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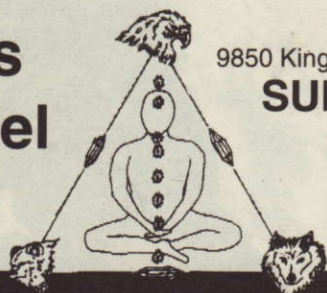
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The Healer is Your Self

by Lynne Gordon-Mündel

In the days of the ancient Greeks, healing retreats flourished throughout the Greco-Roman world. The central retreat and the one most well-remembered in history was at Epidaurus on the east coast of the Peloponnesian Peninsula. Epidaurus was a kind of Greek Lourdes; pilgrims flocked to it from every part of the Mediterranean world, seeking health. When I visited Epidaurus in 1970, I walked among the ruins of the sacred groves reading stone tablets upon which cures, which appeared miraculous, were recorded so long ago.

Today's internet speaks of the primary ritual practiced at Epidaurus as follows:

Afflicted people slept within a temple or sacred enclosure in the hope that the god would come to them in dreams and prescribe cures for their illnesses.

How arrogant is the ego of the twentieth century believing it can so easily explain the sacred mysteries and healing rituals of the Ancients! The people of Epidaurus were not as naive as scholars of this century seem to believe. From my own experience in the Mysteries and with healing rituals I see that what happened at Epidaurus and what drew people from all over the region was more like this:

People experiencing imbalance/disease entered a time of ritual cleansing involving physical, psychological and psychic challenge. At the end of their days of cleansing they slept in a temple or sacred enclosure and invited a dream. They hoped that they had become psychically clear enough to have reawakened their relationship with deeper levels of Self, that they might be given a dream which would help them understand the origin of the imbalance/disease in their bodies and so know what to do to bring about a cure. The priests and priestesses would be there to help them understand what the dream energies were saying.

Over 2000 years have gone by since then and it is time to acknowledge that the ancient Greeks were in touch with a healing art that has been lost during centuries of attempting to cure disease by treating it from the outside in. Healing, if it is to be lasting, must happen from the inside out. To be 'cured' we must be so acquainted with the nature of our own imbalance that we no longer need to or want to perpetuate it. That

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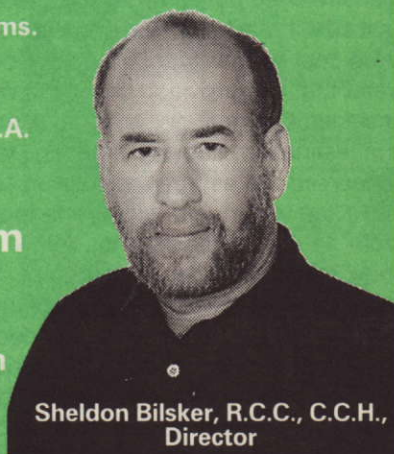
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is why the ancients fasted and put themselves through rituals of silence, prayer and ceremony; that is why they learned to listen to the dreamtime.

Yes, it takes time and patience to get to know ourselves to the point where we pilot our own destiny and determine our state of health. But is it not wiser to invest the time and discipline NOW than to apply band-aid solutions day after day, lifetime after lifetime, living all the while at less than optimum levels of health and energy?

What we call disease is always a statement of imbalance in the psyche. The body tells a story, but the stories are seldom understood because most human beings have forgotten how to listen.

Recently twenty-one people experienced an eight-day ritual right here in Kamloops, a ritual similar to what must have happened at Epidaurus over two millennia ago, a ritual which included physical, psychological and mental challenge - ritual walks, sweat lodge, fasting, times of silence and vision questing. We dreamt healing dreams and we listened to deeper levels of Self. Human beings of the twentieth century are taking up such challenges all over our planet. We are remembering once again that our Wholeness is not dependent on some thing or some one outside of ourselves, but upon our relationship with Self and our healthy attunement with Life.

Lynne Gordon-Mündel is an author, a modern Shaman and a counsellor. She will be presenting a workshop at the Spring Festival of Awareness in Naramata, BC on April 27, 28 & 29. See the back insert of this magazine for more information.



Journey in the Land of the Pharaohs by Kate Denis

I stepped off the plane quite relieved to finally feel solid ground. We had been travelling for twenty some hours already and a nice hot shower was exactly what I needed to soothe not only my body but my mind and spirit as well. I arrived in the lobby, freshly scrubbed and looking for something to feed my hunger. I sauntered outside to find that my fellow travelers had commandeered a large section of the patio. I sat down and ordered a light meal, as I had been experiencing motion sickness. I realized that my body was beginning to prepare itself for a shift and I welcomed whatever needed to happen. In the midst of everyone chattering I found myself staring up at the sky. The stars were twinkling down at me; it was difficult for my brain to wrap itself around the breathtaking sight of the moon. It glowed like a beacon welcoming me home. As I gazed upon it, I suddenly thought of how it hadn't changed from one side of the world to the other. I was finally here, I was home, home in the land of the Pharaohs, the beginning of time.

I climbed into the motor boat, eager with anticipation. The Nile stretched out as far as the eye could see showing off its vast size. I reached down and cupped my hands in the water. It felt cool but inviting. I scooped some up and drank it. The water that had provided life all the way back even before the ancients. Our boat began to dock as we had finally reached our destination. The overwhelming feeling of feminine energy consumed me as I began walking toward the Temple of Isis on Philae Island. The tour guide took us to a "special secret room" to the left of Isis' altar. As we filed into the sanctuary I knew that I had been here before. Someone had noticed a small crawl space in the middle of the farthest wall. I immediately crawled in as someone handed me a flashlight. My eye immediately caught on a glimmering just in front of me. I reached down and found, winking back at me, an amethyst the size of a nickel. A gift from the temple, Mother Isis wanted me to have it as a symbol of her protection and guidance.

We all joined hands and began toning as an offering. One by one we took turns sitting in the corner feeling the energy emitting from the stones. I grasped my gift and placed my hands on either side of me touching the wall. Images began clicking slowly then increasing in speed across my psyche. My whole being became bombarded with energy and visions. I snapped back needing to release somewhere as far away as I could. I found a very small room, about the size of a closet and wept. I sobbed until I had nothing left to cry and then some. The emotion was so intense that it welled up in my throat. I wanted to scream at the top of my lungs until it shook the very foundation of where I stood. At that moment I remembered. I had been her High Priestess and the room that we were in was used for purification rituals for the king.

The moon was kissing the waters of the Nile as our cruise ship glided through it. The air was clear and crisp. Darkness enveloped us as the stars shone brightly. I lay there, as at the beginning of all meditations, moving around, tossing back and forth. I saw the room in the temple; it was bare. I could hear the sounds of a female voice becoming increasingly louder. I saw a long, flowing white robe and a staircase on the outside of a ruin. I saw the moon again shining brightly and sensed ceremonies taking place. Images passed across my inner eye again at the speed of light. I instinctively knew that if my conscious mind were to remember any of them that it would. I slowly came back and I noticed a very gentle sense of slipping back into myself. As I rose I felt a need for release and once in the safety of my room, I just let it out.

The Valley of the Kings had this heat to it. The kind of heat that makes your insides boil. I was in the Tomb of Saptah staring at his large red granite sarcophagus. I rubbed my hands together and moved them slowly half an inch from its surface. My right hand began moving itself in a particular spot. I opened my eyes to notice that it was hovering

Continued on page 11

Satori

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Profile

The Spirit of Leadership



by
Rod Paynter

"A Life Skills Coach is a trained, caring professional who is able to facilitate groups, model and evaluate skills and support individualized learning. Coaches work from their hearts, demonstrating with their lives, their growth, and through their range of emotion and depth of experience, the effective use of the skills that they offer to their participants. Coaches put themselves on the line, human to human." From <http://calsca.com>, website of the Canadian Alliance of Life Skills Coaches and Associations.

Life Skills is an experiential approach to developing communication and problem solving skills. It's used extensively in job readiness and back to school programs, in prisons, group homes and recovery houses. In my many years as a Life Skills Coach, and more recently as a trainer of Life Skills Coaches, it's become clear to me that something is missing in the original formulation of the program. We address the domains of cognitive, affective and psychomotor (feel, think and do), but spirit, the domain of 'be', isn't there. Yet spirit is what underlies the other three!

I believe that an inside out, spiritually based approach, honestly modeled by self-actualizing Life Skills Coaches, has the potential to greatly increase the effectiveness of Life Skills programming. When people are encouraged to work from the inside out, to connect with their inner selves, and then to acquire the skills of the traditional curriculum, they learn much more quickly and happily than they do under the cognitive-behavioural system used in most Life Skills programming.

My Coach trainings focus on the What and the How of leadership and are firmly based on the principles of respect and non-violence. I model the skills that I offer.

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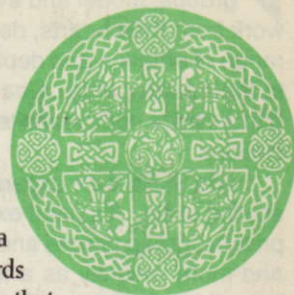
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The Holy Grail

According to a popular Gnostic Christian legend, Joseph of Arimathea, an essene Master and friend of Jesus the Nazarene brought this sacred vessel to Glastonbury where he built the chalice well and the first Christian Church on English soil. The Cauldron of Cerridwen is an indigenous representation of the Holy Grail. Cerridwen was a Goddess and Keeper of the Cauldron of Inspiration and Rebirth.

The Celtic Cross



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



The Web of Wyrd

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



The Viking Runes

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



The Wheel of Life

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

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Musing

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AN IGLOO FOR FUN

As I promised last month, here is Dad's replica of an Alaskan Igloo. This month's front cover photo shows six of us children playing in our new house. I loved the part where we got to crawl through the doorway and then inside, look through the ice towards the sun. I remember him explaining the technique to friends and his brothers. I listened for as long as I could and then I would go and play, checking in every so often to see how they were doing.

Building the igloo reminds me that technique was just as important as having the right environmental conditions. Their structure was much simpler than our modern houses but the function was the same; to give protection against the elements. North American's have evolved to the point that technology is at our fingertips but in doing so we have lost touch with the elements and what it means to be human. We have lost touch with the seasons and being grateful when the sun shines.

A favourite book of mine that I had a chance to reread over the holidays, is *The Body Reveals* by Ron Kurtz and Hector Presteria, M.D. This book gives clear guidance for opening up the body so that we can feel love, for as I said in my last *Musing*, the body never lies — its tone, colour, posture, proportions, movements, tension and vitality express the person within. Fixed muscular patterns are central to a person's way of being in the world. They form in response to family and early environment and our definitions of love.

There are four basic body types: Needy, Burdened, Rigid, and Top and Bottom Heavy. Each type has its underlying fears and emotions with characteristic behaviour patterns because of life experiences. The needy types are always looking for support, life is hard to cope with and they have strong feelings of abandonment. Slumped shoulders reflect the burdens carried, along with resentment at being made too responsible at too young an age. A rigid, tense body reflects muscles that grasp for things, a struggle to get what one wants. The jaw will harden or jut forward as the body becomes muscular and energetic. The top and bottom heavy types ignore the needs and feelings of themselves and others and go into their heads for protection, layering tissue over their unmet needs.

When the innate wholeness of the body is disrupted, we ban the impulses that arise in our bellies, genitals, hearts, arms, legs and other parts of our body. We block by creating tension, using our muscles to dam the flow of feelings. In doing so we diminish our feelings and our internal guidance systems of knowing who we are.

These childhood blocks allow us to survive and give us our personality but over time they rob us of the energy to be our wonderful selves. With time the programming fades and the feeling slips from our consciousness. We then search for indirect routes to satisfaction as we progress toward adulthood with a patchwork quilt of roles and games.

In a healthy open person, feelings flow easily into expression. A strong feeling of sadness spontaneously becomes a trembling jaw, tears and sobbing. If that feeling can't be expressed, it is held by the jaw as the breathing becomes shallow, and the belly finds a place to stuff the pain. In rigid types the emotions are often held in the lungs.

Understanding my family history and getting a sense of my programming is important to me so that I can understand my definition of love as it was imprinted on me genetically. My Dad was like many others, a product of his pain and fear. He was good to us most of the time. He didn't drink or smoke and he liked to work hard, but at times he was downright mean. Deep down I knew he loved me, but he seldom showed it with words or actions. When he hurt me, I avoided him till I felt it was safe to relax my guard. Most of the time he just ignored me. Today some of those feelings are coming back up as I open up my emotional body during my breathwork and allow them to be released.

My emotional release sessions with Ken Martin always involve lots of yawning and crying and sometimes screaming. We always start with a check-in to see how my body is feeling. I quiet my mind and watch the flow of my breath, breathing a little faster than normal. Then I notice where the energy gets stuck. This time it was deep inside my belly. As I went deeper into the feeling, it felt like a hot poker. Ken asked me to be with it, just allow it to be. Sadness consumed me, then anger and tears.

Ken then asked that I see my inner child feeling hurt and angry. Then to imagine my higher self and the more grown-up parts of me supporting her in feeling her feelings. I would prefer to figure them out. I think that if I can just figure them out they will hurt less. Ken asks me to get out of my head and just allow the feelings. More crying and feelings of frustration. I feel angry words and growl to express them. Then I get quiet as I continue to offer my inner child support and love for holding these angry feeling all these years. I imagine her feelings in a basket, which she tips over and pours out onto the ground. During all this time I could feel electrical impulses darting back and forth between my neck and the area around my uterus. Hot flashes moved down my legs and I felt like a jelly fish letting go of its tendrils as old tightness fizzled and popped.

The next day I attended my Yoga class in Kelowna. I felt like I had a new body. We started with Sun Salutations and I felt strong and balanced. Then we did some forward seated stretches and I could stretch an extra two inches towards my knees, without any extra effort.

It has taken me years of bodywork, counselling, breathwork and yoga to allow my body to change and I am living proof it is possible. The bonus for doing this work is that I get the energy needed to do the many tasks asked of me. I write this column because I would like to encourage others on their healing journey.

I believe like Ron Kurtz and many others that say—if we let go of chronic tensions we can change how our body looks and feels. I give thanks to Ida Rolf, Mr. Iyengar and the thousands of others who are giving us tools to change our patterning, dissolve old limiting beliefs systems and awaken us to our true potential and the greatness that we are.

Angèle



Device a Delight for Folks in Pain

Kim Peterson and her husband, Doug, knew they'd stumbled onto something amazing the first time they beamed infra-red light at an injured horse.

What the Peyton couple didn't know was that their hand-held light machines designed for use on horses would create tremendous demand among horse owners who tested the devices on their own aches and pains.

"It wasn't something that we originally intended, but we really felt an obligation after seeing the results and the people who came to us with tears in their eyes," said Kim Peterson.

The Food and Drug Administration granted the Petersons' company, Light Force Therapy Inc., approval to market and sell its devices to humans for pain relief and arthritis treatment. Before the FDA approval, Light Force could only market its devices for use on animals.

The Petersons hope to get approval for additional uses of the technology, which uses light-emitting diodes - the same kind of technology used to illuminate traffic lights - to beam infra-red rays into the cells of damaged tissue.

The light enters the body as photons that are absorbed by the photo receptors within the cells. Photons strike damaged tissue including skin, blood, muscle and bone, and create a cellular response that reduces pain and jump-starts the healing process.

Photo-stimulation was discovered in the 1960s when European scientists began to use light beams of specific wavelengths and frequencies to treat damaged tissues. Light Force has taken technology primarily used in a clinical setting and turned it into a portable device patients can use at home.

Therapy Zone, a Denver-based supplier of products to physical therapists, chiropractors and acupuncturists, plans to offer the light-therapy devices on its website.

The company's founder and CEO knows the product's power firsthand. Lee Spieker, Therapy Zone CEO and Special Olympics coach, tore his hamstring during a softball game. A trainer who works with Special Olympians told Spieker he'd be out for the season.

"I used light therapy five times a day and I was running in four weeks," he said.

Purchasers of the light devices are using them to treat everything from varicose veins and carpal tunnel syndrome to sprained ankles and post-operative wounds.

"I've used it on just about everything," said Cindy Rojeski, a California equine massage therapist.

Rojeski met the Petersons at a horse show in Sacramento and bought several of their light devices in 1999. She had good results treating lame and injured horses and decided to try the therapy on herself.

Rojeski had been thrown by a horse six months earlier and was visiting a chiropractor four times a week to help heal her back and prevent severe headaches caused by her accident.

"It erases the pain," she said. "I haven't been to the chiropractor in four or five months." She has lent a light-therapy device to a friend with tennis elbow and used light therapy on her dog to help heal stitches.

While there are other manufacturers of light-therapy devices for horses, Light Force has tapped into a market where demand is huge, Rojeski said.

"Most of the time when I go to work on a horse, I have to go home and get my machines from my family because they've confiscated them," she said. "My dad uses them all the time."

Judy Saltsburg purchased Light Force machines to try on horses at her Dillsburg, Pa., farm. She also tried the devices on her arthritic hip and back and was amazed.

"I no longer have to take Advil," she said.

At horse shows Saltsburg has been overwhelmed by requests from people who want to buy the lights for themselves, particularly the elderly. She decided to become a Light Force distributor.

"I wanted to do it for horses, but I've sold so many to people," she said. "I have 70- and 80-year-olds calling me and telling me they are just so excited about what the lights are doing for them." One of Saltsburg's customers, an elderly woman who used light-therapy to get rid of a painful varicose vein, caught her husband - who had called the device a bunch of voodoo - using the machine.

The Petersons first tested infra-red light-therapy two years ago when the inventor of the device they now sell sent them sample units to try on a group of horses bought at auction.

The horses were so badly injured, people had given up on them.

The skeptical couple figured that if the devices worked on these battered horses, they could trust the technology. They bought it from the inventor. When the light's rays penetrated the horses' pulled and torn muscles, arthritic joints and brittle bones, "we saw some really dramatic results," Peterson said.

"We went to equine shows and the feedback was just as astounding on the human side," she said.

Light-emitting diode, or LED, technology is different from laser therapy, which has been used for decades. The technology is safer because once a cell has been rejuvenated, the light that penetrates it won't cause damage like lasers can, if overused. This is what makes Light Force's devices safe for home use by consumers, Peterson said.

Light Force Canada now offers these light-therapy products to physical therapists, chiropractors, acupuncturists, the equine area and the public. Light Force Canada is presently seeking CDA approval. For more information, go to www.lightforcecanada.com

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Land of the Pharaohs ~ continued from page 6

over the cartouche on the bottom right. I circled my hand around it until it stopped. Slowly, with me looking on as simply an observer, it began to move. My hand began shaking back and forth and I felt an electrical shock vibrate up to my mid forearm and instantly stop. I felt this overwhelming heat of pain concentrate in the middle of my forehead. I was immediately overcome with hunger. The Tomb of Tutmosis III was very difficult. It had long corridors leading up and down and it was very hot. I began feeling muscle spasms work themselves inside my body. When I reached my hands across the middle of his sarcophagus I felt heat that began in my feet and vibrated up to an intensified concentration in my third eye. Next we visited the Temple of Ramses III where I found an amber-like stone at the entrance. When we reached the farthest left corner of the ruins at the flick of a switch I felt a strong pain in my stomach. A pain that was sacral in nature and a knowing that I had given birth for a Pharaoh whose wife couldn't. I believe that I may have died while in labor. That evening I had asked one of my tour mates who had healing hands to feel my right arm. He could feel a strong erratic energy coursing through it and began to cleanse me. I felt my release come to a brink and found the safety of my room again to let it go.

The sun glints off of a white crystal that was waiting for me at the entrance to Amon Ra's son's room at the Karnak temple. Karnak temple houses over eighteen different sanctuaries surrounding Ra's main sanctuary. His sanctuary contains a granite altar that held his solar boat. I found myself compelled to perform a Sun Salutation in homage to the king of the Gods.

By the time we reached the Red Sea my body was in the process of cleansing itself and I began to slowly die. Irritable bowels and upset stomach. I experienced hot and cold sweats. As I slept the imagery took over and I felt myself being wrapped in linen and anointed with oils that came from a ball of pure light. I hadn't completely gone through the process by the time we reached Cairo forty-eight hours later. As the rest of the group went out for dinner, I remained so that I would be ready for the pyramids the next day. I had gone through birth and rebirth and it was time to stop this overload of pain. I fell

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to the floor of my hotel room sobbing and told my guides that this was enough. It was time to stop. I needed a rest.

We got up early the next morning in order to get to the Giza pyramids as soon as they opened the gates. The Department of Antiquities allows only 150 people in per day, if that, and pretty soon no one will be allowed to go near them. Everyone piled out of the bus to get their camera tickets, chattering amongst themselves. I was staring in front of me and said, "Everyone stop a moment, turn around and look." There are no words that can fully express the magnitude of what I felt. The Great Pyramid was looming before me in all of its glory. I was simply awestruck with a feeling of timelessness.

We entered the small, claustrophobic corridor leading up to the Queen's chamber. It smelled of an aquarium and was extremely hot. The Queen's chamber is at the midway point. We stopped and began toning as a man from the group played his digeridoo. My voice was not my own as it lifted away to an angelic level. We moved up further to the King's chamber where I was asked to be the first to lie inside the king's sarcophagus. As I lay with my arms crossing my chest in the ancient way I could smell a scent that was used for mummification. The digeridoo was playing by my head, the vibrations taking me back to a different time and place. The pictures came quicker than before and the vibrations were rocking me, cradling me. I felt an electric pulse take over my lips. It became time for the others to have their experience. As each of them entered we all toned; I was hugging the sides of the burial place as I was chanting. My chanting became softer until I was privileged to hear my own voice chant ancient words that I knew not in this lifetime.

Since I have been back I have slowly become aware of the changes taking place within me and in the way that I now respond to things. I have embarked on my vision of a yoga studio and seem fortified in following my path. Although I have to say that the biggest realization occurred when I recognized that I came away with a knowing that I was blessed with Divine speech and Divine touch and to use them wisely would guide me along my soul's path. All I had needed to do was to remember that I had them all along.

See ad on page 6

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Natural Health, Help or Hype?

by Hank Berkenpas

What is it about natural health care that strikes fear in the hearts of some and complete confidence in others? Oh, yes, there are some in between that just aren't sure. So much information is out there and some claims are admittedly pretty extravagant, but what is it that causes our illustrious Health Protection Branch, the Pharmaceutical giants, and many allopathic physicians to feel so threatened?

Natural health care is nothing new. In fact, it was the beginning of medicine as we now know it. If a patient wants to eat well, live a healthy lifestyle and use herbs, vitamins, etc. to maintain wellness or even overcome disease, should we not have that right?

Many of my clients tell me that they use natural remedies, but they are afraid to tell their doctors. That's where the problem lies. Some natural remedies interact with prescription and 'over the counter' medications and can have serious results. It's time that we all work together as a wellness community to improve health and the quality of life.

Make your Doctor, your Pharmacist, and your Natural Health Practitioner a part of your wellness team. Consult a professional who knows how natural products and mainstream medicine interact. It is difficult to expect all sales clerks in health food stores to have the training and educational background required to properly advise clients that use both. That's not to say that there aren't any qualified people working in these stores; sometimes years of experience and a passion for natural health can teach more than any certificate on the wall. Look for someone you trust. They should be willing to develop an educational relationship with you, not just try to sell you the most products. Many of my clients leave a consultation taking less supplements than when they came in. Natural Health has a place in today's society.

The products are safe when used properly and in the right combination. There's room for all of us to make a comfortable living without getting threatened or greedy.

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WELCOME TO THE YEAR OF THE SERPENT

by Brenda Molloy

As we move from the chaotic energy held by the Year of the Dragon into the introspective Year of the Serpent (January 24, 2001 to February 11, 2002) one can expect many changes. It is a time when elegance and style will prevail in all the arts. People will think before they act, seeking advice and knowledge from others. There will be technological advancements and discoveries. However, it is not a good year for investments and risk taking. Do your homework before making important decisions. The Year of the Serpent is about wisdom, mystery and sensuality. It is a wonderful time to explore one's creative talents or begin a course of study. Seek your joy in all that you do.

Serpents will find their year to be one of abundant relationships and finances. The Horse, however, will experience difficulties with partners and in business. This is a year of happiness, success and romance for Sheep but watch finances and health. Monkeys can expect a few opportunities in this year of enjoying family and friends. Success in business continues for the Phoenix, however family problems may arise. Dogs can expect success at home and in business while enjoying the intellectual aspects of the Serpent year. Boars will experience difficulties on the home front while business is steady. Rats need to watch their health and expenses while living simply and practically. An auspicious year for the Ox that is full of growth and opportunities. A harmonious year filled with travel and healing for Tigers. Hares can expect changes in occupation or residence in a year full of surprises. Dragons will experience good luck in business but romantic relationships may be problematic.

Blessings of good health, joy and abundance to all, for joy and health are true wealth. May you experience people as angels and places as paradises. You too may be called upon to act as an angel in someone's life. Be ready!

Brenda will be a presenter at the Spring Festival of Awareness at Naramata, BC April 27, 28 & 29. See the back insert in this magazine for more details. Also see her ad below.



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TEN TOP WAYS to bring..... FENG SHUI

into ONE'S HOME and/or WORK ENVIRONMENT

by Jollean McFarlen, miact csl

The goal of Feng Shui is to create an environment that supports and nurtures you. Here are a few easy steps.

1. Certain items can be placed in your home to create active chi or life energy. Items like crystals, candles, and wind chimes activate the energy and stir things up! Hang crystals, place candles (red/purple in your relationship corner for Valentines) around your home, wind chimes are great for moving stagnant energy.

2. Bring plants and flowers into every room—the green life force will give you great energy and lift your energy, especially pine branches. If you have a black thumb choose silk, not dried flowers—they are dead and have no life energy. Also suggest, avoid sharp edge plants and cactus as they have cutting energy.

3. Rearrange your office! If your desk has your back facing the door, change it to face the door, a more powerful position and one that enables you to greet people coming in. If you can't change it, place a mirror over the desk—mirrors are great Feng Shui cures!

4. Your prosperity and power centre are the furthest left corner from your front door. Does it look prosperous? Okay, if your wealth corner is harboring a hamster cage, sports equipment and a month's worth of old newspapers—clean it up! Place some plants, some fire items like red flowers, paint or fabric and perhaps a water element—red fish would be great! If you don't want fish (slang for cash) even a bowl of clean water will work! A picture of mountains, water, and boat bringing wealth.

5. Every room should have the FIVE ELEMENTS in them: Wood, Fire, Earth, Metal, Water. **Wood:** plants, color green, wooden furniture. **Fire:** candles, oil lamps, red flowers or fabric, triangles shapes. **Earth:** yellow flowers, square shapes. **Metal:** silver, white or gold objects, round shapes and clocks. **Water:** fish tanks, bowls with water and pebbles, fountains.

6. Repair or replace broken items! These are energy suckers! Fix them or they're gone!

7. Make sure windows are clean to allow for easy flow of chi. Ideally, open your windows once a day to bring in fresh air.

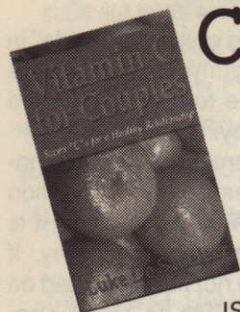
8. If the stairs in your home line up with your front door put a mirror and plant at the top of the stairs. You want to prevent the energy from flowing out of your house; the mirror will reflect the energy back into your home.

9. Get rid of CLUTTER! Clutter saps energy!! Rule of thumb - keep things you love and things that you need.

10. Trust your own intuition about what feels good for you. As you begin to tune into the flow of energy in your home and/or office you will see what needs change. Feng Shui may be new to us in the West, but it has been around for thousands of years, it does work!

Jollean McFarlen is the author of 'Feng Shui and the Art of Colour.' See ad to the left

VITAMIN C FOR COUPLES:



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ISBN 0-921165-68-4
by Luke De Sadeleer

Commitment is just one of Luke De Sadeleer's seven essential 'C's. In his new book *Vitamin C For Couples*, the Ottawa-based psychotherapist, professional speaker and trainer provides a prescription for a healthy relationship that will withstand any challenge—from major upsets to the common 'bugs' of everyday life. He draws on his experience—25 years in private practice, and over 20 years of marriage—to help couples rediscover the passion in their relationships, and to live longer, happier and healthier lives.

"My preventative approach with relationships is having a growing appeal," states De Sadeleer. "Just as many individuals have learned to prevent physical problems through exercise and nutrition, so too can they learn to nurture and develop their intimate relationship." In *Vitamin C for Couples*, De Sadeleer clearly proves his premise that a strong and loving relationship is the best life-insurance policy we can have. "We understand now that anything we do to increase the love, security, understanding and connection with our intimate partner, the more likely we are to experi-



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Author Luke De Sadeleer M.Ed., C.H.R.P., is a psychotherapist, professional speaker and consultant who specializes in working with couples. His 25

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Yoga the Feldenkrais® Way

by Sandra Bradshaw

Jean felt well and pain free but her body simply wouldn't do a forward bend. She thought that she would like to try yoga but without feeling some degree of flexibility Jean found a dozen reasons to give up on the idea long before she ever seriously considered joining a class. By doing the following Awareness Through Movement™ lesson Jean discovered how to improve her ability to move in comfort and do what she considered impossible only minutes before. That was over a year ago and Jean has retained her new-found flexibility.

Try the same lesson that Jean did to give you a little taste of how an Awareness Through Movement lesson might work for you and perhaps it will inspire you to join a yoga class or take a Feldenkrais Awareness Through Movement workshop. As you do this movement lesson, remember to do only what feels easy. Ease creates ease so if you want your body to learn how to move in comfort, you must practice comfort.

1. Stand with your feet hip width apart and bend forward as you would to touch your toes but only go as far as is completely easy and without strain. Take note of how far you are able to go and come back to standing. If you feel twinges of pain when you come up then you have already done too much. Do it again and this time listen to your body more carefully doing only what feels totally effortless.

2. Turn a little bit to the right so that your whole trunk has turned and your weight has shifted over your right foot. Bend forward going only as far as is easy and then come back up. You may notice that because you are turned slightly you can't go as far. If you push yourself it will be counterproductive and will produce a result that is less than it could be if you go easy. Repeat this gentle movement two or three times.

3. Come back to the center, pause and repeat #2 to the left.

4. Come back to center once more and do a forward bend to the front noticing how the range and the quality of your movement have changed from the first time. If you feel changes after doing a ten minute lesson, just imagine what two hours of Feldenkrais will do for you. *See ad below*

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Hitting the Wall

by Mafaza (Victor Nowoselski)

The article written by Shelly Hiestand entitled "Suicide" in the November Issues magazine touched my heart. Perhaps due to personal experiences, I was able to feel deeply and understand the message she was conveying.

I firmly agree that the key to enlightenment, to understanding and mastering this existence is to realize our connection between the physical and our spiritual natures. As well, it is entirely an internal journey rather than an external journey. If our head is in the clouds and our feet are not firmly planted on the ground then we are of little heavenly use or earthly use, we are somewhere in suspension. We must honor all aspects of self. What kind of garment do we want to wear in life? If it is a quality garment then we must honor all five aspects of self. (Physical, mental, emotional, spiritual and etheric). Balance is the key to life.

However, it is easier said than done. One can hit a wall in their lowest, darkest moment of life, as well as in their highest, brightest moment of life. In each case they face the same choice. Regardless the case, once the decision has been made to leave, one experiences euphoria, and an ultimate high that some spend an entire lifetime chasing. It is the ultimate sense of well-being that becomes so intoxicating that it can overcome us and literally consume us. Like any other form of intoxication, be it alcohol, drugs, sex, food, money; spirituality can be just as intoxicating.

Suicide is not an event; it is a process. This man got there somehow. Life itself is a continual process of change. Regardless of how small or how significant the change is, we still must go through the void. We still must go through the spiritual madness. If we are in the spin dry cycle of spiritual madness it is hard to step out of the cycle and look at it objectively. It is only after the fact that we realize that we were in the cycle of spiritual madness. For those fortunate enough to step out of the cycle the choices seem many. For those that cannot or chose not to, the choices seem quite limited.

What makes this so hard to understand is our belief systems. For you see if one is at their lowest, darkest moment in life, we generally can rationalize or possibly justify their choice. However, if one is at the peak of their life and seem to have everything going for them, we are shocked and in absolute disbelief. We find our hearts crying out, "My God, why?" Yet to the one who has made this choice the answer is very limited, especially if they have changed and sacrificed so much of themselves and possibly of their loved ones, especially if they see no other way. For you see, if one finds themselves at a complete bottom, the lowest of the low, the darkest of the dark; or at the opposite polarity of life, the highest of the high, the brightest of the bright, and sees nowhere else to go from that point on; one asks themselves NOW WHAT? The answer that comes is "Life or Rebirth". Then one simply chooses. Love and light to all those who have been blessed by this man. Honor this man and his choices, for then you will truly demonstrate unconditional love.

Mafaza will be a presenter at the Spring Festival of Awareness in Naramata, BC April 27, 28 & 29. See the back insert of this magazine for more details.



Awakening to the Wonder of Seeds

by Dan Holmes

Ever wondered where carrot seeds come from? This was a question I asked myself four springs ago as I saw the top of a carrot struggling to break through the fall mulch that was still on our garden. Somehow, this lonely carrot had missed my hands and hoe as I had harvested the previous fall to fill our root cellar. I remember looking at that carrot and thinking, "Looks like I'll have one early carrot to eat this year, wonder how long I should let it grow before I can eat it?" I then set out and diligently removed the leaf mulch from that bed and planted a new crop of carrots.

It wasn't long before I realized that this carrot was not the same as the others I had planted. The green leaves were short and very bushy. New leaves seemed to jump out all across the top of the carrot, as it had grown to some size by now. I was now looking at this carrot differently, knowing that I was not supposed to eat it. So I sat back and waited to see what would happen. Well, it kept on growing taller and taller, and with amazement my wife Lynne and I watched as a beautiful 5' tall carrot plant unfolded, covered with little white flowers, soon to be seed. We went on from there to plant that seed the next year and harvest a wonderful crop of carrots.

That experience inspired us to grow out more plants to seed. As we planted these new seeds we found them to be very hardy as they adapted to our climate. As all this was happening we were becoming aware of the genetic manipulation of seeds and the loss of old tried and true heritage and heirloom varieties. This led us to Salt Spring Island and the home of Dan Jason and Donna Kuprowski, owners of Salt Spring Seeds. We knew as soon as we saw their gardens that this was something that we wanted to do, something we even felt called to do, and with their encouragement Celebration Seeds was born.

Lynne and I have been gardening for many years now, our first garden being only 4' wide x 16' long. Right from the beginning we have been committed to growing organically and in harmony with nature. My passion lies with the soil and composting, and all the intricate processes that take place below the surface. What I do, or do not do, affects the "aliveness" of the soil. To that end it's not uncommon for me to gather a thousand bags of leaves each year for the gardens. Add to that a couple of truckloads of manure and some rotted straw and hay and I'm set to feed the soil.

While I garden to build soil, Lynne gardens for the love of growing things. She loves to plant and nurture and harvest all that we grow, while the birds entertain her with their songs. She is very much in touch with all the nature spirits and elementals that work tirelessly to ensure our gardens are abundant and healthy. It's not uncommon to see Machaëlle Small Wright's *Perelandra* books, workbooks, and videos around as she prepares for the new garden season. We are located in a small hidden valley ten minutes north of Enderby where fresh spring water and lots of sunshine feed our gardens. During the growing season we welcome gardeners to come and see where their seeds are grown. We are committed to growing healthy soil and plants, thus ensuring that we have strong seed to pass on to others, from our garden to yours.

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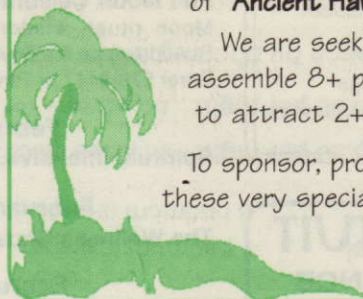
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Calendar of Events



February 7

Full Moon Celebration An evening of Full Moon ritual, wisdom and crystal bowls. St. Andrews on the Square, Kamloops. Therese Dorer 578-8447 or Terez LaForge 374-8672.

February 9

Spiritual Intensive, Westbank, p. 2

February 16 - 18

The Wellness Show, in Vancouver, p. 4

February 17

A Practical Guide to Finding Your Harmony with Lorna Richard in Penticton, p. 24

February 19

Yoga the Feldenkrais Way with Sandra Bradshaw in Kelowna, p. 16

Feng Shui with Jollean McFarlen at OUC in Vernon, p. 14

February 20 or 22

Free Intro, Career & Life Skills Coach, with Geri Eakins & Karin Bauer, p. 20

February 23 - 25

The Body/Mind Connection, Breaking through Belief Systems & Reiki Level 1 & 2, Laurie Salter, Kamloops. 250-377-7775

Traditional & Authentic Feng Shui with Susan Chow in Vancouver, p. 15

February 25

Relaxing into Your Body with Harold Naka in Kelowna, p. 19

March 2 - 4

A Couples Weekend, with Krystal Oleson at Radium Hot Spring Lodge, p. 17

March 3

Touchpoint Reflexology Level 1, with Yvette Eastman in New Westminster, p. 14

March 7

Full Moon Celebration An evening of Full Moon ritual, wisdom and crystal bowls. St. Andrews on the Square, Kamloops. Therese Dorer 578-8447 or Terez LaForge 374-8672.

March 14

Residential-Intensive Life Skills Coach Training with Rod Paynter, p. 7

March 16 - 18

Body, Soul & Spirit Expo, at the Telus Convention Centre in Calgary, AB, p. 12

April 27 - 29

Spring Festival of Awareness, Naramata Centre. See back section.

ONGOING EVENTS

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OFF-CENTRED in the TAO "BACK TO THE FUTURE"

by Harold Hajime Naka

The treadmill of our society, which is driven by technology and economic greed, is spinning at an alarming rate. It consumes our souls, vital energy and natural resources with its ravenous, insatiable appetite, leaving many people feeling confused, stressed out, depressed, sick with worry and disconnected from their body, spirit and the natural world. Computers, machines and labour-saving gadgets were designed to make work easier and faster, so we would have more leisure time, but there was a flaw in this scheme. Now we have more gadgets, less time and work harder and longer. Who's in control here? With faxes, cell phones and e-mails, we no longer need human contact. In today's statistical, commercial marketplace, people are feeling like they are being treated as numbers and objects, to be packaged and marketed, bought and sold, used and abused, then discarded. It won't be long before we will be wearing bar codes on our foreheads, so we can be scanned like debit cards to see how much we are worth. I can picture myself being scanned and registering 'of no value' and rejected as being 'useless to society'. I might be exaggerating a little bit and all my lies aren't true, but you would agree that we live in an interesting time.

I remember a time when life was simpler and the days were longer. I spent my childhood days in Peachland. We lived in a farmhouse with no electricity, indoor plumbing or central heating. Water was drawn from a well, one bucket at a time. One of my cherished memories is walking to the outhouse in winter with snow up to my waist and sitting on a frozen toilet seat and using an Eaton's catalogue for paper. While my parents and grandparents worked on the farm, I would spend my days fishing in Trepanier Creek, playing 'kick the can', exploring nature and visiting friends.

I walked everywhere by myself. After a full day of outdoor adventure, I would go inside to the glow of the coal-oil lamp. We didn't have storybooks, so my grandmother would tell us Japanese folk tales. She told them so convincingly that I thought they were true. I used to imagine animals turning into human shapes and playing pranks on unsuspecting passersby, stealing their food. I feel that today's children are being impoverished by having their entertainment provided by the push of a button.

I didn't realize it at the time, but I was witnessing alterna-

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tive health being practiced almost fifty years ago. I remember watching my uncle getting a moxi-bustion treatment. I thought he was being tortured as he sat on the floor grimacing as the moxi burned slowly on his body. The men would receive shoulder massages after a hard day in the fields. The best preventative medicine for me was the time when my grandmother boiled earthworms for my brother to eat when he was sick. Just seeing the bloated pink worms floating in the pot convinced me to stay healthy. My grandmother fried and ate the big white juicy grubs that we dug out of poplar trees. Those were the good old days.

Today as I practice and teach Qigong and Taiji (Tai Chi), I can see how this ancient healing exercise can reduce the crisis in the health system and benefit every aspect of society. Qigong and Tai Chi are bringing the old and new, east and west, together to balance the forces of technology and nature. We can participate in this journey towards wholeness by becoming consciously aware and taking responsibility for our health and illness. Only then will true healing begin.

Harold is a presenter at the Spring Festival of Awareness at Naramata, BC. April 27, 28 & 29. See the back insert of this magazine for more info. See Harold's ad below.



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The thirteen seasons of ...

Galactic Core Alignment

September 1998 to December 2001

by Koji Lang

It happens only once every 26,000 years that, during Winter solstice, the apparent path of the Sun is aligned with the equator of our home galaxy. The Solstice axis is Earth's power-axis, the hub of the wheel, the unmoving rotation axis. Due to a wobble, this axis goes backwards through the sky. Hence, over 72 years the stars move one degree forward against the grid of our seasonal cycle. An alignment of such slow motion is resonating for an extended period of time. Since 1987 its repercussions have affected us strongly, and Earth will be oscillating with the energy from the Galactic equator at least up to the year 2012.

It can give us joy to know that the reorientation towards the source has just begun. The journey to come back in tune with our own inner being will reach its climax in 2240! Then the Earth's axis will finally be conjunct the Galactic Center.

Why should these alignments have an impact on us earthlings? One of the most fundamental laws states "As above so below"—science has named it "the law of fractals". There is an affinity between different dimensions beyond any rational explanation. At its best one could describe it as some kind of a resonance or as synchronicity. The cosmos is full of such inter-dimensional connections, we are just beginning to tap into so many mysteries. In fact these new findings are going to blow all narrow concepts of rationality. This universe is full of magic. It's high time to take the blinkers off and open our eyes to the inexplicable. We are to leave our cherished beliefs and concepts behind. As Jesus says, unless we become child-like again we won't enter the kingdom of God. Only then our eyes will be filled with awe and wonder.

Raymond Mardyk proposes the idea of thirteen consequent seasons of change, between Fall Equinox 1998 and Winter Solstice 2001. This is the core period of aligning with the Galactic equator. For us this can initiate a process of inner attunement. During this interval many individuals will encounter a quantum leap in their perspectives. Either one opens up and radically cuts through the false and phony, or the suffering becomes unbearable. As mirrored in the magic of crop circles, something tremendous, beyond any explanation is occurring on our planet.

At the Winter Solstice 2000 we entered the tenth phase of this initiation process. The tenth is related to the sign Capricorn, the sign of determined power, the manifestation and materialization of great ideas. The Solar eclipse in Capricorn on Christmas, supported us to step ahead and realize our ideas and dreams. Phase eleven will begin at Spring Equinox 2001. The eleventh phase represents the dissonance between the new and the old, initiating a process of freeing oneself from everything which doesn't fit or serve anymore, making space for new realizations. Phase twelve will begin with Summer Solstice, June 21, 2001 (with an Annular Solar eclipse visible from South Africa). These three months will bring clarity and perspective. The vibrational changes within Earth's consciousness grid will trigger a yet unknown unity. Things will start falling into place.

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Red Pill – Blue Pill

by Eduardo Parra

To Know or not to Know? This is the question. In order to be or not to be requires that we first look at the question. Do we really want to know the Truth, what transpires behind what appears, the nature of our Divine essence?

The movie "Matrix" presents this question to a seeker hidden in the persona of a computer hacker named "Neo" (played by Keanu Reeves). He is asked whether he wants to know the deeper truth beyond a world that seemed to have lost much of its meaning. The scene also represents an honoring of Divine choice—to know or not to know, as "Morpheus," the one with the knowledge of the Matrix, still has to honor choice and ask.

This article brings up the question of choice, as the red pill means you want to know and are making space to be transformed. If you choose the blue pill of denial, please skip over this article and pretend you never saw it. The red pill in this case opens you up to the 'Way of the Heart,' and more specifically to a language that allows you access into the morphogenetic fields, the fields of all life.

What is a field? It is the organized electromagnetic intelligence that in-forms all life, from the elements, atoms and cells that compose our bodies, to the structures that create distant stars. Fields are what we are made of, what creates and informs matter into being. Fields are information. There is now a field technology that enables each human being in this planet to be freed of conditioning and restore choice to manifest our Divine Blueprint of life through conscious action. This implies that the world we have agreed to share in its current form, tends to entrance human beings into following the mandates of programming in the form of doubt, fear, anxiety, stress, guilt, etc. To break the trance requires not only the consciousness to see beyond the illusion, but access to the language that can restore our Divine Blueprint.

We call the language of the fields "Geotran." This powerful tool is composed of numbers and geometries—specific encodings that are understood by the morphogenetic fields, revealing in a very clear process what changes and support we are ready to receive, based on the intention of our Heart. The intention of our Heart becomes the signal to the fields to download any faulty programming that we are ready to address, and the language of Geotran becomes the tool to restore our original correct blueprint, making the upgraded programming of choice available for taking action in life. The language of Geotran literally helps us unplug from the controls of mass consciousness programming and allows us to experience a new sense of self.

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support, to honor our quest along the Way of the Heart, which means honoring the Truth, the Goodness and the Beauty of Life.

Once you take the red pill, and you are awake to how the world is really holding life hostage, your heart breaks. One of the healing processes Geotran supports you with is the process of remembering who you really are, why you are here now and for what purpose. You deserve to know and be present for this process that allows you to feel and understand what you are living for. Be present to the renaissance in consciousness through the Way of the Heart and the language of the fields—Geotran.

Anita will be presenting GeoTran workshops at the Spring Festival of Awareness at Naramata, BC April 27, 28 & 29. See the back insert of this magazine for more info. See ad below.



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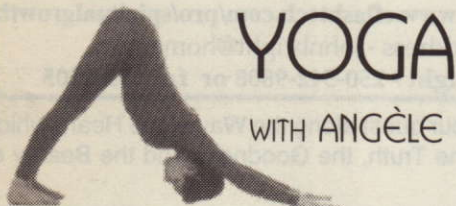
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Wheel of the Year

February & the Moon of New Beginnings

by Laurel Burnham

With the beginning of February, we in the Northern Hemisphere are now half way between the Winter Solstice and the Spring Equinox. This month brings us a sense of quickening and the first faint beginnings of Spring. The ever-increasing days of light stir the seeds in the earth. The buds on the trees are beginning to swell, and the earth to shift. On my daily walks, I will soon hear the first lambs, sounding like little babies crying from the barn above the road.

My ancient celtic ancestors celebrated this time of year and the first few days of February with festival of Imbolc (pronounced Im-Olga) meaning First Lambs. It was a holy day that celebrated gestation and childbirth, sacred to midwives. The early Christians in the Celtic world called it Candlemas. It was a festival honoring the eternal flame of the heart, and the hearth fire of home. This is a good time to clean your house, and light candles to rededicate yourself to your spiritual growth.

In Ireland, it is the feast day of St. Brigid or Brigid Day. To the ancient Celts, Brigid was the triple goddess of poetry, smithcrafting and healing. She was also the protectress of crops, of animals and of people. She guarded those who made their living on the sea. She was the patron of crafts people, especially metal workers, and was the giver of poetic inspiration. She was so strong a presence, and so beloved by the Irish people, that Christianity could not eradicate her, so she became a Saint. As a Saint, she was venerated with the maintenance of an eternal flame in the abbey at Kildare dedicated to her. Want to be inspired? Ask Brigid. Need protection? Light a candle in her name.

Travelling through February, we find a month rich in holy days, in festivals around the world. Coming up next is Chinese New Year, this Year of the Snake. Chinese New Year begins the second new moon after the Winter Solstice. Can we shed our old skins, our outworn habits, beliefs and ideas? How flexible are we? How open to change? In India, this same new moon is the festival of the Goddess Sarasvati, the festival of the Writing Goddess. Need to get started on some project? Now is the time to clear your desk, tidy up your pens and personal papers. Ask politely, respectfully for the energy to study, to write, to accomplish great things.

The Hopis celebrated Powamu, by sprouting bean seeds in the kivas, praying and purifying themselves in ceremonies lasting sixteen days. Around the same time, the Virgin Mary appeared to a peasant girl named Bernadette, and so the French celebrate the Feast of Our Lady of Lourdes. Many miracles have taken place at the site where Mother Mary was seen.

Need to develop more compassion? In China, the full moon of February is considered the birthday of Kuan Yin, compassion incarnate. She is the Great Goddess of mercy, healing, peace, rescue, and the protectress of women. Her worship is older than that of Buddha. Stories exist to this day of contemporary manifestations of Kuan Yin to people in dire need of help.

In February is Valentine's Day, another tradition steeped in antiquity, holding fast to its place in modern times. February 14th had its beginnings in ancient Rome, where it began as festival of lovers given over to the celebration of romance and the erotic. It was a sacred feast day with the purpose of mixing up rural gene pools. Children from these unions were considered blessed. St. Valentine was a creation of the early Christian fathers, determined to sanitize this ancient pagan festival. In this day and age, perhaps just a little more love and romance would be appropriate!

Whatever your focus, may the light of February guide you to the new growth of Spring!

Laurel will be Mistress of Ceremonies & Director of Ambiance at the Spring Festival of Awareness at Naramata, BC, April 27, 28 & 29. See the back insert in this magazine for details.



Astrological Forecast for February 2001

by Moreen Reed

Looking over the planetary movements for February, the word Dynamic comes to mind. Throughout the whole month we will be party to a nonstop Square Dance. This is a condition that sees energies (imagine cars) coming into an intersection and each thinking it has the green light. The principal players are active rather than passive, so if you have more weight, power, tenacity you may be in the lead. But if you do not act in accordance to the laws of reality you will be frustrated. Hit the mark just right and growth can be exceptional. Objectivity will be helpful in negotiating this month. That is when you can detach from the chaos brought in by Mercury's first retrograde passage. For those not acquainted with this regular phenomenon, here are the guide lines. While Mercury is retrograde,** he turns on February 3rd, familiar channels of communication become tangled and confused. Expect delays and changes in plans, with travel or appointments. This is a great time for right brain activities like art and meditation. You'll find yourself re-evaluating and reconsidering, major issues. Hold all final decisions and approval until after Mercury goes direct on February 25th. Let your sense of humour overcome the challenges of the unexpected adjustments.

The first week will be marked by more frustration than growth. We come up for air with the Full Moon on February 7th at 11:12 pm PST. We are asked to shed light of awareness on where in your life you are blocked? Put another way, where is energy not flowing? Uranus is wired in giving an important advantage to those who can detach. I expect flashes of insight to significantly unblock people and situations. The Leo/Aquarian axis is active here, expect drama and denial to be bountiful. The highlighted degree symbolism* "a big white dove, a message bearer," the key word *Conviction*.

Coming up to cupid's day I recommend you don't wait to be called. If you want to see that special someone, call yourself! The 11th & 12th will be torturous for communication and if possible put off important talks till after the 25th, well okay, till the 15th when startling information will likely come to light. I recommend Valentine's Day be spent enjoying life's delights. Take time to smell a rose!

For those who have mastered the intersection of life these days from the 17th to the 22nd will be a period of exceptional growth. I recommend for all to take time for purely fun physical activities during this same period.

The February 23rd Piscean New Moon is at 12:21 am PST. Today you are planting seeds that can blossom into appreciation for all the delights of aliveness. The picture today asks us to bring something to fruition. The highlighted degree symbolism is "a Church bazaar"* The keyword is *Benefit*.

This last week we see Mercury stationing and turning direct on February 25th. We also have Venus make her exact aspect to Pluto which has been flavouring relationships all month. That flavour would be intense passion, the climax is February 25th as well. The glow lasts well into March!

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

** Mercury makes three retrograde passages each calendar year.

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Letters to Issues

Dear Issues

I just moved to Northern BC, near Francois Lake from France. I found the Dec. Issues in Prince Rupert and I can't wait to have it in my box. It feels good to know you are there. There are definitely fabulous energies where you are! Thank you and the greatest for the New Year. *Cécile*

Attention Angele

Once again I picked up the current Issues magazine and read it cover to cover. As I read your column *Musings*, the idea of an Intentional Community prompted me to write. My daughter, a friend, her young son and myself have been looking for two years for affordable property we could buy to start a community. We want to live and work on our land, being as self sufficient as we possibly can be. We want some of the land to be set aside for the wild ones; plants, animals, reptiles, insects; where they can just be. I want a place where I can grow old in the midst of a loving caring community; where I can die in the arms of friends. We want a place where children can play safely and securely knowing everyone cares for them; a place where young adults contributions to community are valued. We want a community who love Mother Earth, who live lightly on her.

My daughter is very interested in growing and preserving heritage plants. She has already grown a variety of plants and has saved seeds for future gardens. She has a lot of experience working with animals and right now is working to establish a small goat herd. Our friend and her son have severe chemical sensitivities so they need good water, clean air and a non-toxic home. They see the community offering itself as a healing retreat for others with chemical sensitivities. We would like our community to be an example for others to follow; to show that it is possible to live harmoniously with all who share the earth; respecting and honouring our place on this planet.

We realize that four people do not make up a community and so we have taken this opportunity to contact you and see if we have common ideas that would enable us to join together to form a community. We are very anxious to purchase land and begin a community and had hoped to have started by this time. I am very excited to hear from you, with your ideas.

Sandra Gates, 19-3495 Adair St., Armstrong, B.C. VOE 1B4
 sandragates@hotmail.com. Phone: 250-546-3887

Dear Angele

I am seeking a home that is remote as I had to sell my home in Summerland because I became ill while living near a wireless communication tower and now want to move. If any of your readers have any suggestions I would be interested in hearing from them. Joan Griffiths: 250-494-0009

Hello Angele

My name is Emily and I live near Edgewood. I felt guided to call you after reading your *Musings* as I am interested in starting a Healing Retreat Centre. We have 80 acres and are looking for people wanting to get involved in an Intentional Community. Please have them call me at 250-269-7386.

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Nutter's Bulk & Natural Foods
Columbia Square (next to Toys-R-Us)
Kamloops' Largest Organic & Natural
Health Food Store
Rob & Carol Walker ... **828-9960**

Kelowna

Long Life Health Foods ... 860-5666
Capri Centre Mall: #114 - 1835 Gordon Drive
Great in store specials on Vitamins, Books,
Natural Cosmetics, Body Building Supplies
& more. Bonus program. Knowledgeable staff.

Nature's Fare ... 762-8636
#120 - 1876 Cooper Road

Nelson

Kootenay Co-op ~295 Baker St ... 354-4077
FRESH SUSTAINABLE BULK ORGANIC.
Organic Produce, Personal Care Products,
Books, Supplements, Friendly & Knowl-
edgeable staff. Non-members welcome!

Osoyoos

Bonnie Doon Health Supplies
8511 B Main Street ... 495-6313 ~ Vitamins,
Herbs, Sports Nutrition, Aromatherapy,
Self-Help Information ~ In-store discounts
Caring and Knowledgeable Staff

Penticton

Judy's Health Food & Deli
129 West Nanaimo: 492-7029
Vitamins, Herbs & Specialty Foods

The Juicy Carrot ~ 493-4399 • Penticton
254 Ellis St., • Open 10-6 Mon. to Sat.
Juice bar, Organic produce, Natural foods,
Vegetarian Meals & Wheat Free products

Nature's Fare ... 492-7763
2100 Main Street, Penticton

Whole Foods Market ~ 493-2855
1550 Main St. • Open 7 days a week
Natural foods & vitamins, organic produce,
bulk foods, health foods, personal care,
books, herbs & food supplements, The
Main Squeeze Juice Bar. "Featuring
freshly baked whole grain breads." visit
www.pentictonwholefoods.com

Shuswap

Squilax General Store & Hostel
Trans-Canada Hwy (Between Chase &
Sorrento) Organic Produce, Bulk &
Health Foods. Phone/Fax 675-2977

Summerland

Summerland Food Emporium
Kelly & Main: 494-1353 Health - Bulk -
Gourmet - Natural Supplements
Mon. to Sat. 9 am to 6 pm, for a warm smile

Vernon

Lifestyle Natural Foods ... 545-0255
1-800-601-9909 ~ Village Green Mall

Nature's Fare ... 260-1117
#104 - 3400 - 30th Avenue

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