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MAGAZINE

February / March 2002

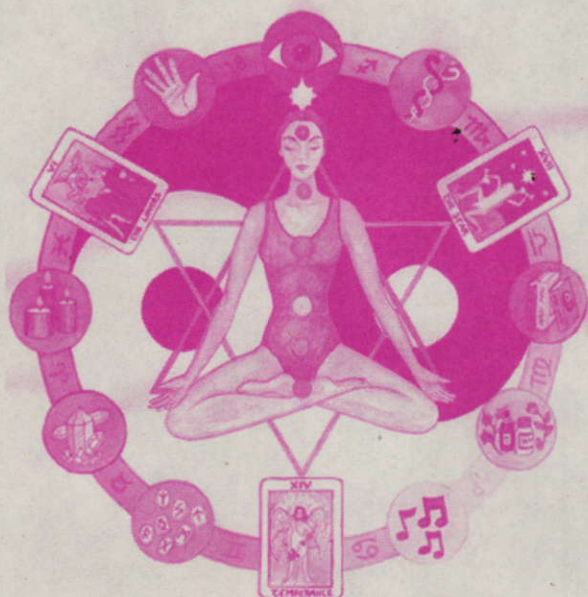
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See page 4 for details

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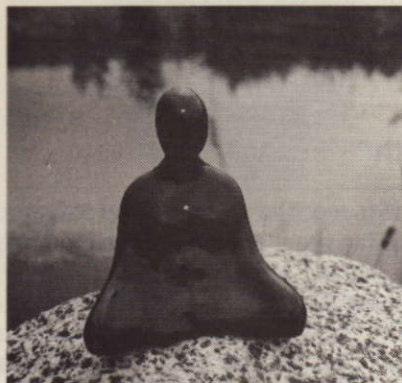
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It Takes Money To Make Money

by Laara Bracken

"It takes money to make money" is now a cliché. Cliches are sayings that are repeated over and over until practically everyone has heard them. They are repeated because they have been experienced as being true.

This truth has certainly proven itself to me. Money spent on effective advertising has returned to me many times over. For example, recently a \$600.00 ad brought in \$6,000 worth of appointments. Another ad, placed in "Issues" for \$275 resulted in \$2,800 in bookings. Sounds mind-boggling, but it's true.

What is an effective ad? It is one that is big enough to be noticed among all the other ads. It should stand out and be eye-catching. A snappy opening will draw the eye in to read the rest of the ad. If you are still reading this article you know what I mean. It should have a lot of "white space" so the content will stand out and not be lost in a barrage of words. The best words will tell the reader clearly what you do and how it is different or unique. Pretend you are a prospective client or customer. Why would you come to you rather than someone else? What do you have to offer that is of more benefit than other services? More years experience? A combination of therapies? Testimonials from people you have worked with? More life experience? The helping professions are an area where being older is respected. Your logo should illustrate what you do. For example, massage therapists often use hands in their logo!

Be consistent, so people will know you are serious about what you do. Some of my clients have said "I have been looking at your ad for months, and I finally decided to call." People often have to see something over and over before it "clicks".

Your ad should reflect you. People will be drawn to your energy. Seek advice from others who are successful or whose job it is to design ads. Find ads that appeal to you. But use your words.

Lastly, remember that if they are calling you, your ad has appealed to them and they are already "sold". Ads are very powerful - place an effective ad and the phone will start ringing.



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



Publisher: Angèle Rowe

Editor: Marcel Campbell

At Issues Magazine our mission is to provide information, inspiration and networking opportunities for the Holistic Health and Conscious Living Community. 22,000 to 30,000 copies are printed and distributed free throughout the Okanagan, Kootenay and Shuswap Valleys. We mail north to Terrace, Prince George, Williams Lake, Whitehorse and small towns in between. Vancouver, Calgary and Edmonton get them via volunteers who take them to the stores.

They are available in at least one store in every town in the central region of BC. Can't find one? Give us a call and help us network.

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

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| Twenty-fourth..... | \$ 40 |
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Musing

with Angèle
publisher
of ISSUES



The Naramata Centre Labyrinth

Spring.. it always feels like a magic time to me. The sun's rays get stronger, birds return and plants push through the soil to greet the sun. Each moment, each day, each year allows me to be more thankful to be alive.

I have given much thought to the message that many people keep repeating to me, that my injury was a message to "slow down." That bit of advice doesn't resonate with me, for if it is much more complex than that. I have always made time for me, not a lot, but enough. Sometimes I would prefer not to have such a long 'to do list' but I have created it because I see so much that needs doing and I get impatient waiting for someone else to make it happen. With that kind of attitude, the help of my angels and trusting that the moment is always perfect has made it easy for me to start several businesses and learn to juggle them all at the same time. Once in a while a ball hits the ground, but each year of practice makes it easier, and the transitions smoother, and at least I still have a few balls to keep juggling.

My next endeavour, now that the Spring Festival scheduling is done, is to create a website that connects the valleys together. If you are interested in helping out, please read the details on page 8 and give me a call. I need help in every town where *Issues* is delivered, so that we can create a list of everyone that provides holistic type services through a data bank system.

The front cover photo was taken by Terry Beadle-McTavish, courtesy of Naramata Centre, the location of the Spring Festival of Awareness this April. It shows their labyrinth with the chapel in the background. The picture reminds me to take a reflective moment and not get caught in the negative energy that the TV and syndicated newspapers dwell on. It is refreshing to read *Shared Vision*, *Common Ground* and other alternative magazines that encourage and remind me that world events are a reflection of ourselves, and not to get caught up in the drama. September 11 is a reminder that life is fragile: we owe it to ourselves to wake up each morning and retire each night filled with reverence and awe of the miracle, the wisdom and the wonders of being alive at this time in history. I feel humbled by the honour of being an infinitesimal part of the web that weaves us all together. We are all one: the micro and the macro are a reflection of each other and love is what created us. To feel this love, we need only to open our hearts and breathe deeply ...even when scary things happen.

February 20 is my fiftieth birthday celebration, and this year will be the first since starting *Issues* thirteen years ago, that I will not be in 'deadline' mode. Publishing only every two months is such a treat, and this year I intend to take some time off. February 12 is the beginning of the Chinese New Year and this year it is the Year of the Horse. I was born a dragon, and they say that dragon people are born with the ability to be active, for they like to gather crowds around them. I do not feel stressed when I am busy, but print mode was starting to wear me thin. I used to wonder what the word 'stress' meant, so here is a definition I like. Stress happens when the mind/body feels like it cannot cope with what is happening in the moment. Ten years of breath and body work have given me the gift of being present in my body... most of the time. My mind likes to remind me of my programming but I fast-forward the tape, breathe deeply, feel my heart, let go of my perceptions and spend time with whomever it is I am with, be it good or bad. When the time is up, my body gives me a signal and often moves without me knowing why. Some days my mouth does the same. Time and time again, I am in awe of the precise timing of all that happens in my life.

Angèle ♥

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"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 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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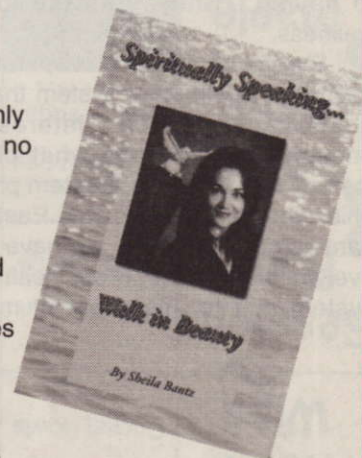
Copies will be available in select stores in 2002.

Watch Issues Magazine for a store near you.

**Spiritually Speaking...
c/o Sheila Bautz**

Box 279, Middle Lake, SK, S0K 2X0

phone: (306) 367-4604



Face Lift Without A Scalpel

by Helen Day-Bennett P.T., C.A.F.C.I.



What is the number one thing people hate and fear the most, yet feel they have the least control over? **AGING...** In the year 2000, 200 million American women and two million Canadian women entered menopause. In the old world order this meant our youthful look died. The male/female was then destined to spend the next four decades carrying around a skeleton with hanging skin, not unlike a wilted flower. However, this wilted flower must still compete in a youthful market.

This phenomenon is relentlessly pushing this massive group to rely on pharmaceuticals and the western medical model, spawning multi-billion dollar industries.

Example: Sara Siswell is aging—a member of the largest, most cohesive and powerful group this world has ever seen. She is well educated, she is making her own decisions. She has never been this wise. Yet when she gets up every morning and looks in the mirror the reflection that stares back is not recognizable. Basset hound folds lie under her eyes where once smooth luminous skin lay. Like ripples in a pond they extend endlessly. On her once smooth abdomen, thighs and back of arms camel humps hang. Is there any justice to this world, she mutters to herself. She is also intelligent enough to know that there is something other than a quick fix to change this.

She is looking increasingly at complementary practices for her health to regain that youthful body she is used to having. She wants the look of wellness.

She knows we are desperately in need of a health care system that emphasizes prevention. Interestingly enough this is always what physiotherapy has stood for. Eastern philosophies further enhance this East/West paradigm. She knows we have hit an overwhelming crisis in our health care system due to: high cost of modern

medical technology and the rapidly aging population. Recent statistics reveal that over 60% of the population is over forty. **People must start taking responsibility for their own health.**

To meet this osmosis, Helen Day-Bennett has combined her thirty years of physiotherapy, acupuncture and chronic pain practise to produce strategies to help reduce the aging process. These are based on sound principles from the above fields. She has named this ten point program, **Face Lift Without a Scalpel.**

After five years of specializing in chronic pain, her tenth and final point was developed. The observation was made that the same techniques that were used in treating long term pain also reduced cellulite.

Cellulite is not a natural by-product of gaining weight, aging or chronic pain. Rather it is your skin (your body's largest organ) screaming that your lymphatic, arterial, muscular, respiratory, and connective systems are not working properly or your autonomic nervous system does not have the proper balance between the sympathetic and parasympathetic systems. The cleaning pipes (lymphatic system) of your body are clogged. They are loaded with toxic sludge.

Think of all the money people spend on cleaning their furnaces and hot water tanks!! How often do they get their own pipes cleaned? Neglect makes you at higher risk for infectious diseases, immune disorders and hormonal difficulties in menopause, to name a few.

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Helen Day-Bennett, P.T., C.A.F.C.I.

For more information on cellulite and this ten point program please go to our website; www.faceliftwithoutascalpel.com



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Experiencing It Makes It Yours

by Richard Haynes



Some time ago, I had a dream that, for me, edged on reality. For I discovered that even whether I was asleep or awake, the dream continued. It was a message to help others and to show them how to go inside to find their answers and their reason for being in this lifetime

After taking a course in balancing thought in the right and left brain, I realized that the Alpha state was the same as the dream state—a higher level of consciousness. It was at this time I became aware of the special gifts that lie dormant in all of us. They only need someone to awaken them for us.

I have begun to use the Alpha state consciousness. Working with many people, I have found a way to get the participants to go beyond their mind and go into their true inner self. I have realized that true knowing begins from our Alpha experiences. So I have chosen to share this knowledge of tapping into the Alpha conscious state. I found that people have to go into their Alpha state consciously to recognize what goes on during that time. Recognizing and restating what their experiences were, not only assists them in finding the way to their inner nature but remembering how to do it consistently. We only need to turn to our inner knowing, our inner wisdom to experience this. Once we have done this, then what we seek is no longer outside ourselves, but within. We look to our higher self for the Truth and for guidance. Little did I know at the time that this was a key for my present life.

This allows you to turn within yourself. This then is Your experience. You turn within the nature of your heart, to "no mind". This becomes an experience beyond the norm. You

surrender to the will of God, or your higher self, your inner all-knowing.

This is your experience but I guide you through it as there are different levels of consciousness. Through "Alpha Experiencing Knowing Healing", I quench my deep yearning to teach and to share. It is my deepest desire to assist you to experience your own reality in the now. Please don't wait forty-three years like I did. It all came together for me and my sincere wish is for it to all come together for you. Call me for appointment times and availability.

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Front Cover Photo was taken by Terry Beadle-McTavish. It is the Labyrinth at Naramata Centre, a non-profit education and retreat centre with complete conference services in unique and natural surroundings. Discover the tranquil beauty of this 23 acre site on the sandy shores of Okanagan Lake, right in the heart of the Village of Naramata.



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From the Editor...

Chit Chat
 with Marcel



Balance has always been an important quality in life for me. I like to feel that I am walking a middle path, never going overboard in one direction or another. There are times however, that I find it hard to determine just where that fine line of balance lies when making decisions in my life. There are so many ways of looking at a situation and it is often difficult to make the most spiritual or heartfelt choice.

A difficult one for me is to know where the fine line lies between helping someone out and still holding my boundaries and not allowing myself to be taken advantage of. It is so easy for my logical mind to kick in and start asking why should I do this, that or the other thing when it doesn't seem like I am being treated fairly and am being asked for too much. This is when I try to ask myself, "What about unconditional love?" "What about trying to help someone else out?" I can usually see where being a little more giving and understanding would be possible while still being in my own power and not allowing myself to be imposed upon. However, communicating the guidelines and boundaries of what I am willing to do is important for keeping the situation in balance.

One question I ask myself is, "Am I doing this favour because I am seeking love and approval or am I detached from any need of my own and am I just trying to be helpful?" If I feel I don't have my own agenda in a situation I can feel better about extending a helpful hand.

Another option I like to depend on is recommended by Deepak Chopra. He says that when making decisions always ask your heart. If you are given a positive feeling of upliftment you can feel good about your decision.

So, when walking the fine line between being helpful and being taken advantage of, there are no pat answers. The answer is always different in each situation and for each person. All I know is I keep getting quite a bit of practice in this area, for which I am grateful because I can see where I am still in need of more clarity.

One development which pleases me, however, is that I am more aware of inner urges, by my heart, to lean more toward the side of love. This pleases me because in the past I was always more inclined to lean more towards the negativity of complaining and feeling sorry for myself. Often it seems that I don't see any signs of advancement in myself, but perhaps this is one. Would this be happening if I wasn't being more present with the situations in my life—acknowledging them, accepting them as what is, detaching from my own agenda and turning towards Love as the All-powerful Healer and Master of Transformation?

Marcel



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Wanted a web designer and/or sale reps for Issues Magazine.

An idea whose time has come

I would like to develop our website and list all the holistic practitioners in the interior valleys for FREE.

Perhaps listed under their town, cross indexed with the type of work they do, plus a calendar of events.

All organizations or individuals would get 2 free lines on these web pages.

To do this I need people who are computer literate in each town to keep an updated list of events that are happening and people that are working holistically in each community.

In addition we have the potential to create and sell ads or one page profiles to help fund some of the work, but the main goal is to get everyone listed, so that people looking for practitioners or information have an easier time finding it.

If this idea appeals to you and you would like to be involved in the process, please call the Issues office and leave your name and phone number 1-888-756-9929 or email Angèle at: issuesmagazine@img.net.

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Find Wellness Within by Rita Stang

Several years ago I felt called to establish a private practice to facilitate the spiritual enrichment of adults. Many years before that, I had joined a contemporary Community of Sisters. Their mission statement, "Fullness of Life" attracted me to the Community. Believing that "Fullness of Life" is accessible for all continues to be the focus of my services today. As Sisters we were given the opportunity to receive the education and training needed to pursue a chosen career where we could "share life..."

Throughout my life I have known what a challenge it is to "walk the talk." I know that I need to be intentional about finding ways to draw refreshment from my inner Wellsprings. My spirituality is rooted in Christian Scriptures and authors such as Elizabeth Johnson, Thomas Merton and William Johnston. I have also been inspired by Buddhist authors, including Jack Kornfield, Thich Nhat Hanh, by Sufi writings and the Enneagram system.

It is my personal philosophy that each of us can discover within ourselves a Source of life, wellness, healing, spiritual nourishment...My Journey continues to be enriched by the people who come into my life, and I have a deep respect for the unique spiritual journey of everyone I meet in my practice. "Drink water springing from your own well." Proverbs 5:15

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CAT'S CLAW IS DYNAMITE

by Donna Roth

It has been twenty years now since I last used an antibiotic and I am proud of it. As a matter of fact I haven't used any drugs, not even an aspirin, for twenty years. So let me tell you my secret.

First of all, twenty years ago I made a decision to take my health into my own hands rather than continue to drop my sick body on the doorstep of a doctor. I made the decision to educate myself. Even though I hold two university degrees, never in all my umpteen years of schooling was I taught how to look after my own body if it ever got sick. I only remember being taught to eat my spinach and to get a prescription from a doctor when I came down with tonsillitis. So what an eye opener it was when I learned that it was poisons that made my body sick and that I needed energy to keep my body healthy.

I immediately took action! I changed my diet, I stopped the use of prescription drugs and then I discovered the miracle of herbal energy. Cat's Claw {Uncario tomentosa} inner bark in combination with Astragalus root and Echinacea Purpurea root is dynamite in energizing the lymphatic system to clean out any infections and inflammation from the immune, intestinal or structural systems. I have experienced Cat's Claw Combination clear up tonsillitis within two days. I have seen it take down the inflammation of a ballooned bee stung foot within twenty-four hours. I witnessed a man with a swollen sprained ankle able to walk within twenty-four hours. I watched in awe Cat's Claw clean out the infected appendix of a very sick ten year old boy within twenty-four hours. I listened to a lady, weeping in gratitude, relate her story of the unsuccessful use of one year of antibiotics for a severe bladder infection only to have it all cleared up in one week with the use of Cat's Claw Combination and other herbal formulas. I have seen gout, arthritic inflammation, Crohn's, colitis, and gastrointestinal problems all clear up with this formula.

I know many of you reading this article are having doubts about its truthfulness. You have tried Cat's Claw and you know it doesn't work. There is an education behind the use of herbs and there is the question of quality. Not all education is the same. Not all Cat's Claw will give you these results. See ad below

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VEDIC ASTROLOGY by Phyllis Chubb M.A., C.A.P.

All systems of astrology encourage and support the enhancement of self-knowledge and self-empowerment. For these reasons astrology, even in the materialistic and 'scientific' West, continues to be a vital tool for self-awareness and development. In the past decade interest in a particular branch of astrology, called Vedic Astrology, has swept North America and Europe. This rise in interest leads to the question: "What makes Vedic astrology different than Western Astrology?"

Vedic Astrology, more correctly called Jyotish or the science of light, has its roots in the Hindu scriptures known as the Vedas. The Vedas are the records of scientific and spiritual wisdom, based on the direct observation of various Maharishi (Sages). The knowledge contained in the Vedas is considered universal, not just the dogma or simple opinion of one culture.

Jyotish is but one of the six major branches, called the vendangas, spoken about in the Vedas. The other five disciplines are Mathematics, Astronomy, Grammar, Ayurvedics (medicine) and Music or toning. The availability of such bodies of wisdom has contributed greatly to the strong interest and growing study of Jyotish.

The second contributing factor to this growing interest may be the use of the sidereal zodiac that is based on the relationship of our solar system to the fixed stars. Western astrology, for the most part, uses a tropical zodiac based on the relationship of earth to sun.

The strength of the sidereal zodiac can be summed up in the expression: "What you see is what you get," unlike the tropical zodiac which is merely symbolic. For example, if we say Mars is in Aries when using a sidereal zodiac it will be possible to see the planet Mars before the backdrop of Aries. Using a tropical zodiac it is most likely Mars will have Pisces as the backdrop when

viewed through a telescope, or by eye.

It is for this reason that many individuals have difficulty fitting themselves into the tropically based interpretations of their sun-signs. Commonly, people who explore their solar sidereal placements do feel a tremendous sense of identification with the new sidereal interpretations. The consistent accuracy of the sidereal zodiac has stimulated a new interest in its use in the West. This branch is called the Fagan-Bradley system.

The second contributing factor may be the heightened influence of the Moon, which modifies the influence of the Sun. In Vedic astrology, as in the Western system, the Sun 'rules' twelve signs and the Moon 'rules' twenty-seven constellations called Nakshatras or what we may more easily understand as being lunar houses. Just as the solar signs have specific qualities so do the Nakshatras. It is the qualities of the Nakshatras that lend a whole new dimension to the fine-tuning of each planetary position and its meaning.

A unique factor functioning in Vedic astrology involves the dasha system. It is this system that brings dynamic movement to the otherwise static natal chart. It is the unfolding of the dasha system that indicates the fruition of the promises held within the natal chart and the timing of individual karmas are seen.

Working with one's Vedic chart enables a person to move closer to fulfilling the ancient dictate: "Know thyself and to thine own self, be true".

For more information about Vedic astrology, please explore the following website: <http://www.dirah.org> or contact Phyllis Chubb at (250) 768-0128.



Phyllis will be a presenter at the Spring Festival of Awareness to be held at Naramata, BC April 26, 27 & 28

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Life, Love and the Future

by Chidakash

Oh, to be a groundhog on days like these! On February 2, Groundhog Day, it would hardly surprise me if groundhogs didn't even bother to climb out of their holes!

In fact some of my friends confess to being jealous of the lowly rodent. After all, it has been hibernating cozily in its burrow, wrapped in dreams of groundhog delights while above its nest the rest of us are dodging and ducking all that this winter has been throwing at us.

I for one, must admit that I am feeling a little exposed. In addition to the cold and blustery winds of winter I, like many others, have been watching the traditional Canadian sense of security, solvency and sovereignty get blown into oblivion—a pretty devastating 1-2-3 punch that has truly taken my breath away.

"The Future ain't what it used to be," in the immortal words of Yogi Berra. Amen! He could not have chosen better words to describe where we are in the world today as many of us watch our dreams and plans vanishing before us.

It is enough to make us just want to pull the covers over our heads and go back to sleep in the hopes that we will wake to find it has all been a bad dream. Cocooning. Hiding out. It is a natural enough response to withdraw from things that oppress or depress us. Although contraction may be healthy as a short term strategy, it will lead simultaneously to the contraction of spirit and of life force. Check it out. You can feel it in your body, your thoughts and your emotions: a tightness, rigidity.

What is needed is an antidote! As simplistic as it may sound I've found the antidote to contraction is expansion! Literally. Test it yourself! Just take a deep breath, let your shoulders roll back, and open your arms to the side and back...further...and further still. Then release the breath with a loose shaking of your hands, arms and shoulders. And you will find yourself more clear, quieted, expanded.

This is a reminder that the best thing we can do in difficult times like these is to use any excuse to expand, open and to reach out to others. It is no accident that love is the feeling of expansion and openness. The worst thing we can do for our own health or the healing of the planet is to isolate ourselves, to become closed and defensive. Step up, step out, connect with others.

And another thing—about the groundhog: According to the myth, it is the dark day that marks the end of winter and signals milder, brighter days to come. As we move through our own dark days this may be good to remember. In the meantime, keep loving the people you meet! Chidakash from *Serenity by the Sea Retreats* is co-hosting a series of presentations on new perspectives. See ad below.

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Religious Science:

Truth for a New Age Seeker

by Reverend Dale Jukes

I had the privilege of growing up in a home that was open to the greater mysteries of life. My father, a teacher and seeker of the truth, always welcomed me into his home study classes in metaphysics and the paranormal.

I grew up being exposed to meditation as a discipline. I also grew up in a parallel more conservative life of my mother's initiation, active within traditional church. My mother was a New Testament Christian who supported the idea of a loving God. I enjoyed the family feeling of these traditional churches, but was somewhat mystified by their blind worship of ideas that contradicted themselves. By age seventeen I completely gave up on Christianity as well as the Occult and started seeking through the other religions of the world. I looked closely at Native Spirituality, Taoism and Hinduism as well as many other ancient teachings; I also maintained a connection with most of the New Age Spiritual revelations. In much of this searching I found truth but was never able to find a practical format for using it in my own life.


This is some of what I found: There is one infinite flow of intelligence; we all know of this intelligence yet we rarely recognize it as such. We have found many names for it that we can argue over. But whether we call it God/Goddess, Great Spirit, Creator, Allah or what have you, we all recognize that this force is intelligent. And one swift glance around us shows that it is infinitely creative. So if this force is intelligent, creative and infinite what is left over? What can possibly exist beyond infinity? Why nothing of course, because we cannot have infinite and something else, infinite means all there is. This infinite creative force is love, is loving, for all its creation is imbued with love. If the act is creative then it comes from love.

If all that I have just said is the truth, and in my understanding it is, then when I look around me at the world this must be what I am looking at.

Yet most of us, and that is a conservative estimate, see varying degrees of chaos, confusion and suffering in every glance.

This is the schism of separation I sought to heal within myself. Finally I found a Spiritual path that was a synthesis of the truth of all world Religions including modern science. This path was called Religious Science. It was simple and logical, it supported the truth in every other form of Spirituality I had ever looked at. And above all it was practical, practicable and provable. For ten years now I have studied Religious Science; I have practiced it in my life and used its principles to support others in their growth and healing. The only limitation I have found is in my determination to apply these simple teachings to my own life. I am happy to put my life forward in testimony to the life changing power of a simple, logical and practicable teaching. This teaching has led me to an understanding of the perfection around me and within me: it is a powerful way to live.

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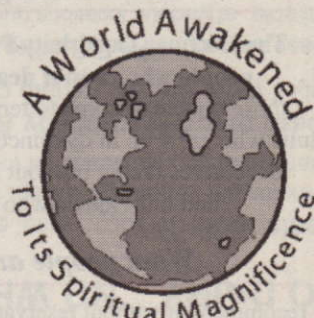
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Sex Hormones, Breast Cancer & The Lymphatic Connection

by Peter Morrow

Maintaining free flow of your lymphatic system is one of the most crucial elements to maintaining your health.

There are several correlating factors contributing to the rise in breast cancer which every woman and man should be made aware of. The first of these is food intake.

Much of our food today contains pesticides, some of which contain chemicals called aromatic hydrocarbons. When sprayed on vegetables and ingested, they accumulate in specific organs, in men the prostate, in women the breasts.

Secondly, the body recognizes sex hormones as potent chemicals and once used, are broken down by liver enzymes and should be rapidly removed from the body. This removal is managed by the lymph system. If something impedes that removal, an imbalance occurs and the sex hormone by-products become destructive free radicals. Their activity results in something known as lipid peroxidation to tissue cells. In women this leads to breast cancer, in men prostate cancer.

The third factor contributing to breast cancer is the wearing of restrictive bras. Bras restrict the flow of the lymph system especially when they are made of petrochemicals such as nylon or spandex and press against the glands.

The forth contributing factor is antiperspirants. They cause sebaceous glands in the armpit to close so you don't sweat. When absorbed under the arm, they also cause the auxiliary lymph nodes to close, further impeding drainage.

Understanding that the primary mode of toxin removal from the body is the lymph system and that there is not a single disease process that occurs in the body without some type of lymphatic involvement, cleansing the lymph is critical to good health, and an excellent way to prevent cancer.

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The Power of Collective Dreams

by Khoji Lang

Neptune and Pluto, the two outermost planets of our Solar system, had a close encounter in the sign of Gemini, when in 1895 motion pictures were invented. Elusive dreams and virtual realities (Neptune) were seized, captured by Plutonian means. Reflecting Gemini playfulness, this invention has been one of the greatest success stories of the twentieth century. A new tool was born, serving humanity for collective transformation on the one hand, but also infiltrating us with all kinds of mass propaganda on the other—again Gemini duality. Movies immerse us in a world of pure entertainment. Without any effort we dive into a different reality, an illusory dimension of our own choice, leaving our everyday worries far behind.

Looking into new releases, particularly successful ones, gives a feel for the pulse of our collective psyche. Because we are ready, some movies become modern myths. They vibrate with present evolutionary quests. They are allegories, in synchronicity with outer reality, providing answers, planting seeds for new thought and action.

'The Lord of the Rings' is the movie of the year 2002. It was released as a mythological trilogy, based on the famous novel by J.R.R. Tolkien. What immediately jumps to one's eye: this is a spiritual movie! We are tremendously empowered when we identify with its heroes. We are to become these courageous and innocent beings, the hobbits and their companions!

The story is most beautiful and loaded with symbolic meaning. The reappearance of the magic ring, the epitome of dark powers, is shaking the peaceful world of Middle Earth. Frodo, the young hobbit, was chosen by destiny to fulfill the impossible task, to return this mysterious ring to the heartland of the Lords of Darkness where it has to be thrown into the volcano's maw. This is the only way to destroy it, to break the vicious spell, so that thousands of years of dark tyranny would come to an end.

In many ways the story is of breathtaking actuality. We are also suffering from dark forces, from a conspiracy of destructive beings, who look like humans but behave like monsters, doing anything to increase their powers. And the infamous ring could be the symbol for globalization, for the new world order, for ongoing terror and exploitation.

'The Lord of the Rings' is an enlightening story in a very dark time. Like the hobbits and their allies, we finally will succeed, despite any logic. We are encouraged to follow our hearts, ready to go into the unknown. Once we accept our task, there is magical support beyond imagination. The future is pulling us, there is no way to put a halt to the galloping transformation. *See ad to the right*

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This Land Is Our Land

by David Orchard
www.davidorchard.com

Reprinted from the Ottawa Citizen



September 11 should not be an excuse to give up our country and to blindly follow the U.S. into battle. It's time Canada stood up for its principles.

In the aftermath of the World Trade Centre attack in New York, we are witnessing some very disturbing developments in Canada. Prominent politicians, academics and media spokespersons are demanding that Canadians, as evidence of their solidarity with the United States, give up their border and their sovereignty, give up Canada in effect.

Newspapers announce "the end of Canadian nationalism." We are all Americans now, we are told.

Canada was not responsible for the terrorist attacks in the U.S. and no Canadian link has been established for those involved. Yet Canada is being implicated and Canada's immigration policy is singled out. Canada is being requested, by no less a figure than the U.S. ambassador, to consider a North American perimeter, meaning one North American power centre or, in other words, a Greater U.S.A..

At the same time, a form of McCarthyism appears to be sweeping the continent. Almost overnight, only certain things are safe to say. Even defending our own existence as a nation has now become almost subversive.

My mother gave several years of her life overseas during the Second World War; as an officer and nurse she tended the wounds of those brave enough to fight fascism and defend this country and its freedom. One million Canadians joined her in uniform in a six-year war that took some fifty million lives. Now a horrific event in New York is enough for some to tell us their efforts were in vain, that we no longer even deserve a country. This is also a betrayal of all those who fought to keep the border there and preserve our sovereignty, from Isaac Brock, Tecumseh and de Salaberry in 1812 on down through the years.

Along with our country it appears we are being asked to give up critical thought. In the U.S., journalists who dare to raise questions are being fired, casualties of an atmosphere that has prompted Walter Cronkite to urge his fellow Americans to wake up to this danger. "When (the Germans) yielded up their free speech so easily (to Hitler), they became responsible for what their government did in their name," he warned recently.

In Canada, those saying "wait a minute, let's think this through" are instantly labelled anti-American. Two theories dominate concerning the New York and Washington events. One, that they were the acts of madmen, incapable of comprehension, or alternatively, that they were a reaction to U.S. foreign policies. Those who examine the latter are being quickly attacked and silenced, even their patriotism questioned.

Yet the very logic that is unleashing bombs and cruise missiles on Afghanistan presupposes a rationality to the terrorist attack. Why would we bombard Afghanistan if the hi-

jackers were merely madmen? There are serious questions that need to be debated and answered before our forces attack a foreign country. The first is the issue of legality.

A nation can ask another country for the extradition of a suspected criminal. It can not bomb it if it asks for evidence or if it insists on certain conditions before compliance. Canada's Supreme Court recently upheld Canada's own right to impose conditions before extraditing suspected criminals to the U.S.

Furthermore, the U.S. has informed the United Nations that it reserves the right to widen this war, to attack any country suspected of condoning or harbouring terrorists. This declaration falls far outside any possible interpretation of Article 51 of the UN Charter. A nation's right to self-defence in international law is very little different from the right of the individual in Canadian law. If my neighbour threatens to kill me,

or if I suspect he may do so, the law does not allow me to shoot him first.

Law, domestic and international, is in place to prevent vigilante action. The Afghans, many starving and huddled in their cellars through these nights of terror, never elected the Taliban

If you will not fight for your rights when you can easily win without bloodshed, if you will not fight when your victory will be sure and not too costly, you may come to the moment when you will have to fight with all odds against you and only a precarious chance of survival. There may be even a worse fate. You may have to fight when there is no hope of victory; because it is better to perish than live as slaves.

Winston Churchill.

as their government and should not be made collectively responsible for its actions. Did not the U.S., Pakistan and Saudi Arabia impose and maintain the Taliban's rule upon the long-suffering people of Afghanistan? Did not the U.S. government train, sponsor and finance the same terrorists we are now condemning, when it was using them against the Soviet Union?

Most Americans have no idea what actions their government has taken around the world, including in the Middle East, where some of the most iron-fisted totalitarian regimes in existence retain their grip over their populations only with U.S. and British support. (Most Americans also do not know that their government and that of Britain have been bombing Iraq almost weekly since 1991, also in flagrant violation of international law.)

Canadians pride themselves on being better informed, and Canada, as a close friend of the United States, with a proud tradition as a peacemaker, has a responsibility to its own citizens and to the world to examine all these questions. Our lawmakers must do so before we join an action that pits West versus East, rich versus poor, in an unpredictable, open-ended war we may live to profoundly regret. The bombing of war-torn Afghanistan is already creating new victims and no doubt a new generation of martyrs.

David Orchard farms in Borden, Sask. He is the author of *The Fight for Canada: Four Centuries of Resistance to American Expansionism*, and was runner-up to Joe Clark in the 1998 Progressive Conservative party leadership contest.



Galalisa Stahr

Chanting is like a magnet that draws us to the beloved - so we can discover "we are the beloved."

Galalisa is best described as a celestial singer. Her music - whether a cappella or with ensemble accompaniment - could be classified as a Celestial Gothic or world Music. Her voice defies easy description. Singing and chanting into a Turkish A-frame hand drum, like the old Mediterranean goddesses of Europe; emptying herself of herself, allowing the eternal arising of sound to penetrate the audience with a spell binding range of tones and overtones. Her unearthly microtonal/overtone chant is like a riveting lullaby for the soul.

Galalisa was born in Toronto, Ontario in 1963, weighing one pound eleven ounces. The miracle she was born became the mysterious catalyst steering her life toward the investigation of music and its healing potential.

With four independent tapes and two CDs to her credit, Galalisa has performed and chanted all over Canada, the US and parts beyond. Her most memorable experiences were singing in Egypt at the Pyramid of Giza and in the sacred temples in India. She has hosted healing circles and chanting meditation concerts. She has just moved to Winfield and has sung at a few local establishments. If you would like to hear or buy her CD's visit the Rainbow Connection in Penticton, 254 Ellis St.



What are Chakras?

Within our bodies are seven major energy centres. Translated from Sanskrit it means 'wheel of spinning energy.'

BASE or ROOT CHAKRA is located at the base of the spine and is linked to survival instincts.

SACRAL or NAVEL CHAKRA is located between the base of the spine and the navel; represents sexuality and creativity.

THE SOLAR PLEXUS CHAKRA is located a few inches above the navel and is the seat of emotional life.

HEART CHAKRA is located within the heart and is the centre of love, harmony and peace. Blockage can manifest as immune or heart problems; or a lack of compassion.

THIRD EYE or BROW CHAKRA is located within the centre of the forehead. Our inner vision is contained here; the dreams of our life are held at this point.

CROWN CHAKRA, is located at the top of the head and relates to one's own spiritual connection with the universe.

When we feel sick or out of balance, it means these points have become blocked. Through various methods and practices we can help to clear them.

Profile

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by Klaus Ferlow

I am sixty-three years "young" with over forty-six years business experience in sales, marketing and promotion, of which twenty years were spent in Europe and twenty-six years were spent in North America.

I grew up in rural northern Germany with healing herbs and never used prescription drugs, antibiotics or vaccinations. This may be the reason why I have never been overnight in a hospital in my life! As a child I learned the value of herbs from my grandmother who had a farm. Elderberry juice was used for fevers, nettles to cleanse, dandelions in salad to purify the blood, and comfrey root was used to heal injuries. We were also taught the value of herbs in school and how to use them. You could call me a lifetime herbalist.

At the age of seventeen I began a three-year apprenticeship with a German industrial firm to become a clerk (Industriekaufman). I was assistant and general manager for German, Swedish and Austrian companies involved in sales, marketing and promotion of industrial automotive after-market and steel products, covering most of Europe.

I immigrated to British Columbia, Canada, with my family in 1975 and founded a company together with my brother called Ferlow Brothers, at that time importing quality gift lines from Europe, selling them to gift stores across western Canada and the U.S.A. We relocated to Ontario in 1979 and I was general manager/partner in a company selling automotive accessories to wholesalers across Canada.

In 1986 we returned to B.C. and settled in Mission where I was working as an agent for a German company selling sport and commercial fishing lines.

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When Awareness Is Not Enough

by Laara Bracken

Today, I am a healthy, happy, productive woman. It's hard to believe that I was once spending four days a week in bed. That I was once in so much spiritual, mental, emotional and physical pain that life seemed hardly worth the effort.

I had tried everything I could think of to get myself out of the "pit"; good nutrition, thousands of dollars in counselling, supplements and natural healing methods, with no, or temporary results. Doctors and others in the healing professions were just as puzzled as I was. Some said I would just have to learn to live with my symptoms. But something inside me refused to give up.

Finally, in 1986, I discovered Core Belief Engineering. The pieces of the puzzle began to fall into place. I learned that I had two major belief systems in conflict with each other. One part of me held a belief system that I, or anything I did, was "never good enough". This program drove me to over-achieve and go away beyond sane limits. A second part of me held a belief system that "if I was successful I would be hated". The drive and the motivation in one and the fear of success in the other were at constant war with each other. The conflict alone created exhaustion. The exhaustion, in turn, increased the physical, emotional and spiritual pain.

The belief systems also held other beliefs, such as "If I am not good enough, then I don't deserve love, friendship, success or any other kind of abundance." So I sabotaged any attempt of Life to give to me. Another belief system "If I am successful they will hate me" carried a distrust of people, so that I was not very approachable. That I had any friends at all was a testament to their compassion and ability to see the inner me. Most people sensed my lack of warmth and thought I didn't like them, so they withdrew. Then the part of me that believed I wasn't good enough said, "See, I told you, you are not good enough!" The "never good enough" belief system also created distrust of myself which resulted in some poor decisions, again adding to the distrust of myself.

But awareness was not enough. Changing the energy held by these beliefs to support positive life-enhancing ones was the key to the puzzle. The beliefs had been there for a very long time and had lots of supporting evidence and so they needed transformations at a deep core level. It was not until these transformations were complete, and I gave myself total permission to be happy and successful, that anything else was allowed to help. Only when I discovered and reclaimed for myself the inner self that my friends could see, was progress allowed in any other area. And help was direly needed, especially with my health. Years of stress and inactivity had taken a great toll. For me, traditional Chinese medicine was most instrumental in healing my body at a very deep and thorough level.

Core Belief Engineering and Chinese herbs then formed positive loops—the more I believed in myself, the more help was allowed, and the better I felt, the more I believed in myself. My work with others has provided absolute certainty that a core of Love, Joy, Talents and Abilities exists in everyone. Helping to facilitate wonderful changes in others is so exciting that it now provides the motivation to continue.

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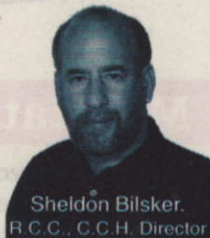
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Balance Restoration Therapy

by Gretchen Kos, BRT, HSP, Counselor

Do you ever wonder what the energy field that surrounds and penetrates you is trying to communicate? Throughout history there is reference to this energy field's existence. (Chi, prana, aura, life force, mana, ki, etc.). Having experienced bodywork / breathwork and other healing modalities, I have sensed this field and its subtle yet profoundly healing qualities. I have always wondered, and this habit has led me to very interesting "lights-on" discoveries about myself and the world I live in.

One discovery is that my energetic field has a lot to say. This field is very sponge-like and similar to an innocent child, present and aware of each experience life brings. The saying, "The body reveals what the mind conceals" gives you an idea of the nature of the human energy field. Often our conscious mind comes into conflict with the wisdom of this energetic field and over time this discord is reflected in our body. What can we do about physical, emotional, and mental symptoms of this discord? Go to the Source—the energy field.

BRT is a gentle yet powerful therapy that decodes the energetic field into information that the conscious mind can understand and ultimately use to create balance in the body and mind. Through applied kinesiology (muscle testing) a practitioner receives the information as to what is causing the energy block. Then she inquires into what the appropriate clearing or clearings would be. The most important component to BRT is clearing the old energy pattern to make room for the new supportive energy flow.

As a practitioner the results have been delightful. Personally, the greatest gift I've received is an empowering perception of our role in the state of our physical, mental, and emotional health. My healing journey has cultivated a profound respect and appreciation of this brilliant life affirming energy that permeates me and the world around me. To see "ailments" as testaments of the constant communication between conscious mind and the energy field is really a springboard for human consciousness.

Practitioners of BRT can facilitate any "body" that has an energetic field, including pets. People of all ages have benefitted from the gentle yet powerful effects of a 1-2 hour session.

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BE PREPARED

by Jollean McFarlen, csl miact

THE BOY SCOUTS' MOTTO, "Be Prepared" seems to be a good one to live by. After all, Scouts have a solid reputation for being ready for anything, anytime. But what about we adults? Is "Be Prepared" a motto just for youth, or can we use it in the business world, too? YOU BET!

HAVE YOU EVER GONE TO A MEETING, and searched through your papers to discover that you had forgotten a key piece? Or, perhaps, arrived at work only to realize that you had left your tools at home? We all do that sometimes - but if it becomes a HABIT we truly need to reconsider our approach.

BEING TRULY PREPARED means that you think ahead, decide what's needed, schedule enough time for your tasks. Even better, you can try to anticipate what others might ask of you and be prepared for those things too. Sometimes you can't plan for emergencies or sudden requests at work. But you WILL be more in control of the events if you DO plan, and others will be able to rely on your "Be Prepared" attitude.

ACTION FOR GROWTH - Take three minutes to think about what you will be doing tomorrow. What are three things you can do today that will help you be prepared for tomorrow?

IF AT FIRST YOU DON'T SUCCEED - Planning is not always easy. Before you give up, try one of these strategies to help you be more prepared!

IN AN INTERRUPTION-FILLED DAY, it is easy to lose track of what you are doing. If this happens to you more than you'd like, try this strategy: list the tasks that you want to complete each day, in the order that you want. Then, if you are interrupted, you'll see at a glance where you left off.

IF YOU FIND YOURSELF FORGETTING IMPORTANT ITEMS, then you could simply be too stressed. When you get up in the morning, take three minutes (that's all!) to clearly picture where you will be that day and what you will be doing. These brief moments will not only help you recall vital details but will also give you time to relax.

MAKE SURE THAT YOU KNOW YOUR OWN PRIORITIES, so that when an "emergency" crops up you can decide how important it really is. Other people's urgent needs do not have to become yours, unless you choose to accept them. "Chance favours only the prepared mind." Louis Pasteur.

Jollean is an author, motivational speaker, Feng Shui & Colour Business Advisor for healthy, happy business.



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Rev. G. Avery

What You Need to Know About the Water/Immune System Connection

by Gerard Tanner



As Canadians we have the enviable distinction of being custodians of one of the planet's largest supplies of potable fresh water, yet in recent years according to government and media reports there is serious concern about the quality and protection of this valuable resource.

Greater urgency has sparked since May 2000, when seven people died and 2,500 were sickened as a result of drinking parasite contaminated water in Walkerton, Ont. The summer of 1993 spawned the largest water caused epidemic incident in the history of the USA, when hundreds of thousands of people in Milwaukee got sick from what eventually proved to be the parasite cryptosporidium that had lodged in the intestines of 400,000 residents. By the time the health authorities were able to isolate the cause of the spreading illness and warn the public, over 200 people died.

These outbreaks and other local warnings have brought about a two-year research paper, by deputy health officer, Dr. Shaun Peck, called *Drinking Water Quality in British Columbia: The Public Health Perspective*. It was found that British Columbians suffer the highest rate of water-related illness in Canada. The report explains that, "Parasites such as giardia and cryptosporidium are present in most B.C. water supplies and are believed to annually cause an estimated 17,500 cases of gastrointestinal illness in Greater Vancouver alone." According to Health Canada, "It is estimated that only 10% of all waterborne outbreaks in Canada are ever reported."

While health authorities are striving to provide better protection for the general public there is much we can do to help protect ourselves. Some recommended treatments for wa-

ter are: to boil water for at least one minute; add two drops of unscented household bleach to one liter of water; use iodine purification tablets; distill the water; use ceramic filters, ozonate the water; etc.

For the most part, water borne parasite infections cause people minor discomfort and downtime from work, however to the young, the elderly and those with weak immune systems, the outbreaks may contribute to worsening of disease or premature death. The following are warning signs for parasites: constipation, diarrhea, gas and bloating, irritable bowel syndrome, joint and muscle aches and pains, anemia, skin conditions, nervousness, sleep disturbances, chronic fatigue and immune dysfunction.

Your body's best protection from any form of parasites is a strong, healthy immune system. The body has a tremendous capacity to ward off any invaders, be they parasites, viruses, harmful bacteria, fungal infection, etc.. If you are healthy your bloodstream will be one of the most inhospitable places on earth for parasitic organisms to dwell, as they would be attacked by the full fury of your immune system's army of B-cells, Helper T-cells, Killer T-cells, etc..

Start the new year of 2002 by supercharging your own immune system. Learn more about natural health, how your body functions, how to cleanse your internal body from toxins and parasites and how to rebuild your body through proper nutrition and diet. Take charge of your health and make the study of health your hobby. It takes a little effort but the rewards can be immense as you learn to take control of your destiny and attain physical, mental and spiritual wellbeing.

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The Magik of Breath & Movement

by Suki Derriksan

Touch, movement and breath are so integral to our well-being and relationships with self and others. When we can find a place where we feel safe, not judged, and can have fun expressing ourselves, we will grow.

Through various forms of healing arts and activities, such as, creative dance, chakra breathing, the Quantum Light Breath, energy movement, meditation, bodywork, being in nature, we can find a discipline to hold us fast on the journey of self and enlightenment.

What is the The Quantum Light Breath (QLB)?

Jeru Kabbal, founder of The Institute for Accelerated Personal Transformation, has created the QLB based on the understanding of "Only NOW is - NOW is all there is".

The Quantum Light Breath is a mouth breathing, invigorating 45-minute session, followed by relaxing positive affirmations for self and others. The QLB will clean out impurities and toxins from all aspects of your being, including physical, mental, emotional and spiritual. It was developed as a technique to cut through the mind without dealing directly with it.

The purpose of the QLB is to help us learn and practice to see the artificiality of the mind and gradually become its master instead of being its slave. The approach we are taking with the QLB is that the content of the mind is made up of memories which are basically harmless, but which need to be released. If not released they will continue to affect us at the subconscious level.

If practiced on a regular basis, the QLB can aid you in being more grounded, more confident, more satisfied with yourself and your life. Your relationships will become more open, more honest and more rewarding.

Your goals will be clearer and you will achieve them in a way that sometimes seems magically effortless.

It is worth the effort to find a time and place to do this. Come, tune into your own sacred space and listen and move to your own inner vibrations! *See ad below*



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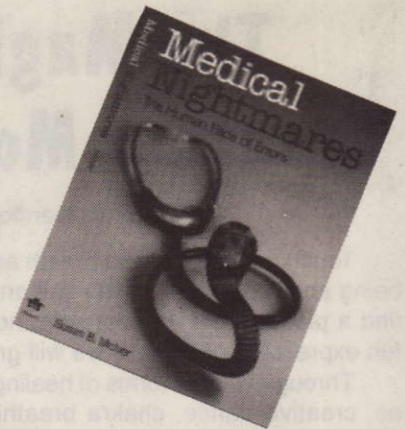
Book Review

MEDICAL NIGHTMARES:

THE HUMAN FACE OF ERRORS

by Susan McIver,

Reviewed by Robin A. Wyndham, RN



Susan McIver, a BC coroner, estimates that 10,000 Canadians die each year from medical errors in hospitals alone. *Medical Nightmares: The Human Face of Errors*, attempts to breach the bulwark of silence thrown around those errors by letting victims speak for themselves in thirty-three true-life stories from across Canada. Dr. McIver's book also contains lifesaving lessons and recommendations on what can be done to reduce the incidence of these often preventable tragedies. Following are excerpts and recommendations from the book:

Take responsibility for your own health. That's the most important message in this book and the biggest single thing you can do to prevent medical errors. Taking responsibility starts with a healthy life-style. If you don't get sick, there will be no chance of error. Being responsible also includes managing your own health care and being your own advocate. Remember that if anything goes wrong, you've got the most to lose.

Be persistent in finding out the cause of a medical problem. Seek information and opinions from all relevant sources—other physicians, other health professionals, medical publications, the Internet, and people with the same or similar problems.

Listen to your inner voice when making decisions. People often sense danger associated with a particular procedure, person, or situation. Don't be afraid to say no or to change plans if you don't feel comfortable.

Approach doctors, nurses, and any other medical person with a friendly, respectful attitude. If this attitude is not reciprocated, think about changing doctors, physiotherapists or whomever.

Look at the big picture. Be an active participant in the discussions of funding and delivery of health care at all levels of government. Do what you can to ensure adequate funding, efficient organization, and a sufficient number of health professionals. We, the citizens of Canada, ultimately control the health care system.

Dr. McIver gives suggestions on what individuals can do to reduce their becoming a victim of error. Among these are:

Your General Practitioner and Specialists

- Make sure your doctor has listened carefully.
- ✎ If you have more than one problem, make sure the doctor knows about it.
- ✎ Make sure you understand what you're being told. Don't hesitate to ask for clarification or more information.
- ✎ If necessary, take notes to help you remember the details of your conversations with the doctor.

Hospitals/Surgery

- ✎ Speak up if you don't like or understand what is happening to you.
- ✎ Take a friend or relative with you to the hospital to be your advocate.
- ✎ If you are not getting the information or care you need in the hospital, ask for a hospital social worker or a patient liaison person.
- ✎ Ask to speak with the supervisor or any medical person with whom you are not pleased.

Medications

- ✎ Ask your doctor to review your medications periodically.
- ✎ Know what your medications look like and what their dosage and recommended usage are. Use as directed.
- ✎ Ask your pharmacist for information about a new medication and find out how it might interact with other drugs you are taking.
- ✎ Be aware of the possibility of adverse side effects from medications.
- ✎ Be informed. Buy a book for the general public on prescription drugs.

If a medical error does occur, there are some things you can do to help minimize the probability of a recurrence of a similar error. Among these are:

- ✎ If an error is suspected in a death, insist on a thorough investigation by the coroner.
- ✎ In some situations, you may want to discuss with the hospital administrator or CEO or the medical staff how procedures can be changed or how staff can be further educated.
- ✎ Help educate those around you. Tell your story to relatives, friends, and acquaintances. Someone may learn a lifesaving lesson from your experience.

Dr. McIver concludes her book with four general recommendations. The first is to use the principles of transformative justice whenever possible in the resolution of medical errors. The remaining three recommendations call for the establishment of a legal aid fund for the victims of medical errors, of a national information centre on physicians' backgrounds, and of a national registry of medical errors.

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DYNAMIC HARMONY

by Rémi Thivierge, MSW, RSW, RMFT and Lyn Inglis

As human beings, we're all made up of and surrounded by energy. Some are more aware of their energy in general and others are more in touch with particular aspects of it - whether at the spiritual, mental, emotional, physical, or relationship levels.

The downside to not experiencing and dealing with these energies adequately is that it may create problems for us. For example, if we ignore our emotions and stress, our body is more likely to somatize - to get sick as a way of dealing with our life stresses. Others may experience relationship difficulties if they are not aware of problematic energies in that area, or if they try to resolve issues with the wrong type of energy. For example, we may respond to a conflict with someone too assertively, or we may put up with too much.

As we evolve, the ideal is for us to make gradual progress in handling our own and others' energy fields in a fuller and more constructive way so that we can achieve a more enriched and healthier state of being.

There are many ways of working with energy. Rather than slowly working on issues like self-esteem, the authors of this article have learned ways of working that will greatly increase people's inner strength. With the assistance of their guides, they are able to increase people's energy fields and inner protection. An example they've been given of this type of inner work is that the Dalai Lama practiced this method for protection, along with senior monks, so that his escape from Tibet to India would be safe.

Another method that is incredibly effective over the space of minutes is to get in touch with what some call the heartbeat of the universe, or what Buddhists call emptiness—getting in sync with the basic energy field which is at the foundation of all things. While in that inner space, the method is to bring our old dysfunctional patterns to mind, and work from there. Old patterns at the mental, emotional, and cellular levels can then be cleared almost effortlessly. Although this method will not work for everyone, many who have worked on themselves extensively can benefit from this approach.

Along with these examples, what Lyn and Rémi offer is a unique blend of various traditions from both east and west in

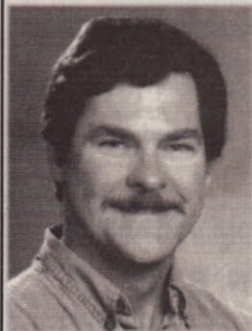
their work with clients and in workshops. Lyn can use her very precise psychic skills to access and resolve old patterns that hold people back from growing to their full potential. She can also help people access new methods of growth to help them move forward at a very rapid rate. Her channeling has also proven to be very helpful to assist in healing as well as giving guidance and finding compassion and loving kindness in the universe.

On the other hand, Rémi can use both traditional therapies and spiritual approaches to assist people to resolve or come to terms with their challenges, and to enhance and balance their various strengths. For many years, Rémi has studied yoga and Buddhist traditions and uses methods borrowed from these and other models in his work. In addition, Rémi can help people connect more fully with both earth and spirit, and also with their male and female energies in order to develop richer and more balanced lives. His work with a pendulum assists him to quickly determine where people are stuck and in which areas they need to become stronger. Among other methods, he makes use of his and his clients' Higher Self to help clear difficulties, and to access various energies as needed by the clients or workshop participants.

Both Lyn and Rémi can assist people to learn to be in their power in one way or another—whether through grounding, developing internal protection, resolving old issues, healing, or other methods. An example of this is that, if people feel unsafe or are not in their power, Rémi and Lyn can add energy into these people's energy fields to help correct the difficulty, thus giving them the capacity to accomplish more in the world.

Lyn and Rémi will now be seeing clients in the Central and North Okanagan, and they are based in Revelstoke. They will also give workshops in South and Central B.C., and farther afield, to assist people with their energies and to learn ways of healing themselves and others.

For more information, Rémi Thivierge can be reached by phone at (250) 837-7478 or Lyn Inglis at (250) 837-5630 or write Rémi or Lyn at Box 1513, Revelstoke, BC V0E 2S0 email: dynamic@rctvonline.net or lyndesay@telus.net



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Results have been so impressive that Core Belief Engineering has gained widespread respect in the helping professions. It is now registered as both a federal and provincial educational institution.

But the method is not a "quick fix". Positive results continue to accumulate long after therapy is completed. "Six months after completing my sessions with Laara, anger and depression have not returned. My self esteem, confidence and relationships continue to improve dramatically," writes Melanie R. If you have even a glimmer of conscious intent and are willing to work in partnership with your practitioner, you can have the same experience.

How It Works

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

Explains Laara, "Most of our major beliefs about life and ourselves were in place by the time we were five or six years old. We forget that they are there, so they become a part of our subconscious, that part of us that has a great effect on what we think, feel and do, but it is so automatic we don't have time to think before reacting."

Later on, as adults, when we choose to do or be something in opposition to these original beliefs, there is a conflict—a feeling of push-pull or being stuck. This results in low self-worth, frustration, anxiety and depression. Sometimes the conflict becomes so severe, it limits our ability to function. Core Belief Engineering accesses and aligns these subconscious beliefs with what you now choose as a conscious adult. As there is no need to reexperience your original trauma, the healing is gentle. A transformation of the old beliefs, feelings, thoughts and strategies is completed on all levels—spiritual, conscious, subconscious, emotional and physical, right down past the layer of the cells. "It's like weeding your garden," says Laara, "if you don't get all the roots, sooner or later, you will have another weed." The CBE process is so thorough, your thoughts, feelings and behaviours automatically align with the new core beliefs.

Empowering and Flexible

Core Belief Engineering is empowering. You work in partnership with Laara, who acts as a facilitator, helping you to determine your goals, and access answers and resources from within so they are real to you. Former client Charles L. reports, "We created much more confidence, creativity, and self-expression, professionally and personally. I now know who I am and what I want." "People of all ages have benefitted from Core Belief Engineering," says Laara, whose clients range from sixteen to eighty-four years, "all you need is determination."

"But not everyone has deep wounds," says Bracken, "Sometimes you just feel like life is not all it could be, CBE is very effective in creating any change you choose. Sometimes you want to expand an already existing talent or ability." "Flung open the barn doors of creativity. I am astounded by how easy it is," Brian K., writer. A professional violinist whose stage fright affected his performance, sent Laara a very enthusiastic review from a national newspaper, after experiencing CBE.

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

Laara originally experienced Core Belief Engineering to solve her own problems. She was so impressed by her results, she decided to make it her life's work. She has sixteen years' experience as a practitioner. Call Laara now and see how Core Belief Engineering can benefit you! (250) 712-6263 Kelowna. Telephone sessions available.

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Calendar of Events



February 5

Reiki, Second Degree, with Lea Bromley in Vernon. p. 8

February 7

The Art & Science of Coaching, starts in Vancouver at Erickson college. p. 5

February 8

An Evening of Healing, with Craig Russel from Soul Journey in Kamloops. p. 28

February 9

Romance Writing, with Jollean McFarlen at Vernon OUC. p. 21

February 9 & 10

Intermediate Meditation, with Cheryl Forrest (Grismer) in Westbank. p. 19

February 10

Transformational Travel, with Chidakash in Kamloops. p. 12

February 12 or 13

Monthly Health Seminar, with Nathalie Bégin in Westbank. p. 30

February 21

pH Litmus Testing Seminar, with Donna Roth in Kelowna. p. 10

February 22 & 23

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

February 26

Face Lift Without a Scalpel, with Helen Day-Bennett at Summerland OUC. p. 6

Guardian Angels, with Judy & Susan in Kelowna. p. 27

March 1

Develop Your Psychic Potential, with Rémi Thivierge & Lyn Inglis in Kelowna. p. 25

March 2

Natural Health Semiar, with Paige Mattice at the Penticton Lakeside Resort. p. 22

March 20 - 24

Fraser Valley Spirit Medium 'Catherine', in Kamloops for readings and workshops. p. 9

March 22 - 24

Body, Soul & Spirit Expo, Telus Convention Centre, Calgary, AB. p. 2

March 30

Reflexology Home Use Course, with Gail Kreiser in Salmon Arm. p. 28

April 20

Mysteries of the Crystal Skulls Revealed, co-author Joshua Shapiro will be hosting a full day seminar, slide show, talk & hands on in Kamloops BC@UCC 9:00a.m.-2:00p.m. tickets in advance \$39.00, \$45.00 @door call Ticketmaster/Towne Ticket to order. For more info call Carolyn @250-377-8756.

April 26, 27 & 28

Spring Festival of Awareness, in Naramata, BC. See back section for details.

Coming in April

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

Coming in June

Usui Reiki Level 1 & 2, Workshop in Kamloops. Call Becky 250-319-1994

ONGOING EVENTS

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MEDITATION at Dare to Dream, 7pm
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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,
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Astrological Forecast

by Moreen Reed

February starts off under the harsh glare of Saturn's station on the 7th. Saturn can usually break through every contrivance of denial we possess. Saturn in Gemini points at judgements and opinions that don't work or physical connections that are shot. Some of you must reach for new levels of maturity or find new reserves of energy to get the work done. It is possible to avoid reality but you will need more complex lines of justification or masterful levels of baffle gab. The correct response this week is to be present for or assist what wants to happen.

Mercury continues the forward momentum by resuming direct motion on February 8th. Haul out your day timers, the world is back to normal programming. Contracts and negotiations that have been stalled should move ahead again. Next up Chiron is highlighted by Jupiter. In December Argentina gave us a dramatic taste of Chiron's new working agenda in Capricorn (3 years). I am expecting Jupiter to reveal the gross challenges that face our social structures. On a personal level look at the balance between your private and public life. Can you integrate these two dimensions of your life to strengthen and nourish both?

The Aquarius New Moon is at 11:41 pm PST on February 11th. Today you can plant seeds of awakening. This New Moon is all cozy with the planet of chaos and revolution, Uranus. Need or want to revolutionize some aspect of life or the world? Then, set your intention today. Pluto and Mars realigned to evoke power of will. Saturn can give you discipline and the benefits of a sharp mind. The highlighted degree symbolism* is "A man turning his back on his passions and teaching from his experience." The keyword is "Serenity."

We get a mid-month reprieve starting on February 13th lasting to the 16th when Venus courts Jupiter. Indulge in the things that feel good! Emotional expressions of love are favoured. Sensually, think water, wet and humid, Hawaii would do. Food, wine and the chocolate binge will be popular. Connect to people who are on the same wave length, then find a cozy nest to share.

Life in all its nitty gritty detail comes back for the remainder of the month. Communications are particularly troublesome, you need patience, perseverance and an open mind. The Full Moon on February 27th is along the Virgo Pisces axis and is at 1:17 am PST. The light of this full Moon shines on "a practice" and in Pisces that could be your spiritual practice, or habits of denial. Tied directly to the Sun and Moon is Saturn. This planet strips away your illusions of what you think is real and reveals the choices you have made. Do you see the judgements and/or opinions that hinder the maturing of your practice? Or do you see the rhetoric that cements you to your patterns of avoidance. The opportunity here is to be open to the nourishment of spirit in the present moment. The degree symbolism* "The race begins: a jockey spurs his horse to great speed."

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for February & March

We begin **March** with the station of Jupiter. The way for a time seems straight ahead. Jupiter's direct motion puts it on a collision course with Chiron. We will again see the vulnerability/limitations of the current public infrastructure (Chiron in Capricorn) exposed by over inflated expectation which are not in alignment with reality. Argentinian-like situations come into view.

Saturn chases Neptune all month. I expect to see continued growth of spiritual consciousness. This combo makes it possible for contemplation of the world through mindfulness. It also promotes propaganda and glamour to deceive the unwary or the naive.

Mars will be making his sojourn through Taurus. Each week he brings us changes to the flow of energy. Week one we can expect to see intensified power struggles. The second week a noticeable shift to excessive and indulgent action, but now without any power to propel it. This is only dangerous to the young or inexperienced. Most of us will feel a hit of carefree optimism.

The March 13th Pisces New Moon is at 6:03 pm PST. Today you can plant seeds that align with transcendental law. What do you wish to cultivate? The picture suggests a time to marry liberal and conservative beliefs. To show optimism that is tempered by reality and to develop the patience for careful growth. Warning "infection" shows up in this picture. The highlighted degree symbolism* is "*An inhabited Island.*" The keyword is "*Cultivation.*" 'Tis the third week and Mars steps off the stage while Pluto stations. I expect we will begin to feel the creeping in of intense constricting pressure, kinda like a garbage compactor.

The wheel of life turns. The Spring Equinox is at 11:16 am on March 20th. This is supposed to be a leap into aliveness. But lurking in the background is the station of Pluto, who now wants to move back through the last seven months reviewing and revising the evolutionary journey it is on. The reprieve is over now as Saturn and Pluto resume marching towards each other. The pressure to evolve is back on and we again are in times that can produce outward conflict and warlike activities.

Mars tries to get some momentum going by March 26th, and moves toward creative activity by the end of the month. The March 28th Full Moon along the Aries Libra axis is at 10:25 am PST. The light of the Full Moon shines on a striking picture. The eye lands first on a grand cross Jupiter/Chiron Sun /Moon forming a near perfect square in cardinal signs suggesting initiation of action is required at this time.

Next the eye notices a grand trine bringing Saturn and Neptune into this scene offering open minded objectivity to the great action that is on. Read; it is easy to justify and sell. If it weren't for the pending Saturn Pluto opposition this might feel very progressive. The best might be "building on the ruins." But likely the change is one of deconstruction, reduction of a polarity in an effort to create equality. The degree symbolism* "*A woman's hat with streamers blown by an east wind*", key word is "*Excitation.*"

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

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Wheel of the Year

by
Laurel
Burnham



February: The Time to Purify

There is something wonderful and solemn in February. We are still in the grip of winter, but the light is inevitably returning. The returning light stirs the seeds in the earth as we find ways to connect with that life/light force. The natural processes of growth, fruition, harvest, decay, death and rebirth that shape our lives is clearly evident in nature at this time.

Our ancestors honored and invoked the Divine energies on several significant days. The first curiously pagan event that receives huge scrutiny from the modern media is Groundhog Day. It acknowledges that we need portents or indications that spring is actually on its way. This focussed amount of energy on the behavior of a small rodent in Pennsylvania on February 2nd is actually a reenactment of an ancient Germanic event tied to the great turning of the year, the midpoint between the Winter Solstice and the Spring Equinox. The second day of significance is Valentine's Day, and it has its origins in ancient Rome, as Lupercalia, a festival honoring fertility.

February got its name from the ancient Romans. It comes from the Latin root *februa*, meaning "to purify". *Februa* was the mother of the Roman god of war, Mars. It is a transitional time, tucked in between the deeper, darker colder months of winter and the new growth of spring. It is time to prepare for the great reawakening. The ancient Romans used February as a month to ritually clean and purify their homes, their families and their lives of all the decay, pain, guilt and sorrows of the year just past. Sweeping out the old to make room for the new. This would be a good time to straighten up our closets, tidy our desks, wash windows and get all those unfinished projects completed.

We might try tidying up any left over family matters. The Roman festival of "Parentalia" was held mid February to appease the dead. They took time to visit the graves of departed family members. If you have lost a relative in the past year, this would be a good opportunity to spend some time remembering them. A few tears shed over someone loved and now gone are not shed in vain. Our tears can heal us.

March: A Month on the Move

Just like the seeds now germinating in the soil, we have energy stored inside us, just waiting to spring forth! March is the time to express that energy, and to feel the sap rising in us, just as it is rising in the trees. March can be a wild month, with plenty of wind, stirred up with lashings of rain and even snow. It's still not warm, friendly weather. But this is a good time to let ourselves be a little wild, and honor the passion and life force within us.

March is one of those few months not named for a god, but for the Roman God, Mars. Mars was much more to the ancients than a bloodthirsty God of war, he was originally a god of fertility, male sexuality, vegetation and abundance. Mars also was invoked for protection of crops and fields.

Perhaps this would be a good time to give thanks for men and the masculine energy in our lives! Many of the positive aspects of masculinity have been lost in our social tendencies to put down men. There is much work for men to do in reclaiming the holy side of the masculine. March might be a good month to start!

The very first day of March was an ancient festival honoring women. It was called *Matronalia*, honoring Juno Lucina, the Goddess of Women and Childbirth. Roman husbands would pray for the health of their spouses, and bring them presents. Women would give each other gifts as well. Women prayed to Juno Lucina, thanking her for opening their eyes to the light.

This month is the vernal Equinox, and the first official day of Spring on March 20th. Why not make a gift of this day, dedicating it to a new phase of your life, a new plan or project. At midday, stand outside, facing the sun. Tune into the new season with your whole heart. In this way, you are attuning yourself to the circuit of the sun. Draw the light into your body, and let that light infuse your soul. Be aware of the unity between body and soul, between yourself, the growing light and the great cycle of the seasons.

This would be a good time of year to plant a tree and give a helping hand with bird seed. It's nest building time soon!

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Stevia

by Klaus Ferlow



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TURN OFF : TUNE OUT

by J.F. Walker

Lois' mother is eighty-four. I know her well. Cancel your preconceived notions of infirmity and senility: this lady is awake, alive and learning things. Debating her way through her college courses in literature, philosophy and politics, she keeps the dendrites ever busy in her brain.

On the morning of September 11, 2001, she awoke in her gorgeous little home. Happy as usual with the beauty and comfort she had arranged for her life, she felt the soft wool rugs underfoot, filled her kitchen with the aroma of brewing coffee, admired again the picture of the forest cabin on her wall, then glanced out her sparkling clean patio window and saw a mallard waddling off with one of her cherry tomatoes. The rascal! She laughed with that transcendent joy she feels when the ducks parade their tiny broods by within feet of her. She loves those ducks, who inhabit the pretty waterway near her back door. In fact, she just loves the entirety of her aging peaceful life.

In short, Lois' mother was fully up and running when she turned on her TV that splendid autumn morning. A moment later she gasped to see a plane crash into a skyscraper.

In shock, her compassionate heart broke as every single channel poured out scenes of destruction, death and panic. The commentators told her that the glorious American Dream that has mythically captivated us for centuries, was now over.

Or so they portrayed it on TV.

Just about every TV station in the western world repeated the same message, over and over. If you fled to the radio, the misery awaited you there too. If you picked up a newspaper or weekly magazine, there it was.

Lois' frisky old mother sat riveted to her TV, dutifully feeling anguished brotherhood for every soul portrayed on every channel. Until she was so exhausted and saddened that only her bed looked inviting. She no longer woke in joy to her beautiful surroundings. No matter how often she gazed out her spotless patio window, she could no longer see the ducks. Only the horror overlaid on the grey landscape of her mind. To this bright and sensitive lady, life was no longer worth living in such a world, and she found herself looking forward to death.

Did her grief help one single soul in New York City? Did her fear change one detail of that disaster? Did the loss of

her vitality return any victim to life again? We certainly lost HER for a few months, as the spark of her spirit nearly extinguished.

What "world" had gone so wrong? HER world? The loving friend next door? The enigmatic ducks who had brought her so much laughter once upon a time, and who marched daily up to look in at her? No. Nothing had changed in her REAL world, the one she could see and touch and sense.

It was the world of media, brought to her by the TV and the daily newspapers. The faceless voice on the radio, grim and frightening. In other words, the devastation of this lady's love of life could have been avoided by pulling a couple of plugs out of the wall and leaving the mail on the doorstep. Her chosen adventures all still awaited her—her college courses, her volunteer work helping people right in front of her, her get-togethers with friends and bridge partners, and her travel tours all over creation. With very little adjustment for fallout from the Big News Disaster, she could have gone on being happy and beneficial to her world. All she needed to do was to turn off and tune out.

Is this ignorance? Burying your head in the sand? Perhaps. So let's concede and allow her five minutes of NBC, three of CNN, and a little Canadian slant, say seven and a half minutes of CBC. That would have informed her and shocked her sufficiently to sharpen her gratitude for her own fortunate existence on this unpredictable planet. Such a shock would have no doubt inspired her to value her time here, to love a bit more generously, to feel others more compassionately, and to notice the thieving ducks with a deeper sense of her richness and joy.

And perhaps she could have bypassed the struggle she now faces to recover her health and energy from her saturation of TV-induced misery.

Our lives are happening NOW. HERE. Right around us. Tuning into this moment has for centuries been prescribed by philosophers as the key to bliss, wisdom and sanity.

That "other" world of emotions manufactured by media - fears, tears and trauma - can be cancelled by the power of one hand any time you make the choice to pull the plug.

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- (*Information on Beck's research)

WELCOME THE YEAR OF ... THE BLACK HORSE

February 12th, 2002 - January 31st, 2003

by Brenda Molloy

As the Silver Serpent year slithers away we are greeted by the Year of the Black Water Horse. In Taoist Astrology each of the twelve animals are assigned a first (natural) element, which is further modified by the association and interaction of the other elements. The Tao assigns one of four elements (Wood, Fire, Metal and Water) to each animal. The Earth element is never assigned as the first element because all animals are earthly beings.

This is the year of the Black Horse whose first element Fire makes it skittish and impulsive. However, this year the Black Horse is influenced on its second level by the Water element, which will sedate the impulsivity of the fiery horse through its stabilizing and calming influence. As a result this year will be considerably calmer than what we would expect from other Horse years. To further understand the elemental combination within each animal sign we can look to the previous year. The Silver Serpent whose first element is Fire was being influenced by the Metal element. This combination creates a need to win at all costs even if it means being secretive and unscrupulous.

The year of the Horse falls in the middle of the twelve-branch cycle. Projects, lifestyle changes and activities that you began six years ago, at the beginning of the cycle, are likely to begin to show rewards now. What you do this year can influence the remaining six years. Business and commercial ventures will flourish. Success is achieved only through action not procrastination. The Horse is known to be a consumer so be careful not to overspend.

Romance is placed on the back burner during this Yang (male) centered year. Sporting records are likely to be broken. The year of the Horse stimulates interest in outdoor and physical activities. Hopefully, we will all take advantage of this renewed physical energy.

A personal glimpse as to what each of the You, born as one of the twelve animals, can look forward to in the Year of the Horse.

- The competitive Rat finds the year of the Horse to be most uncomfortable. The Rat should exercise caution in financial and legal dealings.
- The patient Ox is likely to suffer a few disappointments. Be careful not to overspend your personal energy or finances.
- The Tiger can expect good luck, recognition and perhaps a little romance in this very positive year.
- The Hare feels more comfortable in the year of the Horse than the previous Serpent year. You can expect travel, pleasant surprises and perhaps some unexpected rewards.
- Dragons may feel insecure and uneasy, however, there is nothing to fear, as Dragon will emerge victorious.
- Serpents will do best to watch their health and avoid miscommunications. The Serpent's nature to gossip may provide some awkward situations.

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

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• This will be an auspicious year for the Horse as he benefits from the influence of his own year. The Horse will feel renewed and recharged as he enjoys increased finances and recognition both at work and home.

• The gentle Sheep can expect an amusing and comfortable year full of success and happiness.

• If caution and diplomacy are practiced this could be a very successful year for the quick-witted Monkey.

• Personal relationships could be challenging while finances will flourish in this year of mixed energy for the perceptive Rooster.

• The loyal and honest Dog can expect an outstanding year filled with success, travel and good luck.

• A generally good year for the sensitive Pig but care must be taken in investments and business. Remember to read between the lines.

May the year of the Black Horse bring you peace, joy and good health. Investigate, take action and don't procrastinate. This is a year of growth and movement. To encourage growth clear your clutter. Get rid of the old to make way for the new. Believe in your abundance. *See ad below*



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Why some say, "Herbs Don't Work"

by Ean Langille

Sometimes, there is a growing frustration when people do not see a direct or immediate benefit from health products. The healing process is more complex than we realize.

The first reason includes the roadblocks that we create which can end up sabotaging our health. It is a necessity to follow at least a three month herbal program in order to evaluate its effectiveness. We neglect that it has taken years for the body to reach its current state of health or dis-ease. There must be a firm commitment to follow through on an optimal health plan. A mindset to persevere beyond minor and temporary setbacks allows the body to naturally heal itself. Given time, herbs can provide the building blocks that allow for the results that many people enjoy.

The second reason is that we do not understand the healing process. As the body begins to detoxify according to Herring's Law, the body will clean itself out from top to bottom, from the inside out, and in the reverse order that symptoms occurred. This means that the body will heal according to its agenda and what it deems as first priority. For instance, the skin condition that we were originally concerned about may not go away until the organs of elimination are strengthened on the inside of the body. Allow the body to build from a strong foundation rather than a quick fix approach which may only temporarily deal with an issue.

The third reason is that the herbs you are using may be of poor quality or they are not assimilated by the body. Research and compare the herbal companies available. Do they test the soil that the herbs grow in? Do they evaluate the person who is growing the herbs? Does the company combine herbs which work synergistically to strengthen the whole body and to ensure maximum absorption? Does the company do the many tests necessary to guarantee that the same potency of herb is found in each bottle they produce? These are a few of the questions to ask yourself before you determine whether the herbs you are taking are of benefit.

The fourth reason is how did you evaluate what your body needs for optimal health? Often we feel that if this product worked well for someone else then it must be what we need as well. There is no individual in the world who is just like you. Through Iridology (eye analysis), it becomes obvious how each of us is so incredibly different. We have our own unique genetic background, we respond differently to stress, and we are exposed to different elements in our day to day life that make a big difference. You need someone who can develop a well-designed health plan that is tailored to the needs of your body. You need someone who can reveal new insights into your own health and your own genetic background. You need someone who has researched the highest quality products so you can have peace of mind in your health investment. You need someone who is aware of the challenges associated with the healing process.

To understand that *Herbs Do Work*, requires an in-depth look at a health plan, which combines these four elements. Then you can have health you once thought was impossible.

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The Nutritional Power of...

Portulaca/Purslane

by Elsie Belcheff

As a farmer's wife for over thirty years, I was involved in selling agriculture chemicals and pesticides for seventeen years. This gave me the opportunity to study the weeds and identify them by character and name. During this time I started experiencing health problems along with my husband Paul, so I started studying the benefits of alternative health and received my certified herbology certificate in 1995. I also re-tailed herbal supplements for twelve years and was looking to develop my own product.

What intrigued me was a weed in my garden called purslane portulaca. I tried to get rid of the weed for about three years. I did everything from cultivating it to spraying the weed with the herbicide called *Roundup* and still couldn't get rid of the portulaca plant. So I decided to study the weed wanting to figure out more about its character and benefits. What intrigued me most is when I pulled the weed out of the ground it would sit for two weeks without dying, and if it rained it would start growing again. The portulaca has an inch and a half root and the branches grow four to eighteen inches in length along the ground, with small waxy leaves and blooms with tiny yellow flowers.

Another incident that I experienced was when I was out picking strawberries one morning I saw a baby mouse come out from the garden shed near the strawberry patch, and I watched what it was going to do. I had a patch of weeds near the shed and the mouse went directly to the portulaca weed and started nibbling on the leaf. This confirmed the possible valuable nutrients in this plant.

I began to study the history of this plant and realized that people have used purslane in the European countries for thousand of years for its medicinal properties, and also used it in their salads and soups. Therefore I knew this plant was safe to eat, but I wanted to find out the impact of it on health improvement, as this had never been powdered and capsulated before. I did three years of studies on myself, family and people I work with and was amazed at the results we were all getting. I saw improvements on energy levels, arthritis, skin conditions, diabetes, circulation, removing of calcium lumps, muscle pain, migraine headaches, sleeping disorders, back aches, psoriasis, and many other ailments.

My next step was how to preserve and capsule this plant and still retain all its nutrients. I contracted two scientists at the POS Pilot Plant located at the University of Saskatchewan to do my analytic study and find out what this weed contained. To all our amazement they found it a very unique and nutritious plant. Purslane had 25% Linoleic acid (omega 6) and gamma linoleic acid (primrose oil) and is rich in vitamin A, C, E, glutathione, pectin and potassium. It also contains trace minerals such as calcium, magnesium, zinc, iron, copper, manganese, iodine, and amino acids. The studies also confirmed that purslane is one of the highest antioxidants yet examined in a green leafy vegetable. (100% more than grapeseed and cranberry powder).

We are now processing this plant on our farm and put it on the market in January of 2001. It is distributed to health food stores across Canada.

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