambhava, the Lotus Born One. Padmasambhava pursued his training and education under the guidance of the greatest masters of his time, attaining levels of realization inconceivable to ordinary minds.

Entering Tibet in the year of the Iron Tiger (810) at the request of Trisong Deutsen, the King of Tibet, he taught and propagated the Secret Mantra teachings of Buddhism through the kindness of Lady Yeshe Tsogyal who, blessed with perfect recall, recorded and transmitted his teachings. Known for her peerless grace, selfless compassion and powerful teachings, Lady Yeshe Tsogyal, in essence indistinguishable from Padmasambhava, appeared out of compassion to assist with the propagation of the Buddhist teachings. Aspiring to attain liberation to benefit all beings, She underwent unimaginable hardships and austerities, remaining unflinching in the face of obstacles, heartbreak, abuse and suffering. It is through the wisdom and kindness of these two spiritual geniuses that the Nyingma or Old School of Tibetan Buddhism remains such a dynamic force up to the present day.

The teachings of Lady Yeshe Tsogyal are neither cultural nor gender based; they are as applicable today as they were twelve centuries ago. Known and revered for her extraordinary commitment and aspiration to benefit others, Lady Yeshe Tsogyal performed many miracles and demonstrated inconceivable wisdom, compassion and power so as to free others from the chains of their delusions. However, the most striking trait of her narrative is that her spirituality was not one of transformation, ascent or final attainment. Rather, she simply practised the art of viewing all the layers of her human experience (physical, emotional, psychological, social, mental and spiritual), in order to arrive at a sense of her total being. By practising her path with unwavering strength and commitment, she came to recognize all events and relationships as a reflection of her being. Through living and breathing in a world replete with palpable wisdom she gradually remembered and reclaimed her true being, both for herself and for those around her.

To enter such a world of wisdom, or a world as wisdom, is a skill that can only be developed in the testing ground of life, for it is here, in life, that everything focuses. Here our main guiding principle is simply to be willing to gaze into the mirror of our lives, to consider what it has presented us with and how we have responded and then to draw inspiration for the next moment. There is no better arena for us than life itself, just as it is. On the other hand, if we live through the lens of fear and trauma, it is impossible to realize the perfection and completeness of our true being that lies in the heart of every moment. Trapped in limited views, we never embark on our spiritual journey, or we abandon it through discouragement



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when obstacles arise, or as most often happens, we live a life of many conflicting impulses.

Lady Yeshe Tsogyal remains known and loved for her humanness, her ability to integrate the mundane and the spiritual, the divine and the human, to incorporate all aspects of experience onto one's path. Even today she instructs us by mirroring our enlightened nature in all aspects of our personal experience and history. In her own words:

"You will find me dwelling in the heart of every being. The elements and senses are my emanations. Primordially, we never separate. I seem separate because you do not know me. Therefore find my source and root. And from within, awareness will arise."

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Calendar of Events



June 8

GeoTran with Anita Kuipers in Vernon p. 3

June 9 - 11

Reiki Level I in Penticton with Loro Tylor
250-496-0083

June 10 - 11

Ortho Bionomy with Baeley Callister in Kamloops p. 9

June 16

Rife Technology, 7:00pm, \$10.00. Come learn & experience the Rife machine, which works on electrical magnetic energy. At Aurora's new location in Kelowna at #9, 1753 Dolphin Ave. off Kirschner. 250-763-1422

June 16 - 18

Our Spiritual Resources with Craig Russel and Soul Journey in Kelowna. p. 20

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Inner Child Seminars with Moneca Gharlyne in Peachland. p. 28

Celebration of the Summer Solstice with Barbara Whyte & Celestina Hart. p. 29

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Accessing Your Inner Power with Elara in a log cabin on Okanagan Lake. p.14

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The Power of Money with Sonia Haynes in Kelowna, p. 13

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The Body/Mind Connection with Sandra Bradshaw & Barbara James in Kelowna. p. 12

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Awareness through Movement with Syl Rujanschi in Westbank. p. 19

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Strawbale Workshop with Richard Ledwon in the Slocan Valley. p. 5

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Reflexology Level 1 with Yvette Eastman in Edmonton. p. 31

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Shamballa Reiki level 1 Initiation with Sue Peters in Kelowna. p. 10

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July 15 - 22

Mystery Quest, a 7 day adventure that will deepen your connection to the wisdom in nature, yourself and all living things. Tipi Camp, Kootenay Lake, BC with Blanche and Harreson Tanner 250-225-3566, Email: lifeshift@netidea.com

July 16

Nurturing Your Soul with Michelle, Therese & Nicole near Chase, B.C. p. 19

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Kayaking & Whale Watching in Johnstone Strait, BC. p. 20

July 27 - 31

Women's Earth Medicine Retreat at Sah Naji Kwe Wilderness Spa near Yellowknife, NWT. Dianne Tharp (780) 956-3897 or Blanche Tanner (250) 225-3566

July 28 - 30

Healing by Thought with Harold McCoy at Olds Agr. College, Olds, Alberta. p. 17

August 8 - 11

Awake 2000 in Nelson, p. 23

Body Electronics Revisited

by Mel Kazinoff

*"Contempt prior to complete investigation
enslaves a man to ignorance."*

The emotions suddenly exploded in a flash of white light! She burst from the physical pain and burning into a mental, emotional and spiritual plane of oneness, a place where the existence of God could be felt. This was the experience of one of the students, while "on the table" during a recent Body Electronics seminar. This seminar, held at the beautiful Safari Beach Motel in Osoyoos, BC, comprised an initial course covering the basic understanding of Body Electronics (B.E.) followed by a two week intensive hands-on application. It was the first B.E. seminar to be held here. Its success, based on student response, was unanimous and these pioneering beings have gone on to help spread the word. One paraphrased comment was "I'm speechless! I'm staggered! Nothing prepared me for the power of what I just went through. Wow! Wow! Wow!" Need I say more?

Already there is a commitment, from the students, to organize seminars in Vancouver, Calgary and the U.S. The word of this amazing healing modality (a well kept secret by the Australians and New Zealanders) is spreading, and right here in the south Okanagan Valley is the center from where the ripples begin.

So what, as a teacher, was my experience? My first Ah Ha! was that 'They got it.' I have been a student and teacher in B.E. for about five years and there have always been more blank stares, including my own, than understanding lights. But not with this group. Is our planetary consciousness changing? After this seminar I truly believe it is. It was more than the quick understanding of complex concepts. The effects of the changes that took place, on all levels, boggle my mind. Truly we (humanity) are evolving at an accelerating rate and each time I teach a B.E. course I am in wonderment at our human capacity to evolve. Just wait for the consciousness changes the near future will bring as more people get involved with B.E. and other advanced healing modalities.

It's difficult to be definitive as to the changes people experienced, since nobody came with specific physical challenges. We were aware of spinal calcifications dissolving, of eyesight improvement, of hook-backs in sclera of the eyes and of hair (on heads and beards) shifting from gray back to its original colour in a very noticeable way.

The major breakthroughs were on higher levels; the emotional, mental and spiritual. Participants felt powerful changes that their words could not express, knowing only that life would never be the same again.

Paraphrased quotes: "I went home and as I interacted with my friends I realized we were no longer in the same place. My emotions, thoughts and desires had changed and I knew it would be difficult to find a 'new' common meeting ground. This felt sad but also exhilarating, knowing I had changed so much in such a short time." "No matter how much I had read, nor

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how much you explained the process to me before the course, I had no way to understand the scope of this amazing healing modality, nor the power of the changes it elicits. I am truly blown away!"

For those of you who read my previous article (Issues, Feb. 2000). You may have a small idea of my experiences with B.E. You will also know that I am a certified teacher, having studied for several months with Dr. John Ray, the founder of Body Electronics. We understand that Dr. Ray intends to come to Canada this fall to present B.E. at the health shows in Toronto and Vancouver, as well as making appearances in Calgary. This will be his first visit here in more than ten years and we are striving to have him participate with us in our planned fall seminar. May the Blessings be.

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No Shame!

by Judy Ellis

In recognition of International Women's Day this year, I was privileged to take part in a healing circle in our community. As the ceremonial feather found its way into each person's hands, we were given an opportunity to share our thoughts, to reflect on the significance of this day, and then to light a symbolic candle. In so doing, some of us gave thanks for our mothers and grandmothers, some asked for courage and for balance in the days and years to come, and some prayed for knowledge and direction in parenting their little ones.

One woman sang about wisdom. Another chose to lead us in the reciting of powerful affirmations—"I am the best teacher for me! I am the best counsellor for me! I am the best healer for me!" Others read from books they treasured, Sarah Ban Breathnach's "Simple Abundance" being one of them.

This brings me to a poem read by a young woman that afternoon entitled "No Shame". She'd discovered it in the Year 2000 edition of "We'Moon: Gaia Rhythms for Womyn". It went like this:

Shame of liking sex too much
Shame of not liking it enough
Shame of having too many children,
Having none, or too many abortions
Shame of bleeding
Shame of a mother who works a job
Shame of one who stays at home
Shame of being a married possession
Shame of being an ugly duckling
Shame of being full-breasted
Shame of being flat chested
Shame of being too submissive
Shame of being too aggressive
Madonna or whore
is a too tight shoe to wear
And shame is a blame game
That I'm not playing.

Colleen Redman

You know, we've often been told that in order to change our negative habits, or the perception we have of ourselves, or heal old psychological wounds, we first must become AWARE of them, recognizing them for what they truly are. Well I'll be darned! Not until March 8, 2000 did this writer honestly have any inkling of the SHAME she's harboured all these fifty years of her life!

I as well have often felt shame for being too aggressive sometimes and too submissive at other times. I too have felt shame for having chosen to be a stay-at-home mom. I too have felt guilty both for liking sex too much AND not liking it enough! I too have felt shame over being full-breasted. And I too couldn't possibly look in a mirror and sincerely tell myself how beautiful I am, especially now that the aging process has revealed itself in the form of wrinkles, and greying hair.

Recently, I joined a weekly support/action group that welcomes women of all ages but whose members are mostly in their 20's and early 30's. These are strong women. Motivated women. Women with clear visions for themselves and for their worlds. Women, pardon my language, who don't take no crap!

As I attempted to convey to a friend the strength I admired in some of these new-found kindred spirits, I caught myself in mid-sentence. I'd barely begun telling her that here I was, so much older than these women, yet still so closed, so insecure, when all of a sudden a light went off in my head. I was given a clear picture of myself at that age. You see, the woman I USED to be could easily have been summed up in a word—rebel.

It was quite something back then, with one cause after another to champion.

First of all, of course, my parents gave me ample reason to rebel, not only because I was a 'typical' teenager, but because alcohol factored daily in my father's sad existence, poisoning all of us in countless subtle ways. We were being reared in a psychological war zone back then and I was fighting for my dear life.

Not only was I in the habit of defending MY rights, but I remember one time telephoning a tyrannical teacher on my younger brother's behalf. SOMEONE had to come to his rescue. My parents, along with most grown-ups of that generation, believed that teachers, being so 'educated' and all, were always right.

Then came university in the early 70's, and women's liberation, something I revelled in. Razors, bras and old time religion were just a few of the conventions quickly abandoned by the wayside as I continued fearlessly speaking my mind. I even formed a 'consciousness-raising' group for women. Anyone remember those?

In 1974, absolutely thrilled beyond words to be pregnant with the first of my three incredible children, I began preparing for a natural home birth. Was there an option? My sister gifted me with a copy of the informative "Birth Book". Jeannie snatched a pair of surgical scissors for me from the hospital she was nursing in at the time. We'd need those to cut the umbilical cord. That little suction device for my baby's nose and mouth as soon as she'd appear, along with sterile sheets, sat waiting in anticipation of this wondrous event. All the appropriate herbs were gathered. And I was faithfully drinking my raspberry leaf tea every day to ensure an easy labour. Believe it or not, a local health food store was handing out this stuff free-of-charge to pregnant women in the early 70's.

Thank goodness I'd become consciously aware of my continuing spiritual journey Homeward by then, for the angels had gathered round and a perfectly healthy little girl came into existence, followed later by a sister and a brother for her. I was connecting with Spirit once again, being reminded of the great I AM.

PRACTISING THE PRESENCE, I've attracted into my life not only a gentle caring soul to call 'husband' but my Beloved Guru whose mission it was to give me the realization not only that I am never ever alone, but more importantly that I was, am, and will always be unconditionally loved.

But you know the conditioning we receive at the hands of the society in which we choose to incarnate, and the parents we choose to become children of RUNS SO DEEP, embedding itself into every cell and every fibre of our beings. We've soaked it all in like a sponge, all the pure, honourable, virtuous words we've heard, all the courageous beautiful behaviour and attitudes we've witnessed, and were ruled by, and all the insanity too—so much insanity.

But I march on, sometimes blessing myself with joy, self confidence and creativity, and other times tormenting myself with self-doubt, sadness and shame, lots of needless shame. I have a vision though, and I hold on to it with the utmost of tenacity. I have a destination in mind and a destiny to fulfill. Intellectually I know that I am powerful beyond my wildest imaginings. The Masters, the Enlightened Ones, want all of us to know this and then live accordingly. But it's gonna take some time. Of this there can be no doubt. I ask that you join hands with me. Let's travel together! It's so much easier that way.

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Learning & Attention Disorders:

A Guide for Parents and Teachers

by William Feldman, MD, FRCPC

ISBN 1-55263-115-x

We can scarcely open a newspaper or turn on a television without reading or hearing about learning and attention disorders—two catch-all terms for a range of behaviours that are often both misunderstood and misrepresented. In addition, medical specialists are increasingly concerned about the growing problem of over-diagnosis. Sometimes it seems as though every child with a problem is diagnosed as learning-disabled.

How do concerned parents or teachers assess if a child or pupil has a learning or attention disorder? And if so, how is it determined? Where does one turn to for advice? Respected pediatrician William Feldman has written an accessible yet authoritative guide to dyslexia, attention deficit hyperactivity disorder and other learning disabilities that provides the latest information on diagnosis and treatment options, including the pros and cons of prescription drugs. He offers valuable advice on how to help the child, the family, the teacher and classmates live with a learning disorder—from day to day and on into a bright future.

About the Author: William Feldman, MD is a Professor Emeritus in the Department of Pediatrics at the University of Toronto and former head of the Division of General Pediatrics at the Hospital For Sick Children in Toronto. He has published extensively in the field of pediatrics, including the international best-seller *The 3 am Handbook: The Most Commonly asked Questions About Your Child's Health*, and is the editor of the *Annals of the Royal College of Physicians and Surgeons*.

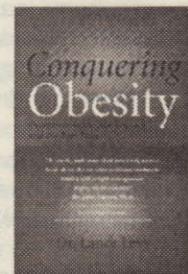
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Conquering Obesity:

Deceptions in the Marketplace and the Real Story
by Dr. Lance Levy ~ ISBN 1-55013-949-5



Despite decades of advice about low fat diets and healthy lifestyle choices, health problems due to excess weight gain have reached epidemic proportions in Canada: 57 percent of men and 39 percent of women are overweight or obese. The health hazards of excess weight are known to include early death from heart disease, diabetes and hypertension. Clearly, diets have not worked nor has advice about lifestyle changes. In *Conquering Obesity*, Dr. Levy demonstrates how a highly individualized and medically rational program helps people lose weight by treating the underlying causes of obesity; something that no other book on this subject has proposed.

Conquering Obesity is a guide for people who are overweight and who are looking for a unique, honest, and successful approach on how to deal with their problem. Many people have lost weight on faddy commercial diets, only to gain back even more weight than they had lost. Rather than lose hope, overweight people have a new resource to turn to that debunks old weight-loss theories and replaces them with a new and individually designed treatment approach.

According to Dr. Levy, 90 percent of the trouble people have in losing weight stems from one or more medical conditions that, up until now, have almost never been connected to weight management. These conditions include mood disorders, chronic tiredness, chronic pain syndrome, chronic gastro-intestinal discomfort and Binge Eating disorder. In this book, Dr. Levy maintains that by focusing on the individual and treating the causes of obesity first, significant weight loss can occur without special diets in most patients.

About the Author: Lance Levy, BSc., M.B., Ch.B., MSc, FRCP(C), is a medical nutrition specialist and Director of the Toronto based Nutritional and Eating Disorders Clinic. He has co-hosted the nationally syndicated radio show *Healthline* and hosted the live-to-air medical talk show *Free for the Asking*, on the Life Channel.

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Astrological Forecast

for June 2000

by Moreen Reed

June opens with its Gemini New Moon, June 2nd at 5:14 am PDT. I'm expecting political and economic systems will be highly stressed and volatile, still! There is a need for forward momentum, generated by the newly initiated Jupiter/Saturn cycle as well as a Mars (action) Uranus (the energy of revolution) combo. Alas, clashing and polarized agendas could squander this promise of momentum. The opportunities latent now will go to those who can find a balance between self and the needs of the larger group, and to those who embrace the future while respecting the lessons of history. Personally, when faced with polarized points of view or a cross current of agendas, remember open minded dialogue is essential at this time. The highlighted degree symbolism is, 'A great musician at his piano'*. The keyword is 'Achievement.'

May put pressure on us all to find the essential values needed to carry us successfully into the future. Now June reminds us that we live in a world where there are many cultural/ethnic viewpoints all competing for attention and dominance. In the first week of June take each opposing situation and choose to find the opportunities for building fruitful alliances.

The second week of June holds one gem over a backdrop of minor irritation. Life will feel like an uphill crawl. Meanwhile the promised outcome will have been communicated, flashed around the globe a few times. The gem is the weekend of June 10/11. We can expect fruitful collaborations to happen, partnerships and personal relationships to experience exciting synergy.

The Full Moon in Gemini/Sagittarius is on June 16th at 3:27 pm. We are asked to shed the light of awareness on our inner dialogue. Check out the tapes on fellowship and seclusion. What tapes play in your mind? Objectively and compassionately review whether the status quo is working for you. If not, open the doors of curiosity to break the hold of old judgements and opinions. The highlighted degree symbolism* 'A young gypsy emerging from the woods, gazes at far cities', and the keyword is 'Expenditures.'

Coming up to the summer solstice on June 20th 9:48 pm, I see no major waves of energy. We can expect plenty of Gemini dialogue, networking and exchange to predominate. With the solstice we slow the pace into sensitive Cancer, nourishment and nurturing come to the fore.

On June 23rd, Mercury stations and turns retrograde, throwing a monkey wrench into holiday plans, weddings, and political kingmaking here in Canada. Mercury is situated in sensitive Cancer, his reversal is likely to create confusion and uncertainty in heart to heart communication, or call into question how we nurture ourselves and others. Meanwhile, for some, it will be a time of unusually strong self-centred agendas. Please note while Mercury is retrograde; this is a great time for right brain activities like art and meditation. You may also find yourself reevaluating →

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and reconsidering, major issues. Hold all final decisions and approval until after Mercury goes direct on July 17th. Let your sense of humour overcome the challenges of the unexpected adjustments.

June closes with a chance to aspire to greater spiritual maturity. The world of our fellow man will have an annoying habit of impinging on our agendas, like a persistent child. Can you open your heart to embrace relationship to other, thus bringing more grace into your life? As we approach the eclipse on July 1st we will need the energy of compassion to deal with the migrations and clashes of our human population.

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

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The Tool that Practitioners in the

by Barbara Whyte

A famous Greek saying is 'Know Thyself'. This describes very clearly the essence of Cellular Reprogramming™. This non-intrusive energy system supports you to move into the new earth paradigm knowing yourself without having to remember or relive the trauma, drama or shame of the past. You might be wondering, how can this be? One knows oneself by remembering or reliving the past to remember. The knowing that I am talking about goes to the depths of your cellular memory! Going to the cells and removing old programs that no longer serve you and replacing them with new programs, not only allows your vibration to keep up with the new earth vibration but begins to change your DNA as well. You begin to have conscious choice about who and what you are and how you can respond to any situation. It provides the integration of feeling with thinking rather than having these two functions work independently of each other, as often is the case in society. Keeping feelings from decisions has created an imbalance in the world and affected thousands of people, whenever little or no thought of the emotional impact was considered along with their decisions. An example of this is when the rain forests were cut, devastating the people of small communities. On an even smaller scale, what happens when you make a decision without feeling in regard to someone close to you? Only when you acknowledge and accept all of your feeling 'selves' are you free of the influence of your emotional 'selves.' Your feeling self is your 'organic' self that is found at your cellular level, whereas the emotional self is the way you think you should act or be. In Cellular Reprogramming™ the feeling aspect of your 'selves' and the thinking aspect is directly integrated, the left and right brain work together so that you can respond to more than one thing at a time. Your 'intuitive' is functioning at the same time as your 'logical', allowing them to work in harmony.

When you do what is expected, and relive the drama of the past you are remaining in the old earth paradigm of duality, the place of how we 'should' be. Cellular Reprogramming™ gives you another map of reality. It supports you to maintain the vibration of the new earth paradigm, which is a way of living without judgement, allowing you to be your authentic self—accepting all aspects of yourself, the wonderful aspects

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as well as the not so wonderful aspects. Inner reality and outer reality are equally real and acceptable in this new earth paradigm. All ideas are attainable! Cellular Reprogramming™ creates inner sustainability, curiosity and creativity to once again be present in your life without fear. Creativity in this work is not about working with your hands, it is about having three or more ideas for any situation rather than doing what is expected. It involves perception, intuition and imagination. Healing happens with grace and ease in this new earth paradigm. It is not about fixing or curing anyone or keeping one alive at all costs. Healing, using Cellular Reprogramming™ is about the well-being of your mental/feeling/emotional and spiritual self. It is about non-attachment to what you 'think' the outcome is to be. It gives you a leading edge tool on your journey of elevation. Imagine living in a world where you are no longer carrying the dysfunctional generations of patterns in your being! As you reprogram yourself and others you are also affecting the global vibration levels and programs. World Peace can only be achieved by Inner Peace.

I founded the Pacha School of Consciousness ® in 1995 to manifest my vision of illumination here on the new earth and to share the Spiral Medicine Wheel Teachings. Three percent of all tuition goes into our 'New Earth Youth's Fund' at the school, supporting our future. I bring over three decades of experience of empowering and supporting self-mastery clients, students and myself. I have personally regained balance in my own life when I needed to deal with emotional kidney failure, asthma, allergies and pneumonia. I co-created with my otherworldly mentors, Cellular Reprogramming™ over a decade ago before anything cellular was openly acknowledged or talked about in the New Age movement. At that time I was told that Cellular Reprogramming™ was the name to describe the tool of the New Earth Paradigm. It gives me great pleasure to be able to share this leading edge tool with others through intro and evolved consciousness weekends, the self-mastery level as well as the practitioner in training certification program. It is an honour for me to spend my time with others who are ready to hold the integrity of the work and to have the courage to live the 'known' and the 'unknown' in the new earth paradigm. I trust that each one of you will now take the time to give yourself a hug reminding yourself what a very precious being you are! Namaste. See ad to right

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The 'Red Dot'

by Peter A. Morris



After almost sixty years of being aware of Spirit, seeing it, being it, teaching it—I forgot it!

Six years ago, the biggest healing experience I have ever experienced took place on a warm sandy beach in Singapore, when a seemingly endless line of men, women and children emerged from the sea towards me. The first, a U.S. Army soldier, his head the only part of his body that was intact, looked straight at me. In that look was everything, a call for help, a plea for understanding, a look of utter loss. I tried to look him straight in the eyes in an attempt to ignore the rest of his body which was opened from throat to stomach, all of which was hanging out. I was filled with a mixture of horror and bewilderment. I FORGOT to try and help, FORGOT his plight and dwelled only in my own feelings.

Something reminded me to focus on Spirit and send healing... *The 'something' was a little red dot. (I now have them everywhere in my life to REMIND me to tune into Spirit for help and guidance)* ... I proceeded to send him healing energy. In a split second, perhaps less, he turned from a dismembered physical wreck into a melody of coloured lights and disappeared. Then more came, one after the other, all had met their physical death in the water during the Second World War. I have a blurred memory of how many there were, dozens, perhaps hundreds.

My next recall was of walking around a large room in the company of many other men, we were all dressed in white. My first thought was that I had 'died and gone to heaven!' I tried talking to some of them but got no response. Then another of them also dressed in white, the only woman in the room, approached and said in a halting voice, "Can you hear me?" "Of course I can," I replied. "Come with me, I'll take you to a doctor!" It was then I discovered I was in Lions Gate Hospital in North Vancouver. I had arrived from Singapore some three weeks earlier, with the help of my buddy Sandy and other friends, following my 'beach experience'.

Sandy later told me that the evening following the 'beach' we were dining in a swish downtown Singapore restaurant when I stood up and stated in a VERY loud voice swearing "I don't know who I am, where I am, or what I'm doing here!"

So what does this have to do with forgetting? During the 'beach experience' I FORGOT to protect myself when healing. As a result, for the last six years I have forgotten most of my friends and most of my life—forgotten what I had lived and taught for over fifty years. I often forget Jassandra Lea, a lady who has dedicated this part of her life to caring for me.

Now I am making forgetting a positive experience and using the space to learn new energies and new ways to greater learning. I am doing this by using red dots around my life in the most surprising places! (*I am told that I used to tell people to use them to help remember to meditate.*) Now I'm using them to help me recover from forgetting my Old World. I have no memory of ever teaching or talking of spiritual matters, I can not listen to or read words I have spoken or written on the subject. The whole damned experience did nothing but make me angry, until I started to piece together some 'signposts' that had been given to me.

The first big sign was that I had FORGOTTEN to think positively. After realizing this a few things started to click into place. I found notes of a conversation I'd had with my spiritual guide Big Eagle years before, when I had asked him, "Where do you and I stand on the 'spiritual ladder'?" "Imagine," he said, "a mile high totem pole, since we are dwelling in that lifetime, and each twelve inches is a knot mark that indicates how many lifetimes we have been together in one form or another. At this time you are three marks from the top of the pole." "So what happens" I queried, "when I reach the top of the pole?" "There I will be waiting," he replied. "And then," I asked, "What then?" He gave me a smile of deep knowing of what was coming next. "You will be looking at me straight in the eyes." "Yes! Yes! But then what" I yelled at him, almost on the floor with anticipation, not really expecting

an answer to this one "You will leave me as far behind as you possibly can," he replied.

That was it, that was the greatest puzzle to me AT THAT TIME. So what then, where then, what am I supposed to do? Is this the end? Is that where I pass over into Spirit? Is that my physical death??? No reply was forthcoming.

Yet another 'click' came in the Fall of '99, when Jassandra, dear soul, who has nursed, loved, stood by and tolerated me through this challenge, asked if I would like to visit with Vronnie and Buck Musgrove near Fort St. John. I had no idea who they were even though Jassandra told me that they were dear friends that I had known and loved for many years. I refused at first as I could not talk to people and would cross over the street to avoid anyone that looked vaguely familiar. They both live on a farm, miles from anywhere or anybody, Jassandra told me and thus sold me on the idea of her driving us on the long haul north from Sechelt.

It was as she said, very peaceful. One sunny day, Buck said "Com'on Pete, lets take a hike up the mountain to the medicine wheel up there." I didn't mind the hike but the thought of entering the wheel did not appeal to me one bit! Since my 'adventure' started, it has been impossible to deal with any kind of Spirit energy. Once up there, Buck entered the wheel and invited me to join him. For a while I refused, really angry, my emotions in an uproar, even though it was something I had experienced many times before, on my own and with groups of First Nations People.

Eventually, I did enter and was immediately confronted by a young North American Indian, with one feather, looking straight at me saying nothing, just staring at me as though waiting for me to speak. I said nothing, my jaw was probably sagging too far to speak in my surprise. Then, he was gone!

This was yet another 'signpost', but one that did not mean anything to me at the time, as I did not recognise the man or have a clue who he was. A few days later, during one of my rare meditations of these days, I was told that I actually spoke, an even more rare event. It was Big Eagle that I channelled and he said, "Tell him (meaning me) it is as difficult for me (Big Eagle) to reach him as it was at times for him to reach me!"

It was a few weeks later that the most significant signpost was shown. I was browsing a used bookstore in Sechelt and came across "I Bury My Heart at Wounded Knee". It contained some shocking history. It also had quite a few photographs of First Nations people circa 1800. Imagine my astonishment when I came across a photograph of the man I had seen in the Medicine Wheel when I was up North. There was no doubt it was the same man! Imagine my further astonishment when I read the description of the photograph, it was none other than Big Eagle, as a brave. He had not yet achieved the full headdress of the elder as I had known him.

It was about this time I started taking notice of the signposts. In the last two months, I am getting out and meeting people, starting to learn anew where I am and using the red dots! FORGETTING the 'unteaching' negatives, remembering ourselves and others and the PURPOSE of LIFE.

Peter Morris is the man responsible for encouraging me (Angèle) to organize the Spring Festival many years ago. He sends his love to all in attendance at this year's event who made him feel welcome even though he did not remember them.



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by Urmi

Interesting People

The Dancing Tao of Harold Naka

Although I have known Harold for years as a workshop leader at the Festival of Awareness, we

have never had a moment to get to know each other. We decided to do this interview at the Spring Festival, the one time of the year we are on the same turf. I was running the Healing House at the same time as doing the interview, every few minutes having to dash up the stairs or break off our conversation to offer information to someone. Harold sat patiently, ready to begin where we had left off, the second I was back to him.

I have always marvelled at how Harold seems to be smiling all the time, as if the punch line of some inner joke is just forming in his mind. Harold loves to play with words and mix meanings, always inventing new jokes and word nuances. He has a very playful attitude about the dilemma of the human condition, "I think therefore I am confused."

Harold was born in Peachland to Japanese parents. At the age of about ten they divorced and Harold never saw his mother again until just before she died. This event had a very strong influence on Harold's life but when he did see her again he felt that time had resolved the guilt that he had felt since losing her. Harold remembers being depressed and lonely as a child. His family was reserved and inexpressive. In school Harold felt insecure and isolated, he felt everyone knew more than he did. He went through High School feeling numb.

He longed for inner peace and became interested in competitive sports as a means of self expression. He even tried Jazz dance to learn creative movement but since he could not hear music he had to follow the movements visually. Eventually he gave up dance and became interested in Tai Chi. He saw an ad with instructor Richard Lautsch which described Tai Chi as nonstressful movement. What started as movement soon became a spiritual journey that is still unfolding today.

Another experience in the opening of Harold's spiritual life was a motorcycle trip down to Colorado. On this journey Harold met the crazy Giafu Feng, who became a mirror for Harold, and the external journey became the internal journey. Further south in New Mexico Harold entered into a monastery for a five day retreat. He returned the next year and was asked to have an interview with the master. Harold decided right at that moment that "life" was his Koan" and he didn't need a Master. He made his mark in history as being the only person ever to refuse an interview. Harold explained, "These road trips broke the shell of my enclosed mind and I started looking inwards to my own self." About teaching Harold says, "If I thought about it or listened to people I would still be thinking about it." With Tai Chi Harold took a radical approach, he found that many alternative teachings require that you conform, only in a different way than mainstream society. Harold strives for a spiritual practice that liberates us from this structural conditioning.



He advocates: No Teaching, No Judging and No Healing. He jokingly confesses that he's had to modify #2 into "Be Aware of my Judging." Harold says that there is pressure from society to give up and conform so he tries to break all the rules and still live inside society. "Know everything, understand nothing" he says and adds, "I love my ego." Harold believes in breaking free of stereotypes in a playful way and finds his Tai Chi coming full circle with a return to tradition. The rebel is learning to respect the history and principles of the

art. Harold sees everything as his own choosing. "My work is my play and my service to humanity," he says, "I wanted to create an energy and space for spiritual growth. People need to discover their potential and a certain environment is needed for that. It is a priceless gift to contribute to humanity." Harold feels that Tai Chi is a form that was presented to him as a means to do his life service. It's his destiny and purpose to benefit humanity by giving classes, workshops and demonstrations.

About his family Harold says, "I have no expectations of my children I trust they will discover what they need to do to make their life meaningful. Hopefully they will learn from our example of practicing harmony and compassion. Our thoughts and inner space can influence everyone around. It is a big responsibility but it is part of our essential nature." Harold practices discipline and integration of these principles into his daily life. "We all have the potential to be whole," says Harold.

His philosophy is to live your dream by making your dream a reality. Daily practice is a must. Hands-off healing using Qi Gong keeps his energy flowing and his goal is to feel successful and prosper. Harold's parting words, "We are not who we think we are."



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