

priceless
June & July
2001

ISSUES

MAGAZINE

FREE

Resources for Connecting, Healing & Awakening



Wise Woman Weekend
September 14, 15 & 16
See back section for details

My Passion in Life

by Dorothy MacLean, co-founder of Findhorn Foundation



You asked me to write something of my passion. Well, I can answer that in one word: God! Not that God had any meaning for me until, about fifty years ago, I had a moment's experience of knowing that God was within, that I was no longer a lonely misfit but was part of a joyous, loving universe. That moment changed my life. A little later, the thought "Stop, listen and write" kept coming and coming until I had to respond. In the resulting meditations I received helpful thoughts and feelings which I put into words very warily, as I didn't understand or like the process. Therefore I severely censored what I received. But when a teacher whom I trusted read the words and affirmed their truth, I stopped censoring. The first time that I stopped controlling, the most delightful, fanciful ideas entered my shimmering thought life, or my elfin mind, as God conveyed (I hear nothing). I was taken on wonderful inner journeys, at first very light-hearted—no doubt that was what I responded to at the time. They deepened and became very loving, no doubt as that was what I needed at the time. I received teaching like: "I am with you wherever you are, deep within you. As you turn to me, wherever you are, I answer your call and let myself be known to you." There were hundreds of messages helpful to me.

I would emerge from these times of attunement feeling cleansed, beautiful and loving, and hoped the effect would last. Not that these times were an escape; I was asked to bring the love into everyday living, "Brush your teeth with me." For ten years before arriving at Findhorn these periods of at-onement (usually several times a day) uplifted, changed and gradually transformed me. The incredible patience of God is still a wonder to me, for although the messages basically were

asking me to be more loving, there was never repetition, for God knew I disliked repetition. God is different to each one of us, meeting our personal uniquenesses.

During my first year at Findhorn, in one morning meditation, I received that I had a job to attune to and harmonize with the essence of the intelligence of nature. I mocked, for how could a vegetable have intelligence and how could I attune to it anyway? But one day, while meditating with a sense of power, I made connection with the soul of a vegetable species (the garden pea) and had an intelligent communication from it. So began our cooperation with the intelligence of nature in growing a garden.

Since then the sacred within me has encouraged me to explore other aspects of planetary intelligence, not only of the mineral, vegetable and animal kingdoms but of the soul level of human groupings like cities and countries, and the meaning of good and evil. The divine is everywhere, in everything, and as we recognize and act in that knowing, our life unfolds in blessed ways. We grow towards that inner oneness. As I have been helped in that expansion, I only wish to be able to help others to do likewise.

Dorothy MacLean is a co-founder of the Findhorn Foundation in Scotland. She is presenting a workshop 'God, Humanity & Nature'

in July at the Johnson's Landing Retreat Centre. See the Centerfold for info.

DARE TO DREAM
Jewellery
Crystals • Gemstones
Aromatic Candles • Incense • Oils
New Age & Self-Help Books • Audio & Cards
Feng Shui Products • Fountains • Unique Gifts

Psychic & Healing Fair
July 14 & 15, 10am to 6pm

Shamanic Healing - Soul Retrieval / Extractions

- Tarot, Palm, Colour & Astrology Readings, Counselling, Reiki Healings, CCSMC, Energy Release, Shiatsu or Aromatherapy Massage, Reflexology - by appointment
- Meditation Group - Wednesdays 7 pm
- Reiki Classes, all levels, Usui method
- A variety of speakers & classes, phone for schedule



★ Rooms available for rent for healings, workshops, etc. by the hour, day/eve. or month.

168 Asher Road, Kelowna • 250-491-2111

FUN **CONTROVERSIAL**
BIG
4th annual

FESTIVAL OF THE AGES

Dedicated to Solutions

BOOK NOW!



1-800-294-5250

www.preferrednetwork.com

See Calendar of Events Aug. 3 - 6 page 12

Are you tired of being
sick and tired?

The deaf hear! The blind see! The crippled walk!
Bring the hurting, the sick and the dying!

TEACHINGS & HEALINGS!

Sundays 10 AM & 7 PM • Wednesdays 7 PM
4047 Casorso Road, Kelowna

Oasis of Love Miracle Centre
250-763-2993 • www.christlove.org
Email: everton.alive@usa.net



Everton & Tracy Weekes

Come expecting a

MIRACLE!

**Federation of
Independent Unity Churches
Western Canada Training Centre**

For those who, at any time, either wanted to take
classes in Unity or those who have taken classes
and wish to graduate or be ordained.

Each person's application will be evaluated
on a case by case basis.

I will be available by mail at,
Box 26001, Westbank, BC V4T 2E8;
by e-mail at gavery@attcanada.net
or phone me at 250-769-5321

Rev. C. Avery

LIFE SHIFT SEMINARS

Presents

"The Life Shift Intensive"

A powerful program for
Accelerated Personal Growth
and Spiritual Development.

June 1st to June 10th, Nov. 1st to Nov. 10th Annually

We also offer: "A Prayer, Meditation, and Breath Retreat"
"Couples Retreat"
"Women's Earth Medicine Retreat"
"Mystery Quest"

Breath Practitioners Training and Certification

For information on workshops, schedules, costs or a Breath Practitioner in your area,
Please Contact Harreson or Blanche Tanner at (250) 227-6877
Email - lifeshift@netidea.com Web Site <http://lifeshiftseminars.tripod.com>

Heal with comfort



Massage Craft

light and durable ✦ adjustable height
eco-certified hardwood ✦ structural warranty
easy, fast cable lock set-up

Plus set the mood with soft flannel or cotton linens,
relaxing music, scented lotions and oils, "bodyCushion"
support systems, bolsters, arm rests and more...

**Order now
by calling toll-free:**

1.888.207.0208

or info@massagecraft.com

Visa & Mastercard Accepted



www.massagecraft.com

massage tables and accessories

The Rediscovered 'Missing Link' to Better Health



Essential Oils

Ancient Healing Science on the cutting edge of Modern Technology

Ancient texts from Egypt, China and India detail the healing properties of essential oils. The Bible mentions them dozens of times. Now modern science documents their marvelous physical, mental and emotional health benefits. Learn how essential oils can enrich the lives of those you love and how you can obtain the world's very finest oils.

**Call today for your FREE info. pack including....
Nature's Amazing Healing Oils!**

A 4 page special report on how the use of essential oils can help you develop a superior immune system, stave off deadly microorganisms and prevent illness and disease.

Leave your name & mailing address at: **1-877-811-2888**
Kam Mani • Vancouver

F E L D E N K R A I S ®

YOGA the FELDENKRAIS WAY
with
Sandra Bradshaw, CFP

Weekly Drop-in Class

May 28 - August 22

Mondays - 6:30 - 7:30 pm

for location and more information

Phone: 250-862-8489 Kelowna

Website: sandrabradshaw.tripod.com

Lunapads

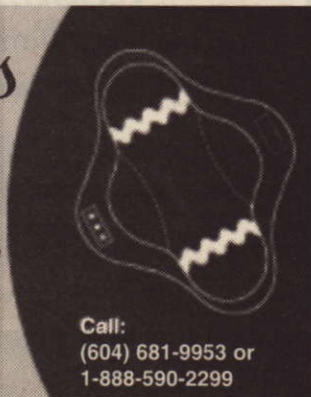
100% Cotton

Washable Menstrual Pads

- Soft and Comfortable
- Easy to Use and Care
- Environmentally Responsible
- Economical
- Organic Cotton, too!

Go With The Flow!

www.lunapads.com



Call:

(604) 681-9953 or
1-888-590-2299

Profile

Healing begins within...

by Sheila Bautz



The greatest treasures reside within your soul. The secret lies in discovering them... For spiritual knowledge and wisdom is accessed when one discovers the 'key' contained within one's being.

The first step to discovering the spiritual treasures is recognizing that each individual contains a kingdom filled with knowledge and wisdom. It is our soul, our higher self. Our gut intuition and instincts are valuable tools for attaining one's inner truth, as each individual has a unique path to venture on. Many times one begins to search for this key externally, seeking guidance.

By accessing our inner knowledge we discover who we are, become more empowered, independent and less judgmental. We begin to heal on a spiritual level first, which initiates healing on the physical and emotional levels as well. This personal transformation and growth delves the seeker deeper and deeper into their personal kingdom rich with spiritual treasures. As such, while acknowledging that one belongs to the Source, one recognizes the active influence of the Supreme Being throughout the life process.

As we begin to realize this truth, we are able to accept the experiences in our life, learning from them and evolving into spiritual beings. As such, proper guidance aids in this invaluable process when it discourages reliance and dependence on the 'teacher'; for every individual is both the teacher and the student—always. The healing process is then able to begin and accelerate, continually aware of 'ego's' influence, as the seeking individual becomes more aware and conscious of their mortal purpose through their inner truths. As such, one begins to trust their gut instincts, following the path that is true for them.

Everything in life is about choice - no matter what the experience may be. We can choose to spiral into a negative trench or we can choose to go within, evaluate the lessons and rise above, stronger spiritually as well as emotionally and physically.

Sheila Bautz operates Sharabia Acres Spiritual Healing Lodge in Middle Lake, SK. She is a columnist who has completed her first non-fiction book and practices Reiki out of her lodge. She has risen above many extensive life trials and has experienced how healing the matters of the spirit produces balance in all areas of life. For more information, visit her website at www.sharabia.com.

Sharabia Acres Spiritual Healing Lodge

Spiritual Healing through self-discovery & evaluation

Reiki Healing • Workshops • Readings

Contact Sheila Bautz

Box 279, Middle Lake, Sask. S0K 2X0

306-367-4604

Email: sbautz@sk.sympatico.ca

Spiritually Speaking

"Widowed at 26..."

By Sheila Bautz

Death. It instills fear and uncertainty into many. Since the beginning of time, it has conquered and reigned over the earth, inspiring humankind to explore the depths of the spiritual mysteries it contains.

I will never forget the night I became a young widow, it felt as if my own life had ended. My dreams and ambitions evaporated, leaving my mind to deal with the void cavity remaining. When I spoke, denial danced on the tip of my tongue. Yet in the very depths of me, I was aware of my attempts to reject what I had already accepted long before death is the reality of life.

My strong belief in "Everything that happens, happens for a reason" surfaced and gained control of my mind. 'There is a reason for this tragedy', I repeated to myself, for I also believe that life and death provide us with many learning opportunities if we choose to acknowledge them. As such, one's spiritual beliefs will impact the conclusions and progress one makes in the healing process; as well as the life process.

Sitting in the kitchen that night, my support system encouraged a discussion on my theological and philosophical views my passion. They reminded me of our previous discussions regarding these subjects, subjects I have aggressively studied over the last decade. As a result, I survived the darkness that had invaded my world.

In times of weakness and strength, I turned directly to the Supreme Being through private prayer and deep meditation. I was empowered and spiritually nourished through my belief that no event or person is without purpose, refusing to surrender to the temptation of spiralling downward. For by submitting to the 'demon' known as negativity, which is capable of taking many forms, one permits it to enter and seize one's personal power. As a result, destructive thought formations and/or influences, such as alcohol, gain control and manifest in one's being. With this invasion, the potential for positive growth is discharged. One's ambitions then begin to spiral downward, creating a void that houses and nurtures fear, guilt, pain, disillusionment, etc...

A vital contributor to my healing process came from researching a variety of religious and spiritual teachings further. After careful evaluation, this review aided in reconfirming my own beliefs and discarding the opinions of others; a right everyone has to exercise.

Next, I wrote down every negative experience I had. It wasn't pretty; I cursed, cried and was brutally honest about how I felt about everything and everyone. Then I destroyed it and began the whole process again, only this time I concentrated solely on the positive teachings and wisdom each experience could offer. In that moment I decided to live my beliefs, unwittingly becoming an open 'book' that others began to access through my actions. I always believed that actions spoke louder than words but was now conscious to the power of living them.

Now people approach me with questions about my spiritual beliefs, how I remain positive and where I get my strength. My life trials have been very extensive in my twenty-seven

MAX-U.COM INC. PRESENTS THE POWER OF HYPNOSIS!

Group Presentations:

Goal Setting Communication
Schools
Luncheon or Corporate Meetings

Private Sessions:

Stop Smoking Weight Control
Stress-Balance

Penticton - Kelowna - Salmon Arm - Calgary

Your Success is Our Success!

1-877-312-MaxU (6298) or 861-9303

layton@max-u.com

Corporate Coaching - Sales Training



Layton Park
Hypnotist

taste island elixir

hollyhock 2001

workshops
retreats
vacations

Spend Time With...

- Sharon Butala
- Ann Mortifee
- Matthew Fox & Andrew Harvey
- Babatunde Olatunji
- Jalaja Bonheim
- Joan Borysenko
- don Miguel Ruiz

free catalogue:
(800) 933-6339
www.hollyhock.bc.ca
registration@hollyhock.bc.ca
Box 127, Manson's Landing
B.C. V0P1K0 Canada

cortes island
british columbia
canada

years, from growing up in an alcoholic home to losing my soul mate to death. As such, my answer to seeking individuals is so simple, yet so complex; dedicated belief in the Supreme Being and the purpose of life.

Perhaps death is not as final and morbid as many choose to believe. For in it, as the circle of life closes one door, another door will open... Not only for those whom are living, but also for those who have departed... see ad to the left

Musing

with *Angele*
publisher
of ISSUES



Wise Woman Weekend

As you can tell, this was not a photo taken by my Mom. It was taken by me, at last year's Wise Woman Weekend, at the beginning of Dorianne Kohl's workshop. Many of the facilitators go to great lengths to add special touches so that the experience is deepened for each participant. This delightful weekend happens again soon and the details are in the back section.

I am looking forward to this event with double the anticipation, as I missed the Spring Festival of Awareness at the end of April. I trust that the universe knows what it is doing, for I sure felt very unaware for someone who is so in touch with her guides and feelings. Hindsight is always one hundred percent and though the writing was on the wall, it never entered my consciousness that the fall I wrote about in the last *Musings* could have broken a bone. Not me, it was not possible, and on top of that, I had too much resistance to the established medical profession to ask for help.

The discomfort I felt was mostly at night and what I complained about most was lack of deep sleep. I took it as a sign that I needed to journal and release whatever the fall had shaken loose at an emotional level. Yes, slowing down was something I needed to do, and I had plans to do so, but first this or that needed doing. As you who attended the Festival will know, I fractured the ball joint off from my femur.

After waiting six weeks for my groin muscle to heal, and feeling my vitality draining, I knew something was wrong. I went to Pro-Physio and asked them to help me. They told me my leg was rotated and shortened and therefore my bone must be broken. I argued with them for twenty minutes and then something she said went 'click' and I knew they were right. I phoned and scheduled an X-ray for Monday, for I wanted to be present at the Spring Festival. On Friday I finished setting up the site and as people arrived and asked me how I was feeling, I felt like crying, so I asked a friend to drive me to the hospital and checked myself into emergency. The doctor and I both had our mouths agape as we looked at the X-ray. A short time later the surgeon arrived and said due to the length of time since the injury the ball joint was decaying and could not be pinned as was usual for this type of injury. He would be back at 8 am to do a hip replacement and told the nurse to get me prepped. The operation did not go as planned, and when he pounded the prosthesis into my leg, it created a hairline fracture in my femur. More X-rays and a second operation followed putting wires around the cracked bone. That operation exhausted me more than the first one. After one week of complete bed rest, for the surgeon's orders were not to let me move, even to go to the bathroom, I was told to get up and go home. After twenty X-rays all looked good. I was glad to go home but it was too much for my system and I felt sick to my stomach with a frontal headache.

The fresh air felt great but all I wanted to do was to curl up in a ball and disappear.

The best thing I did for myself was to phone Dr. Alex Mazurin, my naturopathic doctor, who was kind enough to come and visit me on Sunday. He helped me to understand what was needed to speed the healing process was different than what my instincts told me. The smell of food made me nauseated so I was drinking lots of herbal tinctures to flush my kidneys and liver from all the morphine and drugs used during the operations. We talked about my diet and why the surgeon had said to me, "Your bones are soft. That is why they cracked." Dr. Mazurin said, "Even though you are eating a lot of calcium-rich foods, if the body doesn't have enough protein, it can't lay down the calcium." He then recommended that I eat two eggs and toast starting now and every morning for three weeks or so. I didn't think I could keep one down, but I was willing to give it a try. One egg tasted so good that I ate a second one, and within two or three hours, my headache started to clear and by the next morning I felt better.

Since then, I have been rereading my nutrition books much more carefully. I now know that I need 50 grams of protein a day. My intake for some time has now probably averaged about 30-40 grams. Beans give me a lot of gas, so I have avoided them. Nuts, which I love, are hard for me to digest so I eat them in small quantities, the same with cheese because it creates mucus in my nose and throat. I figured I must be eating all right since I have lots of energy, enough to work seven days a week, twelve hours a day.

Since I don't find meat all that appetizing and don't want to cook it on a regular basis I am now going to try some of the powdered protein drinks. Having a shake made with fortified soy milk for one of the meals will help as I am finding it difficult to be hungry three times a day. Eating an average of 15-18 grams of protein at each meal seems a lot but I have increased my bean and dairy intake and will continue to eat fish once a week. I have let go of my resistance to eating meat and if I am eating out and someone has cooked it, I will try some.

The surgeon also pointed out that I was low in iron and gave me a transfusion of two pints of blood after the surgery. Dr. Mazurin advised me to eat more salt until my blood pressure comes closer to the hundred mark. I do use Celtic Salt, for it has all the trace minerals and it certainly adds some taste to the eggs, as does the fresh pepper and buttered toast.

I feel great and have had no pain, never really did. My operated leg swells when I have been up for too long. So I use it as a barometer and this stage of healing, I can be up for about three hours and then need two hours with my feet up.

There are many rules to follow once a hip is replaced. I will need to modify some of my yoga poses, for sitting in the lotus position is something I am told I will never do again, as is the forward bend, or touching my toes with my back straight. I am told these extreme movements could pop my hip out of the joint. Once my muscles have rebuilt themselves I will have to be very aware of all my movements and go slowly with how far I can stretch. I am sure looking forward to going for a walk and carrying my own food or things to the table.

I have let go of my plans to organize the Holistic Health Fair in Penticton this July, as well as the new yoga studio that just got finished. It will become a metaphysical book and gift store as the Juicy Carrot moves to the other side of the building and Issues Magazines moves back into where

KeLOWNa Farmers & Craft Market

Wed. & Sat. — 8AM to 1PM

Corner of Dilworth & Springfield Rd.

Fresh Produce & Fruit
Variety of Organic Farmers
Many Local Crafters
The market also encourages
local buskers.

Info: 765-2847

Fax: 765-2899

Medicine Man ... Paul Richard

A Clairvoyant, Clairaudient & Clairsentient
Balancing—Mind • Body • Spirit • Emotions

**Are you stressed?
Feeling unwell?**

If you are not feeling in Harmony
please come for a private session



Also offering

Group Healing Circles and Ceremonies
ph. 494-0540 or 1-800-567-7735



Marijke van de Water, B.Sc., DHM

- Homeopathic Practitioner
- Nutritional Consultant

Would like to announce the
relocation of her practice
specializing in
Homeopathic Medicine &
Clinical Nutrition

- Digestion
- Immunity
- Fatigue
- Chronic Illness
- Emotional Well-Being

Homeopathic Clinic
3530 Okanagan Street
Armstrong, B.C. V0E 1B0
www.marijke.com

250-546-0669

marijke@sunwave.net

Weekend Retreat

with Paul & Lorna Richard

- Lectures
- Meditations
- Solstice, Peace Pipe &
Animal Totem Ceremonies

June 22, 23 & 24

investment \$195 (in an Okanagan location TBA)

call: 250-494-0540 to register

it used to be. Marcel and I have decided to let go of the Holistic Health Centre as it is now. A hope of mine would be for practitioners or doctors to join together to run it themselves. Otherwise, it is up for rent to whomever can use the space. If you are interested in co-creating with the people who are presently renting, please give us a call at 1-888-756-9929.

I have always trusted the universe, and I know deep inside that I will always be looked after. I am grateful that I went in to see the doctor before infection set in or I damaged a nerve. Up until now I prided myself that I never had an accident that hurt me, even though my car was hit by a transport truck and a speeding car on two separate occasions.

I am not a klutz, and tripping in my new hiking boots happened because of their poor design. When I talk to people

they tell me they have done the same thing, but no one has complained to the shoe designers. Most work boots now have closed catches, for they were considered a hazard. Now it is time for hiking boot design to change as well. I would like to hear from you if you have fallen and could have hurt yourself. I feel these catches are dangerous and want them changed.

There is so much more to tell, and I shall as time and space allow. Thanks for sharing with me and for sending your good vibrations. It is easier to feel them, for I have noticed how much more I can feel with my heart. Three months of crying has opened up something inside of me that was closed earlier in my life.

Angèle ♥

ISSUES MAGAZINE

☎ **492-0987**

fax 492-5328

272 Ellis St., Penticton, BC, V2A 4L6

✉ EMAIL: issuesmagazine@img.net

🌐 WEBSITE: issuesmagazine.net

ISSUES is published with love
6 times a year - Feb/Mar, Apr/May,
Jun/Jul, Aug/Sep, Oct/Nov, Dec/Jan.

Publisher: Angèle Rowe
Editor: Marcel Campbell

ISSUES has a circulation of 18,000 to 25,000 copies. Distributed free throughout the Okanagan, Kootenay & Shuswap Valleys, we mail north to Terrace, Prince George, Williams Lake, Whitehorse and many small towns in between.

ISSUES welcomes articles by local writers. Please phone for our guidelines. Advertisers and contributors assume responsibility and liability for the accuracy of their claims.

AD SIZES & RATES

Twenty-fourth.....	\$ 40
Twelfth.....	\$ 70
Business card....	\$100
Sixth.....	\$130
Quarter.....	\$180
Third.....	\$230
Half	\$330
Full	\$530

Typesetting and colour
charges may apply

The Great Pyramid Company



The energy focused within a pyramid can be used in numerous ways.

At The Great Pyramid Company we design all of our pyramid products with this in mind.

The Crystal Pyramid

is designed to focus positive energy within, which is best for revitalizing your crystal. Pyramid charging is clean, efficient and free, and can be done at any time in any weather. Crystals that are placed within a crystal pyramid will charge quickly and safely.

The Suspended Pyramid

helps to maximize your reading and sleeping. A pyramid over your chair or work area can help you focus better and retain more knowledge. A pyramid suspended over your bed dissipates negative energy and helps you drop into a peaceful rest. It can also be placed on the counter to keep food (fruits and vegetables) fresh and to add flavour to drinks.

The Meditation Pyramid

is designed to increase the benefits of meditation. The dimensions are six feet across by approx. four feet high. The pyramid is easy to assemble/disassemble. It can also be used for vitalizing water and growing plants.

For information on your nearest retailer contact....

The Great Pyramid Company

335 Jade Road,

Kelowna, BC V1X 2X8

250-878-9336 or 250-491-7246

jay@greatpyramidco.com

www.greatpyramidco.com



Creative Breath & Movement

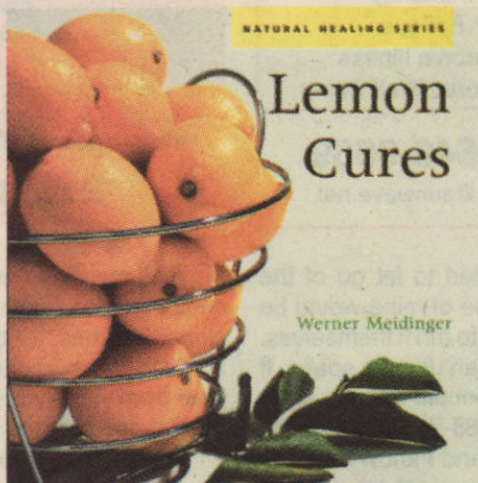
with Suki

Wednesdays 9:30 - 11:00am through the summer
at Toussowasket Place, 3230 Shannon Lake Road, Westbank
(intersection of Old Okanagan Hwy and Shannon Lake Road).

Please call 862-7913 for more information.

Fee is by Donation.

.....Movement and breath are so integral to our well-being and our relationships. Come join in and have some fun expressing yourself in a safe, non-judgemental environment. Try creative dance, chakra breathing, the Quantum Light Breath, energy movement and meditation. All ages, sizes, shapes, and level of health are welcome! Participate at your own comfort level, and be prepared to try something new, thereby expanding your own inner sacred space.



Book Review

Lemon Cures

by Werner Meidinger,

published by Key Porter Books, ISBN 1-55356-000-0

For more than 4,000 years people have treated ailments and flavoured foods with lemons. In *Lemon Cures*, Werner Meidinger explores the ancient history of this popular fruit and reveals the many virtues of lemons in both cooking and healing.

Lemon Cures examines the many conditions against which the lemon, its juice, its oils and pulp can be used to heal many common physical ailments. An A-Z chapter on lemons and health describes how to cure everything from acne to varicose veins. It also provides recipes for health-wise lemon-based food and drinks, such as Savory Lemon Butter, Asian Lemon Marinade and Lemon-Egg Liqueur.

Lemon Cures also imparts valuable information on how to shop for and store this healthful fruit. A short history of lemons and informative sidebars round out this authoritative guide to lemons and your health.

About the Author: Werner Meidinger is a freelance writer and medical journalist who specializes in writing about alternative and natural healing. He lives in Germany.

Seeing the Light Brings Pain Relief

For years, photo stimulation (light therapy) has been used successfully to relieve pain and suffering in animals. Now, the technology has been cleared by the FDA in the US and Health Canada for use on humans, which is welcome news for sufferers of chronic pain, arthritis and other ailments.

Low Level Infrared Light Therapy works with the body in three ways....

1. The photon energy is absorbed by cells, causing increased circulation and oxygen flow while releasing toxins. The effect is systemic, providing penetration from the biomagnetic field to the marrow of the bone.

2. The energy from lights stimulates the acupressure points throughout the body, releasing any blockages that may hinder the healing process, thereby facilitating realignment.

3. The lights work with the energy field around the person or animal to help realign chakra and meridian systems. When these are blocked, or aggravated by stress, the body's ability to heal is affected. By maintaining balance in the biomagnetic field around the body, it is less likely to sustain illness or injury.



Health Canada - Medical Device License
#27308 USFDA Clearance for Pain Relief

Light Therapy used to relieve pain

Photostimulation was first discovered in the 1960's when European scientists began to use light beams of specific wavelengths and frequencies to treat damaged cell tissues. Today, that technology has been harnessed into portable light-emitting-diode (LED), hand-held units.

Studies show that light therapy breaks through blocked energy circuits to stimulate cells in the body. The light enters the body as photons that are absorbed by the photoreceptors within the cell. Photons strike the dam-

aged tissue including skin, blood, muscle, and bone, and create a cellular response that reduces pain and jump-starts the healing process.

"With the recent Health Canada and FDA clearance of our Super Nova and Acubeam units, Light Force Therapy products may now be marketed as an effective means of reducing pain without drugs or invasive and expensive therapy," says Darlene Cormier, Divisional Manager of Light Force Canada. "The hand-held units are cost-effective and easy to use. Light Force Therapy products can be purchased directly without having to be referred by a physician."

The company has hundreds of testimonials from people who have used the products to treat chronic pain, arthritis and carpal tunnel syndrome.

Diabetic Robert Featherstone swears by Light Force. Doctors told him he faced amputation of his foot, after ulcers refused to heal. Featherstone's home-care nurse suggested the device and the central Alberta man's recovery was rapid.



Light Force Canada

Robert J. Forrest
Area Manager
250-768-3567

Building with Strawbales

by Rysiek (Richard Ledwon)

"Inspirational, beautiful, satisfying..." that's how building with strawbales was described to me by participants at one of our workshops last summer.

Yes, building with strawbales truly is a viable method of creating your own home. Statistics from the Canadian Mortgage and Housing Corporation (CMHC) keep rolling in and they substantially back the claim that strawbale construction is safe, wind and fire resistant, super strong, durable and highly energy efficient. Strawbale construction is a real alternative to conventional building methods, which are often: over priced, poorly insulated, environmentally harmful and lacking esthetic beauty.

At Ashina we are building with strawbales, salvaged logs, high integrity and love. The workshops that we offer are unique in that participants benefit from the experience of living in a functioning intentional community. We have four completed strawbale structures, including: two homes, a four season greenhouse/guest space, and a 21' circular creative space with a traditional "kiva" meditation centre. Beautiful permaculture gardens, clean mountain water and panoramic views complete the picture.

Join us this summer (June 22, 23, 24) for our Strawbale Workshop and a truly unforgettable experience at the Ashina Wholistic Retreat Area in the beautiful Slocan Valley, B.C.



STRAWBALE

WORKSHOP

JUNE 22, 23, 24

Hands-on experience building with post and beam, strawbale infill.

Fee of \$300 includes:

strawbale workshop; three organic meals per day; camping space; hot showers and option to attend the summer solstice gathering

Call: 250-355-2322
Slocan Valley, BC

UNDERSTANDING THE LANGUAGE OF ENERGY

A ONE DAY INTRODUCTION
WORKSHOP ON MANIFESTING

OSOYOOS, OLIVER, PENTICTON,
KELOWNA, VANCOUVER, VICTORIA

Available in any community
where a group of students can gather.

June through to September

9:30 to 5:00 pm

Learn.....The Language of Energy &
How to be an Effective Translator
How to Create Joy in Your Life
Simple Manifesting Techniques

Investment:\$65.00

Pre-registration necessary

Sue Peters 250 495-2167

or zzpeters@yahoo.com



Summer Workshops

Throughout Okanagan Valley
Investment: \$20.00

Classes will be during the Day or Evenings
- in four to six hour segments

- Hawaiian Ho'omana Loa Healing Circle
- Brain Quadrant Healing
- Energizing/Cleansing Technique
- Shamanic Cleansing & Healing Techniques
- Tibetan 'Infinity' Energy Healing
- Five Element Breathing Exercises
- Guided Meditations - Light & Color,
Ascension Activation & Initiation
- Seichem Reiki - Level I Initiation (prerequisite:
must have some type of Reiki or equal energy)
- Two Hawaiian Manifesting Techniques: Aloha
Spirit Blessing & Huna Light Switch Technique
- Stress Reduction & Relaxation Through
Kinesiology, Breathing & Movement Techniques

☆ These classes are for your self-development
and to experience the "lighter" side of growing.

For Location & Dates: Sue Peters
250 495-2167 or zzpeters@yahoo.com

Windows into the Eighth Sense

by Sue Peters

Have you ever considered that the spaces between your fingers and toes hold secrets to a much deeper part of yourself? That's something to think about!

I have learned many things in the short time span that I have walked this earth walk and discovered some interesting little treasures that my physical/spiritual body holds. One of these little tidbits is about the space or webbing between my fingers and toes. I have learned that the spaces between the fingers bring the body and mind together, and can place me into an altered state, if focused upon, because they are doorways into inner space. They are very busy energy pockets that continually massage the nervous system and send their energy streams directly to the heart.

Test this for yourself. Look through the gaps of each finger, then put your hands together (palm to palm) and then hold your hands about heart level, looking down through all the gaps at the same time. How does it feel? Try placing a variety of objects into each gap (slowly and gently). Play with different sensations each object offers you! I have used materials such as: leather, fibers, something hot, cold, soft or hard, mushrooms (foods), different textures, plastic bags...

I have discovered that the most sensitive area is next to the little finger. Also the wrist will be affected as you experiment, because it is the strongest energy center or point—it is a very powerful healing spot; it holds the best circuits for energy flow.

Anyway, the webbing or gaps have a lot to do with repulsion and attraction. Have you noticed that when a person is not willing to commit, the hands are closed, and when they are ready to commit, the hands start to open?

There is a lot more I have learned about these whirling little energy vortices, but I'd need a whole book to tell you. However, one final bit of information I'd like to share is that one way I have learned to calm my nervous system, reduce anxiety and to energize my system is to find an item that my body has affinity to. I weave it in and out of my fingers, making sure that I leave something in my palm to put a fist around (It is helpful to include the wrists when doing the weaving). When I do the weaving, I am crossing both parts of the brain and synchronizing the left and right hemispheres. So, instead of just using left brain or right brain, I am using the whole brain—the chemistry of synchronization. This weaving will also create a place where my natural orbit, my electromagnetic field can balance again. When the fist is closed, it creates a way for the nervous system to feel safe, but not closed. The gaps are all active even though the body feels safe by being in a closed position. By using this method, it completes a circle, it is an electrical circuit, and this can create a calm, a peace...unless it is an item my body doesn't like. It is also a way to throw off formatted energy that I no longer want.

By the way, the more that I play with these gaps, the more sensitive they become, and I haven't even begun to tell you about the toes! Aloha...all. See ads to the left

The Soul's Call to Unity: Intentional Community

by Jon Scott

Like most of us, as a teenager and in my twenties I spent enormous amounts of time organizing my social life to include as much relationship connection as possible to try to fill that clamouring need for tribal connection. At age 27 this drive led me out of our mainstream culture and into aesthetic life at Kripalu Ashram in Massachusetts. I found a rich spiritual tradition, but unexpectedly what impacted me more was the experience of brotherhood in community. I say brotherhood because I lived a segregated life as a monk for five years.

When I began to long for union with the feminine, I left the community and spent some years as a householder. In my beautiful cedar home overlooking Kootenay Lake I found myself feeling stifled and isolated within a traditional marriage.

A restless urge for a broader spectrum of intimacy grew into regular meetings of people interested in community life. Two years of honest discussion and heart sharing led into fruition when we found an ideal old building that had formerly been a convent. You can imagine the jokes about the new inhabitants and their "bad habits".

This community of thirteen flourished for four years as we laughed, wept together, and developed family traditions and affection. Learning was profound as we struggled to establish a new level of integrity in communication, and to support each other in our individual growth and purposes. As a successful businessman I had become focused on competition and had sacrificed the true wealth of a life rich in connection and deep meaning. In community, my sense of being truly accepted and unconditionally loved soared, as the family around me reflected my pain, my resistance, and my giftedness.



This simple pooling of energy meant I cooked and did dishes only once a week. This freed enormous energy for other activities and pursuits, allowing me to truly find and focus on my life's purpose. I began to facilitate workshops in community development, relationship, Innerquest Breathwork and communication. Out of the process of intensive hours of community meetings, and folding acres of laundry, my teaching partner, Shannon Anima, and I developed Foxfire Trainings which continues to support my soul's work in the world.

Sadly, we lost our rented home when the owners reclaimed it, and our community scattered into three new community branches. With my partner Margaret Carroll, I have been developing an intentional community on twenty-two mountainview and stream-fed acres in the Selkirk Mountains outside of Nelson. The land is divided into six strata held lots and a lot for community gardening and the future community centre.

Meantime, our home has a main floor devoted to weekly community gatherings and numerous potlucks. We are developing as an eclectic community, with some folks in single family homes, others in communal style accommodation. Together, we share a common passion for living in mutual support, and for developing authentic and meaningful relationships.

Sage Berrett is a community leader, bringing her love of music, ritual and labyrinth to the community. Margaret brings her rich background in wholistic healing and gardening, and each person contributes to the energy of "Chuckleberry Community". This is a community of healers; people who have found their work in the world, and are called to participate in an environment of mutual support.

I'm delighted to be able to say I'm living my dream and inviting others to collectively create an experience of healing and shared laughter at "Chuckleberry".

The Soul's Call to Unity
INTENTIONAL
COMMUNITY

WITH
JON SCOTT & SAGE BERRETT

Join us to explore creating conscious community

- Reawaken to meaningful soul connection with others
- Clarify your deepest held values and vision of community
- Learn how to ground your vision into practical steps of actualization

June 30, 31 & July 1 • \$180

Call Jon (250) 359-6669 www.foxfire.bigstep.com

★ also 8-day Community Retreat August 24 - 31 ★



Jon Scott & Shannon Anima, MA

Foxfire!

For couples and individuals seeking a breakthrough to intimate love, awakened passion, and reclaiming the sacred, undiminished self.

★



Mending the Heart • June 22-24

Rebuilding After Breakup • Kelowna \$180

★

Cherishing Our Love: Couples • July 27-29, Johnson's Landing \$180
 Juicy Love: Tantalizing Tantra • August 17-19, J. Landing \$180
 Call of the Soul in Men's Lives: Men • Sept 14-16, J. Landing \$150

Call (250) 359-6669 • www.foxfire.bigstep.com

*Awakening to Love
in your life*

WITH
Lynne Gordon-Miindel and Jon Scott

Join us for this five-day intensive and learn to:

- Attract and sustain healthy intimate relationships
- Open to your full range of feelings
- Awaken your depth of passion for living in relationship

Sept 28 to Oct 3rd - \$375
 Johnson's Landing Retreat Centre

Registration 1 877 366-4402

www.origin8.org
www.foxfire.bigstep.com

SKIN DISEASE SPECIALIST

Dr. Andy Zhou

MD Degree of
Traditional Chinese Medicine



Specializes in:

- Eczema
- Psoriasis
- Acne
- Herpes
- Vitiligo
- Hives
- Athlete's Foot
- Skin Rash
- Rosacea
- Yellow Spots

Using ancient
traditional Chinese herbs
as ointments
combined with internal
herbal treatment.

306-1701 W. Broadway
(between Granville
& Burrard@Pine St.)
Vancouver, BC V6J 1Y3
Call: (604) 736-6010

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,
School Tours by appointment for parents,
grandparents, teachers. Call 250-764-4130 to
book, www.ogopogo.com/kws

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

Discover

ISSUES MAGAZINE

in Kelowna, Vernon, Salmon Arm,
Enderby, Chase, Nakusp,
Kamloops, Merritt, Penticton,
OK Falls, Osoyoos, Oliver,
Grand Forks, Rock Creek,
Summerland, Peachland, Westbank,
Lake Country, Winfield, Terrace,
Prince George, Prince Rupert,
Smithers, Hazelton, Armstrong
Creston, Nelson, Kaslo,
and many other places.



Calendar of Events



June 1

Spirit of Hawaii in Vancouver with David
Blaikie and Project Aloha. p. 24

June 8, 9 & 10

Reflexology Certificate Course,
weekend in Penticton with Chris Shirley. p. 19

June 9

Kelowna Waldorf School Open House for
the public, 10am-2pm, 429 Collett Rd. Kelowna.

June 15, 16 & 17

Reflexology Level 1 certificate course with
Elsie Meyers in Prince George, BC. p.15

Reflexology Level 1 with Yvette Eastman in
Edmonton, AB. p.23

June 16

Dreamweaver Anniversary Celebration
in Kelowna. p. 26

June 22, 23 & 24

Spirit of Hawaii with Project Aloha and
Advanced Hawaiian Huna in Kelowna. p.25

Weekend Retreat with Paul & Lorna
Richard in the Okanagan. p. 7

Building with Strawbales workshop at
Ashina Wholistic Retreat, Slocan Valley. p. 9

Mending the Heart in Kelowna with Jon Scott
& Shannon Anima. p. 11

June 22 - July 7

Spiritual Feng Shui, Shum Healing in
Edmonton with Jollean McFarlen. p. 17

June 28

Communication with Guardian Angels
with Judy & Susan in Kelowna. p. 26

June 29 - July 1

Intentional Community with Jon Scott &
Sage Berrett at Johnson's Landing. p. 11

July 6, 7 & 8

Creative Attitudes in Kelowna with
Terri Bernath & Kim McCarthy. p. 21

**Beyond Mind/Body Consciousness
using Hemi-Sync® Sound Technology**
with Paul Chelli - Kelowna - p. 36

July 13, 14 & 15

God, Humanity & Nature with Dorothy
MacLean at Johnson's Landing. p. 2, 32, 33

Metis Hoedown in the Valley in Chilliwack
by the Eastern Fraser Valley Metis Soc. p. 13

July 14 & 15

Psychic & Healing Fair, in Kelowna at Dare
to Dream. p. 2

July 18, 19, 20, 21

Magic is Alive, Women's Retreat on
Kootenay Lake. p. 40

July 22

Read Aura's, Kelowna p. 13

July 20 - 26

Healing with Awareness & Whole Foods
with Paul Pitchford at Jhn,s Lndg. p. 30, 32, 33

July 27, 28, 29 & 30

Power of Thought convention and
workshops in Olds, AB. p. 34

August 3 - 6

Largest Event of Its Kind in Canada,
see ad on p. 2

August 17 - 19

Touchpoint Reflexology Level 2
with Yvette Eastman in Prince George. p. 15

August 24 - 30

Living with Purpose with Brita Adkinson at
Johnson's Landing Retreat. p. 22, 32, 33

September 4

Holistic Practitioner Course commences
at the B.C. Inst. of Holistic Studies. p. 18

September 14, 15 & 16

Wise Woman Weekend at Naramata, BC.
see back section for details

September 28 - October 3

Awakening to Love in Your Life with Lynne
Mündel & Jon Scott at Johnson's Landing.p. 11

September 29, 30 & October 1

Touchpoint Method Reflexology Level 1
with Gail Kreiser in Kelowna. p. 18

November 1 - 10

The Life Shift Intensive with Blanche &
Harreson Tanner. p. 3

WHAT IS TIME LINE THERAPY?

by Leigh Perry

Time line therapy is a technique that allows us to be free of the past, create our future and gain emotional control over our life. Our time line is where we unconsciously store our memories and make projections that affect our future. Effective behavioral change in an individual must take place at an unconscious level. Working with our time line helps us to release the effects of past negative experiences and change inappropriate programming.

Unconsciously held limiting decisions or beliefs such as "It's not okay to have a lot of money," or "I'm not good enough," will keep us from having what we want in our life. You may have decided that you're not attractive enough or that you will never have the kind of relationship that you want. These decisions or beliefs are often "programmed" into us during childhood by parents or other caregivers and we have accepted them as our truth.

With all past negative experiences there is always a negative emotion such as anger, fear, sadness, hurt or guilt. Fear can stop us from making decisions that would enhance our life. Unresolved anger causes frustration and destroys relationships and trust. Sadness and hurt can stunt emotional growth and stifle laughter, happiness and joy. Guilt and regret keep us stuck in the past, becoming barriers to creating a positive future.

It's important that we remember when we talk about negative emotions that they're not necessarily bad. All emotions are good because we learn from them, but unresolved emotions get in the way of us becoming the totally magnificent human beings that we can be. The problem with negative emotions is that they are stored physiologically and they have the possibility of blocking the flow of energy and information through the neural network pathways. This blocking causes dis-ease.

Author Christiane Northrup, M.D. states:

"Creating health is also based on the following eternal truth: Acknowledging, feeling and then releasing rage, guilt, loss, anger, and grief is the key to all healing."

Time Line Therapy®, created by Tad James, is a simple and effective process through which we free ourselves of the negative effects of stored emotions and limiting decisions.

See ad below

Leigh Perry CMH

**Master Practitioner
Timeline Therapy®**

**Master Practitioner of
NLP**

**Certified Master
Hypnotherapist**

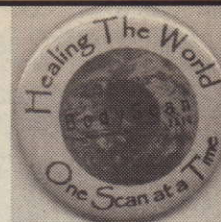
Intuitive Counsellor



timeleigh@home.com
(250) 979-1492
Kelowna

Live, Love Laugh Wellness Clinic

**BodyScan 2010 Biofeedback...
Stress Management**



**Allergy Reduction ... Infra-Red Sauna Therapy
Body Detoxification**

#10-711 Victoria Street, Kamloops, B.C. V2C 2T5

Ph. 250-377-8680 Fax 250-377-8690

Email: LLL@telus.net

A Letter to Issues

Dear Angèle :

I lived on a wonderful intentional community many years ago, and I've been feeling for some time now that it is time to get back to the garden. Yes. I am looking for people who would like to form a community in the Okanagan. As far as I know there doesn't seem to be one here. This is surprising, as the climate here is much more suitable for living close to the earth. If any readers are interested, they can contact me at: sundiva@okanagan.net. Thanks. Peace, everyone.
Susanne

AURAS

LEARN TO READ AURAS

- OPEN YOUR ETHERIC VISION
- ADD TO YOUR SKILLS
- OFFER A VALUABLE SERVICE RIGHT AWAY
- EASY, FUN, IMMEDIATE RESULTS

with **Laara Bracken** from Toronto
20 years teaching experience

July 22 • Kelowna • \$79

**PLEASE CALL DASHA AT
BOOKS & BEYOND 250-763-6222**

KAMLOOPS ROCKWORKS



**Rock
Hound**
Adventure
Tours
near
Kamloops



Local Gift Products

**Large selection of Healing Crystals
& Metaphysical Books**

Lapidary • Science • Nature

in the **North Hills Mall • Kamloops**

Drop in and meet Rob Davis, your Tour Guide

www.kamloopsrockworks.com

554-2930 or Toll-free 1-877-554-2930

Eastern Fraser Valley Metis Society

presents the second annual

Metis Hoedown in the Valley

July 13, 14 & 15

Chilliwack Cultural Centre

Fiddling and Jigging Contests • Outdoor Entertainment

Traditional Story Telling • Voyageur Games

Metis Museum and Buffalo Camp • Traditional Crafts

Fee per day: Adults \$8 • Elders and Youth \$5

Camping fees for the weekend \$25

For more information contact: **Henry Hall (604) 853-3064**

ITM B.C.

TRADITIONAL THAI MASSAGE

JEANNINE DUPERRON - Nakusp

For appts. in the Kootenays **(250) 265-0067**

PAUL BUTTE - Kelowna

For appts. in the Okanagan **(250) 491-4596**

For information on workshops

call Paul or Jeannine

Certified Instructors - ITM Thailand

NUAD BO-RARN

ANCIENT MASSAGE OF THAILAND

by Paul Butte

The Thai word "NUAD" is usually translated into English as "Massage". However this is very different from the type of tissue manipulation which we usually associate with this word in the context of Western practice. It is more accurate to think of Thai Massage as a manipulation of the structure and form. While there are other styles of body manipulation such as Rolfing, Alexander Technique, Shiatsu, Chiropractic, etc., Thai Massage stands apart from these as a unique tradition.

Certain features are characteristic of this work. Thai Massage is performed on a mat on the floor rather than a raised table. This allows for many movements and procedures that are not practical or effective in table work, or are simply impossible. It allows for the most effective use of the practitioner's body weight rather than muscular force for the transmission of pressure, force, or energy, which creates a highly therapeutic effect.

Because soft tissue manipulation is a subordinate part of Thai Massage, the client may remain fully clothed except for the feet. The work itself consists primarily of pressure on energy lines and points, and a large variety of stretching movements. Two to two-and-a-half hours is frequently considered an ideal length of time for Thai Massage, although a good massage can be performed in one-and-a-half hours. A one-hour session may be necessary due to time constraints, or the shorter time frame may be used to focus on specific problems, such as back pain.

The energy lines in Thai Massage, called "Sen", are reminiscent of the meridians of Chinese acupuncture, and the theory of energy which lies behind this concept is similar. However, where the meridians follow the energy flow associated with specific organs, the Sen follow the form of the body. The Sen, therefore, may cross from one meridian to another. Thai tradition recognizes 72,000 Sen in theory, but in practice ten Sen serve as the foundation. Pressure is exerted on these lines and points with the palms of the hands, thumbs, and the feet.

The many techniques used in Thai Massage are designed to facilitate and stimulate the flow of intrinsic energies and to release blockages that would otherwise preclude the attainment of balance that is essential for maintaining a healthy, pain-free body. Thai Massage is beneficial to an extraordinarily wide range of people. Because of its effectiveness in inducing deep rest and relaxation, it is beneficial to anyone in need of stress reduction or with stress related disorders. With its unique use of stretching movements, it is useful for everyone who would benefit from increased flexibility. This includes everyone, from the athlete to the elderly.

The quest for health can be regarded as the search for balance in every facet of our lives. Rest and relaxation are wonderful ways of calming the mind and body to help this balancing process which we commonly call "healing". Receiving Thai Massage can give a rhythmical workout that can balance the energy in the body which provides a relaxed state in which excessive worry seems to evaporate.

See ad to the left

Surviving Electromagnetic Pollution

by J.F. Walker

Whether electricity seems to be affecting you or not, there are several common-sense steps that will significantly reduce the dense electromagnetic field (EMF) fog that most of us are living with. Concentrate your efforts first in your bedroom. It is here that you spend one third of your life. If this environment can be made relatively free from EMF's, the body will be provided with an extended period of rest and recovery time each day. This should effectively break the cycle of chronic stress upon those forced to live and work the remainder of each day in field-intense locations.

The most radical method of EMF relief is to find the main circuit breaker in your house, locate the specific switch which controls the power to your bedroom, and shut it off during the night. Leave your bedroom door open to allow heat in if necessary, and buy a battery-operated camper's lamp for light. Battery DC power is usually less harmful.

Even this drastic measure will not protect you, if you have any field-emitting equipment in an adjacent room against the other side of your bedroom wall. TVs, VCRs, computers, fax machines, answering machines, refrigerators etc., emit powerful magnetic fields and ELF pulses that pass right through walls—in fact, through everything including lead shields. Extremely expensive materials such as MU metal (an amalgam of copper, iron and nickel) are the only known shields reliably effective against magnetic radiation, short of encasing every electronic gadget in solid heavy iron. So the quick solution is to place TVs, computers and other toxic EMF-radiating devices against outside walls.

If shutting off the power to your bedroom is not practical, then move your bed away from any electric baseboard heaters. Modern cable electric heating in ceilings and floors can generate a 10 milligauss field throughout the entire house, (five times the safe standard in some countries). Your bed can be pre-warmed before retiring, with electric heaters or electric blankets, which are unplugged when you go to bed.

Replace your electric clock with a battery-powered one. Plug-in AC clocks generate huge fields of 5 to 10 milligauss within 2 feet, irradiating the nearby heads of sleepers for 8 hours, with levels over the proposed safety standard (two to 3 milligauss, depending on country). Battery-powered clocks, by comparison, generate negligible fields at 2 feet.

If you have computers, fax or answering machines, TVs etc., in your bedroom, evict them to another room. If this isn't possible, plug them into a power bar and flip the switch OFF for the night, so that no power gets to them. These devices have warming circuits that emit sizeable fields, even when the machine is turned off.

Dimmer switches are another source of high EMFs. Replace them with ordinary on-off switches. Powerful sources of damaging radiations are fluorescent and halogen lights. Either is usually insufferable to those who are hypersensitive to electricity, with symptoms ranging from headaches to visual impairment, incoordination, dizziness, speech difficulties, scattered brain functions, muscle pains, memory deficit, skin problems, etc. Don't work or read with a fluorescent or halogen lamp beside your head. Resolve to replace these intense light sources with simple incandescent bulbs.

Healthpoints

Elsie Meyers

Instructor/facilitator for

Touchpoint Method of Reflexology

is pleased to offer

LEVEL ONE

REFLEXOLOGY CERTIFICATE COURSE

June 15, 16 & 17

Prince George, BC • 250-562-6386

Touchpoint

Method of Reflexology

**Certificate Course offered in Prince George, BC
with Yvette Eastman of Touchpoint Institute
of Reflexology and Kinesthetics**

Level Two	August 17 - 19
Level Three	August 20 - 22
Applied Reflexology	August 23 - 25
aka: Kinetic Reflexology	

For registration or information contact **Healthpoints:**
Elsie 250-562-6386

The Juicy Carrot

Organic Juice Bar & Eatery

- ◆ fresh fruit & vegetable juices
- ◆ vegetarian meals
- ◆ health foods, organic produce
- ◆ Just Pies, pastries & breads
- ◆ Wheatgrass



254 Ellis St. Penticton

Open 10 am-6 pm Mon - Sat.

493-4399

Electromagnetic Radiation?

It affects all of us -- from electric appliances, heaters, fluorescent lights, TV, cell phones, microwaves and many other sources. Protect your health with a Teslar watch. This shielding device was developed by world famous doctors. 15 years of testing at top research labs prove that the Teslar works.

To order: Pat Simons 250-492-3238 Canada
Gayle Crabbs 509-476-4672 USA
Information: Joey Walker 250-446-2528

Internal Body Cleansing for Vibrant Health!



Why Body Cleanse?

No one will deny the importance of daily washing and bathing the body, yet few people realize the importance of cleansing the internal gastrointestinal tract on a regular basis and thereby ensuring the cleanliness and health of every cell in the body.

Internal toxic buildup is evident by such symptoms as headaches, skin rashes, low energy, aching joints, bad breath and body odour which, if unchecked, may gradually deteriorate into life-threatening diseases.

Constipation/Diarrhea

Of the many health challenges that North Americans face, problems with the digestive system are among the most dangerous. Problems with the large intestine, commonly called the colon, are at the top of that list. Many of us don't realize the importance of daily, regular, complete, thorough bowel movements. Over the last fifty years we have consumed more and more foods the human body was never designed to process. These include refined foods, processed foods, foods with chemical preservatives, artificial flavouring, foods with hydrogenated oils, and the latest foods in question are genetically altered. Thousands of government approved chemicals are now included in our food. The body cannot digest and process these foods properly and they tend to stick and build up deposits of mucus, plaque and fecal matter in the intestinal tract. According to Dr. Bernard Jensen, D.C., Ph.D., the definition of regularity is two or three bowel movements per day. The Royal Society of Medicine of Great Britain states that "more than 65 different health challenges are caused by a toxic colon."

The Parasite Factor

The toxic buildup in the body attracts a whole host of

by Gerard Tanner

microbial invaders into the body, just as an open city dump will attract vermin and other lower forms of creatures that feed on the waste. There are over 1,000 species of parasites that can invade the human body, yet today's medical testing procedures only screen to identify about fifty! There are two major categories of parasites: large parasites, such as tapeworms, hookworms, pinworms, etc., and microscopic-sized parasites, such as Candida yeast parasites. Because of the microscopic size of many parasites they can burrow into the muscles, bones, or joint tissue. Some of them may feed off the calcium lining of the bones or even the protein coating on your nerves, which can disrupt the nerve impulses to the brain. Parasites also secrete toxins which generate toxic buildup and cause stress to the immune system. Chronic diarrhea and irritable bowel syndrome are indicative of out-of-control parasites in the elimination track.

The Ideal Body Cleanse

A good internal body cleanse should incorporate herbs which will gently clean the toxic buildup of mucus, plaque and fecal matter from the walls of the small and large intestine and assist the body to have two or three bowel movements a day. The products should be reputable, proven parasite cleansers that will address the parasites with minimal bloating and side effects. A good cleanse will also provide you with a good immune system booster to help handle the extra toxic overload being dumped into the circulatory and elimination systems of the body. Drink lots of good water, eat lots of fresh fruits and vegetables, get extra rest and don't forget to... be happy!

Awareness 90-Day Cleanse and Rebuild Program

With *Experience, Harmony and Clear*

incredible products from Master Herbalist Ahmad Aboukazaal's
1,200-year legacy in Herbology, well-known throughout the Mediterranean Region.
Now processed and available in Canada.

If you suffer from the following symptoms.....

low energy/fatigue	depression	hemorrhoids
skin problems	allergies	headaches
constipation/diarrhea	poor memory	yeast or fungus problems
indigestion/bloating	brain fog	frequent colds/infection

Tune into "EXPERTS ON CALL" with Paige Mattice and JJ Richards

As heard on many B.C. radio networks, including
OKANAGAN RADIO CKOR/CHOR/CJOR ON SUNDAY MORNINGS,

For more information and to hear this radio program anytime:

visit us at www.healthawareness.ca

Call Gerard Tanner, Vancouver, toll-free 1-800-836-0349



WORKING WITH COLOUR

by Jollean Mc Farlen miact csl

Individual colour preferences are formed early and evolve through years of personal experience. By the time we become adults our colour choices in what we wear, how we decorate our homes/offices and what colour cars we buy are very personal expressions of self.

Some human beings react strongly to colour. Once colour is added to a space, the environment changes and one's reactions to the environment also change. Colour's psychological effect is enormous. Yet most homes or offices are decorated in colour schemes in varying shades of gray or beige—the most basic of neutrals (usually these people have a hard time making a decision). Without the addition of accent colours or customization, these neutral environments can feel anonymous, mundane and dull—not conducive to a stimulating working and/or healthy life.

Colour psychology and colour therapy assert that individuals can use colour to express hidden emotions or change behaviours. High-energy colours in decor can motivate (just think of selling fast-food). Bright colours can enhance creativity (coming up with the big idea), yet softer or more harmonious colours promote stick-to-itiveness, efficiency and productivity (bringing the idea to fruition).

The psychology of colour is a science that takes into account cultural convention and bias, age, profession, ethnic background and gender. For example, both men and women in Western Canada choose various shades of green/blue to accent their homes/offices, yet very few men would be comfortable with pink accents. This pink bias is deeply engrained in North American men but nonexistent in many other world cultures.

Other psychological factors that should affect colour choice stem from the way our eyes function. Some colour combinations are hard to look at and should be avoided. The principal one is red and green, particularly highly saturated hues, opposite each other on the colour wheel. They appear to vibrate if put next to one another. Other individuals have the same reaction to yellow and purple.

Colour makes an impression and sends a message. Colour enhances perception and can persuade. Whatever colours one wishes to employ, the key is adopting a spirit of experimentation and adventure. So get started and begin working with colours today. *See ad below*



Jollean McFarlen
miact csl
Kelowna
860-9087

Feng Shui & Colour

for Healthy Home & Office Clearing/Channeling

Present/Past Lives Lessons (11 pg. report)

Intuitive Life Counseling

Chakra Balancing - Readings

June, July & August Workshops

Spiritual Feng Shui, Shum Healing,

Masters Lessons @ Ascendant Books,

Edmonton - June 22 - July 7 For readings

and workshops: Cathy 780-476-0828

Science of Intuition @ Park. Rec. - Aug. 16

Feng Shui/Colour @ Parkinson Rec. - Aug. 19

jadore@telus.net ~ www.jadorecolour.com



MANDALA BOOKS

Kelowna

New Age/Self-Help
books/music/giftware

(250) 860-1980

Take time out from your busy world

...come in and browse

and have a cup of tea or coffee with us.

3023 Pandosy Street, Kelowna...in the Mission

Open Mon. to Fri. 10-5:30 Sat. 10-5

Structural Integration



Deep Tissue Manipulation

Realigns your body providing:

- * relief from chronic back and joint pains
- * improved posture and breath
- * increased flexibility and energy

Jeffrey Queen, B.A.

Certified ROLF Practitioner

For sessions in Kelowna, Vernon & Penticton

Call Penticton: 250-492-3595 • Toll Free 1-888-833-7334



Brenda Molloy

CMT, CA

Feng Shui

Shiatsu

Reiki

Acupressure

Harmonizing body, mind, spirit & home.

(250) 769-6898 Mobile Service Kelowna & Area

Email: brenmolloy@home.com

Okanagan Montessori

Elementary and Pre school



Preschool Classes

All-Day Kindergarten

Elementary Grades 1-6

All on-site at 3439 East Kelowna Road, Kelowna

For more information call 250-860-1165



British Columbia
Institute of
Holistic Studies

Holistic Practitioner Course

**Commencing Sept. 4
4 Month, Full Time Course**

Includes certificate courses in
Aromatherapy, Shiatsu, Reflexology
Iridology, Energy Concepts
Reiki, Spa and more

*EI recipients may be eligible
for tuition grants

For course information & registration

call **1-888-826-4722**

or (604) 824-1777

Fax: (604) 824-7711

Email: bcihis@telus.net

or write: 203-45744 Gaetz St.,
Chilliwack, BC, V2R 3P1

20th Century Teaching Celebrates Oneness

by K. Emersen Wilson

Magic fascinated me as a child. Not rabbits-in-hats magic, but the magic of life itself. I saw it in the silvery, light veins of a gem-coloured leaf, in the way a squirrel scurried along a forest path ahead of me, and through the gentle eyes of friendship. In a fundamental way, I knew we are ultimately all connected. We come from the same essence of light and love, and in the end, we return.

But as the years went by, it became more and more difficult to hold on to that reality. Too many people crowded in, each offering up their own version of my truth. It didn't matter if the pundits were spiritual icons, academics, or politicians. Everyone wanted to have a piece of me and take me on their own path.

For a while, I listened, and the quiet voice inside me was eventually squelched into not much more than fluff. At first, that was fine. Freeing, even. But as time went by, I felt increasingly incomplete. Somewhere along the line I heard about the teaching of Religious Science. I was curious, but it took years before I crossed the threshold of any church.

When I finally met others who lived this teaching, it was like a dream. I cried and cried. I asked one of my new-found friends to sit with me, I was so overcome. Here was a philosophy that I could call my own. A teaching where the feeling of being ultimately connected to everyone didn't seem strange or odd, but was celebrated. A teaching where it was okay to believe that we are Spirit, and it is our journey in life that allows Spirit to express itself and reach its ultimate brilliance.

For me, Religious Science affirmed what I already knew. There is no division. There is only one way that is manifested and expressed in so many different forms. I learned this teaching unifies the East with the West, Science with Spirit. It denies nothing about our current reality, but allows us to question every part of it. And it does it all with Love.

This metaphysical teaching has given me much more than a spiritual touchstone. It's guided me in giving form to the truths I knew as a child—what Spirit means, why it's here, and ultimately, how it all works. It's been a profound journey, and one I know will only deepen with time.

I thank you for taking the time to share my thoughts. I know that as these words go out, they return to the Oneness that is all of us. We are the light.

See ad below

Rites of Passage

For those with no current
religious affiliation

Infant Dedications
Wedding Consultations
Anniversary Celebrations
Funeral & Memorial Services

Sam (Sandra) Lucier
(250) 490-9997

Tarot Readings available

BACK IN BALANCE REFLEXOLOGY



GAIL KREISER

Instructor / facilitator for

**Touchpoint Method
of Reflexology**

Reflexology Level 1

Sept. 29, 30 & Oct. 1

Kelowna, BC

(250) 832-7095 call for fax. no

*"Learn other healing techniques
to add to your credentials in a
stress free environment"*

Positive Living

Religious Science International

Teaching Science of Mind

Sunday Celebrations

French Cultural Centre

10:30 - 11:30 am

Pandory Peace Centre

2490 Pandory St., Kelowna

Office: Mon.-Thurs., 10-2 pm

250-860-3500

Kelowna Centre for

EMPOWER YOURSELF

(Now available in Canada)

ADEPT PROGRAM & INITIATION

Initiation into the hierarchy & the
Brother/Sisterhood of Light.
Mystery School teachings of old
in the lineage of Solomon & Merlin

* Receive 10 times the power
to carry out light work

* Four new guides to teach &
empower your Spiritual
Evolution...plus more

Info. on classes ph./fax **604-531-0284**

BEING A WISE CONSUMER OF MAGNETIC PRODUCTS

by Wendy Ferguson

I fell in love with magnets when I found relief from fibromyalgia for both deep sleep and pain relief. Most people are aware that magnets help reduce pain, promote healing, and sleep but there is a lot of confusion about different products on the market.

Magnetic products are either north pole oriented or mixed pole, meaning both north and south pole is against the body. The north and south pole do opposite things. The north calms, reduces inflammation, heals, slightly increases blood pressure, tones muscle, decreases bleeding, stops tumor growth, reduces acidity, increases oxygen absorption, reduces liquid retention, etc. The south excites, energizes, supports all life forms including cancer cells, germs, etc., increases acidity, decreases blood pressure, increases circulation and congestion, increases bleeding, etc. The north pole is very safe and healing. It is the negative ion side. We live in a sea of positive ions from computers, TV, printers and other electrical devices. The north pole allows one to counter this electromagnetic pollution.

Magnets are either permanent or electromagnetic. Electromagnetic magnets, which must be plugged in, pulse at different rates. The pulse rate can be patented. These are more expensive to buy and operate, but have not proven to be more effective.

Magnets are made of various materials and their strength is measured in gauss. A larger and stronger field is created by a higher gauss, larger surface and thicker magnet. Each magnet has two gauss ratings. One is under ideal conditions and is the maximum strength possible, and the other is what it will be on your skin. The maximum or manufacturer's rating is what is given in product information.

Therapeutic products use these

types of magnets: ceramic, flexible magnetic rubber, neodymium and samarium cobalt. Ceramics are the most common and are classed or graded from 1 to 8. Grade 5 or 8 are often used most. The manufacturers rate a 5 at 3,950 gauss and 4,000 for class 8, but actual rates are from 300 to 1,200 gauss. They are made from ceramic clay and iron powder. Flexible magnetic rubber is rated 700 gauss with actual reading from 120 to 260 gauss and are made of rubber and iron powder. They are used in soles and flexible pads.

Neodymium are rated 10,200 to 12,300 gauss with actual readings from 1,700 to 2,300. They are very costly and used in some jewellery and devices. Your body knows when you have had enough magnetic energy, but this strength of magnet needs to be used in small amounts.

Samarium Cobalt is rated 8,700 to 1,100 gauss with readings of 1,000 to 2,000 gauss. It is made of samarium and cobalt and used in small quantities in jewellery.

Someone selling magnetic products to you should ask about your health and special needs. Pregnant women, young children and those with a pacemaker should not be on magnets. Keep them away from credit cards and your computer.

Buying magnetic products? Shop around. Price and quality vary greatly. Ask about which pole is used, type of magnets, gauss, dimensions of each magnet, how close are they placed to the body, and how to clean them. Magnets should not be washed as they will rust.

Magnets are a great investment. They only lose 2% of their strength in one hundred years, so generations can enjoy this healing product. A great buy will add to the pleasure of having wonderful healing, regenerating magnetic energy in your life. See ad below

FOR SALE — Home Colonic Equipment with instructions, stainless steel proctoscope, new filter, padded bench. \$700 OBO
250-832-1941 ~ Salmon Arm

MAGNETIC REJUVENATION
by Ferguson
Pain Relief
Deep Relaxation
Healing
Wendy Ferguson • Edmonton
780-439-7593 also fax, phone first

Natural Approach



Reflexology • Ear Coning
Lymphatic Drainage
Touch For Health
Integrated Body Therapy
(Orthobionomy, Cranio Sacral,
Mechanical Link)

Doris Jerome

Certified Health Practitioner
250-577-3407 — Pritchard, BC
www.soxcadesign.com/naturalapproach

TOUCH FOR HEALTH

- Touch for Health Balance
- Emotional Stress Release
- Tibetan Energy
- Meridian Walking

Pat Everatt, Certified Practitioner
Penticton-250-809-9190
Keremeos
250-499-7771

Basic Holistic Foot Reflexology Certificate Weekend Course

June 8, 9 & 10

Penticton, BC • \$275

Pacific Institute of Reflexology
1-800-688-9748

or June Hope in Princeton
250-295-3524

Pascalite Clay

...not your ordinary clay!

♥ loved by many

- 70 year old woman "... my haemorrhoids were gone in 4 days!"
- 60 year old man "... my stomach ulcer disappeared."
- 50 year old woman "... my gums are healing beautifully."
- Many skin problems solved.

**Antibacterial, Antifungal and
Natural Antibiotic**

For more info. and a **FREE SAMPLE:**
(250) 446-2455 fax (250) 446-2862

DIVINE ALCHEMY

Energy Healing

Unique, Effective, Permanent

Any issue, any level (physical, emotional, mental, spiritual, past life traumas, cellular memory)

Rev. Alice Christenson, certified practitioner

Workshops & Private Sessions

250-833-4868 • Salmon Arm

THE CENTRE FOR

AWAKENING SPIRITUAL GROWTH

Services every Sunday ... 10:30 - 11:45 am

At the Schubert Centre - 3505 - 30 Ave., Vernon

Come and help us celebrate your way to spiritual enlightenment through individualized expression. Everyone is welcome. We enjoy a variety of speakers. Check out our Website for the speaker of the week.

Hands On Healing & Meditation end of each service

Website: www.eflashtech.com/pro/spiritualgrowth

E-mail address - johnbright@home.com

Rev. John Bright - 250-542-9808 or fax 250-503-0205

SPIRIT QVEST BOOKS

Books • Crystals • Gifts

Astrology • Numerology • Palm Readings

Aromatherapy Oils and Massage

Phone: 250-804-0392 Fax: 250-804-0176

170 Lakeshore Drive, PO Box 1226

Salmon Arm, B.C. Canada V1E 4P4

Judy R. Mazurin B.Sc., D.TCM

• Acupuncture & Oriental Medicine •



106-3310 Skaha Lake Road

Penticton, BC

V2A 6G4

250-492-3181

judy_mazurin@telus.net

Member of the Acupuncture Association of B.C.

Just a Reminder....

by Judy Mazurin

Winter is over and it is time to shed the heaviness that comes with the cold. We are in the heart of spring, and by Mother's Day, it is said that all of your plants and seeds should be tucked in the ground. "Spring Fever" is what we call it. We get excited by new projects, the birds are chirping early, the days are longer, and the promise of more sunny days to come is in the air. The sunshine and laughter raise our spirits. Which is likely why the Chinese relate the summer season to the heart, spirit, and joy. "THE FIRE OF THE SEASON, WARMS THE FIRE IN OUR HEART."

The sun plays a large part in how we react to our food. When we are happy we do not need to placate ourselves with food. We do not gorge ourselves to satisfaction because we are content. The change of season has a dramatic effect on how we relate to food and our eating habits. And so it should, as we move into the season of plenty. Food preparation becomes more simple. Raw food consumption can increase, because we are in a warmer climate, our body temperature feels warmer, and our metabolism picks up. We digest food better, especially raw foods, in the warmer weather.

Living in or near the Okanagan, we definitely see a bountiful harvest of fruits and vegetables. Farmers' Markets and produce stands are opening up everywhere. We should make use of the majority of foods from our local growers. It is good for our health, our economy, and our environment. We do not need to eat an Asian diet to be healthy; we just need to eat the healthy foods in season.

In the summer, we tend to consume smaller, lighter meals more frequently. We want to gravitate towards more whole foods, grains and vegetables. Avoid the sweet, rich, refined/processed foods as a rule. Food always tastes so much better when made from scratch. The Chinese incorporate all flavours in their meals: Sweet, salty, sour, pungent and bitter, and they also have many colours in their meals. Rarely do they eat a bland flavourless meal, or a one-pot casserole. If you are a meat eater...use moderation when Bar-B-Queing this summer, don't forget to add lighter meats such as chicken and fish regularly. Consume more salads and fresh lightly steamed vegetables. In the summer we eat more light cooling foods and not as many spicy meals. Heavy winter meals on an extremely hot day will only make you sluggish. Eating lighter and with variety will keep the heart and spirit free. Summer offers a variety, and our diets should reflect this. Following are a few fruits and vegetables we will see this summer and their natural therapeutic nature according to Chinese Philosophy:

- ❖ Asparagus- treats many kidney problems
- ❖ Apricots- used in asthma, dry thirst and lung conditions
- ❖ Cherries-increase Qi, body energy, good for arthritis
- ❖ Strawberries-generate body fluids, benefit the lungs
- ❖ Lettuce- diuretic, helps some types of edema
- ❖ Raspberries- regulate menses, treat urinary function
- ❖ Beets- improve circulation, purify the blood
- ❖ Carrots- improve liver functions
- ❖ Peaches- nourish the lungs, help dryness in the body
- ❖ Cucumbers-good digestive aid, cleanse the blood

...see you at the Farmers' Market. See ad to the left

Creative Attitudes

by Terri Bernath

Spring brings with it a time of renewal; of 'cleaning house'. Sometimes cleaning house can mean getting rid of some of those cobwebs in our emotional attics. We all have them. The first step is the realization that they exist. From that empowering realization, one can wonder, "What happens next?"

What happens next is the Adventure; the Journey. The Journey that takes you within—to personal exploration. Creative Attitudes is an opportunity to begin that journey; to really be attuned to your own emotional process, and start listening to what your emotions are telling you.

This powerful workshop series is the offering of Terri Bernath and Kim McCarthy, born from the personal and professional work of both individuals. This knowledge is presented to help others grow through their challenges and expand their value. It allows participants to explore their own emotional process in a safe and honest environment. Creative Attitudes is itself a process—a way of learning what our lives have to teach us. The focus is personal growth; achieved by simply opening to awareness and allowing ourselves to choose freely from our own unique perspectives.

Cofacilitator Kim McCarthy says: *"Emotion is the language of the body; how the body chemically communicates within itself and to our consciousness. By surrendering to this chemistry and expanding our awareness, we can create new attitudes and growth."* Terri Bernath, cofacilitator says: *"When the pain of our existence has reached a level that is no longer acceptable, we begin to search for more in our lives. When we begin awakening to the thought that there must be more to life and more to living, we begin on a journey to our own awakening. Creative Attitudes is a beautiful compilation of three modalities that brings in the information which fires the need to awaken to our full potential. These courses will allow each participant to explore their life, and how they have habitually responded to it. The choices that become available to each person help create the place for growth. The growth is magical in nature. The "magic" is not knowing what will happen for each; how each person will use this growth process in their life. It's knowing simply that it will happen. I trust that the process will be perfect for all, and that the changes that manifest will be magical."*

Through simple techniques, you can access and expand your awareness of any limiting patterns, and allow for a wider field of choice in any situation. Like Tai Chi, which empowers us by stretching us to new physical postures, Creative Attitudes empowers us by stretching us to new mental postures. Many of us exhibit limiting behaviours over and over again; looking for a new way, but finding none. Creative Attitudes work offers clarity, understanding and transformation of our patterns of behaviour; opening the door to new creative responses and accessing new chemistry. New chemistry attracts new life experience and patterns. We learn to dump old baggage and get on with living our dreams.

Emotional Depolarization involves understanding that emotions are the language of the body; how the body/mind

(subconscious) chemically communicates within itself and to our consciousness. When we learn to depolarize our emotions, we can begin to assimilate information trapped within those exact emotions we are trying to avoid. Once depolarizing becomes second nature, we start learning life's lessons at a much faster pace.

Magic Touch (Integration Flows) is a form of healing modality designed to accelerate the integration of all new information through the body's intrinsic processes (physically/chemically/energetically). Magic Touch is a light touch practice involving Chinese Acupuncture theory and western Specialized Kinesiology theory. These flows are electro-magnetic in nature, and are beneficial for any dis-ease condition. They promote a deeper understanding and awareness about chemical change within our physical bodies.

The Journey within is a magical one. Believe in yourself and journey with us.

Join Us in self-exploration and awakening Creative Attitudes

on July 6, 7 and 8
Fri. 7-9pm, Sat. & Sun. 9-5 pm
Kelowna, BC

These courses are offered to individuals, groups and corporations wanting to expand and grow.

The unique experiences brought by each participant enhance the learning of every class.

The Beginner Level will provide a base for understanding general attitudes.

The Advanced Level will provide more specific information and symptomology about the health and disease process.

You will come away with a Creative Attitudes Manual, hands-on training and experience deeper understanding of yourself and tools that are easily applied to daily life.

Contact: Terri Bernath Tel (250) 862-2976
email: thebhive@cnx.net or

Kim McCarthy Tel (250) 766-2948

or at All Body Care (250) 869-0097

Journey to a New Country

by Britta Adkinson

In 1970 I returned to Stockholm, Sweden, after an extended stay in the Sivananda Ashram in Rishikesh in the Himalayas of India. I had spent 8 months learning yoga and meditation, and was set on continuing a daily practice at home, while working as a journalist and editor. This prompted my flat mate to leave. The concept of yoga was unheard of, and although she was, like me, in her early twenties, she found it too much to cope with something so strange. The way people around me have reacted to my deep longing to understand more about Spirit and the truth of the Universe, over the last 25 years, says something about how the Western society has opened its doors to the spiritual wisdom of the East. These days the term yoga is a household word, and attending a yoga class is no longer seen as strange.

But how did my journey towards a deeper understanding of Spirit bring me to the borderlands between Canada and USA?

On a visit to the Findhorn Foundation in Scotland, in 1976, I met Charles, an American from Bellingham, Washington State. We instantly felt close, and before the year was ended we were married, living in Stockholm. After some years in Sweden, we moved to Scotland in 1982 and worked full time at the Findhorn Foundation, a center for spiritual education and an experimental community, where people endeavor to live in peace and harmony with one another and with nature.

The Findhorn Foundation evolved out of a small group of people who practised daily meditation, and followed the guidance they received in their moments of silence. They felt that God was speaking to them and that they should trust and follow this guidance. Within a few years, a community of several hundred people had grown up around them. Charles and I raised our two sons, Paul and Rolf, in this environment of love, openness and cooperation.

Is it really possible to create a place where people live in harmony? Yes and no. What I have found so valuable in the Findhorn community is not just what is happening, but the way we learnt to respond to what is happening. People there experience tears, laughter, joy and sorrow, conflict, depression and so on, like anywhere else. However, they have tools to deal quickly, deeply and efficiently with emotional issues, conflicts and problems, and thus create space for the mind to focus on the positive goals and aspirations, the dreams of

what mankind can bring into manifestation here on Earth: A New Age, where human beings work in conscious cooperation with Spirit. By living it, we 'grow' it day by day.

Following the 'guidance' from within and using a practical approach, the Findhorn Community has in its 40 years grown into a vibrant community of an estimated one thousand people who live within the same local area and apply a common spiritual way of life, finding its expression in the Findhorn Foundation educational work, in small businesses working with and producing organic food, solar heating, ecological building techniques, a Waldorf school, an organic farming co-op, holistic health clinics, mental health practitioners, a publishing company, arts and crafts companies, travel services and so on. The boundaries between local people and those who attend events in the spiritual community have blurred completely as families and individuals live and work and engage in both, in commercial and voluntary activities.

In the beginning I was embarrassed and unwilling to share myself openly, during group meetings. Why should I have to tell others how I was feeling, or the things I worried about? Gradually I opened my heart more, and began to realise that people around me were so loving, and so aware, that they intuitively knew quite a lot about me even if I had not ventured to tell them. I realized that they saw me as I was, not the pretty image I had been accustomed to display. Then came the next realization: They love me, and care about me, not the external image I want them to see, but the real me, with all my flaws and inadequacies. There was no need for me to try to hide. I could be myself. I could relax, accept myself and more fully enjoy the company of friends around me.

The process of learning to accept myself made it easier for me to also accept others as they are. These processes take place within the frame of a daily rhythm which has been developed and refined over many years: When people arrive at work in the morning, in the community kitchen, in the vegetable gardens, the maintenance department and so on, they begin each work shift with an ATTUNEMENT. This is a brief moment of silence, during which the group actively invokes the guidance and support of God, or Spirit, and of their angels and guides. Each group will find their own way to do this, using their own words. After this, there is space for each member of the work team to SHARE anything they feel they need

2500 sq. foot BUILDING FOR LEASE

Ideal for Naturopathic or TCM Clinic

Day Spa or Massage Clinic

5 practitioner rooms and a larger studio space

Creekside location in Penticton 1-888-756-9929

to share, before people begin the day's tasks. People may share that someone in their family is ill, that they are experiencing a conflict with another team member, or that they had a wonderful dream, or had a vision in their morning meditation – anything. This creates an openness and builds heart connections between the team members, which makes the work flow easily, and keeps people's minds alert and intuitive. It builds a sense of trust and openness within the work team. There is more to it than can be described within the framework of this article, but the essence of the technique is simple, and can be applied to virtually any work environment.

Through attending a variety of workshops and meditation groups, we explored how to 'tune in', how to 'get guidance' on an issue, how to trust our inner promptings, how to become an instrument for inner growth and healing. After some training, we learnt how to share our understanding as we organised and led workshops for visitors. Over the years, I led numerous workshops and co-organized several international conferences on organizational development, intuitive leadership etc.

One day Charles came back home from a group meditation session and shared that he had inner guidance to move back to USA. At first, I was hesitant. My Mum in Sweden was old and frail and I felt I could not move so far away from her. However, our eldest son, Paul, had now moved to Bellingham and was studying there, and when my mother passed away in 1997, I agreed. Charles proceeded to buy a lot of land next door to his brother & wife, in Maple Falls, Washington State, and planned to build a house which would be our home and also be a place where people could come for meditation and healing. His brother Roland, a builder, would build the house for us. But things took a different turn. Charles had a hernia operation and did not recover. He passed away peacefully in June 1999. I felt as if my life had been shattered. We had been so close, for 23 years.

I cried for three weeks, and then I said to myself: Either I wake up each morning feeling sad, or feeling happy, it is my choice. I had to begin to apply to my own situation all the truths I had learnt, from studying the Bible, yoga, buddhism, and so on. Paul, Rolf and I decided that the plan would go ahead. And so it is that Rolf and I, in the summer 2000, moved to Maple Falls by the Canada/USA border just south of Abbotsford. Together, our family are building a house which will be a home and also a Sanctuary dedicated to meditation and healing. Paul and Rolf recently moved to Vancouver BC where they are now engaged in studying music composition and production, at the Trebas Institute.

A few months after Charles' 'death', I began to feel his presence in my moments of daily meditation. It was a wonderful reunion, after all the agony I had experienced when he left his physical body. I had not experienced this kind of communication before. Charles has now taught me how to 'tune in' to different levels of reality, or consciousness. I feel I am in the beginning of a new adventure, and I am now exploring getting in contact with my own guides, in a deeper way than before. I am beginning to understand that everything that happens is a meaningful part of the web of life.

To share what she has learned at the Findhorn Foundation, and her own understanding of life, Brita will teach workshops this summer at Johnson's Landing Retreat Centre.

See the centrefold for more info.



Touchpoint Reflexology

WANT A CAREER CHANGE?

REFLEXOLOGY LEVEL 1
June 15, 16 & 17 • Edmonton


REFLEXOLOGY LEVEL 2 & 3
June 18 - 22 • Edmonton
August 17 - 21 • Prince George

APPLIED REFLEXOLOGY
June 23 - 25 • Edmonton

TOUCH FOR HEALTH LEVELS 1-4
Aug. 30- Sept. 4 • Vancouver area

DIPLOMA REFLEXOLOGY PROGRAM (16 weeks fulltime)
Starts September 24 • Vancouver

REFLEXOLOGY HOME STUDY AVAILABLE
Yvette Eastman 604-936-3227 or 1-800-211-3533
Email: yvette@touchpointreflexology.com
Web: www.touchpointreflexology.com



Books & Beyond

Est. 1984

Kelowna's Metaphysical Bookstore
"For Healthy Mind, Body & Spirit"

Metaphysics • Alternative Healing
Spirituality • Philosophy • Psychology

NOW OPEN 7 DAYS A WEEK!!

New & Used Books, Crystals, Jewelry, Music, Tarot,
Incense, Fountains, Sundials and More!!

1561c Ellis St. (250) 763-6222 Mon-Sat. 9-5 pm
Kelowna, BC Sunday 12-4 pm

The Light Centre

Cassie Caroline Williams

*Ortho-Bionomy, CranioSacral Therapy,
Visceral Manipulation
& Lymph Drainage Therapy*



These techniques may help: migraines, TMJ, autism, earaches, sinusitis, epilepsy, dyslexia, hyperactivity, whip-lash, depression, baby colic, balance problems, scoliosis, sciatica, joint pains, abdominal discomfort and problems.

335 Victoria St., Kamloops, BC, V2A 2A3

(250) 372-1663

Available for sessions in Vernon 545-2436
Princeton 295-3524 and Kamloops 372-1663

We accept



Aloha and the Heart of Huna

by David Blaikie

Living part time in Hawaii is one of the great joys of my life and it's not just the beauty of a tropical paradise or the magical sunsets. For me, it's the aloha! Aloha means hello and good-bye. It also means love and blessings. But it's not just the word and its meanings, it's that when the Hawaiians say aloha, they mean it, from their hearts.

The Hawaiian people live by their ancient tradition known as Huna. Huna means "secret spiritual teachings". Huna is an intelligent system of spiritual psychology, sacred initiation, meditation, chanting, advanced healing, and manifesting practices.

At the heart of these teachings is love and aloha. The spirit of Hawaii and the wisdom of Huna. How to experience more love, compassion, acceptance and true forgiveness. How to create more harmony and "right" relationship, both inside and out! Aloha is the heart of Huna.

WHO WERE THE KAHUNA?

Adapted from an article written by the great Kahuna,
David Kaonohiokala Bray.

Kahuna is a priest or priestess, a spiritual teacher. Kahunas act as human bridges between the spiritual world and its laws and the material world. The Kahunas were persons of real ability. Kahuna is a compound word from kahu, meaning an honored or high servant who has or takes charge

of persons or property, and na, meaning calmness and freedom from passions. Kahuna also equals ka, standing for the, and huna, meaning concealed knowledge or wisdom protected and defended like a treasure.

A kahuna is thus a priest who has achieved calmness and dignity in character so that the gods trust him to keep the secrets of nature protected while using wisdom in helping mankind. They were the power behind the chief.

THE REAL ALOHA

To be a kahuna, a person has to know that harmony and unity is within himself, god and humankind. He must live according to the secret meaning of Aloha.

A-L-O-H-A

A, ala, watchful alertness
L, lokahi, working with unity
O, oiaio, truthful honesty
H, haahaa, humility
A, ahonui, patient perseverance

Aloha to the Hawaiian of old is god within us. It means, "Come forward, be in unity and harmony with your real self, god, and mankind. Be honest, truthful, patient, kind to all forms of life, and humble".

See ad below

Bring Hawaiian Huna to your area!

The "Spirit of Hawaii"

Vancouver, B.C.

June 1 (eve), 2 & 3

Tacoma, WA.

June 15 (eve), 16 & 17

Kelowna, B.C.

June 22 (eve), 23 & 24

White Rock, B.C.

July 13 (eve), 14 & 15

*Double your personal
& spiritual power now!*

Call for the Summer
Schedule in your area

Heaven on Earth



Project Aloha

The Spirit of Hawaii
www.hawaiianhuna.com
Call 604-762-6960

Secrets, Healing & Hawaiian Huna Magic Kelowna-Celebrate Summer Solstice Hawaiian Style!

HUNA SECRETS

Learn secret spiritual knowledge that has only recently been revealed to the west -
Hawaiian Shamanism.

HUNA HEALING

Advanced healing practices to heal negative emotions. Learn to clear limited beliefs, unresolved issues, *hurts & heartbreaks.*

HUNA MAGIC

Creating & manifesting skills for successful goal achievement. Discover the secrets - to *creating the future!*

HAWAIIAN REIKI

Long distance & hands on energy healing with a powerful new system of *Reiki from Hawaii.*

SPIRITUAL PSYCHOLOGY

Understand the cycles of life - make sense of spiritual growth and development.
-psychological models that heal.

THE BREATH OF LIFE

An ancient Hawaiian breathing practice that greatly increases physical energy, *vitality and mental alertness.*

EMPOWERMENT CHANTING

The sacred chants of Hawaii awaken the love and magic that is inherent inside-*experience the Spirit of Aloha.*

HIGHER SELF MEDITATION

Experience the balanced calm of your Spiritual Self. *Learn to meditate* with your Higher Self.

"What can I say? I have transformed myself!
Thank you for the Huna way."

"Stellar! Fun, empowering & inspirational"

"The mystical initiations and meditations
were simply amazing! Mahalo."

Huna is... Love & Magic in Action!

In Kelowna call Sue Peters at 250-495-2167

B.C. interior & Area - we are looking for promoters & sponsors!

Call Project Aloha & Advanced Hawaiian Huna

International trainers committed to shining the *light, love & magic* of Hawaiian Huna.

"The *Spirit of Hawaii* is a wealth of spiritual & metaphysical wisdom."

ALOHA AND THE HEART OF HUNA

The Spirit of Hawaii

by Kawika David Blaikie (Kahu Huna)

Hawaiian Huna is the secret spiritual teachings of ancient Hawaii—*Hawaiian Shamanism*. The purpose of this unique and ancient teaching is empowered living. In the Hawaiian language, Ho'omana means "to make vital life force energy". There are three kinds of "life force energy" or "powers" available to assist us in creating what we want in life. These three energies are essential in the development of personal and spiritual power—for self-empowerment. These three energies reflect the mental, emotional and spiritual energies that are available to us and they directly affect our physical and material world.

In Hawaiian Huna, "mana" is the basic life force energy that fuels the emotional body. "Manamana" is the energy that is used in the development and use of mental willpower—this energy is twice as strong as basic "mana". "Manaloa" is the power of our spirit and is ten times stronger than basic "mana".

What's important about these powers is that they assist us daily to do three things. To help heal old hurts, heart-breaks and sufferings, to have more personal and spiritual power now, and to create and manifest our futures. Since it takes willpower (manamana) to achieve our goals, as well as overcome our obstacles, then wouldn't it be useful to awaken and utilize our spiritual power (manaloa) to assist our will? Especially, since it is at least ten times higher in its energy and therefore its potential. In fact, this is one of the secrets in Huna healing, empowered living and successful goal achievement—whether it be **love, abundance or success** in any context of life!

We are all interested in goalsetting—the process of achieving and fulfilling our passions and dreams, including the goal of less suffering and struggle. We are either wanting "magical" goals, tangible goals—a loving partner, a home, money, friendships or "mystical" goals, qualities of experience goals—internal peace, serenity, even joy! In Huna manifesting, it is important to first include the psychology of mind

(as in traditional goalsetting and motivation training) and then transcend it by vastly increasing your personal power by adding spiritual power to the equation! It only makes sense to learn to invoke the strongest power to do the work.

There are many ways to increase the mental and emotional energies (mana and manamana). To activate manaloa is the real secret, that has to do with mystical initiation. Once awakened, manaloa is readily and abundantly available. The keys to Ho'omana (self-empowerment) are given through the sacred process of "mystical initiation"—the passing of manaloa from the teacher to the student, an ancient process known by spiritual masters. In this case the Kahuna—the teachers, leaders and healers of Hawaiian Huna.

In Huna as in any healing and manifesting practice, mana is everything. Increasing your three manas, especially manaloa, will reduce suffering, increase personal energy and even cause joy! Raising spiritual energy is the goal of our evolution—manifesting both personal and spiritual love.

Huna is an intelligent system of spiritual psychology that has no dogma and doesn't conflict with other schools of thought. It is practical, grounded and easily understood by both beginners and advanced spiritual practitioners. In fact, Huna is a great addition to any personal or spiritual endeavor. Huna focuses on highly effective practices that can be used on a daily basis. These include breath and energy work, meditation, chanting, sacred initiation, healing of negative emotions, as well as empowered practices for increasing love, improving relationships and abundance.

Project Aloha and Advanced Hawaiian Huna will be in Kelowna, June 22 (eve), 23 & 24 presenting the "The Spirit of Hawaii" weekend workshop. This workshop will be presented by Kawika David Blaikie (Kahu Huna) and Barb Aloha Lani Hirano. We welcome you to celebrate summer solstice with a fun and empowering weekend of the secrets, healing and magic of Hawaiian Huna.

Heaven on Earth



Project Aloha

The Spirit of Hawaii

www.hawaiianhuna.com 604-762-6960

The "Spirit of Hawaii"

Kelowna, B.C.

June 22 (eve), 23 & 24

presented by...

Kahu Ka'auhelemoamanaloa
& Barb Aloha Lani Hirano

Project Aloha & Advanced Hawaiian Huna

Victoria, Courtenay/Comox, Nanaimo, Nelson,
Kamloops, Prince George

We are looking for promoters & sponsors.

Dreamweaver



Anniversary Celebration

Saturday June 16

During Vernon's famous
Sunshine Festival

Enjoy the Festivities downtown
and be sure to drop in at
Dreamweaver for a relaxing
browse and to take advantage
of our **Great Sale Prices**

Sale prices in effect

Fri. June 15 & Sat. June 16

3204-32nd Avenue, Vernon

549-8464

1-888-388-8866

Guardian Angels

learn how you can make communication
with your Angels a part of your life.

Thurs. 7-8pm • June 28th

Pantry Restaurant Meeting Room

430 Harvey St., Kelowna. Cost: \$8.50

Judy 548-4169 or Susan 768-7623



THE LAUGHING MOON
Gallery & Gift Studio
& Restaurant too!

*"May the beauty you
love, be what you do."*

Rumi

**Clothing, Jewellery
Stationery, Local Art
All Things Beautiful
& Unusual**

4600 Lakeshore Road,
Kelowna • 250-764-0664

OPEN 7 DAYS A WEEK

CANADIAN ACUPRESSURE INSTITUTE

JIN SHIN DO • SHIATSU • PART TIME • FULL TIME

1-877-909-2244 acupressureshiatsuschool.com

27

Chanting for Health and Wellness

by Thérèse Laforge

This year I have started a chanting evening once a month in my home. The title Sound Pod came to mind, in honour of the whales and daulphins who do such vital health giving, cleansing work in the ocean with their powerful, sonar emissions. For us humans, chanting is not about "singing,"-its about breath, its about heart, it's about Spirit and we come fully equipped to participate.

Chanting uses a word or phrase or a sound repetitively to relax and balance us. It deepens and regulates our breath and the repetition breaks down our sense of limitation. It alters our brain state and allows us to be more creative.

Sound is food for our body and soul. Dr. Alfred Tomatis, a French physician and reseacher calls sound a critical nutrient for our brain growth, as it stimulates and charges the neocortex with electrical impulse. Dr. Tomatis explains that our auditory system is responsible for much more than just our hearing. It orchestrates the brain and nervous system to enable us to talk, to stay erect and move. Also, the auditory system interacts with the cranial nerves that send information to and from the brain and maintain balance and orientation in space.

Dr. Tomatis' reseach shows that sound and music are critical nutrient to wellness and growth. It is up to us as to what sound and music we choose to listen to in our daily lives. It is also up to us to lobby for music programs in our schools.

Chanting is one of many ways to bring more sound in close. If chanting interests you. join us on the second Friday of the month. Check out my website at www.skyboom.com/healingsounds.

June 8 & July 13, Sound Pod, group chanting, no cost, no special talent needed - 7:30 to 9:30 p.m. call Thérèse at 250-374-8672

23rd Annual

Spring Festival of Awareness April 27-29th, 2001



As surely as the double ruffled daffodils were blooming, the Spring Festival unfolded its rainbow self under gently temperamental spring skies. Even as the clouds at times chased the sun across the sky, the atmosphere amongst the 300 or so participants and workshop leaders was happy and relaxed, playful and serene all at once.

From early morning movement and meditation, to the spirited late night fire dancers, the Spring Festival wove its healing magic on everyone there. From Urmi's precise and gentle guidance at the Healing Oasis, to the twinkling lights and candle magic of the gym, the event shone with years of organization and attention to detail. The excellent team of Marcel and Samarpan, Laurel, Urmi and Nywyn, with the willing assistance of Ulie, Christina and Yvan, who all picked up the threads gently released by Angèle. Our dear friend and fearless leader found herself attending to her hard-working body's repair and rest. The crew would very much like to thank all the workshop leaders, healers, musicians and dancers and all our precious volunteers for making the weekend so enjoyable. See you at Wise Woman Weekend, Sept. 14-16th!

ASTROLOGICAL FORECAST for June & July 2001

by Moreen Reed

The key word for **June** might just be "compromise", which is better than "confrontational." On the cosmic stage this month "oppositions". In theory we have both sides of the coin represented, this should provide natural balance. We will have the folks who will line up behind the facts and/or rationalization and we will have the folks who line up behind cultural history or dogma. This situation does not need black and white, rather it points to cooperation, collaboration, consensus, instead.

Mercury might provide relief by scrambling the airways with his second retrograde period of the year. This begins on June 3rd. The usual rules apply; expect delays and changes in plans, communication to become tangled and confused. This is a great time for right brain activities.

You need to reevaluate and reconsider, major issues. Hold all final decisions and approval until after Mercury goes direct on June 27th. Let your sense of humour overcome the challenges of the unexpected adjustments.

The June 5th Full Moon along the Gemini/Sagittarius axis is at 6:39 pm PDT. We are asked to shed light of awareness on dogmatic judgements and opinions. This means questioning the unquestionable. Not to make black white or white black, but to bring curiosity back to life. The highlighted degree symbolism* is "A woman agitator makes an impassioned plea to a crowd" and the key word *Indignation*. For the polarizing crowd a crescendo of chest pounding will be heard tonight.

On June the 6th we find Venus moving into one of her favourite turfs, Taurus. Here she gets to revel in the five physical senses. The domination of the active and expressive, fire and air is now on the wane. The live action figures, passionate people, dominate from the 6th to the 13th. Some of the best debriefing will take place over the next few days, 14, 15 & 16. Need to get a message out there to the masses? Target the 17th & 18th. Internet melt down is another possibility.

June 21st we have literally a Cancer New Moon rising, an eclipse of the Sun, and it is the summer solstice. For those into planning ritual solstice is at 38 minutes after midnight, the New Moon and start of the eclipse is at 4:58am, Sunrise is about 5:20am. Symbolically we begin by honouring fertility and growth, then set in motion a new cycle of events that can be reignited for months to come, "A sailor ready to hoist a new flag to replace an old one"* The keyword is *Adaptability*.

We now see water and earth, sensitivity and security on the increase to help broker a deal with driven ideals. Discipline is also on the rise now if we can hang in there till Mercury gives us back linear time....

Mercury stations turns direct on June 27 at 10:48 pm. All that has been reviewed and revisited can now be put in order. Hopefully in a new expanded and less rigid way.

In **July** we will see Mars and Saturn put the squeeze play on Pluto humanities evolutionary agenda. Translation: where is the pressure of intention and reality impossible to ignore? At stake and building in intensity are the following themes; economic/cultural domination, whose version/vision of reality is on top, are we or can we align with natural law, what is our current/actual version of justice, what new horizon truly beckons us? Hope for the future is on the table.

The July 5th Full Moon (Lunar Eclipse) along the Cancer/Capricorn axis is at 8:04 am PDT. We are asked to shed light of awareness on our ability to nurture the growth of human life. We must factor in the larger community. Bringing a humble and open ended agenda to the process, knits the past to the future. The highlighted degree symbolism* "A very old man facing a vast dark space to the North East" and the key word is *Sanction*.

Check out the evening news on July 12. Mercury and Jupiter join hands and cross into Cancer, the Solar eclipse degree from last month, a hot button these days. The opportunity is for a meeting of minds and points of view to secure growth. Old ties may be renewed, like at a family reunion, but on a global level. We raise the flag on a new era.

The solidarity of alliances will be tested July 19th. Venus opposes Pluto; are we on the same team or not? This is on both a personal and global scale. Uranus sparks Chiron insuring the voices of pain are heard.

Has it been hard to get yourself motivated, or do all your efforts seem to run off the tracks? If this sounds familiar then maybe Mars turning direct on July 19th, will be quite noticeable for you.. Mars will end his eight week review session. For those who have not been clear on intention you can surge ahead with rejuvenated vigour. The first to feel the turn around will be the wounded warriors. The second are stalled romantic scenarios. Did you notice what it takes to nourish your intention, keep it strong and growing?

The July 20th Cancer New Moon is at 12:44 pm PDT. Today you are planting seeds to nurture humanity and you. New understanding and new meaning are part of what new(s) today. There is an air of insightful compassion about, that is motivating people to speak out. The highlighted degree symbolism is "A Greek muse weighs in golden scales, just born twins"* The keyword is *Value*. The Sun moves into fun loving Leo on 22nd, perfect for summer time activities. But meanwhile Saturn is zeroing in on Pluto bringing out reality in ever more crisp detail. Asking us all to open our minds up to the present. This of course especially applies to time spent on vacation! Okay, the tough issues that face humanity are coming clearer as well. Look for boundaries to be challenges as well as authority as we come to the end of July.

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

Creative Insight

with

Moreen Reed
Astrologer

1-800-667-4550

In Victoria 250-995-1979

"Consultations by mail,
phone or in person"

Daily forecast available on my website
<http://www.cardinalastrology.com>



Wheel of the Year

by
Laurel
Burnham



June: The Honey Moon

The month of June received its name from the Roman goddess of marriage and protectress of women: Juno. This month was considered particularly lucky for marriage, unlike May, which was reserved for other rites. This is where the custom of the June bride began as well as "The Honeymoon". June was identified by the ancient Celts as the month of the "Honey Moon" because this is a great time for bees and honey making. The Celts (my ancestors) and other Europeans were great makers and drinkers of mead, a fermented drink made from honey. Mead was considered to have magical and life-restoring properties, and was the drink of choice of many heroes in old legends.

The traditional wedding ceremony involves another set of customs that are rooted in our pagan, Earth as Goddess/Mother loving past. The Christian church did not officially sanction weddings until some time in the 16th century, but people had been getting married long before they were allowed to do so in churches. The custom of the bride wearing white did not originally signify virginity (a dubious distinction to our forebears) but the maiden aspect of the Goddess, in all her radiant and sensuous splendor. Wedding rings are charmed circles, ancient magical symbols, talismans binding true love. Showering the bride and groom with rice/confetti or environmentally friendly bubbles is an ancient fertility blessing for the new couple.

Besides weddings, this month has a number of festivals celebrating the earth's beauty and abundance. It is also the time of the summer solstice and the longest day of the year on June 21. The summer solstice was also called Midsummer or Litha. It originally was a three day festival which involved fires, dancing in the woods and ecstasy. (I'll leave the rest to your imagination!)

Wherever the impulse to celebrate the summer solstice comes from, it is a good opportunity to give thanks for all that you have received. Make an offering of your own first fruits of the year, whether it is a donation to the food bank or the planting of a tree, or a quiet prayer of gratitude. Make sure you celebrate outside! Let the fires of summer burn away all that needs to change in our lives. The Celts loved summer so much that they called their paradise "Summerland". In the Hopi tradition, this is a time of Niman Kachina, where the helpful spirits encouraging the forces of growth retire to the underworld, disappearing into Mother Earth where they will not be seen again until midwinter. If you are seeking protection and renewal for yourself or the world around you, allow yourself to find solace in Mother Nature.

July: The Blessing Moon

Can there be any doubt that summer has officially arrived? The kids are out of school, and holidays have begun. Hope you have the opportunity to celebrate Canada Day on July 1. Despite our leadership, we still have a country to be thankful for. This is a good opportunity to meditate on what it means to live in Canada at this time. According to Celtic wisdom, each country has its own spiritual identity and responsibilities. A good meditation, perhaps to try and identify what our unique spiritual responsibilities are as Canadians.

July is a month of increase, getting ready for the first harvest of Lammas. It is named after Julius Caesar, who reformed the entire Western European calendar in 45 B.C. Even though it is the glorious warmth and expansiveness of summer, the days are actually beginning to get shorter. Reversal is in the air. The nights are exquisite, perfect for star gazing. The moon can be wonderfully beautiful, riding silver and shimmering mid sky. There is something bittersweet about July, as the sun has already reached its peak and is in decline. Another name for this month is "The Wort moon". Wort is an Anglo-saxon word for "herb". This is a good month to begin harvesting herbs. Herbs would naturally be at their strongest and most energetic at this time of year, when the sun is high in the sky. There is a great deal of information about herbs, both their medicinal and magical properties.

If we are listening with our inner ears, we will find ourselves intuitively drawn to water in July. Salt or fresh water, we need instinctively to be near or in this restorative element. The first thing I find myself doing when I reach the water's edge is to take off my shoes. The second thing I do is scan the beach and tide line for things the waves have left behind. Left to beachcomb long enough, I'm sure I'd end up naked with no place to put the shells and other treasures I'd find. For those of you lucky enough to go to the ocean or some body of marine water, sand that has been collected from between the tide lines is particularly magical. If you do travel to a favorite body of water, it is possible to bring a little home in a plastic film container. This can be used to cleanse a space, or added to your altar. I was gifted with a lovely little container of water from the Nile River, from Crocodile Island, drawn during a full moon, with Sebek (the crocodile/God) looking on. Holding that precious element in my hand connects me to that amazing river and the land of Egypt. I have received gifts of water from all over the world, and have used those gifts in ceremonies where we have collectively prayed for the health and well-being of the waters of the world. We will do this again at Wise Woman Weekend in September.

Wanted: Holistic Health Practitioners

to share space in Penticton to co-create a healing place and earn money
sharing our talents and gifts. Reasonable rent with an opportunity
to create a clinic the way we envision it.

call - 1-888-756-9929 or 492-5371

Grapeseed Tincture/Extract

by Klaus Ferlow

Grapes were cultivated in Egypt over 4000 years ago, and are still an integrated part of most European cultures and cuisines, especially those of Mediterranean regions.

Grapeseed (*Vitis vinifera*) is touted as a powerful antioxidant that offers protection from some cancers. It may also help reduce the risk of heart disease, ward off vascular conditions like atherosclerosis (hardening of the arteries), varicose veins, easy bruising and can prevent capillary related vision problems such as eyestrain and poor night vision.

The primary medicinal compounds in grapeseed are procyanolic oligomers (PCOs). PCOs are the precursors to blue-violet and red pigments in plants and they are found in high concentration in the seeds of red and purple grapes.

Free radicals cause oxidation and may promote the mutation of healthy cells in your body. An overabundance of these unhealthy cells can lead to cancer. PCOs seem to stop free radicals and help them pass quickly out of your body. Some studies have shown that PCOs kill cancer cells while protecting healthy cells.

The PCOs in grape seed seem to aid the vascular system by binding to, and thereby strengthening, collagen, a protein that lines veins, arteries, and capillary walls. This makes these blood passageways stronger, more flexible, and more resistant to stress, permeability, and rupture.

The antioxidant properties in grapeseed PCOs are well researched but the majority of the studies have been done in test tubes and on lab animals. For example a summary of seven in vitro studies published last year in the medical journal *Toxicology* reported the antioxidant strength of grapeseed PCOs was up to four times more potent than that of beta carotene or vitamins C and E. The review also reported that PCOs in grapeseed destroyed breast and lung cancer cells and promoted healthy cell growth.

In a review of twenty studies that appeared in *Alternative Medicine Review* last year, PCOs in grapeseed were found to inhibit cell oxidation and blood clots while strengthening capillary and vein walls, all of which help in preventing vascular conditions. Here is a summary of healing properties:

- ✦ High flavonoid content
- ✦ Potent antioxidant, protecting against free radicals
- ✦ Stimulates the body's own defensive mechanism
- ✦ Has been shown to increase Vitamin C absorption
- ✦ Inhibits destruction of collagen
- ✦ Vascular protectant
- ✦ Protects the lungs
- ✦ Protects the circulatory system
- ✦ Helps asthma and other breathing problems
- ✦ Excessive menstruation and menopausal syndrome
- ✦ Urinary complaints
- ✦ Helps to overcome hypertension
- ✦ Reduces high blood cholesterol
- ✦ Eliminates skin rashes, and reduces inflammation of the mouth, gums, throat, or eyes
- ✦ Torpor with overweight and cellulite

Please Note: It is not our intention to prescribe or make specific claims for any of our products. Any attempt to diagnose and treat illness should come under the direction of your health care practitioner.

Grapeseed Tincture / Extract

Available in 50 ml bottle

100% NATURAL HERBAL PRODUCTS

Creams • Lotions • Shampoo • Soaps • Spray • Tinctures • Oil
Genuine Essential Oil • Extracts

Freshness Guaranteed. No Synthetics. Using only certified organic, organic or wild-crafted herbal extracts.

Sold only to Professional Health & Wellness Practitioners

Contact your local consultant below for more product information:

Okanagan/Interior/Shuswap

Princeton

Touch of Hope, June Hope, Reiki, Reflexology, Cranial Sacral Therapy, Orthobionomy, Visceral Massage
Tel. (250) 295-3524

Penticton

Penticton Naturopathic Clinic, Dr. Alex Mazurin, N.D., Judy R Mazurin, BSc., DTCM, Acupuncture & Oriental Medicine, Tel. (250) 492-3181

Body Biz, Sherry Armstrong, Massage, Reflexology. Tel (250) 488-1028

South Okanagan Naturopathic Clinic, Dr. Sherry Ure, Dr. Audrey Shanley Ure, Tel. (250) 493-6060, Fax (250) 493-6962

Okanagan Falls

Lorna's Hair & Bodycare, Lorna Mosuk, Tel. (250) 497-8801

Westbank

Sandra Knipstrom, Reiki, Shiatsu Cert. Aromatherapist, Reflexology, Tel. (250) 768-8821

Kelowna

Okanagan Natural Care Centre, Reflexology, Colonics, Iridology, Aromatherapy, Ear Coning, Educational Kinesiology, Bodywork, Dianne Wiebe, Tel. (250) 763-2914

Dr. Trevor Salloum, Naturopathic Physician, Tel. (250) 763-5445, Fax (250) 763-3951

Heaven on Earth Day Spa, Dianna Fahrion, Sandra Knipstrom, Certified Aromatherapist. Tel. (250) 763-7949

Vernon

Vital Path Health Care Centre, Dr. Neil McKinney, Naturopathic Physician, Tel. (250) 549-1400, Fax (250) 549-1409

Mystic Healing Therapies, Robbie Smith, Tel. (250) 260-4967

Osoyoos

Barbara Kazinoff, Natural Herbal Products, Tel. (250) 495-3915

Lake Country

Naturally With Herbs, Sonia Sontag, Master Herbalist, Tel. (250) 548-0026, Fax (250) 548-3250

Enderby

Susan Van Den Tillaart, Natural Herbal Products, Tel. (250) 546-6193, Fax (250) 546-8693

Kamloops

Soul Wisdom, Carol Bell, Cert. Healing Touch Practitioner, Reiki Master, Energy Base Care, Pain & Stress Mngmt., Tel. (250) 377-8938

Serena Aromatherapy, Tammy Walton Cert. Aromatherapist Tel. (250) 573-3151, Fax (250) 573-3175

Amelia's Aromatherapy, Amy S.E. Fischer, Cert. Aromatherapist, Tel. (250) 577-3197

Salmon Arm

Dr. Roger R. Gervais, ND, DC, Tel. (250) 833-0997

Cellista

Ralph & Vicky Bischoff, Berry's Body Management, Kinesiology, Tel. Fax (250) 955-2374

Tappen

Gloria Davidson, Physiatric Nurse, Healing Touch Practitioner, Tel. (250) 835-0018

Maxine & Al Berry, Body Management, Kinesiologist & Natural Herbal Products. Tel. (250) 835-4305

The Kootenays

Cranbrook

Dr. Trent O. Brereton, ND, Tel. (250) 426-5228

Creston

Carol Huscroft, Natural Herbal Products Tel. (250) 426-3349

Kaslo

Sunnyside Naturals, Slavomira (Slava) Estok, Chartered Herbalist, N.C., Tel. (250) 353-9667

Nelson

Robert Smith, Natural Herbal Products Tel. (250) 505-5321

Dr. Brenda Gill, ND, Tel. (250) 354-1998

Rossland

Dr. Brenda Gill, ND, Tel. (250) 362-5035

Northern British Columbia

Williams Lake

Hobbit House, Leanne Kunka, Cert. Reflexologist, Cert. Aromatherapist Tel. (250) 392-7599

100 Mile House

The Hills Health & Guest Ranch, offers one of the largest groups of Wellness Professionals of any resort in Canada, 108 Mile Ranch, Juanita Corbett (owner) Tel. (250) 791-5225, Fax (250) 791-6384

South Hazelton

Tim & Gladys Lemky, Berry's Body Management & Kinesiology. Tel (250) 842-5164 Fax (250) 842-2164

Smithers

Kathy Graham, ND, Tel. (250) 847-0144

Prince George

Prince George Naturopathic Medical Clinic Inc., Dr. Robert Van Horlick, ND, Tel. (250) 562-3813, Fax (250) 562-5775

Dr. Deborah Phair, ND, Tel. (250) 614-0112

Dr. Lawrence Brkich, ND, Tel. (250) 564-1700

Fort St. John

Peace Clinic of Naturopathic Medicine, Dr. Amanda Gammage, ND, DC, Tel. (250) 787-6020, Fax (250) 787-6029

CONSULTANT INQUIRIES WELCOME



FERLOW BROTHERS MFRS. OF NATURAL HERBAL PRODUCTS

Quality & Service Since 1975

BOX 3197, Mission, BC, V2V 4J4

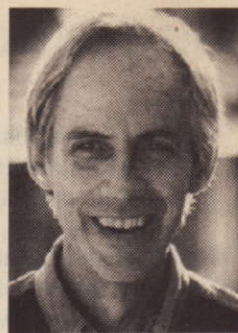
Tel. 604-820-1777 • Fax 604-820-1919

Email: info@ferlowbrothers.com Web: www.ferlowbrothers.com

Protein Perspectives:

by Paul Pitchford

Modern Nutrition & Oriental Traditions



There's been a flurry of media response to the mega-protein diets, and for good reason: texts on the subject are the largest selling books worldwide in the past couple years. And due to this widespread information, virtually everyone I know with an interest in nutrition, both vegetarian and omnivore, has reassessed protein needs. Why has dramatic interest in protein surfaced at this time? We might surmise it is from stress at this frenetic point in our history, as protein foods antidote stress with stabilizing, relaxing and strengthening therapeutic actions.

Yet despite all the talk about protein, rarely does anyone eat an unrefined food that is more than 25% protein by weight. Thus 'eating protein' most often means eating foods that are especially protein rich. Examples of such foods are nuts, seeds, beans, soy products and most meats, including the red meats, pork (sometimes considered a white meat), fish, and fowl as well as eggs.

However, all plants also contain protein, and convincing studies in the 1950's by Wm. Rose indicate that when energy needs are met with a food, protein needs are automatically satisfied. For example, potatoes or rice easily meet our protein needs when one simply eats enough to obtain sufficient calories for energy. Nevertheless such foods alone rarely satisfy those who crave 'protein.' Research by the world's foremost protein expert, Dr. Scrimshaw, head of the Nutrition Department at Massachusetts Institute of Technology, provides an insight. His cross-cultural studies reveal that, given the opportunity, people will consume three times more protein than their true needs. In the poorer countries, this rarely manifests, but in first world countries, protein overconsumption is commonplace, being most easily accomplished with animal products.

If true protein needs are so easily satisfied, even by complex carbohydrates such as grains, what is really being craved? I feel that when meat is craved, it is the rich, highly assimilable matrix of nutrients in meat that is desired. The animal has performed the work of converting vegetal foods into tissues not so different from our own. Thus many individuals will assimilate iron, certain vitamins, and other nutrients from meat more readily than from grains and beans. This is especially true of those with cultural heritages characterized by meat-centric diets. According to the Ayurvedic healing system of India and Chinese traditional healing arts, meat strengthens us, but only when eaten in moderation. And 'moderation' generally means three or four ounces a day. This figure corresponds to what many nutritionists now suggest for healthful meat consumption.

When meat, seafood and fowl intake exceeds eight ounces a day, the resultant protein can cause more calcium excretion than is assimilated, thus promoting osteoporosis or bone loss. In fact, osteoporosis is widespread in the developed countries, more so than in poorer areas. Thin, underfed people in India often have stronger bones than big, beefy Americans and Canadians. This is due to our eating patterns: research over the past forty years has shown that

the single greatest contributor to bone loss is the acids from too much dietary protein. Other research over the same time frame suggests that kidney failure is most frequently a result of excessive protein consumption. Interestingly, traditional Chinese medicine unifies these health concerns with the view that the kidney-adrenals rule the bones. Furthermore, the kidney-adrenals are said to rule the brain, sometimes referred to as the 'sea of marrow'. Can Alzheimer's disease also be traced to protein excess? Perhaps.

In Ayurveda, a sticky, toxic residue known as 'ama' is associated with eating animal products. Uncannily, recent research finds that a sticky protein polysaccharide called amyloid plaque obstructs brain pathways in those with Alzheimer's. (The ancient teacher Gautama Buddha suggested that those interested in developing their higher faculties should avoid meat.) This same plaque obstructs the arteries in most forms of heart and vascular disease and is also implicated in the genesis of cancer.

The most comprehensive nutrition studies in history were performed in China in the latter part of the Twentieth Century. These studies, sponsored by Cornell and Oxford Universities and the Chinese government, showed that Americans, particularly American men, had a 1700 percent greater incidence of heart disease than Asians eating a grain and vegetable based diet. Ninety percent of the protein in these diets is from plant sources. Wealthy Chinese eating rich diets had heart disease similar to the Americans. Not surprisingly, other degenerative diseases, including diabetes and cancer, were less likely in those eating traditional Asian fare.

Nevertheless, I find myself, a vegan for thirty years, recommending animal products to some of my clients with signs of deficiency and weakness. For the many who don't do well with dairy foods, I often suggest a moderate amount (4 ounces or less, several times a week) of quality meats, meaning organic and free range. The negative, ama/amyloid-forming aspects of meat, fish and fowl can be countered with a vinegar-water marinade as well as cooking them into soups and stews with common spices (e.g., marjoram, rosemary, thyme, fennel, ginger, or sage). Cooking or eating animal foods with abundant vegetables and bean sprouts also reduces ama pathology. Individuals who over-consume meat may have short term weight loss and fewer sugar imbalances (protein controls sugar cravings), but at the risk of bone loss and kidney degeneration. Popular books by Dr. Atkins and others who recommend protein-rich diets tell us that carbohydrates need to be restricted in order to lose weight and control blood sugar swings. In my experience they are partially correct. Refined carbohydrates should be restricted. These include the 'white foods' such as white pastas, pastries and breads that contain white, refined wheat flour and refined sugar. Also included is white rice.

All such foods are not completely utilized as they are

missing minerals, fiber, precious oils, enzymes, and a plethora of phytochemicals needed for proper breakdown and metabolism, not to mention their need in supporting vital immunity. Therefore, refined food residues may stay in the tissues and promote weight gain, among other imbalances. Whole carbohydrate foods, brown rice and unrefined grains, whole grain breads, unrefined sugars (e.g., Rapidura), do not have this effect.

It should be noted that refined oils that constitute hydrogenated fats found in common peanut butter, candy bars, margarine, and shortening also cannot be fully metabolized and thus are often stored in various tissues and organs, setting the stage for cellulite, carcinomas and other degenerations.

One would expect the protein diets to receive support from mainstream dietitians who, over the years, have been promoters of meat-based diets and recipients of funding from the meat industry. Surprisingly, however, even the American Dietetic Association sees the Atkins diet as extreme beyond reason, calling it 'a nightmare.'

Many people know to avoid poor-quality foods as well as the non-foods, yet continue to ingest them. This is because our mind, body and nutrition are closely related. A mind full of toxic desires may all too easily crave toxic foods. Therefore the best starting point in our regenerative process is the mind and its intention. Food and awareness practices have historically been unified, e.g., in both the ancient Orient and Occident, prayer and meditation have always accompanied dietary purifications such as fasting. When people begin with real emotional and spiritual healing, dietary upgrades tend to be second nature and effortless. There are few things more dissatisfying than eating a diet that does not match one's current mental outlook.

Thus the first priority in my nutritional work is to recommend quieting the mind. This brings mindfulness to all we do, and through such self-awareness, one tends to change toward balance in all life activities.

The second priority is activity. In Far Eastern tradition, without adequate exercise our digestive fire becomes weak and even the best organic foods may not help us. So I feel that one ideally develops good mental and physical habits before undertaking serious dietary change.

*Paul Pitchford is author of the landmark book **Healing with Whole Foods: Oriental Traditions and Modern Nutrition**; he directs the Asian Healing Arts and Integrative Nutrition Program at Heartwood Institute, located in northern California. In July he will be giving a six day workshop at Johnson's Landing, B.C.. (see the Centerfold for details)*

Celtic Design T-shirts

available throughout the Okanagan
at Dare to Dream and Mandala's Books in Kelowna,
Spirit Quest in Salmon Arm, Dreamweaver's in Vernon and
at The Rainbow Connection in Penticton

or phone for mail orders 1-888-756-9929



The Viking Runes

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 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).



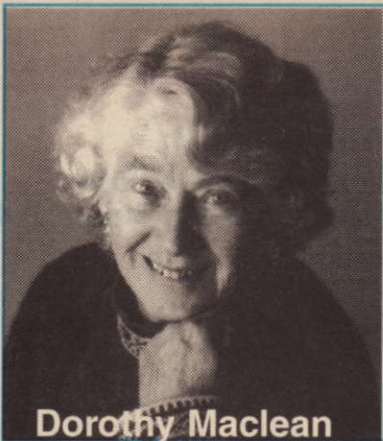
The Wheel of Life

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.



The Holy Grail

According to a popular Gnostic Christian legend, Joseph of Arimathea, 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.



Dorothy Maclean

co-founder of FINDHORN in Scotland
July 13th Weekend Workshop -
God, Humanity & Nature

JULY

Body <-> Mind Integration

Ken Martin

July 6th- 11th

God, Humanity & Nature

Dorothy Maclean

July 13th- 15th

Findhorn Foundation style Experience

Brita Adkinson

July 16th- 19th

Healing with Awareness & Whole Foods

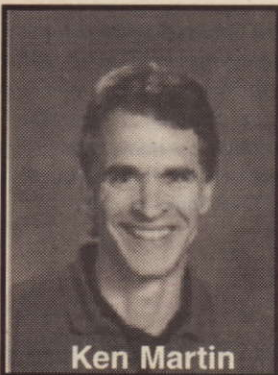
Paul Pitchford

July 20th- 26th

Cherishing our Love - Couples Workshop

Shannon Anima & Jon Scott

July 27th- 29th



Ken Martin

A recognized Leader in the field of
'Integrative Body Psychotherapy'
Five Day Workshop - July 6th - 11th
Body <-> Mind Integration

"Experience t

Retreats, Programs &

JUNE

Life Transitions Workshop

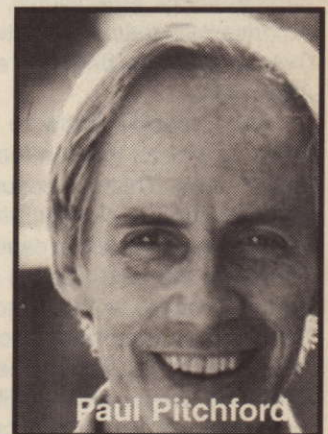
Dr. Kay Costley-White

June 22th-27th

Building Intentional Community

Sage Berrett & Jon Scott

June 29th-July 1st



Paul Pitchford

Author & Nutritionalist

Paul Pitchford

from HeartWood Institute

Six Day July Workshop/Retreat

Healing with Awareness & Whole Foods

Johnson's Retreat

*Overlooking
Kootenay Lake
- British Columbia -
CANADA*

To Register

Phone: Toll Free 1 (877) 366-4402

the Magic"

& Workshops

AUGUST

Painting as Process and Discovery

Hal Holoun - an Artist's Retreat
July 31st- August 7th

Accessing the Divine Within

Lama Geshe Tashi Namgyal
August 10th- 17th

Tantric Sensuality

Shannon Anima & Jon Scott
August 17th- 19th

Living with Purpose

Brita Adkinson
August 24th- 30th

Alchemical Astrology

Sharon O'Shea
August 31st- September 2nd



Lama Tashi

(born & raised in Tibet)

Seven Day August Retreat -
Accessing the Divine Within

SEPTEMBER

Unleashing Your Soul's Potential

Carol-Ann Hamilton
September 7th- 9th

Men's Retreat - The Call of the Soul

Jon Scott
September 14th- 16th

Path to Enlightenment

Brian Ruhe - Freeing the Buddha Within
September 17th- 23rd

Awakening to Love in your Life

Lynne Gordon-Mundell & Jon Scott
September 28th- October 3rd

Landing Center

Pull-out this Centerfold

Save for Reference

Hal Holoun - Artist & Teacher

'A Total Artistic Immersion Experience'

Seven Day Workshop - July 31st - August 7th

Painting as Process and Discovery



Hal Holoun

E-Mail: info@JohnsonsLandingRetreat.bc.ca

WEB page: www.JohnsonsLandingRetreat.bc.ca

POWER OF THOUGHT

CONVENTION AND WORKSHOPS

Internationally recognized speakers
help you to improve your health and abilities:
Locate Geopathic Zones causing Health Problems
New Advances in Diagnosis and Spiritual Healing
Thought & Energy Healing over Long Distances
Gene Therapy - Healing your Energy Bodies
Convention Fees only \$220, including meals
Workshops on Basic Dowsing, Distance Healing,
Shamanic Work, Environmental Improvement
Additional cost \$60-\$100 per workshop

FARMING WITH NATURE

A 4 day special workshop for farmers:
Learn how to dowse - locate wells & noxious energies
Increase farm income while reducing overhead
Communicate with animals- non-medical healing
Control pests and weeds without using chemicals
Identify & avoid harmful radiations & EMFields
Investment only \$350, including meals

Fri. 27th - Mon 30th July 2001

Olds Agricultural College, Alberta

info: John Living (403) 686-6259 email: jliving@direct.ca
www.dowsers.ca Holistic Intuition Society www.in2it.ca
Box 75116, West Hills PO, Calgary, Alberta, T3H 3M1
Intuition Technology - DOWSING is 'IT'!

\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$
\$ Every dollar you spend \$
\$ is a vote for what you \$
\$ believe in! \$
\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$

*Spiritual Astrology
& Life Counseling
Khoji T. Lang*

email: Khoji@celestialcompanions.com

Mayan Cosmology • Western Astrology • Numerology

Phone: 1-877-352-0099

Intelligence of the Heart

by Khoji Lang

Saturn is guiding us on our path towards integration

In 1995 Daniel Goleman published his best-selling book on "Emotional Intelligence". With this ground-breaking work he laid a cornerstone for a new approach to life, which eventually is going to revolutionize this world. With great authority he proves the shortcomings of intellectual intelligence. He reveals that pure reason and logic are destructive, and his research shows that emotions are the basic thing in life. It's well possible that his book will produce similar effects to Galileo's new paradigm, which made clear that Earth isn't at the center of the universe. Galilei not only put celestial hierarchies into proper position, but – of much greater import – he paved the way from materialism to spirituality. Bringing the Sun back to the center underlined the supremacy of spirit, original life-force and individuality, over Earth which represents matter, duality, personality and transience.

Goleman's publication fell in line with a most important planetary cycle, Saturn entering the sign of Aries in spring 1996. *Saturn is the great teacher, showing us how to master this gross reality, giving us the keys of transcendence.* In harmony with Aries' assertive pioneer spirit the message fell on fertile ground. Meanwhile Saturn has passed through experiential Taurus and recently moved over into Gemini - opening public discussion on redefining contents and methods of education. *Saturn's latest revelation is that life is not orbiting around logic and ratio, but around moods and emotions.* For too long humanity has dismissed the power of feelings, simply avoiding (or at least underrating) their importance, not recognizing the deep impact emotions have on the quality of our lives. Education became institutionalized and emotional values by and by were discarded. Rational, intellectual and competitive in its approach, mankind succeeded in denying the very source of life. The dawning insight on the importance of balancing male thinking by female feeling is a light of hope in this Dark Age.

Evolution shows amazing synchronicity. Parallel to the breakthrough of "emotional intelligence", scientists found most stunning facts – that the heart is far more than just a pump. Biophysicists discovered it being a powerful *electromagnetic generator*, creating an electromagnetic field that encompasses the body, extending up to twelve feet away from it. This field is so powerful that one can take an electrocardiogram reading from as far as three feet away from the body.

Neurocardiologists found that up to 65% of the heart's cells are neural cells, not muscle cells as was previously believed. These cells are identical to the neural cells in the brain, operating through the same connecting links, ganglia and dendrites. Quite literally there is a brain in the heart, integrating all the body's functions and attuning them to our emotional state. And parallel there is a very large neural connection between the heart and our emotional brain which is located in the head. Last but not least, molecular biologists discovered that the heart is *the body's most important endocrine gland*. In response to our experiences with the world it produces and releases a hormone (ANF) which profoundly affects the control centers for the entire hormonal system.

See ad to the left

When Food Becomes Medicine: The Benefits of Fermentation in Human Nutrition

by Ken Walter "The Bug Doctor"

Lactic Acid bacteria are almost as important to human nutrition as water. Modern scientific research is beginning to verify the benefits of ingesting Lactic Acid bacteria produced by the ancient art of fermentation. Thousands of years ago our ancestors, possibly by accident at first, began to ferment a variety of foods. This process increases the nutritional value of foods and improves flavour.

Fermentation is the action of microbes, both bacteria and yeasts. Fermentation creates enzymes that are the chemical catalysts that cause the decomposition of whole foods into their substrates: amino acids, fatty acids, vitamins etc. These substrates or free-form nutrients are the basic building blocks of living matter.

There are two types of fermentation, yeast driven, which makes alcohol and lactic bacteria driven, which creates Lactic Acid, the tart taste of foods like sauerkraut. Lactic Acid bacteria live in the soil and migrate to vegetation. When food is consumed, the bacteria move through the digestive system and once in the small intestine, the bacteria begin a symbiotic relationship with our gut. These bacteria assist in the break down of long and short chain amino acids and fatty acids. They synthesize minerals and vitamins as well as create the chemical catalysts we need for all life processes - the all important enzymes. In his book entitled: Enzyme Nutrition, Dr. Howell states: "Enzymes are substances that make life possible. They are needed for every chemical reaction that takes place in the human body. No mineral, vitamin or hormone can do any work without enzymes....They are the manual workers that build our body from proteins, carbohydrates and fats, just as construction workers build our homes. You may have all the materials with which to build, but without the workers (enzymes) you cannot even begin."

Heating above 110F destroys these enzymes and forces our digestive tracts to try and digest food without the help of enzymes. As our amino acid/enzyme deficiencies begin to build up, we no longer properly digest our food and the body begins to suffer - from acid indigestion to serious gastro-intestinal distress. Adding to our problems, there are certain chemicals known as enzyme inhibitors which hold grains, nuts and seeds in stasis until they are ready to sprout and if we ingest these foods in a heated or un-sprouted state we ingest these enzyme inhibitors as well, thus increasing our enzyme deficiency exponentially.

So questions arise: 1) How do we retain the enzymes in the foods we eat? 2) How do we begin to correct enzyme deficiencies? The answer is to increase our consumption of enzyme rich un-cooked fermented foods. When we take these foods into our body with the live bacteria that create all of these enzymes, we get a full spectrum of the free-form nutritional building blocks and enzymes we need. Combining the lactobacillus bacteria with their original food sources keeps the bacteria alive and more importantly, VIABLE. This is why consuming yoghurt, if it is unpasteurized, works at repopulating the gut flora after antibiotics. However this provides us with only one type of the many friendly bacteria we need and often commercial products are started with poor quality bacterial cultures. Extensive research is being done into the role and potential benefits of ingesting various Lactic Acid bacteria at this time, but if we consider the exceptional long lives of people who use fermented foods on a daily basis, we can begin to recognize for ourselves the usefulness of a daily intake of a variety of fermented foods.

Mother Nature gave us the fermentation processes that were greatly valued around the world until the development of other means of food preservation during the last 50 to 75 years. Lactic Acid bacteria are fundamentally important to our good health - without these


microbes the internal environment becomes unbalanced resulting in ill health! The ability of these friendly bacteria to reduce nutrients to the basic building blocks of life, makes nutrition immediately usable where needed by the body - no digestion required. Many people will feel an immediate "lifting of their spirit" after consuming fermented foods. Dr. Doug Morrison, Harvard PhD and Naturopath, has concluded that among the thousands of products he has been exposed to, there is shining star in strong strain of 12 Lactic Acid bacteria that have been developed over 40 years by a company called Grainfields Australia. Proprietary combination of 12 viable organic bacteria and quality organic whole foods they start with, combine to produce numerous health benefits.

Users of these products comment about the benefits they experience including the correction of food sensitivities, digestive dis-eases, and hormonal imbalances, BEST OF ALL - ITS JUST FOOD! Grainfields Australia products were developed from a nutritionist's point of view rather than by scientific reductionism. The long-lived peoples of the world have shown us that eating uncooked fermented foods containing live Lactic Acid bacteria in our daily diet helps us retain the vitality of life.


Wow Factor¹²

Get Wowed!

*Instant Nutrient Absorption, Detoxification,
and Protection from Dis-ease using Probiotics*



#1



One Choice!

One Serving!

Once a Day!

- ~ Enhances Digestion of Foods
- ~ Increases Immune System Function
- ~ One serving supplies the nutrients that can be found in over 100 individual supplements
- ~ Provides over 70 Trace Minerals, 18 Amino Acids, 3 Fatty Acids, 16 Food Enzymes, over 20 Vitamins, and 12 Lactic Acid Bacteria including Acidophilus & Bifidus

Build your Body's Best Bacteria
with GRAINFIELDS, the
World's Leading Alive Probiotic!

Give your family the Wow Factor¹² Experience!
Super Concentrated Organic Whole Foods

www.grainfields.ca 1.877.542.2847

Available at:

The Juicy Carrot and Whole Foods Market in Penticton, Shuswap Health Foods and Nutters in Salmon Arm, Anna's Vitamin & Tamee Bulk & Natural in Vernon and Sunnyside Naturals in Kaslo.

Excursions Into Non-physical Realities

by Paul Chelli, B.Sc.



Death is the ultimate journey. Exploring life after death should be of the utmost interest to all of us because death is one event we will all experience. This was not the original goal of Robert Monroe when he wrote *Journeys Out of the Body* in 1971. However, he did want to pass on his experiences to others so that they would not have to go through some of the confusion and terror that he went through. What developed out of thousands of solo journeys out of the body was a process of using audiotapes with hemispherically synchronized (Hemi-Sync®) sounds to preoccupy our unconscious minds, in order to better focus and hold our awareness at other states or levels of consciousness.

In 1974, Robert Monroe established The Monroe Institute as a non-profit research and educational organization for other people to carry on what he had started. Since then he has written two sequels, *Far Journeys*, in 1985, and *Ultimate Journey*, in 1994, which explain to the reader the existence of an interstate highway that he discovered from physical life through various levels of consciousness to the Reception Center or Park, where many people go when they die. Bob not only researched and wrote about his out-of-body journeys, but through the Monroe Institute he developed week long programs for people to attend, to develop the mental balance and skills to journey to these non-physical realities. To date, more than 8000 people have attended the Monroe Institute programs in Faber, Virginia and over 2 million people have used Hemi-Sync® audiotapes worldwide.

Excursion Weekend Workshops are currently conducted in more than 10 countries. Paul Chelli, who is a 4th year psychology student at OUC, is interning to become a qualified, gateway outreach trainer for Excursion Workshops developed by the Monroe Institute. The tapes have proven to be especially effective in applications such as: physical wellness and coordination, mental well-being, creativity and problem solving, learning and memory, meditation, sleep, dreams, opening to non-physical realms and much more. Robert Monroe labeled the different levels of consciousness, which people gravitate to as they listen to his guided audiotapes, as focus levels. More information on the institute and programs can be obtained through the website, www.monroeinstitute.org.

Beyond Mind/Body Consciousness using Hemi-Sync® Sound Technology

July 6-8

Friday 7-10pm, Saturday & Sunday 9am - 5pm.

**Aurora's Health Centre and College, corner of
Kirschner and Dolphin, Kelowna**

Cost: \$175 per person prepaid by cheque or cash at Aurora's

Outreach Trainers: Paul Chelli & Rob Sandstrom

250-717-3198

Anti-Aging

by Susan Krautter R.N. BScN

It has been said that youth is wasted on the young. Imagine what it would be like if you could maintain a healthy, mobile, pain-free body into old age? All the wisdom of stored experiences would manifest in youthful form. Did you know that both men and women have similar hormone issues? Both men and women suffer from the effects of too much estrogen.

Outside North America, many cultures do not experience the ravages of old age as we do. Bodies remain fit and firm. The word "menopause" does not exist. One reason is the difference in our environment.

Here, our environment is permeated with petrochemical derivatives, which mimic estrogen in the body. These substances are non-biodegradable. They are stored in human and animal fat tissue and are therefore difficult to excrete. They change our genetics. Apart from causing reproductive abnormalities, they cause increases in cancer in both men and women. It is a stunning fact that due to the importing of fresh produce from unlegislated countries, we are exposed to more DDT now than before it was banned locally.

High estrogen contributes to the process of aging: risk of heart disease and stroke, baldness, obesity, reduced sexual appetite. Over the past fifty years we have seen greater than a 30% increase in breast, ovarian and uterine cancer. In Australia, a study was done where pesticides were used. There was significant evidence of masculinization of women and feminization of men.

Although estrogen has the reputation of preventing osteoporosis, it is a fact that estrogen slows down bone loss but does not build bone. Progesterone is the bone builder. High estrogen levels inhibit the body's production of protective progesterone. In our culture, by the time women reach menopause, osteoporosis has already begun.

The evidence that estrogen protects against Alzheimer's disease is conflicting and inconclusive. For almost fifty years women have been advised to take extra estrogen. In the light of more recent evidence, this is not logical.

Men need to be concerned about synthetic estrogen in the environment. Xenoestrogens are responsible for steadily-declining sperm count and diminished libido in men. The rate of testicular and prostate cancer has tripled in the last fifty years.

Those who intend to preserve their bodies in youthful form and function, must become informed about how to balance hormones through natural means, and avoid undesirable conditions. I encourage you to pay attention to the issues I have outlined and take measures to create the healthy conditions we call "The Balanced Life". Then you can confidently move forward into a joyous and productive old age.



*Susan Krautter R.N. BScN
is a Wise Woman presenter at
Naramata Centre Sept 14, 15 & 16
See back section for details.*

The Cost of Raising a Child

The government recently calculated the cost of raising a child from birth to eighteen years and came up with \$160,140 for a middle income family. Talk about sticker shock! That doesn't even touch college tuition. For those with kids, that figure leads to wild fantasies about all the money we could have banked if not for (insert your child's name here). For others, that number might confirm the decision to remain childless.

But \$160,140 isn't so bad if you break it down. It translates into \$8,896.66 a year, \$741.38 a month, \$171.08 a week. That's a mere \$24.44 a day! Just over a dollar an hour. Still, you might think the best financial advice says don't have children if you want to be "rich". It is just the opposite. What do you get for your \$160,140?

- Naming rights. First, middle and last.
- Glimpses of God every day.
- Giggles under the covers at night.
- More love than your heart can hold.
- Butterfly kisses and Velcro hugs.
- Endless wonder over rocks, ants, clouds and cookies.
- A hand to hold, usually covered with jam.
- A partner for blowing bubbles, flying kites, building sandcastles and skipping down the sidewalk in the pouring rain.
- Someone to laugh yorself silly with no matter what the boss said or how your stocks performed that day.

For \$160,140, you never have to grow up. You get to finger-paint, carve pumpkins, play hide and seek, catch lightning bugs, and never stop believing in Santa Claus. You have an excuse to keep reading the adventures of Piglet and Pooh, watching Saturday morning cartoons, going to Disney movies and wishing on stars. You get to frame rain-bows, hearts and flowers under refrigerator magnets and collect spray painted noodle wreaths for Christmas, and prints set in clay for Mother's Day and cards with backward letters for Father's Day.

For \$160,140 there is no greater bang for your buck. You get to be a hero just for retrieving a Frisbee off the garage roof, taking the training wheels off the bike, removing splinters, filling the wading pool, coaxing a wad of gum out of bangs and coaching a baseball team that never wins but always gets treated to ice cream regardless. You get a front row seat to history to witness the first step, first bra, first date, and first time behind the wheel. You get to be immortal. You get another branch added to your family tree and if you're lucky, a long list of limbs in your obituary called grandchildren. You get education in psychology, nursing, criminal justice, communications and human sexuality that no college can match.

In the eyes of a child, you rank right up there with God. You have all the power to heal a boo-boo, scare away monsters under the bed, patch a broken heart, police a slumber party, ground them forever and love them without limits, so one day they will, like you, love without counting the cost.

Soul Mates, Partners and Friends Wanted

A new feature for Issues Magazine

For like-minded individuals
to make contact with others.

Cost is \$33 for the 1 1/4" size
\$20 to repeat your ad



Wanted: a spiritual-minded man who possesses integrity and truth, who loves God, nature, people, who loves to travel, and who is looking for a long-term beautiful companion possessing the same traits. I could be "The One". N/S, N/D, 40-60 years old. Contact: Shaldena (250) 503-1445.

Tall nice guy would like to connect with a nice tall girl. I am 42 years young, Pisces, holistically-minded, seeking a partner, 35 to 45 years old to just be with. Rain, sun or snow, I love being outdoors surrounded by nature. I enjoy reading, writing, music/movement and working. I would like to someday live in a self-reliant/sufficient co-operative community. My spiritual direction is living in the "Presence", inspired by the words of Eckhart Tolle, Ramesh Balsekar, Satyam Nadeen, among others. My Dream Day.....Somewhere in the Kootenays, driving along a country road in my old truck, my sweetie beside me, our dog named Boo, stopping for a picnic by a stream, then soaking in a secluded hot spring, returning home to our cabin to snuggle by the fire.....send replies to "Friendship First" c/o Issues Magazine.

A woman is desired for friendship, or as a lover/partner. I also am a single woman, 44, NS, ND, who enjoys life in the Okanagan. Dancing is my delight, spirit is my joy. Deep caleth unto deep, light attracts light. Listen and respond, precious soul, if this be asked of you from within. Write to: Serendipity, 105-2365 Gordon Drive, Kelowna, B.C. V1W 3C2.

A handsome 37 year old Buddha who cares about life and enjoys music, handcrafting, gardening, cooking vegetarian, long walks and evenings out, is interested in meeting a sensitive and spiritual 30-45 yrs. woman who is into human development and a good fun time. Write to Buddha c/o of Issues Magazine, or call me at 250-809-7212.

**Interested in the above service - mail \$33
and your info. to Issues Magazine,
272 Ellis St, Penticton, BC, V2A 4L6**



SOUTHERN B.C.'S LARGEST NATURAL FOOD SUPERMARKET

- VITAMINS / HABA
- IN-STORE BAKERY
- ORGANIC PRODUCE
- JUICE BAR
- NATURAL GROCERY
- FROZEN FOODS

**CERTIFIED ORGANIC BEEF,
CHICKEN, DAIRY & EGGS**

Excellent Service, Selection & Prices

1550 Main Street, Penticton, B.C.
Open 7 days/week (250) 493-2855

Visit www.pentictonwholefoods.com
and enter to win a digital camera

bodymindspirit
Canada's Online Holistic Magazine

Sign up for your
FREE
subscription
TODAY!

PLUG
into the
world ...

plug into
bodymindspirit



Check out Canada's
Online Holistic Health Magazine
www.saskworld.com/bodymindspirit

What can I do today to make my world a better place?

by Cathy Fenwick

Our work and relationships with each other significantly affect our level of joy. It is difficult to find happiness if we neglect either of these. In surveys which ask people about why they work, most often found at the top of the list of responses are these; personal fulfillment, recognition, affiliation, enjoyment, learning, responsibility, independence and challenge. In eleventh or twelfth place is money. Reflected in these responses is the need we all have for meaningful work, caring relationships and happiness. Most of us want our work to provide more than the money we need to pay our bills. We want to know that what we do matters. Positive feedback and the occasional pat on the back would be nice. This is not to say that money doesn't matter, efficiency of a certain type can be motivated with money, but it isn't one of the top ten motivators for most of us. Happy, healthy people continue to look for meaningful activity even when they have plenty of money. Those who happily retire from paid employment get involved in volunteer work or pursue a long dreamed about creative endeavor.

A recent publication from the Canada Employment Centre stated that 80% of jobs available today are mind type jobs, 20% are jobs for people who are good with their hands. Even "hands on" jobs like food production and preparation, construction and other physical labour jobs require sophisticated technical skills. Employers in today's economy are looking for people who are creative problem solvers, who can work independently, and can get along well with other people.

Mihaly Csikszentmihalyi, a psychologist at the University of Chicago and author of *Finding Flow: The Psychology of Engagement With Everyday Life*, has found in his research on creativity, job satisfaction and productivity that you can't pay to get more creativity, because it's not just about money. It's about doing something that is meaningful and challenging. He writes about young creative workers, "They all love what they do. It is not the hope of achieving fame or making money that drives them; rather, it is the opportunity to do the work that they enjoy doing." He has found through his research that for some people, paying them to do things they enjoy actually reduces their interest in doing those things.

The old rules don't apply anymore. My son-in-law, a creative person with great 'people' skills, works for an Internet web design company. When he started three years ago there were seven workers, today there are 75 and they are still hiring. He is now head of the creative design department. This company is humming with 75 bright young people who are creative and innovative. This is one of many examples of work in the new economy. It demonstrates the needs of workers and employers today. I can't imagine the leaders in this company standing over workers with time clocks, shouting orders, or treating the workers with disdain. These young leaders don't work with a hierarchical, authoritarian model, they do not "crack the whip" at an assembly line. The old way stifles creativity and innovation. These young enthusiasts have to be sent home at the end of the day; they are having so much fun. Even fun is defined differently in such a creative environment. This kind of fun is the thrill of "yes, we did it." This is the sheer joy of creativity. Artists, writers, musicians and creative people of all kinds know this experience. It is com

elling and demanding, yet very enjoyable.

When my daughter and grandsons visit me in the summer for a few weeks, my son-in-law sees this as an opportunity to spend 90 hours a week immersed in his work. He is in heaven! He also understands the other side of the formula for happiness, healthy personal relationships. When his family returns, he can't wait to get home to spend precious time with the most important people in his life. He has a healthy understanding that good work and good family life don't just happen. Work and family life thrive on attention and joy.

What do these young people know that many of us older people didn't understand? Their perception of the world is different. They know that a good life doesn't just happen, it has to be created. They have studied enough history to know that we must make sense of our past and have dreams and visions for the future so we can create our present.

My grandparents grew up in the shadow of the great depression. They learned to distrust nature and began to believe that science and capitalism could solve most of our problems. My parents grew up with images of Hitler and Stalin, learning that they must protect themselves from such profound evil. The great Winston Churchill said, "This is our finest hour ...," he was talking about war! My generation grew up with images of Martin Luther King, "I have a dream that some day..." and John F. Kennedy, "Ask not what your country can do for you, but what you can do..." My children grew up in the midst of a technological revolution, Internet, globalization, workplace restructuring, and loss of trust in science and capitalism. Each generation has been deeply affected by the world view in which they grew up.

What kind of a world are today's children growing up in? Will they focus on Mother Theresa, "Do only small things with great love and you will accomplish much," Nelson Mandela, "We must work together or perish," and the Dalai Lama, "Compassion and forgiveness will heal the world," or will they hear more about bombs and ethnic cleansing? We create our world. We create our future. What things do we hear? What things do we speak? We need more creative thinkers to create a better workplace and a better world. Creative thinking is non-linear, it is not limited by rigid structures and beliefs. Creativity is circular and all encompassing. Creative thinkers are driven by the opportunity to do work they love and enjoy. The motto in my son-in-law's office is, "pay well, pay fair, create a healthy, secure work environment in which people feel valued and let them do their best work." When our work is meaningful we don't get bored or easily distracted, we can get so involved we almost forget to eat.

The world needs more creativity and innovation. The best place to start is in our own homes, workplaces and communities. If we do not find peace and appreciation here, we cannot expect to have peace and understanding in the world. We begin by not

neglecting the things that really matter, such as meaningful work and caring relationships. We can ask ourselves, "What can I do today to make my world a better place?"



Cathy Fenwick is an author, educator and workplace consultant. She develops and delivers workshops and keynotes on how to get more healthy humour into your life and your work. Her books and manuals include Healing With Humour, Telling My Sister's Story, Workscapes: Keeping spirit alive at work,

Building Bridges: The heart of effective communication and Hope for people facing cancer. You can check out Cathy's new and updated website at <www.healingwithhumour.com>

TRULY A LIFE-CHANGING EXPERIENCE

The Hoffman Quadrinity Process

**A unique 7-day residential experience
that will change your life!**

The Hoffman Quadrinity Process is designed for:
people who cannot deal with their anger;
those unable to come to terms with their feelings;
adults who grew up in dysfunctional and abusive families;
executives facing burnout and job-related stress;
and individuals who are in recovery.

What people are saying....

"I recommend it without reservation." *John Bradshaw*

"I consider this process to be the most effective program for healing the wounds of childhood." *Joan Borysenko, Ph.D.*

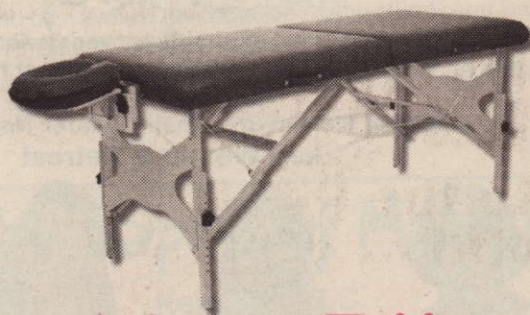
Helping Heal People's Lives For Over 25 Years



For your detailed brochure, please call
Hoffman Institute Canada
1-800-741-3449 Ask for Peter Kolassa

IAIN RITCHIE FINE WOODWORKING

- since 1980 -



Massage Tables

Portable or stationary
Two layer foam system
Solid adjustable eastern maple legs and braces
Adjustable or stationary headrest
5 year warranty

Available in **Vernon:** 2106 - 23rd Ave, Vernon, BC
Phone Iain Ritchie: 250-545-2436 or
Penticton: Holistic Health Centre, 272 Ellis St.
Phone 1-888-756-9929 or local 250-492-5371

Forests for the Future

submitted by the Turtle Island Earth Stewards in Salmon Arm

Across British Columbia, and deep in the Ecuadorian jungle, a new kind of forest management is shaping, a type of management that seeks to create harmony between the ecological integrity of a forest and the revenues that are derived from it. The methods are known as ecoforestry and analog forestry and are being applied in BC and in Ecuador by TIES - Turtle Island Earth Stewards and several of their partners.

In BC, TIES is working with private landowners across the province to create ecoforestry plans to selectively harvest their forests in a long-term, sustainable manner, while in Ecuador their southern partners are practicing another type of sustainable resurrection forestry, known as analog forestry.

As Dr. Ranil Senanayake explains, "analog forestry does not seek to deal with existing forests: it deals with lands that have lost their forests. Analog forestry is designed to enable a farmer to obtain a stable income spread throughout the year." The idea is similar to that of permaculture, where the land is planted with a variety of species that replicate the natural forest and to simultaneously provide the forester with the materials needed to sustain life. "The aim of analog

forestry is to achieve the stability and diversity of a natural forest system so as to effectively and efficiently achieve a designated outcome" says Dr. Senanayake, "be it a variety of economic products, provision of specific habitat requirements, or watershed protection."

In BC, TIES has partnered up with the Ecoforestry Institute of Victoria to offer private landowners an alternative to conventional logging practices, ecoforestry. The goal is to address specific concerns of landowners, such as fire prevention and insect infestation, and to create long-term, environmental and economically viable management plans for the properties.

Ray Travers, a professional forester and chair of the Ecoforestry Institute describes ecoforestry as "a long-term ecologically sustainable and economically sound alternative to current conventional forest management." Travers goes on to explain that the long-term harvesting rates are "predicated on maintaining the 'natural capital' of the forest ecosystem, while allowing a wide range of values and benefits to be derived from the 'interest' of the forest."

Both of these alternative forestry techniques rely on one simple premise: that nature knows best how to manage forests.

Therefore, by identifying and working within the limits of natural processes, forest ecosystems can be sustained in perpetuity while simultaneously providing the resources that humankind requires.

In the case of Ecuador it is too late to practice ecoforestry, as the areas we are working in are already seriously degraded. This fall a TIES intern, funded by the Canadian International Development Agency, will travel to Ecuador for six months to help small farmers inventory what forest they have left, and to help begin the long and complex process of restoration using analog forestry techniques.

Meanwhile, here in BC, several landowners will have the chance to practice ecologically sustainable forestry on their property, in hope that it will never become degraded to the point where extensive restoration is required. All of these properties will be available for limited public tours to show ecoforestry at work, and to promote their many benefits.

If you would like to find out more about analog forestry or where ecoforestry techniques are being applied, contact Turtle Island Earth Stewards toll free at: 1-888-917-TIES (8437) or via email at: ties@ties.bc.ca

MAGIC IS ALIVE!

Come Be the Goddess You Are

on the Shores of Kootenay Lake near Nelson, B.C.

JULY 18-21

\$250 includes scrumptious vegetarian meals, instruction, camp fees & a boat ride.

Join Wise Women Shemmaho, Laurel, Noor and Urmi for a Women's Retreat



Shemmaho Jephi Sioux,
a conductor of pagan, indigenous and women's rituals. Certified leader of the Dances of Universal Peace.



Noor-un-Nisa
(Joan Smith-Walsh) our Honored Crone. Grandmother, Reiki Master, teacher of wisdom, Sufism Counselor at spiritual retreats.



Laurel Burnham,
a Guiding Light, is Mistress of Ceremonies at the Spring Festival of Awareness, and the Creatrix of Wise Woman Weekend.



Urmi Sheldon,
Self Massage Instructor, brings extensive experience in meditation, and an understanding of energy and how it affects body health.

Call: **Shemmaho: 250-355-2591** E-mail: shemmaho@netidea.com

To register: make check payable to Jephi Sioux. Group 8, Box 1, R.R.#1 Winlaw, B.C., V0G 2J0

\$150 with registration. You will receive a map and additional information with your receipt. Balance due the first day of retreat.

the 'NATURAL' yellow pages

acupuncture

DEBORAH GRAY, D.TCM, R.Ac
Kelowna ... 764-0602

MARNEY McNIVEN D.T.C.M.,
Certified Acupuncturist, member of A.A.B.C.
Vernon 542-0227 - Enderby 838-9977

TWYLA R. PROUD, RN, Therapeutic
Touch and Iridology: **838-9977**

animals

PEGGY SMITH - Certified Equine/Canine
Therapist ~ Salmon Arm 250-835-8214

aromatherapy

EVE'S SCENTED CELLAR Therapeutic
Grade 100% pure essential oils. *Naturally
focused, quality driven.* 250-766-5406
Lake Country, below Cafe Latte.

MARI SUMMERS certified aromatherapist
specializing in calendula & massage oil
blends.mari@bcgrizzly.com 1-888-961-4499

WEST COAST INSTITUTE OF AROMATHERAPY
quality home study courses for all, enthu-
siast to professional • Beverley 604-466-
7846 www.westcoastaromatherapy.com

astrology

DANIELLE TAYLOR GREENE
Salmon Arm ... 250-835-8663

SHARON O'SHEA ~ Kaslo ... 353-2443
Charts, Workshops, Counselling &
Revisioning for balance and healing. 30 years
experience. Also Mayan Pleiadian Cosmol-
ogy

bodywork

KAMLOOPS

ACUPRESSURE /THAI MASSAGE
Reiki. Fully clothed. Tyson ... 372-3814
Feldenkrais® Classes & Workshops

CASSIE CAROLINE WILLIAMS...372-
1663 Ortho-Bionomy, Visceral Manipulation,
CranioSacral & Lymph DrainageTherapies.

COLLEEN RYAN ~ Certified Rolfer
Skillful Touch Practitioner 250-374-3646

GARY SCHNEIDER ~ Certified Rolfer,
Cranial Manipulation, Visceral Manipulation
Sessions Kamloops & Kelowna ...554-1189

HELLERWORK • CATHIE LEVIN
Reg. Physiotherapist Kamloops 374-4383

MICHELE GIESELMAN; 372-0469
Massage, CranioSacral, Reiki and
Integrated Body Therapy.

LYNNE KRAUSHAR - Certified Rolfer
Rolfering & Massage. I work sensitively &
deeply to your level of comfort. #2-231 Vic-
toria St. Kamloops 250-851-8675

NORTH OKANAGAN

LEA BROMLEY - Enderby ~ 838-7686
email: reikilea@sunwave.net Reiki Teacher,
Usui & Karuna, bodywork and reflexology.

PEGGY SMITH - Salmon Arm-835-8214
Reiki, Reflexology, Swedish/American
Massage, Touch for Health, Body Manage-
ment, Emotional Polarity Therapy.

CENTRAL OKANAGAN

BARBARA BRENNAN SCHOOL OF HEALING
Student (4th yr) Energy work and hands-on
healing provided in a safe and professional
environment. Anne ~ Kelowna 763-5876

BOWEN THERAPY, Vita-Flex Therapy,
Contact Reflex Analysis, Reflexology,
Raindrop Therapy. Traudi~Peachland 767-
3316

FOCUS BODYWORK • Full body healing
massage, deep tissue, intuitive. Healing
Touch and **Certificate Massage Courses**
Sharon Strang ~ Kelowna: 250-860-4985

LAWRENCE BRADSHAW Craniosacral
• Healing Touch • Dowsing for Health
Kelowna ... 763-3533

LEETTA LAFONTAINE—Healing Touch
Practitioner ~ Kelowna ... 712-2278

MONICA—Registered Nurse and Certified
Practitioner in Acupressure, Polarity
Therapy, Reflexology and Reiki Level II
Kelowna ... 860-7357

PATRICIA KYLE, RMT ... 491-4123
Intuitive Healing, Emotional Release
and Massage ~ Kelowna

SOUTH OKANAGAN

CAROL-LYNE Ancient Chinese Royalty
Acupressure & other techniques ~493-7030

LORNA RICHARD Energy based therapy
helping to relieve stress and tension
Summerland ... 494-0540

SUZANNE GUERNIER Relaxation Mas-
sage \$25/1.5 hr Fri.-Holistic Ctr. Penticton
492-5371



**CANADIAN
COLLEGE OF
ACUPUNCTURE AND
ORIENTAL MEDICINE**

A four year diploma program in traditional Chinese medi-
cine focusing on acupuncture and herbology
including western sciences. We emphasize the develop-
ment of the personal, professional and clinical skills
necessary for people involved in the healing arts.
Financial assistance may be available.

Established in 1985. For information or calendar (\$5) contact:
CCAOM, 551 Chatham St., Victoria, B.C., V8T 1E1
FAX: (250) 360-2871 e-mail:ccaom@islandnet.com
Tel: (250) 384-2942 Toll-free 1-888-436-5111



"Suppliers of professional
massage therapy products"

Call for a free catalogue
1 800 875 9706
Phone : (780) 440-1818
Fax: (780) 440-4585

"MAIL ORDER"

TABLES
STRONGLITE
OAKWORKS
PRAIRIE
PISCES
OILS/LOTIONS
BIOTONE
SOOTHING TOUCH
BEST of NATURE

BOOKS
CHARTS
HOT / COLD PACKS
LINENS
ESSENTIAL OILS
ACCESSORIES
MASSAGE TOOLS
HAGINA / MINT OIL
BROCHURES

#203, 8815 - 92 St., EDMONTON, AB. T6C 3P9
www.mtso.ab.ca

the 'NATURAL' yellow pages

KOOTENAYS

CENTRE FOR AWARENESS... Rossland
Sid Tayal - 362-9481 Bodywork, Polarity,
Yoga, Reflexology, Chinese Healing Arts,
Counselling, Rejuvenation program.

FEET FIRST REFLEXOLOGY...
Mobile service in the Kootenays ~ 368-7776

body wraps

BEVERLEY BARKER ... 487-1481
Contouring Sea Clay Body Wraps at
City Centre Fitness ~ Penticton

books

BANYEN BOOKS & SOUND
2671 W. Broadway, Vancouver, BC V6K 2G2
(604) 732-7912 or 1-800-663-8442
Visit our website at www.banyen.com

BOOKS & BEYOND ~ Phone 763-6222
Downtown Kelowna - 1561 Ellis St.

DARE TO DREAM 491-2111
168 Asher Rd., Kelowna See ad p. 09

DREAMWEAVER GIFTS ... 549-8464
3204 - 32nd Avenue, Vernon

MANDALA BOOKS ~ Kelowna: 860-1980
3023 Pandosy St. beside Lakeview Market

SPIRIT QUEST BOOKS, 91 Hudson Ave,
Salmon Arm ... 250-804-0392

breath integration

**PERSONAL GROWTH CONSULTING
TRAINING CENTRE** #5A - 319 Victoria St.
Kamloops ... 372-8071 Senior Staff: Susan
Hewins, Shelley Newport, Sharon Hartline,
Linda Nicholl, Will McLeod, Angela Russell
and Marcella Huberdeau.

business opportunities

GETTING HEALTHY Never felt so good
www.essenworks.com ~ 1-800-234-1192

LIGHT FORCE CANADA requires mas-
sage therapists, holistic practitioners & other
individuals to market Infrared light products.
Robert Forrest ~ Kelowna 768-3567

ORGANIC BUSINESS OPPORTUNITY
Great product, great company, great busi-
ness. It's that simple. It could change your
life on many levels. 1-800-275-0533

PSYCHIC TAROT READERS EARN
\$12US/hr. at home winged@telus.net 250-838-0209

TIRED OF LIVING paycheck to paycheck?
You could retire in 2 to 5 years working part
time from home. Don't miss this! Call now!
3 min toll free mess. 1-800-896-6771 ~ Code 1

caregiver relief

RETIRED NURSE available for light personal
care, caregiver relief ~ Penticton ... 493-8669

ceremony

LABYRINTH CEREMONIES indoor & out-
door for marriages, birthdays, rites of passage.
Sage /Donna 250-352-6227
sagebh@netidea.com

chelation therapy

Dr. WITTEL, MD - Dipl. American Board of
Chelation Therapy. Offices in Kelowna:
860-4476 • Penticton: 490-0955 and
Vernon: 542-2663. www.drwwittel.com

colon therapists

Penticton:	492-7995	Hank Pelsner
Westbank:	768-1141	Cécile Bégin
Kamloops:	374-0092	Annette Buck
Kamloops:	314-9560	Lanny Balcaen
Salmon Arm:	835-4577	Margaret
Tenniscoe		

counselling

CHRISTINA INCE, Holistic Centre
Penticton ... 492-5371

GAIN CONTROL OF YOUR LIFE!
Master Hypnotist, Experienced Family
Counselor, Helga Berger, B.A., B.S.W.,
Kelowna ... 1-250-868-9594

**PERSONAL GROWTH CONSULTING
TRAINING CENTRE** (250) 372-8071
Fax: (250) 472-1198 See Breath Integration

SPIRITUAL EMERGENCE SERVICE
a non-profit society, provides information
for people experiencing psycho-spiritual
difficulties: Spiritual awakening, psychic
opening, near-death experiences and other
kinds of altered states of consciousness.
We can provide referrals to therapists who
work with clients having these experiences.
We invite enquiries from registered
therapists throughout Canada who have
experiential knowledge.
(604) 687-4655
www.spiritualemergence.net
email: ses@spiritualemergence.net

VISIT — www.spiritual-advice.com for
Reliable Holistic Guidance

crystals

The "Crystal Man" Crystals & Jewellery.
Wholesale & retail. Huna Healing Circles.
Workshops. Author of *The White Rose* ~
Enderby 838-7686 crystals@sunwave.net

dentistry

DAAN KUIPER # 201-402 Baker St, Nel-
son 352-5012. General Practitioner offering
services including composite fillings, gold
restorations, crowns, bridges & periodontal
care. Member of Holistic Dental Association.

DR. HUGH M. THOMSON 374-5902
811 Seymour Street, Kamloops
Wellness Centered Dentistry

Mother & Daughter Working Together



*Nutripathic Counselling
Iridology & Herbology
Urine/Saliva Testing
Colonic Therapy
Relaxation Massage
CranioSacral
& Reiki*



Health Centre

Westbank ... 768-1141

*Extended Health Care Plan
Coverage available.*

*Colonic Irrigation
Colon Health Consultation
Nutritional Consultation
Cleansing Programs
Iridology*



Nathalie Bégin, CCH, RNCP

Registered Nutritional Consulting Practitioner

Cécile Bégin, D.N., CCH

the 'NATURAL' yellow pages

ear candling

JOANNE COLE ~ Penticton ... 493-6645

energy work

DR. JOHN SNIVELY ~ Radionics,
Core Synchronism, Cranio-sacral and
Flower Essences ~ Nelson ... 229-5789
email: biodent@direct.ca

foot care

HEALTHY FOOTPATH ~Footcare & healing
consultation by Reg.Nurse. Kelowna 707-0388

for sale

BULK CALENDULA & MASSAGE OILS
mari@bcgrizzly.com ~ 1-888-961-4499

MASSAGE TABLES - \$250 used
7 new models@ \$395 to \$995 (\$33
mthly) Portable tables, chairs, beds, etc.
Call toll free 604-683-4988
www.MTSmedical.com
Top of the line tables shipped free
anywhere in USA & Canada-fully guaran-
teed

gift shops

DRAGONFLY & AMBER GALLERY
Beach Ave, Peachland BC ~ 767-6688
Unique gifts, crystals, jewelry, imports,
candles, pottery & books

KAMLOOPS COIN & ROCK SHOP
Full line of Healing Crystals and Polished
Stones. 677 Seymour St. ~ 250-372-1377

handwriting analysis

ACADEMY of HANDWRITING SCIENCES
Learn & earn. Certified day workshops &
correspondence. Vancouver (604)739-0042

ANGÈLE - Private or Group Sessions for
understanding self and others.
Penticton: 250-492-0987

healthcare professional

CÉCILE BÉGIN, D.N. Nutripathy 768-1141
Westbank ~ Iridology, Urine/saliva testing,
Colonics specialist, Herbalist & more.

NATURAL HEALTH OUTREACH
Herbalist, Iridologist, Nutripathic Counsel-
lor, Certified Colon Therapist & more.
H.J.M. Pelser, B.S., C.H., C.I. ... 492-7995

MARIJKE VAN DE WATER B.Sc., DHMS
250-546-0669 Homeopathic Practitioner,
Nutritional Consultant, Medical Intuitive
Phone consultations — www.marijke.com

health consultants

NO ILLNESS IS INCURABLE Addresses
cause of all disease from obesity to
degenerative illness. Most advanced
methods to achieve state of "homeostasis"
Free report and Info-pak: 1-888-658-8859

health products

DISCOVER - The Natural, Wild, Organic,
Wholefood Solution to better health.
1-800-275-0533 ~ 24 hr

HERBALIFE INDEPENDENT DISTRIB.
Wilma Lechner ~ Kelowna ... 765-5649

LOWER CHOLESTEROL NATURALLY
www.sswinbiz.com or call 250-545-6053

SHAKLEE PRODUCTS ~ Bev 250-492-2347

STOP SMOKING ... without effort, cravings
or withdrawal symptoms 1-888-779-0900
www.skybusiness.com/tll

The best HUMAN GROWTH HORMONE
RELEASER available. Turn back the clock
on aging and weight gain. 1-888-779-0900
www.skybusiness.com/tll

homeopathy

BARBARA GOSNEY, CCH ... 354-1180
Classical Homeopathic Practitioner.
#2 - 205 Victoria St., Nelson, BC V1L 1Z1

DR. L. LESLIE, Ph.D, Alternative Medicine.
Pharmacy available. 250-494-0502

hypnotherapy

THELMA VIKER ~ Certified
Hypnotherapist Metaphysical Instructor/
Master Hypnotist Self-Hypnosis • Psychic
Abilities • Access Unlimited Potential
Kamloops... 579-2021

massage therapists

PEACHLAND MASSAGE THERAPY
Manuela Farnsworth, RMT. Neuromuscular
& Craniosacral therapies: 250-767-0017

meditation

TRANSCENDENTAL MEDITATION
Technique as taught by Maharishi Mahesh
Yogi is a simple, effortless technique that
has profound effects on mind, body, behav-
iour & environment. Please phone these
teachers:
Salmon Arm ... Lee Rawn 833-1520
Kelowna/Vernon ... Annie Holtby 446-2437
Penticton ... Elizabeth Innes 493-7097
S.Okanagan/Boundary... Annie 446-2437
Nelson/Kootenays ... Ruth Anne 352-6545

naturopathic physician

Penticton
Dr. Audrey Ure & Dr. Sherry Ure...493-6060
offering 3 hr. EDTA Chelation Therapy
Penticton Naturopathic Clinic ... 492-3181
Dr. Alex Mazurin, 106-3310 Skaha Lake Rd.

nutripath

PENTICTON: 492-7995 - Hank Pelser
WESTBANK: 768-1141 - Cécile Bégin

organic

CELEBRATION SEEDS Organic open-pol-
linated, locally grown garden seeds.
Free catalog via mail or email 250-838-9785

MOUNTAIN MEADOW HERBS Certified
organic tinctures, body care & teas. Custom &
mail orders welcome. Call or email for cata-
logue 250-256-4489 ~ info@mmherbs.com

ORGANIC EXPRESS DELIVERS! Fresh
Fruit & vegetable variety boxes to homes in
Kelowna & Vernon. Dry goods & bulk as well.
860-6580



H.J.M. Pelser

160 Kinney Ave., Penticton

Certified Colon Hydrotherapist
Herbalist
Iridologist
Nutripathic Counsellor
Cranial Sacral Therapist
Certified Lymphologist
Deep Tissue Bodywork

Natural Health Outreach
492-7995

the 'NATURAL' yellow pages

primal therapy

PRIMAL CENTER OF BC

Agnes & Ernst Oslender (250)766-4450
web: www.primal.bc.ca

psychic / intuitive arts

ASTROLOGY, ASTRO-TAROT bring audio tape **Maria K.** ~ Penticton... 492-3428

AWARENESS GIVES EMPOWERMENT

Clairvoyant or numerology readings, in person or by phone ~ Kelowna ... 763-9293

ELIZABETH HAZLETTE ~ Salmon Arm

Channelled readings ... 833-0262 Author *Dear Ones, Letters from our Angel Friends*

HEATHER ZAIS (C.R.) PSYCHIC

Astrologer ~ Kelowna ... 861-6774

"**INTUITIVE REIKI**", Past Life Regression, Dream Workshops, Tarot, Tonya Lea ~ 861-6774

LILAC LANE ART STUDIO, Auragraphs, Psychic Readings, Paintings, Healings. Corlyn Cierman ~ Naramata ... 496-0055

LYNX VISION MEDICINE CARDS Divination & Guided Imagery ~250-492-4295

MISTY-Card reading by phone 250-492-8317

PSYCHIC taped readings with psychometry trained medium. Loro ~Penticton: 496-0083

PSYCHIC / INTUITIVE for Spiritual Readings, Past Lives, Visionary. For consultation call Margaret ... 250-554-3924

TAROT CARD READINGS by telephone, professional card reader, Dianna Chapman. Includes Astrology & I Ching reading. Visa or MasterCard. Toll free 1-888-524-1110

THERESE DORER - Spiritual Consultant, Clairvoyant, Clairaudient. For personal or telephone readings ~ 250-578-8437

VYLETTE WOODS Clairvoyant, Clairaudient, Astrology and Tarot ~ 250-545-5708

YVANYA - Psychic, Tarot, Clairvoyant
For your reading by phone ~ 250-838-0209

reflexology

BEVERLEY BARKER ... 250-493-6663

Certified Practitioner and Instructor with Reflexology Association of Canada.
City Centre Fitness ~ Penticton...487-1481

HAND REFLEXOLOGY~Vernon:503-0902

JOANNE COLE ~ Penticton ... 493-6645

LAURIE SALTER ~ Kamloops ... 377-7775

Certified Reflexologist, Mobile Service for Seniors. Offering Foot, Hand, Ear Reflexology.

PACIFIC INSTITUTE OF REFLEXOLOGY

Basic & advanced certificate courses. \$275
Instructional video - \$29.95. For Info
1-800-688-9748 or www.pacificreflexology.com

THE BEST REFLEXOLOGY PRODUCTS

(403)289-9902 ~ www.footloosepress.com

reiki masters

DIANE certified Usui practitioner/teacher; aromatherapy, raindrop technique 497-5003

JOANNE COLE ~ Penticton ... 493-6645

LAURIE SALTER ~ Kamloops ... 377-7775

Usui & Karuna Reiki Practitioner & Instructor Reflexology & Integrated Body Therapy.

LEA BROMLEY ~ Enderby ... 838-7686

Reiki Teacher/Usui & Karuna, Treatments
email: reikilea@sunwave.net

MICHELE GIESELMAN; ... 250-372-0469

Massage, CranioSacral, Reiki and Integrated Body Therapy.

PREBEN Teaching all levels Usui method.

Treatments available ~ Kelowna: 491-2111

SHARON GROSS ~ Kelowna ... 717-5690

TOSHIE SUMIDA ~ Kelowna ... 861-5083

reiki practitioners

ET Extra touch ~ Reiki/Psychic Healing.
Insight into the emotional root of physical pain. Penticton ... 493-4260

REIKI HEALING ~ Carol Hagen

Higher Aspect Healing~Westbank 768-1393

relationships

Forbes ~ OK Singles ... 861-5784

retreat centres

GREEN HOUSE ART & RETREAT CTR.

near the shores of Christina Lake, nestled in the mountains of the West Kootenays, this destination is perfect for individuals, couples, families or small retreat oriented groups. Art facilities, creative, naturally lit meeting spaces,

organic gardens, sauna, hot tub, massage. Exceptional service. 250-447-6556

www.greenho.com

email: greenho@sunshinecable.com

JOHNSON'S LANDING RETREAT CENTRE

providing high quality, affordable selection of facilitated workshops/retreats in 2001. For events calendar 1-877-366-4402

www.JohnsonsLandingRetreat.bc.ca

RETREATS ON LINE

Now for the first time...one internet site for retreats, getaways, workshops, meeting spaces, facilitators in B.C...across Canada...around the world. Fax 604-872-5917

e-mail: connect@retreatsonline.com

www.retreatsonline.com

ROCKWOOD CENTRE

Retreat, seminar, meeting space on the spectacular Sunshine Coast, *unique in its simplicity*-604-885-4778 rockwood_centre@uniserve.com

YASODHARA ASHRAM

Yoga retreat and study centre on Kootenay Lake near Nelson offers year-round programs, courses, retreats and training. Return to a more natural, receptive rhythm of life. Free program calendar.1-800-661-8711 or see www.yasodhara.org

retreats / workshops

AVATAR 1 or 2 day ReSurfacing Work-

shops & 9-day Course for Self -Renewal with Russell & Sylvain. Weekly intros in Kelowna 250-762-3316

info@www.avatarcanada.com

FIREWALKING

- breathwork, team building, sweatlodge, rafting, riverside tipi retreat ~ Golden, BC ... 250-344-2114

SPIRIT BASED Leadership and Life Skills

Coach Training. Rod Paynter
250-496-4348 <http://rpc-consulting.ca>

THE 25th KOOTENAY LAKE TAI CHI

RETREAT August 26 - September 1.

Experience nature, community and learning on beautiful Kootenay Lake. Qigong, Tai Chi, philosophy, healing, massage, push hands. Swimming, canoeing, pristine beaches, waterfall, mountain paths, nearby hotspots. Open to beginners through advanced. Instructors Eric Eastman, Master Fook Yeung, Harold Hajime Naka, Osman Phillips, Arnold Porter. Cost: \$485, Incl: accom., fine vegetarian meals, instruction and boat transportation.

Kootenay Tai Chi Centre, Box 566, Nelson, BC, V1L 5R3 ph. (250)352-3714

email: chiflow@uniserve.com ~ website: www.retreatsonline.com/can/goto/kootenay.htm

USUI REIKI

TREATMENTS
CLASSES

GIFT CERTIFICATES

Margaret Rippel • Reiki Master
250-868-2177 • Kelowna

the 'NATURAL' yellow pages

schools

ACADEMY OF CLASSICAL ORIENTAL SCIENCES Offering a comprehensive four year diploma program in Chinese medicine and acupuncture. All aspects of TCM are offered including Herbology, Tuina Massage, Qi Gong, Diet and Chinese Language and Western Medicine Components. For more info. see www.acos.org Ph. 1-888-333-8868 or visit ~303 Vernon St., Nelson, BC V1L 4E3

CANADIAN COLLEGE OF ACUPUNCTURE AND ORIENTAL MEDICINE Four year diploma program ~ Victoria..1-888-436-5111

CERTIFICATE MASSAGE COURSES Focus Bodywork - registered with PPSEC. Sharon Strang ~ Kelowna ... 250-860-4985

NATURE'S WAY HERBAL HEALTH INSTITUTE Certified Herbalist & Iridology Programs. PPSEC registered. Recognized by the Cdn. Herbalist Assn. of B.C. Vernon: ph:250-547-2281 fax 547-8911 www.herbalistprograms.com

WINDSONG SCHOOL OF HEALING LTD. Offers Certificate & Diploma Programs: Certified Holistic Health Practitioner; Oriental Bodywork; Iridology; Nutrition; Energy Medicine, Auriculotherapy. Financial Assistance available. Campbell River, BC (250) 287-8044 www.windsonghealing.com admin@windsonghealing.com

shamanism

SOUL RETRIEVAL, Shamanic Counseling, Depossession, Extractions, Removal of ghosts & spells. Gisela Ko(250)442-2391

SOUL RETRIEVAL/EXTRACTIONS, Preben • Kelowna ~ 491-2111

Symptoms: feeling fragmented; chronic depression or misfortune; addiction; lack of energy/enthusiasm. Shamanic Healing will restore you to wholeness. Pat Bellamy 250-768-4234 or PatsInnerVision@aol.com

LOCAL & LONG DISTANCE

EXTRACTION power animals & soul retrieval, On-site house clearing. Tom Hopkins ~ 250-352-7906 ... Nelson

spiritual groups

PAST LIVES, DREAMS & SOUL TRAVEL Discover your own answers through the ancient wisdom of Eckankar, Religion of the Light & Sound of God. Free book:1-800-LOVE-GOD ext 399.

Info Lines:

Penticton:770-7943 Kelowna:763-0338, Vernon:558-1441, Salmon Arm:832-9822, Nelson:352-1170 Prince George: 963-6803. www.eckankar.org

THE ROSICRUCIAN ORDER...AMORC Okanagan Pronaos AMORC, Box*81, Stn. A, Kelowna, B.C, V1Y 7N3 or call 1-250-762-0468 for more information.

TARA CANADA Free info on the World Teacher & Transmission Meditation groups, a form of world service & a dynamic aid to personal growth. Tara Canada, Box 15270, Vancouver, BC V6B 5B1 1-888-278-TARA website: www.shareintl.org

SATHYA SAI BABA CENTRES

Kelowna ... 250-764-8889 Kamloops ... Raj Vedd ... 250-828-1945

transformational retreats

Access your relationship with Life Force. Experience new levels of emotional, mental and physical health. www.origin8.org or Three Mountain Foundation..250-376-8003

tai chi

DANCING DRAGON-SCHOOL WITHOUT WALLS Qigong-Taiji videos & classes Kelowna & Westbank, Harold H.Naka 250-762-5982

DOUBLE WINDS ~ Traditional Yang Style Kim & Heather ~ Salmon Arm ... 832-8229

KOOTENAY LAKE TAI CHI

ph/fax 250-352-3714



TAOIST TAI CHI SOCIETY

Health, Relaxation, Balance, Peaceful Mind Certified Instructors in Vernon, Kelowna, Peachland, Winfield, Oyama, Armstrong, Lumby, Salmon Arm, Sicamous, Chase, Kamloops, Ashcroft, Nakusp & Nelson. Info: 250-542-1822~1-888-824-2442~Fax 250-542-1781~ Email: ttsvern@bcgrizzly.com

YANG TAI CHI CHUAN CLUB

Phone Jerry Jessop ~ 862-9327 ... Kelowna

weight loss

HERBALIFE INDEP. DISTR. product &/or opportunity ~ Wilma ... 250-765-5649

SAFE N' HEALTHY WEIGHT LOSS

I have lost 100 pounds without diet or exercise1-888-779-0900 www.skybusiness.com/tli

yoga

CLIFTON RD. YOGA STUDIO Kelowna, Iyengar yoga for healthy growth & enjoyment. Range of classes & teachers meet all needs. Deborah 769-6413 ~Barbara 860-0500 or Margaret 861-9518 during the day.

SOUTH OKANAGAN YOGA ASSOC.

(SOYA) for class/workshop/teacher training info call Daniel 497-6565 or Marion 492-2587

VISIONS HATHA YOGA; Lifetime Careers!

Teaching teachers since 1998. Home study & summer intensives ~ (250)468-9995 www.axxess-health.com

www.yogaessentials.com yoga info., asanas & products from India, wholesale/retail 250-492-2587bob@yogaessentials.com

YASODHARA ASHRAM see ad under Retreat Centres. Kelowna area classes call Elizabeth at Radha Yoga Centre ~ 769-7291

YOGA FOR LIFE Morgan 250-549-1177 Fully equipped studio in Vernon. Gold's Gym Kelowna: 860-6900 yogaforlife1.homepage.com

DEADLINE

for Articles & Advertising

in the AUGUST/SEPTEMBER ISSUES is July 5

250.492.0987 • Penticton or 1.888.756.9929

Spiritual Self-Awareness



Julie Severn
Kamloops 250-374-1177

- Readings • Self-Empowerment
- Healings • Inner Peace Workshops
- Meditation Techniques
- Energy Balancing

Find Your Answers From Within

Georgina Cyr

Animal
Communicator



Available for long-distance
telepathic communication
with your beloved companions
about health, behavior, emotional
or physical problems

Family rates available
250-723-0068



Never Buy Tampons
or Pads Again!
Menstrual Cap

Small rubber cap is worn
internally. Sanitary & reliable.
Comfortable & easy to use.

Safe for overnight. Great for sports,
swimming, travel, etc. Lasts at least
10 years. Accepted FDA 1987,
Health & Welfare 1992

Free Brochure
800-663-0427
Guaranteed
www.keeper.com



HEALTH Food Stores

Grand Forks

New West Trading Co (CMSL Natural Ent. Inc.)
442-5342 278 Market Ave. A Natural
Foods Market. Certified **Organically** grown
foods, Supplements, Appliances,
Ecologically Safe Cleaning Products,
Healthy Alternatives & CNPA on staff

ONLY Certified Organic fresh produce
home delivery to Grand Forks and
Christina Lake, 442-5739 or
www.skybusiness.com/certified organic

Kamloops

Healthylife Nutrition ... 828-6680
264 - 3rd Avenue, Kamloops. See Adelle
& Diane Vallaster for quality supplements.

Nature's Fare ... 314-9560
#5 - 1350 Summit Drive, Kamloops

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

Kelowna

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

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

Nelson

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

Osoyoos

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

Penticton

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

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

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

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

Summerland

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

Vernon

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

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

Enjoy the
convenience

Have **ISSUES**
MAGAZINE

mailed directly
to your home!

\$12 per year ~ \$20 for 2 years

Name: _____ Phone #: _____

Address: _____

Town: _____ Prov. _____ Postal Code: _____

Enclose ☐ \$12 for 1 year or ☐ \$20 for 2 years

Mail to: ISSUES, 272 Ellis St., Penticton, B.C., V2A 4L6