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# ISSUES

MAGAZINE

April / May 2002



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**Johnson's Landing  
Retreat Center**  
*Read Musings for details*





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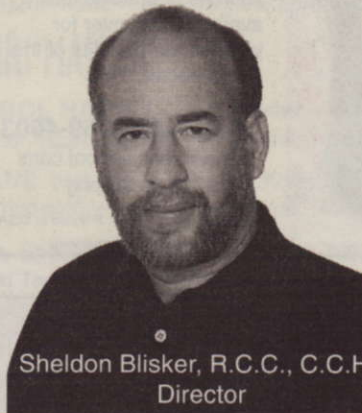
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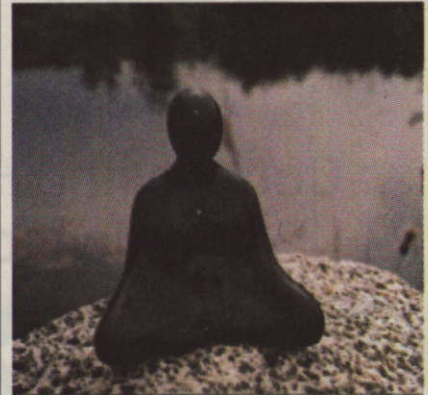
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# Experiencing It Makes It Yours

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.

### Experience Your True Reality

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.

Because I wanted to learn even more about helping people to heal themselves, I became a Chakra Master. Learning to be a Chakra Master is not taught in any of the Reiki initiations.

### Mastering Your Chakras

A Chakra Master is someone who can open all your chakras and get them all spinning the right way. He can also teach you how to keep them open.

A Chakra Master, has the ability to relieve all headaches, including migraine, lower back problems, fibromyalgia and all pain related to chakras which are malfunctioning. A Chakra Master also knows how to read the human aura and delve into past lives, which gives you and your healer valuable insights into the root of problems.

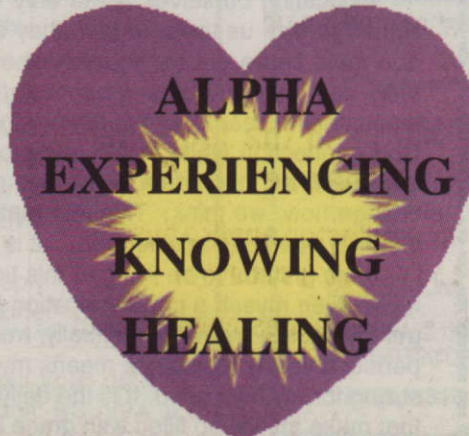
So many people live in fear when the crown, third eye, heart or any of the chakras are closed. When you are living in fear, you are not coming from your heart or your inner joy. When these chakras are open, you can receive greater awareness and a closer connection to your High Self.

Certain chakras are connected to glands in the body. When you open these chakras, the glands work more fully. For example opening the third eye and crown chakras allows the pineal, pituitary and hypothalamus glands to operate at a healthy level. It also lets you perceive your true reality.

### Distance Healing

I also offer distance healing for yourself and loved ones. For this, a picture of the person and their birth date is necessary to place on my healing altar. Distance healing has produced amazing results. For example, a client reported a dramatic drop in his fever, blood pressure and pulse rate. Another client asked for golden light, and I sent her golden balls of light. She phoned to thank me for them and said they had stayed around for twenty-four hours. They had gotten rid of negative energy and raised her consciousness, so she could proceed with what she had to do in her life. The combination of Reiki and Chakra openings has proved very effective for others and it can be very rewarding for you.

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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 location in every town in the central region of BC. Can't find one? Phone us.

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## Musing

with Angèle  
publisher  
of ISSUES

### Retreat Centers

April hints that spring has arrived and soon it will be summer. I started my spring cleaning early because I didn't do any last year. It feels so good to be back to 'normal' or as normal as I will ever be. Catching up from all the renovating means I get to sort through boxes, cupboards and hang up my pictures.

This is the time of the year that people start to plan their holidays, and just in time to help you make some decisions, the Hollyhock and Johnson's Landing Retreat brochures are out. Another great way to relax and meet lots of people is at the Spring Festival of Awareness, April 26, 27 & 28. With over forty workshops, you will have many opportunities to say hello to all kinds of folks on the same path. Registration starts early as many of the participants return year after year, bringing family and friends. By then the tulips and daffodils will be in bloom with the lilacs close behind, and the fruit trees take turns blooming.


I love living in this valley, for it gets more sunshine than any other place I have lived. Over the past few years, I have noticed the weather is evening out... No real cold or hot spells. Yes, we get a few days or even weeks here and there, but we don't get the extremes like we used to get ten to fifteen years ago. We are now having longer but less intense winters. Spring seems to start early and then cools down before it arrives, an indication of the changes to come.

The front cover photo is a hand-painted landscape from a window at the Johnson's Landing Retreat Center, overlooking Kootenay Lake. It was painted by a grateful participant, Anne Krystone of Lethbridge, Alberta. She said, "Just expressing my feelings of peace and tranquility, while I was there." The 2002 brochures are out around the valleys, and if you can't find one, check the centre pages for information on their website. They offer twenty workshops from May till October, outdoor adventure packages, a rest and renewal program, and vegetarian meals, all with a variety of sleeping options.

Retreats are important, for many reasons, so I like our magazine to focus on them. Retreating helps our soul to evolve to a better understanding of life, and can release old tension faster than any pill I know. The instructors at most retreats have the skills to remind you of your God Self and the power you have to co-create your life. There are many ways up the mountain and although we would all like to live at the top, happiness and growth occur while we are climbing. Surrounding ourselves with loving human beings who are on the path is a great way to help us grow, and being in a group intensifies the learning process. The greater the flow of energy, the more opening in our chakras, allowing us to feel more, becoming the unique individuals that we are.

Educating ourselves is the only way to stay well. Our society is not designed to give us tools. In fact, they confuse matters with much propaganda. You must figure out for yourself who to trust, how to know when something feels right and still keep grounded. In years past we would have gone to a monastery to search for the deeper meaning of life. Today, we need to find our God connection while in the midst of the workaday world. There are many books and as much data as we can comprehend on the net that can help us change how we think. This information highway is still in its infancy, but the intensity has been accelerated ... it is as if the data is in the air we breathe.

I am grateful to be living at this time in history, where I live in comfort and have given myself a good education in the wellness field. At the same time, I get to practice evolving spiritually, trusting the God within, knowing that life is perfect and any resistance means my ego is too strong for my own good. It is the daily happenings that make my life so filled with grace and fun.

Angèle 



# FENG SHUI.

SPRING CLEANING OUR BODIES & HOMES

by Brenda Molloy

As Spring approaches we naturally begin to cleanse our bodies and homes. In Feng Shui the energy of Spring is growth and its element is Wood. The emotions associated with Spring are frustration and determination. It is believed that the seed of new beginnings must use great force to break through the hard cold earth of Winter. This action requires focussed determination for the seed to move upwards towards the warm and nurturing sun.

The Family gua (life area) is associated with the Wood element and Spring. The I Ching symbol is Shocking Thunder, which represents our ancestors. Enhance the Family gua with photos of your family, friends and ancestors. To encourage growth place a water fountain surrounded by young plants in the Family gua. It represents growth (Wood) and the nourishing aspects of Water to feed the Wood and encourage flow.

Spring is also the time to take classes and study at home. Lighting a candle in the Knowledge & Self-Cultivation gua lights the way for knowledge, teachers and mentors to find you.

Satisfy your body's natural craving for sour and tart foods. Enjoy bitters, young greens, sprouts and green vegetables. Practice breathing exercises, walking and a fitness schedule that complements your life-style. Always implement one change at a time to secure the new habit. Remember, slow and steady wins the race. When we try to make too many changes at once we set ourselves up for failure. Encourage your inner child qualities by dancing, singing and playing. Celebrate yourself and all that you aspire to be as we welcome Spring.

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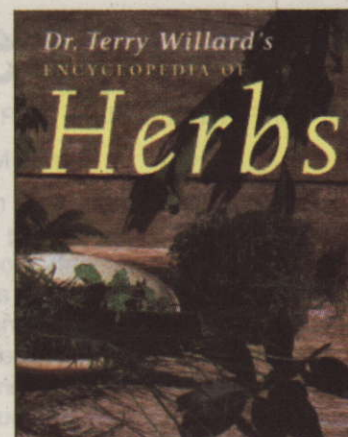
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## BOOK REVIEWS

### DR. TERRY WILLARD'S ENCYCLOPEDIA OF HERBS

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Whatever your ailment; a cold, insomnia, circulatory problems or even dandruff, this book has a safe and effective natural remedy to help. Combining twentieth century scientific and clinical experience with traditional natural methods of health maintenance, Willard offers practical advice accompanied by a recommended course of action that includes single herb treatment, combinations and dosages.

Featured are comprehensive sections on more than 200 common ailments and herbal formulas, as well as recommendations for the best diet plans and nutritional supplements. For those wishing to know more about recommended treatments, a detailed section on herbal and nutritional formulas takes an in-depth look at everything from vitamin C to Ginseng.

Complete with detailed cross-references, informative sidebars, and illustrations, and a comprehensive index, Dr. Terry Willard's Encyclopedia of Herbs is the essential guide to natural health care.

Terry Willard, CL, Ph.D., has studied the medicinal properties of plants for more than twenty-five years. He is recognized as one of North America's leading clinical herbalists. In 1986 Willard was appointed to the federal government's Expert Advisory Committee on Herbs and Botanical Preparations. Currently he serves as the President of the Canadian Association of Herbal Practitioners and is a professional member of the American Herbalist Guild.

He is author of seven books on the subject of herbs including the Wild Rose Herbal series. He operates the Wild Rose Clinic in Calgary, Alberta, and serves as director of the Wild Rose College of Natural Healing, founded in 1975. He lives on an organic herb farm on the eastern slopes of the Rocky Mountains.

## FOREVER YOUNG & BEAUTIFUL

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published by TRAFFORD publishing, ISBN 155369173-3

"The way we eat has changed in the past thirty years. Our modern age has forced some of us into an unnatural way of eating and living. If we don't want to pay the price with sickness and disease, we must get back to basics, and eat and live according to Nature. We may not be able to stop the aging process completely, but we can certainly delay, or even reverse, some of its effects," says author Joanne B. Parrotta.

I would like to introduce you to *Forever Young & Beautiful*. In this book Ms. Parrotta shares the secrets of feeling wonderful, looking younger, and living longer - naturally. As society advances, more and more risks are posed to our health. Pollution in the air, food, and water, and the demands of living a fast paced lifestyle, can wreak havoc on our health. "But we are not powerless," says the author. "We can do something about it. Learn how to slow down the aging process, cleanse your body of impurities, and stay fit and healthy well into later life."

Ms. Parrotta believes that improving our health requires making changes to the whole person—body, mind and spirit. With proper nutrition, moderate exercise, and positive thoughts, we can improve the quality and quantity of our lives. This book provides practical, easy to understand information and techniques for achieving both inner and outer beauty, along with some spiritual practices to help you enhance your spiritual health, so you can experience peace and joy in your life.





From the Editor...

*Chit Chat*  
with Marcel 




There is something that happens with every edition of Issues that never ceases to amaze me. We almost always receive the exact amount of article submissions that we require for every publication. Our magazine has to be published in increments of eight pages. It's not just a matter of cutting or adding one or two pages to accommodate the amount of articles we have received, we have to cut or add eight pages. So in order to come out to the right page count we will occasionally need to cut or add one or two articles, but the flow we receive is always so close to perfect. I am truly grateful for the abundance of the Universe.

It pleases me that most of what we receive is of a very positive nature. These articles are written with an uplifting and supportive approach—with a true desire to provide others with good, helpful information or encouragement and inspiration. I much prefer this to a more controversial or protest approach, where the writer finds it necessary to rail against a particular issue, blaming and bad mouthing what s/he perceives as the problem or enemy.

As I have written before in Chit Chat, I try to remember "The Principle of the Dark Room." When we walk into a dark room and we wish it to be light, we don't take an armful of large plastic bags with us and start carrying out bags full of darkness. We simply turn on the light and the darkness automatically disappears. For this reason I find the protest approach unsuccessful, like trying to carry out bags full of darkness—a backward method attempting to force change rather than create a transformation. However, I do think it likely that protest is a necessary first step for humanity's awakening consciousness, which will continually move forward to more advanced spiritual practices. But for now, as long as we give the dark side the power of our attention, it will expand in our awareness.

I realize that my preference to shy away from controversy and protest could be viewed as a denial—a sort of "Ostrich with its head in the sand" approach. But I don't see it this way at all. I truly feel that we at Issues completely recognize and acknowledge the darkness in the world. This is what motivates us to do what we do. We accept this darkness as a reflection of the state of consciousness in the world. The dark cloud with a silver lining, so to speak. We open our arms to it and invite and welcome it into our embrace because we realize it is a part of all of us and ignoring it would only cause it to fester and poison us. Then we radiate the light and love of our magazine's attention upon it and of course this light and love holds the power of transformation. The dark cloud reverses polarity and the brilliance of the silver lining begins to shine through.

Marcel 



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# Acupuncture

by Alexandra Reiter, D.TCM

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Acupuncture is the gentle insertion of very thin sterile needles at specific points on the body, a therapy that is employed by the professional acupuncturist to adjust the body's energetic balance. It is one of the main pillars of Traditional Chinese Medicine (TCM) and is based on the concept of a meridian system, meridians being pathways through which Qi (energy) travels through the body.

When Qi flows freely through these meridians, the body is healthy. In cases of energetic imbalance or blockage that the body is unable to correct by itself, disease may result. The trained acupuncturist recognizes these imbalances and by selecting acupuncture points that are safe, effective and harmonious, re-establishes balance and harmony where it was lost.

When these needles are in place, the patient has an unmistakable feeling that some describe as relaxation, others call it elation. Some people experience it as alertness or peacefulness or a combination of all. After an acupuncture treatment, some people say they feel deeply relaxed, or more grounded, while others feel spaced out. Some people feel heavy, while others feel very light.

Western clinical investigation of acupuncture has shown its effectiveness as an analgesic by raising the pain threshold. It relieves acute as well as chronic pain without any of the undesirable side effects often associated with

Western pain medication. Arthritis, back pain, carpal tunnel, tendonitis, as well as headaches or the pain of shingles all respond to acupuncture treatments. The World Health Organization recognizes more than fifty diseases that respond favourably to acupuncture, including arthritis, asthma, acne, indigestion, stress, insomnia, menstrual problems and menopausal complaints.

Due to the growing interest in methods of alternative health care, Traditional Chinese Medicine and acupuncture have become more and more popular as methods of treatment for many illnesses including conditions not responding to standard treatments such as fibromyalgia. For a growing number of people acupuncture also has become their preferred choice of treatment for preventive health care.

True to the fundamental principles of TCM, acupuncture is a holistic therapy, never just treating the disease but always addressing all aspects of the individual's life. The professional acupuncturist understands the dynamic relationship of every organ in the body with the rest of the body and the importance of the relationship of the body with the Universe and Nature.

For treatment to be effective, for health to prevail, the acupuncturist knows there must be balance and harmony on all levels of being - body, mind and spirit - and designs the individualized treatment plan accordingly.

See ad to the left



# Nine Chinese Tonic Herbs, The Great Alkalizers

by Donna Roth

I can just hear you! You're reading the title of this article with skepticism. You've tried tonic herbs and they simply didn't do anything for you. But I'm going to tell you to read on. There are nine Chinese tonic herbs that provide trace minerals to balance the body's energy, to fire up the neurotransmitters of the brain and to nourish all of the twelve meridians (energy channels) and their 800 switches or acupuncture points. These widely renowned tonic herbs include Gynostemma, Lycii, Schizandra berries, Siberian ginseng root, Astragalus root, Licorice root, Ginger rhizome, Ginkgo Biloba and Reishi Mushroom. In combination these herbs are able to cross the blood brain barrier to feed and nourish the brain. I have witnessed a man with epileptic seizures gain total control of his seizures by simply fueling his brain with a good dose of these nine Chinese tonic herbs and taking them daily thereafter. I have seen people with depression and chemical brain imbalances have a positive outlook on life by using these herbs daily. I have seen acid pH levels minimized by using daily doses of these alkalizing herbs.

These nine live, high energy herbs provide you with a high amount of potassium. Many of us require up to 800 mg. of potassium a day. There is a severe deficiency of potassium in our society today. This is indicated by high stress, the numerous dis-eases and low energy foods. Many of our foods are grown in depleted soils and sprayed until the body does not recognize them as foods any longer. When there is lack of potassium, the blood pressure goes up, the mind and nerves function erratically as in ADD and there is no control over muscular movements. You get fatigued easily climbing up those stairs. Your muscles are sore all over as in Chronic Fatigue. You're depressed and your skin is crawling. You have water retention, dry skin and the heart is beating abnormally. Your digestion and assimilation of proteins and sugars are impaired and you have painful bouts of gas fermentation. These nine Chinese tonic herbs will resolve these problems. They will alkalize your blood stream. They will build up your physical, mental and emotional strength. They will calm and reduce your stress. They will help you to regain health.

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# Change Your Mind Spiritual Retreat

July 12 to 14, 2002

Apex Resort, near Penticton, BC.

by Brian Hughes

*In the middle of July, the hills will be alive with spiritual awakening!*

**Change Your Mind Spiritual Retreat** will be held at Apex Resort near Penticton, July 12 to 14, 2002. Retreatants will be able to listen to and observe rituals of **Buddhist, Sufi (Islamic Spirituality), Christian and Jewish** faiths. They will also be able to practice yoga, meditate and chant for personal contemplative growth.

The retreat begins on Friday July 12<sup>th</sup>. The afternoon is open to enjoy the mountain air and the retreat begins around dinner. We wish to have first nations representatives and elders to conduct a greeting ceremony. After dinner we will experience a **Sufi Zikr** ceremony with **Whirling Dervishes** and **Persian percussion**. **Seemi Ghazi** will share her deep knowledge of **Sufism** and will recite the **poetry of Rumi**. The night will close with a **dharma talk by Venerable Sona**. Sona is the abbot of the **Birken Forest Monastery**. His dharma talks are often humorous and deeply profound.

On Saturday there is an early 6:00 am start for **yoga, meditation and chanting** before breakfast. There is a **kids' program** and they will do **yoga** and then **play games** or **go for a hike**. After breakfast **Sam Larry** will give a presentation on **Judaism**. As Saturday is the **Jewish Sabbath**, he will give a discourse on the **History of the Jewish people** and their rituals.

In the afternoon **Lyle Povah, master drummer, chanter and entertainer**, will join us. Lyle will teach us chants, drum beats and "boomer-whackers" for the kids.

Sufi's and Buddhists and Drumming and bell's ring,  
Yoga and Christian and Baha'i and Sing-ing,  
Medi-tation, Judaism, don't forget Chant-ing,  
These are a few of my favourite things.

We will have "**Question Boxes**" so that people can write questions down for the spiritual teachers throughout the day. After dinner, we will have **panel discussions with the spiritual teachers** (Islamic, Christian, Jewish and Buddhist) and we will read out questions to them. This should be an interesting way to compare and contrast the various ideologies. In the **evening** we will have a bonfire (weather permitting) with **music, drumming and chanting**. A dharma talk will end our day.

On Sunday at 6:00 am there is **yoga and meditation** before breakfast. **Reverend David Irving (Anglican priest)** is a comparative religion scholar and will share his knowledge of **Christianity**. We will then have a **parting ceremony** and the retreat wraps up Sunday after lunch. People coming to the retreat can determine their own regimes. For example, there will be quiet meditation areas so that one could spend the **whole weekend meditating**.

The essence of this retreat is to **build one's personal contemplative practice** while at the same time **broadening understanding of various theologies** and sense of community. This retreat truly embodies the concept of: "**Think globally, act locally.**"



**Change Your Mind  
Facilitators  
are  
Brian Hughes  
and  
Morgan McKenzie**

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# NEW HOPE FOR CANCER

by Monika Nygaard

One hundred fifty years ago bloodletting was the cure-all for most diseases. Perhaps in the future when people look back to today, they will feel similarly miffed that we understood so little. Great strides have been made in diagnosing, understanding, and in the use of technology in healing. These advancements are wonderful and to be applauded. To assume that there is nowhere else to look is short-sighted and closed-minded.

As we are becoming increasingly aware of how the mind and body are interconnected, new possibilities for healing "dis-ease" and long standing human problems are being discovered.

A most fascinating study is that of Dr. Hamer, who while practicing in Rome, Italy, witnessed his eighteen-year-old son being shot and killed. Several years later Dr. Hamer developed testicular cancer. He had surgery and survived. Afterwards he moved to Bavaria and became very curious about the connection between emotional trauma and cancer. He studied and researched over 10,000 cases.

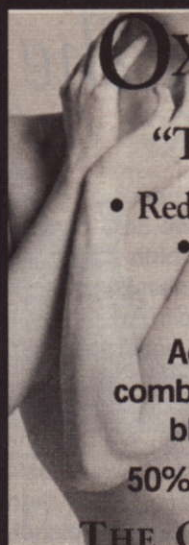
What he discovered and asserts is that a severe psychological shock or conflict precedes all cancer. He says, "You isolate yourself and do not share your emotions with others. You are upset and obsessed about conflict. This conflict changes your life completely, you will never be the same again." "This type of Significant Emotional Experience or SEE," says Hamer, "occurs one to three years before the onset of the first cancer symptoms."

According to Hamer, when a major SEE happens, there is a trapped emotion in the brain, the brain suffers what could be described as a minor stroke, leaving a lesion on the brain. It then starts sending the wrong information to a certain part of the body and cancer growth starts in that area. The nature of the SEE determines where in the brain the lesion occurs and consequently the type of cancer and its growth. A skilled MD can see these lesions on the brain with a CT Scan.

Hamer reports that in all cases where the negative SEE is released (i.e. the negative emotions are cleared or resolved through some psychological methods), then edema (or water) appears around the lesion and healing begins. This edema around the lesion he observed with follow up CT Scans on all patients who successfully overcame the cancer.

To successfully release the SEE preceding the cancer, Dr. Tad James, who developed Time Line Therapy, finds it best to go for the root cause of all negative emotions and limiting decisions, including any decisions around the disease. Going for the root cause, which can go to a much earlier period and is linked to the event that triggered the cancer, makes healing more long lasting. According to Hamer and James, cancer does not metastasize (spread to other parts of the body by splitting off and traveling through the blood stream). Researchers have not been able to cause cancer cells to metastasize in any laboratory experiments.

Rather, Hamer and James say that any additional SEE, such as getting the horrific news of the cancer diagnosis, etc., will cause new cancer growth. The most common area spread to is the lymph, which is related to fear, and the lungs, related to fear of death.



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One client had successfully overcome cancer twelve years earlier and then had a relapse. We cleared all the negative emotions, limiting decisions and the root cause of the cancer. There hasn't been any cancer for three years now and she's doing things she only dreamed of before.

The University of Calgary, Department of Medicine, now uses Time Line Therapy as a textbook in one of its oncology (cancer) treatment classes for training medical doctors. Several psychology departments including St. Joseph's College in Michigan teach it to psychology students. There is hope when people are willing to look farther and deeper to find techniques and alternatives for healing.

*Monika Nygaard is a Master Practitioner and Trainer of  
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# Honouring the Earth

by Dorothy Mclean



Unless we honor all life, we will not have peace on earth. If we disrespect any particular form of life, we are bound to treat it badly and create disharmony. From birth we forget, and are not taught in our cultures, that all manifestation has a spiritual core. Yet in my experience life is held in existence by spirit, by God, by love; there is nothing that is not of spirit. Not recognizing that there is divinity at the heart of all things, we have graded all forms of life according to certain hierarchical categories such as mineral, vegetable, animal. We humans have been gifted with a tremendous amount of awareness. With it we have taken for granted that we are greater than other life, which we relegate to inferior positions on the planet. At present, because of our misuse of earth's treasures, we are learning of our partnership with and dependency on all life.

We are partners with all life in many areas. While at Findhorn my inner divinity told me that all life had an ensouling intelligence and that I was to attune to and harmonize with the essence of that intelligence. At first that suggestion made no sense to me, for how could a brainless vegetable have intelligence? When subsequently I acted on that inner guidance, I found that a vegetable did have intelligence on its soul level, that vegetables have group souls, an overlighting force-field which provides the archetypal pattern and cares for the species. In the past, such force-fields have been called gods. So I was led into the realm of the nature gods which throughout history have been worshipped in most cultures.

This led to my personal discovery of the spiritual aspect of many forms of life. For example, due to my cultural conditioning I had thought that the minerals would be less advanced than vegetables. Yet when I first contacted the soul level of a pebble, I became aware of the greatest essence or being I

had ever touched, one stretching across the universe. My conception of the mineral world soared to unknown heights, reversing all categories. I began to honor, appreciate and love life in a new way, and recognized more deeply the infinite variety, beauty

and inventiveness of nature. As nature itself was full of joy and love in its intelligent dimensions, I began to be at peace with it in a new and interactive way.

It is easy to be peaceful with nature, which doesn't contradict or talk back to us, but to be peaceful with other humans is another matter! There is one sure answer to that problem, and that is to be loving. As long as we are unloving, judgmental or feel superior rather than just different, there will be wars. As long as we are unconscious of our cultural, emotional and mental conditioning, there will not be peace. As long as we are against people or situations instead of for them, there will be wars. Cannot we honor other people as well as other life on earth? With love, we can.

It is not easy to love something or someone who is unloving, but everyone, every bit of life, every culture, has at least one small thing that we can love. From one small beginning a love flow can start and grow, and we are on the way to peace with our neighbor next door or across the seas. Love is our core, and from that center all problems are harmonized and peace reigns in our beings. It is from each one of us that peace reigns on earth. *See centrefold ad, page 20 & 21*

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# AUCTION!

## Greetings from the Granby Wilderness Society in Grand Forks

We are a small, eclectic organization committed to conserving and protecting the ecosystems of the Boundary and the diversity of life that they sustain. This includes people, too! We recognize that healthy, vibrant communities are made up of all individuals, two-legged or four-legged, feathered, furred or scaled, enjoying clean air, abundant fresh water and food, shelter and freedom... our sacred birthrights.

On this note, the Granby Wilderness Society supports local, sustainable, ecologically sound wood manufacturing, and the rights of people to remain in their communities, assured of steady employment. Corporate logging operations and their political accomplices will not guarantee this. Industry based on maximizing extraction and short term greed is now crippling this province. Only creative, innovative strategies coming from the people themselves can assure economic survival, and G.W.S. is active in organizing forums introducing these ideas to our communities.

We are also working hard to ensure that sacred wildlife, including the endangered Granby Grizzly Bear, are able to live out their lives as they were meant to, free from human encroachment. A lot of our work focuses on keeping the remaining roadless Granby Wilderness

intact, so that animals such as the Grizzly are not forced into islands of habitat, threatening biodiversity and genetics, resulting in extinction.

So, in the Spirit of Earth Day, we invite everyone to join us for a fun-raising auction supporting the Granby Wilderness Society, an event that will help us raise awareness and continue our work. **The auction will take place at the Senior Citizen Hall in Grand Forks City Park, Sat., April 20 at 1:00 p.m. Viewing of auction items begins at noon.** Our auctioneer is Jay Naydiuk, a small business saw mill operator, and will most assuredly keep people smiling, bidding and having a great time. Fuel your bidding energy with available refreshments and desserts! Donations of art, crafts, services or desserts are gratefully accepted.

For more info. on the work of GWS, visit [www.granbywilderness.org](http://www.granbywilderness.org).

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## AUCTION!

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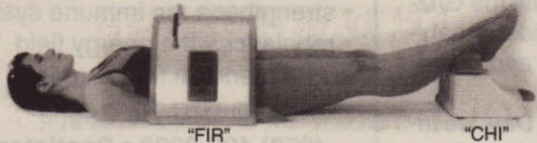


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# Yoga and Glands

by Melissa Kattlus

Yoga means union between our individual Self and Cosmic Consciousness. Yoga is the art of living fully on all levels. It includes a practical philosophy, applied to all aspects of life. Yoga exercises (asanas) are a fundamental part of it, as they start on the physical level, yet have profound implications on all other levels.

In nature we find the different animals have specific qualities. Their glands secrete differently and as a consequence each one of those creatures has a different character. Visualizing the different habits in the various animals the ancient seers created many asanas resembling those animals. That's why many asanas have the names of those animals. For example the tortoise can easily retract its extremities. If human beings can also sit in that way for some time, they can withdraw their minds from the external world. This asana is called Kurmakasana (tortoise pose). Locusts have an immense group feeling. They perform all actions collectively. So by practicing Shalabasana (locust pose) we can also acquire some of the habits of the locust.

The most important effect of asanas is on the endocrine glands which are the pancreas, thyroid, parathyroid, adrenal, gonads, pituitary, and pineal glands. These glands are also known as ductless glands, because they pass their secretions, hormones, directly into blood vessels instead of into excretory ducts. They have a profound influence on our emotions, the state of our mind and our awareness.

Emotions such as fear, sorrow, anger, jealousy, hatred, love and joy have been noticed to affect our bodies, especially the endocrine system, according to their degree of intensity. In extreme sorrow or fear, even death may occur. These emotions are like shock waves affecting the nervous system and leading to the degeneration of the endocrine glands.

The subtle pressures of asanas on the various endocrine glands affect the hormonal secretions and bring about emotional balance and mental peace. Increased glandular secretions make the propensities more active and decreased glandular secretions make the propensities less active. The healing effect of the asanas on the endocrine glands along with their relaxing influence is of vital importance. The ability to remain in relaxed equilibrium has an important psychological effect. Those who practice yoga exercises gradually learn to keep their psychological equilibrium unaltered, to a perfect psychological calm in any environment.

*Melissa is a yoga teacher and healer.  
She has taught yoga and meditation for about fifteen years  
all over the North American Continent.  
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# The Soul Journey

by Craig Russel

Who is your personal guru? Who is your teacher? If you suggest any answer other than that which dwells with yourself, perhaps it is wise to reconsider your acceptance of your own divinity... for the true messenger lives within you. And I say Beloved Friends, in your own life, if you have a temporary teacher, a temporary messenger, who does not lead you back to your heart, does not lead you back to yourself, then perhaps you would be better to leave that teacher, because the heart is where the answers are found. Your temporary teachers and messengers are here simply as gentle reminders that your guidance and answers are found in your heart. Your guides are here to gently remind you there are things that you can do to actualize and to activate what is there in your heart.

I wish to share with you the understanding of impact and your place of power. Recognize that everything that you internalize, you will manifest. When you have idle thoughts that drift across your mind without feeling, then you are simply in the observation of them, those thoughts don't manifest, however they affect your energy fields. When you attach your attention onto one, when you get agitated about it, when you put emotion in it, you feed it the fuel for manifestation. Thought and feeling must merge together in human consciousness and express that which I term conviction, passion and purpose, readying itself for manifestation.

It is so important to recognize now that love, light and hope are increasing everywhere on the planet, for this is what humanity has desired and is finally now coming into fruition.

More people will see very quickly this relationship between their inner thoughts and feelings and their outer experiences. You are creative beings and your mind is the window for creating. Your feelings are the fuel to propel your thought forms into fields of manifest energy, your heart is there to guide you and your body. You are the Beloved, the guru is within your hearts. *See ad below*

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# The Hidden Magic of Enzymes

## The Fountain of Life and the Fountain of Youth!

by Louis Hoolaeff

*"Kill not the food which goes into your mouth.*

*For if you eat living food, the same will quicken you,  
but if you kill your food, the dead food will kill you also. For  
life comes only from life, and death comes always from death.  
For everything, which kills your food kills your bodies also."*

From the Dead Sea Scrolls

Cooking is the main destroyer of enzymes in our food. When we eat cooked food we eat dead food. Therefore we end up with diseased and dying bodies. Staying young and healthy depends on us keeping the enzyme activity in our bodies at a maximum. Enzymes must always be part of all food to be health building. They must be part of every supplement. No food or supplement has healing and normalizing abilities except when functioning in combination with very specific enzymes.

Enzymes take part in every function of the body. Very little is mentioned about enzymes in health reports and other literature, as the addition of high quality enzymes to the diet would render many health products ineffective. We are born with the ability to create both digestive and systemic enzymes, however there is a limitation to the quantity of enzymes that our bodies can produce from birth until we die. We have what you might call an enzyme bank. If we continually take enzymes out of the bank without putting more back in, our enzyme bank account will become depleted.

Enzymes control every action and activity of the body. A low enzyme count will cause every organ and tissue of the body to degenerate. Conversely, a high enzyme count will rejuvenate every organ and tissue of the body. Enzymes die at about 114 degrees F., a temperature where you could comfortably wash your hands. All cooked food is devoid of enzymes, but that is only half of the problem. Today, a majority of the produce that you buy from the grocery store has been heated, preserved or irradiated for the express purpose of killing all of the enzymes, so that the food will last longer on the shelf before spoiling. All packaged and processed foods contain no enzymes whatsoever. Therefore, the average American diet contains almost zero enzymes. If you don't have enzymes at the time you eat a meal, your body misses five of the nine essential amino acids (protein) that can only be acquired from the food you eat.

Amino acids are the building blocks that make up the five billion dead and dying cells we lose on a daily basis. There are twenty-two known amino acids and our bodies can manufacture some of them, but nine of them must come from our diet. The only way to get them is from enzymatic action. With no enzymes, our body cannot utilize protein, with no protein our body cannot utilize minerals, with no mineral utilization the body cannot produce vitamins. Vitamins are the catalysts for all body functions. If you are fatigued or suffering from any kind of health disorder, the major underlying cause is lack of enzymes.

Enzymes taken between meals will enter the blood stream. They will go throughout the body, gobbling up garbage and toxins that have settled in the organs and tissues of the body.

Most adults suffer from leaky gut syndrome. This simply means you have small holes in the intestine that allow undigested protein to pass from the gut, directly into the bloodstream. When these proteins settle out in the joints, they are surrounded by fibrin and we call the result arthritis. When these proteins settle in the myelin sheath, we call it multiple sclerosis and when they settle in the muscles we call it fibromyalgia.

The cause is one and the same. The remedy is overdosing on enzymes. If you have enough enzymes, they will digest the proteins before they get to the gut. Lack of digestion is the cause of

the problem in the first place. An over abundance of enzymes will go to work to digest and remove a lot of the garbage that most of us have in our colons. This will also aid the gut to heal so that it no longer leaks toxins into the blood stream.

Taking enough enzymes between meals will put enzymes into the blood stream where they will be carried to every tissue of the body. These enzymes will go to work and start digesting the proteins that have settled around the joints and muscle tissues and taking them into solution where they can be removed by the organs of elimination.

Down's Syndrome is caused by a lack of enzymes in the mother while the fetus is in the womb. Enzymes are responsible for manufacturing the chromosomes and a severe deficiency of enzymes, results in an imperfect chromosome. There is documented evidence of Down's Syndrome people who were placed on massive doses of enzymes over an extended period of time. Several pictures taken over a period of time portray a metamorphosis. Facial features changed. Spines gradually straightened out as some of these people grew as much as a foot taller. Today you cannot tell that any of these people ever suffered from Down's Syndrome.

The body has remarkable curative powers when we give it the nutrition it needs to do its work. Even the mutated chromosomes in the examples above were repaired, allowing the cells that were dying to be replaced to be normal healthy cells. Recent studies show that the body completely regenerates in three years, not seven as was formerly believed. This information could provide hope for a lot of people.

There are over 5,000 different kinds of enzymes. If you supply your body with the proper enzymes, your body will have plenty of reserve to manufacture all of the other enzymes you need to maintain the highest levels of health. Untold suffering can be alleviated with nothing more than the right kind of enzymes.

Supplemental enzymes can aid digestion, dissolve blood clots, fight back pain, decrease swelling, speed up healing, fight wrinkles, ease hindered breathing, stimulate the immune system, help fight cancer and HIV/AIDS and other viruses such as hepatitis. In other words, enzymes can do an awful lot.

Don't cheat yourself by going without, or by trying to find a cheap substitute. As the old saying goes, you get what you pay for. Not all enzymes are created equal. Many enzymes are of a cheaper quality so they can be sold at a lower price. To get the same results, you would have to take up to four times the quantity. This would drive the cost up considerably.

Many enzymes in the marketplace are produced from petroleum sources, animal/bovine sources, or are pancreatic enzymes and work on a very narrow acid/alkaline pH base. The high acid content of the stomach would destroy these enzymes before they ever reached their intended destination. They also are not compatible with the body DNA and could be harmful, especially in large quantities.

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# Menopause

## Healing and New Beginnings

by Ean Langille

Is it normal to suffer in silence—putting your life on hold—while other women seem to effortlessly move through the menopausal years? Does menopause have to be a time for pain and discomfort? Are there misconceptions as to what you should and should not feel physically and emotionally?

Menopause is an important time for women to act with confidence and reclaim their personal power, rather than react to situations with frustration and helplessness.

Physically, there is a reason for every problem that occurs during pre-menopause, menopause, and post-menopause. There is an imbalance that is created from a missing nutritional deficiency. Estrogen and progesterone are the two hormones that are meant to be in balance in your body. The prevailing view in the medical field is that a lack of estrogen is the problem. There are new studies to indicate that a lack of progesterone to balance the excess estrogen is needed. To compound the problem we are getting xenoestrogens (pollutants from plastics, herbicides, pesticides, industrial by-products) which can cause estrogen dominance according to Dr. John Lee in his book "What Your Doctor May Not Tell You About Menopause."

It is common to hear how someone seems to be doing all the right things—eating lots of fresh fruits and vegetables—yet still suffers with weight gain, depression, PMS, abdominal cramping, headaches, fatigue, foggy thinking, irregular periods, or insomnia. The body is more intelligent than we can possibly imagine as it operates at the speed of light to maintain homeostasis. Our hormonal system functions like a symphony with each organ operating like an instrument in just the right time and just the right key. The body needs to be understood rather than manipulated or suppressed by trying to bring about a short-term solution. The answer lies within each woman's own unique set of circumstances that sets her apart from every other female. The key is to skillfully evaluate all factors including lifestyle, nutrition, genetic background, and environmental reactions.

Emotionally, women are so nurturing and selfless that they do not take time to think about themselves. They ignore their own needs until there is a physical manifestation or problem that they are forced to deal with on a conscious level. After years of being a wife, mother, homemaker, and income earner there may not be a lot left over for the most important person, yourself. Menopause is a time for this reflection, to respect the past and to move forward with confidence and wisdom. It is a process of recognizing and letting go of past hurts so that your energies are focused and strong in the new path that you choose. It is a time to find out who you are and set your own boundaries rather than fitting into someone else's agenda.

I believe that emotional balancing and physical healing are natural and necessary processes to discover and understand the complexity of your current situation and its relation to the hormonal system. *See ad to right*



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## TRUSTING & DEVELOPING YOUR INTUITION

by Jollean Mc Farlen

We all get that feeling in our stomach, or hear that little voice in our head, or for some it is a gut feeling, telling us not to proceed or to go for it. Often we ignore this inner wisdom, because it doesn't appear to jive with the facts, the practicalities, or what we want. In Feng Shui this is very important, I encourage all my students and clients to make the final decisions for all their placements of objects. How often have you later thought, "If only I'd listened to my hunches"? Your hunches may seem impractical and unjustified. They usually come out of nowhere, yet they can provide you with clues for when to look beyond what appears to be practical, factual, or desirable, to deeper less obvious truths.

**LEARN FROM YOUR INSTINCTS.** Our intuition is an instinctual guidance system. Much like a powerful computer, it collects, synthesizes, and integrates vastly more sensory, emotional, and cognitive "data" than we can process consciously. Then, going beyond the capabilities of even the most powerful of computers, it draws conclusions and makes judgements based on its vast databank of conscious and unconscious experiences. Often we don't trust our instincts because we fear they could be wrong. WELL, they can be, just like the conclusions of our logical, rational mind (ego) can be wrong. But if we rely on and trust our intuition, it, too, learns from experience. The more we trust ourselves, the more trustworthy we become. So heed your inner voice. Let it protect, support, and guide you. Let it teach you.

Developing your intuitive abilities and awareness only takes a commitment to yourself. The keys to opening up psychic and healing abilities are simple. They include understanding time, focusing your attention, relaxing, clearing and letting go, and opening up to all that you are and all that is.

### 9 TIPS TO DEVELOP YOUR INTUITION & HEALING ABILITIES

1. **Never compare yourself with anyone else.** Read books, listen to tapes, be creative and listen to what you feel.
2. **Take off your watch for at least two weeks.** By doing this, you will start to gain a real sense of your own time.
3. **Enjoy meditation as part of your life,** you can sit or walk, it only takes 10-15 minutes, every other day.
4. **Pay attention to what is happening** where you are and in your life. Breathe in blue and ask "Am I at the right place at the right time?" Then you can see what needs healing.
5. **Start thinking in colour.** When you meet someone new, ask yourself: What colour are they? Accept the answer that comes to you. You will develop the ability to see auras.
6. **Listen to yourself and your body.** When you feel ill - off balance, take time to ASK yourself WHY. Accept the answers.
7. **Use Tarot cards, astrology, crystals, runes** and other means to help you develop your clear seeing (clairvoyance).
8. **Try an intuitive development course.** Repetition is important, you only have to develop what is already yours.
9. **Anything is possible,** nothing is ever as it seems. Look after your body with a balanced diet and regular exercise.

Jollean is an Intuitive Feng Shui & Colour consultant/coach, visionary and author of six books. She will be presenting at the Spring Festival of Awareness at Naramata, BC. See the ad on the back cover for details. See her ad to left





# FREE YOUR VOTE

## Proportional Representation: A Citizen's Initiative

by Dave Cursons, Cawston, B.C.

Never has the need for reform in our electoral system been more apparent. Our British Columbia Legislature has 77 seats out of 79 total occupied by a party with only 57.5% of the popular vote. In the previous provincial general election in 1996 the winning party had a majority of seats with only 39.45% of the popular vote.

*Free Your Vote* is the organizing body for a province-wide initiative to change the electoral system. *Free Your Vote* is mounting a petition under the province's Initiative and Recall legislation this spring.

Supporters of Proportional Representation seek to end what are called First Past The Post elections. FPTP refers to the existing system in which, no matter how many people vote for the candidates from other parties in an electoral district, the winner can gain a seat with less than 50% support.

It's worth reflecting upon the fact that fully 18 of the 22 elections held in BC since 1903 have given a governing majority to a party with less than 50% of the popular vote.

Electoral reform has been in the wind many times over the years. The last time there was an effort to change the voting system in B.C. was in 1952 when a governing coalition brought in a system which allowed voters to have their first, second and third choices counted. The winning party then promptly reversed the change and governed for the next twenty years. The present government is proposing community discussion of electoral reform through Citizen's Assemblies.

A group in Canada called Fair Vote has been working in public education for years to let the electorate see that real change is possible. The *Free Your Vote Campaign* is supportive of all other efforts to improve the electoral system and is offering this mixed Pro. Rep. petition using the avenue available in law.

The present Citizen's Initiative petition which will issue from Elections B.C. May 13th will ask that voters support a system that ensures that the number of seats each party receives at the polls is reflected in the number of seats they hold in the legislature.

The Petition proposes a 68-seat legislature instead of the present 79. The Petition proposes that there be just 34 electoral district seats in B.C. in which a single member is elected and 34 other seats which would be filled by The Chief Electoral Officer from lists provided to all voters by each registered party. In the proposed system every voter will be given two ballots. One is for their own member who takes care of local business for her district just as the local MLA does in the present system. The other ballot is for a political party whose



FIRST BY THE POST

PROPORTIONAL REPRESENTATION

policies the voter favors in the overall governance of the province.

A party entitled to more seats because of their percentage of the popular vote will be topped up from the 34 available Party List seats to make up the full legislative body. So, for example, in the present legislature with the proposed system we'd have 43 Liberals with 57.5% of the popular vote, 16 New Democrats with 21.6% of the popular vote and 9 Greens with 12.4% of the popular vote. What a different sort of government that might make today!

An effective opposition would be the first plus with such a system. Another plus would be the end of polarized legislative action which sees the sharp swings in policy along the old "left" and "right" lines. Collaboration, compromise and genuine many-faceted debate about law and public policy would result. The quality of legislative debate between members of different parties would evolve as MLA's realize that today's opponent on one issue might be tomorrow's ally on another issue.

Sitting MLA's would feel less bound by party affiliation in an atmosphere of open and varied debate from MLA's of different parties. Imagine no more one party dictatorship!

We know that in countries where Proportional Representation is being used voter turnout has been good. Citizens feel they can vote for the person they want working for them locally even though they may not fully support that person's party platform. In addition the citizen can cast a ballot for the party whose platform they truly favor.

The strategy of "not wasting one's vote" would fade as the opportunity to select from true alternatives emerges. European governments have used Proportional Representation for some time and produce stable effective governments. This B.C. Citizens' Initiative for Proportional Representation proposes seats only for parties that clear 5% of the popular vote.

It's an idea whose time has come in British Columbia.

A successful Proportional Representation Petition will compel the government to act to pass a Proportional Representation Bill into law or put the question to the province at Referendum. Any B.C. voter can register as a Canvasser in the present Initiative and help secure the signatures of the 10% of registered voters needed in each of the present 79 Electoral Districts.

**Contact the proponent,  
Adrian Carr at 1-866-776-7379  
or [www.freeyourvote.bc.ca](http://www.freeyourvote.bc.ca)**



# Vedic Astrology



by Phyllis Chubb

Jyotish, also known as Vedic Astrology, can help you understand your self and your relationships. Jyotish is able to do this by shedding light and understanding on individual needs at all levels.

Relationships make life interesting, and as every adult knows relationships are sources of great pleasure, as well as being sources of great pain. It doesn't matter if the relationships are between parents and their children, neighbours, friends, colleagues or lovers. Relationships are fundamental arenas for learning. The learning can involve letting go of personal expectations or learning to become less self-centered.

This isn't new information; we all know how tricky forming and maintaining relationships can be. Haven't we all longed for some insight into the other people in our lives? For example— You may sleep six hours a night and wake up feeling refreshed. Your partner may require nine hours to feel the same. If that is the case is it fair to label your partner as lazy? Another imbalance shows up when one person loves to exercise and the other can't stand it. Also, some people have high libidos, others have much lower ones. These may sound like small differences, yet we have to remember it's the little things, once blown out of proportion, that break relationships.

Your birth chart shows an astrologer how you see the world, how you think, how you handle money, and what type of partner you need, if you need one at all. It also shows how you communicate and if you are an introvert or an extrovert. Do you love people or do you prefer quiet?

When all the factors in a chart are weighed and balanced interesting pictures emerge. Such an analysis allows us to see areas of interest, physical needs and learning styles. It's the identification of learning styles that makes astrological insights so valuable to many parents.

Children, bless their hearts, are not machines, designed to obey. They too have their own characteristics that must be acknowledged. Just because two children are raised under the same roof does not mean they will respond in a like way to similar situations. For instance, one child may have a strong will and require routine while the other child may be equally strong but allergic to routines. Another scenario involves a self motivated child and another one who appears unable to be alone at all.

How can astrology help in these various situations? The first step involves assessing individual needs based on planetary patterns. Secondly, using the same techniques to see which parent can best communicate with each child.

Although we are all humans we are still individuals and unique in many ways. Unfortunately, there continues to be an attempt to fit people into patterns rather than having patterns fit people. Astrology can and does assist in finding patterns that best allow individuals to grow into healthy people who understand their own inner and outer challenges.

For more about Vedic astrology, please explore [www.dirah.org](http://www.dirah.org) or contact Phyllis at (250) 768-0128.

Phyllis will be presenting at the Spring Festival of Awareness, April 26, 27 & 28 in Naramata, BC.

See the ad on the back cover for details



# Chemtrails Above Us

by Gisela Ko

After wondering for a while why we have so little sunshine lately in this otherwise very sunny valley, and why what little sunshine we do get, appears in a strangely stripey haze, I started checking around. Apparently those stripes we see in the sky these days (often even criss crossing), are chemtrails. What is that? Well, there are two kinds of trails we often get to see: Contrails and chemtrails. Contrails are the white stripes caused by commercial jet planes. At altitudes of 10,000 m (30,000 ft) the hot water vapor coming out of their jets freezes immediately and leaves a clearly defined white trail that soon disperses. Chemtrails however are produced at much lower altitudes and they contain a mixture of chemicals, mostly aluminum powder but also some other unsavory stuff to keep these alu-particles suspended a bit longer. Thus the name "chemtrails". They stay up there much longer and are the ones that cause this stripey haze until all those chemicals and whatever else finally fall down on us and the rest of Mother Earth.

The reason for this being done on a continuous basis is given as protection against the sun's harmful rays and also against global warming. The aluminum particles are supposed to bounce the dangerous ultraviolet rays back into space. They are kind of putting artificial clouds between us and the sun, seeing that the ozone layer keeps depleting at an alarming rate.

I don't get it! Does our Mother Earth really need that kind of a sunscreen? And wouldn't it rather increase the so-called greenhouse effect, if at our latitude the coldness from the sky at night can't reach us? And what is it doing to us ??? I hear that respiratory ailments are at an all time high lately. But lo and behold, there is good news, those aluminum particles are so fine, that they go right through the lung tissues. They may cause a lot of irritation, but then they move along and don't stay in the lungs. They get absorbed by the blood stream, get partly detoxified by the liver and go into every organ including the brain and of course especially the kidneys. That's the bad news: you may now be protected from skin cancer only to die from liver or kidney failure! These chemicals that are so slowly descending on us, have been linked to chronic fatigue, flu-like symptoms, joint and muscle pain, lack of concentration, sleep disturbances and other ailments.

This week (February) I woke up every morning to a sky full of those chemtrails!! It takes all the joy out of spending time in the great outdoors. I live on a mountain in Southern BC, and the fresh air, the clean water and the clear skies have always been a great source of happiness to me—along with the "healthy" vegetables I grow in my garden. The whole thing just makes me sick in my heart!

Are all stripey clouds chemtrails? Of course not! There are winds up there that can blow clouds into all kinds of shapes. But if you see whitish trails in the sky that won't go away, sometimes four, five or six parallel or even criss-crossing, then you can be sure it's chemtrails.

*continues on page 33*



# THE YOGA JOURNEY

by Suki Derriksan

The latest rise in popularity of Yoga is a joy to watch and participate in. My first introduction to Yoga was as a child of about seven years, watching with curiosity as my mother was standing on her shoulders in the middle of the living room floor while watching a TV Yoga morning show. That was in 1970. It looked fun, so I joined right in. A seed was planted.

It wasn't until my career days in Vancouver that I began a serious class of Yoga. Around 1985 I went to the Vancouver YMCA and enrolled in an Iyengar two-hour evening class, taught by a dear Yogini from India. It was hard work, yet graceful, challenging, and calming. In all my fitness endeavors, never had I experienced the burn or soreness of muscles afterwards! Lots of Epsom's salt baths after class!

I participated in this class for two years until the Yogini moved back to India. Fortunately for me, she was very insistent that each of us take up a daily self-discipline - if even ten minutes once a day—every day. And, I did. So, for the last seventeen years without one day missed, I have followed her advice, along with taking the odd workshop and classes to add, refine and assist me with changes in my life and body.

By 1995 while at a Deepak Chopra workshop in California I was in awe of one of the instructors teaching a Creative Yoga class. We became friends and a new seed was planted in me. I wanted to share/teach what she was teaching. Claire and I stayed in touch over the years and in 1999 she created the The American Yoga Academy to certify teachers in her style of Yoga—a blend of Hatha, Kripalu and Kundalini Yoga's and Chi Kung. Last summer I enrolled in her program and by June 2002 shall complete the certification.

A simple definition of Yoga is union, or the bringing together of individual consciousness with universal consciousness. It is said that practicing Yoga brings one back in touch with the state of oneness that exists at the core of all of us. It is a physical practice, a mental discipline, an emotional journey, and a spiritual path. There are currently many different styles of Yoga available to us today.

Here is a brief description of some of the popular types:

1. **HATHA** - physical postures, most general form, influenced by several schools, with attention to breathing.
2. **ASHTANGA** - vigorous, fast-paced hatha poses which flow together featuring the Sun Salutation or other series of poses, to encourage deep breathing, heart health and sweating.
3. **IYENGAR** - emphasizes postural alignment and attention to anatomical detail. Props are used to assist.
4. **KRIPALU** - emphasizes internal focus while practicing the postures, allowing students to spontaneously flow through the postures, guided by the wisdom of the body.
5. **KUNDALINI** - integrates postures, breathing and meditation with Mantra to awaken energy at the base of the spine.
6. **SIVANANDA** - more total lifestyle orientation, promotes proper exercise (postures), breathing, relaxation, vegetarian diet, positive thinking and meditation.
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# Astrological Forecast

by **Moreen Reed**

Laughter is a most natural act on **April Fool's Day**. The current Saturn Neptune aspect goes exact right on cue, on the 1st. This combo asks us to marry vision with reality. Does consciousness really create reality? Next up: we only have one hurdle to cross this month. Jupiter will catch Chiron around the 18th of the month. As mentioned in earlier articles this combo exposes the polarization between beliefs about the way society should be in order to nurture the individual (Jupiter in Cancer) and the reality of the social infrastructure to meet those needs. Chiron in Capricorn will expose the vulnerability in the system. Compromise is the lesson of this opposition. Solutions need to be "win win." This overview for the month cannot leave out the background picture which is the approaching grand finale of the Saturn Pluto opposition on May 25, 2002. The mounting pressure for transformation through limitations will build slowly through April till near the end of the month when I expect the pace to increase significantly. Images that come to mind: Life in a garbage compactor, or a scene from David and Goliath.

The first week of April will benefit those who are clear of intention and are willing to lead the charge. By the weekend indulging in the awakening of life will be full on. Mars hits the end of a rope by the 10th and another crest of violence should be passed. There will be a sober mood coming up to the New Moon.

The April 12th Aries New Moon is at 12:21 pm PDT. Today you can plant seeds that guide the journey you wish to be on. By pulling together your philosophy for life and taking a stand, you begin to weave a new web. By noticing who aligns with whom you can see the shape of trends that will be successful this year. The highlighted degree symbolism is "A woman is carrying a heavy and vulnerable but veiled load."\*\* The keyword is "Reticence."

Chiron stations and turns retrograde on April 16th. The progress of increasing vulnerability to social infrastructure should slow and reverse for awhile. Those dealing with health issues can plateau for a while as well. Chiron resumes direct motion September 9th, 2002.

With the Sun's entrance into Taurus on April 19th one would hope for a stabilizing of life. More likely the course you find yourself on will feel rigid. Changing course will be difficult because the speed will be picking up. A bob sled run!

The April 26th Full Moon along the Aries Libra axis is at 8:00 pm PDT. It is almost like the Sun and the Moon are in a scene of their own. They are suggesting getting on with the daily requirements of your life. Self-giving equals self-realization. The light of the Full Moon shines on the degree symbolism of "A woman of Samaria comes to draw water from a well,"\*\* key word is "Awakening." The backdrop on the other hand is very busy.

At the close of April the energy of the mental plane will dominate. Ideas and talk will be flowing at top speed. Yet there will be a big question/uncertainty hanging in the air. Are we all on the same page of the same book?

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# for April & May, '02

So what to expect in **May**? Intensity for sure. The current Saturn Pluto opposition, a process which began last summer and hit an extreme peak on 9/11, will complete its work on May 25. It is my hope that we will be dealing with the pressure to transform through limitations but we will be going over no new ground here in May.

I expect it will be very difficult to make connections or to communicate in a satisfying way for most of May. Mercury is the culprit here as he winds up to go retrograde. Snags to negotiations and contracts can start to appear and need to be dealt with quickly. Mars is racing up to meet Saturn and Pluto creating a frenetic edge to those who are clear on intention. The first encounter Mars makes is the reality wall of Saturn on May 3rd. I can see the stock market taking a plunge, the internet locking up, and an abrupt end to escalations of conflicts. Next up Mars opposes Pluto on May 8th and people will be searching for a compromise that leaves them with some of the power. Both sides will be claiming victory.

The May 12th Taurus New Moon is at 3:45 am PDT. Today you can plant seeds that can support your relationship to life and to self. This New Moon offers direct spiritual guidance through connecting to the natural world. The highlighted degree symbolism is "White Dove over troubled waters."™ The keyword is "Guidance."

Neptune and Mercury are coming together now. Visionary energy flows in, which may bring light or paranoia. Neptune stations and turns retrograde on May 13th, we are now asked to turn inward for spiritual renewal and reconnection. Mercury follows suit on May 15th. While Mercury is retrograde, expect delays and changes in plans, with travel or appointments. You'll find yourself reevaluating and reconsidering major issues. Hold all final decisions and approval until after Mercury goes direct on June 8th.

Most individuals not directly connected to the approaching final hit from Saturn Pluto, will find life to be tolerable as we normalize with the intensity. Those who are connected should respect the process they are in and not resist the transformation that is on. Another historical page will turn on May 25 as Saturn catches Pluto for the last time in opposition. The Saturn reality is suggesting that through realistic development the world will be reborn again. Pluto has asked that we transform our core beliefs that shape the context we live in. From polarizing "self-interest" to the journey of inclusion is how I see it working.

The May 26th Full Moon along the Gemini Sagittarius axis is at 4:51 am PDT. The light of the Full Moon shines on our ability to be open and curious in life. Mars and Uranus are in a playful aspect lending an air of exhilaration. This does not exclude broken records from playing rather loudly because I suspect they will be. In rebirth the new entity must discover itself. The degree symbolism\* "Drilling for oil," key word is "Speculation."

The pace of life begins to slow the last week of May as Mars slides into Cancer and we turn aside from worldly concerns to our own personal needs.

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

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# Calendar of Events



April 4

**Feng Shui**, with Jollean McFarlen at the Park Rec. Centre in Kelowna. p. 22

April 5 - 7

**Spiritual Roadmap to 2012**, with Craig Russel, Akasha & Asun in Vancouver. p. 17

April 11

**The Hottest Women in Town**, Menopause/Hormones with Ean Langille in Penticton. p. 19

April 13

**Free Seminar, Holistic Veterinary Care** presented by Gail Jewell, DVM Kelowna & Vernon. Contact Barbara 250-763-9256

**Wisdom of the Dalai Lama**, with Rêmi Thivierge at the Village Green, Vernon. p. 2

**Dr. Annelie Driessen presents the work of Manuela, the Writing Medium. Sponsored by the Celebration Centre. Sat. April 13, 3-4:30 pm. Odd Fellows Hall, 125 Eckhardt Ave East, Penticton. Contribution \$15 at the door. 770-8301**

April 16

**Internal Feng Shui**, with Brenda Molloy at Aurora's Natural Health Care in Kelowna. p. 7

April 19 - 21

**The Yin Yang Butterfly**, a workshop with Nirguna in Nelson. Call Suki 250-863-9015

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.

**Auction**, for the Granby Wilderness Society in Grand Forks. p. 15

April 23

**Inner Peace Movement Programs**, with Judy & Susan in Penticton. p. 15

April 25

**Losing Our Health & Gaining It Back**, with Ron Garner in Kelowna. p. 11

April 26, 27 & 28

**Spring Festival of Awareness**, weekend retreat in Naramata, BC. See ad back cover

May 4 & 5

**Experience Reiki**, 1st & 2nd degree in Kaleden near Penticton. p. 28

May 14

**Reflexology for Animals**, start of three evenings with Yvette Eastman in Vancouver. p. 9

May 17 - 20

**The Art & Science of Coaching**, at Erickson College in Vancouver. see back cover

May 23 - 26

**Personal & Organizational Development**, with Dr. Claus Janssen from Stockholm. See www.greenhousetretreat.com

May 25 & 26

**Healing & Soul Integration**, with Troi Lenard in Penticton. p. 26

May 31

**Eckankar**, Free introduction at the Penticton Library, 7:30pm. p. 27

June 6 - 8

**Maya Wisdom**, with Khoji Lang at Johnson's Landing Retreat Center, BC. p. 32

June 10 - 22

**Permaculture Design Course**, in Winlaw sponsored by Selkirk College. p. 10

June 14 - 16

**Healing Touch Level 1**, a beginners' workshop about Body Energy, Chakras and Healing. In Osoyoos at the Suma Farms Centre. Biletting available. For info. Judy 250-498-3538

July 6

**Counselling Hypnotherapy Training**, starts with Orca Institute in Chase, BC. p. 3

July 12 - 14

**Change Your Mind Spiritual Retreat**, at Apex Resort near Penticton, BC. p. 12

July 13

**Tools for Your Healing Journey**, with Monika Nygaard in Vancouver. p. 13

## ONGOING EVENTS

**WICAN SPIRITUALITY** study group in Kamloops, call Sarah 250-376-9605

### WEDNESDAYS

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



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"I'm giving my psychoanalyst one more year, then I'm going to Lourdes," Woody Allen.

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### Changes Last

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 benefited 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!  
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# Spring Cleansing with Milk Thistle Combo Tincture



by Klaus  
Ferlow

Traditionally, spring seems to be a good time to do a body cleansing. Another phrase that comes to mind is "spring cleaning." Anyway you look at it, it's a good idea to keep your body fit. Springtime is as good a time as any other.

Our Milk Thistle Combo Tincture was developed with this and many other things in mind. It is a "broad-spectrum" product designed to cleanse as well as repair. In addition to milk thistle, three other herbs make up the blend which include: cat's claw, dandelion, and nettle. The synergy of the herbs in this formula will provide support to all the organs affected by substance abuse and general neglect. It can be very effective for repairing liver damage. Here are some of the attributes of the individual herbs in this formula:

#### Milk Thistle Seed

- Regenerates liver cells and stimulates the flow of bile
- Protects liver from damage caused by hepatitis
- Has been known to reverse damage caused by alcoholism and drug abuse
- Helps to repair and reverse cirrhosis of the liver

#### Dandelion Root

- Aids in the formation of bile
- A diuretic with a naturally high potassium level
- Acts to remove poisons from the body
- A blood purifier

#### Nettle Leaf

- Great in building and cleaning the blood
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#### Cat's Claw Bark

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# Spring Cleanse

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Using microscope technology, Enderlein discovered tiny microorganisms which he called protits. These protits live within the blood cell, plasma body fluids, and tissues, living in harmony with the body in a mutually beneficial relationship. Interestingly, these protits change and adapt to environmental changes in the body (changes in ph), passing through several different stages advancing from harmless agents to disease causing bacteria or fungi.

Remember that blood is under pH control and ideally has a pH of 7.3, the perfect environment in which the protit lives in harmony with the body. Once the blood pH is disturbed, these tiny microorganisms can no longer live. In order to survive, they will change to a form which can survive. It is these new forms that can become aggressive, parasitic and pathogenic agents within the blood.

Dr. Enderlein contended there are thousands of forms and many of these are able to overcome the body's defense mechanisms, causing multiple disease situations.

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# Welcome to Galactic Time

by Khoji Lang

Our home galaxy Milky Way is one huge living organism. Being a spiral galaxy it measures 100,000 light-years across. Its heart, the Galactic Center, emits the most intense radiation of the entire surrounding cosmos and is the gravitation center around which our solar system revolves. Billions of stars are at its center, and the whole organism is held together by a super-massive black hole with a mass of four million suns. The Milky Way is not a mere accumulation of stars, it also gives home to countless evolved civilizations. There is a fragrance of cosmic intelligence pervading space, connecting and harmonizing these many star-systems. That unifying pulse is represented by the sacred Maya calendar Tzolk'in. Its wisdom was brought to Earth eons ago by advanced beings from other star systems within our galaxy.

Tuning into the Maya calendar is deeply empowering, its message allows us to align with universal energies. Consciously adapting to Maya wisdom makes us aware of qualities we have in common with the entire universe. When we are nurturing such expanded understanding of who we are - not merely being earthy creatures but nodes in a cosmic web - we transcend our limited self-portrayal and evolve to finally become Galactic beings.

The Maya calendar is a fractal. It consists of a sequence of archetypes which allow building a bridge with galactic consciousness. Each of the twenty characters represents a unique energy and a distinct stage in an ongoing process of unfolding. Every day is ruled by one of the 20 glyphs. A cyclic pattern is formed, so every 13 days a fresh wave emerges, coinciding with half a rotation of our Sun. 260 days is the whole calendar round. In this time we can observe the Sun completing ten rotations, and 260 days also is the average length of human gestation period. In these ways the galactic pulse gets anchored in our Solar system. The most intriguing detail of the Tzolk'in are the 52 Galactic Activation Portals. If one draws the calendar grid with 13 vertical columns of 20 Kin (Solar glyphs), then a pattern jumps to one's eye. It is not logically explainable, but it is conceived as galactic DNA. The 52 Portal days, like the Nazca-Lines near Arequipa in Peru, are only recognized from far above. Portals are said to be doors to other dimensions, they are worm-holes in our space-time continuum, being special spots where magic happens. Portal days' energy is much more intense than that of average days. These days often give hostage to breakthrough events. Their particular feature of pushing doors comes even more to eye when one's birthday falls on a Galactic Activation Portal. It's my experience that the years initiated by a Portal day are THE crucial years in one's life, marking the phases when important life changes take place. It does not take much to draw a table showing the Maya glyphs and tones for all the birthdays of your life, revealing the sacred pattern. Above all, what's most exciting about the Maya calendar is how easy it is to comprehend and apply.

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# Butterfly Wings Fluttering for Proactive, Positive Health!

by Jane Shaak

The inspiration to create the Health Action Network Society (HANS), happened over twenty years ago, with a small handful of dedicated people that believed in "butterfly power". It has since developed into one of Canada's most important consumer and professional networks.

An ancient Chinese proverb talks about the power of a butterfly's wings that can be felt on the other side of the world. This concept of subtle influences was discussed at length in Lesson Two of the "Seven Life Lessons of Chaos," a book by Peat and Briggs. Our new quantum physics, with topics like chaos theory and fractals explains how little, almost imperceptible things can have amazing results. An example of butterfly power in action is Rosa Parks, who refused to give up her seat on that bus in the deep south, creating the catalyst that changed civil rights in America.

Small "butterfly" changes in our behaviours make a big difference in our own lives, too. Natural and fresh foods that are supercharged with nutrients; pure, clean water to be abundantly enjoyed; fresh, clean air to breathe fully; quiet, inspired moments of calm and joy; wonderful, complete relaxation in rejuvenating sleep and balanced energizing, exercise are just a handful of affordable strategies to strengthen the body. One recent discovery of mine is Celtic Sea Salt, that is cultivated by hand with a process that is 2,000 years old. Available at most health food stores, the coarse variety is delightful. These moist, delicious crystals have almost sixty minerals and are a wonderful addition to your favourite dishes.



In our most recent Health Action magazine, we featured John Thomas, an author whose focus is "Reversing the Aging Process" and a wonderful story from our member Jack Fun, who now considers his 4<sup>th</sup> level

cancer to have been his friend, as it awakened him to truly living his life and healing himself with the help of the Centre for Integrated Healing, and his own dedication to finding a solution. His story of profound healing is being featured on the Discovery Channel in the series "The Truth Seekers."

Anyone who has a wonderful, healing story to share; anyone interested in wellness information; anyone wanting to protect and enhance the individual's rights to quality, complementary health care services and products or anyone wanting more public awareness on current issues that affect the health of the individual and the planet, is a welcome addition to this team. So, power up those butterfly wings of yours and join the Health Action Network Society Team. A team that is making a difference one "flutter by" at a time.

HANS receives inquiries and requests for professionals that believe in proactive, informed, wellness therapies and modalities. We are expanding our Professional/Business Directory to service these requests. Contact HANS at **1-888-432-4267** or visit the web site at **www.hans.org** We invite you to encourage the positive work of HANS.

*Jane Shaak is one of the many Ambassadors of the Health Action Network Society and a supporter of Issues Magazine. A 'Naramatian', with energy to share.*

## Chemtrails *continued*

They slowly spread out to form a hazy cloud cover—but the underlying trails usually remain visible often all day long.

What worries me the most is that the mass media are apparently under some kind of a gag order not to report anything about this. Or if they do, then to ridicule it.

And nobody seems to know for sure who is doing this and under whose order. I did find out a lot via these websites:

**www.lifeboatnews.com** and **www.rense.com**. Apparently this has been going on for years now and none of us even knew it was happening! I am trying to make more people aware of this issue, so we can hopefully put an end to such an irresponsible tinkering with our skies.

See Gisela's ad in the NYP under Shamanism

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