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Poisoned Cosmetics? Poisoned Shampoo?

by Jeanne Shaw

Phthalates, solvents used in deodorants, after-shaves, fragrances, hair sprays, skin creams, powders, nail polish, and other cosmetics, make a product feel oily or soft and help dissolve or fix other ingredients. Phthalates have been shown to damage the lungs, liver and kidneys and to harm the developing testes of male offspring. As far back as 1985 they were shown to induce birth defects, low sperm counts and other reproductive toxicity in animals. The FDA and Health Canada agree that animal studies predict that phthalates can be dangerous to humans.

In October 2000, the U.S. Centres for Disease Control reported on the identification of phthalates in the urine of adults, with highest levels in premenopausal women. There continues to be no ban on phthalates or even mandatory labeling of them as ingredients. Product tests found a number of different phthalates in nearly 80% of cosmetics and personal care (CPC) products - most unlabelled.

With rare exceptions, such as children's bubble baths, there is no required labeling of ingredients or any warning of well-documented risks. Nor has the government banned the sale of unsafe products to the public. Examples of other carcinogenic ingredients include:

- Talc—genital dusting increases the risk of ovarian cancer. Inhalation irritates the lungs and may increase risk.
- Commonly used preservatives such as quaternium 15 and bronopol, often used in baby products, break down, releasing formaldehyde, a potent irritant and carcinogen.
- Lanolin is commonly contaminated with DDT and other carcinogenic pesticides.
- Detergents and foaming agents, such as polysorbates and PEG, are usually contaminated with the volatile carcinogens dioxane and ethylene oxide.

DEA, another detergent, has been known since 1975 to combine with nitrite preservatives or nitrite contaminants in CPC products to form a highly carcinogenic nitrosamine. In 1997, DEA itself was shown to be carcinogenic.

Mainstream industry products can pose significant health risks, particularly reproductive toxicity and cancer. Most people, even in our apparently health conscious society, are unaware of the role of these avoidable exposures in increasing their cancer risk. We need to become informed about potentially harmful ingredients and protect ourselves by shopping for safe alternative products. See ad below

"Mommy, what's in my toothpaste?"

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♥ Publisher: Angele Rowe
♥ Editor: Marcel Campbell
♥ Assistant Editor: Samarpan

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

They are available in at least one location in every town in the central region of BC. Can't find one? Phone us.

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Musing

with *Angele* publisher of Issues

Graduation Time!

The front cover photograph is a place that I used to frequent in my early days of publishing. One year I remember arriving at the Tipi Camp exhausted. Peter, the man behind the idea of a secluded retreat place, ferried me across the lake in his boat. I laid down on my makeshift bed that was covered with a tarp, overlooking the lake, and slept for two days. The sound of the water lapping at my feet and the vibrancy of the sun or moon shining on my face energized me until I had recouped enough energy to start hiking the near-by trails. The biggest decision I made during the rest of the week that I stayed, was where to hide the sunflower seeds... to see if the squirrels could find them. I have returned many times to the Kootenays over the years, and now that I am graduating to another phase of life, it seems appropriate that I am moving there. I love the heat of the Okanagan, but will trade that off to be with the man of my dreams.

It has been thirteen years since I made the leap into the unknown and decided that these valleys could use a networking person. I have always loved reading autobiographies of gurus and spiritual teachers and remember asking in a meditation, "Who will my next teacher be?" The answer that came was, "We are your teachers, listen quietly."

My kids were raised, I was now single and I had many choices. I had quit my job as a lifeguard and signed up for UIC benefits when I heard of the government incentive to start your own business. I was eagerly accepted and my learning started. I put away the brochures on the various Centers I had contacted and started to focus on creating a Center where I lived. After six or seven years I decided that I was busy enough to hire someone part-time, and looked for a building on the creek to rent and Jan became my business partner. I felt like I had graduated into high school. Marcel followed soon after and the learning accelerated.

Learning by doing is an intense way to train, but it suits me well. The skills I have learned in this way are more deeply ingrained than through any university program. I have learned to trust my guidance systems and over time, I have become very adept at knowing what to do, how long it will take, and how it needs to be done. The universe knows I like things to happen quickly and so it gave me just enough time this spring to organize the Spring Festival of Awareness, have a sale in my store all month and then pack up what was left into the section of space that I will rent until after the Wise Women Weekend and the October/November Issues is printed and distributed. The universe gifted me with a small house beside the Retreat Centre that I now have the summer to move into. I am glad I have no time to worry, it either feels right or it doesn't. I deal with each issue or task in the moment and I give thanks for each lesson completed.

The parallel to going to university will be focused around my thesis... "How to start a community," which has been one of Richard's goals as well. We know it will take years to complete, and be on-the-job-training as a small group of us work collectively on publishing Issues and developing the Retreat Centre at Johnson's Landing. As always, the true test will be the unforeseen circumstances that arise and how we deal with them, but I know intuitively that this is the right course for my life to take. The skills I have learned in the last thirteen years will come in handy as will my book learning and enthusiasm for life.

A few people have already stepped forward and the creative process has begun as we develop the guidelines for working together. It will be interesting to see who will be in the classroom and if the synergy of the whole will be greater than the sum of its parts.

This summer we will need help building a few shelters, getting the large organic garden established and laying the foundation of who gets to do what. I believe the capitalist and the communist ideals both have merit and would like to merge the two, to see if we can come up with a workable model so that the people involved can have a voice in how things are done, a wage, some freedom and a community in which to share.

Angele ♥

Oxygenation Facials

by Bettina Atley

Have you ever wondered: Why babies and children breathe faster than adults? Why we breathe faster when frightened or excited? Why breathing slows down when we sleep?

It is because of the consumption of oxygen that our bodies need at these times. Children breathe faster due to the amount of oxygen their bodies need to complete their growth. Adults need more oxygen when in fight or flight situations, making sure that the body has all that it needs to maximize its functions. Our breathing slows down when we are at rest because the body's requirements are less.

The aging process becomes apparent with the tell tale signs of fine lines around the eyes, the mouth, forehead, neck and frown lines between the brows. This is due to the reduction of elasticity in our skin, the slowed down production of collagen. Why does this happen?

From birth to approximately the age of eighteen, we take in as much oxygen as we can to aid our bodies in this growing period. Our bodies are supposed to take in adequate amounts of oxygen, and up to our late teens this is not a problem. Have you noticed any aging lines on teenagers? There are none, unless they are sick or on heavy doses of medication. Once our bodies have achieved their growing period, the breathing slows down, and so does the amount of oxygen we breathe in. The first priority of our oxygen supply goes to our internal organs, but the biggest and last organ to get oxygen is the skin. The skin is our protector from all kinds of environmental pollutants, lotions and potions, but we only give it oxygen leftovers. Do you wonder why it looks the way it does? It has been abused because the cells in all layers of the skin are not being taken care of. The cells are not given life giving oxygen, so they start to slow down. They have no strength to keep producing collagen or maintaining the subtleness and elasticity that they had when we were young.

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CHOOSING A CHINESE MEDICINE DOCTOR NOW EASIER AND SAFER

by Dr. Yuguang Guo

Choosing a Chinese Medicine Doctor has become easier and safer in British Columbia since April 12, 2003. The province's requirement to license all practitioners of Chinese Medicine is now in effect.

The licensing system, sometimes called 'registration,' is equivalent to that of other health professions like doctors and dentists. Individuals go through long educational training and must pass licensing examinations. In addition, the College mandated every applicant to go through a series of safety courses spread over several years. They must also carry at least \$1 million malpractice insurance so patients have recourse in cases of medical negligence.

Qualified practitioners are granted one of four titles depending on their training and practice: Doctor of Traditional Chinese Medicine, Registered TCM Practitioner, Registered TCM Herbalist and Registered Acupuncturist.

After April 12, no-one is allowed to practise Chinese Medicine without a valid license. The public should only go to licensed practitioners and report any illegal practice to the College. The public are welcome to check out whether a practitioner is licensed with the College by phone at 604-638-3108 or via the internet at www.ctcma.bc.ca/registrants.htm.

In the upcoming months, there will be a transition period in which individuals who have applied for a license but have not been fully processed will be issued a Limited Registration where their practice will be supervised, pending the outcome of certain assessment and evaluation.

The current group of approved practitioners consists of people who have gone through the licensing examination route and the grandparenting route. The grandparenting route is a one-time process for people who have already been practising in the province before the regulation came into effect. They are evaluated through various tests and assessments to ascertain that their qualifications are significantly the same as the established standards.

Among the 439 applications for grandparenting of the doctor title, slightly less than half (213) have been evaluated to meet qualifications. In the process, the College also discovered sixteen cases of fraudulent credentials. They will be turned over to the proper authorities for further action, which may lead to prosecution.

STATISTICS:

Total applications for grandparenting (all 3 classes of license): 554

Doctor of TCM license approved: 213

Registered TCM Practitioner license approved: 40

Registered TCM Herbalist license approved: 36

Total license approved through grandparenting (all 3 classes): 289

Total license approved through regular registration: 44

Existing number of Registered Acupuncturists: 583

Total number of TCM practitioners in BC on April 12/03: 916

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- 22 - 27 Silent Retreat (Summer)**
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Robert Richmond and JLRC staff
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Robert Beatty
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Brita Adkinson
- 25 - 27 Soma Yoga**
Shayla Wright
- 31 Transformation Game**
Brita Adkinson

August

- 1 - 3 Passion of Drumming**
Joan Casorso
- 4 - 8 Summer Yoga Retreat**
Sharon Kovacs
- 8 - 10 Couples Workshop**
Jon Scott
- 11 - 13 Tantra: Igniting the Fire**
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Jon Scott
- 29 - 31 Crystals**
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September

- 31 - 5 Watercolour Painting**
Phyllis Margolin
- 5 - 9 The Mayan Calendar**
Khoji Lang
- 5 - 9 Intuitive Leadership**
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- 12 - 14 Men's Retreat**
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- 14 - 19 Yoga: Beyond Asanas**
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- 22 - 26 Silent Retreat (Fall)**
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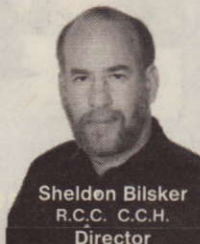
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Building with Strawbales

by Rysiek Ledwon

Let the truth be known, strawbale construction is a real alternative to standard building techniques. For a number of years now we've been witnessing a renaissance in the use of strawbales as a building material. The information being gathered by the Canadian Housing and Mortgage Corporation (CMHC), as well as the California and Arizona departments for building codes and practices show quite clearly the advantages of using straw. These buildings of straw far exceed the code requirements for fire, wind and seismic activity as well as the highest insulation values available. In other words once the straw has been properly plastered it won't burn, nor will it be shaken or blown down by the big bad wolf, plus it will keep you cozy warm in the winter and cool in the summer. Not bad for a by-product that is generally used to line feed stalls for horses and cattle or simply burned by the millions of bales in North America annually.

For years now I have lived in and have been building strawbale buildings in different parts of the world, the latest one was completed at the Federation of Damanhur in Italy this past winter.

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by Laura Pelletier

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Conditions benefited by hyperthermia:

Viral Diseases - People with abnormally low temperatures need a temperature increase to fight infection.

HIV Infection - Is heat sensitive and will become increasingly inactive as body temperature rises.

Chronic Fatigue - Induces fever to augment the body's ability to fight infections.

Cancer - Increases white blood cells and their ability to destroy target cells.

Pain - Reduces inflammation and lactic acid.

Detoxification - Removes fat stored toxins and pollutants.

Weight Control - Increases metabolism, burns calories.

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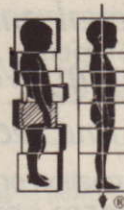
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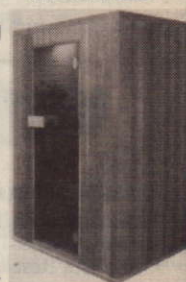
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Does The Distance Matter?

by Lyn Inglis - Psychic Medium

One of the main components of my work is telephone readings. I have done readings from my home here in the Selkirk Mountains to various places all across Canada as well as the United States, Japan and the U.K. One of the first things I am asked is, "Does the distance make a difference?"

My answer to this is, "No it really makes no difference at all". With regard to this type of work, time and distance do not matter. We are dealing with a higher frequency of energy that transcends these physical limitations! When someone asks for a reading, whether it is by phone or in person, I only ask for the client's first name, and the town where they live. I connect with my guide or those loved ones who have passed over, who give me all the information I need to pass on. I am always humbled and in awe of how spirit works and the accuracy of the information that is given.

I am truly blessed to be able to share the knowledge that life is continuous, and to bring guidance and clarity from those loved ones who have passed over. To work with them and the guides who inspire us to reach into ourselves to find a greater understanding of who we truly are, is a wonderful thing to share. I feel very honoured to be able to use my gift to help bring acknowledgment, love, clarity and direction where needed.

Lyn Inglis - Psychic Medium
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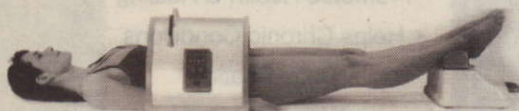
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Why Visualization and Affirmations Don't Work

by Elaine Hopkins

Self-image is the key.

Do you ever wonder why the affirmations you have been repeating over and over don't bring you results? The key to changing anything about yourself is to change your self-image. When you change your self-image you change the personality and the behaviour.

Self-image sets the boundaries of individual accomplishment, it defines what you can and cannot do. Expand the self-image and you expand the area of possibility. When you develop a realistic self-image with new talents and skills you will turn failure into success.

There is irrefutable evidence in the fields of individual psychology, psychosomatic medicine and industrial psychology that there are personality types who are prone to: Success, Failure, Happiness, Unhappiness, Good Health and Disease. Self-image psychology explains why positive thinking and affirmations work with some people and not with others. Positive thinking works when it is consistent with the individual's self-image. It literally cannot work when it is inconsistent with the self-image, until the self-image itself has been changed.

The self-image is changed through experiencing. We develop our self-image from past experiences, by going back into the past and changing our experience we develop a positive self-image. It is not the child who is taught about love, but the child who experienced love, who grows into a healthy, happy and well-adjusted adult. Our present state of self-confidence is the result of what we have experienced rather than what we have learned intellectually.

Begin to accept who you are today, when you accept your own worth as a person your life will change for the better. The things we think, say and believe about ourselves create our present reality. Every situation we are faced with in life presents us with an opportunity to choose how we will deal with it.

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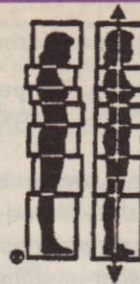
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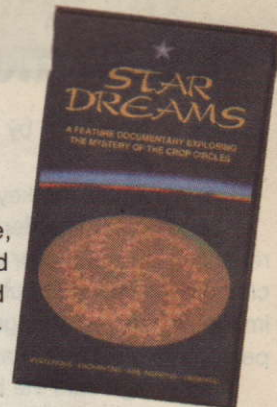


by Christina Ince

Video Review • Star Dreams

A feature documentary exploring the mystery of the crop circles

Video Publishing Group, Genesis Communications Corporation,
77 mins., ISBN 1-55300-484-1



Like many people, I had heard of crop circles, seen a couple of documentaries, and speculated on the likelihood of hoaxing, then mentally filed them away with other mysteries of the universe. However, unlike many of those other mysteries, crop circles are an ongoing phenomenon, 10,000 since 1980, appearing in seconds in various places around the world. This intriguing video provides fascinating information, yet the format is simple: a question is posed, information provided, and we are shown circle after circle after circle - some beautiful in their simplicity, and others so intricately breathtaking. Scientists, photographers, farmers, researchers, pilots, and visitors to the sites (many happily referring to themselves as "croppies") spoke of their findings and experiences. One writer called the circles "love letters slipped under our door".

There has been serious research over the past twenty years. One of many astonishing facts is that the crop is undamaged. The stalks are bent over at a 90-degree angle, not broken or flattened, and are larger, healthier and more fruitful than those outside the circle. Some are turned inward, others outward, some twirled, and in higher crops are found to be bent over in layers. No-one could have steam-rolled through the fields at midnight, not to set down a highly intricate design measuring 1,000 feet across!

Surprisingly, crop circles have gone largely ignored by the public - people fear their meaning. How would we cope with discovering that we are not alone on this planet? In 1974 scientists at Cornell University sent a binary code message into outer space. In 2001 an answer was found in a field - the binary code reproduced with some small differences. In the same field was another rectangular picture of a face - the face photographed years ago on the surface of Mars, its authenticity at that time strongly disputed. The circles found in the late 1970's were simple, later ones were more complex, and many now are not circular, or only contain circles as part of their design. There are chemical, mathematical and geometric symbols, pictograms, recognizable ancient symbols, keys, planetary motions, lines connecting designs, stars of David, crowns, a

menorah, pyramids, the tree of life, and, yes, an alien head, beautiful and astonishing. One researcher noticed a lot of details corresponded to numbers and information in the Bible, claiming this as the circle-makers' way of communicating their knowledge and intent.

My children watched this video with me. Artistic Claire, 17, was spellbound by the beauty and intricacy of the designs: "Crop circles are fascinating! They are so accurate it cannot be possible they are man-made. They are amazing!" Budding scientist Jason, 13, was amazed by the ones depicting recognizable objects, and particularly interested in the investigative details and the information gathered on the ground. "They must be like snowflakes, no two are alike!" He liked the story told by a pilot/photographer who was sent to film a circle - when he returned to the airfield he wondered why his colleagues were so quiet as he described his flight. A year later they admitted that he had been sent on a wild-goose-chase: another pilot had just flown over that field and there was nothing to see, yet it was there waiting for him. There are incidents of people wishing for a particular design, to find that one appeared nearby overnight.

One researcher likened many of the circles to mandalas, saying that we recognize them as they speak to the unconscious within, bypassing our rational mind. We also learn that most of the circles have been found near ancient markers, such as Stonehenge, and on or near energy lines. Vibrational sound has been recorded, and people have reported hearing footsteps, feeling other presences, seeing unexplained balls of light. Here are some words I jotted down as I listened to people who visited the sites describing their feelings: euphoric, connected; energized, transformed, joyous, amazed, changed, and humbled. There is a general feeling that we are on the way to finding the truth about this beautifully-executed mystery: many ancient writings foretold of changes in our

Star Dreams continues to the right

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Your "Other" Relationship - You and Your Realtor

by Marcelle Goldstein

Why choose a realtor when today's technology allows anyone access to information that was privileged not so long ago?

Buying or selling real estate is likely the most important financial decision of one's life. It is a time of intensity. There's a lot to get prepared, physically and emotionally. During the process you become real estate aware; eating, sleeping breathing real estate. As the seller, the first step is selecting a realtor, which is the single most important decision you can make. A trustworthy, knowledgeable real estate professional will utilize all the tools available and determine the market value of your home. This will help to establish a competitive list price.

You can never make a first impression twice. "Relationship" between seller and realtor is the key. You need a person who you feel at ease speaking your mind with, expressing your feelings and concerns freely. It helps to respect and like that person. You need someone to take on the responsibility of qualifying each prospect that comes to see your home. No one likes cleaning and being on call 24/7 only to find out that the Brown's couldn't even afford to buy your home because they weren't pre-qualified and should be looking in a different price range. This is frustrating for all parties involved. The pre-qualification process is a crucial process to go through before looking for a home or investment and a thorough realtor will have affiliations with financial institutions so they can pre-qualify the prospect.

As a team, you and your realtor will discuss and decide what needs to be done before and during the marketing process, such as; should the house be painted, should the yard be cleaned up, should we put hardwood or laminate flooring down, should we fix the broken screen doors, do we need to do the dishes every time someone comes to see the house? At this point your realtor is an extension of you and should be able to advise you as to whether doing the above mentioned would enhance your chances of acquiring the best possible price and whether your "to do" list is cost effective.

When an offer comes to the table it is a very exciting time, needing an objective approach. This is a time when emotions are flying high, your emotional state can make or break a deal. Your realtor needs to be on an even keel, keeping things as calm as possible. The offer process usually involves the seller

Star Dreams continued

world around this time. Scientific research, educated speculation, claims of communing with beings on spaceships, channelling, and sheer guesswork - all are contained in this video, as interesting and thought-provoking as the people who provide them. Crop circles have been appearing for longer than we know, but they are becoming more intricate, sophisticated and meaningful, resonating with more of us. We may not be far away from finding out if indeed, as stated by more than one cropy, "We are the people we have been waiting for."

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and their realtor and the buyer's realtor getting together. Your realtor becomes your advisor, your confidant and your go-between, using negotiating skills and expertise to bring the buyer's price, terms and conditions and the seller's needs together in a deal. This process sometimes takes a while. Patience, trust and understanding are tested greatly. This delicate time frame must be handled carefully and with due diligence.

The most satisfying moment for all concerned is once all conditions have been satisfied and it's time to put the "Sold" sign up. I will generally meet with my clients who at this point have become friends and together we share in this moment. We share a smile and sometimes a joyful tear for a job well done by all!

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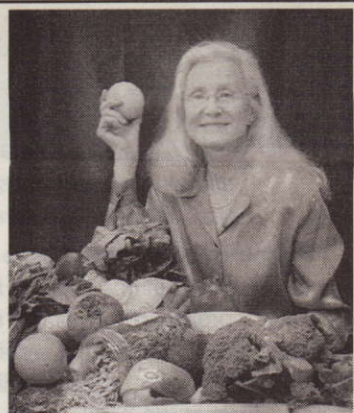
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Twenty-five Years Ago!

by Harry & Nora Jukes

Reminiscing the 25th annual Spring Festival of Awareness in Naramata, BC

It is wonderful to see that the Spring Festival of Awareness, which was organised and put together so many years ago, is still flourishing. This event that sprang from the desire of people to share their esoteric and metaphysical ideas and practices with each other, was very controversial at the time. We feel it is to the credit of Selkirk College, that they had the foresight to co-sponsor the first six Festivals. It was definitely an idea whose time had come. Throughout the history of the Festival, it has taken many, many volunteers putting in an untold amount of caring, dedicated time and energy to achieve events such as we experienced the last weekend in April. It is heart warming to see the Festival continue. We wish to congratulate the Penticton group for doing such a tremendous job for the past fifteen years.

As organizers of the first Festivals in Castlegar, it was wonderful to again connect with some of those early workshop leaders and participants, and to also see so many newcomers. This indicates that the Festival is still fulfilling its mandate. The integrity, the spirit of sharing, and the caring quality which were evident everywhere at the 25th Festival reflect the values upon which those first Festivals were based. It was also great to see that there was time allowed for laughter throughout.

I (Harry) spent time after the Festival was over, contemplating what ideas of significance had come to me during the weekend. What felt most meaningful to me was a comment made during a workshop I attended where we discussed the idea of sending love to different people and events. One of the participants said very quietly, "You can't send love, you can only be love." It is a very simple concept, and certainly not new. However, the context in which it was put forth resonated with me more than ever before.

We can only BE Love, not send Love.

We can only BE Peace, not send Peace.

People all over the world are doing a lot of questioning and searching. These are incredibly intense times for us all. Times of soul searching, times of questioning our values, and times of pondering our role in the events that are taking place, both at home and throughout the world. Why are these things happening? Where and how do we fit in? What role are we to play? The Spring Festival of Awareness is one of many events to help people find some possible answers to these questions. We think all of the organizers deserve accolades for their parts in fulfilling this role. Blessings to the workshop leaders, healers and therapists, and most of all, blessings to the participants who attended and helped to make it happen.

Mediumship Provides Answers

by John Q. Goldingham

In today's society mediumship is becoming more and more acceptable as it provides answers to people's questions about life, and life after death. More than ever people search for answers to the many questions regarding the mystery of life. Many main stream religions are not keeping up with people's needs and recent surveys have shown that while people are no longer joining religious groups like they used to, they are just as strong in their spirituality.

Most western people today strongly believe in Spiritual Helpers or Guides and are experiencing their own spiritual and psychic phenomena. In today's modern society people are searching for concrete answers upon which to build a strong foundation. With regard to the truth about the purpose of life and life after death, mediumship provides many such answers. Evidence of survival after physical death, of the Spirit or Soul of a person, is giving greater understanding and support to people, especially those who have suffered the loss of a loved one. The gift of mediumship is one way of bringing people back to an acceptance of God, as well as helping them to find a real purpose for their lives. It gives people hope in the present moment and for the future. A reading from a medium has helped many people to take charge of their lives, and make changes, enabling them to progress and find happiness in what they are doing. Guidance from Spirit

during a reading has enabled many people to once again believe in themselves and renew their sense of empowerment. The gift of mediumship is available to all who seek it and are prepared to accept the responsibility that goes along with it.

God, the Source of all Life, is within every living person and each person can be shown how to once again connect with this Source. I sincerely believe that this is what Jesus was doing when he was on earth, but as humans sought power they forgot what Jesus taught and built organisations that disempowered the people. Organized religions that demand blind belief in doctrines and dogmas that no longer hold up when looked at in detail, along with fanatical groups that have contributed to so many wars throughout history, are now being seen for what they really are.

It gives me a lot of pleasure to see people's faces light up when a loved one comes through and gives information that only they could have possibly known, thus, proving they have survived physical death.

Everywhere I go people have the same needs and questions. It doesn't matter if it is Europe, North America or New Zealand, they are all searching for truth, no longer do they just blindly believe; they want proof of life after death and mediumship is one way that is meeting their quest.

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Profile

YOU ARE WHAT YOU THINK!

*Many of us believe life is being done to us.
The truth is we are doing life.*

by Peter J. Smith

Thoughts (beliefs) are a powerful energy. Just as electricity is an energy we can't see, we can feel it or see the result of this energy as it changes something. We sense its shock or see bulbs light up as a result of the current flowing through it. Have you ever wondered what was currently "flowing through" you? What thought, belief or experience was currently creating the "scene on the screen" of your life.

We tend to blame the "World" for our experiences of life. The greatest distance you'll ever travel in a lifetime is the space between your ears. Each of us carries our world within us. That is the only world we'll ever live in, and each of us comes from another world. (Now you know why we don't sometimes "speak" the same language.) We're all from different worlds of experience and feelings. No one has ever been in your world and you'll never be in theirs. We can "share" our worlds. Life is a shared-journey. The more we share, the more of the world we have.

So "who" in the world is the matter with me? Do you know what it takes to give? You have to "have it" to give it. Have you got it yet? Love and fear are the only two "things" out there. What have you got? What can you give? What are you "creating" on the "scene of your screen?" Do you know? Do you care? Do you love? Who are you?

ARE YOU WANTING TO GET OUT OF THAT "SCENE ON THE SCREEN"?

We often say we'll believe it when we "see" it. The truth is, you'll never see it if you don't "believe it." Believing makes it so. Have you ever had someone looking right at "it and couldn't see it because they didn't "believe it." Most of us live on the shoreline of doubt. Few ever risk walking on the water of faith. To know without seeing, is blind faith. It's also to trust (LOVE) life. Most want to live it ahead of time through worry. That way we have all the bases (basis) covered.

If you feel that you would like help in getting out of that particular "scene on the screen." Then call me so that we can "re-adjust the picture" to your benefit.

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Peter Smith works part of the year in Spain, mainly with cocaine users and alcoholics. The rest of the time he works out of his home in the boundary country. When not working with clients he is writing newspaper and magazine articles and a book. He also does speaking engagements both here and abroad on subjects such as "The Power of the Mind" and "Hypnosis - Dispelling the Myth."

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Healthy Feng Shui for Children

by Jollean Mc Farlen, csl miact

As a grandmother and former daycare owner, I appreciate children and I am concerned about their well-being. Children are more in touch with their feelings and also more sensitive to their environment. I have decorated hundreds of children's rooms and I know for certain a child's behavior and responses are greatly influenced by their surroundings. The goal of Feng Shui, an ancient Chinese art, is to create harmony and balance throughout our environment in order to support health, wealth and happiness.

A child's "home" is their bedroom, it is their most important space. As their domicile, it reflects them, who they are, what they want to be - their aspirations, hopes, wishes and dreams. It is and should be the expression of them. It's the place where they play-independently or entertaining friends, sleep, study and enjoy snacking. It is very important that their bedroom support their physical growth, mental stimulation and emotional well-being.

There are some simple yet important guidelines to enhance your child's well-being. This means overall health - protection from illness and accidents, performance in school, harmonious interaction with family and friends, and his/her personal happiness and excitement about life.

Inside the bedroom

- Balance of colours, pick yin/yang colours of medium to light range. If they want bold colours, only do one wall, or trim or accessories. Dark colours can be depressing. Yin (female) colours are cool and calming: blues, greens and some purple. Yang (male) orange/peach, red/pink, light yellow add energy.

- Everything has its place and space requirement. Try not to have too much in one room, lots of storage, build shelves high if short of space. A cluttered room may cause difficulty in thinking clearly, or sleeping (nightmares).

- TV, computers and telephones (depending on age of child) may be cause for concern, too much stimulant, also tendency to be away from the rest of the family too much, not healthy for everyone. No mirrors near their head where they sleep.

Outside the room

- The exterior conditions impacting a child's room are just as important. What is under or over where your child is sleeping, has an effect on them (garages under bed, other people).

- Noise control is important, any roads near by - rushing energy in the room, plants and water (fish tank) help. Crystal hung outside the door helps family issues.

- Chinese sages, viewing nature and our surroundings, said . . . "How can we live harmoniously with our environment and reap its benefits so we may prosper in all ways?"

Professional Feng Shui and Colour Consultant, and winning decorator, Jollean McFarlen helps people create a healthy environment for home and business. She just won Heritage Aware and was chosen 'trend-setter' for her work. Author of six books and Spiritual Medium.

See ad to the left

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WHY BOOMERS WON'T GET "OLD!"

by Connie Hargrave, MA, EleCT

New scientific discoveries in the field of longevity are exploding just as boomers are realizing they might one day get OLD. Happily, scientific breakthroughs are opening vistas that we once thought of as the stuff of science-fiction movies. Stem cell research, and other "cell therapies" are making feasible the possibility of greatly extended life, of repairing bodily damage and curing major diseases with a simple injection.

We now know that aging is like rusting, and that anti-oxidants can slow it down. We have learned from studies in areas where many people live to be over 100, such as in Okinawa, Japan, that they eat diets of vegetables that are anti-oxidant rich, along with getting moderate exercise on a daily basis.

There is yet another key to forestalling the aging and disease process — a substance manufactured in every cell of our bodies, glutathione (GSH). Clinical tests show that raised glutathione levels may prevent some of the major health issues of our time—heart disease, stroke, diabetes, high cholesterol, asthma, hepatitis, AIDS, cancer and more. Diminished glutathione levels are in fact a symptom of aging: they are particularly evident in such ailments as Parkinson's and Alzheimer's disease. An explosive amount of research is showing that Glutathione, (sounds like: "glue-a-tie-on") is the body's most powerful protector against these threats.

Of people between the ages of 40 to 60, 20% already have critically low levels GSH, while a much larger percentage, 53% of those between the ages of 60 and 80, have critically low levels of glutathione. Yet it turns out that when people increase these levels, it enhances their body's ability to fight off toxins, infectious disease, pre-cancerous cells and the aging process itself.

Now, before we all rush out to the store to get a bottle of GSH, there is a catch - it is not very helpful to the body when taken in pill form, as most of it is lost during the digestive process. It was research initiated at Montreal's McGill University by Dr. Gustavo Bounous that has shown how to effectively raise the body's glutathione through a whey protein dietary precursor.

As boomers are edging into their fifties they will re-define aging and live longer than previously imagined. *See ad below*

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All Women are Goddesses

by Dr. Janis Guthy

Profile

The Crystal Clear Weekend is a weekend for women to declare their Divinity as a Goddess. It is a weekend filled with self-exploration, relaxation, and fun. Probe into the root of your natural being through Chakra Balancing and Clearing. Spiritual, mental, emotional, and physical problems are caused by contraction, the inability to radiate energy freely due to blockages in the human energy system. These reservoirs or blockages are the result of energy overload. They are a result of too much emotional and mental debris that has not been completely processed through your energy system during your early life. These blocked energy systems are the result of feelings of pain, fear, anger and other negative emotions buried deep within the human psyche.

In the Crystal Clear Weekend you will learn how to release these blockages and transmute the reservoirs of energy that have been trapped by the blockages. With practice you will be able to change unhealthy frequencies into healthy ones. You will master the techniques to bring yourself back into balance and harmony not only with yourself, but also with your loved ones and the world at large. You will discover the unlimited multidimensional aspects of your human potential.

Your facilitator is Dr. Janis Guthy a practicing Chiropractor, and a Homeopath with over twenty-one years experience. She is a Distinguished Fellow of the British Institute of Homeopathy and a Board Certified Alternative Medical Practitioner. Dr. Guthy also holds a Ph.D in the area of Vibrational Medicine.

Goddess weekends are limited to a minimum of four and a maximum of six ladies. They begin late Friday afternoon and end Sunday at noon. Cost is \$350 per person, or \$300 shared accommodation per person. SPA services are extra. Registration cut off is two weeks prior to date of workshop. Please see website www.doctorshouse.ca or call Doctor's House Bed and Breakfast Retreat, Golden, BC 250-439-1124 for further information.

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Get Out Of Your Way

Discovering the Certainty of Your Body's Ability to Heal Itself

by Ean Langille

Confusion, fear, worry, doubt, guilt, shame, anger, and frustration. When you think of your health, how often do these emotions come into your mind? If any of these emotions are present, what thoughts and beliefs are fuelling their creation? What is the mindset that will attract perfect health?

The body has the ability to heal itself when you give it what it needs. With this foundation, there are four key elements of necessary action to experience optimal health.

First of all, think, feel, and KNOW that the body is naturally geared for growth, development, and expression. It carries out thousands of functions each moment without our conscious thought. Wounds heal, food is digested, and breath is taken in all without our intervention. The body's number one priority is to keep you alive with what it has been given. If it lacks what it needs you will experience a painful or uncomfortable symptom to get your attention. This is how the body communicates! What we see as a problem is actually an answer the body has given to a problem (i.e. arthritis- a way to store toxins that can not be eliminated).

Secondly, realize that your body is vastly interconnected. Hormonal responses and metabolic processes occur in a sea of intelligence where there is no part separated from the other. Each of your 100 trillion cells are consciously aware of what you ate, how you are thinking, and how it can best contribute to your overall health at that moment. Our fears and worries often come as a result of not understanding the intelligent framework and infrastructure that is working in our favor.

Thirdly, fuel the body with primary nutrition. The cells of your body naturally crave foods right from the earth. Synthetic materials and processed foods lack nutrition and create difficulties in their absorption and elimination. Fruit and vegetables contain thousands of compounds that work synergistically to supply the life giving fuel we need. The physiology of our body has to adapt if we insist on taking in food that is of poor quality, in the wrong combination, and not tailored directly to us. I have seen how the body responds when there is highly concentrated food that is quickly and easily absorbed.

Fourthly, restore health and reverse uncomfortable symptoms with high quality herbs. Researchers have now said how our food supply has changed in that it no longer contains all the vitamins and minerals that our body needs. This is a difficult thought to digest but it is one element that explains our current health care crisis and why many people struggle to be healthy. Herbs in the right combination stimulate healing, provide vitamins, minerals, and enzymes, and increase cellular communication and efficiency.

It is time to stop the devaluing of our own physical body and take action to eliminate the needless fears, worries, and doubts that limit our health. Accept the body's healing power and provide the food, thoughts, and herbal energy that sustains an optimal health lifestyle. Take hold of your life by changing your lifestyle and adopting a mindset that respects what it takes to achieve wellness. See ad to the right

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Astrological Forecast for June & July 03

June will be an emotionally intense month. Major players are making significant moves this month. First up we will see Mars approaching Uranus to form a conjunction. People's feelings begin to crackle and spark. The barrier that keeps most people from sharing will likely weaken. When these two come together you have the potential for maximum violent change. Saturn is making a move on Uranus as well. There is a difference of mode/mood this time around, both will be in water signs, suggesting that water/emotions will be the catalyst. There is more juice to this mix; Jupiter catches up to Pluto this is like saying I want all the marbles and I know I can take them. The energetic emphasis is in water now and water has a tendency to put fire out (quick none start) or fire turns the water to steam, you get intensity that does not last as long but is very powerful. Given the current state of affairs with the USA and Korea and nuclear weapons stand off, we may be in very dangerous times. The crisis point is reached on the 23 and 24 of June. The energy will dissipate by the 2nd week in July.

There are more layers; Saturn enters Cancer on June 2nd and for the next 2.5 years we can expect a reality test of our ability to nurture human life. For those who were born with Sun in Cancer over the next 2.5 years you get to check the direction your life is going.

The June 14th Full Moon along the Gemini Sagittarius axis is at 4:16 am PDT. The light of this Full Moon shines once again on just how much connection exists in today's landscape. Whether that is seen as a good thing or not will depend on how much freedom and power you have in your life.

Mars enters Pisces on June 16th. We begin an extended run for Mars in a sign. His current sojourn in Pisces will last five months. Mars is about aggression and motivation. To take advantage of a boost from transiting Mars in Pisces you will need to be sensitive to the literal life force that animates all creation. While Mars is here there is a great opportunity for unification to become a motivating force.

The summer solstice is at 12:10 pm on June 21st. This turn in the Earth's journey is a signature for the next three months. In this map we see and feel the slippery slope to revolutionary change, like being swept away in the fury of a storm. People should connect and listen to each other. We are being asked

to be present, not caught in the 'what ifs' of the future. It will take courage and a pioneering spirit to break from the habits of the past. But if we do, a lot of emotional and energetic clearing out can happen, this storm will then bring clearing skies.

The June 29 Cancer New Moon is at 11:39 am PDT. Today you can plant seeds that should nurture you for another year.

July is time to catch one's breath as the big players in our solar system slide out of strong aspect to one another. They do have subtle aspects holding some of them together. This pair are held together by fifth harmonic energy; "the number of humanity which signifies its strength and power to be creative or destructive." Meaning is trying to come into form here. The question to ask your self is "What does it mean if I am not separate from another?" Saturn and Neptune are also held by a delicate fifth harmonic aspect. This pair is challenging us to link our family/nourishment to that of the needs of others.

Jupiter completes his semi square aspect with Saturn this month. The world economy will have made it past the first hurdle since starting a new economic cycle back in May of 2000. The next push to produce a change will be late in 2005.

July is also a month where we see a distinct split between the personal and the impersonal. The planets are arranged in two groups, on opposite sides of the Zodiacal wheel. Yet oddly enough there are few oppositions formed. This arrangement also lacks squares (less stress). Care needs to be taken to not separate the personal and the impersonal. The line up is Saturn, Mercury, Sun, Venus, Jupiter on one side and Pluto Chiron, Neptune, Uranus, Mars on the other side. Symbolically we might say on one side you find you in your local environs, on the other side, you are caught in a profound historical movement. Of course both are happening at once, but this arrangement makes it possible to separate the two.

The July 13th Full Moon along the Cancer Capricorn axis is at 12:21 pm PDT. The light of the Full Moon shines on our ability to nourish and support ourselves. The evidence is found in our ability to meet our responsibilities.

The July 28 Leo New Moon is at 11:53 pm PDT. Today you can plant seeds of creative play, or a new story line in your life, or gather together a winning team. What you want to take special care of is incorporating through awareness your unique contribution or that of others. This is a gift from Uranus and demonstrates social humility. The best leaders follow. This is subtle stuff but we all are getting a boost from stationing Mars. Setting intention is powerful with this New Moon. Those who can dissolve the 'me' agenda will activate the most benefit from this alignment. Mars stations and turns retrograde just minutes after the New Moon. We begin a period of time when many will need to question their motivation. Why? Things will not be going according to plan, at all! This may feel like a Mercury retrograde but it is not the same. Mars is in Pisces and while here it wants direct participation in the universal dimensions of life. How well can you just 'be,' and allow? Mars will remain retrograde until September 27th.

See Moreen's ad to left

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Front Cover Photo

Tipi Camp Nature Retreat

Come in person to our
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Sunday, June 29, 2003.



Imagine a place deep in nature where the air is sweet, the waters are pure and the forest's green embrace calms every mind. Living close to the earth, the pulse of nature, our hearts can become one and there is peace. Welcome to the Tipi Camp Nature Retreat.

Nestled on the lakeshore in a remote bay at the tip of Pilot Peninsula, the Camp looks southward down Kootenay Lake. On both sides, the Selkirk and Purcell Mountain ranges cradle the shimmering lake as they stretch far into the distance. Gentle forests and trails beckon all around. Here, accessible only by water or hiking trails, you can truly relax and tune in.

For the past fifteen years, we have hosted diverse groups from meditation retreats to mental health support groups, from native healing retreats to self esteem programs for young people. Guiding Hands Recreation Society was formed by local people in 1988 to show that the natural world can heal and regenerate. As a registered non-profit society, our primary purpose is to educate people about the value of nature and outdoor recreation in a healthy society. We also serve as advocates for environmental education, conservation of our natural heritage, personal awareness, and sustainable communities. Over seventy families and individuals are supporting members.

Guiding Hands offers two innovative programs that are designed to prepare young people for a healthy future. The Wilderness Immersion for Self Esteem (W.I.S.E.) programs create opportunities for children 9-12 and teens 13-16 to experience the outdoors in gently challenging and supportive ways. The programs engender respect for each other and for the natural world. Capacity building in the areas of self-reliance, responsible self-management, expanded communication skills and reconnecting with nature underlies the WISE program.

Known for extraordinary service, the Tipi Camp staff cares for your every need. They're local people who love the area and work for very modest salaries. Delicious vegetarian meals highlight the days. Recreation is the counterpoint to your explorations...swimming, boating, forest walks, evening campfires. Accommodation is available in tipis or bring your tent.

The volunteer component of our operations is still the mainstay of our accomplishments. Personal time given to the society to set up the camp, publish the newsletter, paint the boats, or help with a rummage sale makes our services possible. Donations from local organizations like the Lions Club, Nelson and District Credit Union, the Regional District and the Columbia Basin Trust foster some of our programs. All donations go toward supporting our work of public education and encouraging outdoor enjoyment.

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Profile

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- The EB-305 uses direct current (DC) to create an energy field in a foot bath similar to the energy produced by the human body. The patient will generally feel nothing other than a slight tingle. The EB-305 'bioenergizes' water to receive the flow of appropriate ions, specifically toxins, and most notably, heavy metals, which it is especially well-suited to removing.
- This sub-threshold energy is very similar to micro current or cold laser therapy, both of which have been proven to increase and create more cellular adenosine triphosphate (ATP), the energy source of all cells, which allows the cells to work and detoxify at a higher rate. The result is a rapid, dramatic, and comfortable removal of cellular toxins, and the accumulation of filth in the footbath that astonishes people when they realize so much 'junk' came from their bodies in such a short time.
- What You Will Experience: Healthy individuals can expect to feel lighter, more energy and experience a greater feeling of well-being. Some patients with pain, edema, gout, headaches and swollen joints have reported immediate relief. Other patients with arthritis, allergies, limp edema, neuralgia and other symptoms have experienced relief and benefits with multiple treatments.

Advantages of the EB-305 over other machines:

- The EB-305 is the only machine to use low-energy current similar to that used at the level of cellular metabolism. The EB-305 has the ability to drive both positive and negative ions, meaning it can tackle a lot more than just free radicals
- An additional advantage of this unit is the ability to alter the body's PH by using both positive or negative charges, or both.
- An average treatment takes just 18 & 23 minutes, about half the time of other machines, due to the machine's ability to increase EB ion production. Detoxification and general wellness treatments become more time and cost effective. The manufacturer is currently seeking FDA approval, and recent results of clinical trials in the US will soon be available to provide clients and practitioners with even greater confidence and security.

For more info on clinical trials, analyses of removed toxins, and where to purchase these machines or find a local practitioner contact Tory McDonald at 250-427-7337 • www.torymcdonald.com

The Truth Shall Make You Free

by Reverend Juanita Rivera

God Bless you all. My story begins back in the 70's as a young wife and mother. I had many friends, a good income and a beautiful home. In all appearances, I was a happy and contented spirit. But, oh dear readers, if only I could have been seen on the inside.

Here I was, walking around with a heart that was longing for God, and my spirit searching, searching for Jesus Christ's Truth. I needed answers to my many, many questions. What did Jesus mean "I am the Light of the World" and "Ye are the Light of the World through me"? How? And what did Jesus mean when he said to his Apostles that John the Baptist was Elijah come back? What about Angels? Miracles? All those things that happened in Biblical Times, Why not now? Why did the pastors talk about heaven when the Bible says "above all Heavens"? Wasn't this plural? And why were some people born in the condition they were? My questions went on and on. I must say, I was not without Spiritual teachings as I had spent my life from a young age in Sunday School and Church. Still I felt something was missing, something more, proof, not just blind faith—but facts.

So my spiritual search went on. I went from church to church over the next few years, always thinking, "Now I'll get some answers, now I'll find out. There's something more here." But no, dear readers, it fed my spirit for a while, but God was calling me on. I had just ended up in the same situation. When I asked questions that they could not answer, I received the same reply — "Well, those are the mysteries of God, and we aren't to know these mysteries but some day, when we get 'over there' we'll understand it all." This was not what I wanted to hear, since the Bible said, "It is given unto you to understand the mysteries of the Kingdom of God" and I was now all the more determined to find the truth. So I sought on, praying in Jesus' name, as the Bible says to do.

Now, I must say before I go on, please do not misunderstand me. I loved every Sunday School teacher and every pastor I ever had, and I thank them all for the help they all gave me along the way as I passed through the different "grades" of development of spiritual consciousness. But I needed to fill the ache in my heart. The longing to find my Lord, and the Truth, so the search went on.

A short time thereafter, I was visiting a friend and when I was about to leave she said, "I have a book I wonder if you might be interested in reading. It is about the human aura, have you heard of that?" "Yes, I have," I said, as I knew it was something about our 'atmosphere', and I could actually feel a wonderful warmth inside me and the hair on my arms and the back of my neck began rising!!!

I went straight home from there, clutching my prize, a beautiful yellow book with a rainbow on the cover titled, *Atoms Aura Reveals Secrets* by Dr. Josephine C. Trust. A woman, a scientist, a Reverend Minister. So, I propped myself up with my pillows and didn't put my book down. Here she was answering me from this book, all of my life's questions. I didn't know whether to laugh or cry, so I did them both! This was more than I could stand. A woman pastor, a world scientist, a

doctor no less, and I had been told and taught for years that a woman was not to be a Pastor or leader, that God didn't allow it. (Although I was given no scriptures of proof that women cannot preach) I had followed blindly and was taught we are to obey. We were not equal. Dr. Trust's teaching was like the New Testament's: women had enjoyed a far greater freedom in the Gospel than the women of today, as they were prophetesses, deaconesses (pastors), teachers and leaders along with the Apostles.

Now, dear readers, I have neglected to say that I was employed by the justice system and had been for a number of years, so I decided to go to Dr. Trust's Foundation, "The Superet Centre" in Los Angeles and do some investigating of my own. A book was reading, but seeing for one's self is reality. And that's what I found — reality.

Driving up to the address in the evening the first thing I saw was a beautiful big purple heart on the top of a mid-sized white church with a beautiful prayer garden full of giant roses and a statue of Jesus with arms outstretched, inviting all. Another building was attached at the side which is a school to train students. Why hadn't I heard of this before? Simple, no T.V. Evangelists and no door to door salesmen. Jesus calls us in when we are ready.

In my meeting the next day, I found out that there were miracles and thousands of people had been healed by the Lord Jesus through Dr. Trust. Many of those are attending church there or in another branch of her church throughout the world. I also had the opportunity to see twenty 'miracle pictures', some with the Lord Jesus's face on them, some with doves and writings, and Angels. I investigated documents that "yes" these are authentic miracle pictures.

Continuing on, I found out that Dr. Trust had the gift from God of seeing the human aura from the young age of four years and told her parents she had seen spots and colours on people, and that she had also seen Jesus and talked to him. What a shock to the Count and Countess De La Croix of France who were her parents. They took her then to a doctor to see if she was insane and she described seeing angels. The results? The doctor said she was quite well. This continued all of her lifetime, as she was chosen by the Lord to bring His True Doctrine back to this earth again. Pastors and members told me how they had seen the Church full of Angels and Cherubim many times. That was it for me! I had found my home, and the answer to my many questions and spiritual quest at last! I immediately purchased the books for the Aura Science Course. From there I went on to the course of Ordained Reverend, open to both men and women in total equality.

I am so grateful to God for allowing me to find the truth of Jesus Christ's Teachings, of how to develop the light in my Aura and to be God's servant to help humanity as an Ordained Minister. Now I understand Jesus' words "I am the Light of the World and ye are the Light of the World through me." Also "Ye shall know the Truth and the Truth shall make you free," free at last.

See ad to the right

SARS, Hepatitis, Cancer, Flu... Are You Protected?

by Louis Hoolaeff

Today, unknown and viral illnesses are proliferating in our population at an incredible rate. All viruses are susceptible to natural ingredients, particularly vitamin C and the amino acid, lysine. Vitamin C inhibits the replication of viruses and lysine is essential for blocking the spread of viruses throughout the connective tissue.

All viruses are susceptible to this prevention and treatment program and there are currently no studies showing that any virus will not respond to this regime. The only scientifically-based health recommendation currently available to contain the SARS (Severe Acute Respiratory Syndrome) epidemic is high doses of vitamin C and lysine therapy.

To be extremely effective, vitamin C must be presented in a whole food package that your body can use, not an isolate and not created in a lab. To be utilized by the body, it must also contain the electrolytes-potassium, magnesium, sodium and zinc. Ascorbic acid is a synthetic vitamin and is only a fraction of the outside layer of the biologically utilizable vitamin C complex. A complete vitamin C complex contains ascorbigen, bioflavonoid complexes, tyrosinase and P, K and J factors.

The amino acid, lysine, is a controlling amino acid. It activates all the other amino acids. Without the active lysine, all other amino acids are rendered useless. Subjecting food to cooking or high heat destroys the enzymes and binds the lysine. You will not get the value of any other amino acids, including the five essential amino acids. Even mild heat binds the lysine.

Viruses are enclosed within a protein coating. Enzymes have the ability to remove this protective protein coating destroying the virus. So enzymes also play an important part in viral situations.

Probiotics, or friendly flora, specifically the Lactobacillus Plantarium and Lactobacillus Salivarius are another important product that is scientifically proven to possess some amazing benefits. They are anti-viral, which helps kill pathogenic virus, anti-retroviral - the virus linked to AIDS. They are a natural antibiotic that helps kill the bad bacteria in our system without harming the 'good guys' and anti-tumoral, which aids in the prevention of malignant tumor formation.

A patented blend of the Lactobacillus Plantarium and Lactobacillus Salivarius are two of the most powerful bacteria formulated. They help to re-establish intestinal flora required for normal functioning. They change the levels of acidity in various parts of the body, depriving harmful bacteria of nutrients needed to survive. Probiotics produce enzymes to break down waste in the colon for elimination and even help strengthen the immune system. They have been shown to help reduce high cholesterol levels and help recycle the female hormone estrogen, which reduces the likelihood of menopausal symptoms and osteoporosis. They help prevent diarrhea, constipation, flatulence and bloating. They help improve skin conditions, produce the essential 'B' vitamins within the colon and much more!

If the viable organisms in the probiotics are killed in production or cannot get to their specific 'work sites' and attach to the gut wall, they are useless. Freeze-drying destroys over 90% of the viable organisms.

Good or poor health is determined at the level of the millions of cells making up the human body. Enzymes, amino acids, fatty acids, phytonutrients and trace elements are needed for the thousands of biochemical reactions taking place in each cell. Chronic deficiency of these nutrients is the most frequent cause of cellular dysfunction. Replenishing these cells with essential nutrients found in raw foods and nutrient dense whole food supplements supports their bio-energy production and leads to optimal health. Without enzymes, protein is not utilized. Without protein, minerals are not absorbed and with no minerals, vitamins do not function.

Research references: www.dr-rath-health-foundation.org
The Journal of Medical Research, Journal of Medical Science, The New England Journal of Medicine, Journal of the American Medical Association, The Journal of Biological Chemistry.

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Calendar of Events



June 10

Angels Among Us, with the Inner Peace Movement in Winfield. p. 30

June 13 - 15

Writing with your Whole Being, with Shayla Wright at Johnson's Landing. p. 9

June 17

Raw Food Diet Lecture, with Elyse Nuff in Kelowna. p. 14

June 20, 21 & 22

Conversations with God from the Heart, Intensive with Will Richardson, Location has changed, Kamloops 250-376-7097

June 20 & 21

Holistic Health & Healing Expo, at the Merritt Civic Centre. Michael 250-378-9725

June 24

Paws Point Animal Reflexology, with Yvette Eastman in Edmonton. p. 2

June 27 - July 2

International Psychic Medium, John Q. Goldingham in Penticton. p. 15

June 27 - 30

Building with Strawbales, workshop in the Slocan Valley, BC. p. 9

June 28 - July 1

Unity in Energy & Wholeness of Body & Spirit, White Horse, Yukon. p. 17

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June 29

Annual Open Tipis, at the Tipi Camp Nature Retreat on Kootenay Lake. p. 21

July 5

Counselling Hypnotherapy Certification, with Orca Institute starts in Chase, BC. p. 8

July 10

Yoga the Feldenkrais Way, with Sandra Bradshaw & Tyson Bartel in Kelowna. p. 8

July 18

Mommy, what's in my toothpaste? with Jeanne Shaw in Kelowna. p. 2

A Taste of Freedom with Robert Beatty
Mindfulness Meditation, Johnson's Landing. p. 7

July 25, 26 & 27

Holistic Intuition Society, 4th Annual Convention, Olds, Alberta. p. 27

Psychic & Healing Fair, at Dare to Dream in Kelowna. p. 2

ONGOING EVENTS

WEDNESDAYS

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

SUNDAY CELEBRATIONS

KELOWNA: Sunday 10:30am. Kelowna Centre for Positive Living, Science of Mind, K.P.C., 1379 Ellis St. • 250-860-3500, www.kcpl-rsi.com

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

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The Guru-Devotee Relationship

by Charles Syrett

Many who are involved in the various paths of yoga know that the simplest and greatest way to realize the Truth is through devotion to a Realized Guru. Why is this? It is based on understanding an anciently-understood principle: *You become, or take the quality of, whatever you meditate on.* Therefore, if you give your attention, feeling, and energy to one who has fully realized his/her identity with God (or Truth), then you will, over time, duplicate that Realization.

It has also been understood in the yoga traditions that all beings "transmit" their qualities, intentionally or not. (That's why people talk about "good vibes" and "bad vibes".) A God-realized being can intentionally transmit yogic power and realization to others. In fact, the greatest Realizers can even do the *meditation* of devotees who are given over in self-surrendered devotion. In that case, techniques are not necessary, or, at best, only supportive to the primary practice of devotional surrender, which makes meditation possible.

This is why Darshan, or sighting of a realized being, is so highly valued in India. It is understood that the Blessing Regard of such a being purifies karmas that may otherwise take years or lifetimes to work through.

In recent times, there has been much disillusionment and mistrust about Gurus. This is partly because of the bad experiences some have had with those who are not realized beings at all, and who are only out to exploit people. But there is also a widespread mistrust of the process of surrender itself, and skepticism about the Realization of even genuine Gurus. This has led many to try to take *sadhana*, or spiritual practice, into their own hands.

If you've identified your ego as the culprit, how can you use egoic (self-generated) means to go beyond ego? Isn't that something like fighting fire with fire? Even motivated "surrender" springs from the ego, and will backfire! That's why, as the ancient Rishis declared, only love — love of God recognized in the form of the Guru — can move us beyond self to the Self.

See ad below

Healing Nature with Biodynamic Agriculture

by Dan Brown

Over a forty year period, Rudolf Steiner, the Austrian philosopher and teacher contributed to art, architecture, drama, science, education, agriculture, medicine, economics, religion, care of the dying and social organization.

Biodynamic agriculture began with a series of lectures that Steiner gave in 1924 in Prussia. Already there were concerns about pollution from chemical fertilizers. Steiner described the basic principles of organic agriculture. He also went beyond that theory to say we can actually 'heal' nature.

Companion planting, crop rotation, cover crops, green manures, liquid manures and herbal teas, the integration of crops and livestock are all components of biodynamic agriculture. In addition, two of the key fundamentals of biodynamics are planting and harvesting in harmony with lunar and planetary cycles, and proper composting.

The light of the sun, moon, planets and stars reaches the plants in regular rhythms. Each contributes to the life, growth and form of the plant. By understanding the gesture and effect of each rhythm, we can time our ground preparation, sowing, cultivating and harvesting to the advantage of the crops.

Biodynamics also recognizes that soil itself can be alive, and this vitality supports and affects the quality and health of the plants that grow in it. Therefore, biodynamic agriculture strongly supports building stable humus in our soil through composting. Herbal stimulating agents for the inoculation of compost leads to increased vitality of the soil, vegetables, fruit, grain and animals.

Since the early days of biodynamic agriculture there has been tremendous growth in the number of farmers and gardeners who are following biodynamic principles. The Biodynamic Farming and Gardening Association, a non-profit organization open to the public, was formed in the U.S. in 1938 to foster, guide, and safeguard the biodynamic method of agriculture. Its activities include organizing conferences, workshops, and seminars; stimulating and supporting research; publishing and distributing literature, including a bimonthly journal; and advising farmers and gardeners and the general public (see biodynamics.com).

Most Waldorf schools, including the Kelowna Waldorf School, have experiential lessons in biodynamic agriculture.



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Pending Changes Threaten the Survival of Naturopathic Medicine

What the BC government is saying:

Premier Campbell says that his government's "top priority is saving and renewing our public health-care system to ensure that British Columbians have access to high-quality, patient-centered care".

According to a MLA letter, the recommendations of the (Health Professions) Council would not restrict the freedom to elect treatment by a naturopathic physician for most natural therapies... we believe that the practical impact will be relatively small. That is, most of the services and treatments offered by naturopaths will continue without any disruption or interference.

The minister responsible for the changes, Sindi Hawkins, states that she does "not intend to establish a process to reconsider the matters considered by the [Health Professions] Council or to fundamentally revisit the Council's recommendations." One would take this to mean that it's a fete accomplis, that the government will simply put these recommendations into place, without any regard for the past or current practice of naturopathic medicine or the hundreds of thousands of patients who choose to visit naturopathic physicians.

Where the recommendations came from:

The Health Professions Council (HPC) recommendations were based on input from medical unions such as the College of Physicians and Surgeons of BC, the College of Pharmacists of BC, and the BC Dietitians and Nutritionists Association. These are all groups who would essentially benefit if the recommendations went through.

The government managed to take Medical Services Plan (MSP) coverage away from Naturopathic Physicians, and other supplementary services such as chiropractic and massage therapy - an action which started the current discrimination against CAM (Complementary and Alternative Medicine). Destroying naturopathic medicine is the next step, and what's next in this little bag of turf-war tricks? A full report is available at: <http://www.healthplanning.gov.bc.ca/leg/hpc/review/part-i/update-naturopath.html>

What the BC Naturopathic Association (BCNA) is saying:

If these recommendations are passed, this would destroy the current and traditional practice of naturopathic medicine. Your naturopathic doctor will be prevented from practicing as a primary care doctor. Some of the changes to scope of practice would include:

- Limits on physical exams and diagnosis. NDs will no longer be permitted to conduct key elements of a thorough physical exam, including rectal, prostate and pelvic exams.
- Limits on physical therapies. NDs will be prevented from using modalities as part of physical therapy, including therapeutic ultrasound, diathermy, interferential current, non-surgical laser, magnetic current and other forms of energy in a therapeutic setting.
- Radical limits to allergy testing. One key tenet of naturopathic medical care is allergy testing. NDs have been trained

in diagnosing and treating allergies longer than some doctors have believed in allergies. The severe limits proposed on allergy testing will result in inferior patient care and the inability to provide the safest, most effective patient protocols. Indirectly, it will limit a patient's access to the licenced health professions with the most expertise in allergy treatments.

- No access to pharmacy items. Despite a legislative mandate since 1936 for a "schedule of preparations," the government is refusing to allow NDs access to many pharmacy items—even though most items requested have been a traditional component of naturopathic practice for decades. While the College of Pharmacists supports a schedule, and even midwives have limited pharmacy access, this action will have severe implications on patient care. Further, as Health Canada classifies more and more "natural" remedies as "drugs," access to safe and effective treatment protocols will become virtually unattainable for many patients.

- Limits on physical manipulation. Despite an exceptional record of safety and effectiveness, the government is prepared to limit the current scope for NDs in regard to manipulation.

- Limits on acupuncture. Naturopathic doctors have been licenced to provide acupuncture in BC longer than any other health profession. NDs have an impeccable record in safety and effectiveness regarding acupuncture. The government is proposing to disallow NDs use of the term acupuncture.

- Limits to local anesthetic. Despite the fact that NDs have formal academic training in the use of anesthetics, and that midwives and physiotherapists have been granted their use with less specialized education, NDs are being disallowed access. This will have a negative impact on many intravenous therapies currently employed by NDs.

A full response from the Naturopathic Association can be viewed at: www.bcna.ca

Important questions and answers:

Is this about safety? NO. If it was about safety, there would be plenty of evidence to illustrate harm and damage. If it was about safety, there would have to be a good look at the 20,000 Canadians who die each year due to preventable medical mistakes. (National Post, Jan, 2000)

If there is no evidence of harm, and the complaints are coming from other professions, would this not be a serious conflict of - Ministry of Health's interest—to support what may essentially be union positioning of other professions?

Does this eliminate choices? YES. This removes choices from people—choices that cost us, the taxpayers, nothing. Choices that are not supported by the public interest.

With more than \$600 billion a year spent globally on nutritional or non-drug medicine, is this reflected in our health policies? NO! Now that MSP has been discontinued for naturopathic physicians and other supplementary services, essentially 100% of our provincial health budget (\$10 billion) supports conventional ("treat the symptom not the cause") allo-

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pathic medicine. This severely discriminates against people who prefer a nutritional or non-drug approach to health care, and favours those who prefer drug therapy.

What YOU are saying:

Although the public was supposed to play a role in The Picture of Health (Nov, 2002), the entire provincial publication is completely devoid of mentioning any alternative to drug therapy. Where are the references to the many benefits of naturopathic medicine, massage therapy, or chiropractic care? We're presuming that you, the public, have not been asked. So, we're asking you now, while you still have an opportunity to save naturopathic medicine in BC.

Here's what you can do:

Think about what naturopathic medicine means to you:

Write a letter: An original (hand-written or typed) letter has the greatest impact, sent to Premier Gordon Campbell and Members of the Legislative Assembly. It can be mailed to: Parliament Buildings, Victoria BC V8V 1X4. Copy this letter to Health Action Network Society (address below) or fax to (604) 435-1561.

Make an appointment with your MLA. If you don't know your MLAs name and/or address, you can find it at: www.legis.gov.bc.ca/mla/3-1-1.htm. Tell us about your visit.

Write a testimonial: HANS is sending a delegation to Victoria to meet with MLAs in person, and we're willing to represent your interests as part of a group.

Sign a Petition: You can go to the www.bcna.ca website,

and download the petition created by the BCNA. Copy and circulate, and return to either the BCNA or HANS.

Send an e-mail: Once again, you can go to www.legis.gov.bc.ca/mla/3-1-1.htm to find the email of Premier Campbell and your MLA. Remember to "bcc" your e-mails to hans@hans.org.

You can support freedom of choice in health care by supporting the work of Health Action Network Society and becoming a member. Pick up the phone and call (604) 435-0512 and become an annual \$35 member by Visa or Mastercard.

Every part of the health care system is organized—the doctors, the nurses, the hospitals. Everybody except us—the people. Until now, that is.

Over the past two decades, Health Action Network Society has developed into one of the most important, independent, respected, non-profit health and environmental organizations in Canada. HANS feels that all modalities (drug and non-drug) should be working together for the best benefit of the patient, and we need our legislators to ensure that this is possible.

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Your Life is a Reflection of Your Beliefs

by Laara Bracken, B.Sc., C.M.P., C.B.E.

When Elly Roselle coined the phrase 'Core Belief,' in 1982, it was almost unheard of. Today this idea is so accepted that Core Belief, is a 'buzz' word, used by therapists, writers and talk show hosts.

So, what exactly is a Core Belief? It is a belief taken on by us when we are young and accepted as truth or fact. Beliefs come from a variety of sources; parents, grandparents, peers, culture, religion, teachers and the media to name a few. Sometimes, a belief is created by an incident in our childhood which was fuelled by an emotional reaction. The belief and the emotion accompanying it set up a behaviour. Because this happened when we were young, we forget the core belief or decision, and along with the emotion accompanying it, the resulting behaviours become part of our subconscious. Our subconscious is that part of our mind which generates automatic thoughts, emotions and behaviour. It controls anything we do quickly, when we don't have time to think. Some are positive. Others are not.

Not Always Completely Subconscious

Sometimes we are all too aware of our core beliefs, especially if they are negative. How do we know what our 'core beliefs' are? Look at our lives. Whenever there is something manifesting that we do not, as adults, consciously choose, a negative core belief is responsible. For example, if there is a lack of prosperity. What are your beliefs about rich people? If you think (as many do) that they are snobby, unethical or cold hearted, how likely are you going to want to be one of them?

The same goes for lack in any area. Awareness of our core issues is enlightening but usually doesn't change anything. It does however give us a starting point for change. Listen to your self-talk.

Awareness is not Enough

Strange as it may seem, even our negative core beliefs, emotions and behaviours have perceived benefits for us. We are hoping to create something positive. Sometimes we don't realize that it doesn't work, or know any other way to be. We keep repeating the pattern, hoping the outcome will be different. Doing more of what doesn't work isn't the answer. Transforming the core beliefs, the emotions and behaviours attached to them, is.

Why do we have to go to the Core?

Because subconscious beliefs act as filters through which we view the world. For example: Many people are afraid that others won't like them. In order to protect ourselves from hurt we may:

1 - Withdraw... Become cool, distant, act disinterested. Others will assume from this behaviour that we don't like them. So they withdraw, too. Then the part holding the original belief says, "See, I told you people don't like you."

2 - Become a People-Pleaser... Doing what we think others want in order to be liked. We wear 'nice person' masks. Some people do respond by liking what they see. But the part holding the core belief "People don't like me" says, "Yeah, but if they knew what I was really like, they wouldn't like me." Others see past the behaviour to the insecurity and the resentment at doing things we don't really want to do, and they avoid us, reinforcing the original core belief. Both add evidence to our created reality that others don't or won't like us.

Core beliefs create thoughts, which create emotions, which in turn create our behaviours. From the above, we know they are self-reinforcing.

Awareness comes from our Conscious Minds

To create lasting change we must go to the origin of the thoughts, emotions and behaviours that are no longer productive. To do that we must go to the core beliefs. To our subconscious minds. And since energy is never destroyed, transformation is needed. Most core beliefs, and strategies that result from and maintain them, were originally meant to help. Therefore, the most effective approach is gentle and respectful. Approached in that way our conscious and subconscious minds become partners in finding a happier way to create joy, peace, love and freedom.

- If you feel like something is holding you back and you don't know how to change, but really want to
- If you are just plain tired of having the same reaction over and over again



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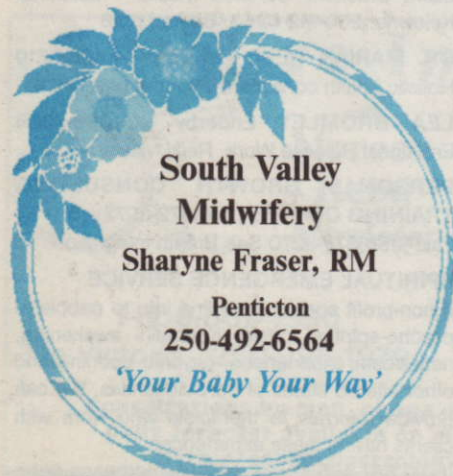
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