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April
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See page 6 for details

METTA-LOVE

by Shannon Anima

In a recent Hollywood movie, *The Mexican*, a delectable Julia Roberts asks a yummy Brad Pitt, "When is it time to let go, if two people really love each other?" He answers, "Never." Of course, he wins the money and the honey.

I'm not in full support of this Hollywood line. I work with women who have fled abusive relationships, and I know it's hard to draw the line, and then to cross it. Ultimately, we are all left with that question in relationship; when is the pain too much? Certainly, when it's physical pain and violence, it's an easy line to see from the outside at least. But when we're suffering, as we all will, with the shadow boxing dance of intimate relationship, there is no apparent rule and no convenient line in the sand. We're all out here dancing in the margin between the tide and the full moon, sometimes dizzy with love and sometimes with exhaustion. Choosing when to end a relationship is seldom simple.

As I run into the barriers to love in my present intimate relationship, the places where I'm ready to flee, I inevitably notice the similarity to a past relationship. "My God, I'm with this guy again." I thought I'd finished that dance with the abandonment-engulfment cycle the last time through.

Sometimes it's when I find some understanding in the past that I simultaneously find the Rosetta Stone to understanding a present problem. The way that I'm overfunctioning here seems to be having the same results that it did last time through. Strange coincidence? Accountability in relationship is a tightrope balance to avoid a dive into self-shame or other-blame. When I find myself in an under-my-breath trashing of my partner's character, usually accompanied by some high speed walking or furious wood chopping, I know that below the surface veneer of rage is tender hurt and often shame.

It's only recently that I've begun to own the shame. Even admitting it here feels, well, a bit shameful. I thought I was one of the only Catholic girls who had escaped without a holy dose of guilt. The more I counsel and teach, I realise shame and guilt are part of the general human condition.

Shame, blame, accountability; these are all vulnerable terrain that require a sensitive guide, or a huge amount of compassion for oneself, or both. In Buddhism, this compassion is called Metta; a kind of self love from which all other tender hearted understanding and action begins. Carry large



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amounts on your person anytime you enter the archeological dig of personal history or present situation.

There is a lovely verse in Ecclesiastes that offers relationship inspiration:

Two are better than one...

For if they fall, the one shall lift up his fellow,

But woe to him that is alone when he falls,

for he has not another to help him up.

And if two lie together then they have warmth,

but how can one be warm alone?

And if one prevail against him,

two shall withstand him.

As the Ides of March stir up your relationship, remember to keep dancing, keep laughing, bring along compassion, take your vitamins and keep up your strength for the real work of self accountability for your life direction and choices. How did you get here, and what is the next step? Not just in your relationship, but in your life. See ads below

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Letters

Dear Angele,

Your March "Musing" column, along with what I have come to expect as a most special narrative of your childhood experiences, both bittersweet and joyous, but all poignantly down-to-earth and utterly evocative of a genuine childhood, are the ominous last two paragraphs, which gently suggest that your column is ending soon, if not already.

I was moved to write to you on two previous occasions; one just to express my gratitude for your sensitive literary style, and once when some reader had disagreed with the "family/childhood" context of your column. The latter fault-finding struck me as ridiculous and I wanted to reassure you that the complaint could hardly be considered as representative of the majority of your readers. I feel very strongly that it did not. As with so many good intentions, however, I failed to organize my thoughts both times.

So, let my gratitude for those columns and priceless cover photos be a "repercussion" also! I truly believe that your writing provided a vital sincerity and real connection of our odd species to the Earth and its nurturing processes. In your columns, humanity seemed natural and more like we would wish it to be. People were close, caring and supportive of each other as they met the challenges of hardship and growing up. Your precious cover pictures captured this essence of non-pretense and innocence and complemented your writing beautifully. In this sense, the magazine's message of empathy and self-introspection was always "cradled" by the childhood/growing-up metaphor of your own family. The stage for the rest of the discourse in its pages was "set", so to speak.

I, and many readers, will be lessened by the absence of your column, but of course, growth continues in all of us, and if you see now as a time to end the column, then you have my gratitude for what has gone before - and my respect.

You are perfectly correct: the diversity of people's thought is astonishing.

With best wishes.....and I hope I'm wrong about your last two paragraphs!

Tom Crowley, Tappen, BC

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Wheel of the Year: April

by Laurel Burnham

Opening Up To Aphrodite and the Fool

For a clue to understanding the meaning of April, we look to the latin word from which it is derived. "Aperire" or "to open" is the root of April, and also the name of the Goddess Aphrodite. The very first day of April is dedicated to the Fool. Despite our rather serious and cynical times, April Fool's Day is much loved...especially by those who appreciate practical jokes!

This "Fools Day" has its roots in ancient Roman times, when it was a holy day or holiday dedicated to Venus (Aphrodite's Roman name). She is the Goddess of love and death, orchards and sexuality, and the waters of the world. Women washed images of the Goddess in rivers and lakes, burned incense to her to ensure happy love, birth and joy in their homes. Besides these emotional and sensuous rituals, there was another side to the celebrations. Foolish behaviour, pranks and tricks were also acted out in honor of the Goddess of love, symbolizing love's rule over logic. On April Fool's Day, lovers ordered each other on senseless errands to prove their love. Even after centuries, love can still make fools of us all!

Speaking of foolishness, the stores are now full of Easter merchandise. Somehow we have a confusing potpourri of pastel eggs and chocolate bunnies, mixed with lilies and very serious Christian holy days. The word Easter is derived from Oestre (pronounced "Ester"). Oestre is actually an ancient European tribal Goddess of ovulation and conception. The words Easter, estrogen and estrus all share the same

root word; Oestre. Magical eggs and bunnies have been part of Oestre celebrations, with painted and decorated egg shapes dating back between 8,000 and 15,000 B.C.E. found in Old Europe. The art of egg painting was widely practised among Czechs, Slavs, Ukrainians, Serbs and Moravians and has ancient sacred roots. Painting eggs has been a method of making sacred the egg as a symbol of fertility, reproduction and ultimately—rebirth.

The animal closely associated with Easter/Oestre is the Easter bunny or rabbit. The rabbit is actually descended from the hare, a native of the Western Mediterranean, which was introduced further north by the Romans. The hare lives in the wild and is noted for its strength, speed and prolific fertility. It was considered a sacred animal, and has not lost its hold on the modern imagination, even though we may only know it has a chocolate bunny.

Another way to honor Easter is to eat spring greens. This is a good way of tuning up your system, and of staying in touch with the energy of the season. It is a good time to retune ourselves to the messages of our bodies, opening up to the new life returning to the world. As we begin to think about our gardens again, why not consider planting a tree this month? Towards the end of April we have the contemporary celebrations of both Arbour Day and Earth Day. Several years ago I planted an Alberta maple outside our dining room window and am watching with wonder and appreciation as it reaches to the sky. I am allowing this new life energy to move through me, and fill me with hope and joy with the blossoming of spring. It's April. Time to open up!

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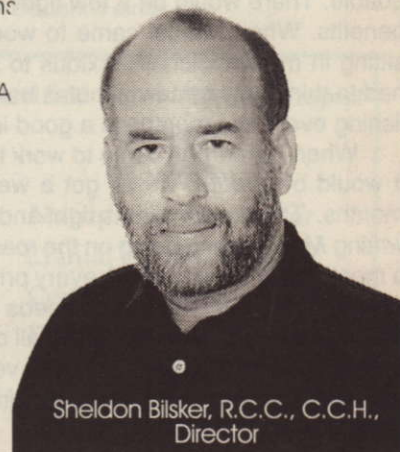
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Sharing Breakfast

On the cover is a photo of my brother Michael sharing breakfast with Target, our dog. The sharing reminded me of all the people who have taken the time to help me during the past several weeks and of Dad's frustration, for he had named the dog Target because of the brown spot on his rump. He said it was the perfect place for booting him. Target was fast on his feet and escaped easily most times but once in a while, he went flying through the air. It was better that Target got booted than one of us kids, which Dad sometimes liked to do just for the fun of it. Mostly, he was a good Dad considering he was never given any parenting classes. He liked having kids and spent lots of time playing with us, but when life became frustrating, he needed to release energy in the only way he knew how, which was kicking something.

The last few weeks have been very frustrating for me but in a different way. I am slowed down to less than the pace of a snail because of a pulled groin muscle, which is a reflection of the imbalance in my life. I was given several warnings but do you think I would slow down long enough to focus on the situation? Even after going down for the third time, I still didn't sit and reflect and try to figure out how to make changes.

Finally, my intuitive side decided that was that, and took my legs out from under me. The pain made my leg throb late into the night. My higher self was asking me to look at some alternative ways to create balance in my life. What was important to me? How could I facilitate all that I do and still have play and personal time?

The answer came as I lay writhing in pain, having a direct conversation with God. I wasn't happy, so what were my choices? The answer came with my usual resistance, which is the same excuse most people use... "I can't change because I need the money." The thought was repeated — "It is the only way" — so I had to think some more. Yes, it does feel doable. There would be a few tight spots but I could see the benefits. When Marcel came to work in the morning, I was sitting in my wheelchair anxious to share my insights. She had to think only for few minutes before agreeing. "Yes, publishing every two months is a good idea."

When Samarpan came to work the next day she agreed, it would be great if we all got a week or two off every two months. The decision feels right and will put the fun back into writing *Musings* and being on the road doing distribution. With a month off in the middle of every printing, I will be able to get caught up on everything that needs doing instead of coming off the road with six days to keep all of my other commitments before another deadline hits. I feel very grateful that the solution was that easy, but I am shaking my head as to why I hadn't thought of the idea sooner.

I had asked my hips to shift forward some time ago so

that my head could be more balanced on my shoulders. I had been working on groin stretches and the Warrior Pose in yoga and thought the rolfing and emotional release work would do the rest, slowly and surely. I also made note that in the last two months I had come into possession of two jars of home-made arnica salve. I remember looking at them and wondering why? I hadn't had any in my medicine cabinet for years.

Now to start at the beginning — I bought new boots several months ago that had quick hooks at the top and stiff laces. When I was out for walk, I fell crossing a wooden bridge. I was moving slowly, looking at the water, so I didn't hurt myself. Later that day I tripped again, this time on pavement. I was bruised, and talked about it to several people who all nodded their heads and said they did the same thing. I took my boots off and told myself to crimp the hooks so that it wouldn't happen again, and set them aside. With time my bruises healed and I forgot the incident, and forgot to find the pliers. A couple of weeks ago the shoes I was wearing got wet and so I decided to put my boots on, forgetting about the previous falls. The strange part was there were no reminders from my angels or higher self, who are always so good with their constant reminders not to forget my keys, or warning me of danger.

That morning as I walked between buildings, my lace looped onto the opposite boot and I made contact with the asphalt. I felt a snap in my groin and swore to myself, knowing that it was more serious than the first two falls. I was stranded for about ten minutes before someone came to help me. I shook and cried, took some Rescue Remedy and Traumel as I rubbed in the Arnica cream for the bruising. The pulsing in my hip and elbow stopped about 3 am and I finally fell asleep with the full moon shining in my eyes.

I moved slowly for several days, resorting to crutches to support me. By Sunday, my leg was strong enough to allow me to wobble around like a duck. People reminded me that this was a message to slow down, but did I listen? I had too many things to do before I left for Calgary. I started pulling a table very slowly. It worked, I didn't need help. My leg felt fine, so I pulled again and again. "Hey this is working just fine," I thought when the the leg of the table collapsed. I leaned back slightly to keep my balance and felt the groin snap. This time, the pain was more intense and the healing much slower. My Mom got a wheelchair for me and my niece Darci has been helping me get in and out of bed, as well as getting me dressed. After a week I am able to hobble around on crutches. I have cried lots, had some crystal clearing work done on my energetic field, took flower essences and talked to my hips asking them to release any old stuck energy so that as I heal I can move forward in my life. Acupuncture, and CranioSacral Massage has hastened the healing process.

I am grateful to be able to sit and type without too much distress, and will be glad when I can clean up after myself and get on with normal activities. It has been very difficult to stay present in the pain but there have been moments that have been worth it. As I heal, I intend to remind myself to stop and smell the roses more often, for what needed to get done in that moment of my fall is still sitting there reminding me that it wasn't important. It was my programming that was driving me to keep busy, and that can be changed.

Angele



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FOUR ATTITUDES OF ABUNDANCE

by Jollean Mc Farlen MIACT CSL

WHAT REALLY DETERMINES OUR PROSPERITY?

We live in a remarkably abundant universe. As Auntie Mame exclaims, in a line I've always loved. "Life is a banquet and most poor suckers are starving to death." YES, life is a banquet, and in order to enjoy all the goodies on the buffet table, we need to GET UP, and GO to the table ourselves, and fill our own plates. Do you feel worthy to be in the banquet hall and have what you truly want? We must feel deserving. Let go of scarcity consciousness—any belief system that focuses on lack and limitations.

THE ABUNDANT PRINCIPLE, like all Spiritual Principles, has to be recognized and practiced in order to integrate it fully into daily living. As we develop this consciousness of abundance as divine heritage, we attract into our lives whatever good we desire. NOTE I say "ATTRACT," yet not through physical exertion, not through struggle or sacrifice, but through right consciousness. When in tune to abundance, outer manifestations of inner consciousness can be drawn into our lives. I've learnt not only to rely on my inner strength (chi energy) but also my heart for spiritual guidance. Whenever some project or endeavor becomes difficult in your life, you know that the project or the timing is not right, and you immediately let go. Living the abundant life means recognizing struggle and scarcity thinking, and giving them up immediately. Replace the limited thoughts with ideas of abundance.

THERE ARE FOUR MAIN ASPECTS TO THE LAW OF ABUNDANCE:

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From the Editor...

Chit Chat
with Marcel



After spending my winter in the doldrums, the winds of change are now gusting mightily across the ocean of time. If you read Angèle's Musings (page 6), you will have learned that she has received a message from the Universe. She had a fall resulting in a painful groin injury which has forced her to slow down completely. It seems to me that she is being asked to slow down and nurture herself.

I have been concerned about Angèle for some time now. I felt that her busy life was more than any person could maintain for an extended length of time. Despite my prompting to slow down she only seemed to speed up. This kick in the pants from the Universe didn't really come as a surprise, so it pleases me that she has come up with some ideas to reduce her pace.

One of these involves changing Issues back to its original format as a bi-monthly publication. This involved an immediate change because she wanted this issue to be the April/May magazine. This was important because we don't want to have to work on a publication in April. The Spring Festival of Awareness is the last weekend in April and because Angèle's injury has reduced her usual capacity and speed we will need all the time we can get in April to devote to the Festival. Starting the bi-monthly in April means we don't have to start working on the next issue (June/July) until May.

I know that starting the bi-monthly in April was short notice and has been an inconvenience for some of our advertisers. At the last minute they had to scurry around and finalize any dates that they wanted to advertise for May, and get them into this issue as well. I apologize for this inconvenience and truly appreciate your understanding.

We realize that in order to keep this networking service available to the holistic health and conscious living community, it will be necessary to increase our advertising rates a small amount. However there will only be six publications in a year now, so our regular advertisers will actually reduce their advertising expense.

As we all know, nothing ever stays the same for very long and we are now off on a new adventure of adjusting ourselves and the business to a completely new schedule. Because every other month will be at a slower pace, we will all have a chance to have some time to refresh and nurture ourselves.

This seems an appropriate time to express my heartfelt thanks to all our advertisers, readers and participants of our events. Thank you for being with us through yet another transition. I am truly grateful for your support and all your kind words of encouragement and appreciation.

Marcel



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www.holistichealthcanada.com**Calendar
of Events****May 18 - 20****Opening into Love**, with Jon Scott & Shannon Anima in Kelowna. p. 2**May 18 - 21****Mindfulness Meditation Retreat** with Venerable Soma in Naramata, BC. p. 11**May 19 - 25****Divine Alchemy Workshop** presented by Shambala Foundation in Salmon Arm. p. 12**May 25 - 27****Healing Touch for Animals Workshop** with Leslie White in Kelowna. Lori 250-707-0216, lkranabetter@yahoo.ca p. 9**June 1 - 3****Reflexology Level 1** Touchpoint method with Gail Kreiser in Salmon Arm, BC . p. 22**June 1 - 10****The Life Shift Intensive** p. 2**June 2 - 3****Develop Your Spiritual Awareness** with David Ansonia in Lytton, BC. p. 13**June 4 - 5****Somatic Explorations** in Victoria. p. 27**June 9****Kelowna Waldorf School** Open House for the public, 10am-2pm, 429 Collett Rd. Kelowna.**June 15 - 17****Reflexology Level 1** certificate course with Elsie Meyers in Prince George, BC . p. 16**June 30, 31 & July 1****Intentional Community** with Jon Scott & Sage Berrett-Heller at Johnson's Landing. p. 2**ONGOING EVENTS****Take Control of Your Life****because No Illness is Incurable**Ongoing educational presentations in your area. Call for calendar **1-888-658-8859****WEDNESDAYS****MEDITATION** at Dare to Dream, 7pm
168 Asher Rd., Kelowna ... 491-2111**Waldorf School Tours** for Grades 1-8, 8:45am weekly. For parents, grandparents, teachers. Call 250-764-4130 to book, www.ogopogo.com/kws**THURSDAYS****Dream Classes**, Jung Gestalt based, Kelowna, Apr. 26 - May 17, 7-9pm. Phone Tonya Lea at 250-763-5107 - see NYP-Psychic/Int.**SUNDAY CELEBRATION****Kelowna:** Sunday 10:30am. Kelowna Centre for Positive Living, Science of Mind, F.C.C., 702 Bernard Ave • 250-860-3500, www.kcpl-rsi.com**April 7****Feng Shui Decorating** with Jollean McFarlen in Kelowna. p. 8**April 12 - 16****Touch for Health** Levels 1 to 4 with Yvette Eastman in Vancouver. p. 8**April 15****The Language of Energy** with Sue Peters in Penticton. p. 27**April 20, 21 & 22****Geobiology & Earth Puncture** with Merlin Beltain in Kelowna. p. 31**April 21****Nurturing Your Soul Workshop**, Kamloops 9:30am-4pm, includes Meditation, Chakras & Animal Totems. Resource Personnel: Therese Dorer 250-578-8447 or Michelle Gieselman 250-372-0469.**April 21 & 22****Psychic & Healing Fair** Dare to Dream p. 9**April 23****Extraordinary Times**, Extraordinary Beings a talk with Wayne Peterson in Vancouver. p. 15**Relaxing the Neck & Shoulders** with Sandra Bradshaw in Kelowna. p. 18**April 28****Psycho Acoustics Mini Workshop** 1-5pm in Kamloops. Therese 250-374-8672**April 29****Crystal & Tibetan Singing Bowls** Workshop, 1-5pm in Kamloops. Therese 374-8672**May 2****Full Moon Celebration**, St. Andrews on the Square, Kamloops. For more info Therese Dorer 578-8447 or Therese Laforge 374-8672.**May 5****Psycho Acoustics Mini Workshop**, 1-5pm in Kamloops. Therese 250-374-8672**May 5 - 6****Feng Shui** with Susan Chow in Vancouver. p. 4**May 6****Crystal & Tibetan Singing Bowls** Workshop, 1-5pm in Kamloops. Therese 374-8672**May 7 - 11****Intensive 5-day Basic Hypnosis Course** with Island Hypnosis (Victoria) in Kamloops. Info Donna 250-372-1878.**May 11 - 12****Love & Mastery** with Craig Russel and Soul Journey in Kamloops. p. 11**Art Show** with Roxi Hermsen, Enderby. p. 14**May 12****Kelowna Waldorf School** Open House for the public, 10am-2pm, 429 Collett Rd. Kelowna.

Mindfulness Meditation

Retreat (Vipassana)

May 18, 19, 20 & 21, 2001

Naramata Centre, Naramata, B.C.

by Brian Hughes

Ahhh, all the signs of spring are here. The cranes are returning, meadowlarks singing and soon the meditators will begin the pilgrimage to Naramata Centre!

This will be the third Vipassana Retreat at Naramata Centre and the popularity of these retreats is growing as people search for calmness and contemplation in a busy world.

This retreat is special as it will be led by Venerable Sona from the Birken Forest Monastery in Princeton. We were blessed to have Sona do a dharma talk at our second retreat. The striking thing about Sona is his sense of humanity and his ability to explain abstract concepts in an understandable manner.

I first met Sona two years ago and liked him immediately. He is in his mid-forties and was raised in Toronto. In his early twenties he got very serious about Buddhism and connected with a Korean Monastery. Then began path, which included a five-year hermitage and study in one of the first Thai Forest Monasteries in North America, located in West Virginia.

After being ordained as a Theravadin Buddhist monk (or lama), Sona underwent further study in Thailand for three years before returning to Canada where he established the Birken Forest Monastery.

We are truly blessed that he is coming to lead the retreat. Something very interesting often occurs at these retreats. When one meditates for a prolonged period of time, there seems to be a comingling of mental energy, which serves to invigorate and inspire. It will be a treat to share this space with an accomplished lama such as the Venerable Sona. Of course all of this will be conducted in the beauty of Naramata Centre with its self-contained accommodations and excellent cuisine.

Space is very tight this year so hopefully it is not full by the time this is printed. If it is full, fear not. We will be doing another in the fall.

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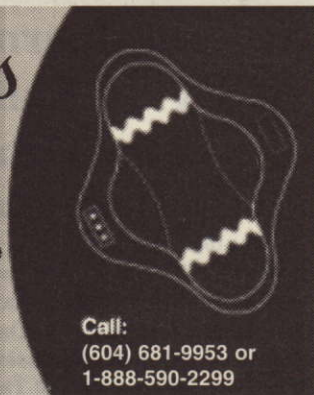
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Profile

IN SEARCH OF PAIN RELIEF

by Wolfgang Schmidt

Wendy was a good secretary, but when she got a bout of her migraine, she was absolutely useless. Prescribed painkillers made her act like a zombie and she might as well take the day off.

I had often asked if she had explored alternative healing methods but her answer was always "My doctor would know."

My business got me traveling around the world and one day, when I was in Japan, I took a sightseeing tour to Mt. Fuji. Driving through farm country I felt at home.

I noticed some older rice paddy workers rubbing themselves with some grasses from the roadside and my guide (a Harvard educated MBA) told me that the older people still believed in outdated traditional medicine and that they believed the grass would help them with their arthritis pain.

The word pain triggered a picture of Wendy in my mind. I had just spoken to her hours earlier and her migraine was coming on. I got interested in the 'grass'.

To make a long story short, it was a member of the peppermint family, as I learned later, which grew roadside. I harvested a few of the plants and got them analyzed when home. The chemist told me, "Oh, everything is known about this plant. Here is the book." However, I was not satisfied with that and insisted on checking the oil of the plants for unusual ingredients. And sure enough, my gut feeling was right.

We spread the oil on Wendy's temple, but it was not strong enough. Some relief was achieved, but not enough.

Synchronicity is a strange bedfellow. I was in Germany, researching something totally unrelated, when I came across a manuscript in a university library, which talked about 'strengthening the blood of plants'. The author was talking about herbal alcohol production, but it registered useful in my mind. I got some copies made of the manuscript and gave the instructions of re-distilling to my chemist. He laughed at the old contraption and assured me that it could be done better with modern machinery.

I insisted on the old method and tried the outcome on Wendy. Bingo, her pain was gone within minutes. Her brother in New York tried it and it spread by word of mouth throughout the world. "Wolfgang's Oleo Mentha" was born, helping people with migraine pain, arthritis pain and muscle pain.

... and the best part is, it is inexpensive and has no side effects, except for one: if you get it too close to your eyes, it makes them water. It's worse than an onion.

Wolfgang Schmidt owns the Canyon Creek Ranch in Rock Creek and enjoys his retirement in the highlands. He can be contacted at 250-446-2455 or at www.wolfgang.ca

Journey of a Spiritual Healer

by David Ansonia

Awareness of the spirit world came to me when I was very young, two and a half years old to be precise, and one of my earliest memories. I remember lying in my mother's arms in a black car surrounded by faces, which I later came to realise were people from the spirit world. I was suffering from meningitis, which in those days was nearly always fatal, but I made a complete recovery that was to greatly surprise the doctors and nurses.

As the years went on people from the spirit world were to become regular visitors and I almost took their presence for granted and had my favourites.

It was my belief that everyone could see these people. It was only when I began to talk to my school friends that I realised this was not the case, and for a little while thought perhaps I was crazy. At that time no one had told me that my grandmother was indeed a very gifted medium. She had died before I was born, yet she still to this day helps and encourages me and is a lovely lady.

Many years later, I was walking on a beach in the south of England with a close friend who is probably one of the finest natural mediums I have ever met. I handed her a pretty stone, when her expression became strange, she held the stone and told me that I would become a healer and travel far and wide. At the time I paid little attention to this, I did not even know what a healer was or did, and was not really interested in finding out.

Yet how accurate her words were. Before leaving for India she gave me a gift of a piece of amethyst and told me it had come from a healer in Switzerland. Her face bore one of those knowing smiles; now I know 'whatsheknew' so many years before. Switzerland is now my home. The spirit world has guided me well and revealed many things, some I can share with others to help them on their way home.

I worked for many years developing my mediumship learning and practicing many forms of mediumship and receiving a greater understanding of spiritual healing which still is my passion and favourite form of mediumship.

It was when I was vice president of a spiritualist church

that I was inspired from the spirit world to open the first healing circle for the study and practice of spiritual healing. It is with credit to the spirit world that this became a centre of excellence and saw things which some

might call miracles, although personally I do not believe in miracles and prefer to have logical explanation. Spiritual healing is a very logical spirit science that can be seen, measured, tested and proved. It is a great honour and privilege for me to be involved in healing with such dedicated souls as my friends and teachers in the spirit world. Watching the touching of souls is something that words can never accurately describe yet enriches the lives of all that are involved.

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Go With Your Strengths

by Cheryl Trueman



Burn out is often the end product of over achievers. We try to do everything ourselves, never asking for assistance.....burning the candle at both ends. We end up going through "The Dark Night of the Soul", experiencing depression and illness which, if we are lucky enough to survive, teaches us new ways of doing things. Sometimes our strengths become our weaknesses, and we have to realize new sources of personal power.

Roxi and I have "been there and done exactly that". My friend Roxi Hermesen is an artist and lives with Fibromyalgia. She experiences chronic fatigue and constant pain, but the one thing she is still able to do is paint. Art has been her most important therapy and has helped her to heal from the death of her youngest son five years ago.

I experienced meltdown myself after running my own retail business for over five years. I dealt day in and day out with the health problems of others and became overwhelmed. I have energy to burn, and working in the same four walls every day was not what I needed to do.

Through our friendship, Roxi and I are rebuilding our lives by combining forces, so neither of us has to "do it all". I am the exclusive sales agent of Roxi's artwork and do all of the physical work of promotions and the computer work which leaves Roxi the time to pace her life and paint. We see that working together the possibilities for success are limitless.

Roxi is currently working on a major series of 78 paintings, "A Journey through the Tarot".

Each card will be a large painting using symbolism and imagery to help the viewer learn more about their life by contemplating the images and reflecting on their life experiences. Tarot cards are the game of life. Using the tarot one can begin to understand what has been, and what shall be and come to terms with their destiny. I will write the poetry for the book and another Enderby woman, Jade Storm, will write the book which will accompany the card decks. This is a huge undertaking which we estimate will take two years to complete. Through our past experiences we have learned that it is important to enjoy life's journey and just take it one step at a time.

I have created a space 'The Golden Spiral' which is suitable for promotions, workshops, meetings, musical performances and art shows. Roxi will help me to launch my new venture by holding an 'Illumination' by Roxi art show there in May. I will also use my promotional skills to help others by producing brochures and business cards for them and renting my space for workshops. Inspired by Roxi's bold style, I have decorated 'The Golden Spiral' with bright colours, eclectic furnishings and original art. It is a vibrant location with positive energy.

Going with our strengths, we are both able to accomplish more than we could alone, sharing and learning from each other on our "Journey through the Tarot".

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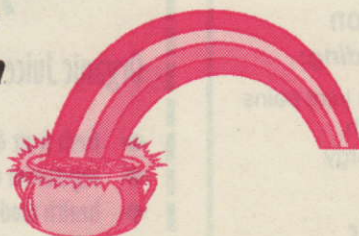
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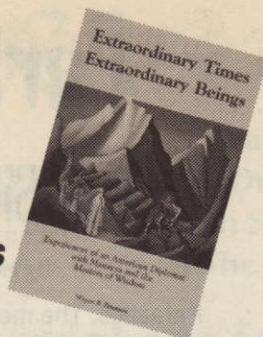
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Book Review

by Diana Holland

Extraordinary Times, Extraordinary Beings

by Wayne Peterson



Diplomats generally don't reveal much, but in his newly-released book, *Extraordinary Times, Extraordinary Beings*, Wayne Peterson, who spent thirty-two years in US government service as a career diplomat, relates the unusual manner in which he was taken before a group of advanced spiritual teachers, divine representatives of the stature of the Christ and the Buddha, who are here now to help us save the planet.

"I am convinced beyond any doubt," says Mr. Peterson, "that we stand today on the very brink of a glorious new era, an extraordinary time in which humanity will achieve its age-old dream of world brotherhood, justice and peace. Far from being a wide-eyed idealist, I have formed this view carefully over a long period of observation as a member of the US Information Agency, and on the strength of certain experiences which I have been granted, some of which I felt compelled to relate in my book.

Indeed, *Extraordinary Times, Extraordinary Beings* begins when the author, not yet four years old, is lying ill on the family couch. He hears a strange swishing sound coming from the upstairs hall, and watches transfixed as a beautiful lady, dressed in a shimmering white gown with a blue veil, descends slowly, never taking her eyes off him. It is Mary, the mother of Jesus, who explains that he is sicker than he or his parents realize and that she has come to help him save his life. She also tells him a very big secret, why he should stay with his family and grow up, and then kisses him and disappears by walking straight into the dining room curtains ... Within the hour, young Peterson is rushed to the hospital and has his appendix removed just as it is about to rupture.

Thirty years later, now a diplomat, Peterson is channel-surfing in his Washington home one evening when he comes upon Merv Griffin in conversation with a British author, Benjamin Creme. In a sudden flash, that interview restores the full meaning of Mary's promise to him as a child: that the Christ would return in his lifetime and that he, Peterson, would be one of the first to meet him. Creme is the author of *The Reappearance of the Christ and the Masters of Wisdom*, a book that Peterson procures the very next day, a book that will shortly alter the course of his life ...

Not long afterwards, after a most unusual event, the author is offered the chance to meet Maitreya, the Christ returned, whom he read about in Mr. Creme's book. Peterson accepts, and during his one-hour audience learns that Maitreya has not come alone, but rather with a group of wise teachers who form the inner government of the planet and watch over the evolution of humankind. He is offered the opportunity to aid them at a later time and several further contacts ensue.

Gradually over the years, Peterson begins to share some of his experiences with friends and acquaintances in diplo-

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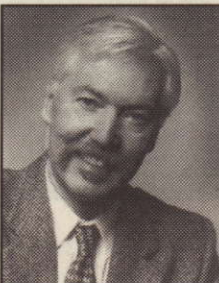
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matic circles and is invited to speak at receptions and dinner parties with the "movers and shakers" of Washington. It is at such gatherings that he is quietly approached by several important people who confide that they have had similar experiences. The book names names of several world leaders who are actively involved.

Peterson states that Maitreya, his group and other great spiritual leaders like Sai Baba in India take an active interest in the comfort and well-being of ordinary people, and gives several fascinating accounts of their personal intervention. On a broader scale, he then relates some of the miraculous events now occurring world-wide. These, he states, have been deliberately created, as a sign that great beings are now among us. Several rare photos are included.

Extraordinary Times, Extraordinary Beings is essential reading for those who intuitively sense that there is more to life and those who want to explore their true identity as souls. It delivers a powerful message about where we are as a human race, and what we can achieve if we choose to work with divine beings in making sharing, justice, cooperation and peace a reality. Few books convey this level of detail about personal encounters with spiritual masters and their involvement in human lives. Wayne Peterson has given us an extraordinary insight.

See ad below.



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by Wayne Peterson

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Parasites...

The Silent Invaders

by Hank Berkenpas, CNC

Parasites. The mere word sends chills down our spines, yet parasites are abundant in almost everything that we touch, eat and drink! Most parasites are not visible to the naked eye. There are over 130 different types of parasites that invade the human body and I also include Candida yeast among them.

The question is, should we be concerned? Of course we should! Studies show parasite related illnesses and disorders are on the rise and in the past twenty years, more and more people are going to their doctors for treatment of strange diseases only to find out that they are seriously infected with parasites.

The word parasite comes from the Greek word Parasitos, meaning "beside food." The definition of parasite normally involves two parties: the host and the parasite. Medical journals define parasites as an animal or plant that lives in or on another organism from which it obtains nutrients. Parasites do not contribute to the welfare or survival of the host and many parasites damage the host.

The following are some of the warning signs of parasitic invasion (keep in mind that these symptoms can also be caused by Candida yeast overgrowth and should be treated together): constipation, diarrhea, gas, bloating, irritable bowel syndrome, joint pains, anaemia, allergies, skin conditions, nervousness, sleeplessness, grinding of teeth, chronic fatigue and immune challenges.

Health experts predict that over half of North Americans are hosts to parasites. If you travel, take precautions by drinking clean water and pay close attention to the cleanliness of your pets. Make sure your children wash their hands regularly. Practise safe sex. Wash your fruits and vegetables carefully and make sure food is properly cooked. To safely eradicate parasites and candida in the body look for a formula containing caprylic acid, garlic, grapefruit seed extract, protease, green hull black walnut, wormwood, cloves, pumpkin seed and acidophilus.

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The Story of the Teslar Watch

by Joey Walker

The Sales Rep's Girl

Toby Boles is the new sales rep. for E.L.F. International, the Illinois company of scientists who developed the TESLAR WATCH shielding instrument. Toby is not a watch salesman. He WAS the distraught father who desperately sought some way to help his nine-year-old daughter. She had been expelled from school because of her violent attacks upon people, and Ritalin had failed to calm her. Toby learned of the Teslar Watch and put one on his daughter's arm. A few weeks later, she was back at school, happy and getting along. Toby was so grateful that this ordinary-looking wrist watch had saved his child, that he offered his services to E.L.F.

The Scientist's Shackle

Dr. Andrija Puharich (who died in 1995) was not a watch manufacturer. He was a renowned research scientist and military doctor with the U.S. government. He was fascinated by unusual dimensions of the human mind, and trained many of the world's most famous psychics for their work advising various presidents. He wrote BEYOND TELEPATHY, URI (about the psychic Uri Geller, whom he and astronaut Edgar Mitchell had brought to America). He wrote RIGA, about the famous psychic surgeon, and THE SACRED MUSHROOM, about the psycho-active drug Amanita Muscaria. He patented many devices that measured or affected the mind's abilities, and in so doing, he learned that many electromagnetic frequencies disturbed or damaged human mind or body. So he set out to invent some device that would protect people from electromagnetic sensitivity problems.

He invented a 2 1/2 lb. shackle that generated a "scalar" field of 7.8 cycles per second, a frequency known as the Schumann Resonance. This special frequency had been discovered in 1954 to be peculiar to the planet Earth, its water, its life forms, their natural brain waves, and vibrations in its atmosphere during storms and other disturbances. Andrija believed that, if his device could help reinforce the brain's natural frequencies (between 7 and 9 herz), that the artificially generated electromagnetic pollution would no longer be able to "entrain" the brain to resonate at biologically harmful frequencies. Thus humanity could be protected from peril.

The Woman of Vision

Ilonka Harezi was not interested in watches. But as a very young girl she recognized that humanity was in need of some heroic science to help it survive the coming storm. She was a humanitarian who was privileged to meet the great scientist, Andrija Puharich, during his aging years. From him, she learned that the storm facing humanity was electromagnetism, which could insidiously deplete the immune system, damage nerves, interfere with hormone and neurochemical function, disturb brain waves, and thus slowly take apart the health of biological systems.

Ilonka devoted five years to working with Andrija to transform the 2 1/2 lb. shackle into the extremely complex shielding chip which they finally packed into a watch. By 1986 they had begun manufacturing the TESLAR. They named it in honour of Nicola Tesla, the blazing genius who had, ironically, invented both AC electricity AND the scalar, non-electromagnetic technology contained in the watch, which would come to protect humans from the same AC electricity.

tromagnetic technology contained in the watch, which would come to protect humans from the same AC electricity.

The Contributors

They were not alone. In fact they were in the company of the finest world-class scientists: Dr. Robert Beck, Dr. Eldon Byrd, Dr. Patrick Flanagan, Dr. Adamenko, Dr. Andrew Marino and other frontier scientists. They had discovered, in the wake of Jose Delgado's ground-breaking work, The Physical Control of the Mind: Toward a Psycho-civilized Society (1969), that the mind was all too sensitive to external manipulation, both purposeful and as a result of electropollution.

Testing the Teslar

Once on the market, the TESLAR was tested at various research institutes around the world. In England, Dr. Anthony Scott-Morley wrote: "As a screening instrument, I am prepared to state that my findings suggest that it (the TESLAR) does all that the makers claim. I find it an invaluable instrument for helping those who are electromagnetic sensitive."

At Stamford Medical School, Dr. Glen Rein, Ph.D., demonstrated the ability of the TESLAR shield to enable the body to enhance its immune response by 76% and inhibit the uptake of noradrenalin (an antidepressant neurochemical) by 19.5% in nerve cells. Dr. Eldon Byrd Ph.D. conducted EEG experiments and discovered that, while wearing the TESLAR, the brain's signal strength was increased by 80%. Grip strength was found to be increased by an average of 20%.

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Footnote: The author is not a watch salesperson. She is a naturalist, philosopher and horseman who studied electromagnetism for years searching for an effective shielding device.



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MOVING WITHOUT HURTING A Feldenkrais® Lesson to Improve Your Back

by Sandra Bradshaw

Have you ever noticed that the time when back pain strikes, is usually when you are attempting to sit, lie down or turn over in bed. Turning over in bed can be one of the most challenging activities for those suffering from a sore back, because, in an attempt to stay in the warm little nest that we have created for ourselves, we tend to twist rather than rotate our spine. Practicing the following Feldenkrais Awareness Through Movement® lesson when you are awake will help you to learn a new strategy for rolling over more easily when you are asleep.

Lie on your back on a firm supported surface to practice the following sequence. Do each numbered sequence three or four times. Pause between each repetition and always move with gentleness, mindfulness and awareness. When you have done the entire lesson, repeat the sequence on the other side. These instructions have been given for the right side but if it is easier for you to turn to the left, do that first and simply reverse the instructions.

1. Lying on your back, begin by simply feeling the contact of your body against the surface of the bed or floor. Then, keeping your gaze soft, turn your head to the right and back to center. Do this gently and lazily as you might if you were just waking up in the morning.
2. Notice as you turn your head several times that your right shoulder will sink down to the bed or floor and the left shoulder will rise up a little bit. Allow your head and shoulder to move together several times.
3. Now slide the left arm over top of yourself to the right side as you turn your head to the right. *This may seem to be an obvious move but you would be surprised how many people that I have worked with keep their arm pinned to the floor as they try to turn their body.* Notice that the arm begins to assist the movement of the head, neck, shoulder and ribs in their journey to the right side.
4. As your arm slides over your body, it becomes quite easy for the knees to begin bending to the right side and this will also encourage the pelvis to begin tipping to that side as well. *Do not bend the knees all the way the first time, let them slowly get used to the idea of bending and of your pelvis tipping. Go gently so that your awareness of the movements increases with each initiation. Time the movement so that your knees begin to bend as your arm slides over to the side and your head begins to turn. In a very relaxed manner, continue to take your body to the side and back so that you begin to get a sense in your body of the ease and spontaneity of the movement.*
5. When you get to your side, reverse the order of the instructions so that you can return to your back. Do this gently and mindfully as well so that your body can get used to the sequence. After several repetitions, rest on your back.

See ad to the left

Wheel of the Year: May

Sacred Sex

by Laurel Burnham

What's not to love about the month of May? Every good green and growing thing is bursting forth now, the blossoms are coloring the orchards, the birds are madly building nests. This month is also named after a goddess: Maia, the Goddess of Spring. World wide, it is a month of celebration of flowers and fertility. Early Christians designated this Mary's Month. In the Philippines, the entire month is devoted to Our Lady of Peace and the Good Voyage.

The First of May marks the half way point between the Spring Equinox and the Summer Solstice. For many centuries, the first of May or Beltane has been the day of a huge fire festival, celebrating sexuality, creativity and the fiery passions of the earth itself. In England, festivities revolved around the Maypole, and the choosing of a young girl as May Queen, to represent the beauty of the earth made new. In Hawaii, it is Lei Day, dedicated to the Goddess Hina, the Great Mother. In Africa, it is a time when prayers are made to Yemaya. In Brazil, small boats of flowers and candles are set adrift on the evening waves, invocations to the Mother of the Waters.

The sacred themes of May, taking meaning from the earth itself, have to do with sacred sex. Without the procreative power of the earth, there is no life. Perhaps there was once a more innocent time, when human sexuality was not as loaded with paradox and power, heavy with the emotional baggage and fraught with danger and disease as it can be now. Beltane was evidently a time of celebration of sexuality, when healthy young people had the blessing of the community to mix up the gene pool. Today, there is probably no subject that has as much emotional charge as human sexuality, that is as profoundly important to one's identity and physical health, and yet we have incredible difficulties as a society in accepting and dealing with it.

This is a good time for providing a spiritual ground for our teenagers through rites of passage. There are wonderful examples from various cultures around the world to introduce young men and women to adult roles and their sexual identities within that society. Many cultures provided very different ceremonies for their young men and women. Some of my favorite readings come from the Navajo tradition of the Beauty Trail for young women. Let our prayers for them and ourselves be that every act of love and pleasure become a celebration of the life force within us all.

The other lesson we learn in May is through the beauty of the earth. We are reminded that the earth itself is sacred, and there is beauty in every step we take. Our souls need beauty, we need the restoration that only nature can bring to our bodies, hearts and minds.

One other May holy day that I am particularly fond of is Mother's Day. It is a relatively recent celebration, developed in the late 1800's. No, it wasn't invented to sell greeting cards, flowers and chocolates as a way of lessening our guilt towards our Mothers. It has its roots in the anti-war pacifism of women such as Julia Ward Howe, a U.S. suffragist of the 1880's. It was originally meant an anti-war holiday. On Mother's Day let's pray for peace on this beautiful green earth, and good for every growing thing.

THERMAL THERAPY

by Mickey Tarasoff

Radiant heat is energy that heats objects directly without heating the air between them. It is also called infrared energy. This band of light is not visible to the eyes but can be seen with special cameras. We can however, feel this type of light for the sun is the principal source of radiant energy.

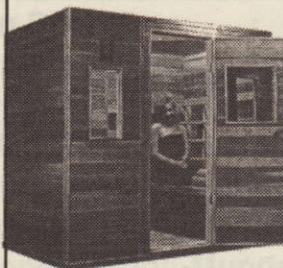
The radiant system uses direct infrared energy to penetrate the body's tissues to a depth of over 1½ inches. Less than 20% of the infrared energy heats the air, leaving over 80% available to be directly converted to heat within our bodies at air temperatures ranging 110-130 °F. Thus an infrared system can warm its user to a much greater depth with more efficiently than a conventional sauna. The cooler air temperature makes breathing more pleasant. Heat helps to loosen tight muscles and when used in conjunction with cold packs can help in the treatment of sprains and stiffness.

As the body warms, the basic metabolic rate increases by about six percent for each degree the body temperature rises. An increased rate of metabolism causes the body to burn calories long after the heat is gone. As the body heats up the heart rate increases, pumping the blood away from the internal organs to the skin. This does trigger some stress but stress is good within limits. As circulation improves toxins are cleared out of the body through the pores.

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PSYCHO-ACOUSTICS AND WHOLENESS

by Therese Laforge

During Education Week, I attended a music symposium in Kamloops. There, I was reminded that human beings are hard-wired for music. It is well-documented that exposure to music and the playing of musical instruments helps us develop our multiple intelligence.

Our multiple intelligence is categorized loosely into eight groups: 1. Lingual, 2. Logic-Mathematical, 3. Musical, 4. Spatial-Body Kinesthetic, 5. Interpersonal, 6. Intrapersonal, 7. Naturalist, 8. Existential-Spiritual.

Exposure to music and playing instruments open nerve pathways in the brain, helping us learn math and science more easily, especially the abstract concepts in those subject areas. Music opens the heart or feeling realm and helps our empathetic development. We all wish for ourselves, and our children, to be whole, soulful and high functioning individuals.

After the symposium, I was pondering this information as it parallels my work with psycho-acoustic sound and music. So far, I've written that less and less cycles per minute in the music will slow the brain activity and create relaxation. The current thought I am having is that good music feeds our multiple intelligence. So when we say that the music relaxes us, I understand that our wholeness is being served by the music. Buried under the stress of our lives is this inner knowing, this multiple intelligence, the real you and me. See ads in the Calendar - Apr.28,29, May 5,6

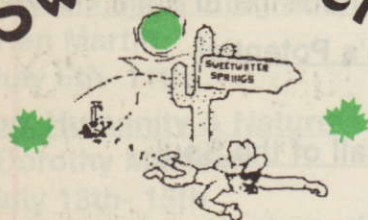
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Profile

The Art of Creative Expression

by Samarpan Faasse (OSSA manager)

The Okanagan Summer School of the Arts (OSSA) has been offering classes in Fine Arts for the past four decades; 2001 will see the forty-first school opening in Penticton. OSSA's mandate is to provide quality instruction to students of all ages and abilities in all areas of the arts. The school's vision is one of art as a means of self-expression and recognizes creativity as a quality inherent in each individual.

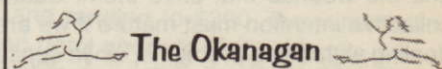
Throughout its history the school has remained responsive to the current public interest in artistic expression. By offering beginner through advanced courses in each faculty as well as special interest classes...mosaics to pottery to drumming to music theatre...the school opens doors for everyone to explore their creativity.

While some students go on to pursue their interests professionally the majority of our students enjoy the recreational aspect that the school offers and attend classes to improve their technique and skill so that artistic expression comes more easily. Our qualified instructors share their experiences by teaching on a more personal level. In this atmosphere, learning is enjoyable, fun and non-serious. It is amazing what can happen when relaxation leads your creativity.

Creative expression is a tool for change. The demystification of creativity is very powerful as is the dissolving of the elitism around the appreciation of art. The simple realization that everyone is creative and has something to express to themselves and others has 'world-changing' potential.

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ASTROLOGICAL FORECAST

by
Moreen
Reed

for April 2001

April showers bring May flowers... sounds gentle, hmm. This April will pick up speed all month bringing us headlong into a confrontation with the challenges of our collective wounds and our ability to transform pain into healing. We will need energy to negotiate this month and Mars will provide! His journey through Sagittarius brings momentum and courage. Saturn too makes a move this month. He leaves behind Taurus and sets his sights on Gemini. The clear glare of reality testing comes to communications and connections of all kinds. Lastly, global issues will slowly begin to dominate our awareness as Jupiter begins to catch up to Pluto. What has been brewing since September/October of 2000 will hit a flash point again on May 6th. The first week of April feels relatively benign, until the Full Moon focuses our attention. Polish up your intentions, practise responding versus reacting and start looking for your sprinting shoes.

The April 7th Full Moon falls along an Aries/Libra axis and is at 7:22 pm PST. Today we are asked to shed the light of awareness on "Intention" or right use of will. In particular this light will also fall on a relative newcomer to the Astrological symbol stage, Chiron, who just happens to be stationing today.** The highlighted degree symbolism is "The magic carpet,"* the keyword is "Panorama". Chiron the "wounded healer" is presently tracking with Pluto our collective evolutionary signature. Together in Sagittarius we see the problems faced by displaced persons due to war, economic discrepancies, and global climate change. The Panoramic view offered today shows all too clearly the pain of these conditions and the wounds that drive them. Saturn suggests that our collective intention must mature if we are to be successful in dealing with these problems, while Jupiter and Neptune offer hope and inspiration. On a personal level take a panoramic look at your intentional use of your will. Does its line of travel increase the probability of a healing or more wounding?

Mars takes off with a high five to Uranus on April 10th. Life just shifted into high gear. Mercury and the Sun share in the passion of the day, they too are dancing swiftly through Aries. All those slow and sensitive types will be feeling the

Continues on next page

for May 2001

In May we will see the fiery passion of aliveness bouncing off the ingenuity of air, and life will be anything but grounded! Please note this energy combo is a tough slog for earthy types and the emotional sensitive types. The stage is grand, we see the last opposition in the series from Jupiter, the guy symbolizing the social/culture game and Pluto our evolutionary agenda. Social justice or equal power to all will advance. I hope! On a personal note someone's world view and agenda could try to dominate, or open minded adventure could unite. Mars and Chiron are on centre stage, intention shaped by pain and long standing suffering will be their dominant cord. If you have worked through all your old baggage/wounding, or if in a conflict you are confident that your side is backed by the big cheese himself, then this is going to be a breeze of a month.

The first week of May begins with the first of three conjunctions between Mars and Chiron. If you find yourself in strong reaction mode, check it out. This pair has identified a wound that needs healing. The May 7th Full Moon along the Taurus/Scorpio axis is at 6:53 am PDT. We are asked to shed light of awareness on witnessing judgement and opinions that shape your/our relationships to life, especially the nature or relevance of interconnectivity. The highlighted degree symbolism* "A woman airing a linen bag through a sunny window" and the key word *Facilitation*. I am hopeful that the preceding week will be held in the light of this Moon and fresh air/breath be brought into the picture.

Neptune's annual retrograde session begins on May 10. This is time for each individual to reconnect with their own transpersonal experience, plugged in and recharging. Mars follows Neptune on May 11 turning retrograde, as well. Mars questions intention, action, and aggression. How do you go about getting your own power movin' and a groovin'? Unfortunately this also means that Mars and Chiron will continue to dance cheek to cheek. A break from situations that are driven/empowered by wounds is not coming any time soon.

Mercury steps in during the third week of May, asking all to stay present for what wants to happen. This is absolutely essential if new outcomes are required.

The May 22nd Gemini New Moon is at 7:46 pm PDT. Today you are planting seeds of interconnectedness, openness to the present moment. Saturn is conjunct the Sun and Moon stripping away illusions. Revealing the limitations of the seed and the ground you are working with. The highlighted degree symbolism is "The garden of the Tuileries, Paris"*. The keyword is *Luxury*. The glare of Saturn's reality test of Gemini stands out in the days following the New Moon. Speak to what you know and listen with an open mind.

Mars and Chiron make their second conjunction on May 28th. I believe this will be the bottom of the cycle. For those who are working through healing process, things should level out for awhile. May 29th Uranus the great awakener stands stationary, maybe those who have bogged down in repetitious suffering will see their situation in a new light.

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

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Astrology for April continued

heat. Hope you are all up to speed now. Otherwise life will likely feel a wee bit out of control as you hurtle towards your basic precipice! Please pay attention to oncoming traffic, for it probably isn't. Not into offensive play? Better seek shelter.

Venus stations and turns direct on April 19th ending her review session for another year. Relationships that have been in limbo since March 9th will likely clarify now. Saturn makes his entrance into Gemini on April 20th. I imagine we will now see reality based growth in the new "E-commerce," and the internet moves into a permanent place in our reality. On a personal level you get to check out how well you can stay present for what wants to happen, versus staying with the myth of judgments and opinions catalogue in the endless mental tapes that play night and day in your head! The Saturn test will conclude in June 2003.

The Sun and Mercury step off the band wagon and add balance to life with their entrance into slow and methodical Taurus. The smell of braking is noticeable. The April 23rd Taurus New Moon is at 7:26 am PST.

Today you are planting seeds literally. Taurus symbolizes the right relationship to life, to self and to other, why? Survival. With the right relationships you can increase the probability of your own survival. The highlighted degree symbolism* "The rainbow's pot of gold" and the key word is *faith*, suggesting that wise planting is still your best bet! What has been set into motion and the direction of travel whether personal or collective is about to blossom...

* taken from "The Sabian Symbols" by Marc Edmund Jones ** A situation that brings maximum focus to a player.

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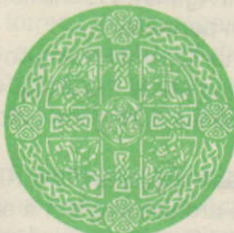
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The Holy Grail

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 Ceridwen is an indigenous representation of the Holy Grail. Ceridwen 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 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 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 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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Who are we endangering anyway?

It was announced the other day, in a rather quiet, almost apathetic way, that another 11 species had been added to Canada's species-at-risk list, bringing the total to 364. The steadily growing list includes all of the species of plants and animals that are considered to be either threatened or vulnerable to the point of their extinction from Canada if their remaining habitat is not protected or restored.

From the mighty Grizzly to the unassuming Olympia Oyster, these and many other plants and animals are threatened by ever increasing human activities. Pollution in air in water, habitat loss from logging and urban sprawl, whatever the activity we undertake, our actions are having an impact on the natural world and its inhabitants.

In order to create a greater awareness for these imperiled creatures and rare plants, Turtle Island Earth Stewards (TIES) has teamed up with concerned organizations from around the world. With funding from organizations like the Canadian International Development Agency, TIES is able to send student interns and equipment to help our southern partners.

In Mexico, TIES partner Centro Ecologico Akumal and TIES interns help educate both tourists and locals about the status of the Leatherback, an endangered sea turtle, and patrol beaches during the hatching season to collect data on the rare turtles.

In Grenada, with Ocean Spirits and the KIDO Research Station, TIES interns and countless volunteers are carrying out a similar collaborative project. In addition to beach patrols and general awareness campaigns, the partners have brought environmental education programs to over 1500 children in 19 schools and organized a massive clean-up that removed over 10,000 pounds of garbage from Grenadian beaches. In early January 2001 another TIES volunteer will be going back to Grenada to continue these exciting programs.

And here, in British Columbia, TIES staff offers free services to any landowner to help them identify and map the location of any listed species that may inhabit their property. TIES also has an environmental education program for elementary school children that includes bringing aquatic plants and animals into the classroom. Last year the program was brought to over 2200 children in the Salmon Arm area, and with the addition of our endangered species program next year, we hope to reach even more children.

Whether in Canada or abroad, the protection of our planet's biological diversity is equally important. For example, medicines created from wild plants are estimated to be worth an incredible \$50 billion US worldwide every year. And for every plant that goes extinct, all of its lost opportunities go with it.

Mark Winston, a professor of biological sciences at Simon Fraser University, estimates that "If only one as-yet-undiscovered plant species with medicinal value goes extinct every two years, the cumulative retail loss from drugs not invented will total about \$300 billion by the year 2050".

The impact is not just felt in our pocket books. Each year in the United States alone over 30,000 lives are saved from cancer, the soon to be number one killer in North America, using drugs derived from plants.

Protecting the Earth's biodiversity is not just about saving enormous trees, or keeping pretty looking forests, its about preserving all of the species from the majestic to the plain and unadorned, regardless of their appearance or aesthetic appeal. Each species has an important role to play in the over all health and integrity of the planet, and one day may even be responsible for saving your life.

So the question is, who are we endangering anyway?

To find out more about TIES and our partners, visit our web site at:
www.ties.bc.ca or call us at: 1-888-917-TIES (8437) or locally at 832-3993.

Returning Home by Sue Peters

If you have ever experienced a scattered, out-of-the-body feeling, then the technique to be presented in these self-discovery workshops could be for you. It is a process of calling back your energy streams that are spread out into everyone and everything you encounter in this life experience, and in some cases even before this life. It is a simple exercise that works with spirit, and the physical body.

We will be using a technique called "Breaking the Mirrors". Everything in your body is like a mirror. This means that the body uses the symbol of the mirror, everything is done in pairs, they are exactly opposite—like yin and yang, left and right.

Mirrors are the major symbol for the language for genetic, atomic structure. The mirror represents the unconscious part of us, the part that we haven't yet tapped into, or are afraid of. By using the symbol of the mirror, it will reach the portion of our brain that knows how to work with our genetic structure in the mirroring principle of our chromosomes. We will be working deep within the RNA and DNA of the cell structure, altering old patterning that has been passed to us from generation to generation. We will also be changing any unwanted patterns that we have created in this lifetime.

Another technique we will work with is the calling back of separated aspects or personalities of ourself that we have disengaged from ourself. This can happen daily when you encounter individuals, animals, plants, visit towns, homes, offices, parks, countries etc. Actually anything we encounter, we leave behind a part of ourself.

The main focus of these workshops is on learning how to understand the language of energy, maintaining a focus on the feeling of joy, knowing how to reprogram our old habits of thoughts, and bringing home to ourself, the lost, scattered, misplaced aspects or energy streams of self.

**Sue Peters, Life Skills Coach, Reiki Master Teacher,
Hawaiian Huna Practitioner and Emotional Release Therapist**

Off-Centred in the Tao by Harold Hajime Naka Cultivating a Body-Mind-Spirit Practice

Spring is a time of renewal, the warm rays of the sun melt away the earth's winter coat, so nature can rejuvenate and create new life again. Spring is also a good time to regenerate new life in your meditative practice. I like to relate my Qigong-Taiji (Tai Chi) practice to that of an organic gardener, who prepares his/her garden by turning over the ground to break up the lumps, remove the rocks and debris and mix in the compost, so the seeds can grow into healthy plants.

My Qigong-Taiji practice helps me to prepare my body-mind (organic garden). The gentle non-stressful movements liberate me from my cultural institutional straitjacket, so my body can break up the lumps of tension, unravel the knots and kinks in the muscles, loosen and lubricate the joints, massage the adhesions out of the internal organs and open the energy gates and channels. Then I dissolve the toxins from my body-mind, caused by unhealthy thoughts and habits, add the compost (vital energy called Qi (chi)) and oxygen by breathing deeply into my dantien (lower belly) which I call my "Field of Chi". Now I plant my seeds of healing, vitality, happiness, harmony and compassion.....oops, I almost forgot my rebel seeds. Every garden needs some weeds to remind us to tend to our daily practice.

As I Chi-fully cultivate and refine my Qigong-Taiji practice through the seasons, I feel the seeds growing inside me and manifesting into every aspect of my life. Isn't nature wonderful (full of wonder)? May your seeds bring you much joy, harmony, vitalityand some weeds.

Harold will be a presenter at the Spring Festival of Awareness at Naramata Centre April 27, 28, 29. See back page for more info.



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The Black Moon

Collector of Shadow Energies

by Khoji Lang

Earth's moon doesn't move in exact circular motion, its orbit is a bit elliptical or egg-shaped. Because of this, every month for two weeks the moon comes closer toward us, speeding up on her journey, increasingly affecting us with her influence. Then for another two weeks she moves toward a greater distance, loosening her relationship with Earth—slowing down her momentum, becoming more detached and complacent again. Hence it is most relevant to know during what stage one has been born.

Looking deeper into the moon's motion around Earth we find another stunning reality. A circle has one center to it, but an egg-shaped orbit owns two focus points. By the way, it was Kepler, the great astronomer and astrologer, who found that all celestial bodies move around one another in elliptical orbits. In applying his findings we discover that Earth's center is one of the two focus points of the moon's orbit, while the other one is moving through outer space – circling around Earth once in nine years!

This point has been named Black Moon (or Lilith). It was the French astrologer Joelle de Gravelaine who did pioneering research on the influence of this free-floating energy point. She found it to be a shadow point, accumulating all that which we don't want to look at; almost being a celestial junkyard. And it makes total sense from the simple understanding that the moon is about emotions, moods and other irrational stuff. When looking at the moon she gives us her light and stimulating energy, and at the same time she absorbs our grief and pain. Yes, there's a two-way communication happening; whenever we look at something, both receiving and releasing are there. Now, another geometrical law states that each ray coming from one focus point (Earth) gets reflected back into the second one (Black Moon). This mysterious point "Black Moon" somehow swallows everything we on Earth want to get rid of. Almost like a black hole, this point collects everything we give back to the moon. All she relieves us from she keeps projecting into this empty point in space.

Hinduism worships goddess Kali. She is a perfect image of this darkness we all carry somewhere deep within us. It is very healing to look into this shadow energy within ourselves. To understand its message is bringing light to it, and shadows start vanishing. Recognizing one's own shadows, there is no need anymore to project them onto others; no need anymore to give away a most incredible and deeply creative part of us. It's about time to reclaim our wholeness, to become holy again. We are the devil and we are god, it's all within us. Hence all outer gods and devils are mere projections, keeping us dependent, partial and poor. It's high time to recognize that all we need for our fulfillment is hidden within us.

Dare to be strong and complete, embrace your potentials and incorporate these limitless forces still hiding within your unconscious. Astrology is a mirror, reflecting one's potentials. In its image one gets a glimpse of intrinsic totality, one realizes the cosmos within. *See ad to the right*

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GENETICALLY MODIFIED ORGANISMS (GMOs)

ARE NOT THE ANSWER

What do genetically modified organisms, turtles and Grenada in the West Indies all have in common? First of all, did you know that scientists are currently introducing genetically engineered foods into the world's grocery stores? Genetic Engineering is the modification of the genetic makeup of an organism, often accomplished by artificially transferring genes (the code for an organism's characteristics) from one organism to another. Food is being genetically altered because transnational companies are determined to amass huge profits through the development of crops that will produce higher yields and be more resistant to disease and pests regardless of negative consequences to human health and the environment.

The dangers of genetically engineered foods are many. Dr. R. Steinbrecher of the University of Liverpool (2000) sums up the dangers of GMOs, "Genetic engineering poses a real threat ... proper risk assessment is impossible: we know neither the stakes nor the odds." Some of the more serious concerns include: new toxins and allergy-causing substances in foods, higher chemical use on crops (can lead to soil and water contamination), emergence of weeds that are resistant to herbicides, the spread of diseases between species, reduced crop biodiversity and the passing on of artificially introduced characteristics to future generations of plants. In addition, the long-term health effects on consumers of genetically engineered foods are unknown.

So what about the connection to turtles and Grenada? Well TIES - Turtle Island Earth Stewards, an organization based in Salmon Arm, BC is concerned about the dangers of genetic modification. TIES wants to introduce GMO awareness programs in local schools to make its community aware of these dangers. So that is where the turtle comes in, but what does this have to do with Grenada?

Grenada is a small underdeveloped island nation that depends on the export of cash crops to support its national economy. TIES partner in Grenada is Friends of the Earth. Joseph Antoine, the President, is concerned about recent developments in Grenada that could potentially impact the economy of the Organisation of Eastern Caribbean States (OECS). Joseph states, "Genetically Modified Organisms are not the answer, they are only symptoms of an unjust and morally bankrupt international economic system." Joseph urges everyone to stand up and refuse the fruits of uncertainty and death. This is a common issue for all global citizens.

Traditional Grenadian crops are currently being threatened by the expansion of GMOs. The Embassy of United States of America in Grenada recently joined forces with the offshore St. George's University financed by an American entrepreneur to promote the so-called benefits of genetically modified organisms. This union resulted in a paper supporting GMOs entitled, "Why do we need genetically modified crops?"

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TIES-Turtle Island Earth Stewards and our Southern partner *Friends of the Earth* have joined focus to present school education programs and to educate the public regarding GMOs. Reduced biodiversity is one negative impact of GMOs therefore biodiversity presentations given at schools throughout Grenada are important. These talks focus on biodiversity loss and how this negatively impacts the environment.

Work in Grenada links directly to TIES' YES (Youth for Environmental Sustainability) program in Canada. The YES program includes biodiversity talks focusing on biodiversity loss and gets children thinking about how biodiversity loss can be avoided. A future project in Canadian schools will include a GMO awareness talk through the YES program's school education component.

So what can you, the public, do to help stop the spread of genetically engineered foods? Get informed and read our local author's book Farmageddon: Food and the Culture of Biotechnology, by Brewster Kneen. This book focuses on the dangers and negative consequences of modern agriculture. Write to your MP and MLA. Express your concern to your supermarket manager about genetically engineered foods. Buy locally grown organic produce. Tell others about the problems raised by genetically engineered foods.

Contact TIES for more information in Salmon Arm
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Elaho Wild Forever

by Reasha Wolfe

Six months ago, I was in jail because, while I was camping in the ancient rain forest of the Elaho Valley (north of Squamish, BC) I spontaneously interfered with roadbuilding by standing in front of a truck full of dynamite for nine hours. I had no idea what I was getting myself into—at the time I didn't care.

The Elaho Valley and its adjacent valleys, Sims Creek and Clendenning Creek, are the frontline of BC's last remaining ancient rain forest. There stand, covered in mosses and lichen, the oldest Douglas Fir trees left in the world. Some stands of trees are up to 1400 years old; other stands have yet to even be studied. These forests are the home of threatened species such as the spotted owl, northern goshawk and the grizzly bear. Grizzly bears once thrived as far south as Mexico, but now have been eliminated as far north as the Elaho Valley, which is near Whistler, BC. Studies of the area and the species that call it home have only just begun within the last decade. It is a pristine wilderness defined by its raging river and surrounded by glacier covered Coastal Mountains. Its name means "fine hunting ground". This is the unceded land of the Squamish Nation, who is in the works of creating a Tribal Park plan.

This majestic valley is being rapidly clearcut by a multinational forest product company. The raw logs are exported from the community to the U.S. and Japan. This company employs no one from the Squamish Nation, and has been caught violating the Forest Practices Code hundreds of times in the Elaho and elsewhere but has suffered little to no consequences. This should shock us but it doesn't. We're accustomed to seeing raping and pillaging all around us.

In 1999, fifteen independent members of the public were at different times arrested and charged with Criminal Contempt of the Supreme Court of BC. These people, aged 17 to 72, allegedly violated a court injunction by blocking roads or sitting high in trees. Some of them were simply in the

wrong place at the wrong time. Sentences ranged from two weeks to one year in prison. The judge compared the "contemptors" to people who shoot abortion doctors. In 2000, several others were charged with the same offense. Employees of Interfor, who were involved in an organized, violent assault on eight peaceful forest lovers, received no jail terms, only suspended sentences.

Thousands of people have been working for over five years, in many different ways, to see this area protected. The Western Canada Wilderness Committee has been building hiking trails. They, along with countless Canadians, have been pressuring the government to protect this area as a National Park. Some politicians respond supportively and are active in seeking this goal. Others pass the bill. And some politicians say BC has enough protected areas.

Many Canadians and people from around the world are exasperated with the Canadian government's sluggish response to the call to protect wild species. These people are educating themselves as activists, taking direct measures to slow down the destruction of ecosystems. They do this by blocking roads, building tripods, sitting on platforms in the forest canopy, building forest communities; some even dismantle equipment, claim to spike roads, or whatever else they can conjure up.

Hours can be spent in debate on the morality of extreme measures. In the end, it may come down to values, and what is considered sacred: property? life?

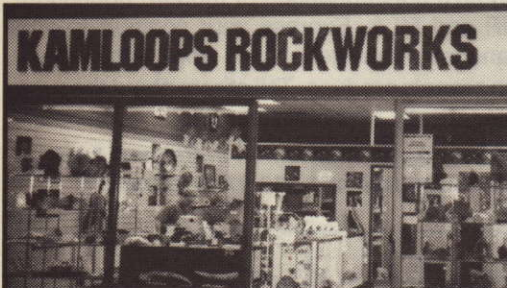
Many caring, conscious people express the belief that mankind as a species is destined to self-destruct, taking many forms of life with us. No matter how we may foresee our fate, it remains clear that if only for the sake of history, it is essential that there is representation of what is whole standing up to what is destructive. Without balance, there is nothing.

A consciousness revolution is the crucial ingredient to create healing between races and between species, so that we can end the destruction. We begin by cultivating mindfulness; thinking about what we're doing while we're doing it. "As I throw this cereal box in the garbage, I'm aware that I'm throwing a cereal box in the garbage."

If we're ready to take it further, we may want to intimately know the people, species and eco systems that our lifestyles are affecting. We will be drawn to occupy wild spaces, and have a gentle, restorative impact. Our presence in the wilderness will be its defense. (Corporations cannot clearcut an ancient forest filled with campers, wildcrafters, and recreationalists!) If we cannot get to these areas, we make our spiritual presence known in every way we can think of.

Hope for the future lies in the stewardship of responsible communities over the natural resources, as well as a deep understanding amongst humanity of the interconnectedness of everything on, in and around this blue-green earth.

Reasha Wolfe's three month jail sentence is scheduled before the court of appeal March 30, 2001. She can be reached at Reasha_breathes@snowaccess.net. More information can be found at www.wildernesscommittee.com, www.elaho.tao.ca, www.radicalpress.com, www.earthstationtv.com, www.ecoecho.org.



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Geobiology/Earth Healing

by Merlin Beltain

In a recent episode of *Friends*, one of the characters attempts to dissuade an unwanted house guest from staying by saying, "We've got real bad electromagnetics. Only Monica and I are used to it."

The comment startled me. It has taken such a short time for the concepts of grid lines, electromagnetic pollution and their serious effects to move from esoteric knowledge to a sitcom joke. So I wonder, does that mean everyone knows about the grids around the Earth? How to detect them? How to neutralize or deflect them? A line in a sitcom is a little much to generalize from. Especially when there's a question in even that short statement.

I've only been working consciously and directly with these energies for three years. It seems only a blink ago that I met Slim Spurling and learned about the Hartmann Grid and the Curry Net and the effects that they can have on our health and well-being. Slim in turn introduced me to Christan Hummel and the adventure of working with these energies grew in a variety of ways, including working with the Devas.

After Christan came to Vernon two years ago, a core group has been meeting intermittently and clearing public and private properties. We continue together even though we are spread from Salmon Arm to Penticton because doing this work is a wonderful way to be in service to the Mother. It's a way to connect with the Earth and be a positive part of Her healing. I know that when I do this work, it is joyous and I sing inside.

For two years, since being trained by Slim and Christan, I've given Geobiology workshops around B.C., Alberta, and Washington State. It's a thrill to have others join in their communities and do clearings too. After just a short weekend's course, anyone can pick up the ability to detect what's on their own property and clear it. They can join with others and clear places in their community. With so much negative news around about our planet, it

feels good to be able to do something positive locally and beyond.

The year we began in Vernon, there were stories all summer about needles left lying in Polson Park after being discarded by drug users. That news was difficult because families used the park regularly and kids had been running barefoot for generations. After we worked in the park, there were no stories of needles either that year or since. One of the intriguing things about this work is that we really can't claim that our work made the difference. It's just an amazing coincidence that where this work has been done here and around the globe, similar results have occurred. We neither announce what we do nor take credit for it. It's just us connecting with nature and together restoring the balance nature intended.

We have also from time to time been asked to work with others in projects around the globe. Our group met and co-ordinated with others working in Arizona, Bolivia, and Egypt. It's exciting to know that we are connecting with others around the globe to add to a grass roots pollution-clearing movement.

I know that whenever I'm asked to participate in a clearing and I do, I feel great. And my helpers remind me that I'm meant to do more of this and that joy is what we're here for. So, I'm excited about the workshops scheduled for this year and for the opportunity to join even more people in pollution-clearing and helping to restore the Earth to balance once again.

See ad below

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

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The Spirit is Joy

by Sue Peters

Forget not that the earth delights to feel your bare feet and the winds long to play with your hair. - Kahlil Gibran

As I move through this life journey, I have discovered a variety of ways to bring myself to a joyful state of being. I would like to share a few of the ways I bridge myself back into a better feeling place. Finding joy is sometimes a tricky thing, especially when I am feeling "low". It is helpful to have an emergency stash of ideas or ways to bring you to a good feeling place.

The first thing I like to remember is that everything is energy. Energy is moveable; it can shift and shake, and change. *"Energy is much more like an ocean wave that gets its energy from the wind, that gets its energy from something else, and so on. Where there is energy there is movement, or change, and where there is movement or change there is energy. Because everything is apparently moving or changing, it's easy to see everything as a potential source of energy. Also, all this movement seems to be in the form of waves."* - Serge Kahili King

I also like to remember that the reality I see around me comes from my perception, and my perception is a reflection of the energy or vibrations I am emitting from my being—the waves from my ocean of reality. My thoughts and feelings are exactly what I am vibrating. It is impossible to attract to myself anything but a match to what I am feeling in the present moment. So, my most powerful time is right NOW! If I am in a joyful place, then I will bring to me those things and experiences that are similar to this feeling—the Law of Attraction.

Now comes the interesting part, how to maintain or at times "find" a good feeling. I can share a few ideas on how to do this.

An instant shift into a good feeling state is through Breath.

There are a number of deep breathing exercises that calm, relax and sooth the soul. Deep breathing fills me with the life force and will connect me to my spirit. Spirit is joy! There are breath practitioners available to help you if you have difficulty deep breathing.

The Hawaiian PikoPiko breathing is a wonderful way to connect. PikoPiko means both the crown of the head and the navel. It is a simple way of breathing that is used for grounding, centering, meditation and healing.

The Technique:

1. Become aware of your natural breathing. It might change on its own just because of your awareness, but that's okay.
2. Locate the crown of your head and your navel by awareness and/or touch.
3. Inhale through your crown and exhale through your navel. Keeping a slow natural rhythm.
4. Now, as you feel relaxed, centered and/or energized, begin imagining that you are surrounded with an invisible cloud of light or an electromagnetic field, and that your breathing increases the energy of this cloud or field.

The Joy Exercise: "From Ecstasy to Success" - Kala Kos

1. Take a look at the top ten things that make you feel VERY GOOD!
2. Make a list of the things that totally absorb you when you do them - that make you lose track of time and space. These are the things that give you the most satisfaction, that keep you in the moment so you are not thinking about the past, the future or what's for lunch.
3. Write down the things that bring you joy, contentment, fulfillment.
4. Now prioritize the things on your list in the order of their importance to you. Which one is the most essential in your life? Which one is the next? And so on.
5. After you put the list in order, write down how many hours a week you spend doing each of the things on your list.
6. Once you find out what brings you JOY, do it no matter what obstacles you put in your way.
7. Do at least one thing on the list every day. Treat yourself. Celebrate. As you do these things more often, a sense of inner satisfaction grows, and you become more content and begin to glow.

Another sure thing for me is appreciation.

Appreciation is the highest vibration we know. When you appreciate, you automatically allow your vibration to return to the high, fast vibration of your core. Spend some time in contemplation of all that you appreciate in your life, and find things to appreciate in those situations or people that are causing you distress. See profile on page 27

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A Walk with Mother Earth

by Therese Dorer

Spring is here with all her beauty and glory. Quietly the trees are showing their leaves. The birds herald the changing season with their song. Gently we are led toward new beginnings, as we anticipate the coming flowers and vegetables in our gardens. It is important to take time to walk in Mother Nature's garden. Effortlessly she shows evidence of her loving work. The magnificence of her beauty is shown in the rolling hills, the full creeks and rivers, as slowly winter retreats and spring makes her way to our part of the world. So much love is showered onto the earth at this time, bringing new energy and promise.

As we feel the beauty surround us, we can feel Mother Nature whispering her love to us. The promise of spring and unfolding is an affirmation of spirit in our lives. To trust that we will be refilled, renewed and so loved by the greatness of spirit.

As we take magical moments to pause in our busy days to breathe in the air, or observe a special flower, we are in truth thanking Mother Nature for her work. The gift of beauty is always there, it is up to us to choose to see it with eyes of delight and wonder. So it is with spirit, the gift is always there, it is up to us to choose to see it, and feel it. In our full lives we have choices to make; pause and listen to the wind in the trees, see the beauty of the cloud formation, smell the new earth, feel the warm sun on our back, or rush forth to the next busy project. It is in the pauses that spirit lives. So at this magical time of year I ask you to absorb the wonder and magic of spring. Be present with spirit, and share in the new beginnings. See Calendar ads - Apr.21, May 2

Soul Work ~ Windows of the Soul

by Tonya Lea Rooney

Who of us does not want to receive soul's messages? A long time ago I often thought soul's information would come through like a message trumpeting from the sky with the power and glory of thunder and lightning. But for myself, I find soul work is often the interaction of people that help other people, through compassion, prayer and empathy. It's a softer voice. It's the emotional body that moves one to help another. When one walks in another's "sole", one becomes compassionate and wants to help ease the pain. An avenue that put me in another's shoes is Reiki work. The trauma, psychological, emotional, or physical is accessed through Reiki touch. After I participated in the Wise Women Weekend last fall as a Reiki practitioner, I also learned I could access psychic information around the person's immediate surroundings, along with upcoming events in the client's life. I found it gratifying to help with this new avenue for information.

Another aspect of soul learning is dream work. With one's intent to work through dreams, the soul offers information through one's subconscious and superconscious. I recently had a dream that I was taking tar off a child's foot but the process wasn't painful. I thought it was mirroring the work I do to clear the tar off one's soul so one's journey may be a little more enlightening.

Regression into past lives can be a wealth of information of what our challenges and goals can be in the present. I think of unearthing past lives through regression or dream work as gaining a helpful map as we continue our earthly sojourn. Trusting our soul work will make us whole and bring us closer to our true selves.

See ad in the NYP - Psychic/Int.

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