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Yin Yang Butterfly

Combining Sexuality and Spirituality in the Heart

by Suki Derriksan

*Any opportunity we can take to connect in our Heart
brings us closer to enlightenment and to our true self.*

As humans, we have powerful energy vortexes located along our spine and in our skull called CHAKRAS. The Heart is the fourth located in the middle with three Chakras above and three below. From below we draw up energy and power from and of the Earth; from the three above, we bring down energy from the Sky and Universe, to meet in our Heart center to be mixed, blended and joyously shared.

When our hearts are full and overflowing, we can fully share ourselves with others and the world, making a difference - at times even with just our presence - with a smile in our eyes as the Heart center radiates its light upwards and all around us.

Our sexual/intimate energy can be a fundamental tool to bring aliveness, passion and the motivation necessary to live a fulfilling existence. Our spiritual energy is the essence of our dreams, our intentions and our ideals—that which is inspired from above. By combining these two energy flows in the Heart we can create miracles and great healing on all levels. When coming truly from the Heart we offer a blissful, joyous gift to ourselves and those around us.

Spirituality and sexuality become a beautiful dance of Yin and Yang within the Heart and whole body, as we allow higher frequencies of vibration to circulate and expand our energy field. Loving kindness and passion await us. The Yin Yang Butterfly Workshop with Deva Nirguna can provide us with loving guidance to find ways of blending these two wonderful flows of energy in the Heart center.

*Breathe Yin, the Earth, Breathe Yang, the Spirit
Yin and Yang flows in the Heart,
Joyful delicate wings, like a Butterfly.*

See ad below

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Contemplation and the Art of Cherry Picking

by James P. Bauman

Cherry picking. No occupation to brag about. Hot, exhausting, precarious work. Every faculty of survival on demand, muscle, speed, endurance, strategy, cunning, technique, finesse, nimbleness, balance, economy of motion, concentration, daring. Why do I do it? All I know is, it is there, and I love to do it.

Rewards are rare and spare. Exercise, fresh air and sunshine. Best cherries you'll ever eat, all you can eat. A chance for decent money, if you're apt. Beginners get discouraged when even minimum wage seems impossible. Pay is by bucket, not by hour. No work, no pay.

Picking provides a chance to contemplate, and contemplation gives energy, and energy gives happiness. Cherry season commences a warm crimson tide of sweet sanguine fluid flowing through my fingers. Reminiscent of the wine of Dionysus. Or the archetypal blood of Christ.

I used to wonder about this blood, supposed to wash away sin. How could this be? On coming into Eckankar, I began to realize it is the Eck Stream (the Holy Spirit), life blood of the universe, cleanser of Karma, Light and Sound of God as it appears through the rosy Astral lens. Eckankar began to restore to me the truths of Christ, lost to the priesthood long ago.

Cherry trees grow very high. Tall, free-standing ladders are necessary to reach their harvest. There's nothing like the very top on a cool sunny morning, the view breathtaking, the cherries prime. Here is where the biggest, fattest, firmest, sweetest cherries live, their sweet tangy liqueur bursting into your mouth with the most pleasant shock. Only at the top.

It takes serene confidence to stand on the very top of a twelve-foot ladder, on a gusty day, aware of danger, and give yourself over to the complete enjoyment of an excellent cherry snack. Like drinking in the nectar of God with complete abandon, while maintaining perfect, fearless balance on a razor's edge over a chasm of indescribable danger.

As I live simply, cherries offer a fair portion of my income. Much of my other time is free to do what I enjoy most. The arts of woodturning and writing serve to hone a work of love finer and finer. Perhaps something noble may come of it. Or perhaps the refining is what is noble. If the journey is the goal, why not make it sweet and noble as possible? So when I pick,

I pick for God, for love, for freedom. And enjoy the cherries!

I've seen how many feel entitled to their parents' wealth, to handouts, to everything at once, and rob themselves of the ability to grow, to fend for themselves, to even be happy. My own time in the desperate career and mortgage battlefield dished out some of my unhappiest moments. Security, for me, consists of demanding little of Life. A happy skill, yet often scorned. Give me the old rugged way, and freedom, anytime.

My children, grown or nearly so, share little of my enthusiasm for cherry picking. No worse occupation could exist. Wise as they come, they've chosen more pleasant paths. But their upbringing included this experience, teaching them something of responsibility and the rigorous demands of survival.

Best to learn thrift and independence while young. A better education than their colleges provide, I feel. Will it limit their progress? Not a chance. They are learning to work with Spirit, the true education behind all education. Success, when it comes, will be truly sweet and well-earned, its lessons lodged firmly in the heart forever.

In cherries, no one earns their keep by the sweat of another. A great way for the young people I meet from around the world to learn the laws of survival and self-responsibility. And for older hands like me to contemplate on the strange, the true, and the wonderful, to work with a higher state of consciousness, and to enjoy life.

As this crimson tide flows through my hands, it progresses around the world and down a vast throng of throats, providing delight, energy, and internal cleansing. A very hands-on manifestation of the Eck Stream, the HU, the Grace of God. A gift of Grace to be its channel.

Grace brought me to Eckankar, once I forgave a difficult past. A strange thing is Grace, always available, never earned. Of a higher law than Karma, the law of cause and effect. Amazingly, as we attain greater Grace, Karma dissolves easier. Even as I earn my way through the picking day, Grace, through contemplation, gives me love, energy, godspeed, and lightens my load. My object in Eck is to be this Grace, the HU.

Then maybe someday, a full bucket of cherries will be effortless, weightless, instant, and appear out of nowhere! Till then, may the blessings be!



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- Kim Sollien, Alaska.

"This training is the cornerstone of my future"

- Hugh Adamson, Australia.

Between February 22 and March 21, 2003, this internationally acclaimed Training Programme has drawn people from every continent on the planet.

The training offers participants an opportunity to learn about ecovillage life by living and learning in one of the largest and oldest ecovillages in the world - the Findhorn Foundation community, which is home to around 500 people, celebrates its 40th anniversary this year. By learning within the ecovillage context, participants are able to see how all of the various dimensions of ecovillage life hang together. This offers a unique opportunity for an holistic educational experience that integrates a philosophy of harmony and compassion, of dream and vision, of earth and cosmos, of technology and spirit, of dance and chant, of cycle and balance, of death and renewal.

"The only way of learning is by example, I leave the training with the feeling that sustainability is possible. There is definitely a feeling of building for the future"

Vivienne Giacobino, Switzerland.

The Programme comprises eight modules, each running over two or three days, which can be taken either individually or together as a complete training package: these are Ecovillages and the Emerging Paradigm; Building Effective Groups - Democracy, Empowerment and Creativity; Permaculture - Design for Sustainability; Building for the New Millennium; Right Livelihood - Towards a New Social Economy; The Healing Power of Community; and Deep Ecology, Wilderness and Ecological Restoration.

"I will be applying the cutting-edge concepts of sustainable economics I have learned in Findhorn in my work at the International Holistic University and at the Foundation of Economics Research" - Naia Oliveira, Brazil.

In the words of Tonyot Stanzen from the Ladakh Women's Alliance in Nepal, who participated in the Training in 1999, "Often, the image we Easterners have of the West is one where people have no heart, soulless people. One of the great things I have learned with this training is that there is heart, there is hope and there is respect for the sacredness of all life also in the West".

The Ecovillage Training Programme is run by the Findhorn Foundation in Association with the Global Ecovillage Network, an international association that has a membership of more than 15,000 ecovillages worldwide, with a population of over one million people.

For on-line information and booking, visit our web-site at
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Awareness is not enough.

Most of our major beliefs about life and ourselves were in place by the time we were five or six. They were decisions made by a small child who was trying to fit into a world that was not always logical. We were young, so we forget we did this. So the beliefs (and the feelings attached to them) become part of our subconscious (that part of us that has a great impact on how we think, feel and act. But we are not always aware of where it is coming from.)

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 believes something else. This can result in fatigue, nervousness, depression, lowered self esteem and many other symptoms.

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"Saves time and money, 'gentle and lasting,' 'the most effective therapy I have ever experienced'" are just a few words that have been used to describe Core Belief Engineering " says Laara. 'What more can you ask?'"

Laara originally experienced Core Belief Engineering 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 her now and discover how Core Belief Engineering can benefit you! (250) 712-6263 Kelowna. Telephone sessions available.

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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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Yasodhara Ashram

What an incredible sight and feeling the Yasodhara Ashram offers. It is near Nelson, and we feature it on this month's front cover. It is one of my favorite places—it is beautiful, serene, affordable and has a peaceful feeling that is almost palpable. Swami Radha was a visionary guided by the voice of God. The seeds she planted bore much fruit, and although she has passed to other planes, her love still lives through her initiates at the ashram. For details read page 7.

A lady came into my office just before the Wise Woman Weekend; she hinted that the name of my magazine sounded bland and suggested that I rename it. I decided to look up the meaning in the dictionary and we were both impressed with what it meant. I had never thought about the actual meaning as I kind of knew what it meant and since it was 'the voice' in my head which gave me the title, I didn't question it. Here are the formal definitions: 1) to send out; put forth, as in *the government issues new stamps* 2) come out; go out; proceed, as in *Smoke issues from a chimney* 3) put into public circulation; 4) discharge, emit 5) emerge 6) result (from) as in *The game issued in a tie* and lastly 7) to be born. It is probably time that I looked it up since it has been twelve years since my first issue of Issues. In the early years of publishing, I made reference to feeling like I was in kindergarten, for I was busy learning how to type, write, sell ads and figure out the best spots to leave the magazine.

After six years of producing it by myself, five times a year, from my apartment, I moved downtown. Jan became my business partner and we started publishing ten times a year to pay for the increased rent and wages. A few years later Marcel joined us, and we moved to the new building for we needed more space. I felt like I had passed into high school. After four more years of busyness and deciding to publish only six times a year, we downsized back to our original location with some alterations. Now that I have met the man of my dreams, I would like to start the process of graduating from high school to the next level of learning. Richard owns a retreat center in Johnson's Landing where he would like to start an intentional community, something I have wanted to do for some time.

The idea has come to me that it will take about a year to phase myself out. I would like to have the buildings used for metaphysical/holistic businesses, and since I feel I was chosen as steward of this land, I figure the universe will give guidance as to who will next take over.

I have the personality of a pioneer and when the paperwork processing becomes more than I can handle, it is time to let someone else do it. Marcel and Samarpan did a great job of running the office without me for half the summer, and as we convert to a Mac computer, the putting together of the magazine should get easier. The magazine will be easy to move if need be... we'll see how long Marcel and Samarpan want to be here. The Rainbow Connection Gift Shop needs more looking after than I can give it, so it will be good to have someone else take over. The last adjustment will be letting go of my yoga classes. I am here until next June and would love for someone to take over for the summer and beyond if possible. I will return twice a year to facilitate the Spring Festival and the Wise Woman Weekends. I have enjoyed the many learning opportunities and wonderful weather of the Okanagan and I shall continue doing the distribution as long as I enjoy the travelling and seeing what is happening in the various communities.

Our new website will help us all stay connected.

I love life and expect to be taken care of in return.
I do what is asked of me, and if the Kootenays
is my next destination I look forward to the change.



Angèle

Temple of Divine Light

The cover photo is of Yasodhara Ashram's Temple of Divine Light. The Temple, which overlooks Kootenay Lake, has eight sides each representing a major world religion. Swami Sivananda Radha started Yasodhara Ashram in 1963 and it was her vision to build a spiritual community that honours the Light in each individual and in all religions. The Temple, now 10 years old, is a manifestation of that vision. The Ashram offers yoga courses and retreats year round. Everyone is welcome to come and experience the Divine in his or her own unique way.

For info. on courses & retreats:
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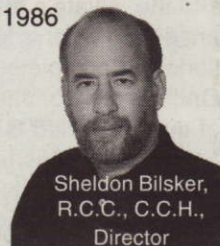
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The people of Atlantis had access to twenty-two symbols, but Master Germain, who is the current World Teacher, has stated that the vibration of the planet is now high enough that we may fully infuse the complete system of 352 symbols (energy frequencies) 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 phi-

losopher and scholar, and he is honoured as such by those who practice the Shamballa system.

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Level 2: Information is given to form a beginning Shamballa Multi-Dimensional Healing practice. Basic information dealing with the chakras, as well as emotions and how they affect specific areas of the physical body. Illustrated hand positions, four additional symbols designated to target specific disorders, plus advice on getting started. Practitioner certificate included.

I will be teaching Shamballa M-D.H. Level 1 and Level 2. Workshop dates starting October 26 & 27, maximum ten people. Reiki initiates will be offered a special price. Preregistration 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.

Sharing our experience with others with a common bond allows it to become ours. Shamballa M-D.H. also allows our DNA to be reprogrammed to restore the seed, the blueprint of creation.

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Is There Life After Surgery?

by Connie Hargrave, MA, EleCT

Mary A. Lynch, MD has worked in the field of Sports Medicine for more than twenty-five years, focusing on knee, ankle and hip joints - their function, pathology and rehabilitation. She has published numerous articles in the *American Journal of Sports Medicine*, *Clinical Sports Medicine* and the *Exercise Sport Science Review*.

After rigorous follow-up on her surgical patients and the techniques used to rehabilitate them, she found the results to be disappointing. What she noticed was that people adapted and limited their activities to accommodate their problem, and that other parts of their body in turn became problematic as a result of accommodating the original dysfunction. She observed that treating and managing the symptom rarely led to long-term change.

Dr. Lynch changed her perspective and began to search for the cause of dysfunction. With a team of trained therapists, she tested new manual therapy techniques and rehabilitation programs and observed carefully to determine what worked and what did not. The practitioners noticed that when there was a disruption in the bio-electromagnetic field within the connective tissue or collagen, the body could initially adapt and reorganize to accommodate it, but eventually it would overload and break down.

They then began to focus more closely on this disruption, a vibrational wave of energy created by trauma, and noticed that the connective tissue between the cells stored that energy. When this residual energy accumulated, it would reach a critical mass and cause the surrounding cells to lose their tensegrity, or their ability to balance tension and compression. They observed that in this degenerative mode, the cells changed their shape and their DNA locked, so that they lost their ability to repair and rebuild themselves. There then seemed to be only one of three possible outcomes. One result was a degenerative disease process like arthritis, chronic pain or headaches, and another was actual cell death, such as in diabetes, end stage heart disease and Alzheimer's. The third and only other choice for the cell seemed to be

to convert to a new cell line, thereby creating tumors and cancer.

Dr. Lynch's group then began to develop methods to clear this energy of trauma, and discovered that it did not seem to matter whether it was physical, emotional, spiritual, inherited or environmental. Whatever its origin, when this extraneous energy of trauma was cleared, wellness was generally restored. Deepening the research process, they found that to restore long-term balance to the electromagnetic or energetic systems of the body, they had to tap into the clients' inner wisdom. They proceeded to develop a subtle-energy method that uses the facilitator as a mirror to reflect back to the patient what they need to see to balance mind, body and spirit.

It became evident to Dr Lynch that this was a new way of looking at disease and all that it encompasses. She and her group had in effect developed a wellness model that helps resolve physical and emotional problems by releasing energetic imbalances and the 'stuck energy' that causes disease. This method was named Consegrity®, and is unique in that it supports the energy of the body to clear, clean, organize and reorganize itself.

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A fundamental premise of Kinesiology is that the body has innate healing energy and is at all times doing its best to care for itself, but that sometimes it needs to be helped into a better position to achieve this care. It also recognizes that there are flows of energy within the body that relate not only to the muscles but to every tissue and organ that go to make the body a living, feeling being.

These energy flows can be evaluated by testing the function of the muscles, which in turn reflect the body's overall state of structural, chemical, or emotional balance. In this way Kinesiology taps into energies that the more conventional modalities overlook. It looks beyond symptoms and does not treat named diseases. Nor does it diagnose them. It is concerned with imbalances in the body's energy.

Where the energy flow is interrupted, the whole body is affected. The exact nature of blockage in the energy flow can be more closely identified by "muscle testing". Acupressure massage, light touch and other simple correction skills are used to restore muscle "balance", which has a flow-on effect into the total body energy.

Kinesiology is often called "muscle balancing" or "energy balancing" - helping the body into a better position to heal itself or reach a specified goal by "balancing" its energies. It is not limited to dealing with ailments. Energy balancing brings a person closer to achieving any goal of their choice - in sport, relationships, learning or coping with life generally.

See ad in the NYP under Kinesiology

The Nia Technique by Michelle Parry

The following excerpt was recently brought to my attention by a fellow Nia instructor. It is from the book *The Body is a Clear Space* by Erick Hawkins. He is discussing Modern Dance here, but this passage describes Nia so beautifully I wanted to share it with you.

When asked "What do you consider the most beautiful dance?" Hawkins replied, "Dance that is violent clarity, dance that is effortless, dance that can at all times reveal a tender breastbone. Dance that lets itself happen. Dance that dedicatedly loves the pure fact of movement. Dance that knows the most beautiful and true movement, starts in the pelvis and spine and flows into the tassel-like legs, arms, and head. Dance that uses technique as an organic whole, not a grab bag of eclecticism. Dance that does not stay in the mind. Dance that senses itself instant-by-instant, similar to the prick of a pin. Dance that is aware of the music instant-by-instant. Dance that knows dance is, should, and can be a way of staying Now." See ad below

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Clear Light - Rigpa

Enlightened beings from all spiritual backgrounds talk of our world as being full of clear light. It's now time, for many of us, to experience this. There are secret teachings from the past that provided methods to a select few for connecting with this higher level of enlightenment. To our knowledge, the clearest source of information on this has come from Tibetan Buddhism, which discusses clear light as being 'rigpa' or Buddha Nature. It is now being revealed by channeled sources that clear light is the pure fabric of the universe - our connection with the Godhead.

Why should we make the effort to take our focus to a higher level, into rigpa? There are several reasons for this: (1) to very quickly heal old unresolved patterns within ourselves; (2) for healers to use with their clients to help them heal more quickly; (3) to create and manifest more easily; and (4) to explore areas of the universe, such as the Akashic records, which contain the information on all past experiences. For example, it is possible to connect with a specific previous lifetime in order to gain strength or wisdom. Alternatively, it is possible to access the time before birth to see what plans we made on what our life purpose would be. These goals are easier to accomplish with the use of clear light than other methods currently available.

One of the underlying goals is for us to integrate the various aspects of our being - male and female, god and goddess, being and doing. We are being shown now that focusing only on being or only on doing is insufficient. We need to do both at once by being in a high state of vibration and to take action from that space. For example, from this space, we can connect more fully with the spiritual side while making love, or to be more open, aware, and in clear light doing everyday things such as looking after a child or doing our job. Being connected in this way will enable us to more fully do our part toward transforming darkness (whether in ourselves, in others, or in matter), and turning it into clear light —back to the Godhead.

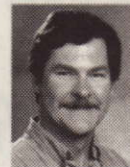
So how do we get there? We must go through white light before we can reach clear light. We need to resolve our own darkness and work to increase our vibration for some time before we are ready to work on clear light. At this time, many of us are ready for the next stage after having done much inner work.

The writers of this article are Rémi Thivierge and Lyn Inglis. Both are available to do workshops on rigpa and other personal growth issues, and are available for consultations in person or by phone.



Lyn Inglis - Psychic and channeler

Lyn trained as a medium in England. She has extraordinary abilities as a psychic and healer, and her work is direct and compassionate. Through her connection with Ascended Master Jay Paul and other loving entities, she assists people to deal with the challenges of the past, present, and future, gaining the wisdom and strength they need so they can live their lives with loving kindness and compassion. She can be reached at Box 563, Revelstoke, BC V0E 2S0 lyndesay@telus.net (250) 837-5630.



Rémi Thivierge - Psycho-spiritual consultant

Rémi does transformational work, healing and integrating mind, body and spirit. He has twenty-five years experience as a highly qualified therapist and healer. He helps people to access their greater potential and resolve difficulties very quickly by clearing inner blocks and improving the flow of their various energies. He does this work with the use of higher energies and the assistance of participants' higher selves. He can be reached at Box 1513, Revelstoke, BC V0E 2S0 dynamic@rcityonline.net (250) 837-7478.

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Healing our Mind and Body - Wednesday, November 20, 7-9 p.m. By donation, suggested minimum \$15.

Other workshops are available in larger centres. The presenters, Lyn Inglis and Rémi Thivierge, are available to present on these and other topics in other locations. Please call Lyn Inglis at (250) 837-5630 for further info.

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THE ENNEAGRAM

by Diego Bevacqua

The enneagram has become familiar in its latest incarnation as a map of personality. An increasing number of people are experiencing the shock of self-recognition in the description of types as found in its expanding literature and workshops. Its popularity attests to its power to accurately describe personality types. The enneagram, however, is much more than a system of personality. The following is a brief discussion of the broader aspects of this cosmic model.

The enneagram is a nine-pointed geometric symbol composed of a triangle and a six-pointed figure (a twisted hexagram) within a circle. Most commonly described as a universal model of a cosmos (meaning an ordered harmonious whole), the enneagram brings together two fundamental laws, the Law of Three and the Law of Seven. G. I. Gurdjieff, a Fourth Way teacher, first introduced the enneagram in the West some ninety years ago and it has been enshrined in various schools of self-development ever since. Its actual origin remains unknown.

Being a synthesis of universal laws, the enneagram resonates most deeply with seekers in need of a coherent vision. Apparently, there are enough of these questing souls to form a fairly large circle. The last twenty years have seen a virtual explosion of worldwide interest.

The enneagram has been referred to as a model of perpetual motion, as well as of the laws of harmony and of self-renewing, self-maintaining processes. It has been variously applied, among other things, to the study of personal transformation, the structure of movies and the workings of a factory. Examining systems and organizations from the holistic perspective of the enneagram yields deeper insights into the common ground of apparently disparate phenomena. So far, the enneagram has been linked to Freudian and neo-Freudian ego psychology, the Kabala, psychiatric categories, the chakra system, homeopathic medicine and other expressions of a holistic or pseudo-holistic nature.

The design of the enneagram is based on specific criteria as to what constitutes a cosmos. One essential criterion is that a cosmos is a union of three relatively independent but interactive processes. Man is the most frequently given example of a cosmos. Following Christian reasoning, one might conclude that since Man is a cosmos and he is made in the image of God, the enneagram is a symbol of the image of God.

The enneagram is a tool for holistic seeing as a foundation for holistic living. It extends the mind into an awareness of pattern, structure, cyclicity, underlying dynamics and unity. As well, it facilitates the study of larger wholes than is normally possible with unassisted consciousness.

The enneagram's tacit vision is one in which human understanding harmonizes with universal laws. To this end, it promotes a balanced perception based on unitive, triadic and hierarchical—as opposed to dualistic—reasoning. Glimpses of the laws it symbolizes dispel the initial skepticism about the “truth” of the enneagram. In time, a sense of awe and gratitude emerge toward the anonymous sages who have gifted humanity with this amazing little pocket “telescope” (as Gurdjieff called it) for gathering insights.

The Personality Enneagram was first introduced by Oscar Ichazo, founder of the Arica School of Knowledge, and has been popularized by various authors. Ichazo theorized that existence consists of nine distinct domains and that the personality, or ego, develops out of an early sensitivity and attachment to one of these domains. The perception and development of the ego is thereafter skewed by its particular orientation. The ego looking at the world from its narrow perspective loses the sense of wholeness necessary for balanced being. It is the story of how the ego gains an attachment and loses the whole person. The saving grace is that the particular ego attachment, or fixation, points to a higher aspect of the self.

Thanks to its popularization, the Personality Enneagram has quickly moved from esoteric circles into popular psychology. Somewhat sadly, the popularization of the enneagram obscures its original function as a tool for contemplating Creation within a spiritual context. Many presentations center on the psychological aspects of the ego almost exclusively with only, if any, token reference to spiritual foundations. Removed from the latter, trivialization of the enneagram seems inevitable. It would be unfortunate if “made easy” publications led seekers to dismiss the enneagram as another pop psychology fad.

In its deepest aspect, the enneagram is a tool for soul making—the ultimate art and science. Many sincerely religious people have taken up the enneagram as a path to self-realization. Others have incorporated it into their particular paths. Some Christians recognize the enneagram's nine-fold pattern in the summary statements of Christianity, the Lord's Prayer and the Beatitudes.

Knowing everything and understanding nothing is not a pleasant prospect. Ego consciousness binds us to the outer cycle of life (and of the enneagram). The enneagram wisdom can lift the programmed mind out of Flatland and into a fully dimensional realm where we simultaneously become witnesses and participants in a more fulfilling life. In this regard, the hexagram in the enneagram directs us symbolically to seeing-our-way-through. The triad, on the other hand, points to the Holy Trinity in which “we move and have our being”.

The hope of the enneagram rests in our seeing the vicious circles as well as the creative spirals it speaks about through its geometric and numerical sign language. With the birth of discrimination, we might be able to consciously choose the direction open to us at any moment. More than ever our well-being and survival depend on our living in accord with the Pattern that Connects.

When given some serious attention, the enneagram generously gives back much more than a few revelations.

Diego Bevacqua lives in Vernon and has been a student of the enneagram for nearly thirty years. He first became aware of the enneagram pattern in music. He has also used it as a model in career counseling and to clarify other actualizing processes including personal development.

The Crown Chakra & Spiritual Enlightenment

by Douglas De Long

In ancient times there were mystery schools dedicated to helping initiates explore the mysteries of life. These schools flourished in places such as Egypt, Tibet, and Persia, and were believed to have their roots in Atlantis.

It was here that seekers of truth were taught to develop their psychic and spiritual abilities through special techniques, exercises and initiations. One of the most important initiations or rites from thousands of years ago, still exists today. It was called the "First Initiation Rite" or "Great Initiation Rite" and involved the toning of special chants. The high priest of the respective ancient mystery school performed this wonderful rite with newly enrolled students. This ritual took place at midnight in various locations such as the Sacred Lake at Karnak or in a secret chamber that existed below the Great Sphinx. The results of this initiation were profound and lasting for all that took part in it.

As an author of a book on "ancient teachings", I recognize the value of this ancient rite and have employed it many times on myself and countless others. Many individuals on a spiritual path have experimented with this ritual on their own, as well. The effects have been beneficial for everyone.

One of the chants associated with the First Initiation Rite affects the crown chakra greatly and the third eye chakra or energy center to a lesser degree. The crown chakra, of course, is located at the top of the head and is linked on a physical level to the pituitary gland. When intoned properly, this special chant or sound will send a vibration deep within the head where the pituitary gland is situated. This stimulates the gland and surrounding areas of the brain. As this happens the crown chakra will become 'activated' and open. This allows higher vibrations of energy to enter into the crown chakra, the body and the human energy field or aura. This energy is also referred to as chi or universal energy and exists all around you. It is in the air that you breathe and the water that you drink.

A brief description of this chanting exercise follows. The sound to use is MAY as in the month. Before you begin, take a deep breath in and hold it for about five seconds. Then exhale slowly and evenly through your mouth or nose. This is your choice. Repeat this breathing technique two more times. It is important that the deep breathing is done a total of three times. This allows some of this chi or universal energy to be absorbed into the lungs and ultimately the whole body via the circulatory system. This ensures that the brain waves slow down, your auric field around you expands and brightens, and you feel more relaxed. This is necessary in order to receive the full benefits of performing the May chant. This chant should be done in a mid C musical note. For those of you who are not musically oriented, follow this general rule. When you chant make sure that your voice is in a mid-range, not too high and not too low. You can also experiment with the range and find the exact level that works best for you.

Now, take in another deep breath and hold it for a few seconds. Then, as you exhale out your mouth intone the sound M-A-A-Y-Y-Y until all your breath has been expelled. Let the pitch of your voice rise and fall a little as you do this. Take in a second deep breath, hold it once more for a bit and

then repeat the chant. Intone the chant a third and final time. Once completed, just relax for a few moments. Some of you may start to notice certain physiological things happening during or just upon completion of this "Crown Chakra Exercise". For others, the results may be slow at first and less significant. In these cases, the results will be subtle but effective even though you may not be fully aware of them.

One of the effects of this exercise is a feeling of 'tingles' on the top of the head where the crown chakra is located. This is a sign that the crown energy center is opening up. It is starting to receive higher vibrations of universal energy from the heavenly fields above. Also, it is an indication that neurons are firing in the cerebrum of the brain, creating new pathways to other areas within. The cerebrum is the major mass of the human brain. Some of your psychic abilities are stored within this part of your brain. As these pathways open up universal energy and electrical stimulation is sent to dormant cells of the cerebrum that contain some of your psychic gifts and abilities. These cells will then be activated, allowing you to begin using some of these untapped abilities.

The pituitary gland is stimulated at the same time. Although this gland has many physical purposes, it has a psychic and spiritual purpose, too. When it is stimulated it begins to work as a receiver of psychic information and spiritual impressions. The potential of working with your angels and spirit guides becomes available. For those of you who already communicate and work with these wise beings, your abilities will become enhanced.

Physically, the stimulation of the cerebrum and the pituitary gland releases endorphins into the bloodstream. This helps to give you a natural high. If someone suffers from bouts of depression, the Crown Chakra Exercise can prove beneficial in alleviating some of the condition.

Once the pituitary gland has been activated on a physical level, and the crown chakra has been opened on a psychic level, more psychic and spiritual gifts will unfold. Some are as follows: intuition increased, creativity expanded, clairvoyant abilities (to see beyond the norm) developed or enhanced, and empathic abilities developed or enhanced.

For many of you, these gifts will allow you to become aura readers, energy healers, spiritual mediums and medical intuitives. If you are already engaged in any of these pursuits, these attributes will be enhanced.

Spiritual enlightenment is a goal that everyone should seek. A spiritually developed or enlightened person affects the world around them in wondrous ways. When you become enlightened, your soul within will become a beautiful light to others. Enjoy your spiritual journey!

Douglas De Long is the author of the best selling book, Ancient Teachings for Beginners and of the new meditation CD, Ancient Initiation and Angel Meeting. He is a spiritual teacher, counselor, past life therapist, chakra master, and medical intuitive. With his wife, Carol, he operates the De Long Ancient Mystery School in Saskatoon. Call: 306-652-0346 or email: mysteryschool@shaw.ca or visit: www.delongmysteryschool.homestead.com

Be Happy

It's Good For Your Health

by Henri McKinnon

In the last decade, the connection between happiness and good physical health has been proved beyond any doubt. Indigenous and traditional medicines have always sought the ideal natural states of inner and external harmonious balance. When we are happy, science has shown that chemicals are secreted by the brain that promote healing and maximum performance, and that increase the radiant well-being of the body.

It has been found, correspondingly, that constant stress, anger, or fear negatively affect the performance and health of every cell and organ, inhibiting the natural intelligence of the body. Given the stressful, even fearful times we live in, how can we possibly maintain good health and even achieve excellent physical, emotional and mental health? Our daily choices make the difference.

The following steps can help improve your physical health by deepening your experience of love, joy and aliveness:

1. Become more willing to feel and heal what ails your emotional well-being. The pain of whatever we feel fully will eventually dissolve, replaced by an expansive contentment and a sense of connection. Those emotions that we suppress can kill us through strokes, high blood pressure, ulcers and cancer. Many people misuse drugs, food, or alcohol to dissociate from their feelings. These addictions will eventually harm us.

2. Learn to forgive. Every grievance against someone creates toxic residues that are held in the cells of our body and affect the body adversely. There is a saying from the Middle East that whoever seeks revenge had better dig two graves, implying that hatred is equally harmful to ourselves and our "enemies". Carrying grievances is a waste of energy, a destructive choice.

3. Put your heart back into the center of your life. When heartbreak slays your courage, shutting down seems to offer security. Unfortunately, this strategy keeps us in pain, making our bodies rigid, unable to be nourished properly by food, nature or love. Our fear keeps us disconnected from ease and grace.

4. Cultivate inner peace. When we are externally focused, agitation and conflict are inevitable. Discover your inner Self and relax into the infinite power of your Higher Mind. Peace helps to create affluence and generates abundance.

5. Become a lover of life. Live passionately as your gift to the world and those you love. Open your heart and the mind expands into the creative realms. Enjoy the challenges of life and relationship as opportunities to learn so much.

6. Honour the dreams of your heart. Having a joyful purpose brings deep meaning and a constant flow of radiant energy through body, heart and mind. A strong flow of energy keeps our immune system operating at peak efficiency and our actions coherent with our intentions. Focus on the highest aspirations of your being and spontaneous opportunities, even miracles, will manifest into reality. As someone who has witnessed several spontaneous physical healings, I can attest to their validity.

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7. Finally, learn to love yourself, no matter your past mistakes or failures. There is nothing more important to the quality of your life. The very best of us emerges when we choose to love ourselves fully. Your health, wealth, and happiness depend on self-love. If you share that love generously, your friends and loved ones will also heal and prosper. One way to clear confusion when making choices is to ask the following question. What would I do if I did love myself? This question could positively change what we eat, drink, think and do. It could encourage us to nourish our bodies, hearts, minds and spirits more consciously. How would our relationships change if we truly loved ourselves? The state of our intimate relationships most certainly impacts our health and sense of well-being. The consequences of choosing any path but true happiness are painful, even disastrous. The health of our families and communities requires a shift of focus from identification with things to a harmonious life generated by peaceful hearts, open minds, and healthy bodies.



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CONQUERING PROCRASTINATION 'Creatively'

by Jollean Mc Farlen, miact, csl

Do you have a challenge finding time to tackle the most important project in the morning, or anytime? My approach to procrastination is that if I am handling other priorities and goal-related tasks or activities, nothing is lost.... Afterwards, the task or activity that I have put off still has to be done. The difference is that when I am ready to begin the task I have put off, I have gotten other things out of the way first.

In a sense, creative procrastination is a form of time shifting, like using a VCR to tape a show so you can watch it later. I am not recommending that you procrastinate. But, when you can't get started on the task at hand, take care of other important tasks.

TECHNIQUES for Breaking THROUGH Procrastination

- Face Procrastination Head-on- Ask yourself, what is blocking you? What is the reason you don't want to get started? Write it down or record it. This exercise may dislodge something and help you to begin.
- Choose to Easily begin - Make a positive affirmation to yourself: "I choose to easily begin on this task". This formal choice has power and often is enough to get you started.
- Employ the Three-to-Five Method - Ask yourself, "What are the three to five things I could do, not to tackle the project, but just to dabble a bit?" This helps to get you going.
- Ready or not - Just start NOW, then you're ready!
- Jump Starting - Jump starting often enables you to capture your first and sometimes best thoughts. Suppose it's Friday afternoon, and you need to start a project on Monday. You don't want to initiate the project now, but you would like to be ready to go on Monday. Using jump starting, you might preview a rough outline or undertake other supporting activities now, "while it doesn't count." I find my thoughts flow freely, then on Monday I'm "raring to go."

Jollean is an Author, Motivational speaker/coach, Intuitive reader, grandmother and lover of Humanity

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Astrological Forecast

by Moreen Reed

for October &
November '02

In **October** we will see the currents of life in flux, their flow changing direction.** Picture here the old snakes and ladder game, where if you landed on a snake you would immediately zoom to a new location. The October big picture might look like a scene from an amusement park ride where the floor is moving in different directions and trap doors open unexpectedly, sending you into a new dimension.

A square dance between Mercury and Saturn leads off this month. Mercury has been in review mode since September the 14th. To be sure we have all the data he has checked in with Saturn. The square between Mercury and Saturn indicates that a crisis point has been reached. We must make a decision to move forward, a decision not based on foreknowledge of an outcome but on our need to engage in life directly. Mercury will station to turn direct on the same day as this month's New Moon. Be ready to make up your mind and take the leap on October the 6th.

The October 6th Libra New Moon is at 4:18 am PDT. As you prepare to initiate or affirm your current course for the next 28 days keep in mind the bigger social implications of your actions. Care must be exercised that your actions reflect your acknowledgement of the limitations of your knowledge or belief system. The highlighted degree symbolism is "A noon siesta."** The keyword is "Recuperation".

Fancy foot work is required on October 10 and 11th as both Venus and Saturn are stationing. First up is Venus. Partnerships of all kinds; political, economic or personal will see buried problems come to the surface with powerful emotional intensity. This is our chance to purge emotional toxins from our relationships.

We will get quick feedback on our New Moon decisions as Saturn is next to Station. He goes retrograde on October 11th. Reality comes into crisp focus that day. For a moment the delusions and stories we normally operate out of can fall away. I often tell clients that a negative Saturn test is not to be ignored. This is not an indication of a passing bad patch but rather a situation going in the wrong direction that will not improve without corrective effort. For those that are faced with this realization you have till the end of February 2003 to make the necessary changes.

The last energy shift this month comes just before the Full Moon. Neptune resumes direct motion on October 20th. Once again the energy of spirit/life flows out into the world through those who are connected.

The October 21st Full Moon along the Libra Aries axis is at 0:20 am PDT. The light of the Aries Full Moon shines on team leaders who are proclaiming their truth. The sides are aligned and cooperation swells the ranks. The question this map presents is the possibility of fraudulent claims. But which side? We need to see the limitations inherent in the engines of our action. The degree symbolism* "A man in deep gloom. Unnoticed, angels come to his help." The key word is "Responsiveness". You can expect trap doors to open and quick change to happen on the following days: October 6 & 7, Oct. 17 to 19, Oct. 24, Oct. 27 & 28.

** check web site for more details

November has two strong notes playing all month. The first note is a replay from August, once again there is an aspect between Uranus and Saturn. My hope is we don't get the extreme weather or spread of airborne diseases or the floundering in the stock market like we had in August. Saturn and Uranus bring structural revolution into play or awareness of the reality of change. On the upside we can break out of old thought patterns.

The second note is played between Jupiter and Pluto, together they can build power and confidence. Here in Canada the three political leadership races should be in full swing, a time for real growth in power. Will we see growth in both war and the economy or just one and the collapse of the other? I predict/hope that war with Iraq is a non-starter.

Uranus stations on the 3rd. Revolution and change can proceed unchecked. The news will be full of potential waiting for release. Fortunately, Uranus's aspect to a retrograde Saturn can derail misaligned chaos. Venus will spend most of November purging relationships of unnecessary baggage.

The Scorpio New Moon is at 12:34 pm PST on the 4th. The combined energy of Jupiter and Neptune feed this Scorpio New Moon which is asking us all to engage in the co-creative experience. Today people can plant visionary seeds. Deception is possible if common sense is abandoned or the bully has his way. The highlighted degree symbolism is "An inventor."** The keyword is "Cleverness." What is set in motion today can go beyond normal expectation. The Full Moon, on the 19th, is an eclipse along the Scorpio Taurus axis is at 5:34 pm PST. This map shows us that many people will be feeling vulnerable and growing tension can produce plenty of uncertainty. We must make adjustments with gratitude, this is a time of maturing, not a time to indulge in fear. The degree symbolism* "The king of fairies approaching his domain", the key word is "Allegiance."

As we approach the end, Mars catches up with Uranus and Saturn. This trio sets up a grand trine; translate a closed loop of energy that can operate unchecked. Key phrases associated with this combo are: "challenging others for a decisive contest or fight," or "violent or forced release from tension." We will all need the Sagittarian perspective of the "long view" to channel this energy for the good of all. Can we find the road to travel down that takes us to the peaceful end of conflict!

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

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pH Balance & Health

by Larry Yakimovitch

Understanding pH balance in the body is vital to maintain optimum health. Without getting technical, the relationship between acid and base is quantified on a scale of 1 to 14 where 7 is neutral— lower is acid and higher alkaline. These two opposite chemicals, when they occur in certain ratios, cancel each other out and create a neutral pH. Ideally our blood should be maintained at a pH of 7.365 or slightly basic. In terms of blood chemistry, however, neutralizing an acidic condition takes about twenty times as much base, so maintaining this pH balance becomes much easier than regaining it.

Poor food choices and stress often lead to an acidic condition resulting in a vicious circle of chronic physiological disease. In early stages of pH imbalances symptoms may range from skin eruptions, headaches, to colds and flu. Deviation to acidity results in decreased oxygen levels and this ultimately affects cellular metabolism. Continued acid imbalances will ultimately affect the proper function of the thyroid glands, adrenals, liver and other organs. Because the blood works to maintain the proper pH it will pull minerals such as sodium, potassium, calcium and magnesium out of tissues to neutralize the acids. When reserves of these neutralizing minerals are too low the body begins to leach them out of bones (calcium) or muscles (magnesium) and various symptoms appear. When acid wastes build up and body systems cannot neutralize or eliminate them they are deposited in body organs.

Acid wastes set up an opportunity for all kinds of microscopic organisms to grow and expand including yeasts, molds, bacteria and viruses which produce even more acidic wastes and they compete for the body's food by digesting glucose, proteins and fats. These organisms and their toxic wastes create body chemistry akin to a polluted fish tank. Not a good environment for fish or for you. Would it be easier to treat the fish or change the water? This scenario allowed to continue will lead to virtually any chronic condition you care to mention ranging from diabetes, clogged arteries, respiratory problems, to lupus, lack of sex drive, mood swings, suicidal and over and underweight tendencies.

More than just a current fad, a balanced pH will lead to good health, an acid condition to chronic, degenerative disease. The right choice involves knowledge, responsibility and action. How do I find out what my pH is? What changes in diet would be right for me? "We are overfed, yet undernourished." That phrase more or less underlines the difference between coffee and cake compared to a fresh salad. "Let food you eat be your medicine. Let medicine be your food."

See ad to the left.



Toothpaste

and Your Teeth & Gums
by Klaus Ferlow

Modern toothpaste is a heavy mix of chemicals and synthetics meant to clean, polish and maintain healthy teeth and gums. But are those ingredients safe, or even necessary? Many people these days live a healthier life style. They reduce their fat intake, reduce sugar or replace it with stevia, try to avoid heavily processed foods with colour and chemicals, eat more organic vegetables and fruits, and even clean their house with non-toxic products.

But have you given any thought to what you are swishing around in your mouth twice a day?

Most commercial toothpaste has ingredients such as SLS - sodium lauryl sulfate, fluoride, PVM/MA copolymer, sodium laureth sulfate, etc. Lets find out what these really are:

Sodium Lauryl Sulfate SLS is a detergent, humectant (moisturizer), emulsifier and foaming agent. It is a combination of lauryl alcohol and mineral sodium sulfate followed by neutralization with sodium carbonate. Found also in car wash soap, engine degreaser, garage floor cleaner. Degenerates cell membranes and can change genetic information (mutagenic) in cells and damage the immune system. It is reported to cause eye irritation, skin rashes, hair loss, dandruff and allergic reactions. Penetrates your eyes, brain, liver and remains there long-term.

Fluoride Researchers have linked it to cancer but no one is listening. Especially dangerous for young children who tend to swallow it. Many toothpastes contain enough fluoride in a 120ml (4oz) tube to kill a small child! That's why many toothpaste manufacturers include a warning on their labels "not for use by children under six years". Fluoride can corrode the tooth enamel, when swallowed can lead to Crohn's disease. It does not reduce cavities and scientists are linking it to dental deformity, arthritis and allergic reactions.

PVM/MA COPOLYMER A thickener, dispersing agent and stabilizer. Highly irritating in the eyes, skin and mucous membranes.

Sodium Laureth Sulfate A compound which reduces the surface tension in water, between water and another liquid, or between liquid and a solid, classified as a wetting agent. It has ether added and is therefore irritating and toxic.

Sodium Saccharin This is an artificial sweetener (from the dangerous Aspartame family). Carcinogenic, mutagenic, toxic, causes adverse reactions. Tests in the 1980s on rats developed bladder cancer. Even the FDA lists it as a possible carcinogen!

FD&C Blue no.1 Often used to dye pastes blue, this coal tar derivative may cause allergic reactions, is a suspected carcinogen, teratogen or toxin and has been known to produce malignant tumors at the site of injection in rats!

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Calendar of Events



October 9

Yin Yang Butterfly, Introductory evening with Deva Nirguna in Kelowna. p. 2

October 10

Free Introduction to Eckankar, in Penticton at Leir House Lounge, 7:30pm. p. 3

October 12

Touchpoint Reflexology Certification, with Yvette Eastman in Burnaby, B.C. p. 15

Smart Feng Shui, with Jollean McFarlen in Cedar Creek. p. 16

October 16

Lesstress! Relaxation, 7-week course in Kamloops. For details call 250-828-7989 or visit the Lesstress website at www.lesstress4u.com.

October 19

Open House, at the Vipassana Meditation Retreat Centre near Merritt, BC. p. 21

October 22

Angels Among Us, with Judy Guido at the Tiki Village Mtr. Inn in Vernon, 7-8:30pm. p. 20

October 23

Core Belief Engineering, familiarization evening, 7:30pm. Discover even more about how CBE can benefit you. Also the theories and process that make CBE so effective. Invstmt \$10 Laara Bracken 250-712-6263. p. 5

October 24

Counselling Hypnotherapy, basic certification with Orca Inst. starts in Kelowna. p. 7

Herbal Skin Care, with Donna Roth at the Kelowna Library, 7pm. p. 21

October 26

Into Clear Light, with Lyn Inglis & Rémi Thivierge at Village Green Inn in Vernon. p. 12

October 26 - 27

Shamballa Workshop, with Richard Haynes in Kelowna. p. 8

October 28

Lupus & Arthritis Info Table & Social, at Boundary Women's Centre, 7215-2nd St. Grand Forks, 7-9pm. Shawna Schuh 250-442-4276

November 15

Core Belief Engineering, familiarization evening, 7:30pm. Discover even more about how CBE can benefit you. Also the theories and process that make CBE so effective. Invstmt \$10 Laara Bracken 250-712-6263. p. 5

November 29, 30 & Dec. 1

Vipassana Mindfulness Meditation Retreat, at Naramata Centre in Naramata, BC. p. 21

December 9

Core Belief Engineering, familiarization evening, 7:30pm. Discover even more about how CBE can benefit you. Also the theories and process that make CBE so effective. Invstmt \$10 Laara Bracken 250-712-6263. p. 5

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MONDAY

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MEDITATION at Dare to Dream, 7pm

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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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Confessions of a Retreat Junkie

by Brian Hughes

That's right....I'll admit it! I'm Brian and I am a retreat junkie. I thought my experience organizing retreats would have cured me but no, I am back for more!

It all started fifteen years ago when I went to my first Vipassana Meditation Retreat at Hollyhock Farm on Cortes Island. Alan Clements was the meditation teacher and he was just back from Sri Lanka. It was a six-day retreat and it was excruciating! Alan's technique was that everything was attachment. We couldn't use a mantra, follow breath, use beads....all of that was attachment. We sat for hours and hours attempting to keep our minds free of thought...it was hell. Well, I hung in there and eventually the sittings became tolerable. Next thing you know, the retreat is over and its time to go home.

When I returned to the "Unreal" world, I noticed some changes. Some tapes had erased in my brain and I had forgotten how to use a bank card among other things. At the retreat we were discouraged from making eye contact with anyone or looking in mirrors. When I looked in a mirror for the first time I barely recognized my eyes. The tension and strain was gone and I made a mental note to self that I hold my stress in my eyes.

It took a week for my butt and knees to recover. However the huge positive was that I now knew how to meditate and knew that retreats were a benefit for me. I need the silent introspective environment of a retreat to get into the zone of meditation.

It took me a while to go back but eventually I returned to Hollyhock about six years ago to a meditation retreat with Robert Beatty. Talk about the other side of the coin! Robert has a therapist background and the retreat was a feel good exercise as well. Whereas the first retreat emphasized withdrawal and seclusion, with Beatty we held hands in a big circle at the end of each sitting and sang a song! There was a handful of meditators there from the austere Goenka discipline. After the first hand holding circle song, they were headed for the office asking for a refund. I stayed on and really enjoyed Beatty's approach. It wasn't quite what I was looking for but it was getting close.

Several retreats later it dawned on me that instead of me running all over to go to these retreats I should organize them and bring in the teachers. Our fifth retreat will be led by Venerable Sona of the Birken Forest Monastery. Sona is a gifted storyteller and a great meditation teacher. His dharma talks are what keep me going for the rest of the year.

I have found the retreats I enjoy most are those which combine various contemplative elements. Those which combine yoga, chanting and meditation to music along with traditional walking and sitting meditations seem to leave me euphoric at the end of the retreat.

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Clean The Body

by Louis Hoolaeff

With today's unhealthy diet and overuse of prescription and over-the-counter drugs and medications, our bodies have become polluted with too many undesirable substances. Hosts of toxic chemicals and noxious parasites move through our digestive systems on a daily basis. Over acidification creates a highly acidic blood stream and antibiotics wreak havoc with our internal ecology, destroying the good beneficial bacteria along with the bad, creating an out-of-balance condition and setting us up for disease of all types. It is within the digestive tract and the bowel that our state of health is determined. You can now clean and polish this crucial portion of your digestive tract to increase your level of immune-system function, reverse numerous health disorders and improve the overall quality of your life.

DETOXIFICATION - Some people say they can't live without it. Some people don't know what it is. Most cultures fasted on a regular basis. By taking liquids only, for one day out of each week they assisted their lymph systems to remove the wastes that accumulate in the tissues. They understood that the build-up of toxins caused all types of illnesses.

Today there is greater appreciation for the physical, mental and emotional destruction caused by toxins. Scientists from the World Health Organization and the National Cancer Institute (NC) estimate that between 60% - 80% of all cancer is caused by chemicals in the air we breathe, the food we eat, and the water we drink. All degenerative diseases have increased dramatically over the last eighty years. Heart disease, diabetes, cancer, cystic fibrosis, osteoporosis, arthritis, emphysema, multiple sclerosis, colitis, arteriosclerosis, muscular dystrophy and now we have conditions that most of us never heard of until recently. Alzheimer's, AIDS, hyperactivity, P.M.S., chronic fatigue syndrome and the list could go on and on.

This dramatic increase in degenerative diseases is understandable because it parallels a dramatic increase in the toxins we are exposed to, such as automobile exhaust, insecticides, fungicides, herbicides, synthetic fertilizers, household poisons, air fresheners, anti-static dryer products, polishes, nuclear radiation (from bomb testing and nuclear reactors), etc. The very material the body needs for self-cleaning - water, oils and vegetables, have now become carriers of poisons instead of cleansers. Little wonder our systems are over-burdened.

The wrong food we consume, undigested food and an excess of cooked and processed food also contribute to toxic bowel function. With the build-up of waste material in the

colon and with weak colon wall tissue, such conditions as diverticulitis and leaky bowel syndrome are created. Diverticulitis refers to sealed pockets of waste toxic material protruding from the bowel wall. Inflamed diverticula pockets, when infected, (diverticulitis), can carry a high price tag. Death is not unheard of in the advanced stages and a vast amount of chronic ill health and symptomology are evident in the early stages.

Leaky bowel syndrome is when the colon wall tissue becomes weak and porous, causing toxins to leak through the microscopic holes into the blood stream and the lymph system.

Now more than ever, we must protect ourselves. It isn't a matter of curing disease - it's a process of removing the toxins before they cause disease. *'Electrically Available'* cleansing products have been formulated to help the body rid itself of these destructive materials. An extremely high quality formula and a unique electrically integrated combination of superior herbs is designed to gently massage and release all build-up from your lower intestinal tract. This special formula feeds and nourishes the colon allowing the colon to strengthen and heal itself, gradually opening the diverticula pockets and releasing the toxic material for elimination.

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Recognizing Your Nutritional Deficiencies

by Ean Langille

Our food supply no longer supports our nutritional needs. Is it possible to eliminate the cause of your allergies? What are you doing to prevent the irritation caused by eating your favorite food?

The body has requirements that if neglected or not recognized will manifest in uncomfortable symptoms such as sinus congestion, stomach pain, tight muscles or even joint aches. Minerals, vitamins, amino-acids, and enzymes that are missing cause a breakdown in cell to cell communication, dysfunction in cellular metabolism, and inefficiency in eliminating toxins. Many people who have allergies and food intolerances are missing these essential elements that are necessary to allow proper digestion. For instance, if you are allergic to citrus fruits you may be low in calcium, pantothenic acid (B5) and serine. If you are allergic to feathers, wool, cat or dog dander are you aware of the importance of magnesium, essential fatty acids, and histidine?

I have personally seen people who have supplied their nutritional deficiencies, eliminate food intolerances and allergies. Lack of nutrition from the pregnant mother can pass on deficiency and allergy to her newborn child. Allergies that arise unexpectedly in the teenage years or in adult life all happen for a reason. The key is to understand what the body is asking for. By supporting the foundation of your physical body the complexity of an unwelcome symptom is reduced to a simple and resolvable obstacle. Minerals, vitamins, amino-acids, and enzymes are the pillars that create every tissue, organ, and system in our body. They must constantly be replenished to ensure vibrant health and freedom from allergies and food intolerance.

Through meridian testing to identify deficiencies, high quality supplementation, and commitment to allow the body to heal, it is possible to enjoy your favorite food or live without irritation from your environment. My personal experience involved having immediate reaction to cosmetics and perfumes. My throat would automatically tighten up when entering stores with fragrances. By recognizing the importance of sulfur, biotin, and carnitine I am completely free of this irritation. By addressing these issues, we are moving closer toward optimal health and a life free of restriction.

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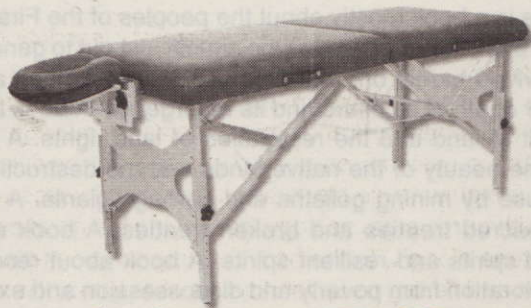
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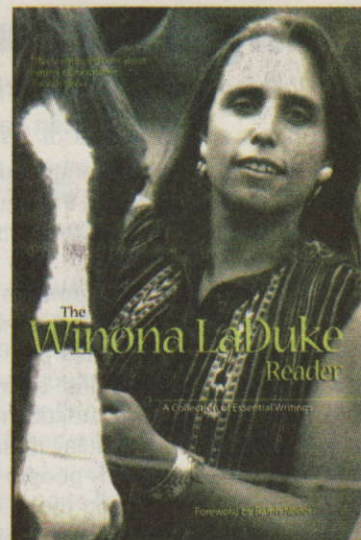
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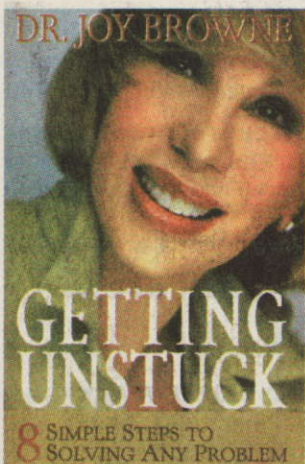
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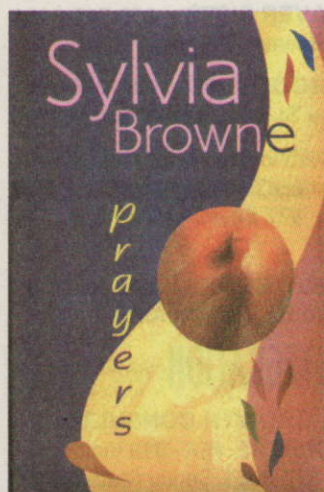
by Dr. Joy Browne

Published by Hay House Inc. \$20.95

ISBN 1-4019-0057-7

Oh joy, a book that doesn't claim an instant fix to make you happy or change your life, nor does it give you unrealistic expectations. With this book you do your own work, *on your own* - eight simple steps

guide you to learn and move forward. Dr. Browne is renowned for her radio call-in show in which she is short, sharp and sometimes shocking. Her insistence on getting to *the question* often frustrates callers who are looking for sympathy and soothing. However she is never without empathy, kindness and humour. She directs you to go straight to the guts of the problem, then get on with *solving* it with logic, honesty, viable solutions and, of course, acceptance.



Prayers by Sylvia Browne

illustrated by Christina Simonds
and Leonid Gore

Published by Hay House Inc.

ISBN 1-56170-902-6

Books of prayers are always intriguing, and make welcome gifts, especially when they are small and pretty like this one. There are prayers you would expect to find: for relationships, occasions, and maladies. There are others for particular needs: spirituality, peace, comfort, purification, renewal, and rejuvenation. Two quite distinct artists have provided works that are evocative, finely detailed, and beautifully drawn and coloured. Sylvia Browne's name will attract people, of course, but

the contents will serve those who seek simple and gentle words. If particular prayers do not quite meet your needs, their simplicity and variety can help you to find your own way of speaking from the heart.

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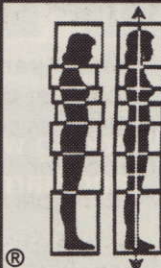
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