

# ISSUES

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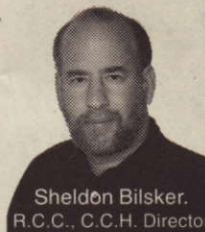
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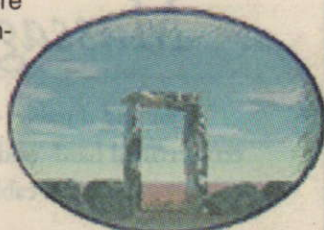
by Fraser Langlands

For over two years my nights, filled with dreams and wild images, were busier than my days. It wasn't long before I realized the importance of recording each dream in minute detail. Simply recording the dreams in a journal soon felt inadequate. The images had to be drawn in full colour, and being a trained computer designer helped to make this possible.

Making the drawings provided intense soul satisfaction. Soon the thought of going to bed became exciting, something like viewing the next installment of a favorite soap opera. During this period luck provided me with the opportunity to spend hours each day working on the previous night's dreams.

Before I knew it two full years had passed and in that time over 800 dream details were recorded, some in full colour. Initially these were not shared, whether it was modesty or not isn't an issue. This process gave me the opportunity to know myself at a deeper level than ever before. With such intense self-knowledge came confidence in my intuition. Today, I listen to the voice within.

A few months ago I began showing my drawings to people and their responses were both supportive and heartwarming. These same people wanted to see themselves in similar pictures. As a result of the encouragement from many people my company, Dream Quest Visions, was born. Today drawing dreams, and putting people into pictures of their choice is my work. Dreams do become realities and sometimes all we need is to be able to see ourselves in the



Dream image

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# VIVA LA DIFFERENCE!

by Amrit Chidakash

"Oh yes! We found a monk and his disciple living year round on a glacier high in the Himalayas. Huddled in our parkas, over steaming lentils and rice, Carol and I learned it was his way of honouring the sacred River Ganges." Eyes sparkling above a full white beard, Rob continues: "That man touched our lives. Since then we have decided to walk the full 2000 km length of the River to its mouth. We have already completed 600 km." I am enthralled. There is such a pleasure as one lifts away the layers of polite distance and subtle aloofness in the unfolding intimacy of a new acquaintance to discover a traveller within—a guide to new dreams and vicarious experience.

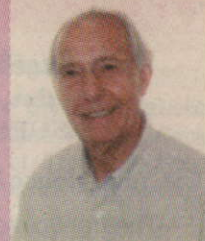
As a child, I was filled with imaginary visions of darkest Africa. I was Boy, son of Tarzan, a friend of the Apes. I was enchanted by tales of explorers moving in undiscovered worlds, surviving unimaginable hardships, I would devour National Geographic Magazines wherever I found them, devouring the pictures they contained of other people, brown skin, bright cloth, grass houses, exotic villages, open markets, strange animals. At the mention of the Amazon, the Mongols, the Himalayas, Timbuktu, the Sahara Desert, vivid thoughts would leap spontaneously to life in my head, like flocks of birds released in chaotic jumble of colour, each tracing a trajectory of its own.

How exciting the world was and how I fed my dreams of it with anything that celebrated its rich and colourful diversity. And that world, though older now and changed, still waits for me, both in my mind's eye and over my horizon. Studies have shown that as life has become more habitual and our cities more homogenous, travel has become more exciting with adventure touring, eco-tourism, spiritual journeys earning increasing share of the travel market. The 'Getaway' has become a prime objective. For many it is more than a source of escape, it is an escape to reconnection. Recognition with other people, with the earth and with oneself. More people are finding ways to travel in which travelling becomes the discovery not just of new places and new people, but a source of experiences and stories that will define and redefine them as they grow in awareness and insight.

In these days of pain and confusion in the post Sept. 11<sup>th</sup> world, this is perhaps the greatest gift travel holds for us as we search for new solutions, greater understanding: if we travel openly and with clear intention we will be rewarded with new perspectives not just on other cultures and communities but also on our own, on who we are and how we will choose to live our lives. See ad below

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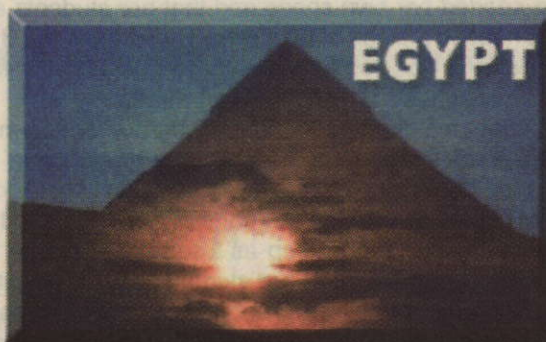
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# Musing

with *Angèle*  
publisher  
of ISSUES



## The Yoga House in Kelowna

The front cover shows the new Yoga House in Kelowna. It was built under the stewardship of Margaret Lunam, my yoga teacher of many years. Her students who are now yoga instructors have created a non-profit society to look after this precious resource. Margaret turns eighty this November and looks younger now than when I met her ten or eleven years ago. Yoga changed her life as it did mine and our response to this life-giving ancient art of breath and movement is to give back to our fellow seekers what we have received.

The Yoga House was built with Margaret's cash and hundreds of hours of volunteer work by people who also wanted to give back some labour of love. The people on the front cover include Doug Bauer and Lynne Bowsher with the shovels, Phofi McCulloch cleaning the windows, and Margaret in the hard-hat. They chose to cover the parking lot and front area with grass blocks so that they hurt the earth as little as possible. The wood floor and walls are finished with environmentally friendly products. Margaret is a deeply concerned citizen of this planet and feels that not enough thought is given to the damage caused by toxic substances.

When I took classes at her home up Clifton Road, her front lawn was full of wild flowers carefully tended so as not to use too much water. She often let students trade work for classes and gave bursaries to those who wanted to attend workshops but couldn't afford the modest fees of the world-class presenters. She offered the workshops on a regular basis so that her student teachers could have the best training available. After many years of having students go up and down her staircase to the beautifully built studio overlooking the lake, four nights of the week and for several day classes she decided she needed her own space and that her students and instructors needed a place of their own. They rented the Buddhist temple for a year or so while construction on the new Yoga House continued at 1272 St. Paul Street.

Margaret has a heart of gold but my term of endearment for her was sergeant-general, for she likes discipline in her classes. I tried my best but some days it just didn't seem good enough for her, so I accepted the parts of her I liked and ignored the remarks that cut deep as I sank deeper into the poses. She likes to take all of her students past where they would have gone on their own and encourages them to breathe into the tight places to let go of the tension so the pose can deepen. Each time I attended I became renewed and though my attendance was sporadic, I was always allowed to attend whatever class I made it to. Over the years, she came to appreciate my diligence in the midst of a busy life.

After four or five years of building my strength and learning the basics by repetition, and because there was space in the building I owned, I offered Yoga classes here in Penticton. Basically it was done to help me put into practice what I was learning and it also helped to pay my rent. I call my classes 'soft yoga' for though I like the precision of Iyengar, my style

of teaching is uniquely my own. This fall I offer a newly renovated space at 254 Ellis Street. Morgan, an instructor from Vernon will be instructing Mondays, Thursdays and Saturdays. I will be teaching on Wednesdays until things slow down. If anyone wants to make use of the space on Tuesdays, Fridays or Sundays they can contact me at 492-0987. You can meet Morgan on page 24 and Margaret on page 32.

To take the time to type this column took lots of discipline for I would prefer to be getting my store back together and putting the molding around the floor of the newly laid carpet. I have been living in complete chaos since the early spring and am looking forward to a slowing down of the transformation process as winter approaches and the windows get sealed. No more need to paint, gyproc, insulate and replace water lines and electrical wires.

If the body reflects the external process then I am a good reflection, for my body has undergone metamorphosis also. It started with a fractured hip that I kept torquing because I didn't realize it was broken. I thought it would get better with time and only when I had lost a lot of energy did I go to see the doctors. I had kept myself in the best physical condition possible to avoid the possibility of ever experiencing a hospital visit personally, but still Karma prevailed and I got the experience anyway. Thank goodness I have a strong body and was able to overcome all the mishaps the doctors managed to do, all with the best of intentions.

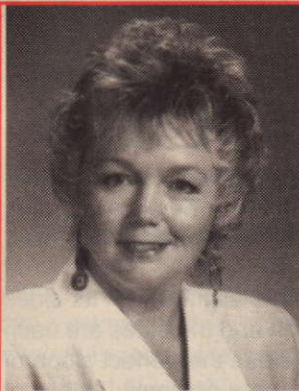
My final trip was at noon on the opening day of the Wise Woman Weekend which happened Sept. 14, 15 & 16. The surgeon removed the wires that he had placed around my femur that he cracked while fixing my hip. What a barbaric process. First they wrap metal around the bone to stabilize it from further cracking, and then they use square screws and bolts that look similar to the ones they use to fix cars to clamp the wires together. My body reacted to the wire and when x-rays were taken several months later, it looked like a mouse had chewed rings around my bones. Each time my knee bent deeply I could feel the wires and screws hurting my muscles. The surgeon didn't believe me, for according to his studies I shouldn't be feeling them. Only with great persistence from me did he agree to remove them.

Now I feel I can start to heal properly and soon I will be stretching as deeply as I used to. I know I need to build more strength into my body and I shall continue doing hand stands but the breath and stretching work is what I love. About the time you read this column, I will have taken Donna Farhi's class at Kelowna's new Yoga House. Donna has written *The Breathing Book* and has taught her techniques world wide.

Every day we have opportunities to share what we have learned, as did the forty instructors for the Wise Woman Weekend. It was a joy to see so many older woman attending as well as a few younger ones. I asked one of the younger women why she was there and she said because she wanted to be around the wisdom of so many beautiful wise women. Marcel and I looked at her and surmised she must have been an Indian princess in her past life and welcomed her into the circle of friends. My heart opens and tears of joy come to my eyes as I recall all the happy moments and help that was so generously given to make the weekend a success. I find myself surrounded by amazing women and men and know that this too is a reflection of my own courage to be who I am.

*Angèle*





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# PYRAMID POWER

by Jay Stewart

Cultures around the world have known about pyramid power for five millennia. Despite their cost and inefficiency they were built in North America, Europe, Asia and of course Africa. Though pyramids evolved wherever they were built, the Egyptians built the only perfect pyramid.

The Great Pyramid of Giza is level at its base and is aligned with its sides facing the points of the compass. It stands 481 feet high and the sides are each 756 feet across at the base. This gives the pyramid's sides the perfect slope of 51°51'. The huge stones used to make the pyramid (some as heavy as eighty tons) were fitted so well that the pyramid is practically airtight. As a result, five millennia after it was built the Great Pyramid remains virtually untouched by natural forces. It is a testament to its own power.

Though we can only guess what powers the Great Pyramid possesses, we can test the powers of the pyramid's geometry. In the last half century a number of scientists have learned a great deal in this regard. Test pyramids have been made in a variety of sizes using many different materials. Wood and cardboard are popular while ferrous metals (containing iron) don't work well. Pyramids with open sides work as well as enclosed ones.

The earliest tests resulted from the observation that the body of an unlucky cat that had died in the Great Pyramid was mummified. Tests by numerous researchers determined that this resulted from the inhibition of decay, allowing the tissues to dehydrate.

Dr. G. Pat Flanagan is a well-known pyramidologist. He has used kirlian photography to show that, while most positive energy is focused within and beneath the pyramid, some escapes from the five points. He also tested the brain waves of meditating people when a pyramid was lowered over their heads. As expected, the alpha waves became much stronger. Meditation was deeper and better. He also did tests on seeds and plants. He found that germination and early growth was better in a pyramid. (My tomatoes agree with him). When he tried sleeping in a pyramid tent he found that he was more rested after less sleep.

Crystals placed in pyramids tend to shed their negative energy while quickly absorbing positive energy. This is because the pyramid deflects the varying wavelengths much like a prism deflects light. The negative wavelengths are deflected upward while the positive energy bends down, into and through the pyramid.

About twenty-five years ago pyramid power was a recognized force and became quite popular. However we didn't know enough to use it properly. Our society was still too young spiritually to accept it. Now with the resurgence of a holistic approach to life, medicine and spiritual development, it appears that pyramid power is returning and it's stronger than ever. *See ad to the left*

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From the Editor...

*Chit Chat*  
with Marcel



This July I enjoyed my sixty-second birthday with all its family celebration and fun. It also gave me occasion to ponder the different perceptions we have about aging. I've noticed that many people try to ignore their birthdays and never want to tell anyone their age. Almost like, if they ignore it, it will go away or if they pretend it isn't happening, it won't. If the subject comes up, they speak about growing older with dread and foreboding, like something terrible is happening to them. To me this is like stuffing the situation into a closet and locking the door, and we all know this never works. This negative perception creates an energy blockage which likely speeds up the aging process.

Over the past several years I have been pleased to notice that I seem to become more proud of my age. I don't have a problem telling anyone what my age is if they happen to ask. Since I was forty or fifty I have occasionally wondered: if, through some miracle, I had the opportunity to go back to being twenty or thirty years old, would I accept? I always decide I would never want to do this unless I could take with me all the memories, experience and learning I have gained over the years. I guess this is what makes it easier for me to accept my age. I don't find it difficult to choose between the security, confidence, learning and acceptance that the years have given me compared to the insecurity and struggles of being young.

A while ago, in a conversation I referred to myself as 'an old broad'. The person I was speaking with scolded me for talking about myself in such a derogatory manner. I had to remind them that it was a matter of perception. I don't feel there is anything wrong with being an old broad, in fact I think being an old broad is great. As an old broad I find it easier to let go of the silly restrictions and limitations that I put on myself when I was younger, and just learn to be my true self.

Through my reminiscences this summer I became even more convinced that it shouldn't be a matter of accepting my age as a downward decline until my energy fades away. Birthdays can be a time for embracing my age with pride and gratitude for the many years of memories, experience and blessings I have gathered. A time to celebrate my life and look forward with eagerness to a future with more opportunities for growth—an upward climb to greater energies and my highest potential.

Positive aging is a concept we stress at our Wise Woman Weekend events that are held at Naramata Centre every year in the middle of September. Again at this year's event I was pleased to meet and mingle with a growing number of women who are not accepting their aging as a downward decline, but are looking for new ideas and learning opportunities and intend to spend their later years enhancing their personal growth.

Marcel

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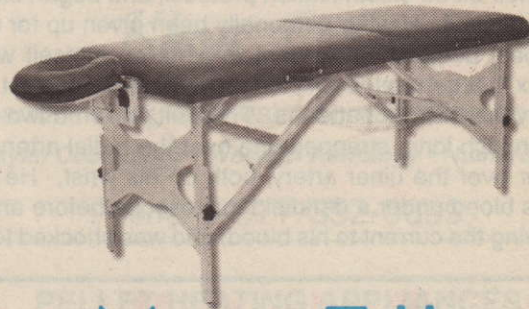
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# Take Back Your Power

## The Story of Dr. Robert Beck

by J.F. Walker

Now and then in the story of humanity, some compassionate, courageous soul comes forth to give us the wealth of his life's discovery. In 1998, a renowned research scientist named Dr. Robert C. Beck gave a speech at the Granada Forum, recorded on videotape, that has changed the lives of thousands.

In two short hours, Beck described a simple research procedure that any ordinary person could perform, that would theoretically allow them to take control of most of their own disease conditions. "I believe," wrote Beck in the accompanying essay he gave away, "this tested and true information can forever release anyone from doctors, pharmaceuticals, medicines of any description, hospitals, and incurable diseases presently known or undiscovered, plus biological warfare agents. Even cancer disappears when interleukin and interferon are again produced by a restored immune system."

Beck described a discovery made by two researchers, Steven Kaali and William Lyman of the Albert Einstein School of Medicine. Patent #5,188,738 which passed the strict patent board requirements on Feb. 23, 1993, mapped a system for blood electrification with micro-currents of DC electricity to "render the bacteria, virus, parasites and/or fungus ineffective to infect or affect normally healthy cells while maintaining the biological usefulness of the blood or other fluids."

Beck was the scientist who tested this system for the U.S. government, and who discovered to his astonishment that the invention worked. Kaali and Lyman were suppressed from presenting their system for human experimentation for fifteen years, but Beck soon developed a simple, safe version of their blood electrification protocol, and began experimenting himself. Having personally been given up for dead by the best doctors, Beck went to work on himself with a small box that generated a 4-hertz reversing DC current generated by three 9-volt batteries. This unit powered two electrodes an inch long, strapped one over the radial artery and the other over the ulnar artery, both on his wrist. He analyzed his blood under a darkfield microscope before and after applying the current to his blood, and was shocked to see

so many dying pathogens.

Realizing he needed to detoxify his system of the dead "aliens", he made up some colloidal silver (which the EPA considers safe in any quantity and is known to kill some 650 known pathogens) and thus began his slow return to health. He shed 130 pounds and his hair grew back. Now near eighty, Beck is still alive.

For years he and his colleagues have experimented and perfected their simple techniques. His essay, "Take Back Your Power," lays out every detail of his four-step return to health, which briefly stated, reads:

1. Apply microcurrents of electricity via wrist arteries for about two hours daily.
2. Apply a time-variant pulsed kilogauss magnetic field on the lymph nodes to theoretically neutralize deep-seated pathogens.
3. Drink three glasses of ionic colloidal silver, three to five parts per million, a day along with lots of water.
4. Drink freshly ozonated water, or oxygenated water.

"Take Back Your Power" also contains schematics for building your own electrification units with inexpensive and easily found electronic parts, and provides references, copies of patents and articles from prestigious science magazines to corroborate his theories.

As for the credibility of Dr. Beck, his credentials, contributions and scientific awards span forty years and range from university professor to top military consultant to inventor (including a patent for the low-voltage electronic flash used in photography). He was National President of the U.S. Psychotronics Association and has won numerous international awards for Science and Electromedicine. His achievements are too long to recount here.

Dr. Beck himself funded his own research and he makes not a penny from the numerous manufacturers of his devices. His essay, "Take Back Your Power", and his speech at the Granada Forum are both available.

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(\*Information on Beck's research)



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Results have been so impressive that Core Belief Engineering has gained widespread respect in the helping profession. It is now a registered private post-secondary institution in both B.C. and Quebec.

But the method is not a "quick fix". Positive changes continue to accumulate years after therapy is completed. Writes Melanie R, "Two years later, anger and depression have not returned. My self-esteem, confidence and relationships continue to improve dramatically."

## How It Works

Core Belief Engineering is a gentle yet powerful means of building a partnership between your conscious and subconscious minds, creating a feeling of increased harmony and well-being. "I feel so much more whole and grounded. I feel connected to my self!" reports Linda K., enthusiastically.

Explains Bracken, "Most of our major beliefs about life and ourselves were in place by the time we were five or six years old. They became part of our subconscious. Later on, as adults, when we choose to do or be something in opposition to these original beliefs, there is a conflict. A feeling of push-pull or being stuck. This results in low self-worth, frustration, anxiety and depression. Core Belief Engineering accesses and aligns these subconscious beliefs with what you now choose as an adult. As there is no need to experience your original trauma, the healing is gentle. A transformation of the old beliefs, feelings, thoughts and strategies is completed on all levels—spiritual, conscious, subconscious, emotional and physical, right down past the layer of the cells. Then your thoughts, feelings and behaviours automatically align with the new core beliefs in the same way as they did with the old ones." "It's like weeding your garden," says Laara, "if you don't get all the roots, sooner or later, you will have another weed."

## Empowering and Flexible

Core Belief Engineering is empowering. You work in partnership with Laara, who acts as a facilitator, helping you to determine your goals, and access answers and resources from within. Former client Charles L. states, "We created much more confidence, creativity, and self-expression, professionally and personally. I now know who I am and what I want."

"People of all ages have benefitted from Core Belief Engineering," says Laara, whose clients range from sixteen to

eighty-four years, "all you need is determination."

Core Belief Engineering can also help you to expand existing talents and abilities. "Flung open the barn doors of creativity. I am astounded by how easy it is," Brian K., writer.

"Time and cost efficient, gentle, and lasting are just a few of the words that have been used to describe Core Belief Engineering," says Bracken, "What more can you ask?"

Laara originally experienced Core Belief Engineering to solve her own problems. She was so impressed by her results, she decided to make it her life's work. She has fourteen years' experience as a practitioner.

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**Profile**

## Fraser Valley Spirit Medium 'Catherine'

As a vehicle which spirits use to communicate with their loved ones, I like to combine my life experiences, spiritual beliefs and my natural ability as a spirit medium to assist individuals in their personal growth and help them gain inner wisdom. My approach to all I do is based on spiritually centred love. My belief is that our energy does not die after death.

Inner wisdom is a gift that has played a huge role in the lives of men and women for centuries. It is the ability to understand and accept the messages provided by our guides and spiritual selves. I help to reconnect.

I open your mind to the presence of animal symbols. Nothing is ever a coincidence and the presence of an unexpected animal has a special meaning. I help to develop an understanding of each animal and its life patterns. Then we learn to apply this knowledge to your own life.

As well as working with the elderly I have volunteered at the R.C.M.P. Victims' Assistance. I do private readings, group seminars and workshops and have spoken at Holistic Wellness Centres and business centres.

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## What is Touch for Health?

by Margaret Ann Simon

Touch for Health (TFH) is a proven process of health management and improvement which helps achieve goals in health, performance, work and relationships. It is a system of muscle testing and balancing that uses principles of Chinese medicine, massage, energy work and postural alignment to enhance strength, improve energy and release physical and mental stress and pain.

TFH works by balancing the structural chemical and emotional elements of our bodies. Modern scientific method has conclusively proven the connection between these areas and it includes techniques that work on each. We often feel pain when muscles are tight and strained. The solution lies in correcting the muscles doing the opposite action—which are often found to be weak. Once balance is regained, tight muscles relax.

TFH uses light-touch muscle testing to evaluate the strength and balance of muscles. Because muscle strength is lessened by anything that causes stress, muscle testing can also be used to evaluate food sensitivities, emotions, exercises and any life situation affecting your well-being.

TFH techniques are simple and powerful and can be learned in a series of classes which will give you the ability to use this work for yourself and with friends and family. This program is divided into four levels and includes: balancing muscles, massage points, holding points, meridian and muscle massage. Also included are food testing and emotional stress release techniques.

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## Breathing for Health, Well-being and Life Enhancement

by Blanche Tanner, Breath Practitioner

What is this thing called *Breathwork*? Breathwork has evolved over the last twenty-five years. It brought together ancient breathing techniques for Health and Spiritual Awareness along with contemporary personal growth and therapeutic practices. The result has been the evolution of powerful incisive healing and consciousness changing modalities.

The earliest references to the therapeutic use of breathing came from ancient yoga literature. Yoga is one of the oldest continuous paths of psychospiritual development that humanity has produced. Instructions for breathing can be found in yoga texts going back over four thousand years. The ancient yogis probably were the first to discover the relationship between breathing and mental/emotional states. They noted that certain forms of breathing evoked corresponding mental states. Irregular, shallow breathing was seen to result in disturbances of mind, emotion and body. Full, relaxed, smooth breathing was seen as an accompaniment of a quiet mind.

Another ancient stream of wisdom that emphasizes conscious breathing practices comes from China. Practices based in Taoism have used conscious breathing for centuries to promote strength, balance and spiritual attunement.

### Why is Proper Breathing Important?

Breathing is life itself. It is the connection to good health. Evidence of this statement is shown in the number of individuals with poor posture and caved-in chests and those who are contracting diseases in the respiratory areas.

Only 3% of body waste is expelled through defecation and only a further 7% through urination. The skin is responsible for a further 20% of the discharge of body waste. **70% of bodily waste matter is breathed out.**

According to one researcher, 75% of the ills people bring to their doctors are related to poor breathing. Gay Hendrick, Ph.D. states that "poor diaphragmatic breathing has become a universal breathing problem" and that if we could develop only one generation of children who breathe correctly, diseases could almost be eliminated.

For me personally, when I came across Breathwork over fifteen years ago, I was amazed that something so simple could be so profound. I realized this was the work I wanted to dedicate my life to—bringing more health, consciousness, healing and love into people's lives and just to bring awareness to something that we all take for granted. By simply taking a few deeper breaths every day we can influence positive changes to our overall health and sense of well-being.

Andrew Weil, M.D. says, "If today you can be aware of breathing for ten seconds more than you were yesterday, you will have taken a measurable step toward expanded consciousness, deeper communication between mind and body, and integration of your physical, mental and spiritual functions. I can recommend no single more powerful—or more simple—daily practice to further your health and well-being."

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# The Battle Against Lethal Microbes - Parasites

by Gerard Tanner



## What are Parasites?

The thought that other life forms are living inside our bodies sounds like a story from a science fiction movie, but the reality is that for most people, a myriad of lethal microbes or parasites call our bodies home.

A parasite is an organism, such as a single-celled animal (protozoan) or worm, that survives by living on or inside another much larger organism, called the host. The primary function of a parasite is to steal the host's food, nutrition and vitality, eliminate its waste and toxins into the host and ensure the survival of its species by laying its eggs into the host. Seldom do they kill the host, as they are instinctively clever enough to allow it to sustain them for a long time—some will live a life span of ten to thirty years inside the host. Recent medical studies estimate that 85% of the North American adult population have at least one form of parasite living in their bodies. There are over one thousand species of parasites that can live in the human body. Approximately 30% of them are visible to the human eye while the other (most lethal) 70% are microscopic and invisible to the human eye. They enter the human body basically through the food we eat, the air we breathe, the water we drink. Penetration through the skin from walking barefoot, intimacy, kissing, eating meat, handling pets, contact at daycare centres, are a few of the obvious means of contracting these creatures.

## How to Recognize Their Presence

Parasites can exist in the body without making their presence known unless one can read the common signals including: lower than usual energy levels, health challenges, skin rashes, pains, frequent colds, flu and constipation. Parasites are the missing diagnosis in the creation of many chronic health problems, including diseases of the gastrointestinal tract and endocrine system. The impact of parasitic action is very broad, ranging from inflammatory to mechanical problems such as obstruction of the hollow bile ducts and intestines. Syndromes include spastic colon, food allergies,

chronic fatigue, hypoglycemia, chronic respiratory problems, depression, depressed libido, arthritic joint pain and endometriosis.

## Parasitic Symptoms

Do you feel tired most of the time? Are you experiencing constipation, poor digestion, gas and bloating, or diarrhea that come and go and never clear up? Do you suffer from food sensitivities and environmental intolerance? Have you developed increasing allergic-like reactions and cannot understand why? Are you depressed? Do you have difficulty gaining or losing weight no matter what you do? If these symptoms and feelings sound familiar, then you may be an unsuspecting victim of the parasite epidemic that is infecting millions of North Americans.

Many unexplained health conditions often disappear when parasites are eliminated from the body. It is very important for each of us to do our own research to understand this fundamental aspect of health. According to researcher, naturopath Dr. Hulda Clark, the weakness and susceptibility to parasitic infection begins from toxic buildup in the body from eating too many refined and processed foods, poor elimination habits and exposure to chemicals and heavy metals.

## How to Eliminate Parasites

Herbal body cleansing is one of the most effective ways of eliminating toxins and parasites from the body. I came across a wonderful cleansing program three years ago that did wonders for my fifty-six-year-old struggling body. A 90 Day Cleansing Program, utilizing 100% organic herbs from the Awareness Corp., includes ancient Mediterranean herbal recipes called Experience, Harmony and Clear that cleanse the gastrointestinal tract from any mucus, plaque or fecal matter. They cleanse the liver, boost the immune system and eliminate foreign micro-organisms and parasites from the body, in a gentle but highly effective treatment. These products can even be used on your pets!

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# "Let There Be Light"

by Joanne Gagné

'LIGHT THERAPY'.....I love the idea of it.....I love the sound of it.....It's natural, it's powerful, yet gentle and oh-so-kind to the body. It is also a very scientific therapy that honours and harnesses the healing power of nature and assists the body in doing so for itself.

For many of you reading this article, light therapy also known as 'PHOTOTHERAPY' might seem like the newest thing. Well, it is and it isn't. "It is" because this technology has now been sufficiently developed so that its application has recently been simplified by way of easy-to-use hand-held devices. But at the same time "it definitely isn't" as a European physician by the name of Dr. Finsen developed this scientific application in 1893 and won a Nobel Prize in 1903 for it. It was used to help heal wounds and accelerate the healing process in general. It has been used for years now to successfully treat animals. Recently, after several years of studies and research, this technology has been cleared by the FDA in the U.S. and by Health Canada, approving its application for human benefit. This is great news for everybody! Whether your goal is to improve or to enhance your general health or to relieve chronic/acute pain from arthritis and other conditions.

This technology uses light by way of LEDs (light emitting diodes) of varying yet precise frequencies that the body can not only use, but recognize as a source of healing energy delivered to its various types of tissues. The effect is systemic providing penetration from the biomagnetic energy field to the marrow of the bone. The photons (fragments of light source) break through blocked energy circuits to stimulate the cell's own natural healing capacity. Phototherapy has been shown in over forty years of independent research worldwide (including NASA's own space studies on its applications), to deliver powerful therapeutic benefits to living tissue and organisms. Both visible red and infrared light have been shown to effect at best twenty-four different positive changes at a cellular level. Visible red light frequencies penetrate tissue to a depth of 8-10 mm, therefore beneficial in treating problems close to the surface, while the infrared light (invisible to the human eye) penetrates to a depth of 30-40 mm, making it effective for bones, joints, deep muscle, etc. The cells do not absorb the unit's green light frequency.....rather, they balance the energy field providing a relaxing effect on the recipient of the therapy. The hand-held unit used during treatment is comprised of all three types of lights described

above. The majority of us can greatly benefit from phototherapy; the various sizes of units available make them easy to use whether you choose to go for periodic treatments or to acquire your own unit.

Here are some of the benefits you can expect from Light Therapy: increase circulation (blood flow); increase oxygen flow and delivery to the cells; help release toxins (cellular detoxification); strengthen your immune system; clear and rebalance your energy field, meridian system and chakras; stimulate the acupressure points; relieve chronic/acute pain (dramatic results experienced with arthritic pain, back pain, carpal tunnel, etc.); decrease SAD (seasonal affective disorder) symptoms; speed up wound healing; the general healing process is also accelerated; and so much more!

The body's meridian system is comparable to a series of super highways that connect many key points together (acupoints) and should optimally be in constant flow and balance with each other. Energy (chi) flows through the meridians in a predictable manner. Any blockage of one or more points (however slight) within this system, hinders "traffic flow" if you will, creating a "traffic jam or backing up" effect where rerouting or shutdown of that area takes place.

This creates a less-than-ideal situation, throwing the system out of balance, and we begin to unconsciously compensate with other aspects of our being. Health problems in the body are most often a reflection of a less-than-ideal flow in the meridians. When we begin to experience physical symptoms and feelings of unease, the meridians have usually been stressed for a while. Application of light therapy will help re-establish the flow in this subtle and impressive system. The effects will be amplified if other alternative therapies or positive wellness habits also take place.

Without seeking to restore the flow our only option becomes traditional pain management therapies, which often include the application of nonsteroidal, anti-inflammatory drugs (NSAIDS) such as aspirin or ibuprofen. It is an accepted fact that these do control pain symptoms but inhibit the synthesis of new cartilage, and can be harmful to the lining of the stomach and intestines. Masking the pain leads to further blockages in the meridians, the chakras and biomagnetic energy field. There are other options and phototherapy (light therapy) is definitely one of them. Increasing flow, reducing pain, removing blockages and improving health. I encourage you to go to the source and keep it flowing.



Joanne Gagné  
Light Force Canada

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# **The Ultimate Body Cleanse..... Oxygen Therapy**

*A superior form of natural protection and a method for rejuvenating the cellular soil*

by Peter Morrow O.H.T.

"In order to maximize our genetic potential, we need to remove the source of toxins from our bodies. One of the best protocols for removing heavy metals from the system is the Oxygen Steam Sauna" - Dr. Dietrich Klinghardt, M.D. Ph.D., Naturopathic Association Conference, Vancouver B.C., October 17, 1999.

Since 1945, toxins have been accumulating in the human organism more quickly than they can be naturally eliminated. Add to this sobering fact a modern lifestyle complete with high stress and more sedentary lifestyles and the mix is deadly.

In Europe, activated-oxygen (ozone) therapy has been employed for decades to correct this toxic overload and to restore optimum health. This "European cleanse" is a special form of oxygen therapy combining three healing modalities into one: the administration of pure oxygen, "activated" or "energized" oxygen, and heat (hyperthermia). The treatment is completed in a heated capsule at normal atmospheric pressure to boost the immune system, and oxygenate and cleanse the entire body.

The result is a noninvasive, efficient elimination of toxins from the body through cleansing the lymphatic system, the blood and the fat. Stress reduction through the oxidation of adrenaline coupled with the healing benefits of hyperthermia (heat) and reversing the effects of aging and chronic degenerative diseases are enhanced through oxygen delivery to the cells and tissues.

Each year, we are exposed to thousands of toxic chemicals and pollutants in air, water, food and soil. Today we carry within our bodies a "chemical cocktail" consisting of industrial chemicals, pesticides, food additives, heavy metals, general anesthetics, residues of therapeutic pharmaceuticals and legal and illegal drugs. Now, our exposure is in far greater concentrations than were previous generations, for example: millions of Canadians live in areas that exceed smog standards; most municipal drinking water contains over 700 chemicals, including excessive levels of lead. Some 3,000 chemicals are added to the food supply, and as many as 10,000 chemicals in the form of solvents, emulsifiers, and preservatives are used in food processing and storage, which can remain in the body for years.

If you are fortunate, the chemical cocktail you carry around in your body has not yet overwhelmed your immune system and begun to erode your health. If you're not so lucky you may be experiencing signs and symptoms of toxicity such as being overweight, bloating and intestinal gas, insomnia, mood changes, nausea, bad breath, asthma, constipation, tension, headaches, depression, stress, food allergies, menstrual problems, joint pain, back pain and more. Conditions such as arthritis, hemorrhoids, ulcers, psoriasis, and acne can also indicate the need for detoxification.

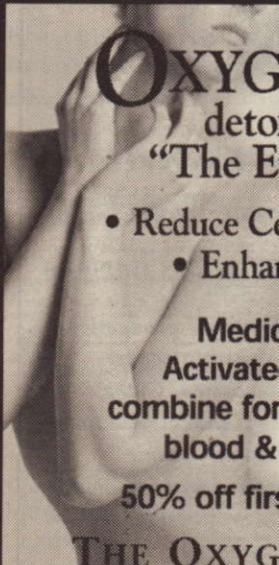
Staying healthy in today's environment requires a proactive approach. One of the most essential practices in any prevention program is to detoxify the body, right down to the

cellular level, of a multitude of toxins. And, the most important area to remove toxins is from the lymphatic system. The lymph can be likened to an efficient plumbing system - if the plumbing's clogged, the bathroom isn't worth much.

Few people actually die of cancer or other diseases. Rather, they die from toxemia, produced by an excessive buildup of toxins. This is where the lymph system comes into play. The lymph system contains a staggering 90% of all the body's water and as toxins accumulate the lymph becomes sluggish and stagnant. The lymph system, unlike the circulatory system, has no pump. Once toxins take a foot hold the clear lymph fluid becomes a cloudy, thick fluid progressively changing from a watery condition to milky, then yogurt, then cottage cheese consistency. Thickened, stagnant lymph overloaded with toxic wastes is the perfect condition for development of disease, including cancer.

The pivotal point here is that when the lymph circulation is impeded, the entire body becomes more toxic, and oxygen deprived (hypoxia). This leads to further toxification and a cascade effect of deteriorating health. The lymph system then is the beginning and end of all disease and hence the most important area for disease prevention.

Relax in your own personal steam cabinet (quasi-total body sauna with head and neck outside the unit) while warm steam vapour surrounds the body, opening the pores, allowing medical grade oxygen and ozone to penetrate the skin. As the ozone passes through the lymphatic system it detoxifies poisons by oxidizing them on contact. Oxidized toxins are painlessly and efficiently eliminated from the body through the sweat, sparing the kidneys, spleen and liver the task of dealing with them. Emerge from the sauna feeling relaxed, rejuvenated and energized. *See ad below*



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# I Don't Like It!

by Brigid Fitzpatrick

## Observations from a former high school teacher living in Brisbane, Australia

This is something we have all said and heard. What about children talking about pumpkin.... "I don't like it!" and "Do I have to eat it?" Well, we don't have to eat foods we don't like anymore. The worst thing about this freedom is the deterioration in the quality of our children's diets and the effects on their health.

Many things are causing this. Very few parents know enough or are strong enough to withstand the modern onslaught of popular "foods". Massive advertising campaigns aimed at children promote unhealthy eating alternatives. Fast lives lead to fast foods and less time preparing food.

Children have more say about what happens to them and this includes food. We even have the promise of broccoli tasting like chocolate so that it will appeal to children. Wow, doesn't this make you wonder how and what is the effect on the unassuming broccoli?

I have three children, today they radiate health and vitality. Four years ago their diet was far from good. Ian had asthma, eczema and a selfish, lazy attitude. Therese also had asthma and badly craved sweets. Kristine was an awkward little girl who picked up things like scabies

and tinea. I could talk about them forever, but I will try to give a quick overview of their experience over the last few years.

Grainfields and salad were the first changes. Milk with the evening meal was replaced by a drink of SuperGest mixed with water and we increased the salad on our plates. A mother of one of my daughter's good friends recently said that her son won't eat any salad other than pineapple, beetroot and cheese. He is about ten years of age and will not eat fresh salad. This boy had real problems healing a broken arm last year. It is now a rule at dinner time in my home that the salad or vegetables on the plate are eaten first.

My children have gone from strength to strength since Grainfields has been included in their diet. The two oldest stopped getting asthma over a period of time. Then it came back so I thought about what was different and realised they had missed out on Grainfields for a week or so. Back on the Grainfields they went and again the asthma subsided. Now, we have it daily, with breakfast and dinner and the children often help themselves.

Other changes in our diets over the last three to four years happened gradually and have eventually stuck. We never eat white bread anymore. On the rare occasion that we did, I got constipated. Our rice, sugar, salt and flour is brown, whole and organic the way nature intended. The flavours took time to adjust to but now they are preferred to the refined white options. The kids pack their own school lunches and are encouraged to take fruit and yoghurt. Organic corn chips, sunflower seeds, sultanas and the Grainfields Innergy To Go crunchies are other options. If time permits, I bake a cake for them.

My son had a preschool friend, a jolly, friendly, adorable little chap. His two older brothers were unattractive, overweight and had operations on the valve that lets food into the stomach. I watched this boy put on weight until two years later it was his turn to have the operation. One afternoon I picked Ian up after afternoon tea with this boy; they had a coke and small packet of chips. I remember wondering if this food was okay to feed to a child with digestive problems; now I am sure that it does not even qualify as food. It may have been the cause of his problems.

We have more and more choices in the modern world. If we choose to give in to "I don't like it!" when it comes to good healthy foods then we miss out. If we let our children choose their own food without limitations then they are going to suffer and future generations will just get sicker. Our future is our children, and they are being led down the proverbial garden path when it comes to food these days!

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# ATTITUDE IS EVERYTHING

by Jollean Mc Farlen miact csl

Have you ever heard anybody say, "She/he has a great attitude!" Or "He/she has a bad attitude"? What do you think they were talking about?

**Strictly speaking, attitude is simple:** it's what makes us lean either towards something or away from it. For example, if your attitude towards golf is positive you'll probably find opportunities to play wherever you go. If your attitude towards golf is negative, you probably will avoid golf tournaments, and find another game that you DO enjoy.

Attitudes are not necessarily bad unless they lead us in a direction that we don't want to go. People who detest house-cleaning will probably never have a tidy home (unless they pay someone else). Someone who wants to lose weight but has a negative attitude towards exercise will have a rough time reaching their goal.

You can change easily by examining your own attitudes. If you have set a goal, but just can't seem to make progress, perhaps it's time to look at what attitude is holding you back. Decide to change YOUR attitude to "success"!

**Action for growth:** Challenge one of your attitudes today—do something that really goes against the grain and watch your reactions.

If at first you don't succeed... recognizing your attitude is half the battle! Make sure that you clearly understand the idea that is blocking your way, and what triggers the attitude.


Make sure that changing your attitude is worth it to you. Making a change is easy if you value the results; more difficult if you don't care.

If you've committed to the change, but are still finding it difficult, perhaps you need to picture the benefits of the new attitude. Spend several minutes, at least twice a day, vividly seeing yourself succeed with the new approach, and savour the good feelings. The clear, vivid picture will help propel you towards the new attitude.

Above all, remember that changing your attitudes is your choice.

Jollean is an Empowerment Avatar, consultant, author of 'Feng Shui & Colour', & 'Frugal Entrepreneur'.

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## Calendar of Events

### October 4 & 11

Feng Shui & Colour with Jollean McFarlen at the Park Recreation Cntr. in Kelowna. p. 19

### October 12 - 14

The Spirit of Hawaii with Project Aloha in Kelowna. p. 20

Awaken Your Inner Magic with Craig Russel, Akasha & Asun in Kelowna. p. 2

Touchpoint Reflexology Level 1 & 2 with Yvette Eastman in Vancouver. p. 25

### October 13 - 14

Harmonious Relationships with Blanche & Harreson Tanner in Kelowna. p. 14

### October 15

Yoga the Feldenkrais Way, weekly classes start with Sandra Bradshaw in Kelowna. p. 24

### October 15, 16 & 17

Transformational Tours, an Evening Adventure in the Okanagan Valley. p. 5

### October 25

Guardian Angels with Judy & Susan in Kelowna. p. 23

### October 26 - 28

Spiritual Intensive starts with Cheryl Grismer in Westbank, BC. p. 7

### October 27 & November 3

Emotional Freedom Techniques Seminar with Dr. Alex Lees in Vancouver. p. 22

### October 29 - November 4

Fraser Valley Spirit Medium 'Catherine' coming to Kelowna. p. 12

### November 3

Full-day Feng Shui Workshop with Brenda Molloy in Kelowna. p. 19

### November 3 - 9

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

### November 18

Learn To Read Auras with Laara Bracken in Kelowna. p. 9

### November 28

Feng Shui Beginners' Intensive with Susan Chow in Vancouver. p. 13

### November 30, December 1 & 2

Recharge Your Soul, a Vipassana Med. retreat with Brian Hughes in Naramata. p. 25

### December 7, 8, & 9

Touchpoint Reflexology Level 1 with Elsie Meyers of Healthpoints in Prince George. p. 27

## ONGOING EVENTS

### WEDNESDAYS

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

### SUNDAY CELEBRATION

Kelowna: Sunday 10:30am. Kelowna Centre for Positive Living, Science of Mind, K.P.C., 1379 Ellis St. • 250-860-3500, www.kcpl-rsi.com



# Flower Essences

by Pat Everatt

One of my favorite flowers is Arnica. Just looking at the bright yellow sunflower that greets us from the hillsides along the road every spring, makes me feel happy and reminds me of the promise of regeneration and new life associated with that time of year. Other favorites include freesias, whose smell is so beautiful, and roses with their vibrant coloured, soft and fragrant petals. All our senses respond to flowers in some way and for centuries flowers have been used as expressions of love and in healing.

Each type of flower is unique and has its own distinctive energetic field and can be used to make "flower essences". Every living thing has an energetic field and we utilize some of these in our everyday lives, for example, we harness the vibrational energy of quartz crystals in watches and radios. Modern day man is constantly assaulted on a vibrational level by an overload of noise and electromagnetic fields. Flower essences may be used as a tool to help bring the body into balance by helping to repair and open up energetic blockages and by creating a feeling of well being.

The term "flower essences" may conjure up thoughts of sweet fragrances, but flower essences actually have no scent at all and should not be confused with "aromatherapy" or "essential oils". Flower essences

contain the life-force energy released from flowers in the peak of their bloom. This is captured, in water, as a vibrational pattern using methods pioneered by Dr. Edward Bach in England during the 1930's. This "mother tincture" is usually preserved with brandy to prevent bacterial growth, and diluted to a "stock" level. This "flower remedy" is taken by placing a few drops on, or under, the tongue, or placing a few drops into a glass of water to be sipped at regular intervals.

There are a variety of flower essences. Here are examples of a few: Arnica is useful after physical or mental trauma; Impatiens may help with impatience and irritability; Mustard may be used for deep depression and gloom; willow stimulates mental receptivity.

Choosing an essences involves identifying a key issue or challenge in your life and correlating that with the healing properties of a flower essence. Kinesiology and dowsing may also aid this process or you may choose a flower essence by using your intuition and picking a flower you are drawn to. Alternately you may seek the advice of a practitioner specializing in the use of flower essences. It may be beneficial to take more than one flower essence as long as all are intended for the same purpose. *See ad below*



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## Nature Provides Healing Agents

by Wolfgang Schmidt

First, my mother gave me heck. I wasn't to fight with my buddies. Then she looked at my black eye and the motherly instinct took over. A washcloth cleaned the whole area, including my face and my first experience with 'healing earth' began.

Our first aid cabinet in the bathroom was not very fanciful but next to the bandages, iodine and the Bayer Aspirin was a box of clay. I had seen it before but never paid any attention to it. Eight-year-olds don't worry about those things.

Now, I noticed mother making a paste with the clay and before I could ask any questions, I had that stuff all over the quickly swelling eye. A damp cloth was added to it and a bandage held the whole thing in place. My instructions were to go to my room and stay there; not to touch the 'wound' and that I would not miss school tomorrow.

To make a long story short, the clay took the swelling away, took the pain away and according to mother, the blood accumulation around the eye disappeared much quicker than normal.

Medical knowledge has come a long way since then (during the war in Germany) and many of the old home remedies have been forgotten. Because of some of the side effects of modern pain killers and ointments, people have searched and rediscovered some of the old time traditions. Today, the 'alternatives' are in vogue once again.

Some time ago, a friend 'discovered' a source of clay from the Big Horn Mountains in Wyoming and the more we researched the effects and uses, the more impressed we were.

What is clay? It is one of the more plentiful substances on earth and contains minerals. Depending on the consistency it is used for pottery, metal forming, filters, paper making (the glossy kind) and health applications.

The Wyoming clay is called 'Pascalite', after the first white man (Emile Pascale, a French-Canadian) to discover it. The natives were aware of it and used to call it 'Ee Wah Kee'—earth that heals. In their tradition, a medicine wheel was spread over the area and the white man had to be kept out as long as possible.

Scientists and the Food & Drug Administration evaluated it and while the more progressive thinkers believe that there is a vortex in the area, others just call it 'Calcium-Bentonite', of the Montmorillonite clay category.

How does it work? It is known that it contains a number of minerals vital to bone structure and good health in general. But there is also an energy in the clay which can not be quantified but establishes results from 'cleaning' to 'normalizing'.

A mud bath, very common in Europe as a skin rejuvenator, is essentially a clay pack. Face masks with clay tighten the skin and at the same time add nutrients.

In retrospect I have to admire my mother about her medical astuteness.

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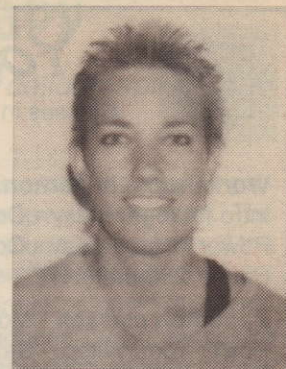
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# EMF Balancing Technique®

by Sheena Spanier,

Certified EMF Balancing Technique® Practitioner



Many interesting lessons have brought me to where I am today, including being twice diagnosed with cancer. I am thirty-two years old and I am discovering that self-empowerment is a very important factor in living this life. We must truly learn to simplify our lives and *Follow our Hearts!*

*Change happens ...* The old must crumble in order to rebuild anew. The potential for change and growth is limited only by you. *Do you experience:* too much chaos, repetition of undesirable behavior, feelings of being stuck in some areas of your life, or limitations you are ready to move beyond? The *EMF Balancing Technique®* radiates light in helping with growth and evolution. It provides a "fall cleaning" to let go of old baggage from negativity obtained from the past and old belief systems; it brings awareness to stop focusing on your weaknesses and *empower your strengths.*

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The energy is self-directing and self-regulating; it moves through and around the body according to the body's own wisdom. The calibration process occurs for everyone, whether or not one is conscious of the change. Each session provides a powerful realignment within a person's energy field, allowing the body to carry a higher level of energy.

Rather than being designed to treat specific complaints, the *EMF Balancing Technique®* serves to open that space of well-being within you where your body's own wisdom will

promote healing on the necessary level. It is important to realize that the most powerful part of this work is the intent of the person seeking help.

**How can it help?** The electromagnetic field is not confined to only the physical body. It is now recognized that thoughts and emotions are also impulses having a direct impact on our health, and are no longer viewed as separate from our physical well-being. An EMF session can increase our awareness for: realigning the body's innate wisdom, self-empowerment, spiritual enhancement, and accessing and utilizing universal energy. Success is not always measured by the immediate removal of physical symptoms, as these sometimes bring needed understanding. The greatest benefit comes from an increased sense of inner peace and harmony to effectively deal with all aspects of your life.

Synchronicity has definitely been an important factor for me on my path in the last couple of years. I have been very fortunate to have wonderful teachers brought to me on my journey. Recent travels have included Oregon where I met Peggy Phoenix Dubro, the originator of the technique and Edmonton where I learned the technique with Marilyn Stacey. Plus the added experience I gained in the Philippines where I studied Pranic Healing with Master Choa Kok Sui. I also spent eight months in Australia where I practiced and taught Reiki Usui Method.

With all of this information being brought to my attention, I truly believe that this is where our energy and power lie for us NOW! **Remember ~ FOLLOW YOUR HEART ~** sending you cosmic hugs and gentle nudges!

I am available for sessions in Kelowna, BC.

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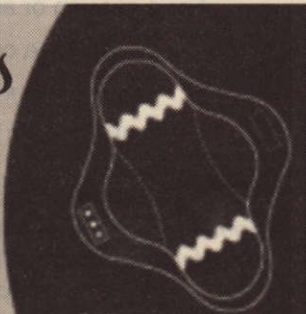
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## Yoga For Life

by Morgan McKenzie

It was over ten years ago that my yoga teacher, Ken Stevens, said to me, "You are going to be a yoga teacher". Even though at the time I had been practicing yoga for only a few years, I knew he was right.

My first exposure to yoga was through my mother. We did yoga together with Kareen on television. This began my journey with yoga. This planted the seed that has now become my passion.

This journey to becoming a yoga teacher evolved from my own personal injuries. It started with several vehicle accidents which occurred over a four-year period, between ten and fifteen years ago. Up until this point, I was very active through raising my daughter, riding my horse, hiking, playing tennis and doing yoga.

After the accidents I felt like I was a prisoner in my own body. I had whiplash, torn tissue, back pain and knee problems. I was under the care of various professionals. Even though I believed I needed my professionals, I also knew I needed to become responsible for my own health.

My yoga practice became consistently stronger. There were many days when I didn't want to get out of bed in the morning because of my many discomforts, but I had to force myself to become mobile. Eventually my practice of yoga simply became a permanent fixture in my life.

I wanted to learn yoga and learn it properly. This realization led me to the study of Hatha Yoga and Iyengar Yoga, then eventually I spent the summer at the International Sivananda Yoga Center in Val Morin, Quebec. There I earned my yoga teaching certification.

Teaching came naturally to me. I was encountering people struggling with similar health related obstacles and I detected a huge need for yoga within my own community.

I've taught yoga in Vernon for the past six years and eventually fulfilled my dreams of opening a Yoga For Life Studio in Vernon in the spring of 1999. I feel fortunate to be able to make a living while following my passion. I am teaching through my own experience; that's why it works.

There is magic in yoga that comes from the awareness of breath that allows a person to know how far they can go into the posture. This allows a person to release the fascia tissue, align the body creating flexibility and building strength at their own pace.

Yoga is really about how good it feels and how it can help a person relieve stress. I also became more focused, allowing me a greater awareness of all that is going on around me and how to release tension throughout the day. I discovered it simply enhanced all areas of my life naturally.

I continue to move forward with my health, some days better than others. I no longer have any restrictions with my activities. Last year I was able to play a full game of golf without pain and now play tennis regularly and teach fifteen classes per week. The demand for yoga is continually increasing and also the need for teachers. Yoga For Life now offers a Teacher Training Program to fill this need. I feel truly blessed that I can share my passion for yoga with others.

*See ad above*



## Profile

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Vipassana is very similar to a form of yoga known as Raj or Royal Yoga, which originated in early Hindu practice. Mention the word yoga and most of us conjure up images of contortionists in complex poses or asanas. This branch of yoga is known as hatha yoga and is but a small part of what yoga actually is.

In this retreat we will explore Vipassana as Raj yoga. Interspersed with the traditional sitting and walking meditations will be various hatha yoga asanas or postures. As we work through the poses, we will continue to meditate. There are several benefits to this practice. The main benefit will be to assist the body in recovering from the periods of sitting. It is also helpful to learn that meditation does not necessarily have to be done while one is still.

We are blessed to have Venerable Sona returning to conduct the dharma talks. Sona is the Abbott of the Birken Forest Monastery and is one of a handful of ordained Theravadan Buddhist monks in North America. He will be gracing the retreat with his wisdom and humour.

One of the focuses of these retreats is to build the sangha or community of meditators. Although the retreat is conducted in noble silence, we will be chanting, doing meditative dancing to music and there will be opportunities to speak from the heart.

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# Astrological Forecast

**October** is going to be messy. The future meets the limits of existence, and yes, there are limits. Reality under pressure. The "pressure" is between our beliefs and assumptions about what "life" should be and what is really going on. The reality of the judgements and opinions that go into our construct of life are under scrutiny. Saturn, the universe's answer to quality control, is questioning the validity of every judgement and opinion you've ever made. The inner dialogue will want to go into overdrive, but wait, what's this, someone throws it into neutral. The last Mercury retrograde (see note below) of the year hits with the first day of October. Those not so locked into left brain analysis are likely to find the real future unfolding right before their eyes!

Okay, so now we throw the floodlights on with a Full Moon on the 2nd at 6:49 am PDT. Shed the light of your awareness on how well you maintain balance, justice and fairness in your life. Being "Nice" is the wrong answer here! The energy in this map is dynamic and will go to the "doers" of the world. Picture an Indiana Jones who has developed humility and relationship skills and you're looking at the winners. The highlighted degree symbolism\* "A canoe approaching safety through dangerous waters" and the key word is "competency".

By the second week of October we are still in overdrive with energy. Straight up confrontations are on as the Sun, Mars and Uranus dance together. I expect static energy and tensions to dissipate after the 14th.

The October 16th Libra New Moon is at 12:23 pm PDT. Today you can plant the seeds that promote justice, fairness and equality. Be proactive, not reactive. Vision/delusion is at a yearly high with Neptune stationing to turn direct tomorrow. Feeling in the flow will help with risk taking. The highlighted degree symbolism is "The third wing on the left side of a butterfly"\*. The key word is "distinctiveness".

We are into the home stretch. October 22 Mercury stations turning direct. Yippee! Once again we can all be on time and make important decisions with our usual degree of certainty. On October 26th Venus catches Mercury and these two join hands paving the way for social harmony. Next Mars leaves the responsibility of personal achievement (Capricorn) for the lofty realms of Aquarian Humanitarianism and walks with Neptune. These two couples will take us to the grand finale. Oh look, it's a Halloween Full Moon. Yes folks, the weird and wonderful gate between the worlds will be illuminated.

The October 31st Full Moon along the Scorpio/Taurus axis is at 9:41pm PDT. The second wake up call between Pluto and Saturn comes to fruition tomorrow. Okay, we have major pressure on the world to transform through limitation. Yuk! At this moment of maximum despair revelation is upon us.

Mercury and Venus open the gates to Uranus and many may come to an awakening of the truth. Personally shed the light of your awareness on the truth of any difficult situation you are dealing with and work with it! The highlighted degree symbolism\* "Dental work" and the key word is "practicality".

*NB: When Mercury is retrograde expect familiar channels of communication to become tangled and confused, delays and changes in plans. This is a great time for right brain activities. You'll find yourself re-evaluating and reconsidering, major issues. Hold all final decisions and approval until after Mercury goes direct on October 22nd. Humour helps!*



## for October & November 2001

by Moreen Reed

The question in **November** may well be: Has the tide turned? My answer will be sort of. Between flood and ebb tide there is a period called slack tide where there is no movement and I believe November will be slack tide. True movement will come by the end of the month.

The glare of the Halloween Full Moon brings out the stark reality of the second exact Pluto Saturn opposition on the 1st of November. I can easily imagine that we have only one direction to go now and that is up. Growth through limitation, the process must now work itself out. Pluto and Saturn will go their separate ways till May 2002 when they complete this dance. Tied into this scene is Jupiter who literally stopped to watch the performance. Jupiter's retrograde motion will hold an aspect with Pluto all month. Like a thorn in our collective sides. The ability of what is good and just to win outright over what is obviously wrong, immoral and bad just won't happen. Why? It would seem more maturity is required at this time! This means grey is back in style.

Meanwhile Venus and Mercury continue to track together for the first week, paving the way for social interaction and with their entrance into Scorpio, November 7 and 8 respectively, we get support for deep bonding.

Mars begins the month hanging out with Neptune. This will help take the edge off the Pluto/Saturn pressure. Together these promote compassion and service on one hand and just the right stuff for sleight of hand tricks.

The November 14th Scorpio New Moon is at 10:40pm PST. Today you can plant seeds of empowerment. Uranus makes the only direct connection to the Sun and Moon. Uranus adds the dimension of awakening to the mix for those willing to jump out of comfort. In the air is discipline coming out of clear intention. This map wants plenty of communication but the result is frustrating at best; moral fibre will be tested. The highlighted degree symbolism is "A bunny metamorphosed into a fairy"\*. The keyword is "transition".

We get a series of annoying inconjuncts the third week of November. Translation, we will want some one to win just to put us out of our misery, but no one will. Patience is a virtue, and black comedy will help. Coming into the last days of November, life will get very prickly. Every two years give or take, Mars catches Uranus and the two dance cheek to cheek (last time December 14, 1999). The war god meets chaos; violence, revolution, anarchy are the typical result. Picture volcano. Venus comes along for the ride bringing simple face to face relationships into the maelstrom. We can expect relief after the exact aspect on November 26th. The November 30 Full Moon along the Gemini/Sagittarius axis is at 12:49 pm PST. Shed the light of your awareness on the big picture, global if you can. The ongoing process of human evolution comes into view for those willing to look. The Pluto Saturn challenge, transformation through limitation, is front and centre. On a personal level, maturity of an open mind is required to work with limited resources and disparate world views in your community. The highlighted degree symbolism\* "A mother with her children on the stairs" and the key word is "education".

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

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# Wheel of the Year

by  
Laurel  
Burnham



## The Month to Promise

**October** arrives in a swirl of colorful leaves, the rustling of cornstalks, and birds ready for the long flight south. This month marks the end of the growing cycle. Here in the Okanagan, grapes hang heavy on the vines. Around this same time the ancient Romans observed Bacchanalia, a festival celebrating new wine. In those times, pouring out a little old wine and tasting new wine was done to heal people.

In the Jewish tradition, October begins with Rosh Hashanah, the start of the Jewish New Year. It is the beginning of a ten-day spiritual renewal. The Jewish calendar is based on the phases of the moon. For pagans, the New Year begins at the end of October, with Hallowe'en or Samhain.

Just a few days after Thanksgiving, around the New Moon in October, is the wonderful Hindu festival of Divali, the Feast of Lights. The first day of Divali is dedicated to Lakshmi, Goddess of Rice and Prosperity. She's honored with wonderful feasts, lots of lanterns and fireworks.

Just as Nature gives final notice in the colors of the leaves, the shortness of the days, and the cooler weather, so too are we forced to deal with death. There is always a place where the two worlds of the living and the dead overlap, and it is during October that we, humans, as creatures of nature, are faced with the inevitability of our own decline and death.

This most significant event is called Hallowe'en or Hallowed eve. Unfortunately, much of the powerful message and imagery from this event have been tainted by commercialism. The true meaning of this earth-based festival, or Samhain (pronounced Sow Ween) is reverence for death, as part of life, remembrance of our ancestors. The negative stereotype promoted at this time is the Witch as a terrible hag, promoting ageism and fear of female power. Is it possible to reclaim the true meaning and sacredness of this time? Perhaps we can help our children by creating costumes that embody qualities of strength and empowerment. This is a perfect opportunity to spend time honoring those who have died. Lighting candles and saying prayers for those who have left this existence is sacred practise, and very much a part of other cultures. Whatever your focus, may you feel the wonderful abundance and divine gifts of October.

## The Month to Accept

**November** arrives in relative calm. There is a settled energy to this month, and a gentle reminder of the coming end of the year. The powerful themes of death, loss and endings carries over into November. It is a very human response to resist the separations that life inevitably brings, but it is the greater forces of time and nature to which we must surrender.

Some of the traditions that have found their contemporary home as part of Hallowe'en come from Mexico. November 1st is the Feast of the Dead. Folks get dressed up, fill their baskets with skeleton cookies and sugar skulls, and head off to the cemeteries for picnics with their deceased loved ones. The actual practise of "trick or treat" came from England, when the poor went from house to house on Nov. 2nd, St. Martin's Day, begging for "soul cakes."

Lest we forget, November 11<sup>th</sup> is the day set aside for the remembrance of those who have died in war. This would be an appropriate time for you to write your own prayers, in honor of all those who have passed on in armed conflict, and for the end to military conflict in the world today.

This is the time of the Crone Goddess, the old woman archetype. Hecate is present at the transition times in women's lives. She is emerging now, with so many of us moving into menopause. She represents our intuition, and our abilities to hold our past history, our present experiences and our potential future in mind. As in the ancient story of Demeter and Persephone, Hecate guided Persephone on her descent into the underworld, and also guided Demeter on her search for her daughter. People left food at crossroads in her honor.

In 18<sup>th</sup> century France, the Goddess of Reason and the Goddess of Liberty were one and the same. Women dressed as the Goddess in white, red and blue were carried through the streets in colorful processions. To get an image of the Goddess of Liberty, think of the statue of liberty standing in the harbor off New York. The French actually gave Lady Liberty to the American people late in the 19<sup>th</sup> century.

November is definitely the month of going deeper, of acknowledging the inner turning of the wheel of the year. May the wisdom, power and strength of this time of year be with you, and with us all.

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by Klaus Ferlow



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## From Left Brain To A Balance Of Left and Right Brain In Ten Years

by Dr. John Bright

When I retired in 1989 from being a construction boss for over twenty years, my goal was to move to the Okanagan and build my dream log home on an acreage. This took two years to accomplish.

When I started Science of Mind in 1991, I had no intention of being a minister, I just wanted to learn more about spirituality. After three years of classes and one year of practitioner training, I decided to continue with the two-year ministerial training course. Graduating in 1997, I still had not made up my mind whether or not I should be a minister.

Having a strong interest in the Metaphysical part of the course I made a decision to take a Metaphysical Minister's training course. On January 28, 2000, I passed my exams and became an Ordained Minister. Wishing to continue my Spiritual training I went on to complete my Master's Degree training and graduated on June 15, 2000. It took one more year for me to complete my Ph.D. Doctorate degree which I completed and passed on May 29, 2001.

In February of 2000 I decided, with the unanimous agreement of the Board, to hold weekly Sunday morning services at the Schubert Centre. "The Centre for Awakening Spiritual Growth" had been established in August of 1999 in preparation for the anticipated completion of my Metaphysical training course. We have experienced steady growth and on Sunday, September 9, 2001, I publicly stated my Doctorial vows to the membership. Our ultimate goal is to one day have a free 'Self Help Community' where people can come to learn a new trade and help themselves to get back on their feet.

Our belief is that the "Power and Presence of God" is within all people and all we have to do is learn how to access this "Intuitive Power" for guidance to success and happiness.

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## THE BROTHER

by Zoltair

It's midnight in January. Zilanthra and I are in bed. It's about twenty-five below out, a typical prairie winter night. The wind had whipped up the day before and our half-mile driveway was drifted in so badly that it wasn't navigable in our small car. So why can we hear a vehicle coming? And so late?

Who is that coming down the driveway, taking a chance on getting stuck? It must be an emergency, we think. Zaul, our son, lives on the same land that we do, but has his own driveway much closer to the main road. We suspect that maybe he is low on gas, so we wonder. A short while later, a faint knock on the door. "Come in."

"Are you up?"

"Yeah, what's up?"

"You'll never believe what just happened!"

Oh, please Spirit, let everything be all right, I prayed. He was crying and obviously distraught. My intuition tells me that this must be something that happened on the highway. So I ask, "Why are you so upset?" He said that just as he was arriving home, only a few hundred feet from his driveway, there was an animal kicking on its back in the middle of the road. He stopped and backed up, and he was sure that it was Quark, the family dog, so he got out to take a closer look. He quickly realized that it was a coyote. It was silently kicking and struggling to right itself. Zaul gave it a nudge with his foot to see if the coyote would strike out at him. "He lifted his head and turned it around, looked me straight in the eyes and never flinched. For a second there was a connection that I have never experienced before - love, an inner knowing." He bent down and lifted the injured brother and carried him in his arms off the road. "You're safe here. God is coming for you, just relax. You'll be home in a few moments."

With tearful eyes and a lump in his throat, he once again felt the cold and headed for his car. He drove the few hundred feet down the road to his driveway and something made him think of the coyote pup that I came across last summer that was so weak from starvation, it could hardly walk. I picked it up and brought it home, fed it for a week or so and let it go, never to see it again. I always wondered if he made it.

Then he turned around with the intent to help this brother further if necessary. Looking for him in the willows where he had laid him down moments before, there was movement and as he drew closer, the coyote ran across the road, under the fence and out across the field, under the bright light of the moon.

Thank you, old master of the dog people for this joy-filled experience. That is one country boy that I'm proud to know! The Spirit of the coyote called to The Creator and he sent a brother with a loving heart. Godspeed and thank you to both of them.

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# Lower Cost Home Heating Fuel

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by John Billwiller

January 1, 2001, saw us facing an increase in electrical rates from West Kootenay Power. On January 3, 2001, the Power Sense Department of West Kootenay Power released a Cost Comparison for Residential Space Heating. This study shows that for all homes, older and new construction, heating with a heat pump is the most cost efficient method. However, once the approximate purchase and installation cost of \$18,000 to \$30,000, depending on the system used, is taken into account, the most cost-effective heat source becomes wood heat.

For those of us who cannot do the physical work required to deal with cord-wood heating, or who choose to not deal with the dust, slivers, bugs, and so on, there is an alternative wood heat source. This source is wood pellet fuel. Wood pellet fuel is manufactured from sawdust and wood chips. These raw materials have historically been burned in "beehive burners" by the sawmill industry in B.C. and the North-Western U.S. With the recent interest again in pellet fuel, these potential pollutants have been diverted to the pellet fuel industry, thereby reducing air quality problems in those areas that had "beehive burners".

Pellet heating has been available in B.C. since about 1985 and had an introductory surge in popularity. Due to quality control problems in manufacturing of fuel and of heating appliances, with a number of manufacturers trying to "jump on the bandwagon", pellet heating declined in popularity. The last six or seven years have seen a resurgence in the use of wood pellet fuel as a heat source. It is also successfully being used as garden mulch and animal litter.

Heating appliances are made by B.C. and Manitoba manufacturers, as well as factories in Washington, Oregon, and California. The appliances available range from a free-standing heater to a fireplace insert to a central-heating furnace to a pellet-fired boiler system. Styles range from plain box-like heaters to bay-window style doors to "parlour-stove" and "Euro-look" free-standing and insert types. Trim levels range from brass accents to chrome or gold trim on doors and grilles. Convenience options include automatic ignition, thermostatic controls, full-pedestal ash pans on free-standing heaters, and 12 Volt DC motors on some models. This last option allows owners to hook up a 12 VDC RV or Marine Deep Cycle battery to their heat source so power outages from the grid don't matter (for 10 to 15 hours or so). Another option for appliances that need 110 Volt AC current, is an inverter. This device allows a 12 VDC battery to supply modified 110 VAC for 5 to 7 hours to keep the appliance running.

All modern pellet heating devices are certified by CSA, UL, or Warnock-Hersey to meet or exceed the EPA particulate and CO standards. Due to the high efficiency and low emissions from modern wood pellet appliances, we can all feel comfortable about burning wood again.

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# Margaret Lunam creates the Yoga House in Kelowna

by Barbara Young



Autumn 2001 celebrates the opening of the Kelowna Yoga House, a new yoga centre in Kelowna, and the culmination of Margaret Lunam's extraordinary life. In the winter of 2000, the idea for our new centre was born in the Light of a sojourn to the Yasodhara Ashram. I remember that dull February Sunday evening clearly. The telephone rang; it was Margaret calling from the ashram. After chatting briefly about her experience there, she declared that she'd come to a decision. She felt that Kelowna needed a yoga centre in the heart of the city. Before she died, she said, she wanted to see such a centre built. She was prepared to be the project's benefactor if we in the community were prepared to throw our hearts into its realization.

The path Margaret travelled to arrive at her decision winds back many decades. She will be a lively eighty years old this fall as the new centre opens. Her studies in Iyengar yoga began at the Victoria Y when she participated in a workshop with Judith Lassiter, and she subsequently attended classes there for several months with Shirley Daventry-French and others. Shirley suggested she contact Norma Hodge on Galiano Island to continue her learning, as Norma's studio was much closer than the Y to Margaret's home. For a number of years, Margaret went to Galiano once a week, observing Norma's beginner Iyengar yoga class in the morning, and then studying both Kundalini and Iyengar yoga with Norma in the afternoon and evening. She began teaching Iyengar yoga in the Comox Valley, enlivened by Norma's teaching and informed by her own experience as a physiotherapist.

Margaret moved to the Okanagan in 1987 and began teaching shortly after in community centres throughout the city. In 1993, she transformed the lower level of her home into an exquisitely sunlit yoga studio overlooking Okanagan Lake. It was there that her dedication to the work of BKS Iyengar put down deep, abiding roots and the Kelowna Iyengar yoga community found its first real home.

The years in Margaret's studio stand out in my mind as an extraordinary period. Like many others, I was sent to her yoga classes by John Coghlan, a physical medicine doctor and yoga practitioner, following the rupture of a spinal disk and two months of excruciating pain. One of Patanjali's Yoga Sutras often comes to mind when I think of Margaret's teaching. Sutra II:16 reads, "Heyam, dukham anagatum," translated by BKS Iyengar as "The pains which are yet to come can be and are to be avoided." In the context of the Sadhana Pada, Patanjali was referring to spiritual suffering rather than upper backs, but one thing we learn through the practice of Iyengar yoga is that the body can teach us volumes about the mind and spirit!

In those early days there were no waivers or medical forms to sign, but Margaret insisted upon talking to each new student before the first class. With gentle, penetrating insight, she discussed not only physical conditions she needed to understand, but important emotional stresses and strains as well. With all these clearly fixed in her mind, Margaret taught without ever referring to them. When students pro-

tested that they couldn't do this or that asana because, for instance, their back was out, she'd ask, "Where do you suppose it went?" then simply carry on teaching with attention and precision, modifying poses as necessary so that students could work safely. She has an uncanny sense of people's limitations, of when they are working below them and of when they are at risk by exceeding them. Once we began using waivers at the studio, Margaret reminded us time and again that waivers or no waivers, it was our responsibility to make sure people didn't hurt themselves in class. Through her careful teaching of Iyengar yoga, Margaret has indeed helped countless students help themselves to avoid pain and suffering which they undoubtedly would have had to contend with for years to come. What a tremendous gift.

As time passed, Margaret took every opportunity to encourage her dedicated students to embark on teaching and attending Iyengar yoga workshops. Over the years, her studio welcomed a steady stream of wonderful teachers from the Canadian and international Iyengar yoga community, and she herself went to Edmonton in 1980 to study with Guruji. She was always of the unshakeable conviction that our studio be and remain an Iyengar yoga studio. A new wave of Kelowna students has become interested in teaching in recent times, and Kelowna was well represented at the 2001 Victoria Yoga Centre training week, with six of our community in attendance, all but one new to teaching. Several of her students have gone on to become certified teachers through the Canadian Iyengar Yoga Teachers' Association.

Margaret's commitment to training apprentices is legendary. Before the CIYTA developed teacher training guidelines, Margaret followed her own rigorous process. When she felt one of us was ready to teach, she would suggest that we take on a class of our own, but insisted on being present in that class during the first year. She rarely missed being there to provide an extra (and much more experienced) set of eyes, to modify poses for certain students, to explain principles of anatomy and physiology and, after class, to provide valuable feedback on our teaching. She has spent countless hours attending classes in this capacity over the years, and has plans to continue working with apprentice teachers this fall.

Margaret's life of selfless service in Kelowna is felt far beyond the Iyengar yoga community. As I write this article, she is working the phones and collecting petitions in response to yet another environmental crisis in our city. The location of the new yoga centre had an environmental focus as well - Margaret felt it should be located somewhere people could reach by bike and public transit. Her own home is a testament to her passion for the beauty of the natural world and her sense of urgency that we all become proactive in protecting it. She has taken years to transform the lawn in the front of her house into a wildflower meadow. Behind the house she's engaged in an ongoing battle with knapweed, a pernicious and invasive plant which overtakes native species. Now, at certain times of the year, the hill behind Margaret's home

continues on page 39 ...



Reflections on another successful.....

# Wise Woman Weekend

by Phyllis Chubb

Women attending the Wise Woman Weekend held at Naramata Centre September 14, 15 & 16, had their hearts and spirits filled with joy. Each woman ended the weekend with a bundle of treasured memories, enough to feed her spirit until the next gathering.

Those of us who had the privilege of being there and taking part will walk a little taller. We'll smile a little more, and be gentler, both to our selves and the

people around us.

As much as we ache for the pain in our world we know we can create peace in our hearts. As we pull together, through our work, our thoughts and our prayers, we know we can be an influence toward world peace. We can bring peace to our homes, communities and some day to the world.



"So, what else is a Wise Woman Weekend and what happens there?"

It's a time women get to gather to honor themselves and those who go before them. They're able to sing, dance, learn, laugh, play and pray. Sometimes these activities are done separately and sometimes are done all together, and that's fun.

Feelings are honored and encouraged. Those experiencing some of life's painful cycles received much needed support and understanding. Some women got to talk out their confusion and bewilderment about their boundaries in relationships to children and loved ones. To learn that helping another

person doesn't always mean fixing their problems is a tough lesson for everyone, including mothers.

For many women this was their first opportunity to be intro-



duced to crystal bowls and the magic of their sounds. For others the highlight was getting to play by making masks, wreaths and simply letting their creativity flow. Plus introductions to ancient wisdom from many sources made each day full.

And then there was the food. Wonderful, healthy, tasty



meals all prepared by someone else. What more can a woman ask for? Desserts? Oh, the desserts, chocolate, and pies, cakes and puddings. We all must have gained weight. There's an advantage to a few extra pounds when it comes time to hug, there are no sharp bones poking out.

Besides, no one minded about a little extra weight, wrinkles too were worn with pride.

The presence of wrinkles and gray hair increases the prob-

ability of the owners having wisdom, not through book-learning but through living. On this weekend we had many wise women to learn from. In turn we honored these souls for their wis-

dom, their experiences and most of all for their advice. These beautiful Crones make the lives of us younger, and not so younger, women easier, more exciting and more hopeful.

Many women commented on how the title of the weekend had been altered from Wise Women to Wild Women by those

close to them. Some of us may not have been wild when we arrived but all of us now know the pleasure and sheer joy of being both wise and wild. If we weren't ready to be wild before the weekend we certainly are now. Now we know singing, dancing, laughing, playing and praying are the activities that balance our lives. If those things make us wild, so be it. We know that ultimately such activities contribute to our wisdom and the quality of our lives.

Plan now to attend next year, booking early if you can. As we age time goes faster and faster. So, before we know it, the wise women will be gathering again to sing, laugh, dance, play and pray.





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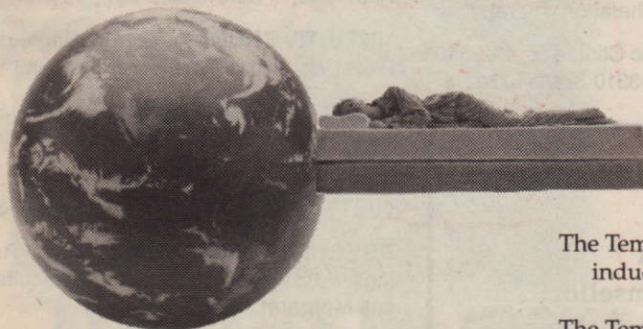
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## Margaret Lunam

*continued from page 32*

is filled with sky-blue flax cascading toward the lake.

Margaret's work in the area of environmental protection  
and habitat conservation is as deeply lived as her commit-  
ment to yoga, and the two are inextricably linked. When we  
set out on the creation of the new Kelowna Yoga House,  
someone told us we needed a mission statement. We came  
up with something rather dull and standard, then Margaret  
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