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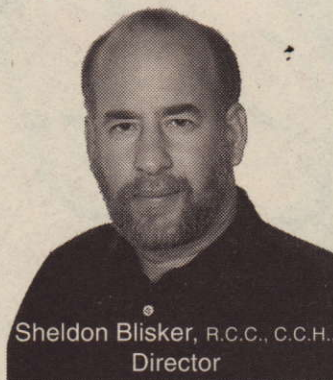
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In Praise of the Sacred

by Sobonfu Somé

In the heart of West Africa lies a country called Burkina Faso—a Country made up of sixty tribes speaking as many languages. It is not a big country but a relatively small one, the size of Colorado. I was born in the southwestern part of this country. My people, the Dagara people, live in community. Their life blood is ritual.

As a child I never thought much about ritual and its implications. I thought everything was a given and everywhere I went life would be the same as in my little Village. Indeed traveling within Africa gave me that sense of protection, care and security. However, my innocence went flying out of the window when I was thrown into the heart of the West (Michigan) in the middle of winter. No more community, rituals and safety.

Life suddenly became a journey of transformation and self discovery for this Village woman. A wave of grief and deadened energies took over my life. My daily realities were now painted with loneliness, boredom and dismay at life. I began to wonder what phenomenon was happening to me, for I had never had these feelings before. It suddenly hit home that I was being initiated—but by what? Which entities? And without a community? Who would then welcome me back from this brutal initiation that nearly knocked the life force out of me?

As I prayed and tried to fight my way back to freedom, I realized from talking to people that is was a "normal" way of life. Something within me refuses to take that as an acceptable answer and with determination I began my search for community far away from home. It was only then that I found the missing ingredients in my life: community and rituals—the life giving force of every human being.

While in the Village, I would never have understood why anyone would want to create community or rituals. In fact, I would have laughed in their face if they asked me to teach them about rituals or community, for it is a given in the Village.

My experience of being away from my community has taught me that the close relationship I experienced with community was essential for the growth of human Spirit and necessary for peace within the community. At the core of my longing to belong was a desire to connect with something bigger—something sacred—which the human psyche needs to be at home and to keep its life balanced.

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Becoming a Wise Woman



As Rod Stewart sings in one of his songs, "May God bless us all with a little romance." I have often blown kisses up into the sky or into the creek for the wonderment of being alive. These day I am feeling even more blessed for I have connected deeply with a wonderful man who is my age, a man who doesn't watch TV or even care about the sports or stock reports. He is a long-term vegetarian who likes to keep fit, meditate, listens to New Age music and reads holistic books. As I said to Marcel, my editor, after our third date... "I didn't know men came so nice."

Richard and I have lots in common and every weekend that we are together we get to discover more. We are busy people who live in different towns and realize it will take time to rearrange our lives so we can be together, but the magic we both feel is awesome. We are both interested in one day creating a spiritual community/retreat centre, so if you know of land that is suitable, please contact me. I expect the universe will give us guidance when we are ready.

The next most exciting news is a five-and-a-half pound granddaughter...Isabella, born to my oldest son and his wife in Abbotsford on May 13. She was so eager to get here that she came two weeks early. I am looking forward to having her bright light in my life. I am so glad the universe slowed me down enough so that I have the time to enjoy them both.

People often say to me, "You are an inspiration, creating a living doing what you love," and I tell them, "If I can do it, anyone can." I too was born into a dysfunctional family but still lived a fairly normal existence, in a body so frozen with undealt-with emotions that I could barely lift my arms without discomfort. I knew I had to change, but where to start? I am grateful to my inner voice for guidance that graced me with choices of yoga, meditation, rolfing, organizing the Spring Festival, along with some weekends with a Reiki Master. I knew deep in my heart that changing careers in mid-life was the only sane thing to do. Once I accepted that fact, the speed with which the universe moved was awesome. I feel I have been given a divine mission and have looked back only to see how

far I have come in learning to be an authentic person and not the one who was conditioned by society and all its rules. I love the challenge to be more than I am and feel blessed with the many teachers along the way who have showed me how to be a wise woman; one who lives closer to the truth in my heart and the feelings in my body.

The front cover is a painting by Graham Pettman of Vernon exhibited at The Lloyd Gallery in Penticton. I chose it because for me it represented a Wise Woman. I liked the vibrant colors, the image of an eagle soaring and the buffalo grounding her to the Earth. It was timely because this issue includes the program for the Wise Woman Weekend taking place at Naramata, BC, Sept. 13th to 15th. The back cover is a past Wise Woman parade to the gym for the Closing Circle. It is led by Laurel Burnham, an enlightened soul who enjoys sharing her love of the Earth with everyone.

If you are searching for more meaning in your life and want to mingle with like-minded souls, the Wise Woman Weekend is good place to start, as are the Hollyhock and Johnson's Landing Retreat Centres. As I said last month, it is important to recharge your batteries by being around loving and inspiring human beings who can offer guidance.

Another incredibly wise and brave woman who just released her third book is Ghislaine Saint-Pierre Lánctot, M.D.. She was a medical doctor who followed her heart and was banned from the College of Physicians and Surgeons after speaking out against the misuse and abuse of the system. Her new book, is entitled *What the hell am I doing here anyway?* and gives great examples of how we can change the system if we don't like it.

Here is a quote that I resonated with from Ghislaine's book: "After writing the Medical Mafia, I came to the conclusion that only a change in individual awareness can lead to unlimited health and help heal the health system in general. Most people are fixated by the bad news—the hell we live in, and do not hear the good news—the paradise we are about to

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create." I agree with her and feel that many people do not accept their divineness. If people spent more time learning how to reprogram themselves instead of watching TV and reading newspapers they would soon learn that each person that changes does make a difference to the whole.

The healing crisis facing us is on a planetary scale, and the collective can only be healed by each of us individually. To heal the world we need to heal ourselves, and that only happens when each of us is ready to accept our divineness and accept responsibility for our choices.

As Ghislaine says... "I am here to transform my imaginary fears into love. Discover that life has a direction that makes sense. Experience self-fulfillment, find happiness, laugh, get younger and healthier. Learn to think, speak and behave like the divine being that I am." Her book is reviewed on page 8 and is self-published.

Ghislaine



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Taking Responsibility For Your Own Health

and Establishing A Baseline For Action

by L.M. Yakimovitch

What if there were no medical plans? What if there were no pain killers? Would you be interested in taking responsibility for your own health plan? In this fast-changing world of economics and health care it is becoming vital for us to take responsibility for our own health. This is a huge paradigm shift from the idea of intervention, where you wait till something goes wrong and then get a diagnosis to correct it as opposed to taking responsibility for learning about body processes and taking personal action to prevent disease and support the immune system. As we receive less we must do more for ourselves through gaining knowledge and avoiding the pitfalls of the marketplace.

Now the question is how to begin the journey to prevention and responsibility that will lead to a better lifestyle and quality of life. The key is knowledge. Take the step today by first assessing your health and establishing a base from which to proceed. This base line can be easily established through Live Blood Analysis and/or Voice Bio Analysis, two methods complementing each other that are painless, efficient and effective. Your blood and voice represent your life force and understanding them provides the keys as to where to begin your journey to better health.

Live blood analysis provides a unique way to learn about your state of health by actually viewing a live blood sample through a powerful microscope and projecting it on a video monitor for you to see and discuss with a trained analyst. This allows you to actually see the condition of the cells and status of the body along with bacteria, micro-organisms and parasites that can become pathogenic.

A new modality for health assessment you can take advantage of, and that few are aware of, is Voice Bio Analysis, a technique that records your voice vibrations and accurately assesses the energy related to glands, organs and body parts as well as the overall condition of the body. The technique measures tones from C to B and assesses body stress or over-energy, or where there are lower or missing tones leading to a weakened condition. This kind of assessment can guide the actions you take to improve your profile and reassess periodically the improvements you have made.

These methods are painless, efficient and an effective means for you to learn about your body. I have personally used both and have come to realize what I should do and perhaps more importantly what I should avoid to improve my body profile. This is absolutely vital with all the choices; diets, weight loss programs, cleanses and fads in the marketplace today that can often do more harm than good. Taking responsibility for your health also includes wise and informed choices and what to avoid.

Once your baseline health profile is established you can begin the journey to better health by learning about and taking advantage of the wide range of modalities available for you to pursue a proactive approach and take responsibility for your health. See ad to the left

Medical Intuition In Service of the Great Way

by Henry Dorst



About thirty years ago, Dr. John Diamond, via a paperback book titled, *Your Body Doesn't Lie*, revealed a Thymus muscle test which revealed that inside all of us is a brilliant, subconscious source which could tell us deep truths for our benefit. This discovery defined a "medicine path" which I have followed ever since.

Inspired, I studied other forms of muscle testing (eg. Biokinesiology) so that I could help others make positive choices in such matters as foods, natural medicines, compatible partnerships, career choices, etc. These methods are not accepted by the mainstream. This may be because their simplicity offends its assumption that things should be complex. Perhaps even more because it shifts the power from the expert towards the client's own inner source. This is sad, for it deprives people who might otherwise also discover that their lives have meaning and purpose and that they each have unique, inherent paths leading towards ultimate wholeness.

This "holistic" (or holistic) concept of health and human life, which the Diamond method first revealed to me, is not new. The sages at the core of all the world's cultures knew it long ago. The Latin root of the word "medicine" means middle (=medi) way or path(=cine) provides as an indication of that. Health and illness were defined by being on or off such a middle path and healers were guides or facilitators who helped those who were ill find their way back to where body and soul might heal naturally.

But, "path" is such an intangible thing. You might ask, how do you determine what and where anyone's middle path is? You know what my answer will be; muscle testing and health dowsing in the hands of someone who has mastered them. For these really are path-finding methods.

Sharing these intuitional methods and other similar ones still excites me after all these years. Mostly it's because of love. Love is being with people when they discover the brilliant sage inside themselves. Love is seeing new light in people's eyes when they discover purpose and greatness in them which I first discovered in me with the help of Dr. Diamond and others many years ago.

Henry is instructing at the JLRC this summer, see centerfold



The front cover photo was painted by Graham Pettman of Vernon.

A wood and soapstone carver who loves to paint large figures in vibrant colours.

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The prevalence of toxins in our day to day life means that none of us can completely escape from their effects. Today, our exposure is to far greater concentrations than were previous generations, for example: millions of Canadians live in areas that exceed smog standards, most municipal drinking water contains over 700 chemicals. Some 3,000 chemicals are added to the food supply and as many as 10,000 chemicals in the form of solvents, emulsifiers, and preservatives are used in food processing and storage, which can remain in the body for years.

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Getting To Know Yourself

by Sue Peters

I have found that one of the fastest and easiest ways to become comfortable with myself and to reach the core me, is by returning to my first teacher, Nature. A few months ago, I spent six days on 68,000 acres in a very beautiful ranch in the heart of Oregon. I spent time walking and talking with horses, and roaming the sage hills.....getting to know how my body and spirit sing.

Those experiences led me to shifting my work from people, to the animal kingdom. I learned that animals offer us a clear bridge back to the Creator. In order to work with these wise and intelligent Beings, I had to be in a place of deep love and feel a mutual respect for all things (people, animals, plants, trees, rocks.....). Participating in gossip, being judgemental, harbouring doubt and feelings of unworthiness blocked my connection to both the animals' souls as well as my own, so I had to (and have to) really focus on eliminating these qualities from my personality. And finally, openness and respect for all life became very necessary if I was to progress in my work. What a relief it is to seek and practice these qualities!

When I spend time with an animal friend, I speak to him/her in images, pictures of what I want to say, and they respond back with images and feelings. I also need to imagine that I am the animal, and feel what it is feeling. This is not so different from the training that I went through years ago while I was learning from some Native friends. In my training, at that time, I had to be the animal or tree or rock that I was observing....I had to feel what it was like to be those things. I had to move as they did, and at the same time connect to their Soul Essence, so that I could learn to be expansive, and open. I found that when I practiced 'being all things', there was no room for judge-

ment, fear, anger, and doubt; and because of that, the feeling of worthiness gently settled into my consciousness.

When I visit the animal kingdom, their honesty is refreshing.....they read what my vibrational body is saying, and they either stick around because it feels good or they leave (or bite me) because of the chaos that my energy field is projecting. So, the gift our animal friends offered me was an opportunity to get to know myself. It became easier to know myself when I avoided analyzing feelings or reactions. I found that I got stuck in those places, so instead, I went to my heart -- the doorway to spirit, and asked my soul to guide me into the direction I sought. Checking my antennas was helpful -- I had to look and see what I was projecting out into the world (chaos, joy, anger, fear.....?) and become responsible for what I wanted in my life. I learned to become centered in the Source Energy -- the Creator, to be in the present moment -- (everyone's most powerful time), and then I relaxed and let the love flow. It sounds easy, but it wasn't so easy until I decided to move out of resistance and just listen, observe and be -- just like my animal friends. *See ad below*

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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.

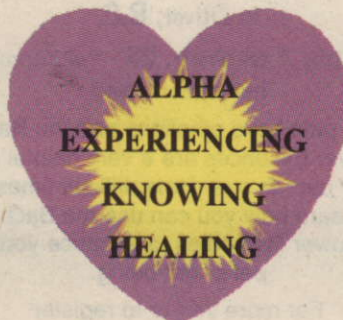
Certain chakras are connected to glands in the body. When you open these chakras, the glands work more fully. For example opening the third eye and crown chakras allows the pineal, pituitary and hypothalamus glands to operate at a healthy level. It also lets you perceive your true reality.

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.

Also, I will shortly be teaching St. Germain's 352 symbols (energy frequencies) of Shambala Reiki. All Reiki initiates and teachers will be offered a special rate.

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COMMUNICATION STYLES DIFFER

by Monika Nygaard

Ever wonder why you feel an instant rapport with some people and not with others? One reason is our communication style. How we take external information in from this world is through our senses: what we see, hear, feel, taste and smell. We also generate internal images, sounds and feelings and use a fourth system called the auditory digital system which is thinking things through and making sense out of things.

An interesting thing John Grinder and Richard Bandler—co-founders of Neuro Linguistic Programming (NLP)—discovered is that most people generally tend to favour one or two of these systems over the others, just like some people are right handed and some are left handed. We all use all of the systems and can use different ones in different contexts, but we do tend to favour one or two most of the time.

Thus some people tend to be more visual, using words such as "picture this, let's see what happens, can we look at this" and "focus on it". Visual people tend to breathe shallow, hold their bodies erect and with their eyes up. They tend to speak very rapidly because a picture is worth a thousand words and their voice is trying to keep up with their internal images. They also tend to be neat and well organized.

Auditory people breathe from the middle of their chest. Their eyes tend to move from side to side and sometimes they cock their head to one side as if they are listening intently. They learn by listening and love to talk. They are sensitive to peoples' tone of voice but may be tone deaf to their own. They use words like "that sounds good, I hear what you're saying, let's tune into this and really discuss it". Their voices are often melodious and pleasing.

Kinesthetic people typically breathe from the bottom of their lungs and often move and talk more slowly. They may like to lean forward or stand close or touch people when talking or listening. Their eyes may move downward and to their right (that's where "that downright good feeling" came from). They tend to use words like "that feels right, I can grasp that and feel connected, let's get in touch with what that means."

Auditory digital people often talk to themselves and spend a lot of time making sense out of things. They like to do things in sequence and will study things in great depth. These people may not respond so much to what they see, hear and feel as they do to the labels they give these perceptions. They tend to not trust their basic experiences—they trust the words that describe their experiences instead. This gives them their cautious look as they look for the perfect description. They use words from all the categories but the two they use more are, "that makes sense" and "I know what you mean." They also will use more neutral words like think, decide, process, and understand. They will often look down and to the left.

Noticing which system a person uses and then matching our words, speed of voice, breathing, etc., to that same system, will make the other person feel like you are "speaking their language" because your message more closely matches the way their mind works. It gives you the ability to go more fully from your map of the world to their map of the world. This fascinating study can help you build more successful communication and responsiveness. This is only one of many aspects of the nature and workings of the unconscious mind that the study of NLP uncovers.

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Soul Integration & Healing the Fragmented Self by Troi Leonard

"The outer world of matter is a mirrored reflection of the inner world of cause."

If we take this thought to heart, then we must face the present world condition, both in its global and personal context, as a transformational opportunity of great magnitude.

The September 11th incident, with continuing reactive responses, is the expression of "Shamballa Force" custodian of the 1st Ray energy of Will and Power, symbolised by the lightening bolt and sword in response to the fanatical element of the 6th Ray energy of Ideal and Devotion in its misguided expression of ancient religious hatreds and dogma. However painful the process may be, certain objectives are being achieved. On the mental plane it has "Rent Open the Veil of Illusion" humanity has long been slumbering in and begun opening our eyes to discriminate in truth the false reality of the world structure and form we have become so complacent about. On the emotional/astral plane, a psychic shock of immense proportion passed through the solar plexus of humanity, bringing to the surface deeply rooted insecurities and fears with attending anxieties, sleeplessness, mistrust and violent reaction.

On the physical plane we are witnessing the destruction of the excesses of the monetary system in collapse, pointing to the inequalities starkly evident in the extremes of poverty much of humanity is struggling hopelessly in. Through the sacrifice of many and by opening our hearts and minds with compassion and vision, we are offered an opportunity to heal these imbalances, making a stand against all forces of terror and oppression, facing corruption wherever revealed. We are being reminded to look deep into our own shadow and not sow further seeds of dissension and separatism, based on past judgements, biased beliefs and personal motives.

In light of all that has taken place since our "planetary wake-up call", how may we best face an uncertain future, stabilise the turbulent emotionally charged atmosphere and gain the clarity and reason needed for the difficult choices ahead? The answer resides within our Soul which is at the heart of all. It is through the Soul's meditation that we may relate the plan of Spirit with the matter at hand. The Soul is the great unifying agency of the trinity and we, in our nobler impulse, become its expression. Through the Soul all imbal-

ances are corrected, right human relations are established and the circulation of the earth's resources will be wisely distributed. The Soul guides us to the wisdom of the higher guides, angels, archangels and masters who function on the Buddhic or Intuitive Plane. It is the plane of your true self, the solar angel, the I Am That I Am, the source of Love-Wisdom. The Heart and Soul is ever group conscious, in service to the greater plan. Entering into the new millennium, humanity is being offered a choice, which is also a crisis in consciousness and orientation.

The choice or decision is not just in Afghanistan, Israel, Ireland and any of a number of areas in conflict. The choice lies in internal vigilance, eyes open, unclouded by illusion and glamour, standing silent in the midst of condemnation. It starts with you and I facing our mirror, seeking honesty, order and all the virtues, the greatest of which are love and truth. It seeks not its own, but only the good, and for goodness sake, goodwill. Christ's overshadowing of Master Jesus served as an example and testament. The meditative Soul is our way back into its radiant source.

Much guidance and inspiration continue to enlighten my close to thirty years on the path through the writings of Alice A. Bailey, who transcribed the teachings of Master Djwal Khuls' (the Tibetan). In the courage and willingness to explore the deeper wisdom of the Seven Rays and in their psychological healing application, many answers may be found regarding the nature of ourselves. This leads from the aspirational path to discipleship in the service of God's Will on earth, thus fulfilling our obligations.

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Profile

Self Help Community in the Okanagan

by Dr. John Bright

How many people out there have a dream of helping people and are unsure where to get started. I have had this dream for the past decade but felt that I wasn't prepared adequately from a spiritual point of view.

For the past ten years I have studied extensively with spiritual training, graduating from Science of Mind College, then going on to study at the University of Metaphysics, in the year 2000 graduated with a Master's degree, and in 2001 completed my Ph.D.

For the past two and a half years I have been the minister for "The Centre For Awakening Spiritual Growth". We hold weekly Sunday morning services at the Schubert Centre in Vernon.

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Prior to starting my spiritual training I owned and operated a construction business for more than two decades. Prior to owning the construction business I owned and operated a manufacturing business for more than a decade.

As a child I was raised on a farm and learned the skills of survival, planting and harvesting food crops and learning methods of preparing and preserving food.

I believe that people wanting to help themselves out of poverty should have the opportunity to learn the skills of planting, growing and preparing food, manufacturing clothing and furniture, basic construction and other pursuits such as arts and crafts and music.

People who genuinely wish to help themselves should have the opportunity (at no cost to them) to learn in an atmosphere of peace and harmony. Food, clothing and shelter would be provided while the training process was being carried out. This would alleviate any stress and anxiety from a financial point of view.

I would like to share my dreams with like-minded people who would like to be involved in the building and training process. Please call me if you would be interested in sharing your ideas with me. The non-profit society would be named: United Trainees Of Planet Earth In America or UTOPEIA for short. My phone number and email address are in the ad above.

Anger Is My Friend

by Laara Bracken



What exactly is anger? First of all it is a signal that something is not right. Secondly, it is often blocked willpower. Thirdly, it is a survival mechanism.

Whether the "something that is not right" is anger towards someone abusing a child, or towards someone who abused us, it is a clear signal that the abuse is not deserved.

It is blocked willpower when we feel frustrated, at events or people or at ourselves, for blocking the will that wants us to move ahead or be motivated. Often when we want to do something, or be something, or a situation is not resolving, we say to ourselves "Damn! I am going to do something about this!"

It is a survival mechanism when our safety is threatened and we fight to survive.

In all of these cases and many more when we are angry, the anger is saying something positive. "I don't deserve this", "I don't like being blocked", "I don't like this situation", "I don't want to die", are powerful statements especially when they are turned around to become "I deserve love, respect and support", or "I want to resolve this situation", "I want to move ahead" or "I deserve to live".

Anger is a negative expression of powerful energy that is trying to create something positive. It is the same energy as willpower, determination and survival. For example, both anger and willpower have the same basic rhythm, whether we are marching ahead with determination, or pounding the table with frustration. The rhythm is one, one, one, one. The colour for both is red as in "I got so mad I saw red", or as in martial music which is often written in the key of "A", which is the first letter of the alphabet and whose colour is red. The same rhythm, the same colour, the same goal.

It is not as effective in resolving a situation, because we approach people in an aggressive manner which creates either a responding anger, or fear. Neither one creates a win-win situation as both we and the other person/people become defensive or entrenched in our positions.

If someone is angry at us, or yells at us, we close down, again getting angry or defensive, and refuse to keep on "hearing" them. Other people have this reaction too. This is why nagging seldom works. So, if people don't "hear" us the first few times, turning up the volume is not going to help.

It's not as effective as willpower, because while it gives us a surge of energy, it also drains us.

Anger is not as effective in attaining goals because when we are angry, we are not thinking clearly and the results of this type of planning can be disastrous.

So, what to do?

First, realize that all emotions are justified because they exist. So stop beating ourselves up because we are angry. It is the function of the emotions to feel and they are doing just that. Realize too, that the logic of the mind is not the logic of the emotions. Emotions have their own logic, strange as that may seem.

Secondly, listen to what our anger is saying and turn it around into a validating, life giving statement, i.e. "I don't

want to die" becomes "I deserve to live". This allows us to become friends with our anger and ourselves.

Thirdly, realize that doing more of what doesn't work, doesn't work.

Once we take a good look at what we think anger is achieving for us, it's obvious it's not working too well and the cost is enormous.

Finally, go to the core of the problem. Most anger comes from wounds experienced in childhood, combined with a decision to use anger for protection against someone or something, or to get us what we sense is our birthright of love, respect, appreciation, support, safety, etc.

Energy can never be gotten rid of, it can only be transformed. Find someone who can give you some coping tools as well as helping you to transform anger into willpower, determination and focus, at a deep core level.

Moving forward with a calm mind, being motivated in a productive way, clear decision-making and the ability to focus, combined with the conviction that our birthright is love, respect, joy and all that entails not only feels better, it works better.

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I WILL NEVER FORGET YOU

Irene Nettles talks about her new book

All of our lives, right from early childhood, are preparing us for the greater purpose that we have come to express in this life. This Divine Plan is more than just existing, it is a plan for how each one of us can bring more Light into the world. If we examine our life story we will see how it helps us gain the wisdom, the power and the courage to step out onto life's stage and live this Divine Plan. All of our experiences in this life and past lives have been our schooling, guiding us to the particular 'job' we have come to do. I see now how it was all set up before I was born. My Path through life right from early childhood has been preparing me to write this book.

My parents escaped from Russia during the Russian Revolution in 1918. They had both been born to great wealth and social standing. My Mother's life had been one of going to a Finishing School, piano lessons, dance lessons, learning French, courting young Officers stationed under her Father, the Colonel, and generally leading a life of wealth and circumstance. She was not allowed to go into the kitchen as it would disturb the kitchen staff, but that was not a big problem in a twenty-four room house on an estate in Moscow.

My Father had been a large landowner and thank goodness knew how to farm. He was thirty-nine years old and she was twenty-three when they arrived in Canada in 1924. Neither knew a word of English.

My Mother came to Canada with her family: parents, two young brothers and five sisters. She was the eldest. She got married that year and they started to homestead in north-western Alberta in an area that is now considered only good for grazing.

My Mother had to learn all the skills required to survive in that kind of life. The cooking, baking, canning, milking, chickens, gardening, mending, root housing, washing, ironing and all the other chores. And add to that giving birth to four children within the first five years of marriage and eight years later one more child. I was child number four.

In 1929 the Depression hit and the drought. My Father lost the farm they had been struggling to improve. And for the next thirteen years they would move to wherever my Father could find a job, eventually ending up in the East Kootenays.

During all of this time I never heard my Mother complain, feel sorry for herself, reminisce about the 'good old days', or rail and rant at how unfair life can be. If she felt any anger about her lot in life she never let on. She was always cheerful, worked hard, mastered all the skills required to survive. She could take a hand-me-down dress, rip it apart and re-sew it to fit one of her four daughters, mend beautifully and scrub clothes on a washboard until her knuckles bled.

In 1942 the war was in full swing and my Father got a good job working in the shipyards in Vancouver. Finally we had running water, flush toilet, electricity, and a decent house to live in. She was overjoyed, life was much easier plus there were other Russians living in Vancouver, people who had experienced the same, kindred souls.

In 1950 she got rheumatoid arthritis. Within a very short time she was completely crippled and in terrible pain. She never complained, she never shook her fist at God for all the injustices of life, she just sat quietly and let the tears roll down her cheeks.

In 1954 she discovered a lump in her breast and silently chose not to tell anyone and not to seek any kind of medical help. In 1960 she had one breast removed and radiation. She died peacefully at home in 1963. She was a beautiful spiritual soul that gave unstintingly of herself and gave great love to all.

Reflecting on her life sent me on a journey of questioning life. Why are some people healthy and others not? Why are some rich and some poor? What forces guide us to be who we are, to make the choices we make, to experience what we do? Is there a Higher Being who makes all of these decisions for us? If so - what is our role in this?

All of this study of life and how it works led me to a spiritual belief that we are all Sovereign Beings with the great gift of free will to express whatever we choose to experience. We create our own life. We are the artist and the painting. We are here on Earth to learn and evolve to a higher consciousness and we do this by having an experience and learning the lesson inherent in that experience. In this way we move towards Ascension. We cannot bury our angers, hurts, disappointments, guilt, shame, not forgive or whatever else we have chosen to ignore and not expect it to resurface later. Our life's lessons are in those very things we have buried and our life will remind us to learn our lesson, unfortunately often through the pain of illness. Pain focuses a person's attention like nothing else. It says "release all of those buried negative emotions and live life in joy and peace."

My book *I WILL NEVER FORGET YOU* relates, through a story, the purpose of life, why we are here and what we have come to learn. It explains the whys, whats and hows of how life works. Also explores the reasons for our pain in life, not only physical but also lack of abundance, poor relationships, unsuccessful careers, lack of vitality and passion in life and all the other ways we are reminded to learn our lessons. Through questions and a study guide we are helped to release buried hurts and angers and shown the path to living in love. See ad to the left



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Aches, Pains, and Fatigue . . . Not Necessarily!

by Ean Langille

Acceptance of pain and suffering is often our paradigm as we age. You can take control of your health by recognizing the cause of the discomfort. Digestive concerns are the primary cause of toxic buildup in our system.

We know that our bodies have an innate intelligence that can transform the food we eat into smaller units for absorption and assimilation while eliminating waste products that would otherwise be toxic to the body. What you may not realize is that it takes up to 40% of our energy to digest the food that we consume. Digestion requires energy and our alkaline reserve of vitamins, minerals, and enzymes. Any deficiencies of these life-giving nutrients can prevent "perfect digestion".

The primary breakdown in our digestive system occurs in the stomach. The stomach naturally has a pH of 2.4 which means that it is very acidic. This is where the hydrochloric acid is released that allows the food that we ingest to undergo an acid bath before it moves into the small intestine. The acid is not only necessary for digestion, it is necessary for our protection. It has the capability to destroy toxins - bacteria, parasites, or fungus - that would otherwise cause sickness or dis-ease. Often we suppress stomach function by opting for drugs or over-the-counter products that initially stop acid reflux or heartburn but are masking an underlying cause of poor digestion.

Protein digestion must begin in the stomach or these food particles can not be recognized properly by the body further along the digestive tract. Your body may initiate an immune response against an undigested food particle! This means that even more energy is wasted because of a breakdown in the digestive process. When this foreign invader is finally recognized - if it is not eliminated - it will be stored in areas that are safe for the body. The toxins can be suspended in fat cells or they can accumulate in areas of weakness that are inflamed or in pain such as the back, neck, and joints.

I have seen many people completely eliminate their aches and pains by supporting their digestive system with herbal energy that is very difficult to get through our diet. Increased energy, a high quality of life, and pain-free living are all possible as we understand the intelligence of the human body.

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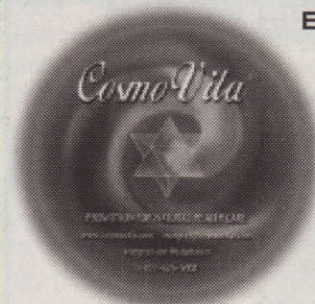
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Promotion For Natural Health Care

Astrological Forecast

by Moreen Reed

June should bring warmth of all kinds. In the sky, the end of the Pluto Saturn aspect should bring a welcome relief from the pain of transforming through limitations. Ah, but now that the dust is settling, the shock is wearing off, people are becoming more aware of the new reality they must adjust to. I expect the general tone of conversation will be pessimistic. There is hope in the air; Venus dances early with Jupiter. For the first week of June do indulge in all manner of comfort with your fellow man/woman. A sense of family will be important and nourishing. More constructive communication will resume after Mercury turns direct on June 8th.

The June 10th Gemini New Moon is the 2nd solar eclipse of 2002, time: 4:46 pm PDT. The Sun and Moon are asking for your full attention today. I expect that economic conditions will be standing out in a glaring light today. Saturn ensures clarity and Jupiter paradoxically asks that the brakes be applied. Eclipses add six months to the duration of the cycle that is beginning today. Agendas begun today need to be practical and pragmatic, with an eye to the fall. The highlighted degree symbolism is "A cafeteria" The keyword is "Supply." Even for those who are in tune with supply and demand, this next six months will be a challenge. I recommend conservative programs that cover the essentials of life, rather than trying to be the winner of a race.

Patience will be a useful strategy for the middle ten days of June. I expect no outright confrontations to mar the scene, just annoying glancing blows from over crowding. Be willing to adjust or deal with the drama. Venus makes moves on Neptune near to the full Moon offering much needed inspiration and grace to flow into relationships and life in general. Meanwhile Mars is trying desperately to catch Jupiter. This combo is a mixed blessing. For the over 25 crowd this is a much needed boost of enthusiasm and risk taking energy that can get people "up" and motivated. But to those in the 14 to 25 bracket it is dangerous "no fear" energy that gets them into situations that are over their heads.

The June 24th Full Moon along the Cancer Capricorn axis is at 2:42 pm PDT. The light of the Full Moon shines on the 4th degree of Cancer whose symbolism is "A cat arguing with a mouse," and the key word is "Justification." Cancer asks us to pay attention to our ability to nourish and flourish. A full Moon highlights the current conditions for us to examine. We are all interdependent. The question: Do you see yourself in a sustaining environment or not? Make sure you're not arguing with the last mouse!

The last week of June will focus on building alliances that work for the benefit of society. The possibility of advanced forward thinking programs to be launched is very good. Enthusiasm for new growth is bubbling into this activity. Get set to formalize relationships with a signature on July 1st.



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for June & July, '02

In **July** we will set the stage for the next round of hopefully kinder, gentler changes. Both Saturn and Jupiter are set to take centre stage for the next year. Saturn will dance with Neptune, this aspect is asking for your picture of reality to manifest fully—the famous star performance, your opportunity to run the world. Well, symbolically anyway. Neptune ensures that your vision is revealed. The problem; you can see there would be a few, visions are hard to share. On a personal level you are either walking away or left standing alone. On a global scale the picture is way bigger. The lesson is humility, the humbling of the ego. The acknowledgment that life is relational. First test July, second test December, last test April May. Good luck.

Leading up to the New Moon on the 10th we first have Mars and Jupiter setting the tone. This is no holds barred self interest expressed in direct action. Translated this could look like someone climbing a mountain for the first time, or the roar of a guy and girl on a motorcycle which hits a curve too fast..... Next up Uranus is tickled by Venus, Mercury and the Sun. Whacko and electric energy is released. The shock of clarity can be fun, rewarding and enriching.

The July 10th Cancer New Moon is at 3:26 am PDT. All but one of the bit players are in Cancer as well. One's sense of family both personal and national is reinforced by the sheer number of planets around this New Moon. Mercury and Chiron make an exact aspect today bringing into mind you and your community. Today you plant seeds that nourish social order. The highlighted degree symbolism is *"A priest performing a marriage ceremony"** The keyword is *"Conformity."* There is a hard note today. Mars careens off Uranus in an aspect that produces misfired aggression.

Expect to stumble a bit around the 15th to 18th as Saturn is triggered by the Sun and Mercury. You cannot bargain with reality. The 19th and 20th are upbeat to a fault. Jupiter and the Sun kiss in a demonstration of bombastic joy. Hopefully you will all be on holidays in some quiet secluded part of the world. A wedding this weekend will go over the top!

As we approach the full Moon we have Mercury, Mars and the Sun all cavorting in Leo. It's hot, it's drama, it's time to play. Meanwhile Jupiter strikes Uranus' bell for a single note, a moment in time when destiny can take a turn. This time it is likely a dissonant chord, a release of tension that produces a different outcome than expected.

The July 24th Full Moon along the Leo Aquarius axis is at 2:07 am PDT. Today the light of the Moon shines on your "story." Take an Aquarian step back and see with an objective eye what you are creating. Is this a novel that has promise, is heartfelt and meaningful in its intention? Or is it a soap show that would bomb out even on the comedy channel? Pay particular attention to program shifts that are on. The adjustments require distinct scene changes. Scenes cannot always be mixed. Example: Your straight white family with your ethnic gay friends! Your ability to walk amongst them, now that is a gift. The light of the Full Moon shines on the degree symbolism* *"An epidemic of mumps."* The key word is *"Infection."* This picture begs the question: What collective story are we sowing right now?
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Colon Hydrotherapy

by Katrine B. Regan

"The water goes where? Then what? Why would I have that?" Wow, the questions five years ago just wouldn't stop entering my mind.

Colon Hydrotherapy is a big word and what does it mean? I was experiencing a lot of pain in the gut area, headaches, mood swings and just feeling unworthy of real happiness. I was reading the Issues magazine and came across Colon Hydrotherapist. I gave the gal a call and started asking questions, "What is Colon Hydrotherapy?" She replied by saying, "Colon Hydrotherapy is the scientific insertion and removal of water to the colon." I was stunned! "Okay, why would I do that?" Her reply was that it will remove encrusted fecal matter from the large intestine, because with it left in the colon for long periods of time it will cause all sorts of health challenges. "Okay," I said, "I am actually experiencing a few things now," and went on to tell her what was happening with me. "Yes," she said, "Colon Hydrotherapy will help your mood swings and headaches, and if you're eating three meals a day and not going for a bowel movement for a day or two, where are you storing it all?"

Wow! My head was spinning with thoughts of my very large intestine—and I really mean large—because I could go for days without movement and then I would have one big movement and think I had the world by the tail. Little did I know I was really harming my whole body by eating more and more without removing the waste.

Knowing what kind of food we have to choose from these days, how long we take to prepare it, how tired we are after work and always being in a big hurry to do things, our digestive system suffers and in the end we have Dis-ease. This is a huge topic and we need to stop and take the time to look at all options for a Healthier Tomorrow! The next time you put something up to your mouth, ask yourself if it's good for you and see how long it takes to go through your digestive system. And why should you do that? Because there is only one of you and you're worth it!!

The Colon Hydrotherapy experience is truly for people who want to go the extra mile for a healthier tomorrow.

See ad below

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Doctor Confesses ...

"No Help For Lame Ducks!"



by Dr. Barbara James

Mother Nature knows best how ducks and people will respond to the conditions we face in life. When my friends, Gayle and Bobbie, told me one of their runner ducks was limping, I suggested that maybe I could help. So we made plans to take a look at "White Lady", even though I had no idea what the problem was. I knew that I would never know what was possible until I tried!

White Lady was willing to cooperate and we could both see the point where her leg couldn't bend. She had been injured somehow when she was young. Now her foot dragged enough to keep her behind the normal pace of the flock (and they like to run). Unfortunately I could not adjust her leg, mostly because it was cartilage and not a real joint. It certainly was not at all like the people joints I normally treat. So I apologized for not being able to help. Gayle consoled me with the fact that White Lady was still the most curious and bold of her ducks, even though she will never be the quickest.

I enjoyed the experience. It made me very happy that I take care of people and not ducks. Especially since I know there is help for many different joint problems that we think we have to put up with. I found out from many years of my own experience the danger of "just letting it heal".

At nine years old I stepped off the school bus and scooted out into the crosswalk. A speeding truck knocked me flying and I woke up in the hospital emergency room. Besides knocking a tooth out and a few bumps and bruises, everything checked out medically and I was sent home.

About two years later I was introduced to riding for the first time. When the horse spooked and raced around the yard I was scared silly. I tried to slip off the horse into the tall grass but the pile of lumber I landed on was a nasty surprise. I held my tears and my dignity together and limped home to spend a couple of days on the couch, not moving much.

In my early twenties a neck injury, added to the previous accidents, resulted in neck and back pain that just wouldn't go away. I was confused and frustrated with almost constant pain that I was told to take painkillers for. **I needed a different approach** to help me heal properly and when a close friend suggested I go to her chiropractor I was willing to try it. Finally, I started to get the help I needed. Plus I realized that the accumulation of many years of "just letting it heal" had created layers of joint stress that my body could not cope with any longer.

Until I decided to try chiropractic care, I had no idea how my growing spine had been damaged by the injuries I had. After all - when the pain went away, I must have got better, right? This is when I realized that **adapting to my injuries did not mean that I had healed properly**. After training as a chiropractor, I have a lot more understanding about how certain problems can develop as a result of our body's ability to adapt.



Most people want to help themselves when their body is "talking" to them. It is my job to find the

hidden imbalances that you have already adapted to. Joint misalignments do not always give you pain signals but they can cause nerve stress that interferes with communication between the brain and the body. By adjusting the spine we can create a "new normal" for optimum spinal health that will give you better mobility, more energy and improve your ability to adapt to all kinds of stress.

Many of my patients have great things to say about chiropractic after coming to our office. Sharon F. was impressed most with the softer touch adjustments done on her jaw to relieve her headaches. Margo M. likes our focus on prevention that helps her maintain some trouble spots she has from previous sports injuries. Teresa W. had almost given up hope that she could get any help. She was very thankful to have no fear about the adjustments, and has had great pain relief, noticed less stress and feels more in tune with her body now.

Brenda A. brought her daughter Ashlee in when she was ten weeks old because she constantly cried and screamed. Her family and friends could not believe the difference in Ashlee's behavior, because she was more relaxed with no screaming, while she began to eat and sleep better.

This January the MSP coverage for chiropractic was reduced to basically nothing. But the benefits you can receive from chiropractic are priceless for those who know how to invest in their health! Studies show that chiropractic can double your immune capacity naturally. The truth is that people pay less for their long-term overall health care expenses if they are seeing a chiropractor regularly.

Part of my service is to teach people how **chiropractic improves health** (not like drugs that mask the pain signal). It takes time to undo years of stress and restore the body's ability to be healthy. Don't wait until your body needs replacement parts before you try chiropractic! The most important thing to understand is that you are not a "lame duck". Please call Susana or myself at **250 - 868 - 2951** and schedule an appointment today. We are located at **1771 Harvey Ave., Kelowna, B.C.** Find out how we can help restore your health. Dr. Barbara James

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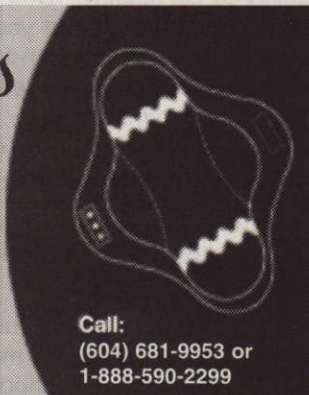
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Can We Be That Mustard Seed?

by Carollynne Lefebres

Throughout time, there have been many who have held a vision of greatness for our planet and humanity. Be it love, peace, higher conscious awareness, healing or the brother/sisterhood of all peoples. Each of these great Masters have encouraged us in their own unique way to unite our spirits and stand in love, nation with nation, person with person and create the world that is our destiny.

In these seemingly disruptive times of global destruction, war and hunger, can we open our hearts and just love for love's sake? Do we still hold the spark of Christ Consciousness within us or do we need to look outside ourselves for it? Can we offer grace and love to a bag lady in the back alley or only judgement? And my biggest question of all, do we have enough faith to be the mustard seed that can move mountains? I believe that collectively we do.

So many of us pray primarily as individuals, we confess our own sins, give thanks for our own blessings, ask God to address our own concerns. Even those healers with immense prayer lists can feel as if they are working alone, struggling to awaken the being in all humanity.

Yet, there is another way to conceive of our life together, another way to conceive of our life in God. It requires a different world view—not a mechanical universe in which individuals function as diverse springs and gears, but one that looks more like a radiant web, interwoven and entwined in harmony. In this universe, every interaction of thought or emotion between people or things changes the face of history. A conversation, a smile, a thought...

**The Possibility of Our Project is:
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Our community project is: Global conscious awareness for world peace and to **heal Mother Earth on June 10** at 6:46pm EST, 3:46pm PST (link to GMT world clock to locate time by location <http://www.worldtimeserver.com/>) Two minutes prior to the solar eclipse and at the precise time of the new moon. This is a significant time for new beginnings. We ask that people take five minutes out of their day at this time, around the world to create a global conscious link of prayer/meditation/thought to heal our beloved planet and to create a possible new outcome in world peace.

Vision of Community: I believe in the transformation of the human race into a place of higher consciousness and awareness of the inherent power we all hold. The collective power of thought towards a common goal is truly attainable if only people truly learn to live in unconditional love.

To bring healing and peace to our world is a gift within our grasp. This is your chance to "be the change you wish to see in the world." (Gandhi). Think of the Earth and send her your thoughts and prayers of gratitude, healing and love, think of humanity and peace in our world so our hearts will be free. Collectively, we are the mustard seed that moves mountains!

For more info on this community event:
www.soulalchemy.net

Structural Integration

by Wayne Still

"You should get rolled,"* said the energy rebalancer after our second session, "there's only so much I can do and you need more." So began my journey into the practice and culture of Dr. Ida P. Rolf's world of Structural Integration.

Chronic pain in my lower back, shoulders and neck had me looking for relief. Yoga had kept the pain at bay but years of physically demanding work on my organic orchard and beekeeping operation were taking their toll. Pain was a part of my day and I wanted that to change.

Next to water, the most abundant substance in the body is a long chain of protein formed into a fibrous net known as connective tissue. It is the stuff which holds the body together, gives it form, strength and flexibility. Also known as fascia, it is the body's memory bank, holding in its layers the effects of our physical/emotional history. Early osteopaths believed it was the seat of the soul. Ida Rolf spent much of her life studying it and devising a method to manipulate it and use its malleability to restructure the body. Her goal was to bring the body into balance and harmony with gravity. She just called her work "Personal Structural Integration".

I had heard that rolling hurt and that it changed your personality. As a farmer I knew that it is necessary to break the soil to plant the crop. And if the harvest of that planting is relief from pain, a happier disposition is likely to result. I arranged to have a series of ten sessions.

Ida P. Rolf, Ph.D., was a biochemist by education, graduating from Columbia University in the early 1920's. She worked as a research associate at the Rockefeller Institute until 1929. She had an interest in metaphysics and practiced yoga. From this she determined that changing the body was a process of educating it and its owner. It was a methodical, step-by-step process having as its end point a body which functioned as an energy-efficient unit. As she refined her work over the years and began teaching it to others, she began to refer to this process as the "Recipe", ten one-hour bodywork sessions emphasizing the concept of the body structured around a vertical line.

Connective tissue has the ability to stick itself together and it does so in response to injury or irritation. When the injury heals or the irritation is gone the lamination remains. Often these laminations reduce a muscle's ability to contract in its normal plane and range of motion. The resulting "dis"ability can manifest itself as chronic pain as the muscle is constantly overworked or pulled out of alignment.

Pressure and heat applied on and around the lamination can cause it to disappear, allowing the muscle to regain its normal function without pain. The discomfort associated with Structural Integration work is experienced as the practitioner applies the needed pressure. The discomfort is temporary and is minimized by introducing movement into the process, helping to reeducate the muscle as the connective tissue releases.

After that first ten series I felt great, taller, stronger and in better spirits. After several months I found that I was hurting again, not as much and generally in different places. More work brought new relief and a major release in my neck. My

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interest in the work grew as I experienced its benefits. Now in my mid-fifties, I was starting to think about retirement from farming. A friend suggested I could learn to do Structural Integration work. "You have the strength," he said.

For the past three winters I have travelled to Boulder, Colorado, to attend training courses at the Guild for Structural Integration. I learned anatomy and physiology, the ethics of bodywork and full body integrative massage. The second stage of training is to audit a practitioner's course, learning to see where the body has holding patterns and how they change as the work progresses. I had another ten series modelling for one of the practitioner students. This past winter I did my final phase of basic training.

My teacher was "Painless" Peter Melchoir, one of the first instructors certified by Ida Rolf thirty-two years ago. Peter teaches the work as an art, well-grounded in a scientific understanding of how and why it works. The training was intense and thorough, but also fun in a supportive environment shared by a wondrously diverse and creative group of fellow learners. Together we shared the awe of discovery and understanding as we saw the changes in our own bodies and those of our models as we learned how to give a ten series.

As a newly certified practitioner I bring that enthusiasm and love for the work to my practice. It is work I look forward to sharing with my clients. See ad below

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"But I am not that troubled..."

"Often I hear people say, 'I don't need therapy, I am not that troubled'," says Laara. True, a lot of people are not deeply unhappy. Often there is just a feeling that 'something is missing, or that life is not all it could be'. This can be confusing. Sometimes we feel ungrateful for wanting more. "There is no need to feel guilty," says Laara, "Joy is our birthright".

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."

"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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Calendar of Events



June 9

Prenatal in a Day, with Josey Slater in Kelowna, BC. p. 31

June 10

Heal Mother Earth, with Global Community Consciousness. p. 24

June 14

Ram Dass & Jai Uttal, in Vancouver. p. 9

June 14 - 22

Touchpoint Reflexology Level 1, 2, & 3, with Yvette Eastman in Edmonton, AB. p. 13

June 15

On Our Life Path, with Lyn Inglis & Rémi Thivierge in Vernon, BC. p. 14

Zen & Yoga, with Claire E. Diab in Kelowna, BC. By the American Yoga Academy p. 4

June 15 &/or 16

Psychic Development Class, with Douglas De Long in Kelowna, BC. p. 13

June 21 - 23

Reiki Level 1 Class, with Jan McLeod & Linda Buhler. p. 20

June 21 - 24

Building with Strawbales, at Ashinah in the Slocan Valley, West Kootenays, BC p. 25

June 28

Inner Power of Your Higher Self, with Craig Russel in Vernon, BC. p. 5

July 1

Counselling Hypnotherapy Training, starts with Orca Institute in Chase, BC. p. 2

July 6 & 7

Advanced Reflexology Course, with Carol Vanderwolf in Lillooet, BC. p. 20

July 7

Bach Flower Remedies for Animals, with Sue Peters & Linda Buhler in Oliver, BC. p. 11

July 12 - 14

Change Your Mind Spiritual Retreat, at Apex Resort near Penticton, BC. p. 35

Spirit Expo 2002, at the Vancouver Convention & Exhibition Centre. p. 3

Reflexology Level 1, with Gail Kreiser in Salmon Arm, BC. p. 30

July 12 - 21

Come Home to Yourself, with Lynne Gordon-Mündel in Kamloops, BC. p. 5

July 13 - 28

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

July 15

The Art & Science of Coaching, starts at Erickson College in Vancouver, BC. p. 33

July 18

Healing & Soul Integration, introductory evening with Troi Leonard in Kelowna. p. 15

July 20

Transform Your Life, workshop in Kelowna with Troi Leonard, Canadian/Australian intuitive guide & teacher, 10am-6pm. p. 15

July 24

Full Moon Meditation, with Troi Leonard in Kelowna. p. 15

July 25 &/or 25

Workshop & Full Moon Meditation, with Troi Leonard in Penticton. p. 15

July 26 - 28

Power of Thought, with the Holistic Intuition Society in Olds, AB. p. 5

Psychic & Healing Fair, at Dare to Dream in Kelowna, BC. p. 36

ONGOING EVENTS

TUESDAYS

BREATH & MOVEMENT with Suki. West Kelowna at 4:15pm. 250-863-9015

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

THURSDAYS

SPIRITUAL DISCUSSION GROUP starting June 6th. Let's meet, discuss, encourage and learn from each other on our spiritual paths. Laara 250-860-3740 Kelowna

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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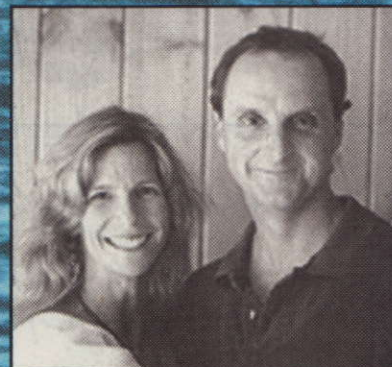
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Misconceptions About Hypnosis

by Peter J. Smith, M.Ed., D.P.E., C.M.H., C.Ht., M.N.C.H.

Creative visualization, guided meditation, N.L.P., the Silva Method, Accelerated Learning Techniques, Photo Reading, Visualization in school drama classes, or to help children fight cancer while they are hospitalized are all forms of hypnosis. Louise Hay, John Bradshaw and Tony Robbins are all qualified hypnotists, but it is not common knowledge.

So why all the disclaimers, denials or just ignorance? It is all to do with deep-rooted misconceptions. In the public imagination, a hypnotist is a man with piercing eyes and a pocket watch who wears a cape and he seems to "hover" over the stage! He swings his watch, your eyes droop and you fall into a "trance". Hypnosis as a black art is a common theme in books and films. If you buy this myth, it's not just Hollywood to blame. Stage hypnotists and some hypnotherapists are slow to discourage public ignorance and fear.

Until recently, relatively few people have availed themselves of its benefits because of superstition or fear. Meditators share some of its benefits but often deny its role in its practice. Most Christian Scientists bitterly oppose hypnosis, yet the founder of their church first became interested in spiritual healing after being cured of paralysis by a "magnetic healer" as hypnotists were called during that period.

There is nothing supernatural or magical about hypnosis. Although its benefits are well established, it remains a misunderstood and often dreaded subject in the minds of many people. This resistance stems from our natural fear of any powerful force we do not understand. Ironically, there is a much greater danger in not understanding it. This force does not come from the hypnotists, but from your own subconscious mind, and if you do not control it, it controls you. Most of our physical ailments and mental depressions are the result of this uncontrolled power working against us when we could easily be using it to our advantage.

Hypnotism is neither metaphysics nor religion, although it does explain the miraculous cures effected by sincere faith healers. It is not contrary to the teachings of any of the major religions and is, in fact, used in most of them. Any thought or idea repeated at length in solemn surroundings deepens faith by subconscious affirmation, and this is hypnosis.

Fear of hypnotism is gradually giving way to acceptance by a more enlightened society. More and more doctors are accepting it as a valuable therapy in the treatment of psychosomatic diseases. Or they refer patients to qualified hypnotherapists, for other problems, who work under the doctor's supervision. Psychiatrists are supplementing psychotherapy with hypnotherapy, because it drastically cuts down the therapeutic process. Dentists are using hypnosis to relax apprehensive patients, and find in the process they need little or no anaesthetic for painless drilling or extraction.

See Peter's ad in the Natural Yellow Pages
under Hypnotherapy also Spiritual Groups

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by Klaus Ferlow



Vitamin C is an antioxidant vitamin. By this function it helps prevent oxidation of water-soluble molecules that could otherwise create free radicals, which may generate cellular injury and disease. Free radicals result from peroxidation of fatty acids and destroy the membranes of cells or alter the cell structure inside the body.

Vitamin C plays an essential role in the activities of enzymes in human tissues and is important for the growth and maintenance of healthy bones and skin tissue. Healthy levels of collagen and elastin in your skin tissue minimize wrinkles and keep you looking younger. It is particularly beneficial to the elderly to help them combat the tissue and joint degeneration due to oxidative damage. Animal tests have shown that the formation of cancer-causing cholesterol-alpha-oxide in the skin by U.V. radiation was drastically reduced when high levels of Vitamin C were maintained in the skin! It also indirectly protects the fat-soluble vitamins A and E as well as some of the B vitamins, such as riboflavin, thiamine, folic acid, and pantothenic acid, from oxidation. Ascorbic acid acts as a detoxifier and may reduce the side effects of drugs such as cortisone, aspirin, and insulin; it may also reduce the toxicity of the heavy metals; lead, mercury, and arsenic.

'C' stands for citrus, where this vitamin is found. It could also stand for collagen, the protein "cement" that is formed with ascorbic acid as a required cofactor. Many foods contain vitamin C, and many functions are mediated by it as well.

Vitamin C is a weak acid and is stable in weak acids. Alkalis, such as baking soda, however, destroy ascorbic acid. It is also easily oxidized in air and sensitive to heat and light. Since it is contained in the watery part of fruits and vegetables, it is easily lost during cooking in water. Loss is minimized when vegetables such as broccoli or Brussels sprouts are cooked over water in a double boiler instead of directly in water. The mineral copper, in the water or in the cookware, diminishes vitamin C content of foods.

Ascorbic acid was not isolated from lemons until 1932. Though the scourge of scurvy, the vitamin C deficiency disease has been present for thousands of years. It was first written about circa 1500 B.C. and then described by Aristotle in 450 B.C. as a syndrome characterized by lack of energy, gum inflammation, tooth decay, and bleeding problems. In the 1700s, high percentages of sailors with the British navy and other fleets died from scurvy, until James Lind discovered that the juice of lemons could cure and also prevent this devastating and deadly disease. The ships then carried British West Indies limes for the sailors to consume daily to maintain health, and thus these sailors became known as "limeys."

Other cultures of the world discovered their own sources of vitamin C. Powdered rose hips, acerola cherries, or spruce needles were consumed regularly, usually as teas, to prevent the scurvy disease. *See ad to the right*

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Monopoles and Melanin

A New View of Science and
Spiritual Principles by Mel Kazinoff

On the fringes of modern science there are brave researchers who are coming to some amazing conclusions. Over the centuries and particularly in more recent times, science has often taken the high minded approach that those who have had a faith in God, and all that goes along with that faith, are somewhat naïve and even a little demented. But recently, modern scientific research is coming to new conclusions, which people on the spiritual path have known for years. Sure they are approaching things from a different perspective and perhaps, many are not willing to admit that the spiritual seeker got there before them, but they are there now, and scientific and spiritual principles are coming together.

This all leads me to a very specific area of research, which has interested me for several years. It is currently a small but very important area of discovery, which I call Monopoles and Melanin. Monopoles are microscopic cells within living organisms. They are a double helix formation with seven turns in each spiral. One spiral turns to the left and the other turns to the right. The cytoplasm of the human cell has within it spherical or rod like structures, which are called mitochondria. Each healthy mitochondrion has a triple axis of monopoles, each perpendicular to the others and having the capacity of slight adjustments to this right angle formation. These triple axis monopoles act as the interface between our outer world and our inner essence.

There has been a discovery of an energy source called a Scalar Wave. Scalar waves originate outside of time and space. Monopoles recognize these scalar waves and can receive and utilize them in our dimensional universe of time and space. In other words the triple axis monopoles work within us to convert the energy of the scalar wave, which we may be able to refer to as the energy of the Holy Spirit, (which originates outside of time and space), into a composite or sine wave formation, (inside of time and space), thus creating physical form. The ability the triple axis has to adjust its axes slightly is much like trimming an antenna. The monopole needs to "tune" itself to the scalar wave being received in order that the exact creation of what exists on the inner (spirit) may be made manifest in the outer (physical). The monopole also works in the reverse direction so that anything that was created in the outer from an original inner essence can also be released from the outer and returned to its scalar wave equivalent on the inner. Or, in other words, back to pure spirit energy. When the monopole returns the sine wave, or releases the outer creation, it does so 180 degrees out of phase to the original creation, thus neutralizing the original energy, whereby the outer creation disappears and the energy returns to source—back to the essence of God.

If this was all there was to it, then we would be in a position to receive the energy from the inner and create anything we desired, in the outer, just by holding that image in our mind. Once we were to take our mind away from the creation it would revert back to the pure God energy.

So how come it doesn't happen this way? We also have within us a complex chemical called melanin. It exists throughout our bodies with the greatest concentrations to be found in the central nervous system and particularly in the brain. As we resist traumatic events in our life we move down

a devolutionary spiral of emotions. The basic expressions of these emotions are, in order: Enthusiasm (Unconditional Love), Pain, Anger, Fear, Grief, Apathy, Unconsciousness. Since we live in a dualistic universe, every time we make a choice to the rejection or exclusion of the opposite (which occurs many times each day) we have set up a resistance and so we move downscale from perfect enthusiasm.

With reference to the created sine wave, each half phase has the opposite polarity to the next. That is, one half phase can be considered positive and the next negative, and so on. This is the essence of our dualistic universe. Everything created has the two half phases, positive and negative or direct opposites. As we choose one we resist the other.

As we move downscale the melanin, which seems to have the unique ability to self create, forms a microscopic crystal. This crystal contains the memory of the resisted event in its entirety. If we could access the memories contained in the melanin protein complex crystals and if we could then re-experience the memories without resistance, the crystal would dissolve and that resistance would be released.

As a melanin crystal forms it has the ability to intercept the scalar wave or God energy, so that the monopole never gets the opportunity to receive it. If the monopole doesn't receive the energy then it is unable to convert it into a composite or sine wave and thus it is unable to create on the outer since it is not receiving from the inner. As long as we remain in anything less than enthusiasm or unconditional love we are unable to receive this spirit energy in its true, most pure form. It will always be adulterated by our melanin crystals or in other words by our resistances. Each of us sees the world differently dependent on our melanin crystals.

Apart from our ability to create these crystals they are also inherited by us from our genetic past. The crystals created by our parents, grandparents and on back through the generations are passed on to us as if they were ours. Also crystals generated during our past existences in physical form are also retained and are alive and well in us at birth.

So another way of looking at these crystals is the repository of all our Karmic debt. Looking at things this way makes the responsibility, for creating and eventually clearing our karma, firmly fixed on our shoulders. For every crystal we can dissolve we release that piece of our karmic debt, freeing the monopole to receive the energy of the holy spirit, which will allow us to be capable of "seeing" life more clearly.

So how do we remove these pesky crystals? Well first of all, are they really pesky? How would we ever learn, as Soul, if this universe we live in were as simple as it would be without the melanin protein crystal? There would be no way to work off our karma, no opportunity to learn, no way to release our resisted past and reach a state of unconditional love or the pure state of the Holy Spirit. This earth school of ours would be a free ride. Everyone would graduate without learning anything. However, we do want to attempt to reach this perfect state and that is one reason why we are here and why there are ways to release the melanin crystal.

The pineal gland has the ability to release a hormone-like substance which will dissolve the melanin crystal. So far, this pineal excretion is the only known substance that

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can dissolve melanin and we don't really know what the excreted substance is. It is possible that each neuromelanin molecule, like each person's mind, is unique. But what we do know is that this substance, which dissolves melanin, is excreted by the pineal gland, which is directly associated with the emotion of enthusiasm, as it is a primary connection point between the physical and Soul. So, obviously we need to be in a state of unconditional love (enthusiasm) in order to release or dissolve our crystals.

One way to do this is to put pressure on the crystal and through what is known as the piezo-electric effect, release the stored, trapped memory into our consciousness to be reviewed, reexperienced and, if we can release resistance, reach enthusiasm. This is a crude, simplistic and painful process, but extremely effective, nonetheless. For the disciplined individual this can be done through the use of the mind. Individual trauma can be reviewed, reexperienced and released through enthusiasm, as above. In both these options the help of a trained individual is of primary importance.

There is also the route of spiritual exercises. Spiritual exercises are usually in the form of meditation, contemplation or prayer and are aimed at raising one's awareness of self, soul and ultimately of God. One thing we are doing with these exercises is activating the pineal gland.

So we come full circle. Simply stated: as the pineal gland is activated we release the hormone and dissolve the crystal. Another way, through the use of spiritual exercises, is to rise up through the scale of emotions and reach that height of enthusiasm, at which point the pineal is automatically activated and the crystal will be dissolved in the same way.

As we start to move upscale in our level of emotions and as we approach enthusiasm, we start to experience the world

differently. We start to change the way we make our choices. Instead of choosing one side of a duality to the exclusion of the other (resistance) we "choose to experience" within the encompassment of all. As we choose to experience we do so with non-resistance. In other words we choose to experience "this" right now, knowing that we can, and possibly will, choose to experience its opposite at some future date.

I believe that when Soul chooses to be incarnated into the physical It does so by choosing to experience. There is no duality for Soul to deal with so there is no choosing to the exclusion of the opposite. It is then up to us, as physical manifestations of Soul, to experience what Soul has chosen, learn from the experience and release resistance. This way the melanin protein complex crystal dissolves, and the monople can more fully receive the Spirit energy, opening up communication between us as Soul and us as the physical incarnations of Soul. The more we release resistances in this way, the clearer becomes our line of sight to Soul, thus self consciousness (self-realization) and God consciousness (God realization) can become a reality. *See ad below*

*Thanks to Drs. Barr, Ray and Morrison
for their inspiring work on this subject*

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BOOK REVIEWS

Seven years after her book *The Medical Mafia* became a best-seller, Ghislaine Saint-Pierre Lanctôt has just come out with a new work entitled,

What The Hell Am I Doing Here Anyway?

Ghislaine Saint-Pierre Lanctôt,
author and self-publisher, can be reached at:
Box 309, Waterloo, Quebec, Canada, J0E 2N0
tel: 450-297-3930 fax: 450-297-0233
website: www.personocratia.com.

The dissident who the medical establishment punished by revoking her right to practice medicine for life now takes a brief look at other Mafia-like systems such as government, financial institutions, the judiciary, politics, religion, industry and commerce. It is, as she writes, Hell on Earth!

Ghislaine Saint-Pierre Lanctôt has applied her usual implacable logic to try to find the culprit and does indeed identify the guilty party - each and every one of us is guilty of creating this infernal society. And each of us creates it in our own image and likeness. It is a mirror reflection of who each of us is.



Just who is this individual? Ghislaine Saint-Pierre Lanctôt calls this person a Divine Entity In Training, or DEIT for short. An unbounded creatrix, a winged mare, who has forgotten who she is—one who takes herself for a sheep, an inferior creature at the mercy of an external creator. That is the creature who perpetuates what the author calls the infernal trinity of powerlessness:

- the poor sheep, the victim, fearful, impotent and irresponsible;
 - the bad wolf, the culprit, responsible for all that ails the sheep;
 - the good shepherd, the saviour, necessary to protect and guide the sheep.
- After clearly exposing why and how we create Hell on Earth, the author takes the reader on the road to creating instead Paradise on Earth. "Just as I created Hell on Earth am I able to create Paradise on Earth!"

Ghislaine describes how to go about making that 180 degree about-turn in our way of thinking, speaking, and acting. And she provides numerous tools including a road map, recipes, tables, keys, formulas, and the benefit of her own experience.

With humour and enthusiasm, the author gets the reader involved in a game of integrating his or her inner divinity, a game that each came to play here on Earth—a game whose ultimate goal is self-fulfillment.

Ancient Teachings for Beginners

History of Mystery Schools

by Douglas De Long, mysteryschool@shaw.ca
Published by Llewellyn World Wide Publications
ISBN# 1567182143

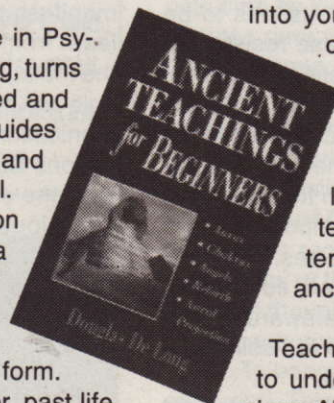
by Janis Burmeister, a freelance writer living in Saskatoon

For the first time in over 2000 years, you can learn the same secrets that transformed these seekers of knowledge into gifted healers, clairvoyants, and prophets.

Ancient Teachings for Beginners, a course in Psychic and Spiritual Development by Douglas De Long, turns you into the young initiate. This book is a detailed and intense course in psychic development. De Long guides you step by step through a series of exercises and experiments to unleash your full psychic potential.

If you have been looking for the ideal companion to laze away the summer days, while exploring a realm of psychic development untouched for centuries, this book could be your wish come true!

Guided by spiritual helpers De Long put his knowledge and channeled teachings into book form. Douglas De Long is a spiritual/personal counselor, past life therapist, and Chakra Master. For over twenty years he has studied and developed his own psychic abilities and spiritual growth. This unique course has been taught for over five years, and now it's available in book form. Published for the first time in millennia, Douglas De Long explains the hidden secrets of the Ancient Mystery Schools and Healing Temples of Egypt, Persia, and other great past cultures. With



this book, you can practice the exercises from the Healing Temples of Atlantis, to rid yourself of inner hurt. "Ancient Teachings for Beginners" shows you the exact methods to raise energy levels in your home, work, and life. As well, De Long explains how to remove energy blocks within your Chakras, which left unattended can lead to physical and emotional problems, that could hamper your true spiritual path in life. According to De Long all of us possess some psychic ability. Through this course you will be able to tap into your true gift. "You can become clairvoyant, clairaudient, clairsentient, learn to see the human aura, and interpret its colours, meet and communicate with your angels and spirit guides, work as a healer using universal energy or as a gifted teacher or counselor." He adds, "There has been nothing written like this in more than 2000 years...Old masters like Nostradamus and Jesus knew these ancient techniques". Now you can too.

In addition to explicit information, "Ancient Teachings for Beginners" provides a series of easy to understand diagrams to complement the exercises. Allowing you to become a true student of higher knowledge.

The final chapter unveils a concept that will provoke thought from even the most seasoned New Age reader. Douglas De Long could prove to be one of Saskatoon's best kept secrets in the psychic community.

See ad on page 13

The Green Lights of Healing

by Angelina

Like many people, I ran away from myself and my natural gifts for at least the first two decades of my life. Many years ago, I became very ill and experienced the first of a series of death experiences. These encounters with death completely shattered my carefully constructed perceptions and illusions built around myself and life. After these experiences, I could see and recognize myself, others, and all of life around me as Sacred and Precious. Realizing that it is an honour to be here and to respectfully serve and empower others with the gifts I have been blessed with, I made a conscious choice to begin walking a Medicine Path and made a commitment to living each day prayerfully and with gratitude, in a Spiritual Way.

While I was drifting in and out of consciousness, struggling to breathe and stay alive, I looked around and all I could see were brilliant coloured lights. My whole body appeared as transparent, intricate patterns of light. Trying to focus on my hands, I could see no skin or bones, only beautiful healing green lights emanating from my palms.

After that, I lived in the far north, in the land of ice and snow, in an isolated village, learning and living with the First Nations people and elders. While there, I had another personal encounter with death. One morning I woke up paralyzed from the waist down. I was in a wheelchair for nearly a year, completely crippled. My friends took me to Sun Dance and we met some medicine people there that helped me and taught me how to heal myself. Today I am so thankful to have legs that work, legs that can walk, legs that can dance!

A few years after that, I was informed by a medical doctor that I had cancer and required surgery if I hoped to live more than a few years. All the healing techniques I had been taught through the years, I applied to my impending health condition. Through many mountains, hills and valleys I have come to accept and appreciate my gifts and see them as blessings. I also have learned GRATITUDE for my healthy strong, sacred Body, Mind and Spirit. Through many hard experiences I learned how to heal myself first, on all levels. This is where all true healing begins. It is now my honour to offer these gifts to you:

1. Healing work: relief from emotional and physical pain. As a Reiki Master and through my personal life experiences I have mastered and now serve others with energy, light, sound, vibration and colour techniques.

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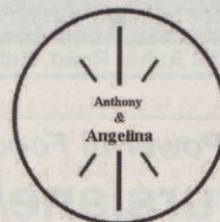
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THE POWER OF COLOUR & INTUITION

by Jollean McFarlen

Here are some insights into owning a powerful path of empowerment and JOY. It is important to start wearing fun colours and decorating in happy colours (pinks, corals, yellow - good for letting go of a few pounds, warm greens and blues- relaxing), treat yourself to lovely flowers and plants. In Feng Shui this represents wealthy SOUL and brings in the angelic realm for guidance and loving support. Listen to kind nurturing music, walk, hug a tree, pick up grounding earth rocks and buy crystals for LOVE and balance.

Qualities of an intuitive person - open to new experiences, willing to experience and willing to learn new things. An intuitive person has a good self-image, curiosity, and independence.

COLOUR and INTUITION - We have seven energy centres, or chakras, aligned from the base of our spine to the crown of our head. Each of these qualities corresponds to a part of our body and has its own colour and slogan. The qualities also correspond to whole-brain intelligences:

1. **Intuition** is in the head. Its colour is Indigo. "I know". It corresponds to the right neocortex.

2. **Will** is in the solar plexus. Its colour is white/gold. "I will". It is your personal vision. It is the foundation of everything you do - left neocortex.

3. **Joy** is on the left side of the body. Its colour is yellow/orange. "I wish". It is the motivating aspect - corresponds to the limbic brain.

4. **Strength** is on the right side. Its colour is red. "I can". It helps us overcome fear - limbic system.

5. **Compassion** is in the heart. Its colour is green. "I can". It recognizes the other qualities, is really loving kindness for yourself and others - also limbic system.

COMPASSION is the most important quality of these five. Without it you can't bring out TRUE Intuition.

We get out of life what we are willing to do to make change, we need to take the time to change. Make sure you are working with spirit or that teachers/mentors are working with spirit not EGO. Watch that you don't pick up negative spirits. Ask that everything is of the highest good for you or mankind, bathe in sea salts, and bring in the white/golden light. Blessings for a soulful journey. See ad to the left

Jollean is a visionary, consultant/mentor and author of Intuitive Feng Shui & Colour and The Power of Colour & Humour

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BACTERIAL WARFARE?.... *friendly fire!*

by Ken Walters

Without the consumption of bacteria the human organism will die. Bacteria have been around for eons. They are vital, very much alive and an essential contributing factor in nature. The human body is teeming with bacteria of all kinds that are consumed in a variety of foods. Most people are familiar with lactobacilli bacterial cultures like yogurt, kefir and more recently enzymatically alive grain-sourced 'green food' pro-biotics. These foods have been widely consumed in Europe for thousands of years and more recently in North America. It has taken the reality of wide spread disease for us to wake up and consider nutrition as a preventative, despite the fact that public opinion is directed largely by misinformed media and advertisers' interests. An article published in the National Post, January 15/01, stated, "The implications for medicine are enormous at a time when bacteria are developing resistance to antibiotics at a staggering rate". The article goes on to say that by allowing competing bacteria to vie for survival in the body, harmful bacteria can be defeated and eliminated. However not all 'friendly bacteria', pro-biotic or lactobacilli are particularly friendly or beneficial. Dr. Sanders, a leading expert on pro-biotics at California State University, stated in the Globe & Mail, January 16/01, "What consumers don't know is that much of the pro-biotic (friendly bacteria) on the market is fecal-sourced." Often this bacterium is extracted from baby feces. It is tired, at the end of its life cycle and usually it passes through the body, failing to culture, offering little or no health benefit.

Frequently, hostile opportunistic bacteria such as salmonella and E. coli benignly pass through the digestive tract. However, when intestinal walls are unhealthy, potentially dangerous bacterium may colonize causing constipation or diarrhoea and in extreme cases even death. Whenever there is a casualty associated with E. coli or salmonella, the media is quick to sensationalize the story as battalions of lawyers jump on the bandwagon in an attempt to determine fault. The question left hanging is this, "why did some that ate the tainted food die while others only got sick and most had no symptoms at all?" The general conclusion is always the same. Some are more susceptible to food poisoning than others, most likely to do with the health of their own internal ecology.

The consumption of 'pre-digested' food is commonplace in countries where refrigeration has only recently been introduced. For thousands of years, Asian and Middle Eastern inhabitants have instinctively understood the value of consuming fermented grains, vegetables and dairy products. The Hunzas of Kashmir and the Georgians of Russia are known for longevity, living well over 100 years. Many pro-biotic specific foods are a daily part of life though little thought is actually given to their medicinal application. Conversely, in North America, we consume an abundance of pesticides, fertilizers, chlorinated water, nutritionally bankrupt and enzymatically dead foods, all of which destroy healthy bacterial cultures in the intestines. With age, the digestion process begins to naturally deteriorate, leading to bowel intolerance and foul smelling flatulence. This can be reversed, to some de-

gree by encouraging the colonization of friendly bacteria in the digestive tract, which in turn will also benefit the immune system and slow the process of aging. In babies, similar problems are extant, as the digestive system is not fully developed and therefore responds differently to various foods. However the solution is the same in both cases is colonization of friendly bacteria.

The idea of proper nutrition is vital to good health but futile if the host organism is unable to upload and assimilate certain nutrients. This is often reflected by the common statement, 'I've tried everything and nothing seems to work'. For thousands of years Chinese medical texts have said digestion is the root of good health as we get our energy from ingesting food, water and air, the purer the better. However the best is not good enough when low or high-grade infections occupy the intestines, negatively impacting the immune system which in turn opens the door for other infectious strains to attack various parts of the body. Dr. Gregor Reid of the University of Western Ontario found that antibiotic resistant *Staphylococcus aureus* infection was reduced by 90% when infection sites were injected with two strains of *Lactobacillus* bacteria. He also found 6 out of 10 women's chronic vaginal, urinary and bladder infections cleared within one week of taking a mixture of two strains of *Lactobacillus*. Reid and associates have received \$6 million to establish a Canadian Research & Development Center for Probiotics.

There are many fermented foods and specialty health-food products that may contain friendly bacteria. Foods like sauerkraut, kimchee, miso, yogurt and kefir can be excellent sources of naturally occurring probiotics. However they may not contain a wide enough range of strains of bacteria to thoroughly re-colonize an ailing digestive system, but may be more beneficial for the maintenance of an already average or highly functional intestinal tract. Each health food product is different, often making claims that need to be correctly interpreted and understood. Some require a certain level of digestive function before bacterial colonization can occur. Often the sick, elderly or immune system-challenged will benefit only from a live source of probiotic pre-digested food. Pre-digested simply means the bacteria break down the nutrients into their simplest building blocks that require no digestion and are capable of 100% bioavailability. For this to occur, the right combination of powerful stress-resistant bacterial microbes must be present to begin the re-colonization project. An entirely new friendly bacterial culture could begin colonization within a few hours and in days and in subsequent weeks there should be a noticeable change in energy, bowel function and overall health. The long-range effects will include a more responsive immune function and a slowing of the aging process.

Ken Walter is a Certified Massage Therapist, Iridologist & Holistic Nutritionist. Ken has been studying the effects of bacteria in diet for the past eight years. See the Grainfields Australia ad on page 16, also www.grainfields.ca.

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