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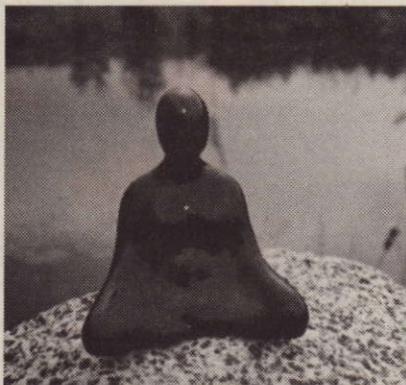
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The Goddess Within
See page 6 for details



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Peaceful Form

by Chris Patterson, reprinted from Infocus magazine, Vancouver Island

It took local sculptor Robin Campbell thirty years to realize he had a gift. A gift not handed to him wrapped in colourful paper with a fancy bow, but discovered quite by accident, in an unlikely place—deep down in his soul.

Campbell lived a fast-paced life in Toronto working as a producer and director in radio, film and television. But he gave it all up in 1978 when he moved to Hornby Island with his personal life crashing down around him.

Seeking to examine his life in a new way Campbell started to work with his hands doing manual labour. "I worked as a carpenter and a fisherman," says Campbell. "I built some beautiful homes on Hornby before a number of things happened. I hit a low point. And that low point was also a starting point. It opened a door for me and I asked myself what I wanted to do with my life, and what does my life mean? And from that point twenty years ago I started to sculpt."

A quiet, soft-spoken man, Campbell speaks haltingly about his journey as an artist. Starting out working with clay, he credits the support of the artistic community of Hornby Island with teaching him the fundamentals.

"I did a lot of crying and sitting quietly," Campbell says. "At that time I wasn't producing art. I was trying to stand up again. Healing. I worked from the depths of my soul. That was really the process of first coming to terms with my life. Then opening the door to see what other things there are from what we're aware of. Like the connection to one's own body, and the experience of truly being at one with nature and feeling that essence within one's self. And that process starts the recovery, the healing process, of becoming whole."

What is the artist's place in today's world? World-renowned scholar and teacher, Joseph Campbell, has said that the "real artist is the one who has learned to recognize and to render the 'radiance' of all things, as an epiphany or showing forth of their truth." He goes on to say that artists are "gifted people whose ears are open to the song of the universe. It is the function of the artist to interpret the divinity inherent in nature."

If we hold these as truths, then Robin Campbell is a true artist. In his studio space on Hornby, he began by throwing pieces, then making sculptured pieces and working in form. "I was figuring out how to sculpt myself, in a sense," he says. "How to stand up again. How to look at issues of balance. Whether it's throwing on a wheel or sculpting a three-dimensional form, it has to appear balanced."

He pauses to think of the right words for what he wants to say next. "When one goes into one's self and searches for something that's meaningful to that individual...the deeper we go, the more it will have meaning for other people as well. Although it may feel as though it's an individual expression, it's an integration of everything we've been exposed to.

In learning to appreciate art simply, Campbell says, "If we can see the beauty in a tree or in a human form then we can use it as a mirror. Without the resistance or fears that are normally there, we feel our essence. When we feel our essence we can dialogue, we can communicate, we can create, and we can be closer to what it means to be alive.

Last May, his one-man show titled, *Open the Mind: Serenade the Heart* opened in the Canadian Sculpture Centre in Toronto. "The title of the show is a theme of my work," says Campbell. "If we can open ourselves, to not only ourselves but also to the experience of others, then opening the mind we open the heart. And the heart is serenaded and becomes part of the world song, so to speak."

The show was also an unveiling for his special work titled *The Circle of People*. *The Circle of People* is a group of nine figures sitting in a circle equidistant from each other. Campbell describes the figures as a reflection of "compassion, humanism, spirituality and community without reference to gender or race."

The small Sitting Figure from the Circle of People is now available in the Okanagan.

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Spiritually Speaking

"By delving to the very core of one's being, one's soul, for the purpose of its existence, the key to the door of all Knowledge and Truth is obtained. Know that each individual contains an inner power source with the ability to unleash spiritual treasures that invoke spiritual evolution..." – Sheila Bautz



Sheila Bautz is a Reiki Master and columnist/author who focuses on matters of the spirit. Her down-to-earth personality and vast life experiences allow her to aid others on their earth walks. She believes that each individual has the ability to strip the layers of this illusion away, and when they do, unity amongst humanity will prevail regardless of gender, creed, color or religious preferences. Thus, one begins to walk in beauty.

Sheila utilizes her life experiences as an example to all who seek the purpose behind their own trials and tribulations. Some of her life experiences include growing up in an alcoholic home, becoming a battered woman at the age of eighteen, enduring numerous hardships and becoming a young widow at twenty-six. As a result, she is quickly becoming very popular as a writer and a healer.

"Healing the matters of the spirit initiates physical and emotional healing within the realms of this illusion, for 'reality' only exists within the heavenly realms... This earth walk is truly the sleeping state for many. As such, much of hu-

manity has chosen to suppress their spiritual eyes, failing to acknowledge the power contained within their Self to create this illusion. However, the spiritual alarm has resounded throughout the world, awakening the hearts of humankind from their slumber and calling them back to the Great Mystery...

"Each individual has the ability to create their own earth walk 'reality', providing further evidence that this lifetime is but a dream beckoning our imaginations to envision that which we so desire. Upon awakening and truly 'seeing' for the first time with spiritual eyes, one's awareness of this Truth unleashes endless possibilities while on the earth plane..."

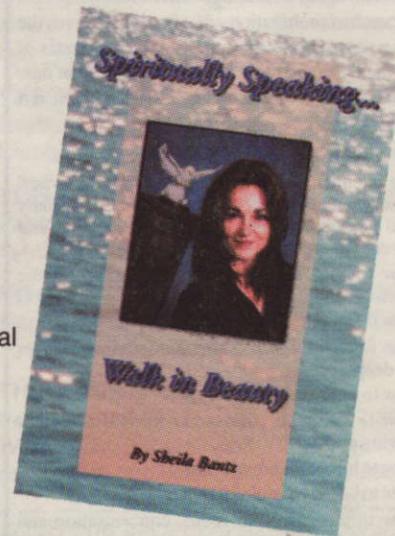
– Sheila Bautz

To attain more information about Sheila Bautz and/or her writings, or to attain a copy of an interview conducted with Sheila, visit her website at www.sharabia.com or email her at sbautz@sk.sympatico.ca

New Release "Spiritually Speaking... Walk in Beauty" Written by Sheila Bautz

There is great purpose contained in every life event, whether the experiences are 'negative' or 'positive'... As such, there are no coincidences in life, only events that contain great meaning. By gaining insight on how every 'negative' life event - no matter how traumatic - has the potential to evolve into a powerful, positive learning will greatly aid in one's spiritual evolution. By delving into the core of one's being for spiritual understanding and awareness, limitless opportunities begin to manifest. As such, one begins to endure the storms in life with greater strength that ensures personal victory and growth...

Spiritually Speaking... Walk in Beauty is a collection of popular inspirational articles written with greater depth, and thought provoking wisdom, yet to be shared by columnist Sheila Bautz. Her extensive life trials, tribulations and victories are exemplified in this literary collection, addressing topics such as **death, suicide and abuse**. Contained within these pages, spiritual healing is invoked through this book's profound and provocative insight...



Comments regarding Sheila Bautz, her philosophies and her writings:

"Your spiritual response was a breath of fresh air... Thank you for the gift of you!!!" Elizabeth G. Towell, email from the U.S.A

"I like to think of you as a bright light in the North. Everyone in your area is blessed that you are there to help illuminate the darkness..." Diana Gaspar, California, U.S.A

"I'm a female minister and got a copy of your address... I must say, your response is sooo beautiful!!!!... Thanks for responding to this soul..." Rev. Heidi Eagleton, U.S.A

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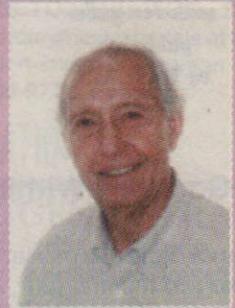
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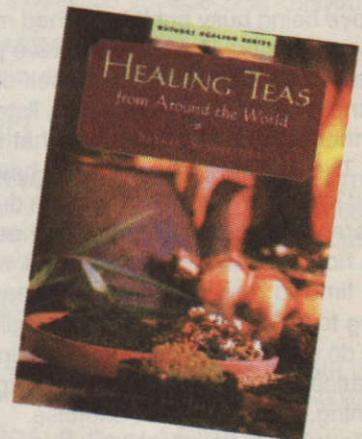
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Book Review

Healing Teas

from Around the World

by Sylvia Schneider, foreword by Terry Willard
ISBN 1-55356-009-4



Tea has been an esteemed beverage throughout the world for centuries, from ancient Chinese dynasties and Russian tearooms to British tea gardens and modern tea shops.

In *Healing Teas*, Sylvia Schneider explores the ancient history and healing powers of tea, and provides you with a delectable and effective cure for whatever ails you. With fascinating historical perspectives, Schneider explores the traditions and recipes for tea in China, Japan, India, Tibet, Arabia, Latin and Aboriginal America and Europe.

Healing Teas imparts valuable knowledge about the use of exotic herbs and spices and furnishes the reader with tea recipes and special, often ancient, blends to help improve the body's overall health and well being. These natural and delicious remedies will delight you from your first sip to the very last drop.

With more than fifty full-colour photographs, *Healing Teas* is an attractive and informative collection of tea history, alchemy and healing.

Sylvia Schneider is a freelance writer and medical and scientific editor. She lives in Germany, works as a medical journalist and is the author of numerous books. Schneider is a student of Ectrophology, which is the study of relationship between ecology and nutrition.

Musing

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The Goddess Within

I know time has passed since I last typed but it sure doesn't feel like two months. Still, there are so many trims that need to be painted or varnished, so much cleaning and scrubbing, and still I need to find new places to keep things. The move feels good, more homey and livable than the newer office space we had used for the past four years. I do prefer working and living in this old building and now that it has new carpets, walls and ceilings it looks more modern and feels more cozy.

With the store being bigger, it means I have more shelves and more inventory to keep track of. The Issues office is almost complete but my desk may take months to get organized. Extra time is being spent gluing a peacock tail, one feather at a time, to a piece of plywood, so that it can be hung. Now that I have a six foot empty wall, it makes sense to take the time to mount it. It will be good to be able to show off its glorious colours once again. Besides, it is good Feng Shui, for it represents the sun rising.

I feel like I have been put through "The Test." The compounded effect of doing major renovations to myself and the buildings did wear weary on me, especially when I let my rational mind remind me of my imperfections. Generally speaking I love being busy but this pushed me to the max for longer than I would have liked. I feel I have passed the angels' test for I stayed sane in the midst of a self-created hurricane. Staying sane for me is staying present, listening to my subtle body and inner voices, and knowing what is important in the moment. The rest always waits until I have the time. I needed to remind myself of this message often during these past months for there were many things that all needed doing and only so many hours in a day. I know with winter coming I will get some time to rest, but there is a year's worth of paperwork waiting to be done, so that season will probably feel short as well. I do make time when the sun shines to climb the outdoor staircases as I find the fresh air energising and the view enlightening, plus I need the exercise.

Today it is time to sit and type and tell you about the photograph on the front cover. I start by stilling my mind from all the reminders and just breathe into my belly, getting in touch with what needs to be said. I ask myself, "What is happening in my life, what needs to be said?" There is always much.

I feel honoured that a local artist who has moved to Penticton from Calgary wanted to paint the goddess within me. She had done a front cover for Synchronicity last year and she felt it was time to do another. She also does pet portraits or will paint your favourite photograph on canvas. Her name is Beth Roszko and you can give her a call at 770-2397. As you can see, there is an angel playing a trumpet over my head. She said she could feel the fluttering of butterflies as she painted.

Beth was the third intuitive person who told me that a Goddess, who has been guiding me for years, is starting to merge with me. I have read that there are many Goddesses wanting to return to the earth plane and are looking for bodies to do their work through. I welcome her presence if that is true.

I have also read from many sources that this is the time of the great transition, when the patriarchal system declines and the matriarchal system emerges, until they become balanced. It will be a time of great chaos and struggle as humanity changes its belief systems and accepts the God within. God being defined as "the totality of all the love that exists." A balance of feminine and masculine energies.

I do believe that spirit is real and it is up to each of us to use our free will to move closer and merge with God consciousness—or divinity made human. Or we can choose to separate ourselves from each other and God with rational explanations of how we are right and they are wrong—good versus evil. As we transcend the third dimension of duality, our view of good versus evil will change to one of love or the absence of love.

The September events are a wake-up call for humankind to delve deeply inside and feel the truth. To me the feeling was similar to what I felt when I was twelve years old and the radio announced that John. F. Kennedy was shot by an assassin. I said to myself, "That doesn't feel true. Something is not right with the information." I wondered what had really happened. When I heard rumours years later that one of his generals had arranged his assassination that felt a bit more like truth. I watched the J.F.K. movie a few years ago and remembered wondering why it took so long to bring those facts to the surface. I also wondered how many people believed the movie, for sometimes truth is stranger than fiction.

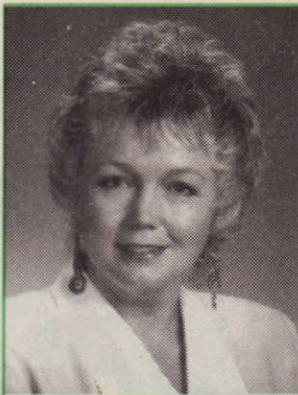
I think it is important for each of us to speak up when given the chance, especially if we want things to be different than they are. Last month I made a presentation to the *Select Standing Committee on Health* when they toured the province and stopped in Kelowna. My written presentation is on page 16. I was given ten minutes to speak ... which I did as passionately as possible. Several observers in the audience made a point to tell me that they liked my presentation. When I asked one young lady what made mine better than the others, she said, "No fluff." I said, "Fluff?" and she said, "You know, no beating around the bush."

I concluded my speech with an announcement that I had something for each of them. One of the ministers who appeared to be quite stiff at the start of my talk smiled and said, "I bet it is something healthy." I smiled and reached into my bag and gave each of them a paperback book on a variety of health subjects as I announced, "There are thousands of health books available for people to read and help themselves. Just think what could happen if the holistic health movement was supported by the government."

The world has changed much in thirty years. Many of you have taken the time to educate yourselves and I wish to encourage you to take the time to speak to your Member of the Legislative Assembly on how you would like to see the system changed. They asked for input on how to save money and still make the health care system work for all of us.

Their contact number is 1-877-428-8337 or, you can contact them on the web at www.legis.gov.bc.ca/cmt.

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Rainbow Connection, Penticton • Dec.15, noon-6pm

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Chelation and the Lesser Known Benefits

From left to right: Dr. Wittel, Heidi Osterman, Arline Brecher (Author of *Forty Something Forever*), Mrs. Rozema, Dr. Ted Rozema (ACAM President and Author of *Current Chelation Protocol*)

Chelation is a chemical term derived from the Greek word "chele," meaning 'claw of the crab.' In modern terminology it means 'metal binding' or forming a complex with a metal. Medically, this means binding toxic metals and allowing them to be excreted—usually through the kidneys. When EDTA was used for removing lead from patients with lead poisoning in the 1950s, it was discovered by chance that patients with angina, hardening of the arteries, and other age-related illnesses, experienced improved health using this detoxification treatment.

Some fifty years later, chelation is still considered to sit on the fringes of medicine, however we believe that increasing acceptance of its effectiveness will one day make it a trusted treatment right alongside conventional medicine. As a reminder of how long medical practices can take to be accepted and popularized, Dr. Semmelweis, a Hungarian doctor, suggested in the mid-19th century that his colleagues should wash their hands on the way from the morgue to the delivery room to lessen the instances of maternal deaths. He was ridiculed and ostracized for quite some time before hand-washing became an accepted and required practice.

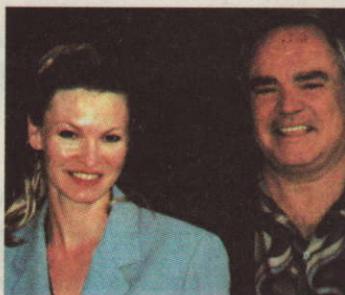
Today, use of chelation therapy is growing rapidly and is largely driven by patients who tell their friends about their own positive results. In other articles we've covered the more popular uses of chelation therapy, however there are a number of other benefits that are not as well known that are interesting to note (excerpted from *Forty Something Forever*, by Arlene Brecher):

- Reduction of liver-produced cholesterol
- Lowered insulin requirements in diabetics
- Lowered blood cholesterol levels
- Reduced high blood pressure
- Normalization of cardiac arrhythmias
- Relief from leg muscle cramps
- Reduction in allergic symptoms
- Normalized weight
- Improved psychological and emotional status
- Enhanced sensory input: better sight, hearing, and taste
- Fewer excessive heart contractions
- Lessened varicose vein pigmentation
- Lightened age spots
- Fewer aches and pains, arthritic and other



- Less reliance on pain medication
- Hair loss stopped and reversed
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- Alzheimer's Disease symptoms reversed
- Reduced need for diuretics
- Cold extremities warmed
- Chronic Fatigue Syndrome overcome
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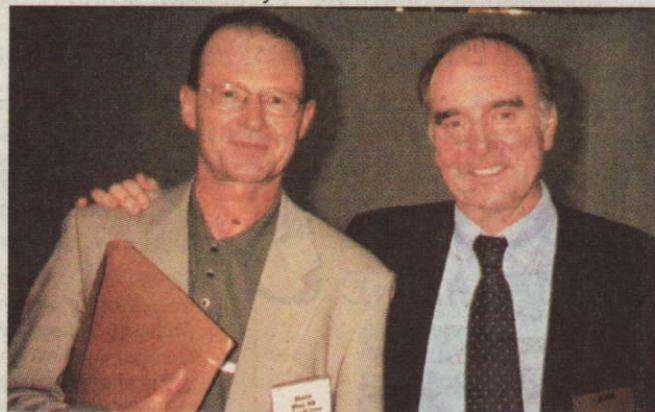
You can find more information about chelation therapy on our web site: www.chelationbc.com or call any of our clinics for info-packs, date of next lecture, or a no-charge viewing of video-taped patient testimonials. Call Kelowna at 860-4476, Vernon at 542-2663, or Penticton at 490-0955.



See ad to the far right
Our staff have been trained by the best in the field. Heidi Osterman, chelation technician and nutrition counsellor with Dr. Julian Whitaker at recent ACAM Nashville Conference. Dr. Whitaker is one of the best-known Alternative Physicians in North America.



Our staff have all used chelation therapy for serious illnesses, allergies or just as an anti-aging medicine.



Dr. Wittel regularly attends worldwide conferences, and is well connected with the leaders of scientifically sound alternative medicine. Dr. Hancke, the leading Scandinavian chelation physician, published data in 1993 showing that chelation patients avoided bypass or amputation in 90% of cases.

From the Editor...

Chit Chat with Marcel



Recently I have been noticing the cycles in my life. As nothing ever remains constant and life and our surroundings are always changing, our lives are made up of many and various cycles. This of course is a blessing—can you imagine how bored we would be if the tempo of life never changed? We certainly would never grow very quickly in character or learn very much from our life experiences.

I suppose the major cycle in our environment is the changing of the seasons. I have always been glad to live where there is a marked difference in the seasons. Where I can wear different clothes and do different activities in the winter than the summer. I have wondered if it would be monotonous to live in the tropics and wear the same kind of clothes and do the same activities year in and year out.

Then of course there are the cycles in my life—small ones inside of larger ones. This year it seems to me that I have come full cycle. As I have written about before, last January and February I felt like I was in the calm before the storm. Then Angèle broke her hip and the storm hit full force with much chaos and uncertainty, culminating in her having a hip replacement. Then she began to heal and when she was feeling better she began a very busy time doing a complete renovation of her building next door. We now have a lovely new space for the Juicy Carrot Juice Bar, a new Yoga Studio and renovated store for Angèle, and new office space for Issues Magazine. We moved in the first week of October and I am really enjoying our new digs. As I remarked to Angèle the other day, "The whole building has a pleasant homey atmosphere." It is very open so the energy flows gently from one area to the other giving a comfortable feeling of connectedness.

So these days life seems to be more settled and back into a calm and peaceful energy, similar to the way the year started. It has left me to reflect upon the ebb and flow of calm and chaos in my life, as well as to wonder what new venture Angèle will come up with to consume her abundance of high energy.

And of course the tempo of life will pick up in December with the Holiday Season upon us. This Christmas my husband and I will be travelling to Montreal to meet our new grandson—our first grandchild, born in August. And speaking of cycles—maiden, wife, mother, grandmother.

I know my Christmas will be filled with blessings, happiness and contentment, which is exactly what I am wishing for all our readers and advertisers. As well as much gratitude for your support and kind comments and letters.

May you have a Happy New Year with the ability to cycle through the ups and downs of your calm and chaos with strength, understanding and good humour.

Marcel



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Uncoupling

Life Lessons on the Reconfiguring of an Intimate Relationship

by Brenda Woolner

There is much to say about having the courage to take a drastic step in your life. A step that you did not foresee and a step that you did not wish to take. Sometimes life puts a curve ball on our path and we are forced to catch it without even knowing that we can.

That is what I feel I was forced to do when my separation was handed to me on a silver platter. I knew that we both were not totally happy and fulfilled people but I truly thought that we could make it, if we chose to make our marriage a priority. What I was forced to realize is that both people need to want to make it work in order for it to work. One person is only part of the picture. In order for a couple to learn and grow, both people have to be strongly invested in the power of the relationship. And I know deep within my being that there is power in the context of relationship. When a relationship is whole and healthy it is the container, the vessel, the vehicle for transformation to occur.

Looking back, that is what I wanted in my relationship, but I lived too much in a place of fear and limitation to have that for myself. I always felt scared and apprehensive. I had a deep fear of being abandoned and on some level I know that I co-created my divorce so that I could heal my abandonment issues in a monumental way. It is only now that I have enough compassion for self and other to see the role that I played in my life drama.

We all play roles in the drama that we call "our life". We all have choices even though it may not feel like we do when we are immersed in our little drama. I began to see how the roles that I had chosen to play in my life had contributed to my life as it exists at this moment. By gaining some intellectual

clarity about this issue I have a clearer sense of where I have come from and where I need to go. I took everything one step at a time and didn't try to force myself to go where I was not ready to go. I looked back over my life to see if I could discern any patterns. Were there situations repeating themselves over and over in my life, that I just couldn't seem to resolve?

The soul purpose of our life is to complete the tasks that have been assigned to us. Living through a divorce and its ramifications is part of the soul evolution for many people in our world at this time. Surviving and thriving from a divorce accelerates our soul work. We have much that we can accomplish when we are using our divorce for our soul's evolution and not letting our divorce use us to become stuck in a place of anger, fear and bitterness. So often people become stuck in a holding pattern of resentment and do not use their divorce to become all that they are meant to be.

See ad below

Currently I am writing a book titled **Uncoupling: Life Lessons on the Reconfiguring of an Intimate Relationship**, due for publication in June 2002. I am collecting life stories from men and women who feel that they have used their separation/divorce to enhance their soul's purpose. If you would like to share your story, please write or e-mail me. Thank you.

Brenda M. Woolner,
502 Robson St.,
Nelson BC V1L 5A7,
bmw@netidea.com

RESOLVING TRAUMA

by Cassie Caroline Williams, Ph.D.

Some of the most difficult aspects of pain in our bodies are those associated with trauma. Trauma can occur at birth, whenever we experience blows and/or incoming force or energy, or in accidents, related to vehicles or sports. The patterns that happen can be quite bizarre and complicated, making them difficult to release. Some non-invasive techniques derived from Ortho-Bionomy and Visceral Manipulation can help to clear up traumatic pain.

An extremely forceful blow can radiate out from the area hit to the opposite side of the body, go from the front to the back, and/or move up or down. For example, a blow to the lower rib cage impacts the ribs initially, travels fast through the fasciae, and slows at denser objects like solid organs or bones. If forceful enough, it fractures the solid organs and/or bones, while causing displacement of organs and possibly bending of unbroken bones. Not only does the impact travel in a straight line, but it may also fan out in many directions from the point of impact. Even adhesions can occur between organs and/or soft tissues of the body, causing pain.

Often when we have an accident, our bodies are thrown around so fast that we don't know what has happened, until later when we are aware of soreness. Of course, we are most aware of those areas which are most sore, a broken bone, concussion or whatever. Actually we can have numerous pains in our body; however our body layers its pain, as in the layers of an onion. As one layer of discomfort is removed, another pain may pop up, until finally we reach the core without pain (which may take years!).

Trauma can occur at birth, with normal birthing pressure of up to sixty pounds. A forceps delivery has pressures between 60 and 90 pounds, while a suction delivery has pressures between 90 and 120 pounds. A three-week-old infant was delivered by C-section, after being stuck in the birth canal. He had cried constantly since his birth, could only look over his left shoulder, and preferred one arm above his head. After the session he stopped crying, was able to look over both shoulders and finally slept a lot. The birth of another baby (10 pounds) distorted his shoulder and affected his windpipe; both problems self-corrected in a session.

An example of trauma that can occur at the side of the body: A woman was kicked by a horse on her lower rib cage and had a sore opposite shoulder. By connecting the two areas, the tissues in between (separated ribs, diaphragm, pericardium, mediastinum or midthorax, opposite lung, ribs and shoulder) and all connective tissue or fasciae unwound. After that much of her pain was gone. Another client was hit on the side of her leg by a steer, causing her to limp. The bone had twisted but with treatment was unwound; then her leg felt much happier.

So for those of us who have experienced trauma and subsequent resulting pain, it is good to know that we don't necessarily have to live with it the rest of our lives.

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Winter In the Body.....

Arthritis

The Obstruction of Qi (Energy)

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

Inflammation is a natural response of the body, when tissue has been injured, irritated or damaged. Arthritis is an inflammatory process of one or more joints in the body. The most common types of arthritis are Osteoarthritis, Rheumatoid arthritis, Spondyloarthropies and Gout. The main signs and symptoms include pain, swelling, stiffness, and/or decreased range of motion. Some cases may advance to joint destruction and deformity.

According to Traditional Chinese Medicine, arthritis belongs to the category of "BI" syndromes (pronounced Bee). "BI" generally means "obstruction, and or stagnation." In Chinese Medicine it means pain, soreness or numbness due to the lack of circulation of Energy (Qi, pronounced Chee) and blood in the body channels. This is often considered to be caused by an invasion of wind, cold or dampness from the outside climate. People with arthritis often say that they are a barometer for weather changes. Their bodies can sense when a storm, cold, or rain is on its way. Like the environment, our bodies also have climatic changes, and these are often amplified by environmental weather changes. When the weather changes to a slightly damper or colder day, our bodies may be stiffer, our joints may feel creaky and painful, and we often feel like there is an enormous heavy weight over our whole body. Many arthritis sufferers also usually have a lack of body energy (Qi) as well, which may present itself as fatigue or depression.

When observing arthritis in Chinese Medicine, the symptoms are carefully organized to determine the main influence (i.e. wind, damp, cold, heat). The root of the problem is also taken into consideration to find what the constitutional weakness or deficiency may be.

Both acupuncture and Chinese herbal medicines can be very effective in pain management. Chinese herbal medicines are prescribed based specifically to each individual patient to assist with long term prevention. Acupuncture helps with immediate pain control and can increase joint mobility.

It is important to avoid exposure to wind, damp and cold. Exercising outdoors with very little clothing, when the weather is cold and damp should be avoided. Living in a damp and wet environment is also not recommended. Excessive exercise, repetitive/overuse injuries and accidents often predispose people to arthritic symptoms.

Everyone needs to take an active role in the maintenance and prevention of arthritis, especially because the cold of winter slows the body and increases obstruction (BI) in the joints. There are numerous dietary recommendations and herbs (both eastern and western), vitamins, minerals and other forms of supplementation, which can be of help to the joints. Regular exercises such as bicycle riding, walking and water exercises are good choices. Avoid weight bearing or impact exercises. Yoga, Qi Gong and Tai Chi are effective ways to increase and improve the flow of Energy and blood in the body. Traditional Chinese medicine offers effective treatment to those patients suffering from arthritis. *See ad to left*

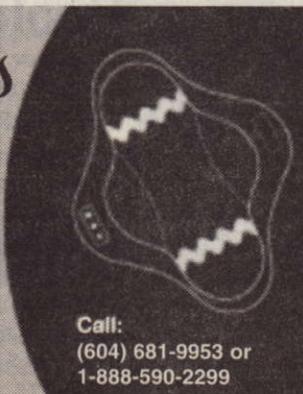
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by Peter Morrow, O.H.T.

Detoxification medicine is an approach that promotes health by stimulating optimum function in all cells of the body. It is a simple concept that makes a profound, positive whole-body impact, that cannot be duplicated by treatments that focus on only one part of the body or single health issues. It employs techniques to pull toxins out of the body, filter and purify the blood and the lymphatic system, and oxygenate the body's cells and tissues.

This form of medicine is an expression of the principle "First do no harm," a tenet of the Hippocratic oath. Detoxification medicine is non-invasive, safe, and remarkably effective for disease prevention and for a variety of health conditions. It is based on an understanding of the body's intrinsic capacity to rehabilitate and heal itself.

One of the most effective, proven methods of detoxification originates from Germany (Dr. C. Lender, 1870) and the U.S.A. (Dr. Kellogg, 1881) combining the use of heat (hyperthermia) and two forms of oxygen: medical grade oxygen and "activated" or "energized" oxygen (oxygen + electricity). This form of detoxification has been employed for over 125 years and is used daily by over 10,000 German medical doctors and is used worldwide in eighteen countries.

Dr Kellogg devised a system where patients sit enclosed in a personal steam capsule (head and neck outside), as warm gentle steam vapour surrounds their body allowing the pores in their skin to open. Medical grade oxygen and energized oxygen are pumped into the cabinet, penetrating the open pores in the skin. This provides immediate access to the lymphatic system where over 90% of the body's fluid is contained and then carries on to purify and oxygenate the blood.

After cleansing the lymphatic system and the blood, the harmful toxins are effortlessly eliminated in the sweat. By learning how to enhance your body's ability to detoxify, you'll be better able to stay healthy and feel young. *See ad below*

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Stopping the

Undoubtedly, each person has a unique view of the world. This is what creates a wonderful diversity where we can learn and share with other people. Many times we misunderstand what other people say or we do not give them a chance to be heard. We miss out on our opportunity to increase our awareness of our world and create a bigger picture than we once realized. There are other areas where we need to change our thinking in order to reap the rewards of success. This can relate to any area of your life where you are not seeing the results that you desire. I will discuss these thoughts in regard to health.

Many hold a belief that synthetic man-made drugs have the ability to create health. There is a feeling that modern medicine of the past 100 years of human existence has created a solution to end our health problems. With determination to kill the bug or the disease, we overlook the fact that we have created an environment in our own bodies that is conducive to the growth of these invaders. If we change our belief to indicate that the body has the ability to heal itself through whole, natural life giving foods, we will see a number of positive results in our lives. We will begin to understand that we can naturally create an environment in our bodies that makes it difficult for viruses and bacteria to be able to weaken us. We begin to realize and respect the innate power of the human body, rather than seeing it as something we constantly need to fix or something that has malfunctioned.

Initially, this sounds fantastic, but what does this belief call on us to do? We must begin to unravel the mystery and to educate ourselves as to why people get sick, and why people who think they eat well still have health problems.

First of all, our food supply has been dramatically altered. For thousands of years men and women have lived off the land and have been able to eat fresh fruit and vegetables. In the past number of years, we are buying "foods" in our grocery store that have been heated, cooled, canned, frozen, irradiated, and sprayed. With the excitement of geneticists, many are buying into the idea that genetically modified foods will supply our health needs. Some countries are watching us like guinea pigs to see how we react to this new human experiment. We buy cereals where we can't even understand the ingredients and we wonder why our kids cannot concentrate, or have discipline problems in school. We believe manufacturers when they say that this product is enriched with iron, but what many don't understand is that synthetic iron is unable to be absorbed by the body. We buy fruit that has been heavily sprayed and fruit that has not reached full maturity on the vine. If that isn't bad enough, the fruit may have also been sprayed with chemicals to prevent further ripening to extend its shelf life if it is not sold right away. In our fast-paced world it is difficult to find time to make a meal. We then rely on fast food where in many cases the food has been processed beyond recognition.

Secondly, our body is more intelligent than we can ever give it credit or hope to understand in a lifetime. We expose our bodies to environmental pollutants, poor eating, and mental

Momentum

by Ean
Langille

stress and for many it can still function well for years, until we are ultimately diagnosed with a disease. Even then we wonder why our body has let us down. Without even thinking about it, our body will automatically take in air, digest our food, and regulate body temperature. Can you imagine having to think your way through digestion from the moment you eat to the moment you excrete? Thankfully, our bodies will supply the energy we need to recognize the foods that we consume and complete the enzymatic reactions necessary, all the while allowing us to focus on our daily activities. Breakdowns in this process will occur if the body does not have the vital nutrients - minerals and vitamins - it needs for optimum health. The body will do everything it can to get the required elements to complete vital body processes. It works interdependently with every other organ and system in the body to bring about a desired result. This may mean that if the body is lacking calcium in one area from a poor diet it will take it from an area where there is a high amount (i.e. bones). At the speed of light, our body is constantly making these changes to meet the demands that we put on it. How much more energy could we feel in our own lives if we made it easier for the body to function well?

Is it really a mystery why we lack energy and feel sick? Should we be surprised with the results when we constantly put pressure on our immune system to deal with the unnatural products and chemicals that are going into our body? Do we now see how people who think they eat well still may have difficulties with their health? Can we understand how important it is to take the pressure off our body, and instead replace it with organic fruits and vegetables that have not been tampered with and sprayed with chemicals? Can we see the importance of replacing processed foods with healthier lifestyle choices? Are we willing to potentially sabotage our health with genetically modified food? Do we sense the magnificence of the body and its work in doing everything it can in keeping us in good health? Can we sense the connectedness of every part of our body, and the communication involved to coordinate vibrant health?

There is no quick fix to health when we consider the dynamic factors that are involved. Truly, this is just the beginning of our search for optimum health, but we realize we all have a part in shaping our world by what products we buy. We choose good health as we recognize that high energy foods - including quality herbs - are essential to meet the demands of daily life. It is important to let go of foods that inhibit us, so we can confidently move forward step by step toward a higher level of health. To each of us, health is relative to the best that we have ever felt in our lifetime. Can we recapture the energy and health we once thought was lost because of old age? I believe that it is worth our effort to break down the barriers to good health to improve our quality of life now, and to look forward to a life of unrestricted freedom in the future.

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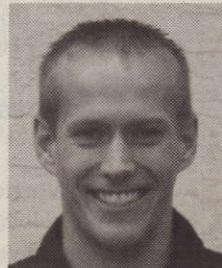
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Ideas for the Failing

Recently a government committee
"the Select Standing Committee on Health"
asked for input from the citizens of BC, on how to
make our healthcare system better and less expensive.
I (Angèle) made my appointment and was given the
opportunity to appear before them.
The following was my presentation:

We need to ask ourselves if we are willing to downsize the use of pharmaceutical drugs. Generally speaking, they weaken the human body when used routinely. They were originally designed to be used for emergencies. Pain killers mask the symptoms and in the long term we pay dearly for not listening to our bodies. Antibiotics weaken the intestines, killing both good and bad bacteria, and since our medical establishment doesn't encourage us to rebuild the flora, the digestive system weakens in time. There is much research to prove that children are damaged by vaccinations, with their immune system being weakened. Flu shots for seniors are most questionable. Please contact Health Action Network Society (phone 604-435-0512) for articles and proof of the dangers and the profits made. Alive magazine, published in Vancouver each month, will give you actual figures and examples, as will the many books and reports that have been published.

As long as our government supports the drug industry the citizens have little choice but to educate themselves. This is costly and takes time, but I estimate approximately 15% of the population does spend their money looking after themselves. We have been labelled 'health nuts' for a long time, and as the books we read become more popular the availability of herbs and supplements have become more restricted by our government, all in the name of protecting us. Most of us feel the government is protecting the drug industry, for it seems that the things that benefit us most get prohibited.

We also need to ask ourselves if we are willing to give up our dependence on sugar and other refined and junk food. They contain empty calories that can't be utilized by the body and create many health problems. (Suggested reading the 'Sugar Blues' by William Dufty) These empty calories may satisfy our appetites but no nutrients are being supplied to the body. Only natural, organic, life giving food can supply us with the nourishment we need.

Chinese Medicine has been in practice for 2000 years with many books to prove its efficiency, and still the government only pays for a portion of the visits, as they do Registered Massage Therapists and Naturopaths. User fees are not charged when I visit a regular doctor. If massage was free to all we would have a lot less aches and pains and people would not need pain killers. Touch is so important on so many levels.

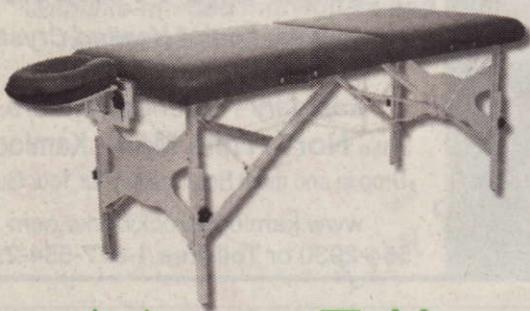
Yoga and Tai Chi is most beneficial as a way for people to get in touch with their bodies and their breath. Perhaps the government could support those who offer these services.

Support for the CHIP program which has proof that diet affects our well-being, as does eating too much protein, would be money well spent.

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Health Care System

vice would help to get a new generation of young people off to a good start. This could be operated by people who have used the service and wish to give back some of the knowledge they learned. This facility could offer nutrition classes to the public and be a meeting place for like minded people. In every community there are people like me seeking alternatives to the drug therapies, returning to the knowledge of our ancestors, when grandma's advice was revered. We also study other cultures' success stories using the best of the world to keep ourselves healthy despite the growing shortage of good water, air and soil. I suggest the government remove restrictions and let us continue seeking our own way, without raiding Chinese practitioners because their herbs aren't labelled according to our laws.

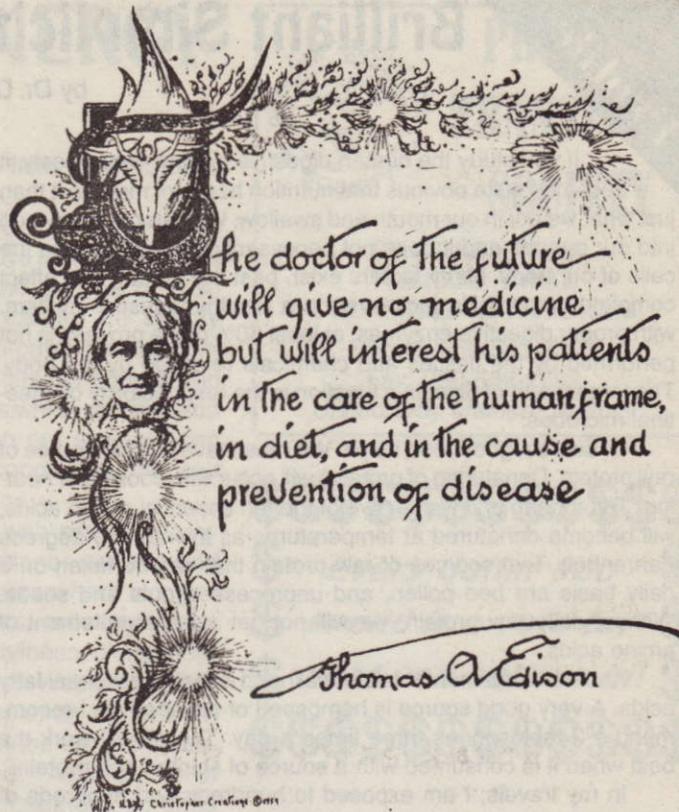
A show of faith would be to support Dr. Krop and others in their fight against the medical establishment. The College of Physicians and Surgeons wish to take away his license to practice allopathic medicine because he supports alternative therapies.

Our health care system will continue to collapse, as it is not built upon a foundation of good natural health care principles. There have been many speakers for alternative health including Benjamin Franklin and Thomas Edison and still the government ignores the prevention of disease and focuses only on cures. Generally, we the people deserve not to be living well and our health care should cost us dearly, because we have not, as yet, taken enough responsibility to organize ourselves and bring enough pressure upon our politicians to bring about the changes we want. I have many ideas for change and I come before you in the hope that someday we can have the choice to take care of ourselves instead of being pressured by the doctors and drug companies because their way is the only one that is sanctioned by the government. If you would like more ideas or ways to implement any of the changes, I offer you my services.

Included is a recent copy of a magazine that I publish, to educate the public in the concepts of natural health and conscious living. It is my hope that soon, enough people will realize the importance of taking responsibility for their health, then the government will not have to pay for our bad habits. Changing a health care system that makes it so easy for people to stay sick is a monumental task. Education is the key, even if it is only a few people at a time. Time has helped the alternative health movement so far. Thirty years ago there were only a few Naturopaths in Canada and now we have four in our town, all of this despite the lack of support from our governments. Supporting the alternative health movement is the only way I know to make health care better and less expensive.



"So, do you think the Government will ever solve the Health Care Crisis?"



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Brilliant Simplicity of Grainfields Australia

by Dr. Douglas Morrison Ph.D. N.D.

If you study the human digestive system very closely, it becomes quite obvious that nutrition has a lot more to it than just what we put in our mouth and swallow. We can put good food into our mouths and it does not necessarily make its way to the cells of our body. Many factors exist, past the mouth, that affect complete nutrition. In fact, even in a healthy digestive system, with proper digestive enzymes, at least 50% of the process is not performed by the tissues and chemicals released by the body. The largest part of digestive function is the responsibility of intestinal microbes.

Of course, good food helps. We must have a good source of raw protein. Denaturing of proteins will occur with cooking or heating. Tryptophan and lysine, two of the ten essential amino acids, will become denatured at temperatures as low as 110 degrees Fahrenheit. Two sources of raw protein that can be taken on a daily basis are bee pollen, and unprocessed nuts and seeds. Without daily raw protein, we will not get a full complement of amino acids.

Another fundamental nutritional need is for the essential fatty acids. A very good source is hempseed or flaxseed oil. I recommend 1-2 tablespoons three times a day. The oil will work the best when it is consumed with a source of sulphur rich protein.

In my travels, I am exposed to hundreds and hundreds of new supplements every year. Most of them are not worth the bottle they're stored in. However, about six years ago I was lucky enough to come across a product called Grainfields Australia. It is made in the Brisbane area of Queensland, Australia by a microbial expert who has been studying their application in cooking, baking, and supplementation for over forty years. Grainfields has produced a terrifically strong strain of friendly bacteria by repeatedly exposing them to stresses such as high concentrations of acid, salt, chlorine, digestive bile, and so on. Their proprietary blend of different microbes starts a fermentation process that produces all of the Grainfields products.

What Grainfields Australia has done is create both liquid and powdered food lines that contain all of these beneficial microbes. Most importantly, the foods used in the products are exposed to the bacteria before being packaged. Three things happen from this process. First, the bacteria predigest the foods. The foods are broken down, as they would be in our digestive tract, so by the time they get there, the body can absorb a very high percent-

age of the nutrients. Second, the fermentation process, which is produced when the bacteria are exposed to the food, preserves the complete batch. Nothing else is required to keep the food preserved. Third, the bacteria in the product repopulate our intestinal tract and help to restore proper intestinal function. Something else that is important on a nutritional level, but also with government agencies that oversee the nutritional industry, is that the Grainfields products are a food and not a supplement. Complete, organically grown, whole foods are used and simply exposed to the microbes. The concept is absolutely brilliant in its simplicity.

Grainfields Australia uses at least fourteen different microbes in their products. If one were to study the human digestive system, it would be found that at different places from the mouth to the anus, there are many different types of bacteria as well as beneficial yeast. Grainfields Australia has twelve of the most helpful bacteria in all their products. Acidophilus is very important, but it is only one of the many microbes that exist in the system. Grainfields Australia has concluded, after testing many of the powdered acidophilus products on the market, that most of them are useless. Many of the products didn't have anything living in them, and those that did, had a very weak microbe that was not biologically viable. The Grainfields products have multiple forms of bacteria that are all living and very active. Grainfields Australia estimates that a complete living bacterial culture can be established in the G.I. tract in about forty minutes.

Beyond the bacteria, Grainfields Australia has included aerobic yeast in the products. Some people are concerned by their presence, but their inclusion has been deliberate. It is a misconception that all yeasts are negative to the body. The two yeasts, *Saccharomyces boulardii* and *Saccharomyces cerevisiae*, are beneficial to digestive function.

These are truly, revolutionary products. This is one of the most exciting things that I've seen in over sixteen years of looking at supplements. Grainfields Australia started with high quality, organically grown foods such as spirulina, cereal grasses, whole grains, legumes and pulses, and exposed them all to the action of the microbes to produce free-form nutrients. What this means is that the proteins of these foods no longer exist as proteins. They have been predigested to the amino acid stage, which is why we get complete absorption. The predigestion liberates the essential fatty acids, and begins the breakdown of the complex carbohydrates. It also releases loads of chelated minerals, including trace minerals, which exist in the plants. The vitamins contained in the plants become readily available and are obviously in a 100% natural form.

A person could take scads of synthetic vitamins with a poorly functioning digestive system and get very little absorption, or benefit. It looks as though the Grainfields products have bypassed the need to take synthetic vitamins. This stuff really has it all, and you can take as much as you want to because it is just a high nutrient food. So, there is really nothing out there that I've seen in the form of a supplement, protein powder, or food that can hold a candle to Grainfields Australia. And again, as far as microbe sources go, this is the best thing that I've ever seen.

Dr. Douglas Wyeth Morrison is an Honours Graduate of Harvard University as well as a Doctor of Naturopathy. He is the author of the books: *How We Heal - Nutritional, Emotional and Psychospiritual Fundamentals and Body Electronics Fundamentals*.

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FENG SHUI to BOOST Your Career/Business

by Jollean McFarlen miact csl

If you are seriously ambitious to make it big in your career (yes, even the stay-at-home spouse) you can use Feng Shui to give yourself a boost. Good Feng Shui usually manifests itself in the form of increased opportunities. It will make you a much busier person, so unless you are prepared to grab new opportunities that come your way, the benefits will be limited. It is important to realize this; otherwise you could feel hassled by the sudden new opportunities available to you. Those of you who are workaholics (I know you LOVE your work), however, will benefit tremendously when you activate your career luck. Your work place and extra responsibilities will be heaped upon your shoulders now that we are heading into 2002, a year of Kindness "Saying the right things to the right people at the right time", breath in BLUE. It will be time to operate in a different vibration and league.

ENERGIZE the NORTH: The career corner is the North of any residential building or personal space. Thus, to get the most out of Feng Shui I suggest methods to energize the North corner of both home and office.

SITTING in YOUR POWER POSITION: Sit facing the door (back means you lose out - betrayal). Sit with window/door to your left - allow space in front.

WIN RECOGNITION with FENG SHUI: There is no greater boost to your career, skills and expertise than to be acknowledged and recognized by someone in authority. LUCK, has often been described AS BEING IN THE RIGHT PLACE AT THE RIGHT TIME. So, if you have luck, you will surely catch the eye of someone who is in a position to enlarge your responsibilities and further your career. (I have experienced this greatly in the Okanagan, especially volunteering). **TIP:** Cluster of crystals on the left-hand side of one's desk for GROWTH. Turtle in the north corner of your desk or office for GOOD FORTUNE. FISH are good luck, slang for CASH.

The PROSPERITY SIGNATURE: Start with a firm upward stroke and then end with another firm upward stroke.

Jollean is a Registered Intuitive and a Feng Shui & Colour Consultant. She is the author of "Intuitive Feng Shui & Colour" & "Frugal Entrepreneur". See ad below



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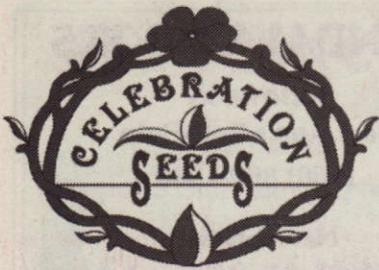
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Healing the Ghosts

by Mark Lind

I recently went for a walk in the commercial area of my neighborhood. One of the stores shelters a cute dog that is a favorite among the locals. A group of people had gathered to admire the dog—petting it and enjoying its harmless nature. Yet only a few feet away, a homeless person sat on his flattened cardboard box with his empty plastic donation container. No one spoke to him, no one showed concern, no one asked him how he ended up on the street. A few doors away, a bookstore displayed the famous Christmas Carol—the story of Scrooge and his three ghosts of Christmas. I wondered what past holidays had been like for the street person. What would his ghost of Christmas past show him? Does he, like Scrooge, have a ghost of Christmas future that can be changed?

As we move closer to our annual ritual of the holiday season, I recall my own Christmas times and those of friends. For some, the period measures closeness, while for others it measures distance. It is a time of gathering and for some, a time of non-gathering. It is a time of joy, for others a time of despair. I've experienced both.

I remember the last Christmas our family had before my mother passed away. It had been a year of difficult but rewarding personal growth, which eventually led to the writing of "Here I Am". I envisioned the family get-together as a test of holding my own while trying to be compassionate. It was like walking a tightrope. With my new awareness, I could clearly see their triggering behaviors. It's rather humorous now that I look back, as my father was yelling, "Don't disturb our happy home." This is my ghost of Christmas past.

While I have had a number of joyous holiday times since then, the Christmas of 1999 was one of the most difficult I have experienced. In the healing process comes a stage of isolation in which one develops new values and beliefs. It was a time of challenge in which I realized that my loneliness is separate from who I am, yet I also recognized that we need a certain amount of companionship and connection to remain healthy. It was this lesson and compassion for myself that got me through. While things improved that year, Christmas 2000 saw most of my friends being away, and again I experienced a period of isolation that I had not chosen. This is my ghost of Christmas present.

From my studies in counseling, I have learned that I was not alone in my difficulties. Our holiday ritual has a profound effect on people. Counselling intakes are highest after the holiday period. Sales of self help and personal development books peak in the early year. Sadly suicide rates are highest at Christmas, and in the spring months. What can we do to change?

I look around and notice the things we can build—computers, cell phones, the Internet, the space shuttle. Yet can we build the most fundamental essence of being, a relationship with one another? Do we find it safer to provide unconditional love to those who do not trigger our own issues? Marianne Williamson says, "Peace is not an absence of war, but a feeling of love between ourselves and others." Creating a sense of peace through love, personal warmth and connection is a noble cause yet possibly the greatest challenge we face as individuals.

We are nearing the end of the first year of the new millennium, yet I see many people experiencing deep periods of darkness. So many times I've heard, "I've let go of those friends" or "I've moved on to healthier friends" yet I'm discovering that the greater chal-

of Christmas Past

O'Meara, M.Ed.

lence is to learn to accept others, rather than simply moving on. I've also learned that friendship is not a singular idea or concept. Like dozens of eggs that will hatch into a flock, the practice of acceptance, compassion, self love and being able to listen are the skills that will shape my behavior, thoughts and feelings. Boundaries, emotions, needs, self expression, forgiveness, beliefs, values, acceptance and prosperity are all eggs that need to be nurtured, hatched, and allowed to grow to form our way of being. The holiday season is often a time when we get to measure how we're doing with our own personal growth and acceptance of others.

This past year I've learned to put these concepts into practice, but with some divine intervention. It all started when I was traveling in Australia. As I was surfing at an Internet café, a little boy appeared out of nowhere. He handed me a flyer and ran out the door, disappearing seemingly into thin air. It was a flyer for a psychic reader across the street. I finished my surfing and went for a reading, during which I was given some valuable advice. I was told that on my return I would have to look at my judgment of others and to entertain the possibility that in being betrayed, I had also become a betrayer. The words produced a deep resonance, having heard the same thing in a workshop a few months earlier.

In August I went back to Ontario to continue my family tree research. By chance, I met up with a family member whom I had not spoken to or seen for eight years. He told me of some things I had done that had embarrassed him, and instead of trying to defend myself I simply listened. With another brother, I entertained the idea that perhaps I had let him down without my realizing it and offered an apology without it being requested. Since August, I have spoken regularly with these family members and am sharing in the joys of family life.

My healing process has helped me to increase my ability to love unconditionally the people who trigger me the most, and to understand that I may have incorrectly assumed that others are conscious of what they are doing. I often would quote the words attributed to Jesus, "Forgive them father, for they know not what they do," yet have now learned that these words must be said without a tone of judgment. I've learned to be more compassionate and understanding of other people's points of view and to listen instead of arguing my point. Many of us have heard Thich Nat Hahn's response that if he met Osama Bin Laden, "The first thing I would do is listen, and would try to understand why he acted in that cruel way." These are wise words that hopefully we can apply in our own family situations, to listen without judging. This year, in these times of joy, disconnection, office parties and loneliness, instead of telling others to have a happy holiday, I will ask them what their plans are, and listen.

One of the greatest challenges to us all is to see the good in others and to truly connect with others without the expectation of changing the other person. You and I, our families, the homeless person and the cute dog all have one thing in common. We all share the same sense of humanity. I'm working hard to see the humanity in others, especially those that have said things that have brought pain or disappointment. The ghosts of Christmas past, present, and future are upon us now.

Mark Linden O'Meara is the author of

Here I Am: Finding Oneself through Healing and Letting Go
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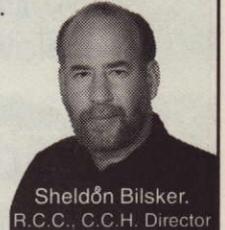
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What is Reiki?

by Christina Ince

Not so long ago I asked that question of many people, and the answers I received were myriad, as diverse and multi-faceted as the people I questioned. They began by telling me that the word translates to "universal life force," but from there the definitions broadened and blossomed overwhelmingly. Then one wise soul gave the perfect answer: "Why don't you just try it?!"

My curiosity had been piqued when doing some hands-on work as part of Langara College's Holistic Health Practitioner Program—my usually cool hands sizzled and tingled when I worked on others, and "spoke" to me when they found energy imbalances or ailments. It is a requirement of the course to choose a bodywork elective, and I felt that Reiki had already chosen me. Once I began to learn, I saw with clarity the path to becoming a Reiki Teacher.

Now the question is asked of me. My answer usually draws from the experience of those who have received. The placement of hands on the body from the head to the feet, with gentle music and aromatic candles, moves many people into a special place. You may experience greater clarity of mind, a lessening of anxiety and stress, easing of tension and pain. You may also feel weepy, find a long-buried situation coming to the surface, have unsolved issues coming up. Your body is telling you that you have things to work on, things with which you must deal. Some people have reported that they seem to float away to somewhere blissful, commune with spirits, or feel a stronger connection to their higher power.

When I lay my hands on a person, I am completely open with no expectations. Each person is unique, as is their experience with Reiki, so no two experiences will be the same. For the practitioner as well as the recipient, Reiki is revitalizing, a restoring and balancing of natural energy. Reiki is safe, gentle, as simple as breathing, yet powerful and profound. When you ask "What is Reiki?," the answers given may satisfy you on an intellectual level, but the curiosity in your heart may well lead you on to desire the experience for yourself.

See ad in the NYP - Reiki practitioners
Also the Reiki Circle ad in Penticton

The Refiner's Fire

There was a group of women in a Bible study on the book of Malachi. When they were studying chapter three, they came across verse three which says: HE will sit as a refiner and purifier of silver. This verse puzzled the women and they wondered what this statement meant about the character and nature of GOD. One of the women offered to find out about the process of refining silver and get back to the group at their next Bible study.

That week this woman called up a silversmith and made an appointment to watch him at work. She didn't mention anything about the reason for her interest in silver beyond her curiosity about the process of refining silver. As she watched the silversmith, he held a piece of silver over the fire and let it heat up. He explained that in refining silver, one needed to hold the silver in the middle of the fire where the flames were hottest, to burn away all the impurities. The woman thought about GOD holding us in such a hot spot, then she thought again about the verse, that he sits as a refiner and purifier of silver.

She asked the silversmith if it was true that he had to sit there in front of the fire the whole time the silver was being refined. The man answered that yes, he not only had to sit there holding the silver, but he had to keep his eyes on the silver the entire time it was in the fire. If the silver was left even a moment too long in the flames, it would be destroyed.

The woman was silent for a moment. Then she asked the silversmith, how do you know when the silver is fully refined? He smiled at her and answered, "Oh, that's easy—when I see my image in it."

So, if today you are feeling the heat of the fire, remember that GOD is surely keeping HIS eye on YOU and is always searching your life for HIS reflection.

From the Internet

PRANIC HEALING ENERGY

by Chechina Shemah

In Eastern tradition, prana or chi is the life force that keeps our bodies alive. In Hebrew it is called ruach: "breath of life". Almost all physical, emotional or mental ailments occur due to congestion or depletion of energy [prana] in our "outer-body" chakras and in the endocrine glands of our inner bodies. Prana enters through seven main chakra "energy centers" and into our endocrine glandular system, the inner station(s) that circulate and connect the flow of energy throughout our being.

Prana is absorbed through breath [air prana], through sunshine [solar prana], and through earth and nature [ground prana]. Prana also affects our 'outer' body. This human energy aura surrounds us like a radiating protection and is made up of layers. The outer aura can extend twenty feet around the body where all experience in the air enters and affects us. This may explain "uncomfortable" or "comfortable" feelings in certain places or in passing by particular people.

After a usual day of normal movement and interactions, the body and aura accumulate energy from people you meet, work or live with, who may carry personal worries, stresses, or illnesses. The atmosphere absorbed is often noisy, rushed and polluted. This prana enters and clings to our auras. This is why after a long shower one feels refreshed and new, temporarily cleans-

ing the outer prana field of all 'foreign' energy experiences.

Often repetition of outer daily stresses, plus negative thinking patterns like worry, anger, and guilt become so constant, energy cannot be simply washed away. The outer chakra centers where prana enters our bodies, and the endocrine glands which process and pump prana through our systems can become clogged, congested, blocked and "dis-ease" begins.

When working with pranic energy medicine, the practitioner sweeps and clears congested areas where clogged prana becomes toxic, creating symptoms like stress, heaviness, discomfort, depression and illness. Weakened body areas may have depletion rather than excess of prana. These can be stimulated and energized. As the flow of prana clears and strengthens so does the feeling of well-being, clarity and increased vitality.

Pranic energy healing is compatible with meditation, toning and other energy systems such as Reiki. Pranic energy work creates lightness, calm and clarity and an openly responsive recipient can experience more dramatic relief from body distress. When we take time to experience beneficial prana to strengthen and to clear our energy systems we live in greater inner harmony and outer vibrancy.

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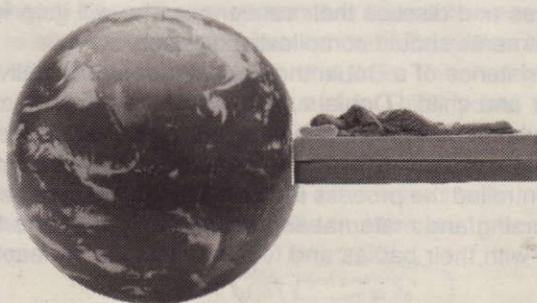
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Meridians & Essential Oils

by Sue Dixon

Traditional Chinese Medicine (TCM) theorizes that meridians conduct energy, or Qi (chee), between the surface of the body and internal organs. Qi regulates spiritual, emotional, mental and physical balance, and is influenced by the opposing forces of yin and yang. Yin energy, which is from the earth, flows from the feet to the torso, and then along the inside of the torso to the fingertips. Yang energy, which is from the sun, flows from the fingertips to the face or from the fingertips to the feet. The Meridian flow is actually one continuous, unbroken flow, which flows in one definite direction as well as from one meridian to another, with no beginning or end to this flow.

The meridians have been named by the life function with which they are associated, therefore in accordance with TCM when yin and yang are balanced they work together with the natural flow of Qi to help the body achieve and maintain health, and keep the normal flow of

energy unblocked, which helps to restore health to the body and mind.

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See ad above

THE DOULA DIFFERENCE

by Sheri Deveney

When you envision birth experience in your community, how does it look? Do you imagine tender loving care, physical comfort and emotional support? If not, you may not be aware of the service Doulas provide as part of the maternity care team. "Doula" is a Greek word that has come to mean "Supportive Companion, professionally trained to provide Labour Support." A Doula will provide constant support to the labouring woman and her partner. Her knowledge and experience will reassure them as she guides them through positioning, massage, use of the birth ball etc. for pain relief. A Doula will meet with expectant parents prior to labour to establish their preferences and discuss their concerns. She will then help them to have the birth experience they want and help them make adjustments should complications arise.

There have been many scientific trials that have proven that the assistance of a Doula throughout labour and delivery improves both the physical and psychological well-being of the mother and child. Doula-supported labours are typically shorter and have better outcomes. By reducing a woman's stress, Doulas reduce a woman's need for pain medications. There are fewer caesareans performed and lower rates of other interventions such as oxytocin, forceps, and epidurals.

When women's labours are positive and they feel as though they controlled the process for themselves, they are better able to connect with their babies and there are fewer problems with nursing and maternal and baby health. Fathers that have been supported through the birth process are better able to bond with their babies and feel very intense connection with their child's mother.

There are many organizations that train and certify Doulas. When interviewing a Doula, be sure to ask where she was trained, is she certified and does she have a partner for backup. Your relationship with your Doula is pivotal and requires good communication. It is important that you choose someone you feel comfortable with and whom you have confidence in. You may need to interview several before you settle on whom you will hire.

A woman never forgets the births of her children and it is vitally important that those experiences be positive and empowering. Doulas help women to trust their body's ability to give birth and help them achieve a safe and satisfying outcome as the parents define it. Having a Doula attend your birth can make a world of difference. Create your own birth memories: Hire a Doula! See ad in the NYP - Birthing

Calendar of Events



December 4 or 5

Health Seminar, at the Nutripathic Health Centre in Westbank. p. 28

December 6

Chelation Therapy Seminar, with Dr. Dietrich Wittel, free in Penticton. p. 9

December 13

Spiritual Healing, with Jollean McFarlen in Kelowna. p. 19

December 15

Introduction to Meditation, with Cheryl Forrest in Penticton. p. 7

December 20

Winter Solstice Gathering, 7:30pm, St. Andrews on the Square, Kamloops. Therese Laforge 374-8672, Therese Dorer 578-8437

Guardian Angels, with Judy and Susan in Kelowna. p. 25

December 23

Christmas Concert, Centre for Awakening Spiritual Growth in Vernon. p. 11

January 5

Qigong & Tai Chi Classes, with Harold Hajime Naka in Kelowna. p. 31

January 11 & 12

Usui Reiki Level 1 Workshop, in Kamloops. Call Becky 250-319-1994

Feng Shui, with Brenda Molloy in Penticton at the Rainbow Connection. p. 33

January 19

Reflexology Home Use Course, with Gail Kreiser in Salmon Arm. p. 26

January 19 & 20

Psychic & Healing Fair, in Kelowna at Dare to Dream. p. 20

January 25 & 26

Usui Reiki Level 1 Workshop, in Kamloops. Call Becky 250-319-1994

January 26

Grainfields Australia, on CKOV Radio, 11 to noon in the Okanagan. p. 18

January 28

Touchpoint Reflexology, fulltime diploma program starts in Vancouver. p. 20

Holistic Health Practitioner Course, in Chilliwack at BC Inst. of Holistic Studies. p. 25

January 31

Full Moon Celebration, 7:30pm, St. Andrews on the Square, Kamloops. Therese Laforge 374-8672, Therese Dorer 578-8437

March 22 - 24

Body, Soul & Spirit Expo, Telus Convention Centre, Calgary, AB. p. 13

ONGOING EVENTS

WEDNESDAYS

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

SUNDAY CELEBRATIONS

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

Penticton: Celebration Centre Society Sunday Meeting 10:30-11:45am. Odd Fellows Hall, 125 Eckhardt Ave. E. Info: Loro 250-496-0083, email: celebrationcentre@telus.net

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Astrological Forecast

It is with trepidation that I write these articles. Warnings of the likelihood of war were written in major Astrological trade magazines this spring. When I read these words they sounded too over-the-top to me and like many I was overwhelmed by the reality of events on September 11. For a closer look at the Astrological scene for September 11th, links and historical similarities please visit my web site.

December, I believe will be a time when we take the events of the last three months and try to integrate them into our personal world. The bit players on the Astrological scene (Sun, Venus, Mercury) ask us to bring the energy of transformation into our daily lives. We have all been told to defeat terrorism is to get on with life, but reality is so bizarre! Our assumptions and world view must be redefined. By the 14th what needs to be integrated personally will have come in. Pluto and Saturn are both moving away from each other in December, this should reduce the likelihood of an escalation of the war. Saturn leaves Pluto for an aspect to Neptune. Saturn and Neptune, fear and faith, immaturity and delusion or hopefully the ability to bring vision into reality, steps in. The December 14th New Moon, a Solar eclipse, is at 12:47 p.m. PST in Sagittarius. Today you can walk out the door and continue the journey of your life with a sober and loving heart or close the door with cynicism. Mercury is asking us to participate in connecting the dots that build understanding of the "why's" of recent history. Venus and Pluto are dancing together generating very strong bonding energy. Alliances forged today are bound in transformational energy. The eclipse adds a six-month dimension to what is set in motion. The highlighted degree symbolism is "Immigrants entering a new country." The keyword is "Entrance." Mars surfaces around the 18th to challenge us to be motivated, to approach reality from a place rooted in direct experience and faith. For those who are not connected, the alternative is overloading on drugs of denial.

Next up, Jupiter. Over the past months he has been a thorn in humanity's side pointing out the futility of self-justified nationalistic agendas. He leaves this role and starts to slowly line up with Pluto and Neptune. This subtle and rare aspect (Triseptile 154') goes exact on December 25 (no, I'm not making this up) and holds the space till December 31st! It induces grace and humility to flow between the planets connected. The Planets themselves together can produce a general love of humanity and a high degree of inner cognition. Nice eh! My hope is miracles, big and small, start appearing all over the world. A word of caution: this combo can also ignite enormous creative forces that take things into and out of existence. Winter solstice is at 11:21 am December 21st. In this map the Sun joins with Chiron who is looking back on the events of September 11th. As the wheel turns take responsibility for building healing bridges. Christmas Day we see Moon in Taurus, asking us to bring in all the joys of embodiment. And as mentioned early Jupiter's magical connect is perfected today. Peace and love to you and yours!

The December 30th Full Moon a lunar eclipse is along the Cancer Capricorn axis and is at 2:40 am PST. Shed the light of your awareness as well as your compassion on the structure of your family, the community, the nation and the world if you can. Here is an opportunity to see your place in community, an integral supporting component. Can you take your responsibilities forward into the uncharted waters of the future? The highlighted degree symbolism "An angel carrying a harp" and the key word is "Attunement," a special gift for inspiring others to accomplishments.



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for December & January

by Moreen Reed

The spirit of life is the prime focus of **January**.

Neptune stands up/out. Time now to envision, to drink deep from the spiritual well, or succumb to all the propaganda as you go about the business of life. A recovery will appear to be on its way, and may well be on a spirit/energetic level. But, I recommend Saturnian caution when it comes to money. The process of transformation begun through limitation is not over yet. The prime signifiers of the last quarter of 2001, Saturn and Pluto, continue to journey away from each other. Neptune works its magic in nontangible ways.

The pink fog of deception and glamour is hard to separate from, and only those with a strong spiritual root will have the eyes to see through the glamour. On a positive note Neptune is indiscriminate, the fog rolls over all, friend and foe alike can get lost. The first week of the new year Mercury catches Neptune and the world connects through vision or delusion. Venus and the Sun are tracking together, supporting relationship building, especially at work or in community. Mars adds a contrasting energetic/spiritual note at the end of the week. As we approach the first new moon of the year, Mercury connects to reality, the fog lifts for a day.

The January 13th Capricorn New Moon is at 5:28 am PDT. Today you can plant seeds that bring light into the world literally. You must add the discipline and maturity of Capricorn to anchor your true inner vision. This may well be the most direct experience of following your gut/intuition that a person can have. The highlighted degree symbolism is "A woman entering a convent" The keyword is "Consecration."

January 18th the planetary stage is busy. First up Mercury stops to turn retrograde.** Next Mars leaps out of the Neptunian fog all ablaze in Aries, firing up creative joy. Venus and the Sun step on to the world stage of Aquarius. I expect to see an increase in activity on the humanitarian front. Jupiter's ideal of family can no longer ignore the global stage it lives on. Saturn in Gemini reminds us we need a realistic network to connect us all, Neptune agrees, adding universality to that connection. The January 28th Full Moon along the Leo Aquarius axis is at 2:49 p.m. PST. The light of this Full Moon shines on all but one of the players. Pluto brings key people to light, the ones who are on track and the ones who would lead us astray. The degree symbolism "A flag turned into an Eagle," is the conjunction of Sun and Neptune. "Great Spirit" is visible today. The key word is "Dramatization." This is time for real action. Where is life/spirit illuminated in your life today? Leaders and paths will be chosen today.

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

**While Mercury is retrograde, familiar channels of communication become tangled and confused. Expect delays and changes in plans, with travel or appointments. This is a great time for right brain activities like art and meditation. You'll find yourself reevaluating and reconsidering major issues. Hold all final decisions and approval until after Mercury goes direct on February 8th. Let your sense of humour overcome the challenges of the unexpected adjustments.

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Wheel of the Year

by
Laurel
Burnham



The Month of Hope/Return of the Light

December got its name from the ancient Romans. The Latin word for ten is decem, and this was the tenth month in the Roman year. Ten lunar months is also the gestation period for a human child. To the Christians, this was the month of Jesus Christ's birth, hence Christmas. To Pagans in the Northern hemisphere, it is the rebirth of the sun at the Winter Solstice. This is the "Moon of Long Nights", and our ancestors spent the entire month celebrating and praying for the return of the light to the world, the sun, to Earth. The days grow shorter until the Winter Solstice on December 21st, the turning point of nine hours daylight, and fifteen hours darkness.

Virtually all of our contemporary Christmas holiday traditions are an amalgam of pagan holy days and symbols, intertwined with Scandinavian, Dutch and Italian folk tales and characters, sprinkled with Native traditions, Victoriana and a generous helping of Judaism and Christianity.

The first feast day, Dec. 3rd, honors the Roman Goddess, Bona Dea, the Goddess of Justice. Women gathered together and performed rites and ceremonies in her name, men were not allowed. On December 8th, the Immaculate Conception of the Virgin Mary was celebrated by Christians. December 13th is St. Lucy's Day in Sweden, when young women and girls, dressed in white, wore crowns of candles in celebration of the sun Goddess Lucina. Regardless of individual cultural origins, Christmas is a point on the Wheel of the Year where our ancient pagan roots are showing.

The origins of Christmas gift giving began with the ancient Romans honoring Ops, the Goddess of Plenty. Her feast came in the midst of a seven day festival known as Saturnalia. This was a time of role reversal, of mixing things up. Masters waited on slaves, and normal lives were put aside for days of feasting. December still forces us to mix it up by suspending our normal routines of work and school. We take time to be with our friends and family, with family traditions carefully tended. Despite the consumerism, most of us look forward to the celebration, and a reconnection with the Divine Spirit.

The Month of Beginnings

Welcome to **January**, 2002! January was named after Janus, a Roman two-headed God who looked back into the past and forward into the future. We are naturally inclined to spend some time in introspection this year, with discussion of New Year's resolutions. It would seem that many of us have one eye on the past year, and another on the year ahead.

Doorways and beginnings are very important, marking transitions between one place and time, and another. January is just such a month. Here is a great spiritual and physical exercise for the New Year. Plan to take a long walk on New Year's Day. Before beginning your walk, tune into your spiritual intentions for the coming year. As you begin your walk, pay close attention to the natural world around you, keeping in mind that our natural environment is also the doorway to our spiritual world. Notice what captures your attention—a sudden flight of birds—a fresh gust of wind? Stop to acknowledge this reminder. Intuitively stretch out in the moment, and look for the meaning, the gem of understanding. Continue until you have experienced twelve such events. Spend some time journaling your walk at home. Review those significant moments as omens, looking for their hidden significance, one for each month of the year. Next New Year's, review your findings!

Some of the ancient holy days for January include the feast day of Inanna, a Sumerian Goddess of transformation and transcendence. The ancient Romans and Greeks honored the healing deity Aesculapius by making pilgrimages to shrines to receive healing dreams. Aesculapius's staff is twined with a snake, and is the symbol used by modern physicians.

The last day of January is devoted to the Roman Goddess of peace, Pax. It would appear that we need her presence. Why not spend three days per year honouring her as the ancient Romans did. We definitely need peace in our hearts, peace in our homes, and peace in the world! What can you do to create peace on this day or any other? May we all experience peace and prosperity in the year to come, in the light of new beginnings!

Ongoing Monthly Health Seminars!

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Prevent Heart Disease with Hawthorn

by Klaus Ferlow



The cardiovascular system is made up of the heart and blood vessels. Blood is pumped by the heart and circulated throughout the body via the blood vessels. Cardiovascular disease is the leading health problem in the Western World and the number one cause of death in the United States, claiming more than one million lives annually. An estimated fifty million Americans are afflicted with heart and blood vessel disease, although many do not know it because they have no symptoms. Heart disease can be prevented even if there is a strong tendency for heart problems in the family. The main cause for most heart problems is improper diet, eating too much meat and saturated fat, salt and sugar. Raw foods, fibre and wholesome, unrefined foods as well as physical activity are essential. Here are some recommendations to keep your heart healthy:

- Have a well-balanced diet that contains fibre, raw foods, broiled fish, skinless chicken and turkey.
- Avoid hydrogenated fats like shortening, margarine and commercially processed foods.
- Exercise regularly (walking, swimming, etc.).
- Avoid smoking, coffee, alcohol, fried foods, and large meals.
- Add nuts (except peanuts), hemp, flax, pumpkin seeds, walnut oil, olive oil (unrefined and cold-pressed).
- Add fish: pink salmon, trout, tuna, halibut and herring.
- Get plenty of sleep and avoid too much stress.
- Learn stress management techniques.
- Add garlic, onions and lecithin to your diet.
- Add raw fruits and vegetables
- Good heart juices are carrot, beet, celery and asparagus.
- Vitamin C, Ester C, and Vitamin E.
- Add magnesium 600mg daily, and coenzyme Q10 50 mg three times daily.

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The Real Value of Silver

by J.F. Walker

If you have unpleasant dreams about Anthrax, or a bad gut feeling about vaccinations: If Will Thomas' articles about Chemtrails dripping from overhead planes have you looking nervously up but feeling down: Or if Dr. Len Horowitz has sobered you about designer bacteria and the immune-system-ravaging spraying of Malathion over major cities, then you may be a prime candidate for a short course in the natural antibiotic, colloidal silver.

Last issue, the story of Dr. Robert Beck introduced the tried and true method of blood electrification and magnetic pulse as one powerful tool toward revitalizing your immune system. It was also the heroic Dr. Beck who shed light upon a scarcely remembered ancient medicine ... colloidal silver. Implicit in Beck's protocol is the daily use of silver colloid for detoxifying the body of what he calls, "The Aliens"—the worms, germs, viruses and hordes of other parasites that infest and infect our bodies. He learned from forty years of experimental science at the top of his field, that the human immune system, assaulted by The Aliens, was bound to succumb to disease. But once the Aliens were banished from the body, that even firmly entrenched diseases such as advanced AIDS, lupus, chronic fatigue, cancer and so on, would give up and vanish. The reinstated immune system could once again stand off the invaders.

While researching these deeply encouraging theories, Beck did much to return colloidal silver to the service of humanity. Many centuries ago, Pliny the Elder reported that silver slag applied in plasters would greatly enhance the healing of wounds. ("Natural History" Book 23. 78 A.D.) Silver coins were once added to milk to keep it fresh. Silver nitrate has been used for over a hundred years to reduce blindness from disease in newborn infants. Silver colloid will kill bacteria in six minutes or less. What bacteria? Not a short, select list such as you'll find in the monograph for commercial antibiotics, along with the absence of effect on viruses. In contrast, no known disease-causing organism can survive contact with even weak silver solutions. The established list of pathogens killed by colloidal silver is 650 aliens long and includes Lyme disease, syphilis, all viruses, warts, stomach ulcers, streptococcus infections, ringworm, skin and other cancers, bubonic plague and on and on...

To quote Mark Metcalf in his excellent essay, Banishing Disease With Three 9-Volt Batteries (published in Robert Beck's paper, "Take Back Your Power") "It would appear highly unlikely that even germ warfare agents could survive an encounter with Colloidal Silver, since viruses like Ebola and Hanta, or even the dreaded flesh-eating bacteria are, in the end, merely hapless viruses and bacteria."

Perhaps we begin to understand the value of silver (and gold) as currency: It was not that these metals were rare or pretty that made them precious for thousands of years but that they had magical medicinal properties.

Dr. Beck's resurrection of silver colloid is on the heels of the pioneering research of a fellow scientist whose name is

strangely similar; Dr. Robert O. Becker, twice nominated for the Nobel Prize for his work in electromedicine, is the author of *The Body Electric* and *Cross Currents*. Becker noted that silver deficiency often led to immune system dysfunction and sickness. He found that "Silver at the positive pole killed or deactivated every type of bacteria without side effects. The only other metal that had any effect was gold; it worked against Staphylococcus, but not nearly as well as silver". He added that "At the turn of the century, silver foil was considered the best infection-preventive dressing for wounds". He quoted the 1913 writing of the eminent surgeon William Stewart Halsted in reference to the ancient practice of putting silver wires in wounds (a technique which predated the use of silver foil): "I know of nothing which could quite take its place, nor have I known anyone to abandon it who had thoroughly familiarized himself with the techniques of its employment".

Since Dr. Beck reinstated colloidal silver in his 1998 speech, "Suppressed Medical Discovery", its popularity has soared once again among thousands of users. Nearly every store selling natural health products carries colloidal silver in strengths varying from 5 to 100 parts per million. There is no amount that is considered unsafe, no listed toxicity, and no restrictions to date on the use of pure ionic/colloidal silver. (Other silver compounds vary in their toxicity.) The absence of toxicity is due to extremely small particle size sheared from pure silver wires by a small (usually 27 to 30 volt) DC electrical current. The particles are invisible, suspended in clear distilled water (or yellowish if the water is boiled first). As Bob Beck points out, no one needs to pay the high cost of store-bought silver colloid, as the technology is well within the abilities of most people.

Instructions for making a silver colloid generator can be found both in Beck's paper, "Take Back your Power", and in Mark Metcalf's article "Banishing Disease With Three 9-Volt Batteries", and numerous other places.

There is plenty of information about colloidal silver on the Internet, as well as at your health food store. A little research now may save your life one day.

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(*Information on Beck's research)

Road-signs Along the Healing Path

by Hajime Harold Naka

In the course of my healing journey, I have seen many signs along the path. Most of the road signs told me where to go and how to live my life. These signs started to appear about twenty years ago. They said 'One Way to Balance & Harmony', and 'This Way to Qigong-Tai Chi Healing'. I followed the signs, moving toward wholeness. I could feel my Qi (pronounced chee, means energy) getting stronger, so I continued on the path. But like all good intentions in life, sometimes one falls off the Qi wagon. Luckily, there are warning signs, like 'Wrong Way', 'U-Turn Your Life Around', 'Don't Detour Around Issues' and 'Dead End'.

I recently missed a few days of practice and was feeling a little sluggish, so I decided to take my karma out for a workout, to burn the carbon monoxide out of my Qi system. My Qigong-Tai Chi practice wasn't flowing smoothly, and my karma was hesitating. I hoped it wasn't the Qi pump (they are very expensive to replace). I looked at my Qi gauge and got a sinking feeling in my Qi reservoir, I was 'running on empty'. I sheepishly looked for a Qi service station, but the only sign I saw said 'Tow-Away Zone for Rundown Karmas'. I wasn't quite ready for the cosmic scrapyard just yet. So I sputtered on and just around the next corner I saw the sign that I was searching for.

There beside the road was a billboard with the message I was looking for: Welcome to Master Kwack's One Stop Healing Service Station and Qi Bar. We heal every make of karma and cosmic body this side of the Milky Way. Our Qi mechanics are fully bonded and emotionally balanced. We have just installed ten 'State of the Heart' Service Bays with Qi conditioning and offer two 'out of this world' healing services. Now you have a choice between being Fixed or Healed.

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I pulled in, this was an offer I couldn't refuse. I was feeling better, so I decided I only needed a minor attunement. I rode up to the economy counter and a man wearing a black silk suit smiled at me and told me that I would have to suspend my judgements and drop my doubts before I could enter. I thought this was a strange request, until the door opened and I went in. There was a T.V. on the wall with a sign above it. 'This is a self-healing bay, please put the video in and press 'play'.' I felt a little ripped off and wished I had picked Pkg. #2 (they had a real instructor). I pressed 'play' and a man wearing a black silk suit came on the screen. He smiled at me and introduced himself as Master Kwack. He told me to follow the twelve steps as they flashed on the screen and he disappeared. I stood there in my karma as the instructions came on. (1) Deflate ego, (2) Empty your mind, (3) Low self-esteem, fill with courage, (4) Release tension and relax body, (5) Flush out negative thoughts, (6) Replace unhealthy patterns and habits, (7) Lubricate joints and align skeleton, (8) Adjust intention, (9) Open meridians and Qi points, (10) Drain stagnant Qi, (11) Check spirit level, (12) Recharge Qi system. Then the T.V. went blank and a voice said, "Your session is over, when the door opens, drive through and receive your free karma wash and Qi shower and pick up your warranty. Please press 'stop' and rewind. Come back soon."

I picked up my warranty and read it. 'Satisfaction guaranteed or double your Qi back. Pkg. #1 good for three days or 108 steps, (whichever comes first)', and in big letters, 'THIS IS A SELF HEALING SERVICE, DO NOT ATTEMPT TO FIX OTHER PEOPLE'S PROBLEMS. INSTEAD, SEND THEM HERE. Master Kwack's one-stop Healing Service Station. Franchises available, inquire at Qi Bar.' I paid for the session on my yin yang yen credit card and received a bonus 25 Qi miles, which I doubled by buying a six-pack of canned Qi. I got into my karma and hit the road again, and saw a sign saying 'A sucker is born ever minute'. I looked into my rear-view mirror and read 'Illusions may not be what they appear to be'. May your journey have interesting signs on it.

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Toward the Magical Year 2012

Eleven years of dark night before dawn

by Khoji Lang

"Our lives begin to end, the day we become silent about things that matter." Martin Luther King

Which fork of the road do we take? Do we go down towards fear and self-denial, finally leading to a global suicide, or up towards responsibility, light and love—the Golden future, a paradise on Earth? It's upon us to make the change! We are responsible for the world we live in. We should dare to doubt and question everything we are told to believe. Only by using the faculty of doubting will we grow more wise and finally wake up to a far greater reality, beyond the good and the bad. It is most important to stand up for our truth, to defend what is dear to us.

For thousands of years humanity has been dominated by a small elite. Now we are lured with the idea that we live in a free world and that the political system is democratic. Propaganda makes us believe that we are the ones making decisions. But dare to have a sharp look and you will find nothing but misinformation, manipulation and fraud. Please check out David Icke's website. (<http://www.davidicke.com>)

The ruling powers have achieved almost absolute power, but still the pace isn't fast enough for them. Their dream of corporate globalization and "New World Order" isn't taking form as quickly as they wish. So they decided to do something about it. "Kristallnacht" has been compared to the September 11 terrorist attacks—that infamous night in 1933 when the Nazis burned their parliament building, the Reichstag, blaming the communists for it, creating the pretext to justify a crusade of terror (<http://www.skolnicksreport.com/>).

All signs indicate that the same has happened again, this time in America. Seeing this we should speak up, inform as many people as possible. There's nothing to lose but everything. You name it: freedom, independence, sovereignty, individuality. There are many signs that the public has been deliberately misled and the body of evidence has become so massive that the American government is found guilty of active complicity. Please see the website:

(<http://www.copvcia.com>)

In February 2001 the Sun's magnetic field had shifted to opposite polarities, igniting the last eleven year period before the magical date of 2012 (http://science.msfc.nasa.gov/headlines/y2001/ast15feb_1.htm). And just during the past three years, Earth's axis has most exactly fallen in line with the Galactic Center (GC)—this happens only once every 26,000 years! The GC is the Central Sun of our galaxy, a black hole, four million times more massive than our Sun. The GC is the center of our visible universe and all the stars we see are orbiting around it.

Astrology provides a magic mirror, showing the relation between macro and microcosm. The sun's magnetic shift always occurs around Solar maximum, a time when human psyche is more volatile, open for changes and revolutions. Solar max ignites new trends and generates idols, setting the stage for the eleven year period to come. Earth's alignment with the GC points to an adjustment within one's own innermost center. Now one can find a direct line to the divine source within oneself. Being responsible for one's life and for what one experiences, one has to grow up.

At present we are passing through a dark valley. The



irony is that only when surrounded by utter darkness one becomes aware of the innermost light. Darkness is primordial, it has been here before creation became manifest, and it still will prevail when everything is over. Darkness is the cosmic womb, it is eternal and infinite. So first it is good to become accustomed to darkness. Surrender, fall in

tune with its serenity and enjoy its soothing relaxation. It's worth experiencing for yourself. Sit in a completely dark room with your eyes unblinkingly open, get pulled in by the soft presence of darkness, inhale it and absorb it. Sit silently for at least ten minutes, dive deep into nothingness, center in the rhythm of your breath. Watch your body, your thoughts and emotions. Dare to keep going, in spite of any fear and simply be the witness. Become one with darkness and you have touched the universal. You become a silent flame of consciousness. Deeply embracing the void, melting into it you are becoming one with it. Befriending darkness is a sweet let go of limitations, distinctions, ideas and concepts. At this point you might understand that only nothingness is eternal—forms come and go, but nothingness prevails. In the silence of darkness all tensions evaporate, one is relieved from stress and ambition, enjoying a deeply nourishing rest in the magical womb of existence. *See ad to the left*

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Beautify, Energize & Harmonize with Feng Shui

by Brenda Molloy

Feng Shui (pronounced fung shway) literally translated means wind and water. The wind is our intentions, talents, and attributes. The water is our home and environment. It is said, "when the wind of my clear intention sweeps across the waters of my environment, change happens." This statement clearly shows that it is not only the placement of objects that balance, enhance and harmonize our lives. It clearly states the importance of our intentions. Therefore, by aligning our environment with our intentions we can reprogram our lives and become open to our full potential by allowing the chi (life force energy) to flow freely in our environment. In the practice of Feng Shui we align our homes and businesses according to the Bagua. The Bagua is the map of our life stations, such as Relationships, Health, and Abundance. We enhance a life station by calling its energy into our lives.

Here are a few simple and practical ways to call these energies into your environment. Family photos placed in the Family gua (life area) will encourage harmonious family relationships. A waterfall or fountain in the Abundance gua of your yard calls prosperity into your life. To enhance your reputation display your diplomas and awards in the Fame and Reputation gua. Pairs of doves, lovers or hearts in the Relationship gua encourage healthy and happy relationships with yourself and others. Stimulate your creativity by displaying childlike articles in the Children and Creativity gua. Photos of your mentors and spiritual guides in the Helpful People and Travel gua will call helpful people your way. Stimulate your career by displaying a water fountain in the Career area. Call knowledge into your life with a lantern in the Knowledge and Self-Cultivation gua. Light this lantern daily with the intention of increasing your

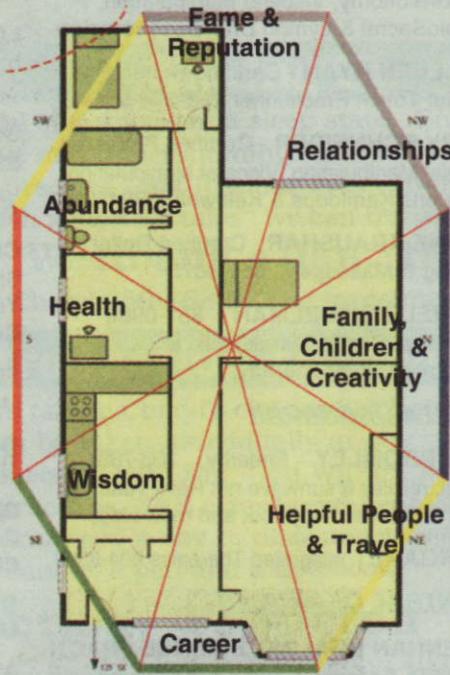
knowledge. Healthy plants in the Health area of your home encourage good health for those who live there. Our homes speak of our lives. For instance, if the door to someone's room does not open fully it indicates that they are not opening themselves fully to new opportunities. Keep the space behind your door clutter free. Cracks in our windows not only distort our view but how others see us. Keep your windows clean and in good repair. Leaky drains may indicate health or finances dwindling away. Waterfalls and fountains that flow away from your property encourage a drain on your finances. You are inadvertently directing the flow of money towards your neighbors. If your environment is cluttered and disorganized it is difficult for your thoughts to flow freely. Feng Shui is also very practical. There are four very easy to follow guidelines. They are:

1. Live With What You Love
2. Safety & Comfort
3. Simplify & Organize
4. Joy & Health Are True Wealth.

Feng Shui is personal. Enhance your environment to create your own sacred space to nourish and rejuvenate all those who enter. Your home should support and encourage those who dwell there. It is a sanctuary in a chaotic world. I would like to share these few words, which describe the essence of Feng Shui.

*When there is light in the soul,
There is beauty in the person;
When there is beauty in the person,
There is harmony in the home;
When there is harmony in the home,
There is honor in the nation;
When there is honor in the nation,
There is peace in the world.*

Old Chinese Proverb



Feng Shui can be a catalyst for change. Don't be put off by an excess of information. Learn a few basic principles and follow your instincts.

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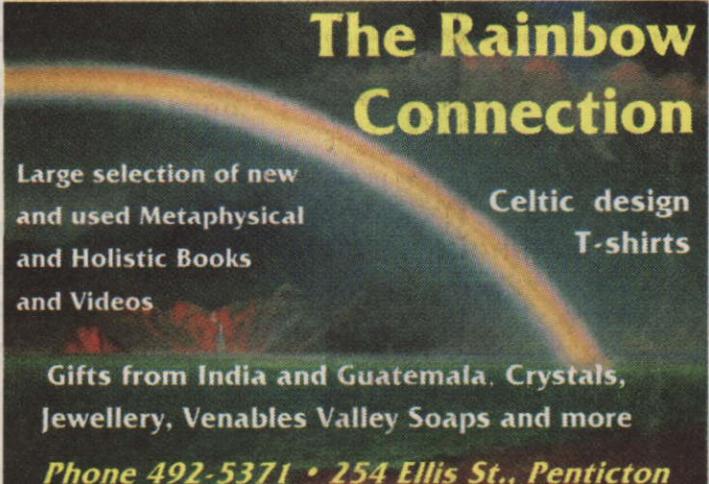
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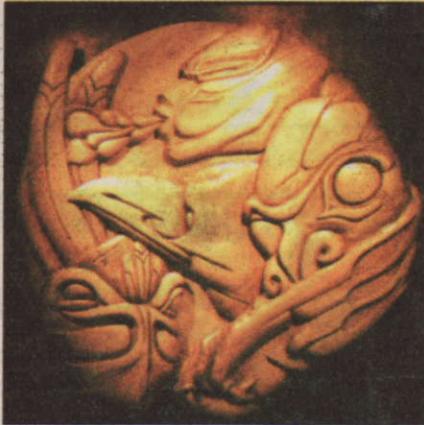
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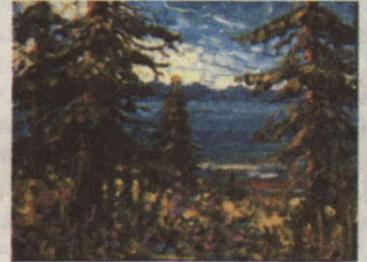
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