

priceless

August & September  
2001

# FREE ISSUES MAGAZINE

*Resources for Connecting, Healing & Awakening*

**Farmer's Market**  
See page 6 for details





BECOME A CERTIFIED HYPNOTHERAPIST



# ORCA INSTITUTE

HYPNOTHERAPY CERTIFICATION TRAINING

## Counselling Hypnotherapy Certification Training

NEW

Video  
CD Course

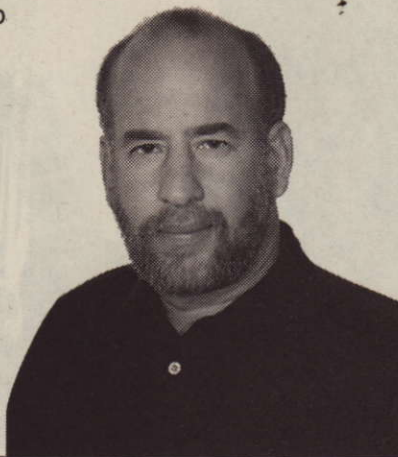
Onsite training available  
throughout BC  
and Toronto

- Successful Hypnotherapy and Counselling training since 1986.
- Broad multi-disciplinary body-mind approach
- Onsite & Distance Learning programs.
- Registered with PPSEC.
- Graduates eligible to apply for C.H.A. and A.B.H. Certification.

[www.orcainstitute.com](http://www.orcainstitute.com)

1-800-665-ORCA(6722)

Email: [info@orcainstitute.com](mailto:info@orcainstitute.com)



### 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**

CANADIAN ACUPRESSURE INSTITUTE  
JIN SHIN DO · SHIATSU · PART TIME · FULL TIME

1-877-909-2244

[acupressureshiatusschool.com](http://acupressureshiatusschool.com)



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: [bcihs@telus.net](mailto:bcihs@telus.net)

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

### Kelowna Centre for Positive Living

Religious Science International  
Teaching Science of Mind

Pandory Peace Centre  
2490 Pandory St. Kelowna



New Location

**Sunday Celebrations**

Kelowna Performance Centre 1379 Ellis St

10:30 - 11:30 am

**250-860-3500**

[www.kcpl.rsi.com](http://www.kcpl.rsi.com)





**FREE  
Report  
and Tape  
Reveal ...**

## **“How To Meditate Deeper Than a Zen Monk!”**

If you'd like to meditate as deeply (actually more deeply) than a Zen monk, literally at the touch of a button ... virtually eliminate stress from your life ... naturally and safely stimulate the production of brain chemicals that dramatically slow ageing and increase longevity ... boost your mental powers to unheard-of levels ... and resolve forever most so-called “dysfunctional” feelings and behaviours, this may be one of the most important messages you will ever read. Here is why.

Based in part on Nobel Prize-winning research on how “complex systems” (human beings, for instance) evolve to higher levels of functioning, a personal growth program has been created utilizing a powerful audio technology called Holosync®.

A precise combination of audio signals gives the brain a very specific stimulus that creates states of *deep* meditation — and causes the creation of new *mind-enhancing* neural connections between left and right brain hemispheres.

### **Now a New Report and Tape Reveal ...**

- The scientific evidence proving how Holosync® increases the production in the brain of many vital neuro-chemicals that can slow ageing and increase longevity.
- How to achieve super-deep meditation, at the touch of a button.
- How to dramatically reduce stress.
- How to create remarkable emotional changes at the deepest level.
- How to improve your health.
- How to heighten your creativity and problem-solving ability.
- How to have more restful sleep.
- How to boost your intelligence.
- How to increase your focus, concentration and learning ability.
- How to enhance your memory.
- How to have more happiness and “flow” in your life.
- How to heal mental and emotional blocks.

The complete educational report on this amazing new technology and Holosync® tape, worth \$19.95, are **FREE** to *Image Magazine* readers for a limited time.

**Call NOW for your FREE  
report and tape toll-free  
(24 hrs) 1-877-642-0602**

**YOU**

each  
moment,

contain

all

that

is

everything

you

seek.

*...Center for the  
practice of Zen  
Buddhist Meditation*

# 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](mailto:info@massagecraft.com)

Visa & Mastercard Accepted



[www.massagecraft.com](http://www.massagecraft.com)

massage tables and accessories



# Seeing the Light Brings Pain Relief

For years, photo stimulation (light therapy) has been used 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 1960s 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 photo-receptors within the cell. Photons strike the

damaged 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

## 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

## Phototherapy

**"Honouring the Healing Power of Nature"**

Joanne Gagné  
 Light Force Canada



### Technology:

- Applied light therapy by way of LEDs (light emitting diodes) of varying frequencies.
- Photons break through blocked energy circuits to stimulate cell's natural healing power.

### Applications:

- Pain relief (chronic and acute) - dramatic results with many conditions, especially arthritic pain.
- Increases circulation/releases toxins.
- Helps strengthen immune system.
- Clears/realigns energy field and meridians.
- Stimulates acupressure points.
- & more.

Call Joanne @ (250) 490-8903 for....Phototherapy appointment, Equipment purchasing and more info.

(Light Force Canada, Medical Device #27308)  
 Joanne works in conjunction with  
 Robert Forrest of Westbank, B.C.



GESHE KELSANG GYATSO



## Transform your Life

A Blissful Journey

### Transform your Life: Free Talks Near You

We all share the potential for self-transformation and unlimited happiness through traveling the inner journey of a spiritual path. Join Buddhist nun Kelsang Delek in a bookstore near you as she talks about Geshe Kelsang Gyatso's latest book. Come and be inspired.

**Friday Sept. 7:** 7pm, Logan Lake Books, Logan Lake

**Sat. Sept 8:** 10am, Buckingham Palace Books, Salmon Arm

**Sat. Sept. 8:** 3pm, Dreamweavers, Vernon

**Sunday Sept 9:** 3pm, Books and Beyond, Kelowna

For a talk near you: [www.transformyourlife.org](http://www.transformyourlife.org)  
or call (604) 221-2271 email: [info@tilopa.org](mailto:info@tilopa.org)

## The Rainbow Connection

Large selection of  
Metaphysical and Holistic Books

Good selection of used books  
over 50 videos for rent

Celtic  
Design  
T-shirts

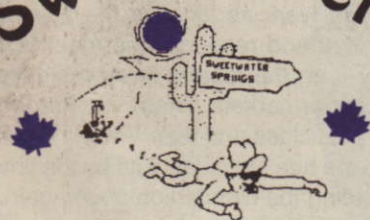
Gifts from India and Guatemala

Crystals, Jewellery, Venables Valley Soaps and more.

**phone: 250-492-3123 • 254 Ellis St., Penticton**

### The Finest in Natural Spring Water

# Sweetwater



## Springs

Exceptional Taste  
Bottled at Source  
The Healthy Choice

Free Residential/Commercial Delivery  
Cooler Sales / Rentals  
Optional dispenser available  
to suit all budgets and needs

Ask about our  
Free 2 Bottle Trial

**For prompt, friendly service call our distributor nearest you!**

Penticton & area	Sweetwater South	250-490-1795
Kelowna & area	Sweetwater Kelowna	877-377-7464
Kamloops & area	Sweetwater Supply	250-851-2048
Vernon & area	Sweetwater Naturally	877-377-7464
Armstrong/Salmon Arm/Revelstoke	Sweetwater Country	250-308-6567
Trail/Nelson	Ed's Water Shop	250-364-2987
Cranbrook / Kimberley	Phil's Water Works	250-489-1887
<b>Parent Company</b>	<b>Armstrong, BC</b>	<b>877-377-7474</b>

**Distributorship Opportunities available  
call Toll Free # 1-877-377-7464**

## 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](mailto:jay@greatpyramidco.com)

[www.greatpyramidco.com](http://www.greatpyramidco.com)



# Musing

with *Angèle*  
publisher  
of ISSUES



## The Farmers' Market

Another recent photo, taken by me on Main Street in Penticton, one sunny Saturday morning at the Farmers' Market. In the foreground is one of the original organic farmers in the area, Catherine McDougall with her son, Sunny. They drive in regularly from Darke Lake to sell their produce and returned again on Sunday for the Canada Day Celebrations. Catherine and her husband choose to live in the country, so they can raise their children outside of the normal social conditioning. Her husband delivered all five of their children. In 1989 when they moved to the Okanagan, they tried to start an Intentional Community on the land they had purchased. They advertised in *Common Ground* and Catherine spent much of her time replying to the various applicants. Nothing came of it, so they let the idea pass. When my friend Dean and I went out to visit her farm, she let us browse through the responses she had saved.

Dean would like to start an Intentional Community based on a model developed by Rudolf Steiner called the 'Fellowship Community.' He has been reading books on how a community grows spiritually by taking care of the aging and living in nature. He feels that the Okanagan would be a good place to develop a similar model. The seniors would pay to be part of the community and are cared for by the workers who live on the land and grow all the food organically. The community near New York City, has been in existence for thirty-three years and has grown to 160 members, workers and volunteers. Interested? Please see story on page 18.

Two of my favourite sayings are, "*Every dollar we spend is a vote for what we believe in,*" and "*Never doubt that a small group of committed citizens can change the world, for indeed it is the only thing that ever has.*" As I become more aware of the choices I make and the implications they have on our local and world resources, the more I honour what nurtures life, making me a more responsible citizen of this marvellous planet. Co-creating a community is something I have spoken about before. I just have never figured out how to access the land and money to make it happen. Dean has a sincere interest and with support from the community it just might be possible. It is indeed something that is needed. Seniors, like the rest of us, need to feel useful and good about sharing their skills and experiences. I for one would like my final years spent in a family like setting with quality food.

The other idea that is becoming popular and one that would support growers like Catherine are CSA's—Community Supported Agriculture. To support the local growers people group together and prepay for the food they would like grown for them. This food co-op group then picks up the fresh food and distributes it to the members. This is one way to keep our food production local and help the hard-working farmers who usually don't have the marketing skills to make money from what they love to do. I love the Farmers' Market but I do


wonder how they find the time and energy to grow and sell as much as they do. If you would like to help the farmers with a local CSA, let me know. We can have a few meetings at the Holistic Health Centre in Penticton and see if we can make a difference.

Since the last Musings, I have had a bone density scan and was told that my density was 2.4 above average. The technician said it was the best result he had seen in years and asked why I was there. I said the surgeon had told me that my bones were soft; that was why they cracked. That was not the case: it was the way I twisted when I fell that caused the hip fracture.

Figuring out what my body's 'real' requirements are is still confusing. The government recommends 50-60 grams a day of protein, and John Robbins book *Diet for a New America* says that 20-30 grams is enough. Before I had the scan I upped my protein and calcium intake thinking that I wasn't getting enough. Many studies have now proven that women who eat too much protein have the same mineral/calcium absorption problems as women who do not eat enough protein. So even though I ate the minimum grams of protein, my calcium absorption was good, leading me to believe that all the vegetables I have been eating must have been good for my bones. I am surprised at how much I am enjoying eating eggs and toast for breakfast. I don't really enjoy the protein shakes, but will continue with them if I don't have time to cook. I still prefer the taste and texture of vegetarian food but I now eat a small amount of organic meat so that I can gain a few pounds and rebuild my iron reserves. Getting my blood pressure to increase is harder than I figured, even with the additional salt. As with any change I will see how my body responds and re-examine my spiritual belief that eating meat lowers my vibrational rate.

Paul Pitchford did an excellent article in last month's Issues about our society's demand for excess protein. In his book he does recommend broken bone soup, as the gristle and the marrow help to keep our joints greased. The organ meats do the best repair work as long as the animal was raised and killed with love and respect. This meat is better absorbed energetically than the factory-farmed steaks that people usually buy at supermarkets. These are loaded with antibiotics, hormones, pesticides and fear. When I went back for my x-rays my bone was healing nicely and by the time this Issues is out, I will be doing the distribution once again. I am glad to be walking and am looking forward to some long hikes. I will continue doing yoga since I know it will help with the stiffness and keep my joints flexible and strong.

Thank you to all the people who sent cards wishing me well and sending me loving energy. As with all of life's experiences, it is what we do with the lesson that counts. I expect I still have much to learn and being such a willing student of life, I will use this experience to deepen my compassion for others. Tears come to my eyes much easier. My heart responded deeply with the singing of the national anthem on Canada Day and tears flowed. The broken hip incident has slowed me down and I have made a promise to my inner child to nurture that side of myself. It is very easy to keep busy with important tasks that need doing but now I ask myself if they are as important as the quiet time that nurtures my soul.

*Angèle* 





## Soul Journey



*Akasha, the Divine Rose Presence*

presents

### 'Overcoming Challenges'

\* Kamloops, BC September 7 & 8, 2001

Contact: Theresa -- 250-374-3104

\* Vernon, BC September 9, 2001

Contact: Deanna -- 250-558-5455

[www.soul-journey.com](http://www.soul-journey.com)

## 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



**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](http://www.marijke.com)

**250-546-0669**

[marijke@sunwave.net](mailto:marijke@sunwave.net)

## Lunapads

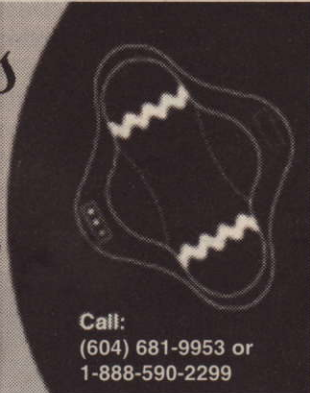
100% Cotton

Washable Menstrual Pads

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

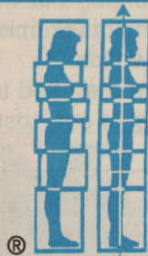
*Go With The Flow!*

[www.lunapads.com](http://www.lunapads.com)



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

## Structural Integration



**Deep Tissue Manipulation**

*Realigns your body providing:*

- \* relief from chronic back and joint pain
- \* 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

## ISSUES MAGAZINE

☎ **492-0987**

fax **492-5328**

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

✉ EMAIL: [issuesmagazine@img.net](mailto:issuesmagazine@img.net)

✉ WEBSITE: [issuesmagazine.net](http://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 20,000 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



# TRAVEL — BEYOND THE BUBBLE

by Amrit Chidakash

## Personal Quest versus the Package Tour - Getting what you want out of your travel?

I'm off! Tickets clutched in one hand, my travel bag grasped in the other, I kick the door closed on all the routines that have become woven into a sticky web around my life. I'm free! It's my turn to leave the schedules behind, the rushing, the appointments.

As often as this scenario is played out, how true is it that we have left schedules behind, the rush and the appointments? Before even leaving home, a large percentage of travellers already know exactly where they are going, the time they will arrive at each point along the way, where they'll stay, what they'll visit at what time, and for how long. And they will already have seen many of the pictures they have not even taken yet!

It hasn't always been so. Once upon a time when we (and the world) were younger, travel was quite an adventure. It was a quest, undertaken perhaps by a knight in shining armour, or a crusader bound for distant lands or in varying degrees of chaos by the more daring. A traveller was an individual and explorer, somehow different and invariably a storyteller, with stories to enchant, brought back from unknown places.

What happened to the unknown, to the pilgrimage that transports individuals to new frontiers? There is little doubt that the need for adventure, and the personal quest for the insight and wisdom that can give our lives meaning, is more acute now than ever. As we disappear into the homogeneity of our collective lives: television, Nintendo, sports, our condos, cars, fast food franchises and shopping malls, our spirit yearns for something to lift it, to expand it, to fan its fires with the breeze of new discoveries. It is small wonder that we find ourselves gazing wistfully at travel supplements promising getaways to other places, peoples, other worlds.

There is wry irony that once we recognize the need to step away from the constraints and 'packaging' of our exist-

ence, we often end up with a packaged tour designed by directors and marketers in distant boardrooms with no reference to us or what we are really seeking.

Understandably, the great majority of tour operators favour tours which bundle travellers, without hassle and with the greatest predictability and ease of management, along the course of their travel and home again without incident. This 'tourist bubble' - impersonal, air-conditioned transportation, with CNN access and bedside telephones included - separates one from the cultural wealth and individual contact that is so stimulating and personal; it makes impossible the contact with families and communities that can so enrich one's travel experience with the gifts of heart and sharing that many travellers yearn for.

People who have travelled to Machu Picchu outside of the industrial air-conditioned tourist bubble say Machu Picchu notwithstanding, the highlights of their tour were the people they met and the time to move freely, unhurried and undirected - inner directed - that gave them the sense of fulfillment they had been seeking in their travelling. That was what gave their tour the quality of a quest.

Now the ease of travel and the general affluence of the middle class has made travel as common and unremarkable as a drive to a summer cottage. The next time you set out travelling consider notching your travel experience up to a new height. It requires only two things:

1. Know what you are actually seeking—something for mind, body and spirit? Depth, contact, discovery?
2. Then see what is offered. Ask tour operators: Is there alone time? Free time? Flexibility? Can you stay longer in places that move you? Skip those that don't?

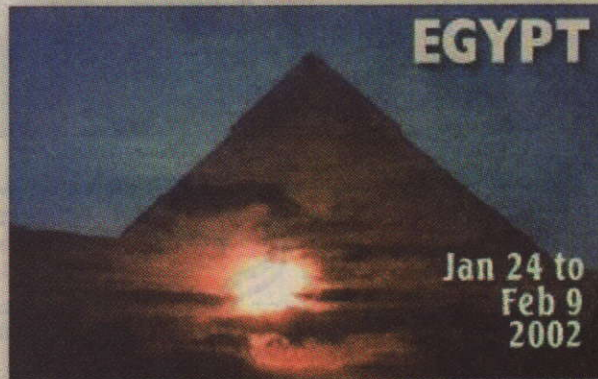
After all: your travel—like your life—is for you! And travel, like life, can be open to discovery and the magical, if that's what you are looking for. Bon voyage! *See ad below*

### MACHU PICCHU



2001  
Oct 25-Nov. 10  
2002  
Apr 20-May 6

### EGYPT



Jan 24 to  
Feb 9  
2002

## ENTER THE MYSTERY Transformational Travel to Places of Power

*Enter realms of earth and spirit in ways no other tour can offer! You will have more time to linger in temples, tune into energies*

*Weave your way through places of power and be touched by their magic. Find new wisdom and insights. Discover your own stories.*

*Visit our comprehensive websites to discover what awaits you with Serenity Transformational Tours. Call us with your questions.*

SerenityTRANSFORMATIONALTours CALL: 1-800-944-2655 [www.serenitybythesea.com/tours](http://www.serenitybythesea.com/tours)



## From the Editor...

*Chit Chat*  
with Marcel



The last few months have been a time of change and transition. March was very busy with a larger than usual magazine to publish and Angèle was just recently injured, moving slowly and unable to do as much. Fortunately with our decision to publish bimonthly, April was only moderately busy as we didn't have to work on the next magazine yet. However we were still all busy with preparations for the Spring Festival of Awareness and I seemed to find it quite stressful. I think part of this was my concern for Angèle. She refused to go for X-rays on her injured hip and as time went on it was obvious she was not getting any better. If you read her 'Musings' in the last issue you will know how all of this turned out. She managed to keep herself together long enough to complete the preparations and setup for the Festival, then went into the hospital for a hip replacement. The rest of the crew rallied to create a very successful weekend. It was gratifying to know that we had what it took to pull it off without our leader present. With the weekend over we were immediately into working on the next magazine which I found demanding as it was also a large issue and Angèle was still not up to full capacity.

All in all I found those three months a whirlwind of change and testing of strengths. When I look back and reread my Chit Chats from the March and April Issues, where I talked about January and February being like the doldrums—like the whole world was holding its breath, I now realize that this was the calm before the storm. It felt good in June to be back

in the calm when I had two weeks off and time to rest and reflect on the strengths I had an opportunity to use and the gifts of learning I had been given.

It has left me with a much deeper appreciation for the people around me. At the Festival I worked most closely with Samarpan and Laurel and had to rely on their strength to prop me up more than once. It was also reassuring to know that Urmi and Nywyn would complete their duties with warmth and enthusiasm like the true spirits they are. During the weekend I was feeling empathy for Angèle because I knew how much she wanted to be there and how devastated she must have been about having an operation. Something like this is so much harder on those who are dedicated to holistic health because we know how harmful X-rays, drugs and anesthetics can be on the body. I always felt that the lesson to be learned from Angèle's injury was that she must slow down and nurture herself. Now I feel that an additional lesson is for us to realize the necessary place of the medical, especially in the case of injury and emergency. Instead of an attitude of being in competition with the medical, change to one of more cooperation with the hope of educating and changing their perspective to one of prevention of illness through more natural and holistic means.

Another gift that has come from all of this is our decision to reduce our work load by publishing bimonthly. We find it is working very well for us and can't figure out why we didn't think of it sooner. I know it has come just in time for me because I was getting quite burnt out with ten deadlines each year—six will be much more comfortable. And I know it was the right decision when I look at Angèle. With the rest and nurturing she has given herself, she is looking so much better. She has some colour in her face, she put on a few pounds, got a cute short haircut and is looking rested, relaxed and happy.

Marcel



**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**  
September 22 & 23, 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



**Touchpoint**  
Reflexology

## WANT A CAREER CHANGE?

**REFLEXOLOGY LEVEL 2 & 3**

August 17 - 21 • Prince George

**APPLIED REFLEXOLOGY**

August 22 - 24 • Prince George

**TOUCH FOR HEALTH LEVELS 1-4**

Aug. 30 - Sept. 3 • Vancouver area

**REFLEXOLOGY LEVEL 1**

October 19 - 21 • Vancouver

**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](mailto:yvette@touchpointreflexology.com)

Web: [www.touchpointreflexology.com](http://www.touchpointreflexology.com)



## 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](http://www.kamloopsrockworks.com)

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



## Moving into Wholeness

a chi-fu workshop

with

Harold Hajime Naka



**Sunday September 9, 1 - 4 pm**

1310 Bertram St., Kelowna \$25

Fall classes in Qigong & Tai Chi  
starting September in Westbank & Kelowna

Info: 250-762-5982

## AROMATHERAPY

WHOLESALE

ESSENTIAL OIL SUPPLIERS

- Aromatherapy Consulting
- Therapeutic Essential Oils
- Custom Oil Blending
- Bottles and Misc. Supplies
- Complete 32 or 64 Oil Kits
- Bulk oil for qualified retailers

*Nature's  
Arroma  
768-7255*

for further information and current pricing,  
call Brian or Pat in Westbank  
or visit us: [naturesaroma.com](http://naturesaroma.com)  
Email us at [Info@naturesaroma.com](mailto:Info@naturesaroma.com)

Profile

## Sauna

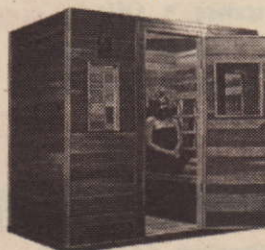
The Age-Old Cure-All

For thousands of years, cultures around the world have recognized the therapeutic value of heating the body for better health, healing, and greater vitality. The Mayans, Native Americans, Inuit, and Europeans all developed their own versions of saunas and sweat lodges. Two thousand years ago the ancient Greek physician Paemendides said, "Give me a chance to create fever and I will cure any disease." Soft Heat® saunas are especially designed to create a deep, penetrating heat, thereby causing an increase in metabolism which produces profuse sweating. With the trend toward more holistic approaches to health and wellness, the sauna is experiencing a resurgence in popularity.

**Sweating by overheating the body  
produces these effects:**

- Burns calories, therefore assists in fat loss programs.
  - Speeds up metabolic processes of vital organs and endocrine glands.
  - Places demands on the cardiovascular system, the heart pumps harder, produces a drop in diastolic blood pressure.
  - Creates a "fever" reaction that kills potentially dangerous viruses and bacteria and increases the number of leucocytes in the blood, thereby strengthening the immune system, important for fighting colds, flu, cancer and bolstering resistance to infections.
  - Excretes toxins from the body, including cadmium, lead, zinc, nickel, sodium, sulfuric acid and cholesterol.
  - Stimulates vasodilation of peripheral vessels, which relieves pain and speeds healing of sprains, strains, bursitis, peripheral vascular diseases, arthritis and muscle pain.
  - Promotes relaxation, lending a feeling of well-being.
- A German physical education professor named Ernst has found that there are no cancer patients among marathon runners. Analyzing their sweat he found it contained cadmium, lead, zinc and nickel. He concluded these athletes excreted these potential cancer causing elements by perspiring.

## A Healthy Sweat at a comfortable temperature



**Detoxification** of toxins and heavy metals.

**Pain relief** from sports injuries and chronic pain conditions.

**Weight Loss** - burn 600 calories in 30 minutes

**Relaxation** - sweat your troubles away at lower, more comfortable temperatures.

- Easy In-home Assembly
- No Plumbing Required
- Plugs Into a Standard Outlet
- Different Sizes available

**Soft Heat® Infrared Saunas**

**Nelson Spa Oasis**

448 Baker St., Nelson, B.C. V1L 4H8

250-354-4487 or 250-365-6096 evenings

*"Try Before You Buy"*



# A Letter to Issues

Greetings from Nelson,

I have been part of a Lifemakeover group since January 2000 and have been supported to make changes and take risks in my life that I did not foresee in the past.

In mid May, the challenge put forth to each other in our group was to open our hearts in whatever capacity that meant for each of us. The following morning I was moved to compose the enclosed piece of writing that I recently shared with my ex-husband for our divorce ritual on June 23rd on what would have been our 17th wedding anniversary.

When I shared this piece of writing with the members of my group, who were a catalyst for this to occur, hearts were touched and I believe opened to the divine light that we mirror for each other.

My innate sense of the next phase of my soul journey is to write a book about the spiritual and emotional aspects of healing through the uncoupling of an intimate relationship.

Sharing this poem with the readers of your magazine is another step in the journey of opening my heart and following the soul purpose of my life. Thank you for the opportunity.

*Sincerely, Brenda Woolner*

## Divorce Ceremony

by Brenda Woolner

We come together today to celebrate the ending of our marriage and the reconfiguration of a new form of our relationship.

\* I commit to loving you always in new and different ways.

\* I acknowledge that our lives have changed and while our paths have taken different directions, I wish to end our marriage with a sense of honour and appreciation for all that we have been through together.

\* I declare that all is well and truly believe that the God who has guided our marital relationship will continue to guide us as individuals and as friends.

\* I declare my intention to enjoy a lifelong relationship of mutual support and understanding with you so that we may participate in each others' and in the life of Ky in healthy and growth enhancing ways for all of us.

\* I thank you for being such a good father to Ky.

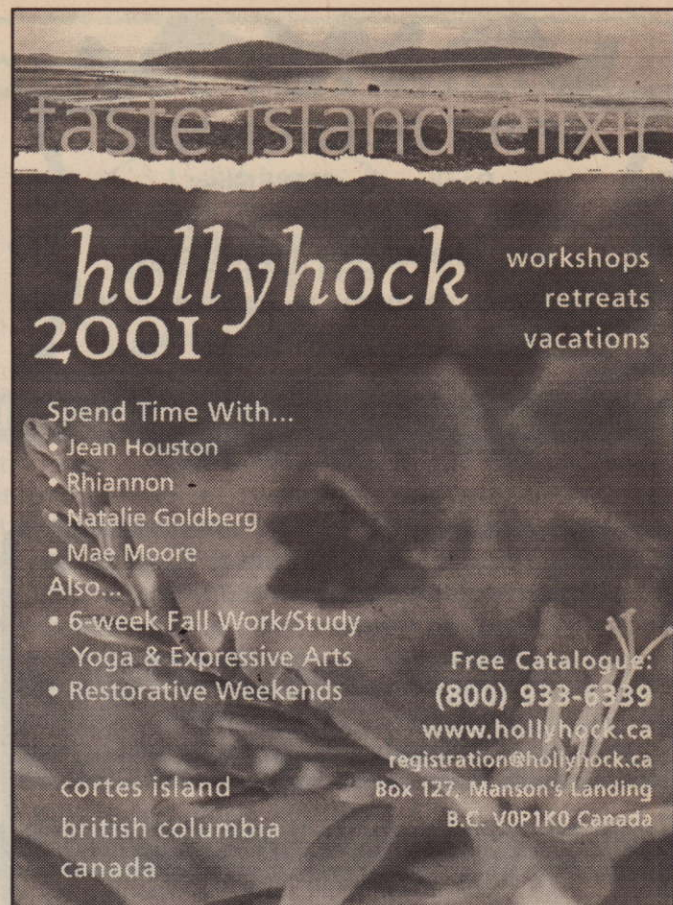
\* I acknowledge you for the many gifts, kindnesses and favours that you have shown to me in word, thought and deed, which I may not have acknowledged at the time of their occurrence.

\* I thank you for your innate deep desire and passion for each of us to become all that we are meant to be and for the courage and fortitude that it took to take the divergent path in our relationship journey.

\* I ask for your forgiveness of my unwillingness to see that you did what you had to do in 1997 and that it is for the growth of both of us that you made that choice.

\* I commit to bringing you my open heart during the rest of our journey, in whatever form that may take, and to being challenged by you to keep my heart open.

\* I believe that we have been placed in each others' lives for a reason and soul purpose that is not yet fully clear to me but I know in my deepest being that I am a much better



taste island elixir

# hollyhock 2001

workshops  
retreats  
vacations

Spend Time With...

- Jean Houston
- Rhiannon
- Natalie Goldberg
- Mae Moore

Also...

- 6-week Fall Work/Study
- Yoga & Expressive Arts
- Restorative Weekends

Free Catalogue:  
**(800) 933-6339**  
[www.hollyhock.ca](http://www.hollyhock.ca)  
[registration@hollyhock.ca](mailto:registration@hollyhock.ca)  
Box 127, Manson's Landing  
B.C. V0P1K0 Canada

cortes island  
british columbia  
canada



## 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.  
Kelowna, BC (250) 763-6222 Mon-Sat. 9-5 pm  
Sunday 12-4 pm

person for having you in my life.

\* I thank you for being my husband and I thank you for being my friend.

\* I hereby release you David, to follow your personal path and fulfil the destiny that you choose, with my deepest appreciation for the love, kindness and support that you have continually shown me through the years that we have known each other and for walking by my side during times of joy and times of challenge.

\* So go in peace with my blessings, David. And know that my love and highest wishes go with you wherever you may go. May the peace of God go with you  
May the love of God fill your heart  
May the truth of God bring forth your sacred dreams  
Now and forevermore.



## SPIRIT QUEST 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

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.global123smartsite.com/spiritualgrowth](http://www.global123smartsite.com/spiritualgrowth)

E-mail address - [johnbright@home.com](mailto:johnbright@home.com)

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

Shambala Foundation for Healing presents:

## DIVINE ALCHEMY INTENSIVE

Learn a **unique, effective healing technique.**

*Permanently clears unwanted beliefs, patterns, emotions, past life traumas, cellular memory.*

*Deals with any issue on any level  
(physical, emotional, mental, spiritual).*

**September 23 - 29 in Salmon Arm**

Call Rev. Alice Christenson, certified practitioner  
250-833-4868

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

• **Acupuncture & Oriental Medicine** •

*Registered Acupuncturist*



106-3310 Skaha Lake Road  
Penticton, BC  
V2A 6G4  
**250-492-3181**  
[judy\\_mazurin@telus.net](mailto:judy_mazurin@telus.net)

Member of the Acupuncture Association of B.C.

## THE SOUNDS OF THE CRYSTAL SINGING BOWLS

by Thérèse Laforge

I have been a keeper of the crystal singing bowls since 1993 when I purchased my first eleven-inch frosted bowl in the note of E. As I was able to, I acquired one more until I had a set of seven frosted bowls representing the seven major chakras. Looking back on that time span, I have much gratitude for that slow process which helped me take lots of time integrating the individual bowls as they arrived.

Through providing workshops with the singing bowls, and getting feedback from workshop participants, I have this understanding of their magical function:

A. In a singing bowls session, in very short order, e.g. half an hour, a participant's stress levels can be taken away and replaced by relaxation and peace.

B. It is typical that no processing of problems or habits happen during a session. Participants are less likely to talk and more likely to listen to the bowl sounds and to the inner voice of reason and peace.

C. The muscular tightness and weariness is dissipated by the power of the bowls' sounds and their harmonics. Body pain is lifted out.

D. The singing crystal bowls are co-creators with you. They draw out of you what you wish to get rid of, and bring to you whatever qualities you ask for. In other words, having intentions set for a bowls session is part of directing the outcomes. Putting our prayers and requests into the sound is another way of expressing it.

E. Presently we seem to be locked into 3D, but actually our mind is multi dimensional. With the sound, the edges of 3D melt away and we experience ourselves and our world in a more fluid way. After a time without the sound of the bowls, our 3D world returns and we step back into the time and space with which we are so familiar.

F. Recordings of crystal bowls are on the market and are effective relaxers and peacemakers, especially if you listen to them with headphones and do the intentional work beforehand.

I am certain that as I continue to experience the bowls, much more will be understood and experienced. Well known channels Edgar Cayce, Rudolf Steiner, and Ruth Montgomery have written extensively about the healing qualities of sound in our past, and they predicted that we would be using sound again in this millennium. To date, I see marked benefits occurring in the lives of those who hear the bowls and I definitely include myself in that number! I call the singing crystal bowls the multi dimensional peacemakers.

*Thérèse will be at the  
Wise Woman Weekend  
Sept. 15, 16 and 17  
at Naramata Centre.*



*See centre page  
for details.*







# Cheryl Forrest (Grismer)

 **768-2217**

3815 Glen Canyon Drive,  
Westbank, B.C. V4T 2P7

1 - 1½ hours  
intuitive counselling.  
A psychic art portrait  
of your energy field  
with taped  
interpretation.

We accept



## Spiritual Intensive

If you are committed to turning your life in a new direction that is closer to your heart's truth and your soul's path, then this class is for you. This is more than an instructional course, it becomes a place in time where the world stops and the miracle of you emerges. We start with the basic tools of meditation, parapsychology, metaphysics and healing designed to improve your personal and professional lives. You learn to apply your paranormal abilities through regressions, criminal investigations, psi-scans training, automatic and inspirational writing, healing and much more. This four weekend training provides a uniquely graduated program where your heart and vision are opened to the presence and nurturance of love. Class size limited to 10.

### Sylvan Lake, AB

Investment \$875 plus GST

### Westbank, BC

Sept. 7 - 9, Sept. 14 - 15, Oct. 12 - 14, Oct. 19 - 20

Oct. 26 - 28, Nov. 2 - 4, Nov. 23 - 25, Dec. 7 - 8

Jill (403) 887-2608 • Cheryl (250) 768-2217

Cheryl (250) 768-2217

## Waking Up

Most of us spend a great deal of our lives in a sleep state. Enlightenment requires a waking conscious state. This class will focus on techniques and understandings that will help you into this waking state. This spiritual path requires us to open ourselves, not just our eyes, to the sacredness of each act, each word, each person—to all of life itself. We can transform our lives!

### Westbank • Sept. 22 - 23

Cheryl (250) 768-2217 • Investment \$210 plus GST

## Overview of World Religions

Do you want to know more about the similarities and differences in our World's Religions? In this class we are going to explore a number of World Faiths, looking at the background principles, practices and peculiarities.

### Vancouver • Sept. 29 - 30

Cheryl (250) 768-2217 • Investment \$210 plus GST

## Advanced Spiritual Intensive

This is a much requested class by those who have already completed the Spiritual Intensive. Our focus during these three weekends will be totally on heart and soul. Expect another transformation. You will experience new techniques as well as expand and deepen the work begun in the Spiritual Intensive.

### Westbank • Nov. 9 - 11, Nov. 30 - Dec. 2, Jan. 4 - 6

Cheryl (250) 768-2217 • Investment \$600 plus GST

## Tarot

For centuries the Tarot has been a central tool of the mystic path. Come for a fun and informative weekend exploring the traditional and nontraditional approaches to using the Tarot. Come to learn and grow.

### Westbank • Dec. 8 - 9

Cheryl (250) 768-2217 • Investment \$130 plus GST



# The Four Hindrances to the Attainment of Enlightenment

by Geshe Tashi Namgyal

Westerners often have a rather vague and sometimes faulty understanding of what Enlightenment really means. In the past I have met people who told me that they had become enlightened. I have always wondered exactly what they meant by that. There is the Liberation of the Hinayana path, and the Enlightenment of the Mahayana and the Vajrayana paths - perhaps we should add to that the Enlightenment which occurs in North America!

## The Two Levels of Truth:

From an ultimate perspective, everything is pure and free and, since it already possesses all the qualities of Enlightenment, there is no need for attainment of Enlightenment.

An intellectual knowledge of the meaning of Enlightenment is important in order to identify that state correctly, but it really has to be experienced. For example, a blind person can be told about the moon - how it moves through the sky and shines at night with a whitish light. From this knowledge of the moon's aspects, the blind person can make himself a referential image which would enable him to recognize the moon if he were suddenly to gain his eyesight. Knowing the aspects of the moon helps the blind man to form an idea, but it is not direct cognition or first-hand experience. It is the same with Enlightenment. The Teacher can tell us about the aspects of Enlightenment, but this is not the same as the attained state of Enlightenment.

It is important to study the correct aspects of Enlightenment so that we don't come to false conclusions. Enlightenment doesn't mean gaining something or adding to what we already have; it means total and permanent removal of all the delusions: ignorance (of the true nature of reality), negative emotions (hate, anger, greed etc.), and false desires.

Enlightenment is an auspicious and irreversible state. A Buddha, one who has attained this state, has fully attained:

1. Wisdom - complete and full recognition of the true nature of reality;
2. All great virtues;
3. Omniscience - the ability to accomplish all, and

4. Complete abandonment of all the delusions.

## The Four Maras:

In order to attain Enlightenment we need to completely eradicate the "Four Maras", the four delusions. "Mara" means "interference." The four interferences in the attainment of Enlightenment are:

### 1. Mara of the Delusions:

The deluded ways in which we interact with one another - is eradicated by the (teng-ngay-zhin) Vajra-Wisdom meditation—a meditative state where the mind is completely unmoved by the delusions of ignorance, negative emotions, and false desires or attachments. Eradication means a complete and permanent uprooting of the very source of the delusions so they can never rise up again. At present, we may be able to abandon anger for perhaps a day, a month, or even longer, but since we have not completely uprooted it the anger can, and will, arise again.

### 2. Mara of Death:

Sentient beings are powerless because their lives are controlled by death. When Enlightenment is attained, death is completely transcended and no longer has power over us. When we attain Enlightenment we receive a Vajra-body, an immutable, non-degenerating body. Our present body is mortal and subject to change.

### 3. Mara of the Five Aggregates of Being (Five Skandas):

The Mara of Death is related to the Mara of the Five Aggregates of Being (form, feelings, perceptions, impulses and consciousness). With the attainment of Enlightenment, the Mara of the Aggregates is destroyed - we will no longer have a mortal body but a Vajra-body. These three Maras are internal and must be dealt with internally.

### 4. Mara of Sensual Indulgence:

The Mara of Sensual Indulgence is also referred to as "the Offspring of the Gods". It is an external entity who sends external hindrances to deter us from the attainment of Enlightenment. Buddhism explains that there are three levels of existence in Samsara (cyclic existence): 1. The desire realms, 2. the form realms, and 3. the formless realms.

The desire realms are subdivided into the level of human existence and the six levels of the desire-realm gods. At the sixth level, the pinnacle of the desire realms, is the Mara of Sensual Indulgence, the principal deity of that realm whose obsession it is to keep all beings in his realm. It is this entity who presents obstacles for, and thus interferes with, our attainment of Enlightenment.

Not all the entities in these realms have bad intentions - some of the entities on the higher planes are quite beneficial - but this particular entity, also termed the Mara of Worldliness, causes interference to arise and thus tries to retain us in his realm. His efforts, however, can be overcome through the Meditation on Love and Compassion.

Attainment of Enlightenment means to have totally defeated these Four Maras and thus to have gained a state of immutable ecstasy or bliss. It is possible to have a short-term blissful experience, but this does not imply that one has attained Enlightenment! See ad to the left.

## Johnson's Landing Retreat Centre

presents a

Seven-day August Retreat

Accessing the  
Divine Within

with

Lama Geshe Tashi Namgyal

August 10th - 17th



To register or for more info:

Johnson's Landing Retreat Centre

Overlooking Kootenay Lake, B.C.

Toll free 1-877-366-4402

E-mail: [info@JohnsonsLandingRetreat.bc.ca](mailto:info@JohnsonsLandingRetreat.bc.ca)

Web: [www.JohnsonsLandingRetreat.bc.ca](http://www.JohnsonsLandingRetreat.bc.ca)



# Unveiling

Where does love come from?

by Lynne Gordon-Mündel

Some questions we never think to ask. Children do. One day, when my son was about four years old, I found him holding a dead bird in his hand. He asked me: "Where did the life go?" He and I talked for a while about life as an energy that moves on when the body no longer functions, but I recognized that in many families such questions get put aside, perhaps because they seem unanswerable. Ultimately such questions are not answerable; still the questions are important; they invite us to look to another dimension. Where does the life go?

In the dimension of vibration, the life force that animated the bird continues to exist, but, at this point in our evolution, most humans perceive only that which is visible, palpable, provable at limited levels of reality. To the consciousness that is less limited, the energy has simply changed. One of our twentieth century scientific principles states: Energy is neither created nor destroyed; it just changes form.

To the consciousness that is not limited to what is either visible, palpable or provable, the questions asked by children can be recognized as vital and valuable questions. And one of the questions that people of our time could ponder more carefully is: "Where does love come from?"

Some people are beginning to realize that love is an energy. Some speak in terms of feeling energy "coming from" another person, or they say they are "sending energy". But how many look beyond the illusion of separation and ask, "but how did energy get to me or to him or her in the first place?" Where does love come from?

What if love does not come from the other person or from one's self? What if what we are calling love is the feeling that arises in their bodies when the vibrational fields of two beings merge? What if, whenever two beings allow themselves to be undefended in relationship, unbuffered, open, honest with one another, their energetic potentials merge and both are opened into relationship not just with one another but with a greater knowledge of Life Itself, a knowledge communed not mentally but cellularly? Could this explain why most humans are pursuing (consciously or not) the experience of merging with another being? Are they searching not for intimacy with another, not for sex, not for power, but for a remembered experience of union with Life Force, with the Creator? What if the wondrous, flowing feelings associated with being in love are actually the experience of being closer to the creative energies that nourish all life? What if "love" is the feeling of being in relationship with the Creator?

How would such knowledge change the way we relate to one another in our intimate personal relationships? In our careers? At our workplaces? With our friends? What if, instead of trying to figure out who is or is not caring, considerate, sensitive, loving, understanding, instead of trying to prove

## 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**

## Foxfire!

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



Jon Scott &  
Shannon Anima, MA

- Juicy Love: Tantalizing Tantra • Aug. 17-19, Johnson's Landing \$180
- Transformative 8-day Community Retreat • Aug. 24-31 \$775.00  
Meals & Accommodation included at Chuckleberry Community
- Call of the Soul in Men's Lives: Men • Sept. 14-16, J. Landing \$150

**Call (250) 359-6669 • [www.foxfire.bigstep.com](http://www.foxfire.bigstep.com)**

ourselves worthy of love or make the other into someone worthy of our love, each person in the relationship were to practice the art of remaining undefended. What if, instead of attempting to control events, instead of monitoring one another, we were to consistently practice the discipline of disarmouring ourselves? What if we were to allow our veils to fall gently away and give our companions a chance to relate not to our armour, but to the life force that moves through us when we remain undefended?

Can you imagine communities, countries, worlds, built upon this practice? If you can imagine it, you may be sensing the potential future for the consciousness of humankind.

*See ad below*



*Awakening to Love  
in your life*

WITH



*Lynne Gordon-Mündel 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](http://www.origin8.org)  
[www.foxfire.bigstep.com](http://www.foxfire.bigstep.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



## MANDALA BOOKS

Kelowna

New Age/Self-Help  
books/music/giftware

(250) 860-1980

Books, Music, Crystals, Giftware  
Tarot Decks, Feng Shui Tools  
Essential Oils, Bach Flower Remedies

3023 Pandosy Street, Kelowna...in the Mission  
Open Mon. to Fri. 10-5:30 Sat. 10-5



## 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

# THE HAPPINESS FACTOR

by Jollean Mc Farlen csl miact

You eat properly. You take your vitamins. You don't smoke. But are you contented and happy? If not, you may not be as healthy as you think you are. Here's how to get happier and be healthier.

I remember my mother saying, "Put on a happy face Jollean," or saying that if I smiled the world would smile with me? My father always said when I was angry, complaining or raising my voice, "Your personality is showing." Well, like my parents said, there appears to be a lot more to that advice than meets the eye. Medical practitioners suggest that being happy doesn't just grease the social wheels and contribute to a positive outlook and emotional health; it's a critical factor in your overall health and well-being.

No matter how tough the times are, research says happiness still lies in HOW WE LOOK AT THINGS

**Hints for Happiness:** Most experts agree that there are no shortcuts to happiness, but a list of guidelines is like a little chicken soup, it couldn't hurt.

- If you're not feeling happy today, fake it. In experiments, people who were manipulated to smile actually felt happier.
- Don't postpone happiness until you reach a certain goal, such as getting a raise or losing ten pounds. Studies show that the effects are short-lived.

- If you tend to worry or dwell on the negative, balance that by consciously spending a few minutes every day dwelling on the good things in life. (I leave written positive affirmations around my home as a reminder.)

- Adopt positive habits. Eat balanced meals, do some exercise, get enough rest (your mother was right.)

- Nurture the positive relationships in your life. Like flowers they won't thrive without loving care.

- Understand that happy people do not experience joy twenty-four hours a day. Even a very happy person can have a bad day or a bad year but still experience pleasure and give thanks daily for the small things.

Take time to reflect. This could involve meditation, prayer, deep breathing or just thinking. A spiritual dimension seems to be an essential component of a happy life.

*Jollean is a Business, Feng Shui & Colour consultant,  
author of 'Feng Shui & the Art of Colour'  
& How to be a Frugal Entrepreneur.*



**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*

### August & Sept. Workshops

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

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

Body, Soul & Spirit Expo Vancouver, Sept.

21-23 • Call for Readings and Workshops

Feng Shui @ Vernon Cmnty.School Sep.29

Feng Shui @ Parkinson Rec. Sept 30

jadore@telus.net ~ www.jadorecolour.com

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



# What You Need to Know About the Colon - Health Connection

by Gerard Tanner



**The Problem:** Health and sickness both begin in the colon. It cannot be stressed enough that the condition of the colon is directly connected to the condition of your health. The colon has two important functions: firstly to properly absorb nutrients from digested foods, and secondly to efficiently remove waste material so that it does not poison or auto-intoxicate your body.

When waste putrefies or rots in the body it is absorbed into the bloodstream and causes damage—initially showing up as lower energy, headaches, skin irritation and mood problems. Did you know that crankiness is an indication of a constipated person? Many people are surprised to learn that they should have between two and three bowel movements a day. The general rule by colon experts is “one meal in, one meal out”! Few people experience this due to their consumption of our typical North American diet of refined flour and sugars, processed meats, hydrogenated oils plus many chemical enhancers for colour, flavour, or preservatives, etc.

In fact, for many years normal colon function has been very rare as observed by renowned surgeon Dr. Harvey W. Kellog who said, “Of the 22,000 operations I personally performed, I never found a single normal colon.”

Another expert in the field of colon health, Dr. Norman Walker, explained it well when he said, “Not to cleanse the colon is like having the entire garbage collection staff in your city go on strike for days on end. The accumulation of garbage in the streets creates putrid, odoriferous, unhealthy gases which are dispersed into the atmosphere.”

We are all aware of the dramatic increase of colon cancer in our society today. Even some of our top athletes are getting colon cancer and having sections of the bowel removed. It is now estimated that two out of three people in North America will contract cancer during their lifetime and this rate is growing. In all, over 80% of North Americans have continued digestive disorders. The Royal Society of Medicine of Great Britain states that “more than 65 health challenges are caused by a toxic colon.” It is becoming increasingly more evident that there is a need

to do a regular, periodic colon cleansing program in order to maintain or rebuild vibrant health.

Another major health challenge is from microbial invaders that enter our bodies and wreak havoc. Many people think that this is only a Third World problem, but that is simply not the case. We are all exposed to these organisms but few people are aware of the problem. They can be in our water supply, the foods we eat, the air we breathe, the pets we have in our homes, or can be picked up on the trips we take. It never occurs to us that the reason we are always tired or get reoccurring headaches could very well be due to a foreign organism, or parasite, causing damage on a cellular level.

Everyone has micro-organisms living inside them however when they become imbalanced—often due to a weakness in the body's immune system—a diseased state can occur, leading to numerous symptoms and health challenges.

The scope of what these invaders can do is extensive. In fact the well known Canadian naturopathic doctor, researcher, and author, Dr. Hulda R. Clark, in her book *The Cure for all Diseases*, discusses the connection between toxins and parasitic micro-organisms and disease stating, “No matter how long and confusing is the list of symptoms a person has, from chronic fatigue to infertility to mental problems, I am sure to find only two things wrong: they have in them pollutants and/or parasites.” A diseased, putrefying colon is the perfect environment for microbial invaders to live and thrive in. Once they take hold in the colon they can enter the bloodstream and travel to other parts of the body where they can do much damage over time.

**The Solution:** Removing microbial organisms that have been infiltrating the body for many years is no easy task but there are effective, natural programs available to help you. One of these solutions comes to us from a family of Master Herbalists who have practiced in the Mediterranean for thousands of years. The Aboukazaal family is very well known and respected throughout the alternative health care community.

## 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  
skin problems  
constipation/diarrhea  
indigestion/bloating

depression  
allergies  
poor memory  
brain fog

hemorrhoids  
headaches  
yeast or fungus problems  
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 or visit us at [www.healthawareness.ca](http://www.healthawareness.ca)

For further information: In Oliver call Elfrieda at: 250-498-6095,  
In Osoyoos call Boyd at: 250-495-4018, In Penticton call Olena at: 250 490-4629  
or call Gerard Tanner, Canada/USA, toll-free 1-800-836-0377



**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**

**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](http://www.soxcadesign.com/naturalapproach)

**Perfect home based business**

Established natural body  
 & skin care line.  
 Includes stock & inventory.  
 Reasonable price.

**Ph: 1- (780) 910-9192**

**Are you switched?**

(electrical scrambling in the body)

- Side to Side - confusion between right and left, confuse d & b
- Top & Bottom - difficulty walking up & down stairs, confuse b & p
- Front & Back - not able to reverse a car using rear vision mirror



**TOUCH FOR HEALTH**  
**Pat Everatt**

Certified Practitioner  
 Penticton~250-809-9190  
 Keremeos~250-499-7771

# The Search for Community

An opportunity to balance work, social and spiritual strivings

by Dean Goddard

For many today there is a need for peace, love and harmony, however futile it may appear. For it is no doubt that we live in an overdose of materialism, selfishness, greed and competition. Is this really the way things have to be? Could we not scientifically look at this predicament and logically deduce the answer for joy in our lives? Some say that Science and Religion do not mix, yet if we look at Religion from a Scientific viewpoint we can gain a much deeper understanding of the human make up than is usual. One such man who had this unique ability was Rudolph Steiner. It was Rudolph Steiner's task to elaborate the "Sophia", the wisdom concerning the human being, with at least forty books and 6000 lectures.

Many works in the public sector have come into existence as a direct outcome of this human centered view of existence. The famous Waldorf Schools, Biodynamic Farming, hospitals, as well as many different types of therapeutic facilities, visual arts, performing arts, social service activities, special education settings, and villages for those in need of long term care, were all initiatives based on the information given by Rudolph Steiner. Each initiative produces remarkable results and it is this last initiative that is of interest to us here in the Okanagan due to the impending "social crisis" about to befall us. How do we care for the aging individual?

The answer appears when we consider the communities of the past. The aging individual was interwoven into the community, and the dynamic exchange of all age groups is an integral ingredient in a person's physical, emotional, and spiritual awareness. It is essential no age group be so isolated or dominant in the community. Farming was also important in such communities. It provided meaningful work and one's lazy side was kept dormant. This information provides us with clues to dealing with many of our social issues. Now we find ourselves joining together to form such an Intentional Community. There is an initiative being started in Penticton for the creation of a "Fellowship Community".

Fellowship Communities are non-profit entities. They are registered as adult care community facilities but all ages are cared for. It is a work based, inter generational, long-term care social service community. Though all ages are cared for, and care extends beyond the community, the emphasis is on the older person. In addition to the human being, care in this setting includes the environment, and the lands, as well as the social circumstance. There is continued emphasis on care, productive work, and personal growth for the welfare of the whole. As the community grows, work activities will increase. Garden and field work, weaving, pottery, holistic health care, metal/wood shops, print shop, candle making and maintenance. Revenue derived from this work makes the community not solely dependent on the older individual and by the same token helps those economically vulnerable to be members of the community. There is also something worthwhile for everyone to do.

Presently we are seeking volunteers in building this community. We need people for program planning, budgeting and forecasting, web developing and anyone else interested in altruism. Fund raising will begin shortly once the non-profit society is incorporated next month. To keep costs down we wish to obtain land for the buildings and farming activities to be either donated or set up as a land trust whereby the land is guaranteed for specific purposes. The advantage to the landowner is they are not taxed when putting land into trust. The community would act as stewards for the land.

If seeking community is important to you no matter what age you are...please contact Dean Goddard at 1-250-494-0298 or email at [ecozone@pacificcoast.net](mailto:ecozone@pacificcoast.net)





## The "Spirit of Hawaii"

Victoria, B.C.

August 10 (eve), 11 & 12

White Rock, B.C.

September 21 (eve), 22 & 23

## The "Spirit of Aloha"

Kelowna, B.C.

July 27 (eve), 28 & 29

Victoria, B.C.

August 17 (eve), 18 & 19

White Rock, B.C.

September 28 (eve), 29 & 30

In Kelowna call Sue Peters  
at 250-495-2167

## Heaven on Earth

Project Aloha

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

## Secrets, Healing & Hawaiian Huna Magic

*Double your personal & spiritual power now!*

### 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!

### 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."

### Special Event in Hawaii

Join us for a week in November - call for details!

Profile

## Cultivating The Spirit of Leadership

by Rod Paynter, MA, Leadership and Training

Many modern writers have worked with the idea of personal leadership - that each of us is the leader of our own organization. Throughout our lives we build and lead a team of people made up of family, friends, acquaintances and associates. Some we find at home, others at work, others at play. How we lead and manage our teams is a measure of our personal effectiveness.

Studies into the qualities of exemplary leaders consistently come up with attributes like honesty, integrity, courage and respect. Countless workshops and seminars have focused on the behaviour associated with these qualities, teaching leaders how to act like leaders.

Truth is, just acting that way doesn't hold up in the long run. It's an outside in approach that really only works if a person has the attributes already. Leaders need to act from the inside out, they need to cultivate their inner selves, to grow themselves as honest, integrated, courageous, respectful people. **They need to cultivate the spirit of leadership!**

NewStart Life Skills is uniquely suited to encouraging the growth of the spirit of leadership. Built on principles of humanistic psychology, its stated aim is to develop Balanced Self-Determined (BSD) individuals. Since spirituality is integral in our lives, indeed underpinning everything we feel, think and do, proper balance requires attention to spirit as part of our balancing act.

Participants in my Life Skills Coach training program learn a spirit-based approach to their practice. They learn to use and teach mindfulness as a basic Life Skill. They learn to effectively support the cultivation of the spirit of leadership in their own students.

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

See <<http://rpc-consulting.ca>> for more information about Rod Paynter, Life Skills Coach Training, and RPC Consulting.



### Residential-Intensive Life Skills Coach Training

Fall Session Dates:  
September 28 to October 28

Over 240 hours of learning includes full group, small group and individual work and assignments, peer coaching and a two day hands-on practicum experience. Participants and training staff will live in residence at Sorrento Centre on Shuswap Lake in south-central BC.

To learn how to register for this session, call Andrews and Associates, Inc., at 1-250-542-7605, email to [aaall@cnx.net](mailto:aaall@cnx.net), or visit <<http://rpc-consulting.ca>> HRDC and SDES funding may be available to eligible applicants.

Andrews and Associates Inc.  
in partnership with RPC Consulting.





# Wise Woman

## Sept. 14, 15

### Naramata



**Friday** on site registration starts at 1:30 pm.

**Dinner** is from 5:15 to 6:30 pm.

**Opening Ceremonies** start at 7 pm, followed by Introduction of Workshop Leaders and a closing meditation.

**Sunrise Ceremonies** start at 6:45 am Saturday and Sunday with Tai Chi, Meditation and other happenings.



**Workshops** start at 8:45 am on Saturday and continue to 9 pm with breaks for lunch and dinner. There are ten workshops to choose from in each time slot. The same for Sunday with Closing Circles at 4 pm. The complete schedule is available in the June/July Issues, phone for location pick-up or visit our web page [www.issuesmagazine@img.net](http://www.issuesmagazine@img.net).



**The Festival Store** has space to sell various crafts, crystals, jewellery and more. If you are a festival participant and want to sell items, please call Nywyn at 250.492.0039. **Space is limited, please register early.**



**The Healing Oasis** is in the downstairs of McLaren Hall and includes the Reiki practitioners. It is open for sign-up Friday, 2 to 8 pm and 8 am Saturday. **Session times are:** Fri. 3-5pm & 7-8pm; Sat. 10:30am-8:30pm; Sun. 9am-3:30pm. There will be a charge of \$10 for 1/2 hour and \$20 for 1 hour sessions. Urmi is the coordinator.

**Healers, Readers, Bodyworkers & Reiki Practitioners** who want to work in the Healing Oasis please phone 1-888-756-9929 or call Urmi at home 250-497-8970. For six hours of work we offer a pass to the weekend, plus a \$10 discount toward food or accommodation of your choice.



**Accommodation** onsite is on a first-come, first-served basis. Phone for availability 1-888-756-9929. Tenting or shared cabins.

**Meals** are served by the Naramata Kitchen staff. Please preorder meals by September 10.



No animals allowed on site.



into  
35

## REGISTRATION

**weekend adults**  
Sat only \$85 - Sun

**weekend seniors**  
Sat. only \$75 - Sun

4 women registering together  
one Grandma, who is over 65

**To register please**

**Toll Free 1-888-756-9929**

on the web

[www.issuesmagazine.com](http://www.issuesmagazine.com)

## Wise Woman Parade

Dress up as your favourite Goddess, Heroine, Clown or Wise Woman and join the fun. Procession to Columbia Hall for the Closing Circle.





# in Weekend

15 & 16

ata, BC



intended for women  
35 years and better

TRATION

adult - \$125

- Sun. only \$50

senior - \$100

- Sun. only \$40

ng together can bring  
over the age of 70, FREE

please phone

888-756-9929

ve web

magazine.net

5th annual gathering of knowledge, wisdom and life skills to  
enhance your journey. 40 workshops with 30 presenters.  
Workshop titles include:

- ♥ Experiencing the Goddess at Home
- ♥ Illuminate Your Aura
- ♥ Forgiveness: A Challenge and a Gift on the Heroine's Journey
- ♥ Playing with Sound and Movement
- ♥ Dances of the Nile
- ♥ The Art of Bellydance
- ♥ Intuition - the Language of the Soul
- ♥ Understanding Hormones
- ♥ Women Working Together for Social Justice and Change
- ♥ Breema: Nurturing the Nurturer
- ♥ Stories of Strength and Power
- ♥ Dance Play: Dancing From Spirit
- ♥ Celebrating Women's Lives with Circle Dance
- ♥ In the Eye of the Storm
- ♥ Bring Out the Clowns
- ♥ Eastern Astrology & the Power of Feminine Principles
- ♥ Honouring the Woman's Sacred Cycle
- ♥ Heal Your Soul; Reclaim Your Life
- ♥ Emotional Freedom Techniques
- ♥ Battery Charging: The Energetics of Self-Care
- ♥ Awaking the Wise Woman Within
- ♥ The Joy of Feng Shui
- ♥ Coast Salish Healing Traditions
- ♥ Fine Tuning Your Radio Waves
- ♥ Conscious Breathing
- ♥ Dream Quest
- ♥ A Mythic Journey
- ♥ Rites of Passage
- ♥ Build Vitality and Create Balance with Hand and Foot Reflexology
- ♥ Creative Me
- ♥ Inner Rhythms
- ♥ Basic Massage & Chakra Sounds Meditation
- ♥ Animal Totems
- ♥ Time to Reflect: Creating Your Own Earth Bundle
- ♥ Introduction to Crystal & Tibetan Singing Bowls
- ♥ Are Your Bones Getting Their Calcium?
- ♥ Writing Your Truth
- ♥ Sharing Your Story
- ♥ Women's Healing Quest
- ♥ Sacred Crafts
- ♥ Create a Mythic Goddess Mask

Closing  
Circle

Autumn Equinox

4:00 - 4:30 pm Sunday

A Ceremony of Harvest and  
Thanksgiving for all our Blessings.



## Dreamweaver

Vernon's Metaphysical Oasis  
3204-32nd Avenue, Vernon

250-549-8464



Toll Free  
1-888-388-8866

Books, Crystals, Jewellery,  
Aromatherapy, Original Artwork,  
Gift Items, Gem & Flower Essences

Psychic Readings available  
**OPEN Mon. thru Sat. 9:30-5:30**  
Fridays 9:30 - 7:00

## ★ 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**

## Guardian Angels

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

**Aug. 30 & Sept. 27, 7-8pm**

Pantry Restaurant Meeting Room

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

Judy **548-4169** or Susan **768-7623**

## New concept of:

God, evolution, myths, ecology,  
society, human destiny, pro-  
phesies, the future & the past.

**www.cruxclub.org**

or: Box 20103, Kelowna, BC V1Y 9H2



# Calendar of Events



## August 6, 13 & 20

**Yoga the Feldenkrais Way** with Sandra  
Bradshaw in Kelowna. p. 23

## August 10

**Spirit of Hawaii** with Project Aloha and David  
Blaikie in Victoria. p. 19

## August 10 - 14

**Drum Workshop/Retreat** with Lyle Povah  
in Penticton, intermediate level. Lyle 604-736-  
6487, Beryl 250-492-7359

## August 10 - 17

**Accessing the Divine Within** with Lama  
Geshe Tashi Namgyal at Johnson's Lndg. p 14

## August 16

**Science of Intuition** with Jollean McFarlen,  
Parkinson Rec. Centre in Kelowna. p. 16

## August 17 - 19

**Juicy Love: Tantalizing Tantra** with Jon Scott  
and Shannon Anima at Johnson's Lndg. p. 15

## August 17 - 21

**Touchpoint Reflexology** Level 2 & 3 with  
Yvette Eastman in Prince George. p. 9 & 15

## August 18

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

## August 18 - 19

**Avatar 2-day Workshop**, Russell Monsurate  
and Sylvain Mailhot in Kelowna. p. 25

## August 30

**Guardian Angels** with Judy and Susan in  
Kelowna. p. 22

## September 4

**Holistic Practitioner Course** commences  
at the B.C. Inst. of Holistic Studies. p. 2

## September 7

**Free Talk** by Buddhist nun Kelsang Delek in  
Logan Lake, BC. p. 5

## September 7 - 8

**Overcoming Challenges** with Soul Journey  
and Akasha in Kamloops. p. 7

## September 7 - 9

**Healing Touch for Animals Workshops**  
in Kelowna. Sept. 7 Intro, Sept. 8 Canine,  
Sept. 9 Equine. Lori 250-707-0216

## September 9

**Moving into Wholeness** in Kelowna. p. 10

## September 14, 15 & 16

**Wise Woman Weekend** at Naramata, BC.  
see centrefold for details

## September 15

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

## September 21 - 23

**The Body, Soul & Sprit Expo** at Canada  
Place in Vancouver. see back cover

**Tai Chi Chi Kung** in Kelowna. p. 33

## September 22 - 23

**Psychic & Healing Fair** in Kelowna. p. 9

**Waking Up** with Cheryl, Westbank. p. 13

## September 23 - 29

**Divine Alchemy Intensive** with Rev. Alice  
Christenson in Salmon Arm. p. 12

## September 28 - October 28

**Life Skills Coach Training** with Rod Paynter  
at Sorrento Centre on Shuswap Lake. p. 19

## September 28 - 30

**Mayan Wisdom Workshop.** Mayan Elders  
to teach on the medicine of the Maya, the Mayan  
callendar system, the Ma prophesies and per-  
form an ancient fire ceremony. Healings and  
readings available. Spirit Center. North Vancou-  
ver, limited seating. fees: \$195 before Aug. 31,  
\$225 after. mayanwisdom@wilde.ca,  
www.wilde.ca/mayanwisdom, 604-255-8208

## September 28 - October 3

**Awakening to Love in Your Life** with Lynne  
Mündel & Jon Scott at Johnson's Landing. p.15

## October 25 - November 10

**Enter the Mystery**, tour of Machu Picchu with  
Serenity Transformational Tours. p. 8

## ONGOING EVENTS

### WEDNESDAYS

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

### 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

**Festival of the Chariots - Hare Krishna Festival of India**  
**August 18 & 19 Stanley Park.- Parade starts at 11:30**

604-433-7100 [www.iskcon.ca](http://www.iskcon.ca)  
newgokula @ hotmail.com



# Improve Your Posture

the **Feldenkrais®** Way  
by Sandra Bradshaw, CFP

"Don't slouch! Sit up straight!" How many times did you hear that directive as a child? And how often as an adult does the same old tape run in your head as you slump down in your favorite chair? We would all like to have better posture but if it were simply a case of willpower or desire everyone would be sitting beautifully aligned all of the time. It seems that when we are thinking about sitting "straight" we can do it but the moment our attention wanders, down we go into that well-worn posture that stresses our back and creates all manner of problems as we age.

So why do we do it? There is a very simple biological explanation called the flexion response. The flexion response, which causes us to "curl", is a very primitive directive from the nervous system. It is activated when there is any perceived threat—anything from emotional and/or physical distress, to fighting the 5:00 rush hour traffic. So how do we retrain our nervous system to stay uncurled when we are not being threatened?

The following *Awareness Through Movement Lesson®* will allow your back to release from the flexion response. When you have completed the lesson, notice how your shoulders have released and how you are able to sit "up straight" with much less effort.

1. To start, lie down on your stomach on a firm and supportive surface. If this is uncomfortable for you, put a pillow under your ankles to release your low back. Place your hands more or less above your head on the floor with the index fingers touching and palms down and head turned to the side of your choice.

2. In this configuration, lift your head, turn to look out toward the horizon and back to your starting place. Do not push with your arms and go slowly enough to notice how you are doing the movement—notice what feels comfortable and what doesn't. Use this information to improve each successive repetition making the movement simpler and easier. Rest.

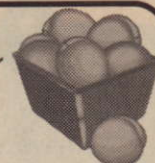
3. With your head still turned to the side, focus on your breath. Notice that as you breathe in, your chest rises and as you breathe out it falls. On the next in-breath, use this lifting movement in your chest as the impetus for lifting and turning your head to the horizon and then on the out-breath return to the starting position. Do this several times using less effort with each excursion out and back.

4. Place your hands under your cheek with palms down and your cheek resting on the back of your upper hand. Your head is still turned to the same side and you are looking towards your bent elbow. Slide your head along your forearm towards your elbow—only a few inches and back again. Do that several times always staying in the comfort zone where the movement is completely free and easy. Breathe out as you go towards your elbow and breathe in as you go back. Notice how timing your breathing helps the ease of the movement.

5. With your head still turned to the same side, lift your head, turn to look out at the horizon, turn your head to the

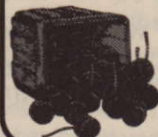
Organically  
grown or  
unsprayed  
produce

## Harry's Harvest



at Ted's Fruit Stand  
Naramata Road, Penticton  
or at Penticton/s Farmer's Market (Sat. morn.)

**Heritage Apples (85 varieties and budwood)**  
**Peaches (7 varieties) apricots, plums, dried cherries**  
**unsprayed tomatoes, peppers, herbs and more.**



### Bulk Orders

phone 493-0663 or 460-0773  
email [h\\_naegel@hotmail.com](mailto:h_naegel@hotmail.com)

## Leigh Perry CMH

**Master Practitioner**

**Timeline Therapy®**

**Master Practitioner of  
NLP**

**Certified Master  
Hypnotherapist**

**Intuitive Counsellor**



[timeleigh1@home.com](mailto:timeleigh1@home.com)  
(250) 979-1492  
Kelowna

opposite side and lower it down. Lift your head, look out to the horizon, turn it back to the original side and rest. Go back and forth in this manner several times until it feels easy to have your head turned to the new side. When you are comfortable with your head to this side, repeat the lesson on this side. See ad below

## F E L D E N K R A I S ®

**YOGA the FELDENKRAIS WAY**  
with  
**Sandra Bradshaw, CFP**

**Weekly Drop-in Class**

**August 6, 13 & 20**

**Mondays - 6:30 - 7:30 pm**

for location and more information

**Phone: 250-862-8489 Kelowna**

**Website: [sandrabradshaw.tripod.com](http://sandrabradshaw.tripod.com)**



# BURNOUT

by Heather D. Gill, RN, Registered Nutritional Counsellor

You have no doubt heard the word but do you really know what it is and how you might recognize burnout in yourself or someone you know? It affects approximately 80% more women than men.

Over a short period of time, an "overload of stress" produces a cranky, irritable person. Over a long period of time, that same stress puts a demand on one's energy sources and produces a burned-out person. Motivation, attitudes and behaviour are all affected by loss of energy.

There is such a thing called "good stress" which sparks us to grow, learn, produce and connect in a positive way. "Bad" stress is only recognized when one begins to feel worn down and worn out from excessive demands.

Burnout typically follows a pattern which may go something like this: compulsion to prove, intensity, subtle deprivations, dismissal of conflict and needs, distortion of values, heightened denial, disengagement, behaviour changes, depersonalization, emptiness, depression, total burnout exhaustion.....

Does any of this ring a bell? Burnout could almost be called the silent enemy because it can creep up on a person without them really noticing any major changes other than "just not feeling quite oneself".

Denial is often the first stage when the woman will not acknowledge that something is wrong and will not seek help until the symptoms have become so disabling that one is literally unable to get out of bed in the morning.

Stages of burnout are not always clear-cut. A person can stay in one stage for quite some time or jump back and forth between stages. We are individuals, therefore our symptoms will be unique to our genetic makeup, personality, and our ability to deal with stress.

A person may admit that they are "stressed out" and may begin to self-medicate using alcohol or drugs to make themselves feel better. However, the problem continues and escalates in severity. Women often present themselves as being "depressed". However, depression born of burnout and a chronic depression are quite dissimilar. Doctors often do not look further than the depression and this is a critical diagnostic mistake. Depression caused by burnout exhaustion can and should be addressed and treated as one of the symp-

toms (albeit, one serious symptom) on the entire burnout cycle.

There is a steady climb in the number of women experiencing true burnout at work as well as at home, like the working mother trying to hold down a job plus raising a family and taking care of the house. It is likely all these reasons are why women are affected more than men, as women tend to have to wear many hats. Women tend to be so busy taking care of everyone around them that they leave little or no space for nurturing themselves. Women need to step back and smell the roses, so to speak, listen to their bodies and make their own mental, physical, emotional and spiritual needs a priority. Your husband, partner, kids, relatives etc. are not going to expire (contrary to what you may believe) if they have to fend for themselves a bit; spread the workload. The days of the working man coming home to his pipe and slippers with dinner waiting for him on the table, are long gone. Family dynamics have changed forever. So, if you are not careful about avoiding the triggers for burnout, you will likely be the last person to realize that your life is all but shattered.

Prevention is always better than the cure. It is usually at a crisis point before a person seeks help, and by then the symptoms are thoroughly ingrained into our lifestyle until we wake up one morning unable to function with even the slightest detail, like figuring out exactly how one is going to get out of bed in the morning because your mind and body feel as if they are encased in cement—nothing will move.

As a nutritional counsellor, I make every effort to ensure my patients are getting quality nutrition and supplements, as burnout severely affects one's immune system. Our cells require good sources of nutrition so that they can produce the energy needed to fight one's way back up the ladder from burnout. Greater emphasis has to be placed on early detection of burnout and that is as simple as educating oneself as to the warning signs.

So, ladies, (and you guys), begin right now taking time for yourself. It is the very best insurance you can have against burnout; eat properly, get exercise, as much sleep as your body needs, and learn the smartest word in the English language—"NO."

## BUILDING FOR LEASE

Ideal for Naturopathic  
TCM Clinic, Day Spa  
or Massage Clinic

5 practitioner rooms  
and a larger studio space

Creekside location in  
Penticton 1-888-756-9929

## Yoga

*No experience necessary...*

**Wed. 10 to 11:45 am or 7:00-8:45 pm**

**More classes starting Sept. 15**



**First Class Free  
\$40 for 6 classes**

**The Yoga Studio**

254 Ellis St. Penticton • 492-5371



# Moving Forward with Avatar®

by Sylvain Mailhot, Licensed Avatar Course Facilitator

How would you like to experience the most beneficial course that would strengthen your sense of inner freedom and empower you to move deliberately forward in your life? In sharing my experience with Avatar, my wish is that many of you will sense that the Avatar Course would be very timely for you.

I was introduced to Avatar in March 2000 through acclaimed Facilitator Russell Monsurate of North Vancouver. The 9-day Course, which builds dynamically on the principle that what we believe greatly impacts our experiences in life, had been highly recommended to me. I had also been eagerly looking forward to meeting Russell when I heard about his extensive background and proficiency with meditation, yoga philosophy and practical metaphysics in the business world. Russell was born and raised in India and his experience there included running a Yoga Center while attending university in the seventies. He also spent many years studying eastern philosophy and comparative religions, and touring India seeking the company of several spiritual teachers and enlightened beings, including Papaji.

My own background includes having spent 30 months in Swami Shyam's Meditation Center in India in the mid-eighties and having recently completed the full series of Science-of-Mind metaphysical classes over six years.

From the moment I started hearing feedback about how truly empowering and transformational the Avatar Course is, and after carefully reviewing the information and testimonials on Russell's web site, I was impressed that such a short course could have such a beneficial impact in people's lives. After getting to know Russell by attending two of his introductory talks, I immediately knew that I had a lot to learn from him and from this Course.

The developer of the Avatar Materials writes in one of his articles: "Avatar is a nine-day Self-Empowerment Training delivered by a Licensed Avatar Facilitator. The Avatar tools are a synergy of exercises, drills, and procedures that when properly understood and used increase your ability to live deliberately. They are remarkably effective and efficient tools for taking control of your life. If you need to identify and resolve a self-sabotaging belief or behavior, the Avatar tools can help. If you want to create a harmonious relationship, or achieve success, or just reach a pleasant state of joy and contentment, the Avatar tools can help you. They are also effective for removing grief and stress from your life, restoring health, and achieving peace of mind."

"Living deliberately means to operate as a creative source, at least within the confines of a certain domain of reality. A creative source acts deliberately out of its own inner determination; it is responsible."

"The evidence that the Avatar tools are working for you is that certain things that you could not previously create, control, or change through your effort and willpower alone, you now can. In other words, you have acquired or recovered a greater ability to live deliberately. This happens when some resisted experience, or inability or behavior that was holding you back is removed or positively changed. You move beyond your former limitations. The size of your reality domain increases and, along with it, your influence, your opportunities, and your confidence increase. Your power as a creative source increases. These are EXPECTED RESULTS of the Avatar training."


Another way to describe the Avatar Course, especially as facilitated by Russell, is to say that it brings to life in very practical ways the very best of eastern teachings and western metaphysics. In a pleasant atmosphere, the Course provides heart-felt empowerment through cutting-edge belief-management exercises and meditative practices for people of all backgrounds. *The Course is indeed an ideal Self-Renewal Retreat.*

Since April 2000 when I successfully completed the Facilitator Training Course in Orlando, Florida, I have had the opportunity to participate in about half-a-dozen deliveries with Russell. Each time, I have observed participants gain NEW LEVELS OF CLARITY AND CONFIDENCE as they start to easily handle issues, feelings and conditions that had some-

times been of concern to them for years. In my own life, I have been empowered to initiate some timely changes in relationships and living arrangements. I have also realized a dream of mine in starting my own business, INNER DYNAMICS, offering personal development services including deliveries of the Avatar Course.


The Avatar Course has three segments that can be taken in sequence or all at once. **PART ONE**, usually offered as a 2-day Self-Discovery Workshop called ReSurfacing, deepens the participants' awareness of the relationship between core beliefs they hold in consciousness and the very experiences in their lives. Vital exercises on awakening the will and freeing and controlling one's attention are included, as well as exercises to recognize and change unhelpful programming. **PART TWO** is a 4-day Self-Empowerment Course with very enlightening exercises on deeply quieting the mind, learning to feel or perceive reality without judgment or separation, and greatly enhancing one's ability to create preferred realities. **PART THREE** is a 3-day Self-Evolution Course. Building upon the skills developed in the previous sections, a very effective procedure is learnt to manage or eliminate problem areas in one's life.

If learning to become the conscious creator of your own destiny is of interest to you, Avatar can surely help. Russell, who is one of the most prolific Avatar Facilitators in North America, is scheduled to join me for an Avatar Course delivery in Kelowna August 18-26, 2001. Why not plan to join us for the workshop or for the full course? Your satisfaction is guaranteed and you can easily get involved by attending one of the regularly-held FREE INTROS. See ad below and feel free to contact us.



**MANIFEST  
YOUR DESTINY!**


**Russell Monsurate**  
Avatar Course Facilitator  
[www.avatarcanada.com](http://www.avatarcanada.com)  
E-mail: [childman@home.com](mailto:childman@home.com)  
Toll Free: 1-877-320-2546



**2-day Workshop in Kelowna: Aug. 18-19**  
**9-day Course in Kelowna: Aug. 18-26**

**FREE BOOK SET WITH EARLY REGISTRATION.**  
**IF NEEDED, CALL TO ARRANGE ACCOMMODATIONS**  
**OR TO DISCUSS FUTURE DELIVERIES ANYWHERE**


**2-day Workshop in Kelowna: Sept. 15-16**  
**Body, Soul & Spirit Expo in Vancouver Sept. 21-23**



**INNER DYNAMICS**  
Self-Empowerment Services

**Sylvain Mailhot**  
Avatar Course Facilitator  
Meditation Instructor  
Metaphysical Consultant

**TOOLS FOR SELF-MASTERY &  
ENHANCED PERFORMANCE**  
(250) 762-3316 • [sylvainm@home.com](mailto:sylvainm@home.com)  
[www.avatarcanada.com](http://www.avatarcanada.com)



**Free Intros throughout the Okanagan and beyond**



## Oasis Health & Nutrition Counselling



*Are you suffering from: stress, addiction, weight problems, anxiety disorders, phobias/panic attacks, eating disorders, fatigue or any health related problems?*

### Workshops on:

Weight Management • Menopause/Osteoporosis  
Eating Disorders • Allergies  
The link between nutrition, hyperactivity,  
learning disability, behavioral problems and A.D.D.

**Suzanne Lawrence, RNCP**

**Registered Nutritional Consulting Practitioner**

has 18 years of front line experience working with health and nutrition, eating disorders and addictions. My mission is to educate people to reach their full potential for Health and Happiness.

**Kamloops: 250-851-0027 • Merritt: 250-378-8363**

*Extended health care coverage*

## FREE ADMISSION

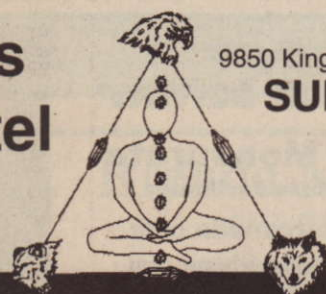
Saturday & Sunday • 10 am to 9 pm

**August 11<sup>th</sup> & 12<sup>th</sup>**

**Days  
Hotel**

9850 King George Hwy.

**SURREY  
BC**



**Spiritual Journeys  
Psychic & Wellness Fair**

**For more info. call Derrick Whiteskycloud:**

**604-818-8375 or fax: 604-541-9316**

**www.spiritualjourneys-wellness.com**

hypoglycaemia. DAMS indicates many people who have replaced their amalgams with safe, non-toxic dental materials have experienced reversal or improvement of persistent health problems.

DAMS Inc. provides a list of holistic (mercury free) dentists and information about precautions for mercury filling removal. Holistic dentists may employ special protocols to remove mercury fillings, which may reduce contact with mercury vapours. DAMS' coordinators are volunteers willing to share their own experiences of mercury amalgam toxicity, removal and detoxification.

For more information about the mercury dental filling issue please call the local DAMS volunteer coordinator, Cindy Downey, at (250) 766-5116, or DAMS headquarters at 1-800-311-6265. References for this article available upon request.

## Could Your "Silver" Dental Fillings Be Causing Health Problems?

by Cindy Downey

"Silver" dental filling is actually a misnomer; mercury makes up approximately 50 to 70 percent of the filling, with 15 to 35 percent silver, then copper, tin, and zinc for the remainder. Each "silver" filling contains approximately three quarters of a gram to three grams of mercury. DAMS Inc. (Dental Amalgam Mercury Syndrome) a non-profit group educating the public about health hazards of mercury fillings says "Mercury is known to damage the brain and nervous system, the thyroid, pituitary, and adrenal glands, the heart and lungs, as well as hormones and enzymes. Mercury is a very potent suppressor of the immune system."

"Mercury is one of the most poisonous substances known to man" says Dr. James E. Hardy, author of the book Mercury Free. Running shoes containing about one gram of mercury were banned by the Minnesota Pollution Control agency due to environmental concerns. In "Toxic Teeth: The Chronic Mercury Poisoning of Modern Man", Dr. Murray Vimy estimates the average person has eight mercury fillings. This could be approximately six to twenty-four times the mercury in the banned running shoes!

Cities have bylaws regulating dentists' disposal of mercury in sewage systems, and yet dentists can put mercury in our mouths! In 1983 the USA Environmental Protection Agency declared scrap mercury dental fillings a hazardous waste. In 1998, a Kelowna High School was temporarily closed to clean up a mercury spill of approximately 57 grams. It is understandable there is concern for relatively small mercury spills, but why so little concern for mercury placed in our mouths?

For many years, dental associations maintained that mercury was bound in the "silver" fillings and would not escape. In 1990, researchers at The University of Calgary proved the mercury from fillings leaches into the body. Dental associations have also said mercury from dental fillings is a small amount, and there are other sources of mercury to be concerned about. Recently, University of Calgary researchers have proven that "even minute amounts of mercury can damage neurons in the brains of rats". The researchers indicated this damage is the same found in the brains of Alzheimer's patients. The World Health Organization indicates mercury from our "silver" dental fillings is the largest source of mercury exposure for the average person. The WHO also says there is no safe level of mercury exposure. Dr. Hal Huggins, D.D.S., author of It's All in Your Head: The Link Between Mercury Amalgams and Illness, believes there are links between mercury dental fillings and Chronic Fatigue Syndrome, Multiple Sclerosis, ALS, Parkinson's, Alzheimer's, Arthritis, and Lupus.

The DAMS Inc. Information Booklet lists "Symptoms of Chronic Mercury toxicity" as taken from "The IV-C Mercury Tox Program; A Guide for the Patient" by Sam and Betty Queen; some of these symptoms are: loss of memory, lethargy, depression, numbness and tingling, metallic taste, G.I. complaints, repeated infections, hypothyroidism, chronic headaches, allergies, general fatigue, and (continues to left)



# OSTEOPOROSIS...ARE YOU AT RISK?

by Nathalie Bégin, R.N.C.P., C.C.H.

Many women over the age of fifty have come to me disappointed and upset after discovering from their medical doctor that they had osteoporosis. Most of them were frustrated by the fact that they actually had been taking a calcium/magnesium/D supplement for years.

Bone density testing is becoming more popular in determining the porosity of the skeletal system and can be, for some, a wake-up call for action. However, whether osteoporosis is a condition in your family or not, you may be subject to it. Many lifestyle factors can encourage loss of bone density. For example, it is common knowledge that caffeine intake will encourage calcium depletion via the kidneys. A body that is generally over-acidic will not absorb and utilize nutrients as well, thus creating imbalances and depletions.

Calcium from dairy products is difficult to absorb since much of the enzymes in milk is destroyed during pasteurization. I believe that most do not have a true calcium deficiency, but may not be able to utilize excess calcium already existing in their tissue. This, in fact, is often due to other nutrient imbalances.

There are various kinds of osteoporosis formulas on the market. It can be very difficult for the consumer to choose the best supplements for optimum results and one may benefit from professional advice on which type and how much is necessary.

The following factors should be considered to address the issue of osteoporosis:

- **Diet examination.** What is the quality of your calcium-rich foods? Do you eat many processed foods? Is your diet excessive in meat consumption (especially red meat)?

- **Calcium-magnesium balance.** Do you have too little or too much calcium intake? Do you have too little magnesium-rich foods? Is your magnesium level in proper balance with your calcium? The ratio between the two is not always the same for everyone. Based on several factors, some may actually need more magnesium to calcium until the minerals are balanced.

- **Minerals and trace minerals.** A lack of these nutrients, including vitamin D, can prevent proper calcium utilization.

- **pH levels.** Is your body too acidic (most common) or too alkaline? You may have to increase more alkaline-forming foods in your diet.

- **Exercise level.** Do you include weight-bearing exercise as well?

- **Stomach gastric juices.** Are you secreting enough hydrochloric acid to break down calcium? Interestingly, there are more people not producing enough stomach gastric juices to break down their foods, which can lead to malabsorption of nutrients.

- **What are your hormonal levels?** Are you estrogen or progesterone dominant?

- **Stress.** High levels of physical and emotional stress can hinder calcium absorption.

It is interesting how so many North Americans eat plenty of calcium-rich foods, yet the incidence of osteoporosis is accelerating at an alarming rate. The advice of adding more calcium and vitamin D to your regimen is not enough. It's not that simple.

Although genetic predispositions may play a role in our present health conditions, it is not always a determining factor in having to accept a disease to become part of your experience. Adopting a preventative lifestyle will often work in your favour to experience healthy, vibrant living.

See ad below

## 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

## 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**



# NOURISHING TRADITIONS

The Cookbook That Challenges  
Politically Correct Nutrition and the Diet Dictocrats

Sally Fallon, with Mary G. Enig, Ph.D. • ISBN 0-9670897-3-5



Technology is a generous benefactor. To those who have wisely used his gifts he has bestowed freedom from drudgery; freedom to travel; freedom from the discomforts of cold, heat and dirt; and freedom from ignorance, boredom and oppression. But Father Technology has not brought us freedom from disease. Chronic illness in industrialized nations has reached epic proportions because we have been dazzled by his stepchildren, fast foods, fractionated foods, convenience foods, packaged foods, fake foods, embalmed foods, ersatz foods--all the bright baubles that fill the shelves at our grocery stores, convenience markets, vending machines and even health food stores.

The premise of this book is that modern food choices and preparation techniques constitute a radical change from the way man has nourished himself for thousands of years and, from the perspective of history, represent a fad that not only has severely compromised his health and vitality but may well destroy him; and that the culinary traditions of our ancestors, and the food choices and preparation techniques of healthy non-industrialized peoples, should serve as the model for contemporary eating habits, even and especially during this modern technological age.

The first modern researcher to take a careful look at the health and eating habits of isolated traditional societies was a dentist, Dr. Weston Price. During the 1930s, Dr. Price travelled the world over to observe population groups untouched by civilization, living entirely on local foods. While the diets of these peoples differed in many particulars, they contained several factors in common. Almost without exception, the groups he studied ate liberally of seafood or other animal proteins and fats in the form of organ meats and dairy products; they valued animal fats as absolutely necessary to good health; and they ate fat, meat, fruit, vegetables, legumes, nuts, seeds and whole grain in their whole, unrefined state. All primitive diets contained some raw food, of both animal and vegetable origin.

Dr. Price found fourteen groups, from isolated Irish and

Swiss to Eskimos and Africans, in which almost every member of the tribe or village enjoyed superb health. They were free of chronic disease, dental decay and mental illness; they were strong, sturdy and attractive; and they produced healthy children with ease, generation after generation.

Dr. Price had many opportunities to compare these healthy so-called "primitives" with members of the same racial group who had become "civilized" and were living on the products of the industrial revolution—refined grain, canned food, pasteurized milk and sugar. In these people, he found rampant tooth decay, infectious disease, degenerative illness and infertility. Children born to traditional people who had adopted the industrialized diet had crowded and crooked teeth, narrowed faces, deformities of bone structure and susceptibility to every sort of medical problem. Studies too numerous to count have confirmed Dr. Price's observations that the so-called civilized diet, particularly the Western diet of refined carbohydrates and devitalized fats and oils, spoils our God-given genetic inheritance of physical perfection and vibrant health.

Later research on the diets of traditional and non-industrialized people has focused on their food preparation techniques. Almost universally, these societies allow grain, milk products and often vegetables, fruit and meat to ferment or pickle by a process called lacto-fermentation. These pickling techniques preserve foods so that they are available during periods of scarcity, but unlike modern preservation methods, which deaden and denature our foods, lacto-fermentation makes nutrients in these foods more available and supplies the intestinal tract with health-promoting lactic acid and lactic-acid-producing bacteria.

Another technique found universally in ethnic cuisines is the use of bone broths, rich in gelatin as well as in calcium and other minerals. The archives of our medical libraries contain many studies on the beneficial effects of gelatin taken on a daily or frequent basis, but these studies are ignored as traditional methods for making rich stocks are forgotten.

Technology can be a kind father but only in partnership with his mothering, feminine partner--the nourishing traditions of our ancestors. These traditions require us to apply more wisdom to the way we produce and process our food and, yes, more time in the kitchen, but they give highly satisfying results--delicious meals, increased vitality, robust children and freedom from the chains of acute and chronic illness. The wise and loving marriage of modern invention with the sustaining, nurturing food folkways of our ancestors is the partnership that will transform the twenty-first century into the Golden Age.

available at the Rainbow Connection,  
254 Ellis Street, Penticton: 1-250-492-3123

*Spiritual Astrology  
& Life Counseling  
Khoji T. Lang*

email: Khoji@celestialcompanions.com  
Mayan Cosmology • Western Astrology • Numerology

Phone: 1-877-352-0099



# How Grapefruit Seed Extract was Discovered

Jacob Harich was eating a grapefruit for breakfast one morning in France and savoring its taste.

World War II had just ended and since fresh fruit was a rare treat in Europe at that time, Jacob savored it all the more—until, that is, he bit into a seed! The extremely bitter taste of the seed interrupted his enjoyment of breakfast but also prompted him to wonder, 'What makes it so bitter?'

For many, such a question would have been of mere passing interest, but for Jacob, a budding scientist, it inspired a compelling inquiry, one that would take decades to answer and years more to 'bear fruit'.

Jacob Harich was born in Yugoslavia in 1919 and educated in Germany. World War II interrupted his studies in nuclear physics. After witnessing the horrors of war as a fighter pilot, young Harich was inspired to devote the rest of his life to improving the human condition. To this end, he augmented his studies in physics with a full university course in medicine, specializing in gynecology and immunology. Arriving in the United States in 1957, Dr. Harich furthered his education at Long Island University, N.Y.. But it wasn't until 1963, after moving to the heart of grapefruit country in Florida, that he received the necessary support to carry out his research on the antimicrobial qualities of Grapefruit Seed Extract (GSE).

Harich approached Dr. Steven Otwell and Dr. Wayne Marshall, both leading researchers on the effects of microbes on food. Although initially skeptical, they were won over by the demonstration of GSE's amazing ability to protect produce, fish, and poultry from the assault of bacteria, fungi, and parasites. The reputation of these two doctors and the renown of the food science laboratory at the University of Florida, Gainesville, their home base, prompted other institutions to consider the claims being made by Dr. Harich. The product started to become popular and receive recognition in the early 1990s.

Finally, by 1990, holistic health practitioners in the United States began to hear about this remarkable product, understand the implications for their patients, and thereby gave Dr. Harich's work the boost it deserved into scientific credibility.

In 1995 Dr. Harich was invited to Europe as a guest of honor of the Pasteur Institute of France, Europe's leading AIDS research center. For several years the Institute has been researching the potential of GSE as a prophylactic against the HIV virus as well as against some of the secondary infections associated with AIDS. He was also honored by farmers in Europe who now use a powdered form of GSE in fish and poultry feed to fight two potentially lethal bacteria, Salmonella and E. Coli.

Dr. Harich died in May of 1996. It is pleasant to think that he did receive in his lifetime the recognition he deserved for a life devoted to a revolutionary approach to controlling dangerous germs. *See ad to the right*

## Herbal Body Deodorant

Grapefruit Seed Extract based. 100% natural. No fragrance! No sticky residue! No aluminum! Lasts longer than regular deodorant. Available in 30 ml spray bottle.

## Ginkgo Biloba Spray

Concentrated herbal product for the relief of allergic symptoms and allergy induced asthma. Available in 10 ml spray 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. Ray Lindsay, N.D., Dr. Denise Delmonte, N.D., Tel. (250) 549-1400, Fax (250) 549-1409

Mystic Healing Therapies, Robble 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

Sereno 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

##### Armstrong

Bonita & Lewis Hartman, Berry's Body Management, 3482 Lockhart Crescent, Tel. (250) 546-2729 Fax (250) 546-0270

##### 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

##### Tapscott

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 Q. Brereton, ND, Tel. (250) 426-5228

##### Creston

Carol Huscroft, Natural Herbal Products, Tel. (250) 428-3349

##### 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

##### Kitimat

Lohanna Aromatherapy, Linda Rampton, Cert. Aromatherapist, Tel. (250) 632-6946

##### Williams Lake

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

##### 108 Mile Ranch

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 Brklich, 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



# East meets West

Because we are considering the possibility that deep meditation, brought about through the use of modern technology, will bring us the personal growth benefits we all have been seeking, let's begin by examining the philosophical roots of such practice. Perhaps in this ancient wisdom there is something we can use to guide us, even today.

All traditions of meditation flow from one premise: that the entire universe is made of one all-encompassing energy—intelligent and aware, existing forever as the source of everything. Because there is nothing outside of it, say the mystics, because of its completeness, this energy has nothing to get or need, nothing to fear. The very nature of this energy, it is said, is contentment, love, peace, happiness, perfection, completeness.

The totality of this energy, say the mystics, is who you really are; your seeming separateness, an illusion. Saints and sages have for centuries attempted to describe to humankind a state of awareness where this feeling of oneness with everything in the universe is the predominant experience. For thousands of years, curious seekers have responded to these explanations by asking "If I am this one, infinite energy, the beginningless and endless totality of everything, if I really am Love itself, then why do I feel so bad? Why do I have so many problems? Why don't I feel the peace and happiness you say is my true nature?" And the mystic invariably would answer, "You do not experience your true nature because of your mind. Your mind keeps you from the experience of what truly is."

We know today that this is true — the mind does indeed act as a filter, colouring our view of reality just as coloured glasses give an illusory tint to what we see. Our brain will always filter reality so as to confirm that its predominant beliefs and associations are the truth. Mystical explanations of the origin of the universe shed further light on this problem. These explanations state that the one energy of reality, at the moment of creation, polarized itself into a seeming duality—good and evil, male and female, up and down, and all other pairs of seeming opposites.

This tension between opposites is also reflected in the human brain. The brain, divided into two hemispheres, right and left, has the same dual structure — made more acute by the fact that in virtually all people the two hemispheres are unbalanced, a state called brain lateralization. Since the brain filters our reality in this split-brain way, we tend to see things in terms of duality rather than the oneness spoken of by mystics. If the brain could somehow learn to operate in a more coherent, holistic manner, if the two sides of the brain could somehow balance, interact more, and function as one, then possibly our experience of reality would be different.

The more lateralization in the brain (in other words, the more tension between polar opposites) the more feelings of separation, fear, anxiety, and isolation. In fact, as we shall see, only a lateralized brain can continue to entertain the types of beliefs that result in dysfunctional and addictive behaviors and the painful feelings that accompany them.

Modern brain research indicates that long-term meditation does in fact balance the brain, creating a synchrony be-

tween the two hemispheres. A series of experiments on meditators during the 1970s discovered that electrical brain wave patterns of meditators changed, in periods of deep meditation, to a single, coherent pattern, indicating that both sides of the brain, ordinarily out of phase, were working together in a balanced, synchronous manner. While in the vast majority of people one hemisphere or the other is alternately dominant over the other, advanced meditators seemed to develop the ability to use their whole brain and to live in a more balanced state characterized by brain synchronization and whole brain functioning.

Any kind of focusing will bring about a degree of brain synchronization (i.e. meditation). The greater the focus, the greater the synchronization (and the deeper the meditative state). The mystic, then, sitting to meditate, balances the brain through some form of focusing, whether by repeating a prayer or mantra, keeping the attention on the flow of the breath, staring at a candle flame, or by using one of many other techniques. Whatever the technique, the effect on the brain is substantially the same—brain synchronization, and after much practice, transcendental experience. As the meditator focuses, he or she moves from a beta brain wave state into an alpha state. After many years of disciplined practice the meditator gains enough experience to begin accessing the deeper theta brain wave state (and with still more practice, the delta brain wave state) and begins to enjoy the experience of transcendental, expanded awareness.

So just what is this transcendental awareness? Persons operating continually in this type of awareness (a kind of 24-hour-a-day state of meditative alertness sometimes referred to as "the awakened mind") are more productive, happier, capable of more intimacy, more creativity, and more wholeness. This is, in fact, a state of peak performance and when the brain is in this highly synchronous and coherent state, it produces large quantities of pleasure-causing neurochemicals called endorphins, making the whole experience very pleasurable!

While meditation ultimately gets down into the deepest part of the mind like nothing else, it unfortunately takes about fifteen years, meditating six or more hours a day, to really perfect the ability to open the mind in this way.

In the early 1970s, however, very significant discoveries took place that have made this whole process more practical and accessible for those seeking this type of deep healing and personal growth but who don't have the time or the inclination to meditate many hours each day for many years. By far the most significant of these discoveries was that the alpha, theta, and delta brain wave patterns could easily be induced electronically. Today, more sophisticated versions, of the technology originally discovered in the early 1970s, are used to induce deep meditative states literally within minutes. This saves years of practice in perfecting the ability to reach such states and therefore accelerates personal growth. What once took most of a lifetime can now be accomplished in just a few years.

*See ad on page 3*



# ASTROLOGICAL FORECAST

**August** has challenges; reality will demand that you keep an open mind for a course that empowers all. On stage now is an opposition between Saturn and Pluto. Reality (Saturn) is focusing on our evolutionary challenge (Pluto) which is to write a new set of foundational beliefs. In this way we upgrade our social systems, from law to health care to the environment. The last time they did this dance was 1965 and this time they will come together again in October and May of 2002. On a personal level, pay close attention to boundaries, you want the feeling of win/win not domination/submission! Challenges that do not settle in August will show up again during the subsequent dates.

There is hope in August, it just comes in shades of gray. Positively we have spirit and innovation continuing to shape the new global village. In particular Uranus and Chiron are joined in an exciting aspect, the result can be fresh understanding into how to heal wounds.

The August 3 Full Moon along the Leo/Aquarius axis is at 10:56 p.m. PDT. We are asked to shed light of awareness on our personal dramas. Take a step back off the stage to gain an objective view of the "play" of your life. Do you like the role you have cast for yourself? Do you like who you have picked for cast members and the roles you have asked them to play? The highlighted degree symbolism, "*An evening lawn party*", and the key word is *Companionship*.\* Here in Victoria we might see an old "head line" in the spot light. Symbolically it points to power imbalances due to lack of correct information.

The first weekend in August has a delightful conjunction between Venus and Jupiter. A perfect combo for a family picnic. The second week of August is lively, Mercury triggers all the big players, getting us all talking about the issues. In the week preceeding the New Moon, life may seem to feel just a bit off. Challenging aspects from the bit players can throw minor obstacles in our paths.

The August 18th Leo New Moon is at 7:55 p.m. PDT. Today you can plant the seeds of a story in your life. Make sure your new play has a clear mission statement and demonstrates your integrity. The Saturn Pluto opposition is still making waves, be on the look out for domination or submission scripts. The highlighted degree symbolism is "*Daybreak*", the keyword is *Genesis*.\* This map places Pluto on centre stage in Victoria, the true agenda of our government will likely be revealed.

Confrontation and action dominate the weeks following the New Moon. On August 23 Pluto stations and turns direct. For many people who were challenged to transform their lives last year, this station of Pluto will be the last dance of the old before the new life takes over. Globally I expect forward momentum to resume and a sense that we as a species are again moving into a future.

On August 26 Chiron stations and turns direct. For those on a healing journey, Chiron's direct motion can mean steady improvement will begin again.

**September** rolls in with the planetary stage set for dynamic activity. The most constant note played will come from the Saturn Pluto opposition. We will continue to see power struggles around the themes of authority and bound-

aries. Jupiter steps up to Pluto as well. Normally these two like to duke it out over moral high ground and tests of strength, but the aspect between them can provide no clear winner. Both sides will lose face if a compromise is not sought.

The Sept. 2nd Full Moon along the Virgo/Pisces axis is at 2:43 p.m. PDT. Every which way you turn you can run into someone going counter to yourself. Picture the first day of school. Respecting the agendas that differ from our own is essential. Shed the light of your awareness on self mastery, in particular the right use of discrimination. The highlighted degree symbolism, "*A boy moulded in his mother's aspirations for him*" and the key word is *Exaction*.\*

The first full week of September the Virgo Sun keeps us hopping with his square dance to Saturn Pluto. Only those who show up with a clear agenda will keep this dynamic energy moving in their favour. Mars heads into Capricorn. Gone will be the righteous warriors, now we get to do self control, the kind that can scale mountains!

Mercury is busy over the next week. First we get great discussion and understanding, then we can become powerful in persuasion, ending with steel trap negotiations.

The Sept. 17th Virgo New Moon is at 3:27 am PDT. Today you can plant the seeds to change your life. How? In seclusion standing alone turn self control into hard work to achieve your goals. This script has a familiar ring but it just so happens to be the story in the sky today! Chiron in an odd way is tied in to this story, but he speaks of severing a connection to access your power. The highlighted degree symbolism is "*A flag flying at half mast in front of a large public building*" and the keyword is *Respect*.\*

The third week of Sept. brings the Jupiter Pluto aspect into focus. Care must be taken when power comes your way this week, does it benefit all?

The Fall Equinox is at 4:04 p.m. PDT on Sept. 22. At this turning the Moon calls our attention to the power of beliefs. Pay attention to your intention as you turn with the season.

Once a year life comes through in stark clarity. Those who can usually hide from reality with elaborate forms of subterfuge or blankets of denial, will find themselves confronted with the cold stare of Saturn. On Sept. 26 Saturn stations to turn retrograde. This annual event shows us all how our choices shape our reality. Many will be accepting of the truth and even be happy with what they see, while others will finally face the truth and accept responsibility for change.

\* taken from 'The Sabian symbols' by Mark 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>





## SOUTHERN B.C.'S LARGEST NATURAL FOOD SUPERMARKET

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

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

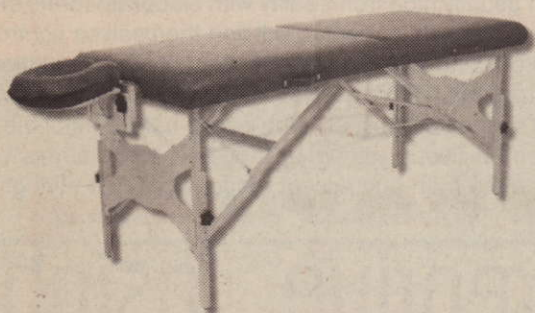
**Excellent Service, Selection & Prices**

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

*Visit [www.pentictonwholefoods.com](http://www.pentictonwholefoods.com)  
and enter to win a digital camera*

## 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

# Wheel of the Year

with Laurel Burnham



## *August & the Gifts of the Earth*

It is the time of the Barley Moon. The first few days of August were acknowledged as the First Harvest, a celebration of the grain harvest. The sanctity of grain goes back as far as the human race itself. Our development as a species has always been tied to grain and cereal crops.

Here on Turtle Island (North America) rituals such as the Green Corn Ceremony were joyful ritual gatherings giving thanks for the harvest. The spiritual exercise for the month is to give thanks for the abundance in one's own life, by focusing on what has been harvested thus far in the year. August is the month of fulfillment, the manifestation of the earth's abundance. By honoring the gifts of the earth, in turn we will receive much creative power and energy.

## *September, Month of the Harvest Moon*

September is the harvest time, and a month of endings. Summer is coming to an end. All the gardens, orchards and vines are loaded, waiting to fill the bins and baskets and our waiting shelves. The great earth holy day is the Autumn Equinox, arriving this year on September 22nd. The Celts knew it as Mabon. It is a time when the earth is in perfect balance; between light and dark, day and night are equal. The tide is turning, and the end of the growing season of the earth is near. The guiding myth for those following the Goddess traditions is the story of Demeter and Persephone. An ancient Greek story of the separation of Mother and Daughter, enacted for thousands of years in great seasonal ritual, parallels the turning of the season from summer to autumn, the death of the earth's vegetation. Even in these modern times, we still need to learn the lessons of separation and loss. In doing so, we face the inevitability of death, as a part of life. The bittersweet exercise is giving thanks and letting go, all at the same time.

## *In Memoriam: Gert Beadle*

On July 11th, 2001, one of our noblest and oldest Wise Women, Gert Beadle, passed away. She died at the age of 86, after a battle with cancer. We were especially honored to have Gert join us as our first Honored Crone, at the very first Wise Woman Weekend, in 1997. It was to be her last major appearance as honored crone, wise woman and poet. Gert was born and raised in the farming community of Fort Francis, Ontario. She married, raised two sons and ran the general store and post office for many years. In 1952, she moved with her husband to Thunder Bay, Ontario. She nursed there for many years and eventually was instrumental in founding the first Women's Shelter in Northern Ontario. She wrote and published several volumes of poetry. For her work for women, she received the Persons Award, and the Order of Canada. In 1985, she moved to Kelowna, where she met, corresponded and inspired hundreds of women all over. We are honored to have known her.



# T'ai Chi Chi Kung

by Peter Chin Kean Choy

The Taoist way is the way of Nature. As far back as 2690 BC, according to Chinese historians, before the era of acupuncture, Buddhism and martial arts, the study of chi was embodied in a Chinese nature science called Tao—The Way of Nature. Chinese physicians applied their understanding of Nature to the maintenance of health and the cure of illness. They studied the balance of the opposite forces in Nature, which they called Yin and Yang and which they saw in all aspects—shadow and light, negative and positive, masculine and feminine, hard and soft, summer and winter, fire and water and wood and metal.

Chi is a Chinese word meaning 'intrinsic energy.' In India, the yogis call it 'prana'. According to all teachers of the ancient arts of T'ai-Chi and Chi Kung, chi energy can be experienced by balancing the Yin/feminine/receptive and Yang/masculine/emissive principles within your life. There are many different ways in which you can channel chi, this life force to achieve a balanced state of health, rejuvenation and harmony. You can practice balancing your energies purely on one level or a mixture of different levels—physical, mental or emotional. On the physical level, for example you could use medication, diet, sleeping patterns, change of job or relationship to find a better balance of Yin and Yang in your lifestyle.

You might also go to a counselor or therapist to help you find a more balanced perspective about some emotional issue. When you feel the need to talk about some pressing emotional issues, this 'need to share' is the Yang/emissive principle. The presence of a receptive person listening helps you find a balance with the Yin/receptive principle.

An overworked person is too Yang and will feel better when he or she relaxes (Yin). Someone who is too Yin in mental attitude, in the sense of being too self-conscious, analytical and introverted, might feel more balance if he did some kind of physical activity that helped him to unwind and become more confident. When you balance the Yin and Yang aspects of your life, you will feel better.

Many groups work with different health-generating energies. I believe that each group is unique and doing the best it can based on its own experiences, structures, principles and disciplines. I have been trained to work with the heart center first. I prefer to consider it as dynamic, moving energy located around the chest rather than as a specific physical location. We cannot see it, but we can feel it as a warm, glowing and tingling sensation. Through the practice of exercises one can learn about the benefits of heart-beat listening and learning to flow with the heart meridian energy. Chinese medical practitioners believe that the heart is the governor of all inner flow of chi energy. Once we have contacted the heart center we learn to work with the lower tan-tien or belly center. We absorb chi energy into this center and direct the chi to be stored in our internal organs for good health and rejuvenation. From the heart and belly centers, we connect chi energy to the yin-tang center between the eyes. This pool of energy is linked to our thinking and understanding. The balancing of this mental chi energy enables us to understand logically, visually and cognitively what we experience.

Chi exercises fall into two main categories—Chi Kung and T'ai Chi. The study of rejuvenation and healing is called Chi Kung. Chi Kung (sometimes written as Qi Gong) is defined by Chinese scholars as 'the study of chi energy'.

The element of water motivated early practitioners to formulate their understanding of T'ai Chi, which means 'the river of energy which unites Yin and Yang into a dance and flows into the sea of energy'. The practice of T'ai Chi exercises opens up the gates and meridian channels of energy in the body, helps relax the muscles and ligaments, and regulates the blood circulation.

In terms of T'ai Chi Chi Kung, if you are a total beginner, this is good news! Your sense of openness and curiosity is like the mind of a child. You can feel one with the T'ai Chi Chi Kung movements.

In China, eighty or ninety-year-old people are as fit as eighteen or nineteen-year-olds! My T'ai Chi teacher Master Huang is one of those people. What is their secret? Over the years, they have been saving a lot of chi credit units through the daily investment of a few minutes' practice. Through the practice they discover an inner door to a dimension of chi energy. It is like a visit to your favorite swimming pool or hot tub. I believe that one day people will be able to experience chi energy as an absolutely normal phenomenon and that it will be as accepted such. *See ad below*

## 3-Day Workshop September 21st - 23rd

# t'ai chi

**Camp Dunlop, Kelowna**  
**\$285, limited places available**  
**To register call:**  
**250-212-0461**

WITH AN INTRODUCTION TO  
**AQUA T'AI-CHI**



**PETER CHIN KEAN CHOY**





# the 'NATURAL' yellow pages

## acupuncture

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

**MARNEY McNIVEN, D.TCM, R.Ac**  
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 Cosmology

## 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 Drainage Therapies.

**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  
Rolfing & 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.

### CENTRAL OKANAGAN

**BARBARA BRENNAN SCHOOL OF HEALING**  
Student (4<sup>th</sup> 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, Rain-  
drop 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

**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 Massage \$25 for 1 hr.,  
Holistic Ctr. Penticton 492-5371

### 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



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

## books

**AURORA'S NATURAL HEALTH CTR.**  
763-1422 - # 9-1753 Dolphin Ave, Kelowna

### 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](http://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](http://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

## chelation therapy

**Dr. WITTEL, MD** - Dipl. American Board of  
Chelation Therapy. Offices in Kelowna:  
860-4476 • Penticton: 490-0955 and  
Vernon: 542-2663. [www.drwittel.com](http://www.drwittel.com)

## colon therapists

Penticton:	492-7995	Hank Pelser
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](http://www.spiritualemergence.net)  
email: [ses@spiritualemergence.net](mailto:ses@spiritualemergence.net)

**VISIT** — [www.spiritual-advice.com](http://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](mailto:crystals@sunwave.net)

## KAMLOOPS COIN & ROCK SHOP

Full line of Healing Crystals and Polished  
Stones. 677 Seymour St. ~ 250-372-1377

## 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

## 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 size below.

**Sample:** Wanted a spiritual minded man who enjoys long  
hikes in the hills with an energetic hippy minded female.  
No TV where I live but lots of nature. Mostly vegetarian  
with preference for a man who can cook.

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

## 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**

We accept



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



# 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 guaranteed

## gift shops

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

## handwriting analysis

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

## healthcare professional

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

## NATURAL HEALTH OUTREACH

Herbalist, Iridologist, Nutripathic Counsellor, Certified Colon Therapist & more.  
H.J.M. Pelser, B.S., C.H., C.I. ... 492-7995

## health consultants

**SEVEN STEPS TO ULTIMATE HEALTH**  
Transform your life forever. Attain high energy/youthfulness. Eliminate all illness. Become disease-free. From cancer to cancer-free in 60 days. Report & Info-pak: 888-658-8859 www.avenaoriginals.com/wellness

**VICTORIA WILLARD** Iridologist, Herbalist, Reiki Master. Lumby: 250-558-9551

## 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

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

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

**PARASITES** are in our food, water & air. Are you clear of parasites? For a free educational cassette tape call Olena Bramble Penticton...490-4629 ~ obramble@img.net  
www.bewellwitholena.awarenesshealth.com

**SHAKLEE PRODUCTS** ~ Bev 250-492-2347

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

## homeopathy

**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

## CERTIFIED HYPNOTHERAPY



**Max-U.com Inc.**  
1-877-312-6298

**Performance Enhancement Coaching**

## Learn Self Hypnosis

Control stress Lose weight  
Stop smoking Fear of heights  
Self Confidence Insomnia  
Fear of Public Speaking & more!!

**Penticton - Kelowna - Vernon**  
**Max-U.com - 1-877-312-6298**

## 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, behaviour & 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-pollinated, 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 catalogue 250-256-4489 ~ info@mmherbs.com

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

## professional associations

**HEALERS** & the public of the Okanagan your participation is welcome with the new www.healingartsassociation.com

## 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



# the 'NATURAL' yellow pages

**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](http://www.pacificreflexology.com)

**THE BEST REFLEXOLOGY PRODUCTS**  
(403)289-9902 ~ [www.foothloosepress.com](http://www.foothloosepress.com)

## reiki masters

**CAROL HAGEN** - Reiki Master  
Higher Aspect Healing-Westbank 768-1393

**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.

## USUI REIKI

TREATMENTS

CLASSES

GIFT CERTIFICATES

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

**LEA BROMLEY** ~ Enderby ... 838-7686  
Reiki Teacher/Usui & Karuna, Treatments  
email: [reikilea@sunwave.net](mailto:reikilea@sunwave.net)

**MICHELE GIESELMAN** ... 250-372-0469  
Massage, CranioSacral, Reiki and  
Integrated Body Therapy. Kamloops

**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

## 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](http://www.greenho.com)  
email: [greenho@sunshinecable.com](mailto:greenho@sunshinecable.com)

**JOHNSON'S LANDING RETREAT CENTRE** provid-  
ing high quality, affordable selection of facili-  
tated workshops/retreats in 2001. For events  
calendar 1-877-366-4402  
[www.JohnsonsLandingRetreat.bc.ca](http://www.JohnsonsLandingRetreat.bc.ca)

**RETREATS ON LINE** Connecting users  
& providers of retreats & retreats-related  
services worldwide. [www.retreatsonline.com](http://www.retreatsonline.com)  
To list a retreat: 1-877-620-9683 or email:  
[connect@retreatsonline.com](mailto:connect@retreatsonline.com)

**ROCKWOOD CENTRE** Retreat, seminar,  
meeting space on the spectacular Sunshine  
Coast, *unique in its simplicity*-604-885-  
4778 [rockwood\\_centre@uniserve.com](mailto: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](http://www.yasodhara.org)

## retreats / workshops

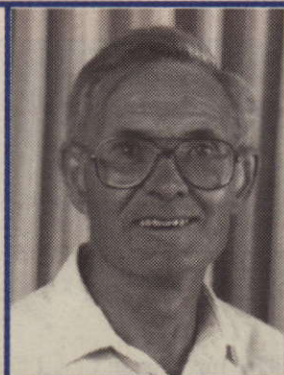
**AVATAR** 1 or 2 day ReSurfacing Work-  
shops & 9-day Course for Self -Renewal  
with Russell & Sylvain. Weekly intros in  
Kelowna 250-762-3316  
info@[www.avatarcanada.com](http://www.avatarcanada.com)

**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  
hotsprings. Open to beginners through ad-  
vanced. 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](mailto:chiflow@uniserve.com) ~ website:  
[www.retreatsonline.com/can/goto/kootenay.htm](http://www.retreatsonline.com/can/goto/kootenay.htm)

## Reiki Circle

**Mondays at 10 am at HHC: 272  
Ellis St., Penticton  
for details call 492.5371**



**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

## **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](http://www.acos.org) Ph.1-888-333-8868 or visit-303 Vernon St., Nelson, BC V1L 4E3

**CANADIAN INSTITUTE OF NATURAL HEALTH AND HEALING.** Kelowna #9-1753 Dolphin Ave, BC, V1Y 8A6, 250-763-5408 or 1-888-763-2418 ~[www.naturalhealthcollege](http://www.naturalhealthcollege)

**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](http://www.herbalistprograms.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](mailto: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](http://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](http://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](http://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: [ttcsvern@bcgrizzly.com](mailto:ttcsvern@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/tll](http://www.skybusiness.com/tll)

## **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](http://www.axxess-health.com)

**[www.yogaessentials.com](http://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](http://yogaforlife1.homepage.com)

**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



# 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

## 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

**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

*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



**Discover  
ISSUES  
MAGAZINE**

*in*

Penticton, Naramata, Cawston,  
Keremeos, Princeton, Hope,  
Prince George, Smithers, Hazelton,  
Terrace, Prince Rupert,  
Creston, Invermere,

OK Falls, Osoyoos, Oliver,  
Rock Creek, Greenwood, Grand  
Forks, Christina Lake, Rossland,  
Castlegar, Nelson, Kaslo, Nakusp,

Summerland, Peachland, Westbank,  
Kelowna, Lake Country, Winfield,  
Vernon, Salmon Arm, Enderby,  
Sicamous, Revelstoke, Armstrong,  
Chase, Kamloops, Merritt,

*and many other places.*

# DEADLINE

## for Articles & Advertising

*in the* **OCTOBER / NOVEMBER ISSUES** *is* **September 5**

**250.492.0987 • Penticton or 1.888.756.9929**

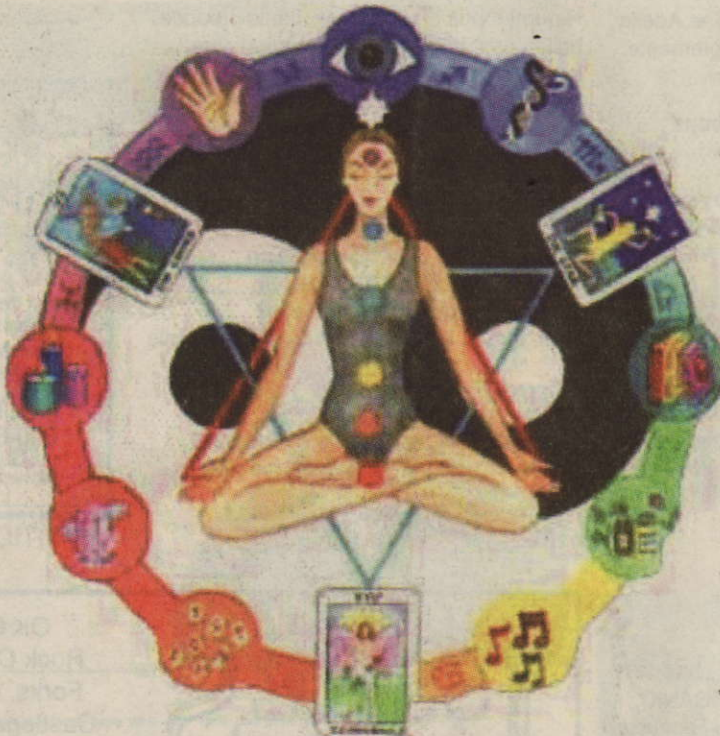


# The Body, Soul & Spirit Expo

Canada's Holistic & Spiritual Lifestyle Expo

Vancouver - Calgary - Toronto

Art Therapy  
Angels  
Aromatherapy  
Astrology  
Auras  
Books  
Clairvoyance  
Chakra Reading  
Chinese Medicine  
Chiropractic  
Crystals  
Energy Healing  
Feng Shui  
Healing Touch  
Huna & Lomi Lomi  
Herbs  
Homeopathics



Iridology  
Massage Therapy  
Medical Intuitives  
Meditation  
Naturopathy  
Palmistry  
Past Life Therapy  
Pranic Healing  
Psychics  
Qi-Gong  
Reiki  
Shamanic Healing  
Tarot  
Tai Chi  
Vibrational Medicine  
Yoga

and much more

\* subject to exhibitor bookings

## Canada Place

**The Vancouver Convention & Exhibition Centre**

### September 21st - 23rd

Fri. 3pm - 11pm, Sat. 10am - 10pm, Sun. 11am - 7pm

*Over 100 Exhibitors from across North America and World Wide!*

*Products, Services and Resources for Holistic Lifestyles*

*Over 50 Lectures & Seminars included with admission!*

Admission \$8.00  
Friday 2 for 1  
Advance Tickets Online  
or at the Door

**[www.bodysoulspiritexpo.com](http://www.bodysoulspiritexpo.com)**

**Exhibitor/Vendor Opportunities**

**Toll Free: 1-877-560-6830**