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# ISSUES

## MAGAZINE

*Resources for Connecting  
Healing & Awakening*

August/September  
2002

Vipassana Meditation  
Centre, Merritt, BC  
*See page 33 for details*



# Cheryl Forrest (Grismer)

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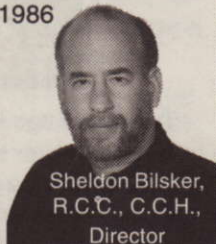
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# A Place in the Sun

by Urmi Sheldon



Two years ago I decided to detour from my lifelong path of spirituality and take a regular job. After six years of my own massage practice I felt the need for change. I wanted to develop the other side of my brain, the logic, the organizer, and become a computer knowledgeable woman of the new millennium. As usual when I deem some experience necessary, the opportunity presents itself.

I accepted a position as coordinator of the Penticton Arts Council, even though I had no idea what the purpose of the organization was. In my sixteen years in this community I had never heard of the Arts Council. Nevertheless it sounded like an interesting position and it came with a cute little office in the Leir House Cultural Centre. Board members handed me keys to the office with cheery confidence of, "You'll figure it out."

And so began a journey of discovery into the world of the arts and non-profit organizations and the politics that bind them all together. My first goal was to determine what the organization existed for and what its history was. I discovered that arts councils had been developed in the 60s as a way to channel information and provincial and federal monies towards the arts. Someone had the great foresight to see that without financial support, the arts would not exist in the developing corporate economy and the smaller rural communities that made up the fabric of Canada.

The organization had a rich history of accomplishments including hosting the Festival of the Arts and raising money for the creation of the Art Gallery of the South Okanagan. I dove into my new life, and soon discovered that the title "coordinator" meant little pay and huge responsibilities. I determined that the purpose of the organization was to create economic opportunities for both amateur and professional artists. Meeting artists and musicians made the job interesting and since I was able to work independently it suited my creative nature. The thirty paid hours became fifty hours of work and the promotion of the arts took over my life, leaving no time for meditation, massage or anything else. The job became bottomless and as is often the case, my efforts, though highly regarded by the public, were not noticed by my employers.

I watched myself running from meeting to meeting where discussions and brainstorming created even more work. This, and the graduation of my twins, pretty much alerted me to the thin edge between coping and burnout. I marvelled from this experience at how most people did this for years.

Needless to say, I was a mermaid in the desert and this stage of my life lasted only two years. My divergence had allowed me a peek into the "real world" and I realized how completely necessary it is to create a quality of life that is more natural and more humane. The opportunity to do this has been presented to me via an invitation to Hacienda del Sol in Costa Rica. This exotic retreat centre is situated in a remote area relatively unscathed by modern civilization. Designed as a meditation retreat and bodywork school the Hacienda offers unique retreats tailor-made for your needs. I am very grateful that my next venture is holiday tours and spa / meditation retreats, knowing from personal experience just how essential a getaway is.

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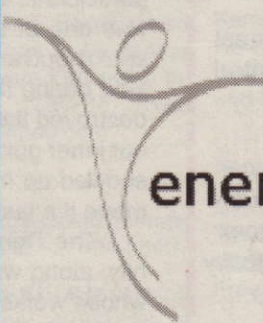
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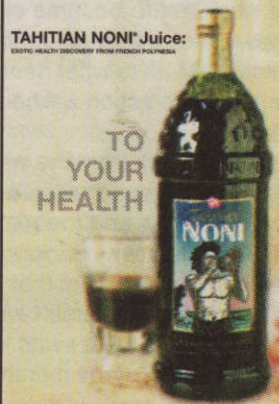
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# ISSUES MAGAZINE

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✦ EMAIL: [info@issuesmagazine.net](mailto:info@issuesmagazine.net)

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✦ Editor: Marcel Campbell

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

They are available in at least one store in every town in the central region of BC. Can't find one? Phone us 1-888-756-9929.

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## Musing

with Angèle  
publisher of ISSUES



### The Vipassana Retreat Centre

The front cover is a photograph submitted by Robert, the caretaker and outreach coordinator of the Vipassana Retreat Centre near Merritt. Marcel and I like the idea that *Issues* be used to promote spiritual places... spaces that help to heal our souls. Places that are quiet, serene and usually planted deep in nature.

Nature has the power to heal and I believe Dorothy Mclean was correct when she said in her book, 'To Honor the Earth,'... "Large trees are conductors of energy. They stand ever ready, channeling the universal forces that surround and are part of this planet. They are carriers of especially potent vibrations, sentinels of cosmic energy, transforming the power in an aura of peace. Large trees are essential for the well-being of the Earth. No other can do the job they do. They and humanity each represent the apex of a particular form of life, and you can gain much by association with them. It is no accident that the Buddha is said to have found enlightenment under a tree. Let your love go forth to the trees. Give thanks for their Creation."

Growing in the midst of these tall trees in central BC are several new retreat centres. The Vipassana Centre in Merritt is one and the Birken Forest Monastery near Kamloops is another. Last summer, log buildings were created near Rock Creek for the Hümüh Monastery Buddhist Meditation Retreat Centre.

I just spent two weeks at the Johnson's Landing Retreat Centre near Kaslo/Argenta where a variety of Findhorn presenters have taken turns enlightening participants with their knowledge and insights. Dorothy Mclean, a presenter, was one of three co-creators of Findhorn, in Scotland forty years ago. God spoke loud and clear to each of them with instructions on how to be. As Dorothy said during her talk... "If we had known what we were doing, we would have destroyed the bigger plan. Instead, we took one small step at a time, following our inner guidance. There were to be no public announcements and yet people showed up from all corners of the earth to participate." This organic process made it a lasting monument to the trusting nature of all involved.

The Transformation Game was another gift that evolved from that community, along with many deeply committed facilitators, including Brita Adkinson, whose workshop I attended, called *Living Your Life with Purpose*. I loved playing the Transformation Game. It helped participants delve deep into their consciousness and with Brita's guidance could see how to change their thinking and open their hearts to the process of living in the present moment. Our understanding of who we are became clearer as the game proceeded and soon we felt the presence of our angels. Once our blocks of fear were expressed, the steps became clear as to what needed doing next to *Live our Life with Purpose*. Putting our plans into action will be the challenge as well as our gift to ourselves and our community.

Upon arriving back from the wilderness retreat setting, I had a difficult time sleeping. I was awakened more easily than normal by the sirens, the people passing by the window and the roar of vehicles, including one bus that beeped for a long time while it was backing up.

I have reminded myself of that old saying, "Be careful what you ask for, you may get it." I told the universe I was ready to have a man in my life and gave fairly clear instructions what I was looking for. Lo and behold, he showed up on my doorstep and now, many months later, we are both sure our angels made a

*continues to the right*

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good match. The problem for me is that I have a busy life doing things here in Penticton. Richard has a retreat centre in the Kootenays where he would like to create an intentional community. This is something I had thought of long ago but never managed to manifest here. Perhaps there just aren't enough tall trees to produce the energy needed.

At this point in time, I feel pulled in two directions... part of me would love to be at the retreat center all summer helping out and getting a feel for how things operate, and part of me is committed to the process of getting *Issues* to print, keeping my store open, and teaching yoga classes. I divided my time as best I could, but my heart is wanting to spend time with Richard and I would like to slow down a bit.

I feel ready for a change, so we'll see what needs to happen next, as life continues.



*Craigie*

**Issues Magazine** is pleased to announce that our web site upgrades are almost complete! Since our last update, we've added access to articles from current and past issues of our magazine, an events calendar, a free-to-list directory, and a list of links of interest to the spiritual and holistic community.

**Our online EStore** is also now open for business, and we'll be expanding the available product line over the next few months. It's easy...it's quick...and for a very affordable one-time setup fee you could be showcasing your products to a global marketplace in no time at all. If you have a product or item you would like to showcase in our EStore, please contact us at [webmaster@issuesmagazine.net](mailto:webmaster@issuesmagazine.net) for full details.

### We need your help!

With more directory and event listings our site will provide a better visitor experience. Please be sure to visit [www.issuesmagazine.net](http://www.issuesmagazine.net) to **add your free directory listing** or to **add your event to our events calendar**. If there are any other features you would like to see added to the web site, please let us know.

All of our recent web site upgrades and ongoing maintenance are courtesy of Randy and Vena of RB Interactive, an Okanagan-based web design firm. For top quality web design and affordable rates visit RB Interactive at [www.rbinteractive.net](http://www.rbinteractive.net), or call 250-497-1937. We truly hope you enjoy the new site!

# Experiencing It Makes It Yours

**Unconditional Love** by Richard Haynes

*If you develop love, you do not need to develop anything else.*



Shamballa Multi-Dimensional Healing is a complete system of unconditional love used for healing and personal spiritual development. It is now available to all people on Earth. The Shamballa system is a revival of the ancient Atlantean healing arts brought forth by Ascended Master St. Germain, who used this same energy during his incarnation as a high priest in the Atlantean healing temples. It is a complete system that includes the original Atlantean Master Symbol and the Golden Flower of Life symbol.

The people of Atlantis had access to twenty-two symbols, but Master Germain, who is the current World Teacher, has stated that the vibration of the planet is now high enough that we may fully infuse the complete system of 352 symbols (energy frequencies) into our own structures in order to assist in the ascension of ourselves and Mother Earth. These symbols and multi-dimensional energies are infused directly into the initiate's energy fields by Shamballa Master Teachers during what is known as attunements. After these initiations are completed, the initiate need only say "Shamballa On!!", and he or she will be connected directly to the energy of the Ascended Galactic Masters, the Lords and Ladies of Shamballa. This is like plugging into corporate headquarters! By using this energy on yourself and others, you will expand your consciousness and experience its healing power.

Compared to the normal state of consciousness, having Shamballa M-D.H. is like having cable instead of rabbit ears.

When Atlantis was destroyed, Germain journeyed with the Inspirers to the land now known as Tibet. They tried in this place to continue the practice of raising spiritual consciousness. And, in order to see how this practice would work, gave several symbols to a number of individuals. Some of the people who received these symbols used them for the betterment of humankind. However, others did not. Some used these energy frequencies to manipulate other people and to become powerful over them. Because of this abuse of power, Germain decided not to give all of the twenty-two symbols to any one individual.

As the Inspirers travelled on through India, they gave out a few symbols, which eventually made their way into the Sanskrit scriptures. This is probably where Dr. Mikao Usui encountered the symbols that he used to found the system of Reiki. Dr. Usui was apparently a genius and a great philosopher and scholar, and he is honoured as such by those

who practice the Shamballa system.

This system of Shamballa symbols includes the Golden Flower of Life sphere which contains the five platonic solids as well as all forms, shapes and symbols in the physical universe.

I believe that by using unconditional Love, which is the basis of the Shamballa systems, we can empower people to choose the path that will allow all humanity and our beloved planet to move with grace into the Golden Age.

### What Will You Learn?

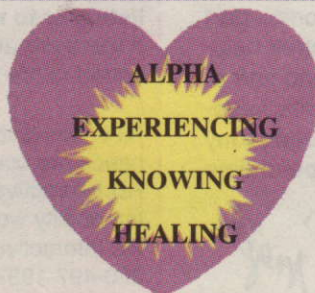
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I will be teaching Shamballa M-D.H. Level 1 and Level 2. Workshop dates starting September 14 & 15, maximum ten people. Reiki initiates will be offered a special price. Pre-registration required. Private sessions also available. Also, once a week, we will be sharing and creating higher levels of energy, to go into the Alpha state and higher state of meditation. This will enable us to go into our physical, etheric, emotional, mental and spiritual bodies.

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From the Editor...

*Chit Chat*  
with Marcel



Recently I received a most treasured gift. For my birthday this year my sister, Lorna, invited me for a retreat weekend at her lovely home in the country. It was to be a gift of rest and relaxation—a nurturing of the spirit. Also to do some sister bonding, something neither of us have time to do very often.

One of the first things I always notice when arriving there, is the quietness. All you can hear is the surf-like swish of the wind in the trees, the chattering of the creek and chirping of birds. Quite a change from the noisy traffic, barking dogs and neighbours' voices I had just left behind.

A short distance from her house is a pathway that leads down the side of a small ravine to a beautiful little creek and trout pool. I have always loved this spot—there is something magical about it. It is like stepping into another dimension. The vibrations are clear and clean, vibrant yet gentle. It is easy to feel close to God in this place. What a treat to spend time here; chatting, reading, meditating, sun tanning and just being in the healing energy.

For my reading this weekend I chose to reread *again*, *Gift from the Sea* by Anne Morrow Lindbergh (In my opinion a must read for every woman. This book is as pertinent in these times as it was when it was written nearly fifty years ago.) I thought her book fitting for this weekend because she wrote it while on retreat and part of the time was spent with her sister.

To be in a state of grace, Anri Lindbergh suggests walking the path of a Simple Life. She tells us, "...what extraordinary spiritual freedom and peace such simplification can bring." I always try to keep my life simple and was very pleased when this weekend was made very simple for me too. Lorna picked me up and brought me home and wouldn't even let me help with the delicious meals she prepared. What luxury!

Anne Lindbergh also emphasizes Solitude. She says, "And, for me, the core, the inner spring, can best be refound through solitude." This was also a wonderful part of our weekend. We drifted between solitude together and then solitude alone as we went our own way and did our own things. This helped me appreciate when I read, "Women need solitude in order to find again the true essence of themselves."

Toward the end of her book Anne Lindbergh describes one perfect day, in the week she spent on retreat with her sister. When I read these words I could only think how closely they mirrored my own feelings about our retreat: "Intimacy is tempered by lightness of touch. We have moved through our day like dancers, not needing to touch more than lightly because we were intuitively moving to the same rhythm".

Lorna, dear sister, thank you from the depths of my heart. A gift that nurtures and nourishes another's soul is a gift remembered and cherished forever.

Marcel

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**Website:** [www.thenoahfestival.com](http://www.thenoahfestival.com)



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## Light, Love and Peace

by Michael Kennedy

Thank you, God! is a saying that has stuck with me since my first Science of Mind class in Kelowna. I use it almost daily in my journal, especially when my journey becomes a little bumpy. Alan Cohen, author of *I Had it All the Time*, says that if you practise it daily for thirty days it will change your life. I am a living testimony.

What are Science of Mind classes? In a nutshell, they take you on a journey of self-discovery, as do Sunday Service talks, to help each of us discover that we are creators of our lives. We needn't look outside of ourselves, for we have the answers within us. I had been programmed early in my life to believe that someone else had my fate in their hands.

My "lesson" if you will, was to realize the truth of my Being. A spiritual, yet human being. This makeover from what I was before did not come easy, for I am seventy-three years young. There were a fair number of layers to peel off to get to my Being and change my thought processes, so that I could discover my core Truth. It has taken due diligence, to contemplate the richness of who I am. Every day I express my gratitude for the wonders of the Universe. I often contemplate the significance of how one does change their life by changing their

thought processes with prayers.

This New Thought, as some are apt to call this movement, is not new at all. We have had many enlightened ones, over eons of time, to remind us of the principles of self-discovery. They remind us of the magnificent beings we are. As Napoleon Hill wrote (c1883-1970) - American writer: "...we are masters of our fate, the captain of our souls, because we have the power to control our thoughts", Seneca (c. 4BC-AD65)- Roman statesman and philosopher- "the mind is the master over every kind of fortune: itself acts in both ways, being the cause of its happiness and misery".

Science of Mind, the foundation of Religious Science International, is based on the Truth that we do create our reality with our thoughts. The equation being, thought plus focus plus feeling equals manifestation or form if you will. Change the thought, change the form... your life.

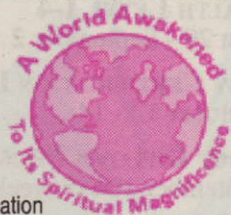
Revs. Deborah and Kenn are pillars of strength in our spiritual community. I invite you to come and feel the presence of Spirit, to feel the energy of like-minded Spiritual beings and to hear the Truth (large T) of your magnificance. There are many Centers throughout B.C. and beyond.

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In the meantime, the rest of us grows up and decides to do or believe something from our adult perspective. When these choices do not agree with our subconscious beliefs, there is a feeling of push-pull, or being stuck. So we see people as made up of different "parts". A part of us believes one thing, and another part of us believe something else. "I am OK"/"I am not OK", and "I can do this"/"I can't do this" are examples of beliefs held by conflicting "parts" of us.

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The CBE process is gentle. There is no need to reexperience trauma or pain. "It was so good to feel in control of myself during the process. I felt empowered and had choice every step of the way," Cynthia R., C.E.O. "It was fun discovering who I am." Richard H., Counsellor.

### Can I Benefit From CBE?

CBE is flexible, whether you are mostly happy, but "something is missing", want to expand and integrate an existing talent or ability, or whether you have some deeply imbedded and painful issues. "If you have even a glimmer of conscious intent," says Laara, "CBE will work for you."

"Saves time and money', 'gentle and lasting', 'the most effective therapy I have ever experienced' are some of the words that have been used to describe CBE," says Laara, "What more can you ask?"

Laara originally experienced CBE to solve issues that had resisted solutions for fifteen years. She was so impressed with her results, she decided to make it her life's work. She has sixteen years experience as a practitioner. Call Laara now and discover how Core Belief Engineering can benefit you! (250) 712-6263 Kelowna. Telephone sessions available.

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# THE JOURNEY OF THE TREE OF YOGA

by Nateshvar, Kamini Desai & Rasika

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The yoga tree is a symbol and metaphor for the journey of yoga. It is also a symbol for the tree of life, a full life well lived, well nourished from inside and out. From a seed, the young tree awakens in its growth cycle to eventually flower into the mature tree. Each season of experience builds upon the next, every pain, joy, every lesson sculpting the tree that, through the process, becomes fully actualized.



Through understanding and integrating the wisdom of these subtle growth patterns which occur naturally through the energy centers called chakras, we can begin to see how our life and our choices have affected the shape and nature of the "tree" we have become. We become aware of energy pathways that are open and clear and those that have been repressed or hidden from the light. Cognizant of the attitudes we have adopted, we can accept the potentials we have not yet realized and make adjustments so that we can embody the principles of balance, harmony and beauty symbolized by the tree in bloom. **We are divinity in seed form and were meant to blossom into a full tree**

The sacred shapes and forms of yoga are designed to optimize energy flow. As blocks are dissolved and energy flow is restored, this awakened vitality moves towards its highest expression—spiritual unfoldment.

We were born with an instinctual body, a human mind and divine potential. Just as the seed contains within it the potential for a giant tree, we as individuals contain the seed of a mighty spiritual flowering so great that it is beyond our mind's comprehension. As a favourite quote from the children's story, *The Little Prince*, "It is only with the heart that one sees rightly. What's essential is invisible to the mind." That is the journey of the tree of yoga to unlock seed of inborn divinity within us so that it can grow into the mighty tree it was meant to become.

## Blossoming The Tree of Yoga

The body/mind is a holistic and holographic organism. An imbalance in one area affects the whole. Wherever we go, whatever we do, all limbs of our body naturally function in co-creation. Just as we cannot walk into a room with just one part of our body, we cannot function as a fully realized human being unless all aspects of our self-expression are in harmony. The chakra system is a guidepost, showing us the aspects of self-expression which call for balance and attention. The Kabbalah, the Hebrew Tree of Life, works in much the same way. Each element of the Kabbalistic Tree of Life represents an aspect of human development which needs to be explored and experienced before the tree of life can bear fruit, the fully actualized individual. Working with the principles of the Kabbalah and the chakra system, we use the sacred geometry of yoga to realign and harmonize our life energy and self-expression. The balance of stability and flow, power and grace, will and surrender is restored.

## Embarking on the Journey

The journey of the yoga tree begins as a tiny seed, innocent, trusting, dependent and full of wonder. As fear replaces innocence, only the intention to grow towards the light, the courage to move out of the safety and protection of its shell, and the willingness to be a vulnerable seedling for a time, will align and propel the journey.

**Roots** • The more deeply and firmly the tree grounds itself in mother earth and lifts itself to the light of father sky, the taller and greater it will grow. A fully grounded yoga tree is rooted in the earth, our roots, our history, and our family. Where we have come from and what we have made out of our inborn potential is the ever-changing outcome of all that we have experienced in our lifetime(s). Here,

we use grounding and stabilizing yoga postures to help us energetically learn what it is to stand solidly in the self; finding stability, balance and security in "So Hum I am that I am" rather than "I wish I was..."

**Flow** • Like the tree, we must learn to bend with the winds of life, otherwise we break. The second chakra brings flow to yoga - finding the natural rhythm and voice of the breath and body as a gateway into intuition, spontaneity, play, laughter, childlike innocence, pleasure and joy.

**Power** • At the third chakra (the solar plexus) the trunk of the tree is, like the sun itself, well established in its own strength, power and capacity to weather the many climates of life. It lives without comparison, competition or a need to be stronger than others and is established and rooted to its vital source. Through standing dynamic and strength building poses we experience this authentic power. We bypass the impulse to have power-over or be power-less.

**Love** • Earth has blossomed her first fruit at the level of the heart. The journey unfolds from a sturdy trunk into many branches of expression springing from a single rooted source—love. We face all that holds us back from living fully in the heart. The heart becomes the source of the entire tree.

**Voice** • At the throat we learn to express, and give voice to the song of the heart—the expression of the heart made manifest through the medium of speech. What we say, how we say and why we say takes on great importance as voice shapes thought and we gather around us the fruits of those thoughts.

**Insight** • At the level of the third eye, intention and perception becomes more refined and we begin to see that "As you sow, so shall you reap." We become aware that our thoughts are prayers which contain energy and direction and therefore find their way into the physical domain. We are able to step back and be a witness to the process of thought and choose those that support our higher growth and those that do not. We learn to *think* rather than allowing thoughts to *think us*.

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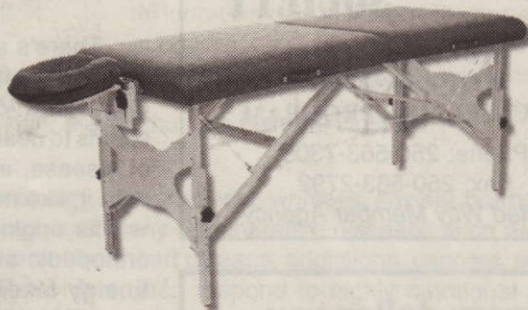
*for more information*

At the yoga of the third eye, we find the meditative balance between movement and stillness. Between action and non-action, patience, trust, and surrender to the natural wisdom of the body and its integrative power. Just as the mind and consciousness takes flight, we practice flying contact yoga partner poses that enable one partner to be suspended weightless in the air while the other roots them to the earth. As we let go into weightlessness, the entire system of the body is flooded with energy. A bridge into a unified perception of reality is opened.

As the tree bears fruit we enter the crown chakra knowing. Clear, undisturbed stillness. I am the beginning (the seed) and I am the end (the fruit). There is no difference, there is no separation. There never was. We just needed to make the journey of the yoga tree to know it, to realize it. I just had to trust the process that *prana* (intelligent life force) is always there guiding us onward. *see centerfold ad for details.*

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# New Energy Technique Boosts Healing

by Connie Hargrave, MA, EleCT

There's a lot of excitement developing about the new energy technique, Consegrity. Why? Because Consegrity seems to deal with the underlying cause of disease, and can often even eliminate it, like no other method does.

Its originator, Dr. Mary Lynch, an orthopedic surgeon at the Center for Energy Medicine in Kansas, explains that our bodies are like a mansion, and that when disease occurs, it's a sign that we have stuffed many of the rooms so full of furniture that we can't go there anymore. We can still live in our houses, so to speak, but we can no longer fix anything, because things have shut down. As we age, the mansion becomes less and less useful, as more rooms are closed down.

The health problems that we develop, she says, are due to "energetic debris" that collects in the connective tissue of the body and blocks the collagen that normally facilitates communication to and from cells. Eventually, it becomes like glue, and can compromise the surrounding cells to the extent that the DNA in them becomes locked up. At this point, the cells lose their ability to reproduce themselves accurately, and when a certain threshold is reached, the body will either develop degenerative conditions — from headaches and low back pain to heart disease, arthritis or MS — or manifest a crisis as with cancers and tumors. What Dr. Lynch and her colleagues have discovered, however, is that these rooms

can be cleaned out, and well-being restored, when the body is supported in clearing out this overload.

How can well-being be restored with Consegrity? It works at an energetic level, explains Dr. Lynch, allowing the trauma that has been "stuck" in the connective tissues to be released and moved out of the system. It does not seem to matter whether the origin is physical, environmental, emotional, or even inherited. A "cure" depends on what exactly has been "stuck," and this varies for each individual. Even stuck genes can be switched on again as a result of releasing debris in the body's energetic field.

How do these energetic shifts occur? Dr. Lynch has developed a non-invasive protocol that allows one person to reflect, or "mirror" another person's energy field back to him or her so that the body itself can resume its miraculous process of repair and replacement as dictated by its own DNA. Consegrity focuses on restoring fluidity to the connective tissues, and as subtle shifts occur, people begin to access a wider range of functioning and a deeper experience of well-being.

Because of the incredible potential of this methodology, the response in BC has been very enthusiastic, and there are now a number of practitioners available. If you have a health concern, it might be worthwhile to consult a certified Consegritist in your area to discover what is possible. *See ad to left*

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# OUR LIFE PATH - INTO THE LIGHT

by Lyn Inglis, Psychic Medium, and Rémi Thivierge, Psycho-Spiritual Therapist

Some of the most frequently asked questions we hear in our work are, "What is my life's path"? "Why is this happening to me"? "Why now"? and "What does the future hold for me"?

We have all felt the need, at some stage of our journey, to ask these types of questions. Life and situations sometimes take us to a place where we have to reevaluate what we are doing, and where we wish to go—because of an illness, a relationship problem, unhappiness, or money difficulties. If we ignore the messages, they tend to get louder and louder until we are forced to pay attention. If we fail to listen, we risk creating our own hell.

The gift of life in this physical dimension is so precious. It is a great opportunity to learn to listen to our higher selves and to become more in tune with the vastness of the universe. We are each given a gift to bring into this world. This is the time for us to discover these personal gifts, as well as the true nature of our being and use them to make a difference.

We can only reach our full potential when we have ac-



Lyn trained as a medium in England, she has extraordinary abilities as a psychic and healer. Her work is accurate and compassionate. She assists people in dealing with the challenges of the past, present and future, so they can gain the wisdom and strength they need to build a more positive life.

knowledged those experiences and relationships that have held us back, by removing the negative energy around these blocks and, at the same time, acknowledging them for the growth and experience they give us to heal. We can do this healing in a way where we simply feel better or we can do it in a way that greatly propels our growth—so that we become more empowered and move fully into the light. In our view, it is best to heal at all levels of mind, emotion and body, to ensure that all levels of 'stuckness' are resolved. For example, if you are depressed or have an illness, it is very important to clear at all three levels by changing your limiting beliefs, by clearing your unresolved emotions, and by resolving the negative energy blocked at the cellular level in your body.

Our approach is to bring the darkness to the fore, understand what caused it as clearly as possible (e.g. traumatized by a teacher in grade three), and use spiritual and other energies to heal ourselves. We believe the work that integrates mind, body and spirit is the best and quickest way to move more fully into the true essence and light of our being. Lyn assists people to do this with her psychic and channeling abilities and Rémi does so with his psycho-spiritual methods.

Rémi has over twenty-five years experience as a highly qualified therapist and healer integrating methods from the East and West. He offers transformational work, healing and integrating mind, body and spirit to clear inner blocks and improve the flow of energy to clients and workshop participants.



## UPCOMING WORKSHOPS WITH LYN AND RÉMI

**Healing into Light** – September 21 – Sat. 10.00 a.m. – 4.00 p.m. - Vernon Village Green Inn – Fee \$50.00, for more information call Deanna at (250) 558-5455 or Lyn at (250) 837-5630.

**Our Predestined Path** – September 28 – Sat 10.00 a.m. – 4.00 p.m. – Quaaout Lodge, near Chase – Fee \$50.00, for more information call Lyn at (250) 837-5630 or Rémi at (250) 837-7478.

These workshops offer participants a unique opportunity to experience Lyn's psychic and channelling gifts with Rémi's psycho-spiritual therapy as a compassionate way to heal our past and move forward with more clarity on our path in this lifetime and a greater understanding of our place within the universe.

Please contact Lyn (250) 837-5630 or Rémi (250) 837-7478 for more information about upcoming workshops in Calgary, Edmonton, Vancouver and Victoria this fall. Both Lyn and Rémi are available for private consultations, readings and workshops.

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## YOU CAN'T BE SERIOUS!

by Jollean Mc Farlen, miact csl

Managing a home office, or working in a small business, can be a rewarding experience. It's also one of the most challenging. Too few hours in the day, isolation, a lack of motivation, and balancing an active home and work life are issues workers wrestle with daily. When I suggest that to help manage these pressures we need to mix generous portions of fun into our business, some people look at me like I'm crazy. "You can't be serious?" is often the response I'll get. And you know what? They're absolutely right.

If you want to enhance your creativity (in Feng Shui think of the nine squares bagua map - like tick-tack-toe, this area is the middle right square, also area for getting projects completed), improve productivity, motivate yourself to new heights, depress your stress and look forward to entering your office every morning, then you *can't* be serious. You can't be serious because humour is one of the most undervalued, underutilized human resources we have at our disposal.

Using our sense of humour isn't about telling jokes. Humour allows us to recognize absurdities in our lives, and therefore to cope with stress and problem-solve in a creative manner. It helps us maintain a healthy perspective on our work lives, and reminds us to take ourselves lightly, but our work seriously.

**Here are a few ways to add humour to your work:**

**LIGHTEN UP YOUR OFFICE** - our physical environment has a profound impact on our mental health, creativity and productivity. So go wild! Decorate your office with lively colours, fun posters, props, seat cushions, flowers, photographs. Put up a humour bulletin board, create a wacky screen-saver or program your computer to play inspirational music each time you start it..

**TAKE A HUMOUR BREAK** -If you take breaks, breathe deeply visualizing green for a few minutes, research has shown you are more productive, less stressed and are more creative.

**HUMOUR AS A STRESS-BUSTER** - humour acts like mind floss—cleaning out the cobwebs that clutter our mind so we can think more clearly and focus on the problem at hand. It also helps put our worries in perspective, preventing us from catastrophizing every time a problem arises. And physically, a good laugh acts like a wonder drug. Laughing relieves tension in the neck and shoulder area, massages internal organs, oxygenates the lungs, reduces blood pressure, reduces stress-inducing chemicals and increases pain-killing endorphins, which can last up to twenty hours. Next time your computer, printer or something breaks down it's time to reward yourself with a chocolate sundae. Learn to celebrate and reward yourself for *all* your small victories.

Take time and put together a humour first-aid kit, anything that puts a smile on your face. One of mine is my baby grandson in a multi-coloured wig and red nose. So give yourself permission to have FUN, and post this on a wall - from Oscar Wilde - "*Work is far too important to be taken seriously.*"

Jollean is a winning decorator, international visionary, Feng Shui & Colour Consultant, author of best sellers - '*How to be a Frugal but Creative Entrepreneur* and '*Intuitive Feng Shui & Colour* . See ad to the left



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# Rosa Mosqueta

A Gift from Mother Nature

by Klaus Ferlow



In the pollution free environment of Southern Chile grows a wild rose the native people call "rosa mosqueta". Its scientific name is Rosa Aff. Rubiginosa. Its flowers are pink in colour and, as the petals drop, the plant develops a colourful orange red seed pod. When the seeds of these pods are pressed they release an oil rich in essential fatty acids, which are in part responsible for rosa mosqueta's beneficial action.

A Medical Scientific Discovery. The unique properties of rosa mosqueta seed oil (RMSO) were discovered through a planned research project. A team of researchers from the Faculty of Chemistry and Pharmacology at the University of Concepcion, the most prestigious private University in Chile, completed a study in 1983 in order to evaluate the positive action of the oil in the skin regeneration process.

This two-year study focused on the cicatrizant action of RMSO. During this time, an oil preparation was applied to 180 patients with surgical, traumatic and post-burning scars: as well as to a group suffering from premature aging. The results were remarkable. It was found the RMSO produced an effective regenerative action on the skin. Continuous application of RMSO effectively helped in attenuating scars and wrinkles, in preventing advancement of premature aging, and in regaining lost natural colour and tone of the skin.

Since then, numerous studies on RMSO have been completed at various universities in Chile and in other countries. Although the emphasis of these studies was on the clinical and therapeutic use of RMSO, the findings from the University of Concepcion opened the door for the use of RMSO in the cosmetic industry. Today, RMSO is used world-wide in the medical and cosmetic fields.

In 1988 two researchers, Dr. Berta Pareja from the Faculty of Pharmacology and Biochemistry at U.N.M.S.M. in Lima, Peru, and Dr. Horst Kehl, from the School of Pharmacology at the University of Missouri, successfully identified the presence of Retinoic acid as the component responsible for the remarkable pharmacological properties of RMSO. Retinoic acid is a derivative of Retinol (Vitamin A) and is marked as Tretinoin.

The therapeutic effects of the topical application of Tretinoin, in the treatment of a variety of dermatologic disorders, have been well researched and recognized for almost thirty years. The most significant results have been produced in the treatment of photo-aged skin—skin damaged by excessive exposure to sunlight. Tretinoin can produce quick and positive changes in the skin, but it is a very strong substance, it must be applied under medical supervision. Rosa Mosqueta Seed Oil produces all the benefits of Tretinoin, but without secondary side effects, because the Retinoic Acid contained in RMSO is in its natural state as part of a complex system of unsaturated fatty acids. Therefore, its action is controlled and slowly released by nature, eliminating the risk of overdoses. The findings of Dr. Pareja and Dr. Kehl will help to legitimize RMSO in the market, facilitating the promotion of this wonderful product. *See ad to the right.*

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## **Subliminal Dynamics Brain Management**

by Katrine Regan

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Now that I am thirty-seven and realize this is happening, I want to change it for the better. I want to know how to wake up my brain. I want to have limitless brain power. We all have the gift and we all have the ability to expand our imaginations and create. It is just finding it. The most unique thing is once you learn to use it, it's yours, no one can take it away and it is there for you to use. I want it and will use one hundred percent of my brain one day. That sounds funny but it is there for us to use. Finding how to is the key. *See ad below*

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## Extremely Low Frequency and Electromagnetic Fields in Relation to Health

### Explore—Know—Take Action

by L.M. Yakimovitch

Did you know that Low Frequency (ELF) and Electromagnetic Fields (EMF) can be a hazard to your health and now you can take action to protect yourself? Our modern world relies on electrical power and radio communications described as ELF and EMF that are found wherever there is electricity, and around any object that has an electrical charge. Electromagnetic radiation emitted from power generators, substations, power lines, radio and transmission towers, video display terminals, radar, televisions, cellular telephones, microwaves, computers, household appliances, and other electrical equipment produces frequencies that are destructive to biological systems. These artificial frequencies interrupt the natural biorhythm of the earth and its entire population. When shielded from ELF the brain is in harmony with the natural frequency emitted by the earth within the 7.83 to 10.6 Hz range.

The dangers of this electropollution are real and well documented. Dr. Robert O. Becker and Gary Seldon, in their book, "The Body Electric", scientifically proved that this electromagnetic field is the most dangerous pollution known to mankind. Their research in electropollution found abnormal reactions in all organisms affecting the central nervous system, cardiovascular and glandular systems, the brain and particularly the hypothalamus, pineal, and pituitary glands as well as the entire immune system. This silent, tasteless, odorless pollution has been related to headaches, stress, allergies, birth defects and hormonal imbalances in the human body. Dr. Becker also links many conditions including Autism, Alzheimer's, Parkinson's, Cancer, and Mental Diseases to ELF/EMF.

ELF/EMF radiation is measured in "milligauss". Dr. Becker states .05 mG (milligauss) as the decided safety level compared to ELF/EMF readings in ordinary households that usually measure higher than 3 mG. It is important to note that electrical and magnetic fields from home appliances disappear dramatically within a distance of a few feet whereas transmission line fields emit radiation in a radius of a few hundred feet. Research shows that an electric stove with only two burners turned on measures 15 mG, waterbeds at 3-5 mG, toasters 10-60mG and televisions from 48-100 mG. Sitting in front of a computer all day, using cellular phones and microwave ovens dramatically increases the risk of serious illnesses.

The good news is that researchers like Dr. R.O. Becker have discovered affordable ways to protect our health from electropollution through the use of a specially designed Resonator Chip. This chip installed in a battery operated watch and worn on the left side of the body works in conjunction with the earth's natural harmonic frequency and our body frequencies, defuses incoming ELF/ELM radiation, protects the body's total electrical systems and brain functions and vastly increases the integrity of the entire immune system.

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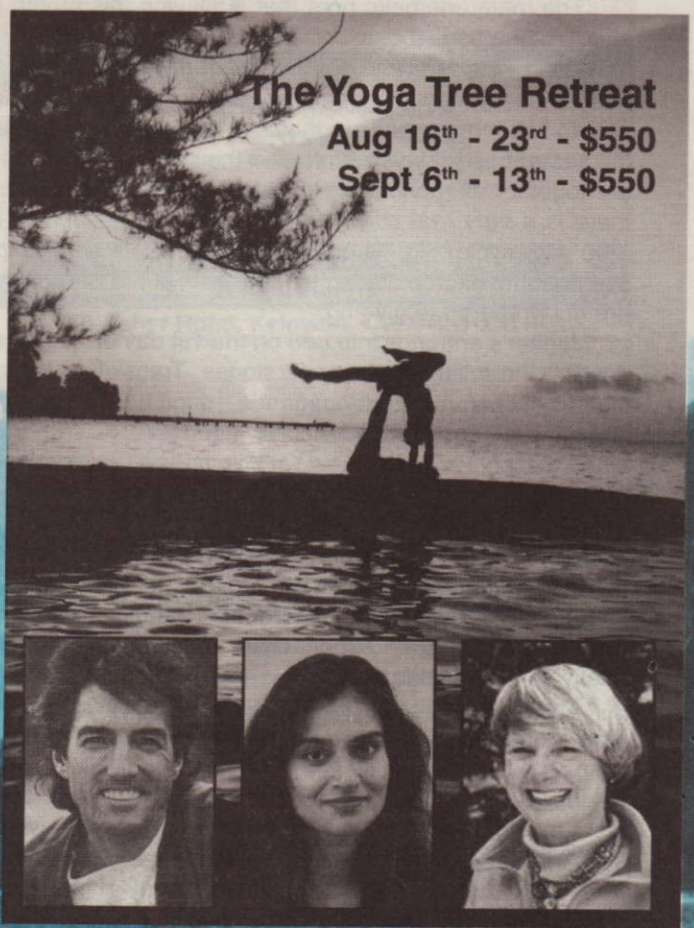
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# Astrological Forecast

for August & September, '02

by  
**Moreen  
Reed**

**August** will be too busy, too hot and too prone to playing reruns, and I don't mean TV!

The main energetic note that is playing this month is tension. A trine aspect between Uranus and Saturn produces the tension in willpower and determination or, at worst this tension pushes people to violence. They are linking air signs so I expect to see more change in the communications industries, like the internet. Next layer: Pluto and the south Node of the Moon are together all month long suggesting we are in a time when there is a very real chance we could set the stage to repeat (248 year cycle) old historical stories. To this end I expect to see humans demonstrating what aspect of old paradigms they are not prepared to give up.

Jupiter's entrance into Leo on the 1st day of August makes possible the writing of grand new stories. Translation: the spreading of new community propaganda. Jupiter's first aspect is to Chiron; the current state of social structures (Chiron in Capricorn). I expect a lesson in social humility will be experienced by many leaders both here and abroad as their populations express their dissatisfaction in a dramatic way.

Mars is strongly felt this month as he is in close proximity to the Sun ensuring that we all are "doing" more than "being." By the end of the third week his target is Uranus which he will oppose on August 23. I expect crisis zones around the world to briefly flare up at this time.

The August 8th Leo New Moon is at 12:15 p.m. PDT. A Leo New Moon asks us all to release creativity out into the world. Step onto the stage of life and really play your role. Just do not get identified with it! They say action speaks louder than words. Mars is conjunct this Leo New Moon guaranteeing we literally start with the swords drawn and are off in a blaze of glory. As Venus and Jupiter's alignment adds a quality of indulgence (oh dear!). The highlighted degree symbolism is "Volunteer church choir makes a social event of a rehearsal!"\* The keyword is "Communion". I recommend setting in motion actions that lead to building or sustaining healthy community spirit.

The August 22nd Full Moon along the Leo Aquarius axis is at 3:29 p.m. PDT. The light of the Full Moon shines on the very real danger of "repeating" history. The Sun and Moon themselves are calling for a lively exchange of communication. Between Aquarius Leo this can mean chest pounding or coolly detached and objective or both. Mars' approaching opposition to Uranus ups the stakes to violent polarization. Mercury is ready to let just the right word set this whole scene off (August 23 & 24). I recommend that empathy and compassion arise to allow vulnerability to support connecting. Otherwise the light of this Moon will validate the rationale of the aggressor. The degree symbolism\* "An unsealed letter", key word is "Confidence". On a personal note take a step back and "see" with your heart what drama you are in. Thus avoid repeating your history.

Pluto makes his annual retrograde station on August 26, you get out of the "cocoon" card day. Once again another crop of Sagittarians are undergoing their final transformations. Many will be amazed that the process isn't over yet.

## September

Alas it is obvious that our attention will be on remembrance of 9/11. I was therefore dismayed and awed by the maps of 9/11/02 and the New Moon and the Full Moon. All are dramatically wired to that fateful day last year.

For those who feel detached from 9/11 and must be getting on with life, you will likely find September a slow and awkward month. Saturn is grinding to a halt, bringing reality into too sharp a focus. As Saturn nears the end of his Gemini journey, those who have resisted his prompting to drop judgements and opinions for present experience, will be particularly uncomfortable. Many new shortcomings of the information technology systems will likely come to light now.

To make the world of connectivity and communications even more challenging we have the last of this year's

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Mercury retrograde periods to contend with. This starts on September 14th and lasts till October 6th. The pass is almost exclusively in Libra making the challenge of balance, justice and finding the right match for things or persons a serious non-starter. The usual drill applies; expect delays and changes in plans. You need to reevaluate and reconsider major issues. Hold all final decisions and approval until after Mercury goes direct on October 6th.

Jupiter and Neptune are making the only outer planet aspect this month and it's a ringer! They come into an exact opposition at 8:06 a.m. New York Time on September 11th. Jupiter's degree symbolism is "Birth" while Neptune's degree symbolizes "Shared Suffering". Together Jupiter Neptune can bring forth the energy to work for the greater humanitarian good with no thought of personal gain. Usually I would be suggesting care and caution with this pair as they can promote speculation, seduction and scandal. On a personal note, now is the time to join with others in the pursuit of idealistic agendas.

The September 6th Virgo New Moon is at 8:10 p.m. PDT. Today you can plant Virgo seeds that encourage self-mastery dedicated to the service of others. This New Moon degree squares Pluto and the degree Saturn was at on 9/11. We are all looking for reassurance. I would suggest this map is saying each one of us has to step up to the plate and con-

tribute. And yes it is scary! Venus, Uranus and Saturn form a nearly exact grand trine suggesting unity of thought, vision and plan, can come out of today's commitments. The high-lighted degree symbolism is "An Ornamental handkerchief"\*. The keyword is "Gracefulness".

The September 21st Full Moon along the Virgo Pisces axis is at 6:59 am PDT. The light of the Full Moon shines on a rather stark landscape because it is dominated by Saturn's reality. Saturn's reality? "The quickening" an accumulation of information that spurs one on to action! This is the literal degree the Moon was at, on the morning of 9/11. From the Virgo perspective comes acute discrimination. The degree symbolism\* "A man gaining secret knowledge from an ancient scroll he is reading", key word is "Discovery". On a personal note: allow reality to reveal what you have in motion at this time? Please note Mars is coming to a square dance with Pluto, suggesting that one should not get attached to familiar ways of wielding power at this time, because shortly the limitations of those strategies will be revealed.

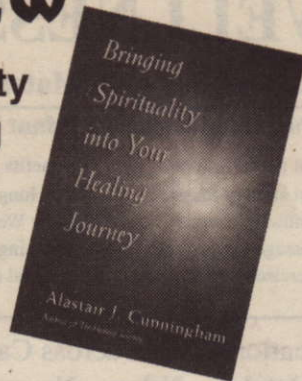
Fall Equinox is at 9:55 p.m. on September the 22nd. In this map we see reflections of the next three months. Of note is a grand trine in fire suggesting passion and enthusiasm can easily be ignited. We have vision and fire in our bellies for the road ahead.

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

# BOOK REVIEW

## Bringing Spirituality into Your Healing Journey

by  
Alastair J. Cunningham  
ISBN 1-55263-450-7  
Publisher:  
Key Porter Books



A unique approach to psycho-oncology from the author of *The Healing Journey*.

In his first book, *The Healing Journey*, Alastair Cunningham provided a comprehensive discussion of what people with cancer can do to help themselves. Published in 1992, *The Healing Journey* examined the relationship between the mind and cancer and outlined the various treatment options available - from conventional medical and dietary remedies to psychological and spiritual therapies.

Cunningham's latest work details the next step in the healing journey. *Bringing Spirituality into Your Healing Journey* helps readers achieve a strong connection to a state of mind that may actually aid in the healing of the body. Cunningham provides a series of exercises and techniques to aid in relaxation, focus, meditation, forgiveness, and self-acceptance. He also includes feedback from patients who have used these techniques--making the book both a powerful self-help guide, and a compendium of shared experiences.

The spiritual road to healing may not be for everyone. For those willing to open their minds, *Bringing Spirituality into Your Healing Journey* is an essential guide.

*Dr. Alastair J. Cunningham is a cancer survivor and a senior scientist at the Ontario Cancer Institute, one of North America's largest cancer research and treatment facilities. He is also Professor of Medical Biophysics at the University of Toronto, clinical co-director of the Wellspring Centre, and a member of the Institute for the Advancement of Health and the Society for Behavioural Medicine. He has Ph.D. degrees in both cell biology and psychology, and more than thirty-five years of experience in cancer-related research.*

# Kidneys Responsible for the Health of Our Bones

by Donna Roth

Now, who would have thought that our kidneys are responsible for the health of the bones? And who would have thought that malfunctioning kidneys are responsible for osteoporosis, arthritis, osteoarthritis and gout? Let me explain: One of the prime functions of our kidneys is to look after the pH levels of our blood stream. A healthy bloodstream is slightly alkaline. Now what happens when the blood stream becomes acidic? Healthy kidneys are able to deacidify the blood and all is well. However if the kidneys are not able to do this and we do not have enough calcium, an acid blood stream steals calcium from our bones. And presto, we have the beginnings of osteoporosis. Or if the kidneys are not able to utilize the calcium that we are consuming then this calcium begins to deposit in our joints and voila, we end up with arthritis or osteoarthritis. So what is the solution?

The solution is to take herbs to strengthen the kidneys, to take a calcium supplement that is easy to assimilate, to drink lots of good pure water instead of pop, coffee or tea and to cleanse the bowels.

Does such a herbal based solution work? Let me tell you about one man I know that suffered terribly from severe gout attacks. He took medications for many years until he became afraid of the side effects so he turned to a herbal solution. He changed his diet by eliminating white flour, white sugar and soft drinks and began taking herbal supplements for the bowel and kidneys. Within a short period of time his gout attacks ceased, he weaned himself off the medication and today he does not suffer anymore from gout attacks or from gout inflammation.

Another lady I know had severe rheumatoid arthritis and she was told that she would soon progress to a wheelchair. She also changed her diet dramatically and began eating foods Mother Earth provides. She drank carrot and celery juice and lots of water and she took herbal supplements for inflammation, for the bowels, for the kidneys and for nutrition. Within three and a half months all pain and inflammation dissipated and she totally regained health. For ten years now she has been free from rheumatoid arthritis.

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# A Second Opinion

## On Health and Healing

by Ean Langille, B.Ed., I.I.P.A.

Our desire for optimal health is the foundation upon which we build a life that is rich in spiritual, emotional, physical, and nutritional healing. A pursuit in not just doing more but "being more" can bring us the answers and lasting satisfaction we are looking for. The current health care crisis is a result of not asking the right questions, which has left us searching for answers to our pain and suffering. We must passionately pursue the four elements of healing to get lasting results.

Do you really want to see results in your life? To heal spiritually, there must be a time when we take complete responsibility for our lives. We realize that our choices and actions must change to create a life of perfect health. It takes will, determination, and courage to look for different answers especially when it is not reinforced by dominant thought in society. It involves reflection and awareness as to where we've been, how we got there, and then consciously direct with a plan of action where we want to go. Expand your mind with conscious awareness by reading, thinking, and asking "Why?" The rest is just details.

Emotionally, we must be "stirred" to act. What would it feel like to be pain-free? Drug-free? Are we willing to just accept what someone else has told us we can do or do we believe and trust that there are answers to our problems that we just haven't discovered yet? The answer exists to a mind that wants to heal. Through this search, we awaken a sense of belief, joy, and courage in the journey that nothing is impossible. We feel alive with a sense of urgency rather than living our life by default in having someone else control us with their decisions.

Physically, there are genetic differences that make us all unique. The key is to understand our strengths and weaknesses so we can support ourselves to prevent any pain or discomfort as we age. Through Iridology (eye analysis), you can identify your own uniqueness and take concrete steps toward your ultimate intention. There is also an understanding of the connectedness of the human body. It is something to be nurtured rather than manipulated. There is an appreciation of how the organs and tissues work together at the speed of light to support our well-being.

Nutritionally, scientists have now publicly stated that our food supply no longer supports optimum health. High quality supplementation is necessary to prevent nutritional deficiencies that otherwise create allergies, illness, and disease. This paradigm shift is necessary for prevention. I have personally seen how high quality supplementation can support a drug-free lifestyle. I see the result of the body's innate intelligence to heal when we supply all nutritional deficiencies.

Shutting yourself off from the spiritual, emotional, physical, and nutritional aspects is impossible for true healing to occur. They work synergistically to elicit a strength that perhaps has been missing from our lives. Suppression on these levels does not support your long-term interests. Why not choose to make optimum health a reality in your life!

*See ad to the right*



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# Life is a Dance - Celebrate Yourself

by Khoji Lang

*Meditation is a key, opening the door to the mysteries of existence.*

Meditation is medicine for our soul. It provokes and facilitates healing on all levels. Meditation generates inner light which will expose all false identities. Meditation is the only therapy in which you are your own therapist. Looking at yourself with profound honesty is deeply empowering. Healing on all levels is the natural by-product of an expanding consciousness.

"Who am I?" is the most profound question to be asked. Down the ages many spiritual masters have given this query to their disciples, inviting them to contemplate on it. Usually we are identified with our body and appearance, our thoughts and ideas, sensations and emotions. All these are dearly important to us, they are giving us identity. But if you take a closer look you will notice transitoriness, and moreover, whatever you can look at can't be you—hence you are neither your body, nor your thoughts or emotions! All these expressions of ours fluctuate, they are bound to change as time passes. Only our silent center, the innermost witness remains unchanging. Our consciousness is a pure presence, an empty space, the divine flame of life.

To constantly be at this silent place within oneself, despite all turmoil, is to live in meditation. At first it will be hard to stay there. For too long we have lived on the surface. It has become a habit, easily one is taken away by the raging waves of life. So at first one has to dedicate oneself to become more centered. There are many different meditation techniques that were devised by spiritual masters down the ages. *Vipassana* is probably the most popular one, inspired by Gautama Buddha. Sitting with your eyes closed, you bring your attention to your breath, simply watching bypassing thoughts and emotions. For many centuries this simple technique has helped thousands of people on their path towards self-realization.



Osho, one of the most brilliant and innovative spiritual masters, developed a whole series of *Active Meditation Techniques*, fulfilling the particular needs of our present time. It was his insight that modern man is tremendously restless, having to deal with excessive amounts of anxiety and stress which makes it almost impossible to simply sit and relax. His active meditations are accompanied by music and each of them consists of several stages. First one engages in shaking, dancing, or forceful breathing and catharsis. Our consciousness works pretty much like a pendulum—the more we move into action, exhausting our physical resources, the deeper we are going to fall into inner silence and relaxation. Active meditation is about rejoicing our life energy to such an extent that it becomes easy to go beyond all limits. *For details of an Osho wksp. see ad below*



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# SOLUTIONS

## To Your Ultimate Health Concerns

by Louis Hoolaeff

*"Ten years ago, it was almost malpractice not to endorse estrogen. Now the bubble has burst."* - Dr. Isaac Schiff, Massachusetts General Hospital

The Women's Health Initiative (WHI) is one of the largest studies of women's health ever undertaken. The latest study is the only randomized clinical trial of hormone replacement therapy in healthy women. More than 160,000 post-menopausal women were recruited into a variety of trials designed to find the best ways to prevent heart disease, breast and colorectal cancers, and osteoporosis. Due to the study's rigid design, most doctors view the WHI as the definitive word on women's health. Final results were due out in 2005, but one part of the study involving 16,000 women was halted prematurely. These women were taking a combination of estrogen and progestin called hormone-replacement therapy (HRT). Researchers concluded that the risks of HRT clearly outweighed the benefits. The announcement came that HRT caused small but significant increases in breast cancer, heart attacks, strokes and blood clots.

What's a menopausal woman to do in light of a study linking HRT to cancers, strokes, heart attacks and blood clots? What about non-menopausal women and the general public where cancers, heart attacks, diabetes and all forms of debilitating chronic and terminal illnesses are on the rise? How about cancers and diabetes in young children? Children today are acquiring these diseases at a younger and younger age. In reality, there is no need to suffer from any of these debilitating conditions.

Today we have created a population of sick, diseased and dying people. According to national research, as announced through the media, our food supply is devoid and lacking in nutrition. Our diets are rich in hormone laden, antibiotic raised meats, poultry, dairy and eggs. We overindulge in animal fats, sugars, refined flour and starches and processed foods, some that can lead to very high estrogen levels. We are continually exposed to, and consume toxic chemicals of various kinds. And if we do eat a fresh supply of vegetables as is recommended today, we cook these semi-nutritious foods, further destroying vital nutrients.

Our bodies are completely out of balance, filled with toxins and undigestible proteins. As these toxins accumulate, symptoms of illnesses begin to develop. We run to our doctors and to the drug stores to acquire drugs that mask these symptoms. Now we accumulate more toxins from these drugs. Then we develop more drastic symptoms, which turn into chronic conditions. The next step is to administer highly toxic treatments or remove that ailing body part. Chemical influences actually do not cure but mask the symptom. Of course, the toxic condition is still within us only to reoccur time and time again.

We create our own diseases. Many health defects, such

as low energy, skin problems, wrinkles, anxiety, hormonal imbalances, and many degenerative diseases such as diabetes, depression, heart disease, addictions, cancers, attention deficit disorders, etc., respond to highly nutritional supplementation. There is a way to become disease-free permanently. That is to remove those accumulated toxins and to feed the body with the nourishment it requires to build healthy and vibrant cells. When accumulated toxins are removed and the body is supplied with the tools (nourishment) it needs to rebuild its cells, the body heals itself.

We are all created equal. We may try to fool our body by using stimulating, low active, wrong frequency chemicals, drugs or isolates such as vitamins and other compounds. Isolated compounds are derived either from animals, plants, coal tars, petroleum sources and yes, even sewage sludge. Certain compounds, such as those derived from soybeans, can create toxic conditions in the body and hormonal imbalances, especially in long term use. Our body cannot be fooled for too long. In time it will rebel!

For the body to respond and regain its health including hormonal balance, the nutrients must have a whole food construct. These nutrients must be of a high 'Electrical Frequency', be 'Electrically Active' and 'Electrically Available' to be utilized by the cells of the body. The same way as Nature laid out the proper electrical construct of our foods.

Many unhealthy, chronic and degenerative conditions have been overcome by providing the body with these necessary and critical nutrients (tools) as outlined in our health program. This program includes comprehensive educational materials of written, audio and video presentations, including all the necessary 'Electrically Available' nutritional supplements required to achieve a state of attuned health or 'homeostasis'. This research is compiled by scientists that utilize an 'Electrical Understanding' in the relationship of the body and how it functions on an 'Electrical Principle'.

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# Calendar of Events



**August 10 - 15**

**Consulting Sessions**,  
with Jollean McFarlen in Grand Forks. p 16

**August 16 - 23**

**Tree of Yoga Workshop**, with Nateshvar, Rasika and Kamini - Johnson's Landing. p 12

**August 23 - 28**

**Innerquest Breathwork Training**, with Jon Scott at Johnson's Landing Retreat Ctr. p 31

**August 29**

**Touch for Health Level 1-4**,  
with Yvette Eastman in Vancouver. p. 9

**August 30 - September 1**

**Osho Active Meditation**, with Khoji Lang at Johnson's Landing Retreat Centre. p 26

**September 4**

**Diploma & Certification Courses**, start at the Can. Inst. of Nat. Health in Kelowna. p 4

**September 5**

**Art & Science of Coaching**, starts at Erickson College in Vancouver. p 7

**September 7**

**Cheryl Forrest (Grismer)**, fall program starts in Westbank. p. 2

**September 12 - 15**

**Subliminal Dynamics Brain Mngmt**, with Richard & Donna Welsh in Vernon. p 18

**September 13 - 15**

**Wise Woman Weekend**, at Naramata Centre near Penticton. p 10

**September 14**

**The Flowering of Human Consciousness**, with Eckhart Tolle in Vancouver. p 9

**September 16 - 20**

**Astrology Readings**, with Moreen Reed in Kamloops. p 22

**September 20 - 22**

**Body Soul & Spirit Expo**, at the Vancouver Convention & Exhibition Ctr. see backcover

**September 21**

**Healing into Light**, with Lyn Inglis & Rémi Thivierge in Vernon. p 15

**September 26**

**Herbal Information Seminar**, with Donna Roth in Kelowna. p 24

**September 26 - 29**

**The Noah Festival**, Animal show and expo in Penticton. p 9

**September 27 - 29**

**Canadian Society of Questers**, Fall Convention at 100 Mile House. p 28

**October 4 - 7**

**Anahata Prenatal Yoga**, with Mother Wellness in Nelson. p 23

**October 5**

**Holistic Living Expo**, in Cranbrook. p. 30

**October 5 - 6**

**Psychic Development Class**, with Douglas De Long in Kelowna. p 25

**October 19**

**Open House**, at Vipassana Meditation Retreat Centre near Merritt, BC. p 33

**October 24**

**Counselling Hypnotherapy**, basic certification with Orca Inst. starts in Kelowna. p. 3

## ONGOING EVENTS

**REIKI CIRCLE & MEDITATION GROUP** starting in Prince George. Non-religious, informal, open to all. Call Jadine 250-562-2655.

### TUESDAYS

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

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

### THURSDAYS

**SPIRITUAL DISCUSSION GROUP** Every second Thursday. 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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# The Value of Steam Therapy

by Laura Pelletier

The benefits of steam can be combined with relaxation and rejuvenation treatments. The skin acts as the body's third kidney, dispelling impurities through congested pores, which is important for optimum health.

Steam therapy enhances the body's ability to more readily break down these fluids and impurities, increases circulation and irrigation. During a steam treatment, the heart rate and circulation is elevated, similar to a mild aerobic workout, but not blood pressure.

This increase in circulation brings oxygen-enriched blood, full of nutrients, to replace the fluids and impurities removed during the steam process and allows the client to maintain skin vitality, elasticity and tone.

Aromatherapy can be incorporated with steam treatments, when inhaled it is processed in the area of the brain that controls emotions and penetrates the skin to get to the bloodstream and immune system.

Steam treatments have been proven to help these conditions:

- minor injuries, muscle strain, arthritic pain.
- stress, fatigue, central nervous system
- respiratory conditions, viral infections, asthma, colds.
- chronic conditions, and used in cancer and AIDS therapy.

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# Self-Expression

by Christina Ince

Self-expression is self-truth, the acknowledgement of the authentic unique You. You are an ongoing creation and what you express is of the essence of the authentic you. For many of us the expression of self comes through our hands, whether holding the brush, flying over the keyboard, moulding the clay, holding the camera, playing guitar, preparing food, stitching, beading, drawing.....for others it is giving voice, moving the body in dance, writing poetry, dreaming.....

When I returned to Canada from Northern Ireland, my daughter, Claire, then seven, was excited to discover she could wear whatever she wanted to school, having spent two years in a grey uniform. On her first day she dressed in an array of dazzling colours, from the scrunchies in her hair to the mismatched neon socks and red sneakers. This spirited, artistic girl is now sixteen and still has her own style, a little subdued from those early days but full of self-truth.

When you are released from restrictions, real, imagined, necessary, self-imposed, your spirit and imagination can soar. Having free rein can be daunting, when the poem doesn't have to rhyme, the painting doesn't have to look like a photograph, and, contrary to what your grandmother taught you, you can wear "blue and green without a colour in between". Where do you start when you realise you have so much freedom? Here is a little bit of encouragement to get you going: If you love a particular colour, but are intimidated by it, start small: a little purse on a string, a scarf, cushion cover, silk flowers; pretty soon you're wearing it as a shirt, a sarong, a bedspread, and then: it's on your walls! Don't be afraid of colour, revel in it, live in it. If you've always wanted to paint, just pick up the brush, dip it in some colour and have no fear of the white expanse of canvas or paper!

If you yearn to write, but have lost your confidence because you hated struggling through school essays, obligatory letters and work-related reports, now is the time to discover the beauty and joy in words. Your pen (or keyboard) is your tool, your friend. Again, start small, write a note to yourself about how your imagination knows no bounds as the rules and standards fall away. Then write a free-form poem on something about which you feel passionate. You may want to switch to a recorder as your creativity runs and flows ahead of your pen. Be inspired by reading the two Dylans: Dylan Thomas and Bob Dylan. Isadora Duncan expressed herself through dance when such free style was shocking in society. Unrestricted by choreography and correctness, let yourself unfurl with freedom and dance to whatever music moves you, without thought. Visit the library (or the internet) and find information about other "rebels", the spirits of freedom who are remembered because they expressed themselves fully, with depth and love and truth. Ignore those who were not authentic, who used their self-expression only for shock, gain, fame. Learn from those who inspire you with their self-love and self-truth. When you wear clothes in colours and fabrics that you love, when your home reflects the real you and not the magazine photo-spread, when your garden is beautiful although unmanicured, when your friend innocently hangs your gift of a painting upside-down and loves it anyway, when someone says you are "a breath of fresh air," and when you have banished a lot of those "shoulds" and "musts", you will surely feel more light and alive and energized than ever before.

Self-expression is self-truth and self-love - what a lovely place to start on your journey of self-discovery.

*Christina Ince, is a Holistic Counsellor and Reiki Master/Teacher, in Penticton, BC. She is one of 26 facilitators at the Wise Woman Weekend at Naramata, BC.*

*This is our 6th annual event where 300 women gather to celebrate self-expression in all its many modalities.*

*Sept, 13, 14 & 15. Interested, see display ad on page 10*



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**Holistic Living Gains Popularity  
in the East Kootenays!**

by Shaman Beloin

I spent most of my school age years in the East Kootenays, Cranbrook to be exact. After graduating, I high-tailed it to Vancouver. For me, that city was a spiritual mecca—I delved into metaphysics and astrology, and it seemed there were like-minded people everywhere. I was completely in my element.

Of course, life has a way of bringing you lessons, that at the time feel like they've come out of nowhere. After a tumultuous love affair, I found myself pregnant and soon to be a single mother. Though I knew I'd have to leave my beloved city, there was no way I was going back to Cranbrook. I'm sure many of us have demons lurking in our home towns, and for me moving back to Cranbrook was like taking a step backward. So, heartbroken but determined, I went straight to Calgary, where I quickly found a spiritual community and many friends.

As any single mom will agree, it's so important to have support, especially in those first tough years of being a new mom, with a new babe! By the time my son was a year old, I was dragging myself back to Cranbrook, with my tail between my legs, for some much needed support from my mom and dad—God bless them!

Whoa! What a culture shock! In 1998, the East Kootenay area was just barely waking up. I reached out to people who I hoped I'd find a common ground with, but to no avail. Was I depressed! For months upon end a dark blanket covered and protected me. Then one night sitting alone in my apartment, I reached deep within for any flicker of hope I could find. A voice told me to "get to work" and I realized I was here to hold my own flame of truth, and to let it shine out for others to catch on. At times, I have been so afraid of what I might not be able to do, out of that fear and loneliness has blossomed an awesome courage.

The East Kootenay area is ALIVE, the people here are waking up at an exponential rate, from their long sleep. They're hungry and eager and open. It's the most amazing thing to be here, in 2002, and to see it all coming together, like a piece of the divine puzzle. I am honored to have the opportunity to organize the HOLISTIC LIVING EXPO, in Cranbrook. *See ad below*

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# Breath Breakthrough

by Jon Scott

From the time of our birth the pattern of our breath has been the template from which all other human patterns arise. Childhood trauma encodes this template with blockages that actively work against our conscious intentions as adults. Breathwork facilitates the release of these traumatic blockages through an experiential healing process, allowing us to reexperience the purity of the original template from which we came.

Breathwork opens new doorways for therapeutic intervention, especially useful with those who have found themselves frustrated with the limitations of traditional cognitive therapies. This method integrates physical, spiritual, mental and emotional release work in such a way that it puts the individual in the driver's seat of their own healing journey.

Breathwork creates the opening for individuals and couples to do deep soul work safely through a reawakening of an individual's ability to access and trust their own knowing. The human propensity to hide from our pain has also hidden from us the depth of our joy, the profoundness of our wisdom, and the key to our life's work.

I have found breathwork to be an invaluable tool, uniquely suited to my work with men supporting the opening of the male emotional body. Within the social structure of our culture, men are trained from the time of their birth not to feel tender, vulnerable or emotionally open. It's a kind of socially condoned and enforced emotional brain washing that leaves most men numb and emotionally cut off from themselves and others. Men often find themselves over-focused on responsibilities, commitments and obligations outside themselves that fail to feed or even touch their soul's purpose for being. In the absence of connection to the deep male mysteries, men commonly turn to women to find the juicy, emotionally rich soul-life for which they hunger.

Emotional numbness is the most common complaint from men and their partners. Breathwork brings the wall of numbness down and allows a man to reexperience the purity and innocence of his own unique emotional world.

This connection acts like a compass point showing the way to reclaim the lost intimacy in relationships, authentic relationship to self and insight into a man's life work. Once a man awakens to his soul's desire, he is opened to an incredible emotional life. *See ad below*

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Though the practice of meditation has been around for centuries, it is gaining popularity the world over, as people look for ways to improve their overall well-being and to deal with the stress and tension of modern-day living. Daily, we are faced not only with the challenges of our own personal lives, but also with the problems and unrest of the rest of the world. Is there a way to live peacefully amidst the chaos of the world around us? S.N. Goenka, the world's foremost lay teacher of Vipassana meditation, tells us there is. And that the key to that happiness lies within each of us.

Vipassana is one of India's most ancient mediation techniques. It was rediscovered by Gautama the Buddha, and is the essence of what he practiced and taught; a universal remedy for universal ills. Although Vipassana has been preserved in the Buddhist tradition, the teaching itself is undeniably non-sectarian. The technique works on the basis that all human beings share the same problems, and that a pragmatic method, which can eradicate these problems, can be universally practiced. Vipassana is accepted and applied by people of all backgrounds, religions, race and gender. Goenka says "I do not wish to convert people from one organized religion to another, but conversion is involved: from

miserly to happiness, from ignorance to enlightenment."

Vipassana, which means, "to see things as they really are", is taught at ten-day residential retreats. "The practice requires you to observe yourself within," Goenka says. "What is happening within myself is more important than what is happening on the outside. Every time you generate a negative emotion, you are the first victim of that emotion. When you experience anger, hatred, or jealousy, your whole body has a burning sensation and you become miserable. When you free defilement from your mind, you have a pure mind full of love, compassion, and good will. And you experience peace and harmony at an experiential level. Vipassana helps us live this way."

All Vipassana courses are offered completely free of charge. Neither Goenka nor his assistants receive any remuneration. Expenses are covered solely by the donations of past participants.

For people the world over, Goenka has one message: "Spare ten days of your life. Don't be afraid with this name of meditation. Actually it is a way of life, an Art of Living. This is the way to get strength. To face the world."

see ad to the right



# VIPASSANA MEDITATION RETREAT CENTRE

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## No Ritual, No Guru - Just the Art of Living by Robert Baker

"You're crazy. How do you know if everyone at this course isn't running around with shaven heads and orange robes!" My wife said these unencouraging words as she read through the code of conduct with the rules and guidelines for a ten-day Vipassana meditation course.

I have to admit that I did not have a clue what to expect. In fact the only reason I was applying for this course was to be accepted into the "Professional Internship Program" at the "Stress Reduction Clinic" in the University Hospital in Massachusetts. I had taken and studied what seemed to me to be umpteen traditions and types of meditation. However this term Vipassana was new to me. Through some enquiries of fellow students during a yoga class, I found a centre south of Seattle that was offering these courses. I was not keen to spend an entire ten days in a course, so

I enquired if it would be possible to do a shorter course. Since I had attended many courses and workshops in the past where it was the norm to pack the info into a shorter time frame, I enquired if it would be possible to crunch the ten days into five or six days. "No, Robert", came the reply, "definitely not".

I was in some ways grateful that this centre was about four hours south of the Sumas border crossing, as I was feeling exhausted and looking forward to ten days of relaxation. After the check in and filling out forms I was relieved when I entered the men's dorm and discovered that the men all looked like regular folk. I discovered early in the program that the evening discourses were similar to other teachings and techniques I had practiced. However, in this course the strict practice of Noble Silence was dramatically different. Noble Silence means that we do not communicate with any of the other students through words, body language or writing. I found this silence to be quite irritating, as I could not engage in my usual pastime of debating what was being taught to let others know how clever I was. I also found it annoying when I could not tell others in my usual condescending way my objection when they would move my slippers or hang their wet coat on top of mine. Worse yet, I could not even throw them a look of utter disgust at their behaviour.

I came away with a rude awakening of just how inflated my ego actually was. I came to appreciate the importance of experience, not intellect, in routing out old conditioned habit patterns of the mind.

During the last evening of the course, David, the assistant teacher conducting this course, mentioned that after a period of regular practice we could take twenty day, thirty day, or forty-five day silent retreats. "Ya right! Not in this life", I said to myself. However when I returned home and continued the practice I was aware of changes occurring within. For me the most profound breakthrough was that I could observe the sen-

sations in my body resulting from negative emotions without knee jerk reactions. To my amazement I returned a few months later for a second course and later that year served in the kitchen. Serving means providing some service voluntarily to assist in the presentation of a course.

What truly amazed me about this program was the absence of any Guru or hidden agenda. On the last day of the course I noticed a server sitting at a small table where students could make a donation (*There is never a charge for these courses. Donations are accepted from those who, upon completing the training, wish to contribute for future students*). My ever-sceptical mind at this time was saying, "This is too good to be true". So when it came time to leave I was looking over my shoulder expecting someone to come running, asking me to hand out pamphlets to friends or colleagues. No

one did, nor did I receive any unsolicited e-mails or phone calls. This led to a greater interest in the deeper workings of the organization. Consequently I joined the Trust for the Vancouver Foundation. Now five years and seven courses later I have applied to sit a twenty-day course. I am still amazed at the continuous benefits such as tolerance and compassion towards all life forms that I experience from practicing this technique.

Currently I am the caretaker and outreach coordinator for the Vipassana Meditation Centre of BC. The aroma of pine fills the air during the warmer months, reinforcing the centre's other name of Dhamma Surabhi, which means Fragrance of Dhamma. The word "Dhamma" means "Law of Nature".

The Centre is situated on a 56-acre forested property thirty km. south of Merritt. Construction of the 9000 sq. ft. facility was completed in April of this year. For the past twenty years courses were held at rented sites in various locations in BC, mainly church camps. The centre will accommodate forty-three students in winter and more in the warmer months. Currently we offer two ten-day courses per month.



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# Can They Talk?

by Gisela Ko

Animals, trees, rocks and rivers— can they really communicate with us? How could they possibly! After all, they don't have the kind of brains and mouths we have. Right? Wrong! They DO talk to us all the time, but we don't listen! It's actually just a matter of paying attention, because it isn't words they are aiming at us. It's whole thoughts, wishes, suggestions, outright orders or even warnings. They know that on a subconscious level we are all communicating with everyone and everything else. We are just not usually aware of it on a conscious level, except for occasional dim notions, which we then dismiss as nonsense—unfortunately.

Every cat owner knows what the cat is saying when she walks to the door, looks at you, looks at the door and then back to you. In plain English that means: "would you be so kind...." Of course my cat Mitzi was less polite than that. She'd start vigorously scratching the door, always the same spot, and that meant something like: "Open the damn door or I'll force my way through!" Over the years she almost made it through there too! But eventually she got very old and wouldn't go outside any more. Her fur was matted, teeth fell out, taste buds stopped functioning, and in the end she didn't even want to eat at all. When she could hardly walk and kept falling over, I asked her if she needed help to be released from this misery. I had to go into an altered state of consciousness to get the answer to this question. And then she made it very clear that she wanted to leave this world on her own terms.

There was another cat who spoke to me in a completely different way. It was years ago. One day I came home from work, very tired. It had been a rough and stressful day. All I wanted was some quiet time and a bit of a rest. I went upstairs and with a sigh of relief plopped down on my bed, stretched, and then relaxed. Ahhhhhh!. I was just dozing off when I heard cat Josie purring outside the front door. Then the hatch rattled and the purring came inside, then up the stairs and into my bedroom—purring all the way. Next she hopped up on my bed and on top of me! I angrily pushed her away, after all I had just found my so very much needed peace and quiet. But Josie never skipped a purr, blithely walked into the next room, curled up on the sofa and purred.

All of a sudden I was wide awake. Wow, what a lesson!!! I had been working on detachment for quite some time. For me it isn't easy to not be affected by somebody else's bad mood, especially when it's taken out on me! But seeing perfect detachment in action with this kind of flair and ease—I was awed! I am working on this lesson to this day, and I am getting better at it.

They say, "When the pupil is ready, the teacher will appear." Until then I had always assumed that you'll meet an awesome guru when you are ready to learn what he or she has to teach. Josie taught me at that moment, that anyone can be your teacher. Anyone at all! It's just a matter of paying attention, or rather, being ready.

Animals are of course somewhat related to us, especially cats and dogs. They can become very close friends as any pet owner knows. But what about trees, rocks, mountains and rivers. Can they also communicate with us? Well,

for a shaman the answer is easy: Everything has a soul, everything has a spirit, everything is alive in some way and needs to be honored as such, and everything can talk.

I found trees can be wonderful friends. They can also get quite unfriendly and temperamental. I suppose they are like people, everyone is different. But even mountains, lakes and other features of the land have a soul and can be happy or sad. We humans aren't even aware of what we are doing to this world with our chainsaws, bulldozers and explosives! We are leaving a trail of devastation and pain behind us without a second thought.

But everything can heal, given a chance. I have brought lost souls back to trees, mountains, rocks and rivers. And always the loss occurred due to human doings. So how do I know that help is needed if the need isn't obvious? First I feel an emotion that clearly isn't mine. Then I ask point-blank if I can do anything to help, then I listen. There is always an answer and it was only the first few times I was surprised!

The need for a healing however isn't always what gets conveyed to me. Sometimes I get a totally different message: I own this little hut up the mountain, snugly nestled among trees on a forest meadow. It's very comfortable in there, but no electricity and no phone. Since the hut is less than ten minutes from my house I often spend a nice and undisturbed night up there. Dog sleeps outside by the door.

One nice night in early summer a few years ago, dog and I walked up there in the moonshine. When we came around the turn where the forest opens up, I asked for permission to spend the night. This is a respectful routine question, and there was never a noticeable answer before. This time two trees, visible against the night sky, looked at me in a very stern and almost frightening way. It was actually an unmistakable "Keep out!" But did I believe them? "Come on folks, have a heart. I came all this way up to sleep here!" And then I went into the hut anyway without thinking about it any more. Dog stayed outside, barking at the moon.

Some time during the night I woke up from loud noises. My dog was yelping pitifully. He was being kicked and chased around the hut. I quickly opened the door and let him in. He was visibly shaken and somewhat traumatized, but otherwise unhurt. The culprit was nowhere to be seen and we slept peacefully for the rest of the night.

Next morning when we set out to hike down the hill again, I saw something reddish brown moving among the bushes not far from the hut. It was a whitetail deer, a doe, who apparently had had her fawn there that night!! I felt very bad and guilty and apologized profusely for having been there despite the warning. I promised to pay better attention next time, and to take hints more seriously. Then we quickly walked away and down the hill to have breakfast. Another lesson learned.

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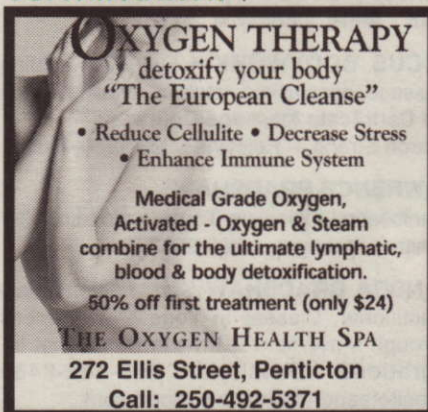
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