



The Angel and the Rose
See page 6 and 7 for details

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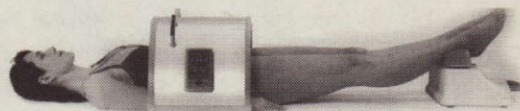
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Hypnosis - What is it?

by Peter J. Smith

Simplistically, hypnosis is a strong, single idea focus. People automatically go in and out of light hypnosis many times a day. It occurs naturally whenever people are mentally or emotionally caught up in what they are doing or experiencing - from watching a TV show or reading a book, to times of anxiety or excitement. Humans could not complete anything that required concentration, without hypnosis.

It is a powerful therapeutic tool for accessing the subconscious mind to achieve personal goals or affect desired changes. Hypnosis has existed since the Chaldean times and western medicine has been trying to understand it since the 1700's. But it has only been within the last two decades that we have truly begun to understand what hypnosis is and what it can do for us.

Hypnosis is not sleep, trance, unconsciousness, mind control or even magic. In fact it is a heightened state of awareness. The notion that a hypnotist controls the client's mind is pure Hollywood fiction. It may also be described as guided concentration. The guidance may be provided by a qualified hypnotherapist, or in the case of self-hypnosis, by the individual.

Which ever way you think of it, hypnosis is a method for communicating with the subconscious mind. Few people realize the awesome power their subconscious mind has over their lives. The causes for many "bad habits" are rooted in memories or perceptions that may be forgotten by the conscious mind but retained in the subconscious. Hypnosis helps to access the subconscious and change those habits more quickly and easily than other methods.

There are many areas where hypnosis has proven to be tremendously helpful including memory enhancement, improving concentration, child birthing, insomnia, pain relief, fears, nail biting, abuse victims, weight loss, smoking, substance abuse and stress.

Occasionally, people are too stressed to conceptualize or complete their goals. Hypnosis is then employed in teaching them to hold and direct their focus. However most people seeking help from a hypnotherapist have the opposite difficulty - they are locked in hypnosis by a mistaken belief held in place by a strong emotion and can't get it off their mind.

The hypnotherapist dehypnotizes, thus breaking them free of their mindlock on the problem. This restores their freedom of choice and affords them the opportunity to make and actualize a new decision. Hypnosis is more than an ability to learn, it is a skill, holding within it, its own solutions.

See ad in the Natural Yellow Pages - under Hypnotherapy



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Cancer Cause, Cure & Cover-Up

by Donna Roth

Best-selling Canadian author, Ronald Gdanski, in his book *Cancer Cause, Cure and Cover-Up*, brings to light the long well-known, documented research about the cause of cancer. He tells us that all chemotherapy drugs are anti-fungal. Thousands of people know it. They have known it since the early 1900's. Now if cancer is a fungal disease it follows that people living in fear of cancer can prevent it by preventing fungal infections. They can help cure cancer by eliminating conditions in their body that allow fungi to thrive. There is no evidence to believe that cancer is a hereditary or genetic defect disease. How does fungal infection cause cancer? Mushrooms, a fungus, demonstrate the capacity for fungi to produce a visible body much like an apple tree produces apples. If inside your body cells near an injury are infected, and if there is lack of oxygen and nutrition then rapid doubling of new tissues for repair-of-injury results in simultaneous rapid doubling of fungal cells and fungal tissue growth. That's cancer!! Cancer cells are simply fungal infected human cells and ergosterol is the name given to the cell wall membrane of fungi and yeast.

So to prevent cancer you need to detoxify the toxic fungal breeding environment within your body, you need to repair the injury, you need to cleanse the parasites, you need to feed your body with high energy quality foods, and you need to keep sugar foods, chemicals, metals as in mercury, to a bare minimum. To detoxify the body of chemicals and mercury, the best idea that I know of is to use a quality combination of herbs containing Burdock, Dandelion, Yellow Dock, etc. Parasites, which rob your body of oxygen and cause internal injury, can be cleansed very effectively with Black Walnut ATC and Artemesia. Finally a nutritional blend of Spirulina, Amaranth, Wheat Grass, Barley Grass, Chlorella, etc., along with organic food, will provide your body with the essential amino acids, enzymes, vitamins and minerals necessary to sustain life. Plant enzymes are absolutely essential for the digestion of all foods. Finally, fungal infections can be kept at bay by supplementing your diet with a quality herbal combination of Pan d'Arco and/or Cat's Claw/Astragalus.

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The Red Tea from South Africa

by Arnold Bredenkamp

Rooibos tea is unique to South Africa and is grown in its natural state NOWHERE else in the world. "Rooibos" is pronounced "roy-boss" and means "Red Bush" in the Afrikaans language.

My first memories of Rooibos tea date back to my toddler days when coffee, regular black tea and all other carbonated beverages were STRICTLY off limits. If you considered yourself too sophisticated to drink tap water, your alternatives were milk, fruit juice (on high days and holidays) or Rooibos tea - with NO exceptions. We understood that coffee and regular black tea (or "English tea" as it is called in South Africa) were EXPENSIVE, because they were imported from far away countries. Only BIG people were entitled to this pleasure. Secondly, these beverages were BAD for children, because they had a negative effect on your sleeping pattern. While passionately looking forward to the day when I would be BIG enough to join the ranks of my dad and older brother for a cup of coffee or a REAL glass of wine, I was not altogether devastated: Ruby red coloured Rooibos served on ice in a high stemmed glass looked beautiful - in my imagination at that stage, an EXCELLENT substitute for the finest estate wine!

In South Africa this tea is fondly known as "The Miracle Brew" due to the amazingly soothing effect it has on allergic babies. This phenomenon was discovered accidentally (and this is a TRUE story!) when one day a frantic mother with a screaming baby in her arms, searched for a quick way to warm her baby's bottle (this was before the microwave era). She added some warm Rooibos tea to it and fed it to her baby. To her profound surprise the baby stopped screaming and actually went to sleep peacefully and happy. To make a long story short, this mother went on to help literally HUNDREDS of colicky babies using Rooibos tea as a supplement to both breast and formula milk. She recounted her experiences in a book called, "Allergies: an amazing discovery". As I was an allergic newborn baby myself, my own mother (much in

awe of the frantic-turned-famous mother) started giving me Rooibos tea as a supplement to milk when I was only a few weeks old. It alleviated my food allergies and soothed the spasms that were caused by the colic cramps - exactly as it had done for many, many babies before me.

Rooibos remained a part of my life even into adulthood and when we moved to Canada a year ago, we of course had to change a few habits. Our tea was one of the things that we had to do without. I soon started experiencing allergic reactions against pollen and dust. I was told that these allergic reactions could be due to increased stress levels caused by the move, as well as exposure to new and different vegetation. Medication on a semi-permanent basis was suggested. I accepted the explanation although the medication made me feel drowsy and without energy. When it came to decision-time regarding our occupation in the Okanagan, the importing of Rooibos tea from South Africa was the first idea that came to mind. I started drinking lots of the tea as usual! Only after several weeks of neglecting to renew my prescription, did I realize that Rooibos was stepping in to take up the fight against the allergies! Slowly, but surely, the symptoms disappeared and have not returned!

The healing properties of Rooibos were discovered by the Bushmen who inhabited the region before the white and black men came to Southern Africa. They were excellent hunters and very knowledgeable about the uses of different plants and found that the fine, needle-like leaves of the "Aspalathus Linearis" herb made an aromatic tea. It was they who first harvested the wild-growing plants, chopped them with axes and then bruised them with hammers, leaving them to ferment in heaps, before drying them in the sun. Today this tea is still processed in much the same way, but of course the methods are certainly more mechanized and refined.

See ad to the right

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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.

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The Angel and the Rose



The front cover is a photograph of a painting that took five years to complete... David Balcombe, the artist who lives in Nelson, BC, said that he found it challenging because he was using many mediums and was working a fulltime job. Currently he is using the computer as a tool to express this creativity. His latest project is called *Mosaics on Canvas* which he intends to exhibit later this year. He is a friend of Richard's, the man in my life, who was thinking of using it on his Johnson's Landing Retreat Center brochure this spring. We agreed it was more appropriate for the Issues cover for several reasons:

1) 'tis the season to send greetings of peace and joy. Since my name also means angel or messenger of God, I have always felt connected to these heavenly creatures... I still remember the feeling, when I was about ten years old and read the definition—my head nodded automatically in agreement with the book, for I felt the connection deep within. I believe that we have all taken turns being angels. In this chosen life we live in the paradise that we create, individually and collectively.

2) I often feel gifted by the universe, on many levels. To me this was a physical representation of what a psychic said to me when she came into my store and asked if she could tell me something. I nodded as she stared at a space above my head and said, "You are about to receive your third guide... he is here to help you through this next passage in your life." She went on to describe what the three of them looked like. Her description of the two matched what I saw in a meditation many, many years ago when I first entered the world of metaphysics. I have been making mental notes on the subtle differences in my personality since its arrival. Mostly I feel more intuitive—with quicker, more clear messages of what is about to happen or needs to be done next. I feel blessed that I have been given some extra help as I make this next transition and move to the Kootenays next summer to start the process of developing an intentional community at Johnson's Landing.

3) Roses are my favorite flower. The smell and beauty of them grace my table often. In the summer, I often snitch them from neighbours who grow these majestic shrubs. Many years ago I told the story about meeting Jan, my past business partner. She caught me early one morning and poked her head out the door and hollered. "Take two, they are free." I grinned sheepishly and complemented her on her green thumb. Perhaps it was the only way the angels could provide me with the help I needed to do my next assignment. I think this is one of the many small miracles that often happen to me. Today I get roses or other flowers delivered to my door with a kiss and a dinner date, from a man I am growing very fond of. The more time we spend together, the more we appreciate each other's qualities.

This spring I bought an iMac computer because of upgrades within the industry that made putting Issues together complicated. At the time of buying it I thought that I would have the summer to learn QuarkXPress and make the adjustment to the differences in the operating systems. Instead, I spent my extra time helping Richard out at his retreat centre. It is now closed for the winter, so he is here helping me make the transition. The learning curve is always the most intense at the beginning, but as you can see, we have survived the experience. I have been told it will only get easier and I assume that if there is some extra time left over, the universe will find a few more things for me to do.

Richard and I are looking forward to some time off this Christmas. May you feel the blessings of love and grace that the Angels continually shower upon us.

Angele ♥

Light Up Your Life!

by Laura Pelletier

What is Seasonal Affective Disorder (SAD)?

We all suffer from the winter blues occasionally. SAD sufferers experience the "blues" much more acutely. They may be constantly fatigued, sleep too much, gain weight, be withdrawn, lose interest in sex, lack alertness and be irritable. They experience these and other symptoms to such a degree that they feel unable to function normally. They are unable to cope with everyday life. Their life is on hold till spring. SAD is caused by a lack of light usually during fall and winter and is characterized by annual recurrent symptoms. Our modern lifestyle deprives us of sunlight. Despite the impact of light on our well-being, we spend 95% of our time indoors where light levels range from 200-700 lux.

Who is affected by light deprivation?

Most affected are those living in northern latitudes and frequently overcast areas, especially during the shortened fall and winter days. Also affected are persons who live in basements or dark apartments and those who seldom venture outdoors. People who are deprived of light because they live and work in a dark environment, and shift workers who sleep in the daytime may be affected by light deprivation even in the summer. In Canada, three to five percent of adults are severely affected by SAD, while another ten to fifteen percent suffer from a milder form of the same disorder. Women are more affected than men, and children and adolescents can also suffer from SAD.

What is light therapy?

Light therapy involves the use of a specially designed lamp (with UV filter) that delivers 5,000 to 10,000 lux of light. Each day, for thirty to sixty minutes, people sit in front of the lamp and enjoy the light. Extensive medical research over the past decades has shown that bright light therapy is the treatment of choice for SAD. Even though light therapy is mostly used to treat SAD, other common applications include the treatment of PMS, bulimia, jetlag, some sleep disorders, non-seasonal depression and shift-work.

Is light therapy medically approved?

The Canadian Psychiatric Association, the American Psychiatric Association, the National Institute of Mental Health and the Society for Light Treatment and Biological Rhythms endorse the use of bright light therapy. Light therapy is recommended and used by thousands of psychiatrists, psychologists, sleep disorder specialists, physicians and other health professionals in Canada, USA, and abroad. *See ad below*



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Book Reviews

by Christina Ince

Attitudes of Gratitude in Love

Creating More Joy in Your Relationship

by M.J. Ryan • Conari Press

ISBN 1-57324-765-0

"We can have happier and more joy-filled relationships if we focus on what's right about them rather than what's wrong," writes M.J. Ryan in *Attitudes of Gratitude in Love*. She shows how to use the experience of gratitude to get back in touch with why you fell in love with your partner in the first place, and how to deepen that love. This book is not only pleasing to the heart, but to the eye and the intellect: the chapters are succinct yet sweet and sharp, with quotations by people as diverse as Dave Barry, Gary Zukav, Voltaire and Tom Robbins. A lovely little gift for anyone you care about, including yourself.



Tao in Ten

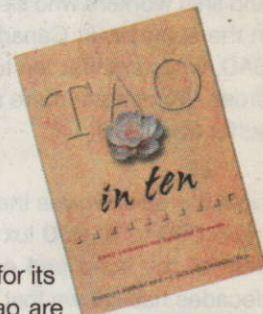
Easy Lessons for Spiritual Growth

by Annellen Simpkins, Ph.D. and

C. Alexander Simpkins, Ph.D.

Tuttle Publishing - ISBN 0-8048-3451-2

Throughout the ages people have turned to Taoist thought for its simplicity and harmony. In this book the lessons of the Tao are presented in a practical way, to not only give you the philosophy but also to guide you to living a life in the Tao. As well as the historical background, this book provides such lessons as: attuning to your true nature, accomplishing more by doing less, accepting and integrating opposites (yin and yang), activating your energy (chi), living healthily through Eastern medicine, developing inner strength, enhancing your creativity, following your dreams, and mastering life. This book is a simple guide to helping you find your way and becoming the best person you can be.



The Lazy Man's Guide to Enlightenment

by Thaddeus Golas

Gibbs Smith - ISBN 1-58685-190-X

Inspired by the title, what else could I do but sit back and quote at length from the author! "I am a lazy man. Laziness keeps me from believing that enlightenment demands effort, discipline, strict diet, non-smoking, and other evidences of virtue. There is a paradise in and around you right now, and to be there you don't even have to make a move. All potential experiences are within you already. You can open up to them at any time. There is an odd chance that this is what someone needs to read in order to feel better about himself. If you are this kind of person and want to know what to expect when enlightenment strikes and why it comes to you, this is for you."



Season's Greetings

to our Readers and Advertisers
from Issues Magazine

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Christmas Spirit
fill your hearts with
Gladness and Joy.



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and Prosperity
in the New Year.



Love and Blessings from
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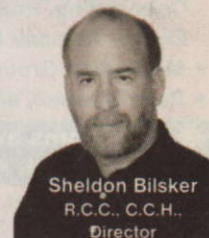
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THE ANGEL AND THE ROSE

the front cover painting by David Balcombe

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The medium — is tempera and oil on canvas. The painting measures 36" by 48" and is currently for sale. Phone 250-352-5306 if you are interested.



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Why Raw Food?

Eliminate Disease with Food!

by Elise Nuff

Raw food is live, natural food that is living and contains all the nutrients that are required by our bodies. God intended man to eat the foliage and fruit put upon this earth to sustain us. Mankind started cooking food when a great drought hit the earth and there was no live food to be had, so he turned to meat and fire to sustain his family.

Live, raw food has nutrients and especially enzymes to nurture our bodies. These enzymes are of utmost importance to distribute calcium to our bones. These enzymes will mend and repair our bone mass and make our blood work the way it should. They are our life spark. If we have no enzymes we do not live, we die. Enzymes are not reproduced by our bodies, they are depleted every day by the thousands, therefore we must replace them with living enzymes every day.

Raw food supplies all the nutrients needed each day for our bodies to function. These nutrients are killed when our food is heated over 110 degrees, so therefore all cooked food is considered to be dead food by the body. The body builds up a layer of mucus in our stomach to protect us from this dead food. If this mucus is not dispelled during exercise, it builds up in our bodies until our organs, glands and brain are surrounded by mucus causing sluggishness and disease.

It takes only ten minutes to digest a raw apple, whereas it takes up to twenty-four hours to push a cooked apple through the system. No nutrients in cooked. Not used by body. The body needs 123 different nutrients and 2000 trace minerals to function optimally.

Raw food will help the body to detoxify and eliminate them. This will slowly remove all toxins and disease and clear the mucus that has built up over the years. Raw food is life. See ad below

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From the Editor...

Chit Chat
with Marcel



In our August/September edition we featured the Vipassana Meditation Retreat Centre near Merritt, B.C., on our front cover and inside with two articles. Over the years I had heard of this meditation technique and had briefly tried it a couple of times, but having a centre as close as Merritt now gave me the incentive to learn it properly by taking one of their ten-day courses. In early August I went on their website to register but found the course I wanted in October was full and I could only go on the waiting list. It wasn't until the day before the course started that I finally made it to the top of the list and was told that a space had become available. So I quickly packed that night and was on my way there in the morning.

Vipassana is a technique which is said to purify the mind of all negative trauma, beliefs and conditioning. It breaks the mind's habit of reacting to people and situations in life. This technique, if practiced faithfully, will bring meditators out of unhappiness, misery and suffering. It was rediscovered by the Buddha 2500 years ago and was kept alive in its pure form by a small sect in Burma. It wasn't until the last century that Vipassana was reintroduced by S.N. Goenka and there are now over eighty teaching centres around the world.

I found this lovely new centre nestled in the forest twenty-five minutes south of Merritt. There were close to fifty students (half men, half women, kept segregated until the last day.) After registration, a light meal and an orientation meeting, we began Noble Silence—we were not to speak to anyone until the last day, except the managers or teachers when necessary. The day ended with a meditation and basic instructions for the next day, lights out at 9:30 pm.

The gong sounded at 4 am. There was about ten hours of meditation scheduled throughout each day and a teaching discourse every evening. There were breaks for breakfast, lunch and tea and fruit at 5 pm (no supper). I looked forward every day to the delicious and healthy vegetarian meals. The first

three days were spent learning Anapana meditation. This is a tool which was then used for the next seven days while learning Vipassana Meditation.

I found this course one of the most difficult things I have ever done, because when I began to do this much meditation my conscious presence began to challenge the power of my ego. Of course my ego was not happy about this and began to fight back in the hopes that I would give up in distress and it would then regain power. The ego's weapons are drowsiness and agitation; I couldn't believe the extreme drowsiness I felt. This made meditating very difficult, with a constant struggle to stay awake. The agitation came in while trying not to move during meditation, it felt like every cell in my body began to scream. I feel that this struggle has left me with greater inner strength and endurance.

Vipassana also teaches how our misery and suffering is caused by aversion (resistance to what is) and clinging to the pleasurable experiences of life. While meditating, all sensations of the body are observed with equanimity. This course was very timely for me because I have recently been working with this concept in my life. I thought it a wonderful coincidence when on the eighth day the water line coming into the building broke, and we were without water for twenty-four hours. What better practicum could we have been given to show us how we cling to our modern conveniences, and the aversion that arises when they are taken away from us.

I am very grateful for the opportunity to have had this amazing experience. Vipassana has proven to be of great value to thousands of people around the world and I am sure I will continue to practice it in my life. However, maybe I am too much of a maverick to be a true fulltime devotee. I can't be a part of any group and spend my life in just one teaching when there are so many other wonderful teachings out there to investigate and learn from.

I have much respect for and deeply honour the people who work at these centres. Their time is all donated so that others may have the opportunity to learn this life changing technique. Due to their selfless service these courses can be offered without charge.

I hope that the intensity I have described here does not dissuade others from participating in this course. It is precisely because of this intensity that I consider this experience so worthwhile and valuable to my personal growth.

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HOW TO PREVENT PROSTATE PROBLEMS THE NATURAL WAY WITH SAW PALMETTO

by Klaus Ferlow



It amazes me how little most males know about prostate enlargement and how it can lead to prostate cancer. If people read well known health magazines regularly such as: *Alive*, *Common Ground*, *Vista*, *Shared Vision* or *Alternative Medicine*, they will find educational articles on how to avoid the problem by using preventative natural herbal remedies such as Saw Palmetto combination tinctures and creams.

Often some males with urinary problems will not even tell their own wives about this problem. After checking with their medical doctor it is then discovered they have developed prostate cancer, which is in turn treated with surgery, chemotherapy and radiation. In many cases this can lead to impotence, which for many males (dependant on age) is almost a "death sentence."

COMMON SYMPTOMS OF PROSTATE ENLARGEMENT

- * hesitation to initiate urination
- * difficulty controlling the flow of urine
- * pain and/or straining to maintain a stream of urine
- * blood in the urine or semen
- * a sensation of incomplete emptying of the bladder
- * frequent urination (especially during the night)
- * infection of the bladder
- * pain or stiffness in the hips, thighs and lower back
- * cystitis and kidney failure

Prostate enlargement affects 75% of men by the age of 60 and more than 90% of men over the age of 65. Consumers searching for alternatives to surgery, chemotherapy, and radiation are turning to herbal remedies because they fear the potential erectile dysfunction or the incontinence that can occur.

To maintain prostate health, the following foods should be consumed on a regular basis:

- * hemp, flax, pumpkin, sunflower, and sesame seeds
- * chickpeas, pistachios, almonds, brazil nuts, walnuts
- * cabbage, broccoli, kale, spinach, swiss chard
- * chickpeas, lentils, beans, oatmeal,
- * apples, onions, whole grain cereals
- * tomatoes, watermelon, papaya, grapefruit
- * carrots, sweet potatoes, turnip, corn
- * cold water fish or fish oil

Food to avoid:

- * hydrogenated fats
- * red meats
- * refined sugar
- * alcohol, coffee, black tea, soft drinks (with aspartame)

More patients are becoming interested in alternative treatment such as; meditation, naturopathic medicine, herbal remedies, acupuncture, and anti-cancer diets. Powerful natural herbal remedies that can prevent prostate problems are Saw Palmetto combinations and creams. *See ad to the left*

Intensive, Shorter Therapy Provides Lasting Results

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

Good news, Woody! There's no need to spend years on a therapist's couch. "People are too busy to commit themselves to long term treatment. They want positive, tangible results in a relatively short period of time," says therapist Laara Bracken, "and Core Belief Engineering offers just that." A client who had been in therapy for five years with other methods, and was still stuck, was happy and productive after only five months of working with Bracken. "This is not unusual," says Laara.

Changes Last

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

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

How It Works

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

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

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

Empowering and Flexible

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

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

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

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See ad below also see ad & article on page 21



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History of Professional Kinesiology Practice

by Delores Wiltse

In the 1960's George Goodheart DC began assessing his patients using manual muscle testing, and he observed that there were times when there was no apparent reason for muscles to become weakened. He then began using a technique of origin and insertion massage on the weakened muscle to return it to normal strength. This original success was the subject of what has become Applied Kinesiology (AK).

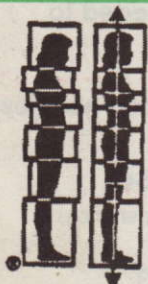
Over the years it has become known that the concept of a "strong" or "weak" muscle does not depend on whether the muscle is strong or weak, but on how the nervous system is being expressed through the muscle. Studies discovered that there were many different existing therapeutic approaches effective for restoration of normal muscle function. Some of which are modified meridian therapy, lymphatic and vascular reflex points, and acupressure points.

In the 1970's, Dr. John F. Thie DC wrote the book *Touch for Health* and brought the power of the manual muscle test to public awareness. How exciting it was for people learning greater awareness of health and taking that responsibility for themselves.

In the 1980's a new educational, energy model of kinesiology evolved. It is called Professional Kinesiology Practice (PKP) and has been developed by Dr. Bruce Dewe, a medical doctor for over thirty years, a Touch for Health instructor, a member of the International College of Applied Kinesiology, and co-founder of the International College of Professional Kinesiology Practice.

PKP is an outgrowth from AK but has grown along educational or energy models rather than the medical models. In PKP we balance the body energies in relation to goals. We also consider the person as a whole, and think in terms of health in the form of a triangle or triad. On one side we have our chemical and nutritional aspects, the second side is our mental, emotional, spiritual aspects, and the third side is structural and exercise. Well-being comes from balanced triads. The goal is to have a balanced triangle to achieve overall health. See ad in the Natural Yellow Pages-under Kinesiology

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Creating Healing Space with Feng Shui & Colour

by Jollean Mc Farlen, miact csl

None of us want to feel like a mere number, so when we are treated like just another digit in a long line, it rankles. We all experience it and deal with it at the post office at Christmas time, for instance. This feeling is probably most demeaning and damaging to our sense of well-being if we feel that way when we visit a doctor or other health care professional.

What's more, this feeling is totally unnecessary! Feng Shui imparts to places an uplifted and cheerful sensitivity that welcomes and comforts.

Feng Shui creates healing environments that provide calming, uplifting, and nurturing experiences. How does the environment at your medical professional office measure up? You are fortunate indeed when you discover a healer whose concerns for your well-being extend to the environment they create for your meeting. Those who don't, and they are still the majority, may be putting out the wrong signals.

Signs of a Healing Environment

- Easy-to-read numbers and signs
- Easy access to the inside
- Wind chime outside (or inside)
- Bell on inside of door
- Healthy fresh plants/flowers
- Soft sounds, pleasant scents, and clear colours
- Uplifting, unambiguous artwork
- Erect and comfortable seating arranged for conversation
- Reader friendly, non-glaring, non-fluorescent lighting

I encourage all of you to work with businesses and people who truly care about your well-being. I have found the past five years that I have worked in the Okanagan with businesses and clients, the ones who work with spiritual Feng Shui and colours are now the winners. My new slogan is "I work with winners."

2003 a '6' year - colour Indigo - year of great Vision and Acceptance - time to follow our true path and be willing to take the time for the preparation that is necessary to reach our goals, and be willing to "pay our dues."

Jollean is an author, Intuitive Feng Shui & Colour consultant and visionary. See ad below

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Phoenix Rising Yoga Therapy:

Discovering Your Body's Wisdom

by Brian Scrivener

"Pleasant, gentle, yet deeply eventful." "Wonderful, renewed sense of *being* my body." "For me, it works like a form of meditation or prayer." These are just three comments from people with whom I have shared Phoenix Rising Yoga Therapy sessions, yet they point out the elusive essence of Phoenix Rising.

Is it a bodywork modality? Is it psychotherapy? Or, is it a form of guided meditation?

Phoenix Rising varies from other forms of yoga therapy in that it is a venture in self-discovery, rather than in directed healing. It is not specifically intended to be good for any 'conditions', because it is not a medical mode of treatment, though improvement may result from the stretching, breathwork, touch and dialoguing involved. Phoenix Rising uses supported asanas to connect what is going on in our bodies with what is going on in our lives.

It is based upon the understanding that different, identifiable, physical, emotional and spiritual issues tend to be focused on each of the body's chakras. Through life's events, emotions or energies may become blocked or locked at different chakra levels. Bringing pressure to bear at the chakras through supported yoga asanas can trigger spontaneous release of the stored energies or emotions.

You and your Phoenix Rising practitioner will explore movements with your body with the intention of increasing your body awareness, your knowledge of its limitations and its strengths. Together, you will move your body deeply into the direction of stretch or pressure until you reach your 'edge'. This is the point at which you feel not pain, but discomfort to the extent that you would not like to go farther. When you reach your edge, he will hold you there, firmly and safely. In that position, he will engage you in a non-directive dialogue, allowing you to explore the sensations you are feeling in your body, as well as any emotional or spiritual issues that may arise.

At the edge, the body's honesty and wisdom take over - it is hard to engage in the sort of mind games that so often inhibit the effectiveness of 'talk therapy'. While in a Phoenix Rising session, one is freed up to simply be.

As Michael Lee, founder of Phoenix Rising, explains, "We are definitely not in the business of fixing. Rather, we are helping people to discover for themselves how to work with themselves - empowering people to become their own healers."

Brian Scrivener is a yoga teacher and Certified Phoenix Rising Practitioner based in Coldstream.

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Brian Scrivener

Certified Phoenix Rising
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Philip V. Starkman

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Philip V. Starkman

A psychotherapist and Lifestyle
Counselor/Coach in private practice.
Philip has 38 years of experience in many
forms of meditation. His eclectic
background includes years of intensive
practice in the monasteries, temples and
ashrams of Asia.

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Profile

'YOUR ORIGINAL VOICE'

an integral approach to writing,
using soma yoga, enquiry and meditation.

"Oh the songs we hide, singing them only to ourselves." Theodore Roethke

I would like to invite you to a New Year's writing workshop at Christina Lake, B.C. starting on Friday, January 10th, 2003. In this workshop we embark on a journey into the living experience of our unrehearsed, authentic self, using a technique I call 'freefall.' I studied this technique with my teacher, Barbara Vesselago. It takes courage to stand by one's heart, or to stand by one's core. You can touch that core, you can unlock your original voice, if you write with an open receptive attitude, and the willingness to express whatever arises, just as it is. You'll find the person you really are, instead of the one you think you should be.

All the basic rules of writing practice have one purpose: to allow you to slip out of the tight grip of ego, and be natural, free and spontaneous. Everything we do together in this workshop is to support this kind of allowing. We work in a circle, with partners, and with ourselves. Often it's more like play. As we do the soma yoga, we come into our body; and our vision, feeling, and awareness open up. To write from the body is to honour the body, and to find out how the evocation of the senses can open the door to the soul. We see how it is when we give ourselves the chance to really pay attention to what has heart and meaning. We learn how to bring our whole self to the page. Many voices wait inside us, until we are ready to listen.

When your writing comes alive it is vivid, passionate, and full of truth. This kind of practice is not just for writing. It will help you live your life. The possibility is always there; to open what has been closed, to soften what has been hardened, to embrace what has been feared, to remember what has been forgotten.

Shayla trained as a co-worker with Mother Teresa in Calcutta, and studied Zen with Joshu Sasaki Roshi in New Zealand. For twenty-three years she studied and taught yoga, meditation, writing and public speaking in India. She has a teaching degree in yoga and meditation, and has given classes and workshops in India, Europe and North America for the last twenty years.



The Green House is a beautiful retreat center, surrounded by sweeping lawns and large trees. As you can see, these prices are very low for a residential weekend. I want to give people a break from their busy lives, and a chance to really immerse themselves in the experience of their own voice. If you would like to come, and don't know how to make that happen, call me, and we'll see what we can work out.

These prices include tax, three great vegetarian meals a day, plus snacks.

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True Connections

by Linda Stanton

All my life I remember being told again and again to "control my emotions" and that I "shouldn't be so emotional." My views of life were often challenged by stronger personalities who easily controlled me. Later, these same personalities would tell me to stop trying so hard and just "be myself." I obviously wasn't living up to whatever ideal these people expected from me.

I began seriously seeking spiritual truth at the age of sixteen. I desperately wanted to find out who I was actually created to be... what was my purpose here?? However, for about seven years, I almost completely lost my soul to the power of negative beliefs. After escaping the grip of an abusive relationship, I decided to get serious about changing my life.

I immersed myself for several years in counselling and personal development workshops of many kinds. I felt encouraged along the way, yet somehow I knew there was something deeper going on, something that no one seemed willing or able to tap into. Then one day my landlord, who had become a dear friend, gave me the gift of a retreat called Connections.

When I met the True Connections group, I expected nice, good-intentioned people, but not much more. Certainly not the incredible opportunity to feel valued and recognized and accepted, especially by a group of people I had never met before. For the first time in my life, I was told that being able to experience deep emotion was what granted me the ability to love and connect deeply with others. I was told that being heart-driven is what this world was lacking the most, and that it is compassionate people like me who bring hope, light and leadership of a different kind into the lives of others. The very core of me felt validated — even celebrated — for the first time in my life. Suddenly I realized — I am ACCEPTED — just for who I am!

I listened, watched, and mostly, I participated in all kinds of interactive opportunities that were created for me during the weekend. Thanks to the unique, experiential approach I got little sleep and experienced deep reflection, for I had never dug so deeply into my soul-search before. By the end of the weekend, I felt as if I was finally waking from a long, restless and foggy sleep. It took a few days of reflecting, before my new realization sank in..."I AM good enough" and "I AM loveable."

I now believe this growth is not something human beings are meant to achieve alone. We are "wired" for relationship and connectedness. We are not weak to admit we need help from others; we are strong and wise to see how life is a continual give and be-given-to experience. Truth really is within us, if we learn to decipher, trust and embrace all of who we are.

Today, as I continue along my exciting and rewarding healing path, I know I never have to feel alone again.

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Feed the Body

by Louis Hoolaeff

All food either nourishes us or it poisons us. Before the advent of modern agriculture, everything we planted, grew and ate contained the electrical matrix that nature had provided for us. All our medicine came from herbs, again with the proper electrical construct. The soil, up until about one hundred years ago, was full of enzymes and nutrients that nourished our bodies through the fruit and vegetables that we ate.

This is no longer the case. What was in the soil one hundred years ago is long gone. Because of soil depletion, chemical fertilizers, poisonous sprays, etc, most of the food that we grow has its electrical information distorted to the degree that we receive very little nutritional value. This is because our food is capable of being only as healthy as the soil in which it is grown. Very little of the physical food that we do eat ever gets near the cells of our body. The vast majority of it passes out through our bowels instead of being absorbed. So, how do we get nourished?

All food goes through a process called digestion. The digestive fluid, combined with live enzymes and bacteria that are meant to be in our stomach, digest the food (ferment it and break it down further). If this digestion in the stomach (fermentation) were undertaken correctly, these microscopic molecules of energy would be electrically attracted to the field of energy surrounding the cells of the stomach lining, then electrically drawn to and passed through the microscopically porous stomach and small intestine lining, and then proceed into the bloodstream.

These tiny particles would be correctly named "complex protein molecules." When these protein molecules get pumped into our capillaries, they are electromagnetically drawn through the walls of the capillaries and into our lymphatic fluids. The lymphatic fluid surrounds every cell in our body, and very soon our energy protein molecules pass by these cells. The protein molecule has an energy field of opposite polarity to that of the cell, and when it passes by a cell, it zaps out a spark of energy into the cell, and the cell zaps back its spark. Medically, this is called the 'sodium/potassium pump'. The protein that was in the food has now been discharged into the cell and, as you see, this process is totally 100% electrical.

If what we take in is not electrically compatible with our bodies, the electrical energy transfer from our stomach and our small intestine into the blood stream, then from our capillaries to our lymphatic fluids, becomes distorted. It is crucial that you feed

your body its food the way nature designed it—Electrically Available. From atoms to organs, the human body depends upon its electrical systems to sustain life.

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Past Life Regression

by Rémi Thivierge

Past life regression - were you Marie Antoinette too? Regression work is often used as a parlor game that has little to do with our spiritual growth. The fact is that regression can be incredibly useful for us. It can help us to gain perspective on why we are going through certain experiences during this lifetime. It can help us understand our life purpose. It can be used to gain a particular strength. Or it can be used as an opportunity to heal old, unresolved issues that are still haunting us this lifetime.

A woman who had been living a rather tragic life, was spending much of the time in fear and was not connected with her heart and strength. She was assisted to connect with four lifetimes ago, when she was very strong and well-connected with her heart. She was shown how to bring in those abilities and energies from that lifetime into this. As a result she felt transformed, and felt she could now deal with her fears very easily rather than be controlled by them.

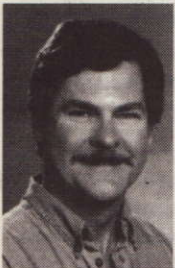
It is also possible to regress in order to get perspective on why you have a certain pattern in a relationship with someone, such as your mate or parent. We can also regress into the period between lives and go to the place where we made decisions about our current life in order to get our soul's perspective on our mission in this life.

An example of gaining perspective through regression: a woman was taken into the last three lifetimes to see that she keeps making the same mistakes, by withdrawing and not being in her truth. Having this perspective, she could now see why she had gone through such difficulties in this life, and could now accept them far more easily and resolve them. This lesson transformed her life.

In most cases, when trying to resolve trauma from a past life, all that is needed is to identify the issue you want to deal with and ask your Higher Self to clear it. An actual and full regression may be in order but is often not necessary for healing to occur. *See ad below*

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The MASTERS COLLEGE of Holistic Studies

by Karen Timpany

The name Masters College of Holistic Studies has been in effect for only two years. The original name was the Nuthery Institute of Natural Healing, the company name from 1990 to 2000. The name change came into being because of the need to reflect a program that supplied the opportunity to create Master Healers, individuals who have a fluid command of multiple healing techniques; Masters in their craft, and to be a facility that teaches it all in one place.

The College mission is to provide communities with trained knowledgeable individuals who will reflect the highest quality of education available in the Holistic Field of healing and to provide an outstanding example of what a true school of holistic thought and teaching can provide. Holistic pertains to the combination of physical, mental, emotional and spiritual aspects of the human body and is applied at the college to students and clients alike.

A College dedicated to teaching the true art of healing, built upon integrity, knowledge, love and support for its students and clients. An education taught and shared from experience and wisdom gained during my twenty-six years of study and twelve years of teaching.

The majority of courses taught contain multiple modalities. This benefits both the students and their future clients. With the ability to understand a client's stress area, pain or illness from different perspectives, the practitioner is better able to relieve the condition. In other words, if you have knowledge in Massage, Acupressure, Reflexology and Reiki, you would be able to give a client multiple opportunities to release their stress. (These are some of the courses available within the Acupressure Massage Course available in January 2003).

It's about really teaching, (my love and passion), giving students learning the healing arts, and clients receiving care, the very best that I can provide. This benefits everyone.

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Reflections of a Reiki Master

by Elaine Hopkins

There are numerous self help books on the market but reading them is only helpful if you actually understand and change something about yourself as a result of having read the book. Most of these books encourage us to believe that we are in control.

The question is: what are we in control of? Many people who read these books are more confused than ever, they believe that if they simply recite affirmations every day, pray more, meditate more, be kind to everyone, quit killing flies, their lives will be hunky dory. Many people fail to change themselves as a result of all the reading they have done, most continue along their familiar path; only now they discuss what they have read as if they understand it, but they do not, cannot, understand, simply because they do not understand themselves. They do not understand themselves because in order to do that they would have to take time for themselves, time to feel their feelings—all of them, the hurt, anger, fear, shame, humiliation, pain, love, joy and happiness.

Many people now know that what is stored in the brain is stored in the tissues and organs of the body. What they don't know is that if they took time for themselves, to feel their feelings they could release them. Many people ignore their feelings, they get busy going in many different directions, scattering their precious energy, which leaves them feeling drained. They take as many different courses as they can afford in search of power through knowledge, they volunteer any free time they have to help others; anything that will help them to avoid looking at and understanding themselves. The one person who needs their attention, who has been trying to get their attention (through temper tantrums, dysfunctional relationships, addictions and disease) gives up, and when the self gives up trying to get your attention, then death becomes the healing.

Reiki is a key; it is pure love that activates the healing power within each of us. You cannot move forward in life until you release the emotions of the past that prevent you from choosing a new direction through self love. Self love comes from accepting who you are now, making changes because they are right for you now. Reiki moves through the body, helping to release blockages formed by fear, stress and our unwillingness to change. See ad below

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When Awareness Is Not Enough

by Laara Bracken

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

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

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

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

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

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

See ad to the right and Profile on page 13

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Weight Management

Fact and Fiction

by Ean Langille

The answer to weight loss appears to be elusive amidst cleverly marketed programs and guarantees which leave us disappointed. How can we lose weight while still maintaining a foundation of optimal health? In the belief that there is a cause for every effect, are there areas in the body that have been overlooked that can cause weight gain?

Did you know that you could be the host for parasites and bad bacteria living in your body? When you crave sugar or simple carbohydrates, consider that the thought is not actually coming from you; but by what is feeding off of you. Parasites desire that you feed them with these empty calories. There is no need to fear parasites, we just need to understand that we have created a toxic environment that allows them to exist. When we strengthen the body with high quality food and herbs, parasites naturally die because we have taken away the high acidic/low energy environment that they thrive in. Also consider the mind/body connection that with every positive thought you have a chemical that goes with it. Positive thinking has been shown to neutralize the acidic environment in which parasites flourish. By eliminating the environment for bad bacteria and parasites, you create a condition in your body where weight loss is possible.

Your adrenal glands are responsible for giving you that rush of energy when someone scares you in the dark. Due to the amount of stress - real or imagined - that we have in our lives, our adrenal glands will secrete adrenaline on a continual basis even if it is not a life or death situation. This burns energy and depletes alkaline reserves until finally the adrenals cannot respond appropriately to a particular stress. When this happens our zest for life can dissipate, we feel burnt out, and lack the ability or desire to take action upon critical areas of our life. The power to our electrical system is short-circuited, which causes weight gain because the body cannot eliminate

See ad below

Continued on page 23

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Continued on page 23

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Calendar of Events



DECEMBER 7

Past Life Regression with Remi Thivierge in Vernon. p. 19

DECEMBER 7 & 8

Parenting with Nonviolent Communication with Penny Wassman in Vernon. p. 4

DECEMBER 8

Healing & Channelling Potluck with Jollean McFarlen in Kelowna. p. 14

DECEMBER 20

Special Christmas Concert in Vernon at the Schubert Centre. p. 4

DECEMBER 29

A New Year's Resolution with Philip. V. Starkman (Vipassana) in Penticton. p. 16

JANUARY 10

Your Original Voice with Shayla in Christina Lake. p. 16

JANUARY 14

True Connections Informational Evening in Kelowna. p. 17

JANUARY 18

Aura Video Station Sessions at Books & Beyond in Kelowna. One Day Only. p. 15

JANUARY 21

Angels Among Us with Inner Peace Movement in Vernon. p. 3

Cancer Cause, Cure & Cover-Up with Dr. Doug & Carol Nilsson in Penticton. p. 4

JANUARY 24, 25 & 26

Psychic & Healing Fair at Dare to Dream in Kelowna. p. 10

JANUARY 29

Weight Management with Ean Langille in Okanagan Falls. p. 22

FEBRUARY 3

B.C. Inst. of Holistic Studies, Practitioner Course starts in Chilliwack. p. 27

FEBRUARY 10

Reflexology Diploma Program starts with Yvette Eastman in Vancouver. p. 15

FEBRUARY 28, MARCH 1 & 2

The Wellness Show at the Vancouver Convention & Exhibition Centre. Backcover

MARCH 1

Counselling Hypnotherapy Certification Training starts in Kelowna. p. 9

MARCH 3

Certificate & Diploma Courses, classes starting in Kelowna. p. 8

MARCH 7 - 9

The Body Soul & Spirit Expo at the Shaw Convention Centre, Edmonton. p. 2

MARCH 21 - 23

Passionate About Childbirth? Become a Doula with CAPPA certified trainer Charlotte Millington. \$325. Penticton. www.birch.bc.ca or call Sherrie @ 770-1046

Weight Management Continued from page 22

the toxins that are floating in the blood stream and lymphatic system. Restore hormonal balance by feeding your body the right energy physically and emotionally.

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function, we retain metabolic wastes, free radicals, and unhealthy cells. We create an environment where the body is inefficient in its disposal of toxins. For your protection, they are stored in fat cells until the primary organs are healed. When the signal is given to remove toxins, your body switches from storage to elimination. To reach your desired weight, you must support the internal organs for elimination to occur.

By eliminating parasites, supporting your hormonal system, and strengthening your organs of elimination you open the gateway for weight loss.

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Continued from page 22

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Astrological Forecast for December 02 & January 03

by Moreen Reed

The sky will have settled into a predictable pattern by the end of November. The notes were defined then and like a broken record will continue to play on and on in **December**. The growth of power and confidence played by Jupiter and Pluto is the first theme. The prize will go to those who do not appear to be a threat to main stream society. The second note still playing is from Uranus and Saturn. They ask us; "What to do when the old school meets the new global reality?" Today the old school seems to think chaos is predictable and controllable. I wonder what a progressive response would be rather than a knee jerk reaction.

A new theme comes from Venus and Mars. They are dancing together in Scorpio, increasing the feeling that relationship matters. Our interconnectedness will be well demonstrated. Jupiter will turn retrograde within hours of an eclipse. The story being told today will likely be the one the masses will follow for the next six months. Let's hope it is one that is thoughtful and shows respect for the general welfare of all. While Jupiter is retrograde, (till April 3rd, 2003) you can reconsider what community you best shine in.

The December 3rd Sagittarian New Moon and Solar Eclipse is at 11:34 pm PST. Seeds planted today bear fruit over the next six months. The Sagittarian journey of redefining the consensus world view has passed the halfway mark. No longer can we speculate on or if we need to change, we must now be implementing the changes before it is too late. The map today calls for leadership to establish genuine expression of a new paradigm. The highlighted degree symbolism is "A flag turns into an eagle that crows."** The keyword is "Adjustment." Today is a day to commit to the establishment of genuine personal self-expression and do it.

The December 19th Full Moon along the Gemini Sagittarius axis is at 11:10 am PST. The light of the Full Moon shines on a universal pattern. What do you see today that is worth preserving? Each of us must take responsibility for humbly being present for what is really going on. The degree symbolism* "An old bridge over a beautiful stream," key word is "Conservation."

The winter solstice is at 5:14 pm PST on Dec. 21st. The map today emphasizes the joy of living. Community spirit is strong for the next three months.

Between Christmas and New Year's you can expect communication and travel to be off, confirm plans and check the weather! The motivation is to do great things, which can mean caution is missing. New Year's Eve features Neptune aspecting the Sun and the Moon with Pluto. Visions and enthusiasm for a winning cause will course through the evening: in the background is a sense of just how fragile our social structures really are.

Are you running out of steam? This might be the question facing us all as **January** begins. Many are experiencing a personal hit of connectivity to the global village. It's one thing to deal with your neighbour, it is another to deal with the clamour coming from an entire global village. A bit deafening I suspect.

A new alliance forms as Jupiter and Saturn are locked into a month long aspect. They ask us to go back and review results from actions that have been initiated since May 2000, what is working? (NB the economy is important to this pair.)

Jupiter also reaches out to Chiron challenging the theory of our social welfare systems. Do the structures currently in place meet the need as defined by society? Or are both the structure and perceived need out of sync with current reality?

We kick off a New Year with a New Moon, and Mercury going retrograde. Translate: you have all your ducks in a row ready to kick off a new project, plan, trip etc. and immediately you get the feeling that something is amiss! Please note while Mercury is retrograde the usual drill applies; expect delays and changes in plans. You'll find yourself re-evaluating and reconsidering, major issues. Hold all final decisions and approval until after Mercury goes direct on January 22nd

The January 2nd Capricorn New Moon is at 12:23 pm PST. Today you can plant seeds to fulfil an ambition. We are talking large sphere thinking, far reaching plans. Make a good news announcement today. A word or two of caution. First is the Mercury Retrograde, be prepared for disruptions. Secondly there is a need for quick determination, be fluid. Do not forget what emotional price tag you have attached to the outcome. The highlighted degree symbolism is "A fire worshipper,"** the keyword is "Magic." Can you bring true artistry to your life's work? The second weekend of January holds some interesting spiritual energies. Four planets link up with the energy of the seventh harmonic (360 degrees divided by 7). This energy is associated with creative inspiration and I suspect the bestowal of grace. It has also been suggested that there is a danger of losing touch with concrete reality.

The January 18th Full Moon along the Cancer Capricorn axis is at 2:48 am PST. The Full Moon's primary goal is to light up the actions of the ego as they pertain to constructive participation in community.

As we come to the close of January the old tensions from the Saturn Pluto opposition of 9/11 can be reignited. As I write this I feel we will be close to large scale war again at that time. The USA foreign policy of strike first and its focus on Iraq/terrorists can, if not defused by January, become reality.

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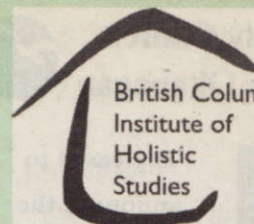
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