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See page 6 for details

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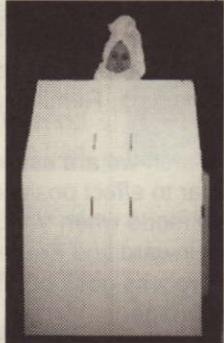
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# ASTROLOGICAL FORECAST

for March 2001 by Moreen Reed

March will be a welcome respite from the month long tensions of the square dance that February brought. Most of the action this month is from Mercury and the Sun. Garden variety humps and bumps in the scheme of things. The only really big action happens in the third week of March. I am imagining that powerful alliances will come into being and draw a lot of attention for a few days. These will be motivated by historically driven ambition, "their day has come" might be the refrain. In a strange twist, forward momentum does not follow.

We also lose the aid of energetic perspective this month as Mars leaves his last Opposition with Jupiter at the start of March. From now till near the end of April we will have to count on "built in" need for perspective to stop the juggernauts of self centred ambition: Remind yourself to look out at the impact you are having on others.

The first week of March we are asked to pay attention to world events and to step out of the familiar to effect positive change. Relationships to all manner of things go into review mode when Venus turns retrograde on March 8th. Traditionally a time to look inward and examine your relationship to life, to self and finally to others. This process goes on till April 19th. This is considered a bad omen for traditional marriage.

The March 9th Full Moon along the Virgo / Pisces axis is at 9:23 am PST. We are asked to shed light of awareness on our connection to the transcendent elements of life. The highlighted degree symbolism\* "A table set for an evening meal" and the key word Familiarity suggests seeing the spiritual in your everyday life. Wisdom from Mercury's retrograde passage last month should be part of today's awareness.

Take note negotiations and talks held on March 13th have impact that can last 7 years. If you find you are involved be sure you are clear on what is at stake before you sign. By the 12th of March those who seek power begin to make visible waves. Others who seek relationship, even stalk it, are also on the

move. Those who are looking for creative energy to play with should also be tapping in at this time. Venus and Mars and Pluto are lining up to play a high stakes game. Coming together "is your garden variety passion with super human power." Now this can bode well or turn fanatical and brutal. When it all comes to a peak the king pin stops. Pluto turns retrograde on March 17th and we have a world wide pregnant pause. I am imagining that not all the potential here bears fruit. The energy of this trio will be around till March 19th.

Mercury steps in to change our perspective with an aspect to Jupiter, then Neptune. New horizons and romantic perspective dissipate last weekend's intensity.

The March 24th Aries New Moon is at 5:21 pm PST. Today you are planting seeds of intention. Typically look to the things you would like to see in your life that are blocked by fear. The ones that set the butterflies going with nervous anticipation. This is where energy needs to move. Now all that remains is to make the leap into the void! The highlighted degree symbolism is "A triangle wing."\* The keyword is Zeal.

The last week of March we see Venus challenge the structure of relationship and then seek new levels of passions. Hint, she must be willing to make the leap of faith to succeed. Meanwhile Mercury takes a run first at the problems of the day global style with Pluto, on March 27th, and then on the last day of the month, at Mars, stirring up the rhetoric on every political podium it can find.

*See ad to the left*

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

# An Extraordinary Soul Retrieval

by Gisela Ko

It was in July, 1993. My sister flew in from Germany, and we met in Detroit, Michigan to visit relatives there. Then we drove West to see all we could, as regular rubbernecking tourists on our way to British Columbia. That's where I live. We just had to see the Badlands in South Dakota though, and we stayed there for a few days. My sister and I just couldn't get enough of clambering around in those old, eroded hills--but we had to leave eventually.

On our way out we were still admiring those strange formations, until they became more and more overgrown, getting lower and lower, and fading out into the flat prairie in the distance. "Let's get out once more and say good bye to these wonderful badlands! Please---please!!!!" Obediently I stopped the car and we got out one last time. Sis purposefully strode to the right and straight into the hills to the North. I however crossed the road and went uphill to the South.

I talked to flowers, rocks and cacti and gradually hiked almost to the top of the hill, when slowly a strange and overwhelming sadness came over me. I soon realized, it wasn't me who was so sad. It was the hill!! "Is there anything at all that I can do for you?" I asked. "Yes.....a soul retrieval please!"

After gathering my composure, I put both hands on the ground in a comforting way and promised to bring back the lost soul if it could be found at all. It would have to wait however, until I got home to B.C. Then I picked up a stone with the face of an owl and took it with me as a reminder, just to make sure I wouldn't forget. I then went down to join my sister on the other side of the road.

The land looked quite different there. My sister explained that the brown glass-like pieces that were strewn around everywhere, were chalcedony—one whole broken up layer of it. A bit more exploring, then we were on our way again. Yellowstone, here we come!

After we had gotten to my home a week later, and were finally settled in, I knew it was time to make good on my promise. Sis drummed and I journeyed back to the badlands. Of course first of all I went to look up the big spirit-bird, who knows where souls are to be found, and asked for help and guidance. Then I followed those enormous wings--and landed on the chalcedony side of the road!!

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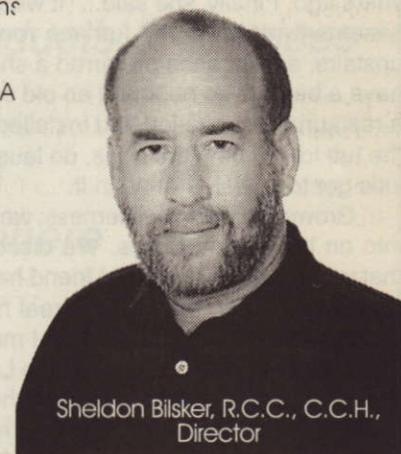
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"Hey, this is the wrong side!" I argued. But next thing I found myself picking up a large boulder of air. I saw it...and I didn't see it. Whatever it was made of, it wasn't heavy, but big. Bent over backwards I started carrying it across the road, back to where it belonged. But try as I might, I couldn't get across!

It felt almost as if there was a wall—also of air, or at least something invisible. But try and stop Gisela!! I inched my way slowly and endlessly, carrying this huge thing—and then there was the other side at long last. I gently put the boulder down, and then this huge wave of happiness engulfed me.....then gratitude. I went on my knees raising both arms and yelling out, "Thank you, thank you!" until my logical mind kicked in, wondering what I was so grateful for. I had done all the work! And I added, "to make me part of such a wonderful experience!!" Then I went back for an encore and brought back another piece of the rock. Again this feeling of gratitude came over me.

Apparently, when they built the highway completely straight (as usual), they had trapped part of the hill on the wrong side of the road. I looked at my winged friend. "No, nothing else." That was it! I thanked my bird-helper, waved good-bye to the hill and returned home—flabbergasted, but extremely happy. I realized much later, that it was the hill's happiness and gratitude that I had picked up, not mine. But some of it was truly my own, for this was an absolutely wonderful event.

*Gisela will be at the Spring Festival of Awareness  
See the February Issues or the ad on page 14 for details.*

*See Gisela's ad in the NYP - Shamanism*



# Musing

with *Angele*  
publisher  
of ISSUES



## Tub Time

Spring is coming, so that means that my birthday has just passed. This month's front cover photo is of me in my birthday suit. My two brothers are also having fun playing with the water bottles. I don't remember much about me playing in the water but I do remember how much my sons loved to have a bath and splash around. They even threw hockey pucks into the toilet to get a splash, which caused a bit of distress till we learned to check first, before flushing.

When I asked my Mom about this picture of me, it took her a long time to think about it, for it was taken forty-eight years ago. Finally, she said... "It was taken in Michigan in our basement, down in the furnace room. We had no bathtub upstairs, as Clarence preferred a shower." Mom insisted we have a bathtub so he found an old concrete wash basin from a restaurant renovation and installed it downstairs. She used the tub lots to bath the dogs, do laundry and once a week us kids got to splash around in it.

Growing up in the wilderness, we had a cold lake to plunge into on hot summer days. We discovered a few mud holes that were warmer and a girl friend had me put my face in and I learned to float, then to kick real hard till I got to the other side. I liked the water and when I moved into Terrace, swimming lessons were available at the Lakelse Hotsprings. Once a week I caught a school bus for the half-hour ride out, and with time, I got good at swimming. I remember a few teachers berating me for not being able to swim in a straight line. With time I figured out how to lift my head out of the water to check the direction and then put it back down to blow out my air. Then they invented goggles and that became part of my regular swimming gear and the chlorine didn't burn my eyes.

When I was twenty or so, our town, Terrace, raised money and with help of the government, built a swimming pool. When I heard they were looking for instructors and lifeguards I became involved in the training and the pretrials that were offered. Within six months I was qualified, though barely, according to today's standards. But I was thrilled with my part-time job that paid \$4.30 per hour. Over time they offered more trainings, and courses and I took them all. I loved teaching kids how to swim, then adults, then the Scaredy Cats Club and throughout it all I became a better swimmer.

I was a good instructor because I was such a terrible swimmer. I had learned late in life how to swim, so it was easy for me to be empathetic when the adults spoke of their fears, and I developed tools and techniques to get each one through. I loved instructing and when we became part of CUPE, the union got good wages for us. With time the chlorine eventually burned out my system and I retired to get into something I really wanted to do — holistic health promotion.

I feel it is vitally important to be knowledgeable, so that we

can make informed choices. Today the options have become so broad that I find most people find it overwhelming. They ask, "Where do I start?" I say, "With the way you eat and treat yourself— it is all a reflection." We are what we eat, and now more than ever we had better know how and where things are grown. Food has become big business. Processing, for the sake of convenience and profit, provides us with foods that have very little nutritional value. As a nation we are paying the price with our health.

I believe that our bodies are always striving for balance and will teach us what we need to know if we trust and listen to the small voice or vague feelings within. If we learn to trust the voice eventually it becomes clear in a soft, subtle way. Otherwise our bodies continue complaining in any way they can until we have some sort of wierd dis-ease and no longer have a choice, but to listen. Taking time to educate ourselves is important, for city life puts extra stress on our bodies along with the enviromental damage of living within a city. Consumers need to decipher for themselves the vast amount of information available or find people they can trust to give guidance until they learn to trust their own instincts. I have found many teachers over the years that I feel I can trust to give me an honest report of what is really happening. My refinement process of understanding the basics is teaching me the old cliché, "The simpler the better," and that is what I pass along to others in my classes.

Since last month, my Mom and my niece, Darci arrived from Terrace with two dogs. At eighteen, Darci is my brother Michael's oldest daughter. He was the one who was crawling in the snow on last month's front cover. Darci would like to start training as a nutritionist and has been studying live blood analysis and reading all kinds of books on health. She is here for a few months to learn to make soup and cookies from a nutritional viewpoint. I had wondered whether I was going to find the time do these classes but once I knew she was coming, I made the time, and by the time you read this they will be half over.

This spring will be very busy for me. Besides teaching the Yoga and cooking classes and producing this magazine each month, I will be attending two Health Expos, one in Vancouver and the other in Calgary. By then, the Spring Festival of Awareness will be right around the corner with all of its business. In the meantime, I am coordinating a few different people to help with renovations to the building at 254 Ellis St. It is time for the Juicy Carrot and the Rainbow Connection to expand and grow a little bit more as we get ready for the many people who come to enjoy the Okanagan summer heat and bountiful produce of peaches, apricots and cherries. I am hosting a Health Expo of my own in mid-July, as we block off Ellis Street in front of my businesses. It will be a great opportunity for exhibitors from other towns to bring their latest technology and information to the valley.

I had contemplated not writing my column this month as my time was needed to prepare for Vancouver, but it came together easily so I felt it was meant to be. We will see how next month goes but this column is no longer a priority. I feel I have learned a lot about writing and putting my thoughts on paper and the repercussions.

I never realized how differently some people think.

*Angele*



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# ISSUES

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# DEALING WITH STRESS EFFECTIVELY

by Jollean Mc Farlen MIACT CSL Dipl Mkg.

WHAT DO YOU DO NOW TO MINIMIZE THE STRESS  
IN YOUR LIFE . . . breath in blue deeply five times.

**LISTEN TO THE INNER D-DIALOGUE** - It is not so much  
the things we have to do in our lives that cause stress, it's the  
internal dialogue that precedes and accompanies them. Note  
50% of what we worry about never happens and 40% we  
can't do anything about, leaving only 10% of worries about  
which we are justifiably concerned!

**PRIORITIZE-ON-PAPER** - Each morning or evening, take  
a few minutes to jot down the things you hope to accomplish  
in the day. Write out in order of importance. Do what you can  
comfortably, then leave the least important for another day.

**TAKE A "COLOURFUL BREATH BREAK"** - I love to do  
this outside: breathe in all the beautiful colours of the rain-  
bow. Having problems doing this? Close your eyes and relax  
looking at black, good for the eyes and body.

**GO FOR A WALK** - Getting physical is a great stress re-  
liever. If you work outside of the home, a short walk during  
your lunch does wonders for your body and helps reduce your  
stress level.

**FIND YOUR PURPOSE** - People who wake up with a  
sense of purpose every day generally experience fewer epi-  
sodes of feeling stressed. Remember too, it takes time and  
patience, also a sense of humour.

**WORK ON FRIENDSHIPS** - Having friends to share  
thoughts and feelings with when you feel overwhelmed is very  
important.

**GIVE TO YOURSELF AGAIN & AGAIN** - Once you have  
identified ways to reduce your stress level, stick to them! Hav-  
ing a routine that takes you away from your stressors for even  
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and women of all ages, to children and teens as well.

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## From the Editor...

*Chit Chat*  
with Marcel



January was a strange and murky month for me. After the hustle and bustle of Christmas preparation and the fun and excitement of the Holiday Season, I seemed to swing to the opposite end of the spectrum and go underground. I didn't seem to want to do any of the usual things I do. So I didn't. I didn't even write Chit Chat for the February Issues. It was a time of transition, a time to learn some more about myself.

As part of my spiritual practice, I was doing a yearly 'clearing of my life' process, so I just let myself be with the intensity that arose from this. I was pleased to find that I am developing the ability to more deeply feel my emotions while another part of me stands back, calmly, and watches what is happening with total acceptance. This felt good because now I always have a lifeline to this part of my being.

I spent time trying to notice when any emotion was surfacing and watched how I would automatically try to block and negate it. I realized that I have done this so often during my life that it became an automatic and subconscious response. So much so, that it is difficult even to catch myself doing it. But now with some effort I am beginning to see this happen. Once I recognize an emotion, I acknowledge it by actually talking to this energy, telling it that I acknowledge its existence and that I accept it as part of my entire being. I am no longer trying to ignore it or push it away into some deep, dark crevice where it will fester, become toxic and poison my body and my life. I open my arms to this emotional energy and invite and welcome it into my embrace and my aware-

ness. I offer to feel it and be with it as I would with a sick friend, in complete nonjudgement and acceptance. Sometimes if the energy is strong enough I will cry, scream or rage with it. In any case, it soon dissipates and I am left with a feeling of peace and calm. At this point, I allow myself to revel in this sense of well-being and to recognize and visualize it as a transformation into love and light.

I am aware that there are many ways to do this transformation. Many work well on a spiritual and mental level and I am sure they work on an emotional and physical level as well. But when using some of these it seems like I am not aware of the release happening—I am not living the transformation. It is taking place on another level where I have no awareness. But in the above process, I am actually living it, feeling it. It becomes more real for me.

In the past I have heard that you cannot suppress unpleasant or painful emotions without suppressing happy emotions as well—blocking any emotion, blocks all emotion. I am beginning to understand this more and more. Without a full range of freely flowing emotion we can not experience a truly intense sense of our aliveness. We merely function like Zombies unaware of the true joy of being alive. Only by releasing all energy blocks and restoring a free flow and full range of emotion can we truly experience a fine tuned sense of all facets of our feelings.

I now strive to take every opportunity to recognize every emotion as it surfaces, with nonjudgement as to whether it is good or bad, right or wrong, but only with the desire to feel it and be with it, because I know that through it I can learn about myself. My emotions will teach me a deep sense of being alive—the true pleasure and joy of this human existence as well as the sadness and pain.

I am grateful for this new sense of self-confidence and self-awareness, as I learn to face my shadow, acknowledge it, accept it and welcome it into my wholeness and the light of my awareness.

*Marcel*



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# Calendar of Events



### March 7

**Intuition** with Jollean McFarlen at Armstrong OUC. p. 8

### March 10

**Nia Playshops** with Michelle Parry, Nia Blue Belt Instructor, in Vernon. p. 15

### March 12

**Reflexology Levels 2&3**, full time course starts in Vancouver with Yvette Eastman. p. 8

### March 13

**Feng Shui for Fun** with Brenda Molloy in Westbank, BC. 250-769-6898. p. 18

### March 12 & 13

**Intuitive Healing Workshop** with Medical Intuitive Marilyn Parkin, 5-10pm in Kelowna. Call Linda 250-491-2111.

### March 13 - 21

**Coronary Health Improvement Project** with Dr. Hans Diehl in Penticton. p. 23

### March 15

**The Language of Dreams**, 4 evenings start with Duncan Harte in Kelowna. p. 17

**Feng Shui in Your Garden** with Brenda Molloy in Kelowna, BC. 250-769-6898. p. 18

### March 17 - 25

**Avatar**, 2--day Workshop or 9-day Course with Russell Monsurate in Kelowna, to unlock the treasure-house within. Info: 250-762-3316. p.30

### March 30, 31 & April 1

**Love and Mastery**, the way of the Essene with Soul Journey & Akasha in Kelowna. p. 11

### April 20 & 21

**The Universal Language** of Symbol & Metaphor with Jeremy Taylor in Kelowna. p. 16

### April 20, 21 & 22

**Renewal & Transformation** the Mystic Way with Jean Houston in Victoria, BC. p. 2

### April 21 & 22

**Psychic & Healing Fair** in Kelowna at Dare to Dream. p. 9

### April 27 - 29

**Spring Festival of Awareness**, a wknd. of inspirational workshops in Naramata, BC p. 14

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# Book Review

by Ellen Newton

## Spirit Knows

by Larrien Trudeau  
ISBN 155212317-0



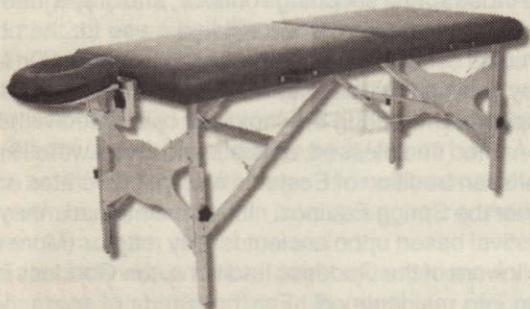
Larrien Trudeau, the author of this book, is a very courageous lady to share her journey of life with us. She not only reveals her additional struggle, but also the pull between her destructive self-will and spirit. She takes us through her life from age four when she remembers her first contact with her inner voice, to many years later when she finally understands and accepts her spirituality. In between she tells us of her struggle with low self-esteem, self-loathing and even suicidal thoughts. She speaks of the help she receives on her way back to sobriety and joy in her spirituality.

Spirit Knows is an easy read that keeps you interested in her story. It is a very common story of life that many people have gone through or are in the process of living. It certainly helped me understand the devastation of addiction. I believe this book offers hope to those struggling with addiction. It also confirms that we can all tap into our inner voice or spirit to guide us on our life path.

I am very happy to have the privilege of knowing this inspiring lady and to recommend her book, "Spirit Knows."

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# Wheel of the Year

## March, Spring & the Season of Rebirth

by Laurel Burnham

No other season holds the same promise as Spring. The winds of March may blow cold (the full moon this month is called the Storm Moon), but the light, and warmth are definitely returning. Generation after generation has responded to the message of hope and renewal that comes now. If we are paying attention, we should be able to feel this quickening of energy right through to our souls. After the dark and cold and the frozen immobility of winter, Spring comes tripping in on dancing feet. Feel like moving? Now's a good time. Go for a nice, long walk, and retune your senses to the changing year.

Want to make a change? It's in the very air that we are breathing, and in the ground beneath our feet. It has been statistically proven that this is actually the best time of year for human beings to free themselves from addictions, or break bad habits. Treatment centres experience the greatest success rates at this time of year. The energy of early spring is all about change and renewal. If the idea of breaking a habit doesn't appeal to you, then perhaps creating a new one does. Now would be a good time to take up that exercise program you wanted to try, or that course or class you promised yourself at New Year's. Is there a creative or spiritual practice you've been wanting to start? Begin now. This is actually a much better time to try to fulfill those New Year's resolutions!

This is also a good time to use the natural energies of the year to assist us to make changes in our lives, both internally and externally. It is Spring Cleaning time. Just as our homes could stand a good cleaning and airing out, so too are our bodies ready for internal cleansing. There are many excellent fasts to choose from. In the time of our ancestors, foodstuff would be pretty scarce right now, so people would naturally be a little hungrier. The first things to eat would be all the different herbs and spring greens...which would have a cleansing and rejuvenating effect!

The season of Spring corresponds to the direction of east, and the element of air. If you actually get out for a walk, you will notice the birds, beginning to sing all of their glorious mating songs. Next time you clean your hairbrush, take those spring sheddings outside, and drape them over the nearest branch. Our feathered friends will find a use for them!

The great communal event of March is the Spring Equinox. On March 21st, the hours of day and night will be equal. All around the world (at least the Northern hemisphere) the Spring Equinox was celebrated with feasting. Children were named and blessed, animals and crops were likewise sanctified. The Christian tradition of Easter is always celebrated around the first full moon after the Spring Equinox. It has maintained many of its roots as a pagan festival based upon ancient fertility magic. (More about this in April!) For followers of the Goddess traditions, the Goddess is now a child, fast growing into maidenhood. For thousands of years, people have celebrated the return of Persephone, the daughter, at the Spring Equinox, and Demeter, her mother, who commands the crops to grow, and flowers to bloom again.

The primary symbol of Spring is the egg. Not only will our winged friends soon be laying them, but the egg is also symbolic of our own inner realms. If Winter is a time of cocooning, Spring is the season of emerging. The energy of this time of year is meant to give us the vitality to hatch out of our psychic eggs, to push our way past our old limitations, and into new dimensions. We are fortunate to live at a time when there is so much opportunity for personal metamorphosis. It is time to let our inner children out to play. And not a bad idea to let our real live kids outside, too! Hey! Let's shake off the last of winter. Life's a treasure hunt! Take a good look outside, you never know what you'll find.

# THE SEVEN-YEAR CYCLE

by Khoji T. Lang

Every seven years our life's course shifts, sending us into a new direction. Do a test on it right now, take a piece of paper and mark the year of your birth. Then write down a sequence, keep on adding seven years, and then recall what happened in these years. I bet you will be astonished at the accuracy of this rhythm. Working with many individuals I have come to the conclusion that the seven-year sequence must be encoded in our genetics. And in fact biologists say that the human body reconstitutes itself entirely once every seven years.

Being a musician it wasn't far-fetched to make the connection to the seven notes of a musical scale. Every seven years one enters another octave of life. And each octave resembles another dimension, has a different theme to it, a distinct color, a unique expression.

In my astrological practice I discovered yet another correspondence, holding great potential for an in-depth understanding of any seven-year period. It is really simple; if you happen to have just a little understanding of the zodiac you will realize what it is about. It goes like this: We start with the sign Aries, which is the first sign of the zodiac. Each year of one's life corresponds with one sign of the zodiac, stepping ahead in a consequent order. Hence, the second year would be designated to Taurus, the third to Gemini and so on so forth. So far this sounds pretty easy and comprehensible. Now, my special discovery has been that it is the base note of each seven-year cycle, the first note of the new octave, which rules the entire seven-year cycle, being the predominant force for seven years.

This means, the first seven years are guided by Aries; the second seven-year period by the eighth sign (standing for the eighth year), which is Scorpio; the third seven-year period (14-21) vibrating with the sign Gemini; the fourth (21-28) with Capricorn; the fifth (28-35) with Leo; the sixth (35-42) with Pisces; the seventh (42-49) with Libra; the eighth (49-56) with Taurus; the ninth (56-63) with Sagittarius; the tenth (63-70) with Cancer; the eleventh (70-77) with Aquarius; and the twelfth (77-84) with Virgo. If one becomes older than 84, then the cycle starts again from its beginning. Aries reigns between 84 and 91, and so on so forth.

All the individuals I have done consultations for found it deeply enlightening to learn about the particular zodiacal signs being dominant over certain periods of their lives. Life's rhythm becomes transparent, and hidden agendas can be seen. Suddenly one's experiences begin making sense. Having your individual astrological birth-chart, it is possible to find yourself in what houses these particular signs are falling, and at what time certain planets and house-cusps are activated.

Understanding life's rhythm and rhyme allows us to dive wholeheartedly into this overwhelming presence, knowing well that there is a season to everything. Recognizing the plan behind, life is enriched with a great perspective. No wonder, it's planet Uranus, having his finger in the pie!

See ad to the right

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# Separating into Wholeness

by Michelle Parry

In July 1999, on the first day of my Nia White Belt Training, our facilitator, Zeta, asked us which of the four realms (physical, mental, emotional or spiritual) was most available to us at that moment. I tried to feel for a realm. Nothing. I was baffled. "I should know this," was my first thought. Once I realized I didn't know and couldn't get a sense of it, my second thought was, "How do I identify with the realm?" As the training progressed and the question was posed at least twice a day (just for our own observation, we were assured), my predominant thought was changed to, "I've been trying to integrate my realms, why does Zeta keep talking like it would be beneficial to separate them?"

It was then I realized that despite all of my studies and experiences to date, my understanding of the realms was still at an intellectual level, and that I had not embodied them. I had not truly experienced them fully and deeply enough as separate energies to be able to identify what I was sensing. It wasn't that I wasn't having the experiences or sensations, just that I lacked the clarity and knowing to verbally identify the feelings.

Since that time I have continued my learning through more courses, reading, teaching, introspection and daily application of my teachings.

In October, 2000, when I returned to take my Blue Belt training, there was that same question, "Which of the four realms is most readily available to you?" I realized, humbly, that although I had a much better sense of them, especially the Spiritual Realm which I observed a shift in, I still could not readily identify them. Upon learning that the Nia Brown Belt training requires we spend a full day in each realm, my thoughts turned to "but why would I want to separate the realms when I am trying to integrate them?"

And now in February 2001, as I marvel at the miracle of Nia, and how the layers keep revealing themselves to me as I grow and expand, I realize I finally have the answers to those questions I started asking in July, 1999. I understand now that I cannot possibly integrate that which I have not yet recognized and embodied at all levels.

Now, as I am able to separate the sensations in my body into distinct energies, it is like being gifted with an amazing filing system, and a language and relationship for each file. As a clairsentient, this is one very powerful tool, and my body tells me it feels delicious!

My first step in all of this was to become aware of all the realms as distinct frequencies of energy. By separating and developing a relationship with each one, I am growing into wholeness.

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**NIGHTMARES****Training Films for Spiritual Warriors**

by Jeremy Taylor

Whenever any dream is remembered, it is an indication that the waking mind has a creative, transformative role to play in the evolution of whatever issue the dream is presenting. As a consequence, when the deep source within (from which all dreams spring, spontaneously and unbidden) has potentially important information to convey to the waking consciousness, it is very likely to dress that material up in the form of a "nightmare," simply to get our attention.

In my experience, all dreams (and particularly nightmares) come in the service of health and wholeness. This means that no dream, no matter how distressing or menacing, ever came to anyone to say, "Nyah, nyah, you've got these problems and you can't do anything about them!" The very fact that a dream is remembered in the first place means that the dreamer actually has at his or her disposal all the courage, creativity, strength, and wisdom necessary to respond creatively and transformatively to even the worst "problem" that the dream presents. (If not, the dream would simply not be remembered.)

Ironically, for this reason I take heart every time I have (or hear about) a dream that involves large, planet-wide problems like destruction of the environment, plague, military conflict, or other massive disruption of society. The fact that we remember such dreams suggests that we are able to respond creatively and effectively to these problems as well.

It is interesting to note that John Newton, the composer of the hymn "Amazing Grace," was converted to Christianity and transformed into an ardent antislavery activist by a nightmare: He dreamed of seeing "all of Europe consumed in a great raging fire" while he was the captain of a slave ship.

One reason why "nightmares" regularly come to people who are deeply engaged in their own spiritual development, or those working in the world to relieve the sufferings of others, is that the only place where evil can truly be faced and overcome is within. The more sincere and effective one's spiritual development and one's reconciling work in the world, the more likely it is that one will have worst case dreams of an archetypal order. In that sense, the worst case dreams are little "training films" for the spiritual warrior.

Initially, it always seems as though the most difficult task faced by the dreamer is to look into the "magic mirror that never lies" and take more responsibility for the symbolic reflections of our weaknesses and failures. However, over time, it becomes clear that an even more challenging task is to acknowledge the size and scope of our creative gifts and our ability to transform ourselves and our world. The worst case dream calls upon the dreamer not only to see and accept the depths of depravity that reside in every human psyche, but even more importantly, to become more conscious of and responsible for our ability to face, overcome, and give transformative, creative, and spiritual expression to those archetypal shadow energies.

*See ad to the left*

# Dreams

## for Guidance and Healing

by Duncan Harte, M.A.

An Egyptian high priest plays a strange keyboard which emits an almost ominous, mystical sound. I'm spying into a secret ritual where a gathering is watching as a sacred baby is used to divine the answer to a very important question. The baby is in a crib which floats in the air to various ritual objects. Everyone holds their breath, waiting to see where the baby stops, as this will decide the crucial answer. Suddenly an intense energy descends upon the ritual and everything is now orchestrated by this invisible force. Even the high priest is awe-struck. With the building climax, the audience begins whispering and betting where the divine child will eventually come to a standstill. The crib draws near some black toys. Then in a great crescendo of power, the baby comes to an African figurine with a large 'X' carved into its chest. The music stops. A woman cries out, "It's the 'X'!". The figurine floats toward me so that I, in particular, can clearly see the 'X'. Finally noticing me, the high priest scowls in disapproval and I wake up.

This dream came to me years ago when I was unhappy with my job. Some suspicious politics had transpired at my place of work and soon after, several of us were laid off. Though I had been invited back, providing I agreed to some dubious new terms and conditions, I wrestled with whether or not to return. At the time, I had no other prospects, the job was 'good money', and many thought I was crazy to consider leaving it. Struggling with this inner conflict, one night I asked for a dream to guide me. In this case, the answer was unmistakably clear. It was the big 'X', in other words, "NO, don't do it!" As a result, I declined to return and soon found a unique position with much better, more suitable work.

For thousands of years dreams have been used as a source of higher information. Many cultures believe it is through our dreams that God communicates with us. Dreams have had such impact that, the desire to record prophetic dreams may have inspired human beings' very first attempts at written language. Around the time of ancient Greece, cultivated through ritual and prayer, dreams were even used to assist the sick and ailing. People slept in 'dream sanctuaries' until they received guidance for healing their condition.

In more modern times dreams fell into disrepute and came to be seen as irrational and unverifiable through scientific study. As a man of science, Sigmund Freud put his reputation on the line to self-publish 'The Interpretation of Dreams', which no one else would risk publishing. It was Carl Jung, however, who offered us an important key to the unconscious with his more well-accepted theories regarding the unconscious, archetypes and the collective unconscious. Other scientists have also lent credibility to the world of dreams. Albert Einstein, for example, credits a dream with having inspired his famous theory of relativity.

While respecting many of the contributions of science, I personally favour a more spiritual approach to dreams. Teaching dreamwork through Langara College's Holistic



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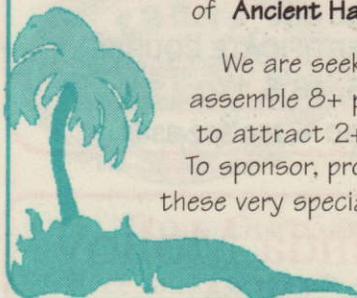
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Health Program, I have come to appreciate the deep healing that occurs when a group of people gather to share their most intimate psychic processes. With the support of a safe environment and the guidelines of a clear structure, participants find the courage to be vulnerable in front of others and share what we are often taught to hide, our authentic selves. We become more aware of how we project our issues onto others, learn to recognize that special "Aha" when something rings true, and come to trust dreams as a constant source of guidance and healing. *See ad below*

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## Calcium... Separating Help from Hype

by Hank Berkenpas, CNC

With much attention being focused on Osteoporosis and Arthritis, how does the average consumer separate proven nutritional help from marketing and media hype? Bone is a dynamic living tissue that is constantly being broken down and rebuilt. Although calcium along with vitamin D are generally accepted as the most important nutritional factors, many other nutrients and hormones are involved in optimal bone health.

The type of calcium used is also critical. Calcium must be ionized and solubilized by stomach acid in order to be absorbed. In studies with post-menopausal women, about 40% are severely lacking in stomach acid. Patients with insufficient stomach acid can absorb about 4% of calcium carbonate while a person with normal stomach acid can absorb about 22%.

In today's hurried world, with our over-processed diet and fast-paced lifestyles one must give our bodies all the nutritional support we can offer. One way we can do that is by taking the right kind of calcium supplement. Our bodies need forms of calcium already in a solubilized and ionized state in order to achieve optimum absorption. Calcium citrate and other forms of Krebs cycle minerals have been clearly demonstrated to greatly improve absorption and bio-availability over calcium carbonate. Another problem with calcium carbonate (oyster shell, dolomite) is the amount of lead found in recent tests.

We have all been led to believe that cows milk is the best source of dietary calcium, but this couldn't be farther from the truth! When asked what single change in the North American diet would produce the greatest health benefit, pediatrician Russell Bunai says, "Eliminating dairy products." It is interesting to note that countries with the highest dairy intake have the highest rate of hip fractures per capita. The data simply does not support the idea that "every body needs milk." Cow's milk proteins damage the human immune system leading to enlarged tonsils and adenoids, diarrhea, constipation, fatigue, asthma, sinus and ear infections, rheumatoid and osteoarthritis. Studies have shown that rheumatic pain fades rapidly after the elimination of dairy products.

So how do we get enough calcium? Dark green leafy vegetables, tofu and other soy products, corn tortillas, sardines and sea vegetables are all good dietary sources. Also consider a supplement containing calcium, magnesium, zinc and vit D, with the minerals in the citrate or Krebs cycle forms. The form of mineral is more important than anything else. *See ad below*



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# Electromagnetic Fields

by Joey Walker

## Defining the Problem

Each one of us, executive or rancher, adult or child, human species or otherwise, must struggle to find strength and sanity in a world saturated with electromagnetic fields (EMF). Nor is the media likely to inform you properly about the hazards of such invisible waves any time soon. Because of this absence of information, you may think that the dangers emitted by your TV, radio, fax machine, phone, VCR, electric blanket, cell phone, automobile, computer, toaster, stove, etc. are imaginary or that EMF affects only hypersensitive individuals. Unfortunately this isn't true. The dangers to your health from this ever-increasing ocean of electromagnetic radiation are immense, and involve risk to every organ, gland, nerve, in fact, every cell, of your body.

## Who Is Behind the Research?

This has been known, and a ton of documentary evidence provided, by world-class scientists for fifty years or so. Their work is available if you make the effort to inform yourself. They include Dr. Robert O. Becker, twice nominated for the Nobel Prize for his work in electromedical healing. He wrote *The Body Electric* with Gary Selden, and *Cross-Currents: The Promise of Electromedicine, The Perils of Electropollution*. Also involved: Dr. Andrija Puharich who trained Uri Geller and Peter Horkus for their psychic work with U.S. Presidents. He and Dr. Robert Beck first informed President Reagan about the dangers of E.L.F. radiation to human health, and proved its ability to drive the brain and thus control human behaviour. Dr. Robert Beck, PhD physics, inventor of the electronic flash among many other inventions, advisor to the Sandia Corporation and the Dept. of Defence on E.L.F. detection, Professor, manufacturer of EEG equipment, recipient of international awards for Science and Electromedicine, — Dr. Andrew Marino, Dr. Eldon Byrd, Ed Skilling, Dr. Adamenko and others. These eminent researchers all studied the marvels and the perils of electromagnetic radiation, confirmed its hazard to human biology, and contributed to the development of shielding devices.

## Understanding the Science

Long before Nicola Tesla discovered AC electricity in 1933, the earth was bombarded by solar storms, while floating in the magnetosphere of charged energies surrounding the entire planet. The ionosphere filtered out most of the deadly radiation and left us with electrical storms, aurora borealis, gravity, ocean tides coordinated with moon phases, magnetite in the bodies of living beings, and a myriad other evidences of the powers of electricity and magnetism. In the words of Ilonka Harezi, founder of E.L.F. International:

"Less than 100 years ago man had no electricity and our bodies lived in harmony with the natural frequency of mother earth. This resonance has been recently (1954) measured at 7.83 hertz (cycles per second) and is called the Schumann Resonance. Planet Earth operates within this natural ELF (standing for "Extremely Low Frequencies" which range from 1 - 100 hertz) signal range, and when this signal is altered for a period of time, reproductive and other systems of the body are directly affected. If you measure the natural frequency emission of the human brain, in a room shielded from

man-made ELF, the brain's signal is identical to the frequency emitted by the earth."

## Are You Affected by EMF Pollution?

The symptoms are countless. Thousands of studies provide compelling evidence that EMF/ELF pollution under lab conditions (including a 7-year study by the US Navy) adversely affected lab animals' ability to reproduce, and acted as a biological stressor, disturbing cell duplication, stimulating the growth of cancer cells, altering enzymes and brain chemicals, suppressing immune system response, altering time perception, changing human brain waves; causing eye strain, anxiety, nervous debility, short term memory loss, insomnia, headaches, dizziness, lack of coordination, light-headedness, burning or feathering sensations of the skin, hyper-excitability followed in time by chronic fatigue, muscle pain, weakness, irritability, loss of stamina, loss of concentration, and so on.

The first symptoms you are likely to notice are one or more of: headaches, insomnia, fatigue, nervous distress, memory loss, inability to concentrate or think as you once did, sore or strained eyes, or strange skin sensations. In children, hyper-excitement, lack of concentration (attention deficit), restlessness, overly aggressive or passive behaviour (depending on brain chemistry affected).

## How to Protect Yourself From EMF and ELF

Turn off and tune out! Pull the plug on every appliance and electronic device you aren't using right now. Throw the TV out, give the radio away, rid your home of all unnecessary technology. Turn off the power switch to your bedroom, so that you at least get eight hours a night somewhat free of fields. Carefully research claims made about shielding devices, because magnetic fields and some ELF waves pass through everything without any effect. Lead will not stop magnetic fields (only electric fields can be shielded against). And there are non-hertzian fields that pass right through the earth unaffected!

There are mechanical and electronic shields and there are non-electromagnetic shielding devices, such as the Tesla Watch, which reinforces the body's natural frequency. If you seek information on these technologies, you will find it.

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# Gloe's Gift of Completion

I love to read birth stories. During the last three months of this fourth pregnancy my desire to read birth stories was insatiable. I am grateful to Compleat Mother, Birthing, Birth Issues, and the Passages Midwifery handbook for all the stories by and for women birthing. I am also thankful for the women, in my past and present, who have shared their personal birthing experiences with me, emphasizing either their fears, joys or wishes for pure birthing.

Recently, I read something, which I paraphrase here: The wise learn from their mistakes, but the truly intelligent learn from the experiences of others. I believe this perspective encourages us to share our stories with each other. Sharing creates an atmosphere of trust and safety, and only in safety can there be healing.

I recognize that not all women have the desire or the need to heal from parts of their past. I happen to be one of the women who must face the past to heal and believe I must be vigilant in my healing for the sake of my children. Fifteen years ago I had no intention of ever marrying, or having children, and certainly had never contemplated the life of a stay-at-home mother. Life changes people.

During my first two pregnancies, I completed years of therapy and this inner focus certainly affected my ideas that healing work can make way for pure birthing.

Getting pregnant with our fourth child became a challenge in the New Year of 2000, for many reasons. My husband and I had never experienced infertility or issues around conception so by late February we had worked through our desire to have another child, and the judging comments of others. In my particular case, I also had to face an old issue of childhood rape that had interfered with the pregnancy and birth of my first child in 1990. Upon releasing these issues, we became pregnant on my birthday in March. We decided to be selective in who we told about the upcoming event.

During the early months of my pregnancy I experienced a lot of morning sickness that often lasted the whole day. I drank a lot of water laced with ginger essential oil. I dug up my issues of Compleat Mother and was relieved to learn that morning sickness could often be a good thing, meaning this pregnancy would not be miscarried. I slowed down my pace and reminded myself to be grateful for all things.

By late summer, we made our way to visiting our friend and midwife Noreen Walker. She was thrilled to be part of our birth plan and we were thrilled to have her part of our lives again. I told her of my intuition that this baby was breech. The second trimester had felt different than the other three pregnancies and the baby's activity seemed concentrated in the pelvic area.

Also, David (my husband) had presented breech in his birth and his Aunt May (a British trained midwife) had turned him during labor. As Noreen, David and I visited, she checked me and said "I think you are right, this baby is breech," and with our permission, she turned the baby right there.

I was amazed and so grateful, I had been reading about how the policy regarding breech birth, was to schedule a c-sec. Although I had read about a breech home birth, I wondered if I had what it takes to cocreate that reality. I had also asked a clinic doctor for an ultrasound, but once I read about the risks involved in Nancy Wainer Cohen's books, Silent Knife and Open Season, I decided to wait until my visit with Noreen. Once turned, the baby's head was engaged and I felt the familiar pressure of the baby's imminent arrival.

I took daily walks with Liam (who is three) and ordered more red raspberry leaf tea and a subscription from Compleat Mother. I watched every birth video I could find (thanks to Birth Unlimited), read tons of birth story magazines, and every book I could find on birthing. This stimulated my need to write and process the upcoming event. We told family and friends we were expecting and let their comments and concerns fall away. I met with a birth hypnotist, a chiropractor and a masseuse. I also called upon a doula for pre and post birthing support. We were ready.

I experienced a lot of early labor: pelvic pressure, clear mucus discharge and

by  
Colleen  
English



braxton-hicks, but rarely all three symptoms together. My sources told me that a lot of early labor could actually suggest

that the eventual labor and birth would be short and efficient. As my due date in early December sailed by, I developed compassion for all the women who had told me about their need to get induced. In my research I learned that about 60% of pregnancies are usually overdue. I read up on induction and all the complications that can arise when managed medically. I prayed each morning and each night, repeating one of the 12-step slogans: Let go and Let God. On the tenth day I created several large cards of affirmations that covered every possible issue that had crept up during this pregnancy.

I was surprised to learn that I felt some form of guilt for having had all my children at home. I realized that because I have experienced pure birth I have an innate belief in birthing without the interventions usually pushed in hospitals, but I do not believe all women should birth at home. The difference between the experiences seems to be underlying, and not all women want to deal with the unknown and what is not obvious. I also believe that if I had taken any of my labors to the hospital, I would have had a less than ideal experience. My birthing events are entirely my own, except for what I share, and I am grateful that I have sought the support to birth at home, in water, attended by midwives and doulas.

In Gloe's case, we got to experience a pure birth at home in water and unattended by my midwife. I missed Noreen's presence but I also became aware of my inner midwife who gave me gentle encouragement and good advice.

The labor lasted an extremely efficient three hours. I was in a hot bath with Liam during the first hour. During the second hour, I spent most of my time on the toilet as my body began to swell and clear away all obstructions. I read my affirmation cards between waves and meditated, calling forth the scene we had used in hypnosis. The scene changed due to the reality of my labor, and rather than going deeper into a relaxed state as I walked down the staircase of ten stones to the beach, I could feel myself dilating each centimeter, so I took a break from the scene now and then.

As we accepted that Noreen would not make it on time, nor would the midwife she had called upon, I entered the bathtub again and said another prayer. As each wave came I closed my eyes to concentrate and breathe. I found myself body surfing the waves. This was not what I had prepared for during my hypnosis sessions, but was it efficient!!

At one point I remember feeling concerned about my noise level and how the kids would be affected. As I turned to reassure them in between a wave, Becca (10) and Brandyn (7) reached over to kiss and hug me, and say "Mom, you're doing great!" and "Mom, the baby is coming!" What a pleasant surprise, and great modeling for little Liam who needed his siblings' reassurance!

I remember the love in my family's eyes and the relief I felt when Jo-Jo, my doula arrived. Only she could fully understand my plea for a c-sec and meet me with humor and a supportive smile. I checked myself a couple of times and David checked me once to say, "The baby is dropping down."

We did it together, with loving witnesses and as God intended. Our second daughter, Glorya Noreen English Garska was born on winter solstice evening.

We used the tincture Angelica to ensure the placenta would come and waited to cut the cord once it did. Gloe is breast nurtured and nurses well. I am grateful, content and feel very complete with this pure birth experience. I no longer feel a need to apologize for my reality. I am willing to share all of my birth stories with anyone who is interested and willing to treat them with respect. I wish all birthing women well and may we learn what we need from heartfelt sharing.

*Blessed be. Mussi-cho.*

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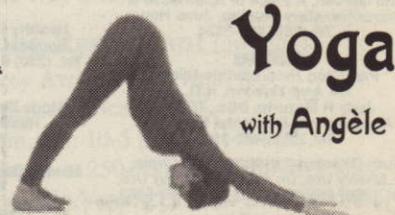
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Other treatments are with the drug Premarin derived from pregnant mares' urine and synthetic progesterone with significant health risks of which many women are unaware.

'Progesterone' was first isolated by William Alien and George Corner in 1934. Since then, approx. 5,000 plants have been identified as containing substances with progesterone-like chemistry. Russel Marker in 1943 successfully extracted a phytoestrogen from the roots of Mexican Wild Yam plants called "diosgenin" inexpensively, in large quantities. The majority of this is purchased by pharmaceutical companies who further synthesized it to an unnatural progesterone-like compound, called 'progestins', for use in patented medicines.

Two of the most commonly prescribed progestin drugs have over thirty negative side effects and health risks, including increased risk of breast, ovarian and uterine cancers, migraines, and breast tenderness.

There is a natural alternative... Wild Yam. Our Wild Yam Cream has a number of herbs which work together in their combination. Starting with Wild Mexican Yam Root (*Dioscorea villosa*) which contains a well known phytoestrogen, "diosgenin" which is a natural DHEA precursor that has been shown to aid in the stabilization of hormone balance, it is anti-spasmodic, anti-inflammatory, it also has nerve relaxant properties and can reduce depression. Black Cohosh (*Cimicifuga racemosa*) has been used for generations. It is effective against hot flashes, night sweats, heart palpitations, and dryness of the vagina. Vitex agnus castus (also called Chaste Tree) is a superior hormone regulator, helps to restore the estrogen/progesterone balance, and reduces hot flashes. An alternative or supplement to the cream is Wild Yam Tincture which is taken orally and offers many additional health benefits outlined in our therapeutic fact sheets.

In a letter published in "The Lancet" (November 24, 1990). Dr. Lee's study of 100 women, who used Wild Mexican Yam skin cream, documented bone scan increases in bone density over three years ranging as high as 22%. The amount of bone increase was proportional to the bone loss before treatment. This means that patients with the lowest bone density before treatment would gain the greatest amount of bone during treatment. And there was no bone breakage of any patient. At a recent lecture in Richmond, B.C. Dr. Lee told the overflow audience of women that it is about time they were getting the truth about menopause, PMS, and osteoporosis; that menopause is not a disease and they have the choice to take charge of their own body and health.

The Wild Mexican Yam cream is best applied to the largest areas of relatively thin skin. Rotate the site of application daily. These areas include: inner part of thighs and arms, →



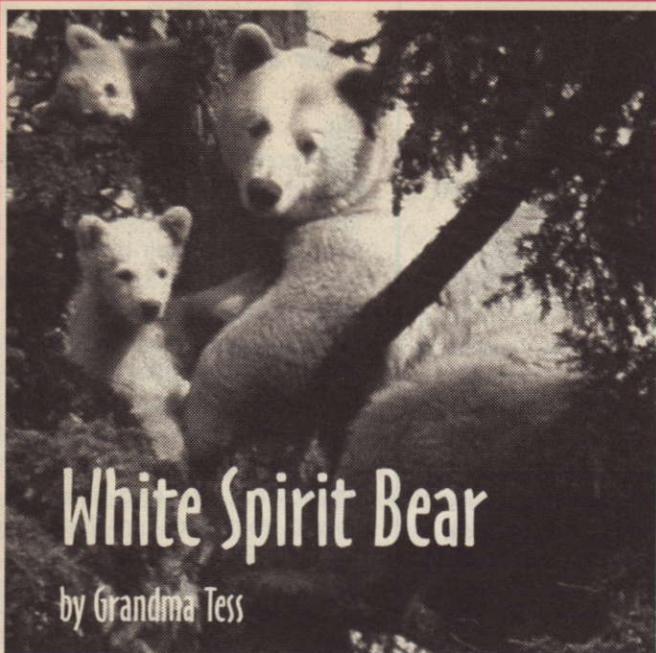
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# REVERSING DISEASE WITH THE KNIFE AND FORK

by Marleen Wirtz R.N. / Catherine McLean

Did you know that 75% of Western Diseases are principally caused by our lifestyle of abundance. It has to do with our daily eating habits, exercise routines, smoking, quality of love and support and how we handle stress. Genetics, and environmental factors play only a small role in why we die from diseases, such as heart disease, diabetes, cancer and stroke.

For example, heart disease and stroke (both atherosclerotic diseases) are our #1 killers. They are responsible for every second death in North America. Yet, back in the 1920s these diseases were virtually unheard of as causes of death.

Similarly, nowadays, cancer claims 1 in 4 lives, and the incidence is rising. Surprisingly enough, most of these cancers are preventable, up to 40% are avoidable with proper nutrition and exercise. Furthermore, another 35% of cancers could be avoided if people did not smoke. Did you know that in the mid 60s, 1 in 20 women had breast cancer and today it is 1 in 7. Think about this for a moment. In a society that prides itself on medical "breakthroughs" why have we gone from 1 in 20 in the mid 60s to 1 in 7 today?

Traditional medicine works when treating *acute* illnesses. It handles emergency and trauma very well. When it comes to chronic diseases which are related to our lifestyle we need to take personal accountability and take charge of our own health.

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



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



## The Web of Wyrd

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



## The Wheel of Life

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

# Lessons

by Cathy Fenwick

Thomas Aquinas wrote, "Everything gives pleasure to the extent that it is loved. It is natural for people to love their own work ... and the reason is that we love to be and to live, and these are made manifest in our action. We all naturally love that in which we see our own good." Aquinas, a 13th Century theologian, said that to live well is to work well. He believed that life and livelihood flowed from spirit. In *Sheer Joy*, Matthew Fox quotes Aquinas, "... for those who like musical performances and take pleasure in them, and for those who enjoy the art of building and for all others because by the fact that they take pleasure in such work, they make a great contribution to their kind of work. So it is clear that pleasure increases activity." Living and working well comes from living with meaning, purpose and joy. Our life's work can provide much of our motivation and joy.

What is work? What is good work? What is my relationship with my work? If work is the expression of my spirit, what does my work say about my spirit? Healthy people are able to integrate body, mind and spirit, and express this in their life's work. A few years ago while working in Milan, Italy I toured the city. One particular site sticks in my memory, the great cathedral of Milan, called the Duomo. On the tour my guide mentioned that it took 500 years to build this magnificent Duomo. She told me a story about an incident that occurred at the beginning of this building in 1190. A journalist from Rome came to Milan to cover the event. In the yard, he talked to three stone cutters and asked them what they were doing. The first stone cutter, Aldo said, "I am crushing rocks." The second stone cutter, Benito said, "I am working hard to make a good life for myself and my family." The third stone cutter, Georgio said, "I am building a cathedral."

# from Stone Cutters

People have different relationships with their work. These stone cutters were all doing the same job, but what they were doing meant something different to each of them. Like Aldo, for some people work is just a job, "Somebody's gotta' do it, I don't think about it that much." They get the work done because they have to eat and need shelter. Benito is also an honorable worker, he works hard to make a good life for his family, but he doesn't take a great deal of pleasure in the activity. He may even be what we call today a workaholic. Driven by his job, or his life, he doesn't stop to ask himself deeper questions about his vocation or purpose in life. Georgio sees himself as an integral part of the building of this cathedral, he is motivated by vision, meaning and hope. I imagine he experienced a lot of pleasure doing his work, even though he would not live to see the completion of his project. Work becomes more enjoyable when we focus attention on it and put our heart into it. It's less fun if we do it because somebody says we have to.

I have a hard time sustaining motivation through difficult or boring tasks if I do not feel that my life is important to the development of humanity, and more than that, the development of creation. If I don't know who I am or why I am alive I will look for external motivators like material things or other people. This doesn't work so well because these things are fleeting. When my motivation comes from inside myself, I am always responsible and I am always there.

If we are outer driven we will likely slog it out day after day to keep the old bank account growing. Occasionally we might stop to wonder what it's all about, but we don't know so we stop thinking about it. Maybe it is about money and we think that after we are gone people will say, "What a great person she was, look at all the money she left behind." I would rather have them say, "What a kind and happy person she was." Studies have shown little correlation between material wealth and people's perceived levels of happiness. In fact people with lots of money report more unhappiness than do those with little money. After our basic needs are met, money is quite useless in terms of providing joy.

I agree with Georgio, my place on earth is part of a bigger vision. Georgio demonstrates the sacredness of work. Work is sacred when it feeds my mind, body and spirit. Good work provides something to the community, without destroying the environment. I have a vision of an earth where people live in peace, where all creation is treated with respect, where everyone has satisfying work, access to education and where all children can grow up in happiness. I don't think I will see this in my lifetime, but that doesn't stop me from doing my part. I will keep on writing, speaking and spreading this message because I am motivated by a vision. Who knows, someday I may even get paid big money for this! In the meantime I continue to do my work, like Georgio I lay down my rocks, others lay down their rocks, hoping that someday we will all be more healthy and happy.

Our attitudes are learned at a young age and affect our lives outside of work. There's a story about two little boys who wake up early one Christmas morning and sneak down-

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stairs to check out the presents. They get a surprise when they come around the corner and see that someone has dumped a load of manure over the tree and all the presents. The older boy is very upset and shouts, "This is awful, who would do such a thing, it's terrible, it stinks" and on and on he whines doing nothing about it. The younger brother goes to the shed in the back yard and gets a shovel. He comes into the house and starts digging in the mess saying, "All this manure, there's gotta' be a pony in here somewhere." There may not be a pony, but the mess will get cleaned up and he may learn something about how to handle inevitable disappointments in life. Both boys made a choice about how they want to handle the situation. Life really is about attitudes and making choices. Occasionally, there will be a pony. Life, like work, goes better when we pay attention to what we are doing and look for the roses that bloom on manure piles. As human beings we have the power to create or to destroy. We need to make careful and clear choices about our lives. We need to think about how and what we choose to create. We need to be mindful of the ways in which we respond to things that are outside of our control. Viktor Frankel, a holocaust survivor, writes in his book, *Man's Search for Meaning*, "Everything can be taken from us except our right to choose how we will respond in any given situation."

What is my relationship to my life and my work? Two people looking at the same scene, one sees a manure pile the other sees possibilities. Three people doing the same work have three very different responses to that activity. How I approach my life's work determines whether the days of my life will add up to a formless blur, or to something that resembles a work of art. Am I an Aldo, a Benito or a Georgio?

*Cathy Fenwick is an author, educator and workplace consultant. She develops and delivers workshops and keynotes on how to get more healthy humour into your life and your work. Her books and manuals include Healing With Humour, Telling My Sister's Story, Workscapes: Keeping spirit alive at work, Building Bridges: The heart of effective communication and Hope for people facing cancer. You can check out Cathy's new and updated website at <[www.healingwithhumour.com](http://www.healingwithhumour.com)> <<http://www.saskweb.com/healinghumour.com>>*



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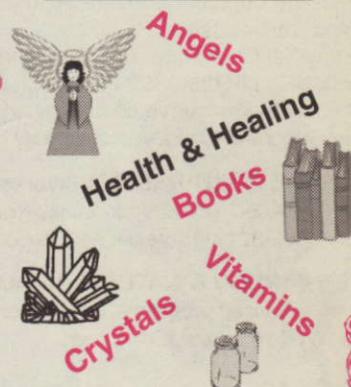
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