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Sept. 26 - 28 • Eco-Spirituality
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14 - 21 Girls Teen Camp (see page 3)

15 - 17 Healing with Humor • \$160

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The Youth of Today

by Sharon Kovacs

The youth of today are living at a time of great global and personal transformation. What direction they pursue depends on the choices offered to them. Will they travel aimlessly from one shelter to the next or will they have an awesome, extra-ordinary journey. This largely depends on the guidance they receive along the path.

Building a sense of personal power into today's future adult is of paramount importance if we as a collective are going to experience a so-called heaven-on-earth paradise. The information highway is easy to access but does it have all the answers? What about gut feelings, instincts and trusting what feels right?

Establishing solid foundations from an early age is what sets the precedent for this unfolding to occur. By harnessing and channeling our energy into teaching our teens about self-love through positive lifestyle choices such as healthy eating, adequate exercise, meditative time and creative self-expression we will have gifted them with the skills and awareness of what it means to live a centered and balanced life.

We must be prepared to give with unconditional love and to accept their choices with grace. As Kahlil Gibran so eloquently reminds us in his poem on children, "Your children are not your children, they are the sons and daughters of Life longing for itself." We are the catalyst for theirs and our peaceful existence. We do make the difference.

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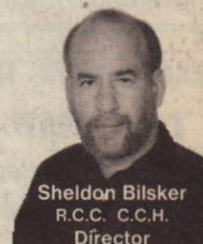
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Choosing an Authentic Medium

by Lyn Inglis

The last time I did a search for "psychic" on the internet, it returned an amazing 1,180,000 results. With the overwhelming volume of resources out there how do you find an authentic psychic or medium? Choosing a medium is much like choosing any other professional. If you're simply looking for entertainment it probably doesn't matter much who you pick, but if you are genuinely searching for someone who can provide you with the guidance and insight that you need, it is important to find someone you can trust. Ideally, you should look for someone who has had formal development training (e.g. I trained for three years with the National Union of Spiritualists, U.K.). Like any profession though there are good mediums and not so good mediums regardless of qualifications. Experience is a vital element and an ability to establish a rapport with you and empathize with your situation.

Before booking a reading, telephone the medium you have selected and ask them about their experience. They should be more than willing to give you some time to explain what they do and their view of the universal process. See if what they say is acceptable to you. An authentic medium will not fish for information prior to or during a reading. They should have no problem giving you references and you should take the time to check these out. Listen to your friends too and see if they are able to make any recommendations. You should feel free to ask any appropriate questions during the course of a reading and be able to let the medium know if something does not make sense. Although this rarely happens, a medium should always advise a client if they are not able to make a connection with spirit and give the reason.

The key is to do your research so that you can feel confident you have chosen a medium you can trust and work with. I hope these guidelines help you in your search. Good luck!

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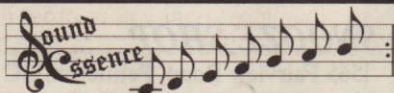


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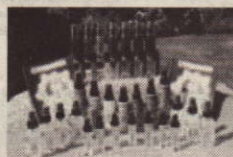
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Questions & Answers on Raw Food Diets

by Elyse Nuff



Question: How can I live on raw food only?

Answer: The raw, live foods are total nutrition to the body. There are the important enzymes, needed to keep you alive. They are the "spark" of your being here. If you do not have enzymes, you gradually die. Your "spark" goes out, as they have been depleted over the years. You must replace your enzymes with live, natural enzymes, as that is the only kind the body can utilize.

Question: How do I get enough protein?

Answer: Plant protein is the most important protein to the body, as again it is living protein. You can gain your protein from leafy greens, avocados and of course your nuts and seeds have live protein in them, if they are raw & unroasted.

Question: What about my calcium? Will I be able to get enough calcium?

Answer: Again you have very good live calcium in your leafy green veggies, and this live calcium is so important to your body, because it helps to rebuild and strengthen your bones. Calcium is also derived from nuts and seeds.

Question: Why are live, natural enzymes so important to my body?

Answer: The live, natural enzymes are so important, because they also help your bones absorb the live calcium that you are using in your diet. The enzymes help the bone to absorb the calcium, as does not happen with the supplemental calcium. It is mostly synthetic and the body cannot absorb or use it - an expensive urination.

Question: What do I have to eat on a daily basis to stay healthy?

Answer: Optimally, if you eat fresh fruits and their juices, leafy green vegetables (salads), and nuts and seeds, you will maintain a healthy diet. Always try to eat your nuts and seeds ground up on your salads for better digestion and assimilation.

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Elyse Nuff @ 1-800-480-9154 or e-mail: info@dynamicbodyhealth.com

If you have any questions for Elyse on raw food diets, please send them to: info@dynamicbodyhealth.com. They will be used in this column each month. For more information, guidelines and recipes read the book "*Alive 'n Raw*"As Nature Intended by Elyse Nuff, S.T., R.F., C.H.C. available in the stores near you or order it from: <http://www.dynamicbodyhealth.com>.

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Waking Up

Most of us spend a great deal of our lives in a sleeping state. Enlightenment requires a waking state - this class will focus on techniques and understandings that will help you achieve a waking state. The spiritual path requires us to open OURSELVES, not just our eyes to, the sacredness of each word we speak, each person we meet, each action we take. WE CAN TRANSFORM OUR LIVES! **Investment \$220 plus GST.** Call Penny (604) 476-1061 or Cheryl (250) 768-2217

Maple Ridge, BC • September 5-7 & Westbank • November 7-9

Intermediate Meditation

Feeling a little 'stuck' in your meditation? This workshop will lead you out of your meditation doldrums. You will experience new ways to use meditation to obtain guidance and direction for your daily life. We will explore and learn to identify the various levels experienced in the meditation world. Participants will require a notebook, comfortable clothes and sleeping gear.

Westbank • September 26-28 **Investment \$210 plus GST**

Spiritual Intensive

If you are committed to turning your life in a new direction that is closer to your heart's truth and your soul's path, then this class is for you. This is more than an instructional course; it becomes a place in time where the world stops and the miracle of you emerges. We start with the basic tools of meditation, parapsychology, metaphysics and healing, designed to improve your personal and professional lives. **Class size limited to 10.** **Investment \$875 plus GST**

Westbank • Oct. 24-26, Nov. 14-16, Dec. 5-7, Jan. 9-11

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Christmas Meditation Retreat

This retreat is offered to those of you who have completed the Advanced Intensive. Come prepared to share, meditate and work as a master. Bring sleeping gear. **Investment \$175 plus GST.** **Westbank, BC • December 12-14**

Please register with Cheryl (250) 768-2217 for the above classes.



Musing

with *Angele* publisher of Issues

Wise Woman Wisdom

Many thanks to Jane Shack for taking all the wonderful pictures of the Wise Woman Weekend last year and again at the Spring Festival of Awareness this spring. We featured them as a collage on the back cover last month. This time we have chosen the two that most allude to the essence of the weekend. We also feature a shortened version of the program (page 23-26) to remind women of this incredible event. It is well worth the time and the rates are most reasonable. If you sign up before the early deadline of August 15 you save \$20. If you didn't get last month's Issues and are interested, please phone and we'll mail you a program, or check out all the pictures on our web site... issuesmagazine.net. Everyone has such a great time that they usually return bringing their friends and relatives with them, so over the last seven years these events have continued to grow.

I started organizing the WWW when the attendance at Spring Festival of Awareness became too large for the site, which was nine years ago. We called it The Fall Festival of Awareness and rented half the site. The date was late in the year and snow fell—we had more instructors than participants that first year. The numbers doubled the second year, but we still lost money. Laurel suggested that we change the name and provide a venue for older women, women over the age of thirty-five who were looking for ways to empower themselves. We announced the name change and had fifty women attend. There were a few complaints from the younger ones who wanted to attend so we decided our instructors were to be older women, and as long as the young women behaved wisely they could attend as well. Now both events have approximately two hundred participants plus healers and instructors.

Organizing the Spring Festival of Awareness and the Wise Woman Weekend has changed my life and I am grateful. With the move to the Kootenays I have been guided to give this event to Samarpan, Laurel and Urmi who are excited about taking over the administration of the Wise Women Weekend. I am also grateful for the many years of support and guidance from Marcel, Laurel, Urmi, Nywyn, Samarpan and all of the others who have helped out. I will continue to organize the Spring Festival of Awareness from Johnson's Landing, returning to the valley with a new crew in the spring time to set-up. In the age of computers and telephones it is easy to organize from a distance and Naramata is the only place to have a large gathering.

Since I won't be busy organizing The Wise Women Weekend, I have another idea... to organize a Wise Guys Weekend in either August or September of 2004. I have been asked many times to organize a men's retreat, and Johnson's Landing will be the ideal spot... since it is smaller and there have always been fewer men attending holistic events. I would appreciate feedback from men as to what they would like. I thought an event similar to the women's with maybe only three workshops at a time. A time for men to share and heal with an honouring of the male elders. I also thought of another weekend for men and boys/fathers and sons—a bonding and initiation ceremony during the summer. These weekends could be back to back or separate. I am throwing these ideas out there, if you have any others let me know.

It always takes a few years to get a project off the ground, but as someone once said, "Create the space and the people will come." If you are a presenter and are willing to offer your services, let me know. Applications go out six month in advance. The Spring Festival of Awareness applications are mailed out in October and the Wise Guys Weekend forms will be in January. You can reach me by phone 1-888-756-9929, email: angele@issuesmagazine.net, or snail mail...RR 1, Site 4, Comp. 31, Johnson's Landing, BC, V0G 1M0.

♥ *Angele*

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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.

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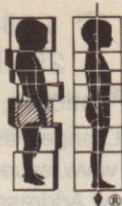
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Touring Egypt

by Marian Reed

Go on tour with Tanis and revitalize your life. That was my experience after going to Egypt with twenty-one others in her group last September. After becoming ill in December and having to retire I was at loose ends and lacking in energy. I knew I needed help so I sold some RRSP's to pay for the trip.

I was one of the first to arrive in Cairo. Medhat, one of our two main Egyptian guides, met me at the airport. We were soon deep in conversation and the need for peace in the Middle East never felt like such a personal issue to me. Fathy, our other main guide, had an encyclopedic knowledge of Egypt, along with Islam, farming, social customs, etc.

We toured the pyramids of Giza, after being allowed between the paws of the Sphinx where Tanis led us in a powerful prayer for peace. Inside the pyramid we descended to the pit, then sweated our way up low, narrow tunnels to the Queen's and King's chambers. We lit candles, then decided to meditate in the dark. I found that to be a most awesome experience. Medhat said each person receives what is needed.

After a few days in Cairo we flew to Abu Simbel. We saw the heroic statues of Ramses II along with the hieroglyphics inside the impressive temple. Soon we were on a luxury cruise ship on the Nile, where we were pampered and well fed. We rose at three am to go to the Temple at Philae and watched the sunrise.

Once in Luxor, Linda showed us how to shop in the local stores and haggle over prices to everybody's satisfaction. Our hotel had a beautiful pool and great food. Their organic cucumbers were the tastiest I've ever had, along with tomatoes and falafels, making a fine breakfast.

The temples I saw along the Nile were impressive and well-preserved, in the valley of Kings I saw beautiful hieroglyphics in one of the tombs. I especially enjoyed talking with Fathy, as he told me how his mother helped him find a wife. Most Egyptians are Muslim and I loved hearing their call to prayers, five times a day, sounding from the mosque temples. A young man spread out his prayer mat in front of a wall. They are so much more observant than many of us!

Riding a camel was another new experience! I rode for the first third of our climb up Mt. Sinai. The lurching was bearable until the the young lad gave it an encouraging whack. Seventeen of us watched the magnificent sunset from the top. I hurt my ankle on the way down and was grateful for a strong arm to lean on of a Bedouin man who joined us earlier.

I also saw men armed with rifles through all my travels and Medhat said, "They are here to protect the tourists, ever since the killings in Luxor." My experiences with the Egyptians were very positive. I left Egypt with many memories, some new friends and energy galore to continue on my life journey. Thanks to this trip, I feel more a part of the human and the divine family. A tour with Tanis is educational, inspirational and just plain fun!

See ad to the left



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Healing in Extra-Ordinary States of Consciousness

by Jon Scott

Our human propensity to hide from pain has also hidden us from the depth of our joy, the profoundness of our wisdom and the key to our life's work.

We have, at birth, a natural urge to breathe. Our breath forms the template from which all other human patterns arise. As children the template of our breath becomes altered when events occur that are beyond our developmental capacities to integrate. Such episodes, which may be life threatening to the psyche of the child, are stored in the subconscious to be processed and integrated at a later, more developmentally advanced time. This suppressed energy affects the template, creating blockages which, if not dealt with consciously, can not only limit but actually work against our conscious intentions as adults.

Integrated Breathwork is an experiential healing process which assists the release of these traumatic blockages and allows the breather to re-experience the purity of their original breath-template. This practice can be used—both by individuals and couples seeking to do deep soul work—to safely reawaken the breather's ability to access and trust their own inherent knowing. Breathwork can also open new doorways for therapeutic intervention and is especially useful to those who are frustrated with the limitations of traditional cognitive therapies. This method, by integrating physical, spiritual, mental and emotional release work, empowers breathers, enabling them to direct and control their own healing journeys.

I have found breathwork to be an invaluable tool, uniquely suited to my work with men in supporting the opening of the male emotional body. In our culture, men are trained from the time of their birth not to feel tender, vulnerable or emotionally open. Men often find themselves over-focused on responsibilities, commitments and obligations outside themselves that fail to feed or even touch their soul's purpose for being.

Emotional numbness is the most common complaint that I receive from men and their partners. Integrated Breathwork, by bringing the wall of numbness down, allows a man to re-experience the purity and innocence of his own unique emotional world, to revive intimacy and authenticity in his relationships with others as well as in his relationship with self, and to gain insight into his life's work. Once a man awakens to his soul's desire, he is opened to an incredible emotional life.

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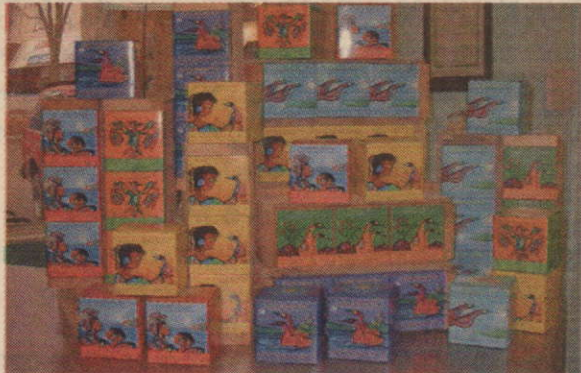


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Book Reviews

by Christina Ince

B.C. The Organic Way

Where to Find Organic Food
 in British Columbia

Marya Skrypiczajko

ISBN 0-9733037-0-0

Skrypt Press - \$14.95



This book is much more than a list of places in which to find organic food: once past the beautifully-illustrated cover (with matching bookmark!) you can discover the true meaning of organic, how to make it more affordable, and also how to dry, can, freeze and grow wonderful food. Browse by region, by town, and find farms, stores, markets, bakeries, B&Bs, home deliveries, restaurants, concession stands, cafes, festivals, wineries, hostels, grain mills, juice bars, community gardens, dairies, co-ops, cooking schools, and breweries! Each place has an explanatory paragraph to entice you to visit. There are wonderful little articles, and I now know which flowers are edible, where to find a garlic festival, when produce is available, how to grow my own herb tea, and where to quaff organic beer.

I had the pleasure of meeting the author when she visited Penticton, and was impressed with her enthusiasm and dedication. In her words, "I hope you find this book to be informative, empowering and to help you connect deeper to a place - to know where the locals shop and eat, to taste the local specialties, to meet the local folks and learn of their efforts, and to support the progressive community throughout the province." Now, on which page did she mention organic chocolate.....

Profile

Journey Into the Heart of Your Soul!

by Michael Cassidyne, BA, MA

Are you looking for that rare book that will captivate your imagination to the point where you'll hardly be able to put it down, and that will also intrigue you with profound spiritual insights?

Through Hell, To Heaven, And Back! is a book that offers just such a reading experience. First published in 2003 by Professional Image Design Publishing in Kelowna, B.C., this true-life chronicle based on a rare Russian-language manuscript recently translated into English, has the potential to become the biggest sensation since *The Celestine Prophecy*, and it is certainly as thought-provoking as any of Deepak Chopra's best sellers!

It is a ground-breaking, breath-taking, awe-inspiring true-life account of one man's harrowing journey into the afterlife. This particular chronicle is completely unlike any other existing afterlife accounts—one reason being that it offers humanity profound insights into the true nature of the human spirit!

Vassily Solitsin's torturous spiritual quest for answers to life's most profound questions leads him to a horrific mortal death, whereupon he realizes THERE IS NO DEATH! His continued and agonizing search to find the meaning of human suffering and God thrusts him into the core of the source of Evil and Evil's most violent and cruel manifestations - thus revealing the true source of all the violence and terror on earth. When sickened with horror and repudiation, and exhausted and embittered, he collapses despairingly into the reality of his own guilt. Then, suddenly, he finds himself on the other side where he travels through the heart of the indescribable majestic beauty and goodness of the soul, and ultimately merges with the Source and Spirit of all Creation in ineffable bliss! Once he realizes the purpose of his existence on earth, he plummets back to his earthly body which has been dead for three days and makes a miraculous revival.

In the writing of his story, this author offers humanity profound answers and inspiration. His exceptionally descriptive, simple, and cogent narration can't help but both transport the reader into those realms of heavenly experience, and speak to the inner spirit of every human being. A truly life-changing read!

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Read the ground-breaking and awe-inspiring account that offers the profound insights into the true nature of the human Spirit!

A True Afterlife Journey into the Heart of the Soul

Get Energized with Colour Energy

by Allison Clarke

We all need harmony in every aspect of our lives - spiritual, physical, mental and emotional. If one of these systems is out of sync the entire equilibrium will shift. Our balance of colour energy is no different and amazingly, colour can be used to restore and maintain our balance.

Colour energy therapist and intuitive healer Virginia Roberts from Inner Reach says, "Whatever we think and feel will be read by our bodies and there is a chemical exchange. If you eat something you really enjoy, chemicals are released to support you. Likewise if you think something you eat is bad another reaction will happen. For example, people with a lot of fear will often experience kidney problems."

Roberts who lives and works in Vancouver began practising colour energy therapy five years ago. She works with clients to analyse their aura and help them tap into colour energy to deepen their understanding of who they are and how they can use colour in every situation.

Each person is governed by one of the seven main energy centres or chakras, which has a corresponding colour. Colour energy enters our bodies through light rays. Energy can gather in organs and other body parts indicating our strengths as well as any health or emotional problems we might have.

"Sex, health issues, profession, money and success are all determined by the colour you are and the colours you use," says Roberts. "Our organs talk to us."

"If we start to communicate with our body, asking - 'What do you want me to know?' we will become more conscious." Roberts gives her clients the skills to help them use their intuition to solve their challenges.

"If someone represses emotions they will often have a lot of indigo energy which indicates they are avoiding conflict." Roberts suggests writing and journaling. By writing the feelings and saying, "I feel upset and angry," the body will respond and help the person release the emotion that is trapped inside.

She says, "As a society we have been taught to think feelings and act in a short period of time. Emotions are tools. I tell people to feel emotions, stay out of the mind and work with the feelings in the body first and then let it go, and ask - What is the opportunity?"

Colour energy is everywhere and once we know how to use it we can enhance our lives and play a more active role in our fate. Understanding the experiences and emotions we associate with colours is important. While red is an action colour and connected to the earth, often it is associated with anger because in the past we have experienced this colour in a negative way.

"Every colour has both positive and negative aspects and we can grow by understanding how to create a balance for ourselves in positive ways," says Roberts. Most health and wellness professionals will agree that the key to maintaining a healthy lifestyle is to achieve a balance. *See ad below*

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Connecting with Your Inner Advisor by Therese Dorer

Connecting with our inner advisor is the most powerful and beneficial thing we can do for ourselves in this time of change and uncertainty upon the planet. Every day we have the choice to listen to the calm wise one of our being or listen to the constant chatter of the mind in turmoil. Recently I was told we have about 50,000 thoughts per day, and many of these thoughts say the same thing over and over. Learning to stop the chatter and allowing the more peaceful calm inner advisor to guide us is a gift you can give to yourself.

How can this be accomplished?

My first experience with meeting my inner advisor was through meditation in nature. I visualized myself going up a dark tunnel, all the while letting go of the discordant thoughts that wanted to nudge into my consciousness. The first time I "saw" my Wise One she presented herself as a old woman of many years, with a wrinkled granny face. Through the wonder of meditation I proceeded to have many conversations with this Wise Being. I would go to her full of the anxiety of some problem I was having in my every day life. Sometimes I was sure as to how she would answer my questions. But always I was delighted and surprised as she answered me with wisdom, and patience. These conversations with Wise One have continued from the very early days when I first reached out in 1993, until now. Our ten year relationship has been such a gift for me and I have begun to see the world through her eyes. The other day I was out for a walk and I asked her, "Are you

me?" I could see her amazing eyes and face light up with delight, and she said, "Yes, an aspect of you, my dear."

The changes in my life have been numerous in the past ten years, but the constant gift of connecting to my inner advisor has helped me through bumps in the road.

The constant message I am given is to Love myself, Trust myself and Honor myself. This is a gift we can give ourselves that does not cost a thing, but will help to empower us to grow stronger and proceed on our journey of life with dignity and a sense of peace.

We can all learn to connect with our inner guide. I would recommend time in nature, quiet time for self. Sometimes just turning off the radio for our commute home and letting the quiet soothe us, is a start. So this summer and fall enjoy your connection with Mother Earth and listen to your Inner Knowing.

See ad to the right

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TRADITIONAL ANCIENT THAI MASSAGE "It is like a dancing meditation"

by Francine Petit

Thai Massage is one of the world's oldest modalities with origins going back 2500 years. The founder of Thai Massage was known to be a friend and a personal physician of the Buddha. It was practiced in India and Tibet within the environment of Buddhist temples, reflecting the four divine states of mind: compassion, loving kindness, vicarious joy and equanimity. As Buddhism spread out from India, this healing medicine spread with it. It found its way to South East Asia where, for centuries, it was performed by monks as one element of indigenous Thai Medicine. It is greatly influenced by Yoga, Ayurvedic medicine, and traditional Chinese medicine from the movements (which often mimic the asanas of yoga) and attention to pressure points (similar to the nadis of Ayurveda and meridians of Chinese medicine).

Thai Massage is like a Yoga massage with a combination of deep stretching, gentle rocking, accupressure, reflexology, and energy work. The work is very rhythmic and meditative with the conscious use of breath, enabling both the client and practitioner to voyage together into deeper realms of consciousness. What makes this form of bodywork so unique is that the giver also benefits greatly because it allows them to stretch their own bodies while working on clients, thereby strengthening their bodies and entering into a meditative state of mind.

The massage is performed on a floor mat with both parties wearing loose, comfortable clothing. The giver uses his thumbs, palms, forearms, elbows, legs and feet to guide the recipient into various postures, while remaining focused on their own body center. This combination of movements and focused awareness creates a slow, flowing dance around the recipient's body. One of the outstanding qualities of Thai Massage is the constant rocking motion involved, a motion that becomes hypnotic to both client and practitioner. Working the energy lines called "Sen lines" is the most basic aspect of Thai Massage to clear blockages so that this energy can once again flow freely throughout the body, balancing the body's centers and helping to maintain health, vitality and flexibility.

Thai Massage facilitates a sense of unity, wholeness, and balance. It creates a dynamic physical experience which integrates the body, mind, emotions and spirit.

For centuries, Thai Massage has been an oral tradition passed down from generation to generation. It is a transfer of energy. The massage starts and ends with a Buddhist chant recited in the original Pali language that allows the Masseur to summon up the personal energy and focus to concentrate on the health of the individual patient.

See ad in the NYP under Schools/Training

Solutions to Ideal Health

by Louis Hoolaeff

Our Electrical Universe. We live in an electrical universe, not in a particle universe. Since we are all electrical, our nutritional needs must be electrical also, just as Nature created our nutritional needs in its perfection. For the past one hundred years, nutritional science has been going in the wrong direction—because it is based on certain laws of inorganic chemistry that do not apply to living things. Electrical Nutrition involves supporting all of the electrical systems in the body with extremely high-quality whole food nutrients, as found in very precise formulations and only as found in the blueprint of Nature.

Orthodox medicine has taken signals of deficiencies, toxicities and imbalances and converted them into so-called "symptoms" under a litany of diseases. There are no diseases! Call it what you will, a disease is not only a man made word; in most cases, it is a man made condition. Our so-called health system takes the wrong approach to health. Typically, when a person has a health concern, if they go to an allopathic (symptom treating) doctor, they will list their complaints (symptoms) and receive either drugs or surgery if the doctor is a M.D., a supplement, herb or nutrient, if the doctor is a N.D., or some other treatment.

On the other hand, all diseases are actually dis-eases. They are conditions with a list of warning signals of nutritional deficiencies, toxicities or imbalances predisposing one to bacterial, virus, parasitic and other opportunistic infections and abnormalities. Orthodox medicine has simply replaced signals as symptoms and conditions as diseases. However, the cause of dis-ease is lack of harmony both physically, mentally, emotionally and especially spiritually. Harmonic dysfunction sets up vibratory chaos within the physical body as it clearly signals an impending health challenge.

The key to health, in addition to education, is NOT treating symptoms, but identifying and correcting the cause. Once the cause has been discovered through understanding the body's signals and effectively addressing them, the cure of the condition is more easily achieved. And in reality, nothing ever cures anything in the body. The body only heals itself when the proper tools and workers or electrically available nutrients from whole foods are supplied.

Most people merely exist. They have no clue how to really be healthy. They think it's normal to have symptoms of diseases and a host of other signals of imbalances, deficiencies and toxicities. Every so-called dis-ease can be related to a nutritional imbalance, deficiency and toxicity!

Medicine of the future. In the very near future, toxic drugs, radical destructive surgeries and deadly radiation poison therapy will all go the way blood letting and head boring medicine has gone. The future of medicine will be in the hands of vibrational, energy and nutritional healers. More and more people are coming into enlightenment of this future medicine. Yes, there will be a need for the more mundane, basic

therapies and advanced diagnostics, but our future is going to repeat our natural past. Not the Dark Age past or medieval past, but a past where the inhabitants of this planet were so spiritually connected, they visualized themselves to health. And this is coming sooner than people think!

What should we do today? In the interim, we need all the help we can get. Our present day food is devitalized and grown in devitalized soils. These non-foods are processed, adulterated, chemically preserved, genetically altered, irradiated and cooked, destroying all the vital necessary nutrients required for our health. When food enters the body, it imposes and transfers its vibratory signature to the body's bioelectric energy fields. Therefore, food and water either increase or diminish health and the body's energy spins, as reflected in our aura. The effect is best described as a bioelectric energy shift. This shift is not based on carbohydrates, fats, and proteins, and is not understood by conventional science, which knows disease and aging only by their symptoms.

Food and water influence the tissues and cells through the homeopathic principles of resonance and transference, which describe subtle energy changes in the body when substances are introduced into the system. An example is canola and soy oil. These oils upset the body's subtle-energy fields because they are powerful, deep and rapid left-spinning energy substances that are toxic, and therefore, should NOT be ingested.

We need to start eating organic food, and mostly raw. We need to supplement these foods with enzymes, organic minerals, utilizable protein (amino acids) and the good fats and vitamins. All these must come from whole food and whole food supplements with their electrical energy intact. Without enzymes, minerals do not get absorbed, without minerals protein is not utilized and without protein, vitamins do not function!

The following statement summarizes the whole concept of Ideal Health.

"Kill not the food which goes into your mouth. For if you eat living food, the same will quicken you, but if you kill your food, the dead food will kill you also. For life comes only from life, and death comes always from death. For everything which kills your food, kills your bodies also."

-From the Dead Sea Scrolls as quoted by the Essenes.

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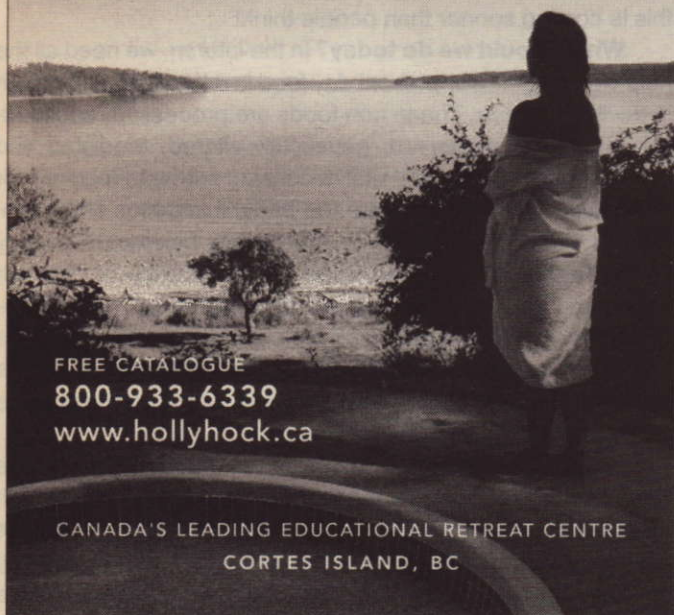
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The Conscious & Unconscious/Subconscious Mind

by Elaine Hopkins

I have always been fascinated by the makeup of the mind and how powerful it is, particularly the inner part of the mind, the subconscious. It is from our inner mind that our difficulties arise. There are many ways to influence the subconscious to bring about positive change in our lives.

The subconscious mind records everything that has ever happened to us, every thought, smell, feeling, taste, sight and sound. One of the roles of the subconscious is to protect us. For instance; if you had a near drowning experience as a child the subconscious now knows that water can be dangerous, so it will help you avoid water by developing a phobia. Whenever you are near water you may have a mild or severe anxiety attack. You may not consciously remember the near drowning incident, but the subconscious memory will be triggered every time you are near water. Think about how much this one phobia will limit your life's experience, we are a country surrounded by water! Most of us have one or two fears that don't interfere with our lives very much, and we ignore them for the most part. It's when these fears limit our lives that we need to uncover the cause, which is held in the subconscious mind.

The subconscious mind controls and regulates over a thousand involuntary functions of the body. These range from breathing and heart rate, pupillary reflex (pertaining to the eye) and the immune system. Fears and phobias create stress in the body, which can compromise the immune system often resulting in disease. The subconscious is also the seat of learning and emotions. We learn to respond to situations with love or fear, with trust or caution, and these emotional responses are held in the patterns of the subconscious. Since emotions govern the strength of our desires and since our desires govern our behavior, the subconscious has a powerful effect on behavior. If we have programmed ourselves with negative thoughts our decisions and resulting behavior will be undesirable.

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THE INFLUENCE OF INSIGHT

by Jollean McFarlen

As you move to greater harmony, peace and balance, working with Feng Shui, sound, gemstones, and colour, you have opportunity to gain insight as to what truly enhances your inner peace. In this way, you connect deeply with your personal power. You create freedom as you see things as more or less desirable. It sets an energy of choice. Every positive shift, no matter how small, becomes an acknowledgement as you move to a more desirable state. If you condition yourself to see things only in terms of good or bad, you comprise the flow life precious gives. You make mental notes on a "good/bad" scale and find yourself forced to make change without thought.

The focus to make things "right" creates a distraction from noticing the nuances that whisper the riches of life. Life becomes a process of doing, rather than being—lost in the deeper knowing of what nourishes your soul.

I can really relate to this—you can think of it as getting divorced and remarrying someone with the same qualities that were the reason for the previous split. On the surface things may look different. And once you look beyond, the undesirable qualities are present, simply in a different way. (This relates to any close relationship between two people).

When I was in Taiwan, one Tao teacher said "One moment of genuine insight dispels eons of ignorance and confusion". Life is a process and Feng Shui, sound, gemstones and colour are life processes that empower you spirituality, emotionally, and materially. With each placement, in each moment, the mirror can be wiped clear of limiting thoughts that condition your life. Adjusting becomes knowing and trusting. Knowledge is a wonderful jewel in the living.

See ad below

Jollean is a winning decorator, motivational speaker, Feng Shui & Colour business & home consultant, author, and Spiritual Medium. She will be doing readings in the Healing Oasis at the Wise Woman Weekend in Naramata, September 12, 13 & 14.



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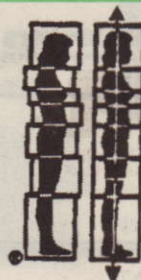
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THE GODDESS WITHIN

by Jaya Ishaya

I awoke one morning with total comprehension of the greatness of myself. Not just of myself, but also of every human on the planet. The hugeness and power which we are is the desire of everyone, yet we choose to ignore it and live painful lives.

It's pretty common for most of us to look outside of ourselves for everything to bring us joy. We look for it in people and places, in work and in our daydreams. We even look outside of ourselves for God, for divine intuition, for channeling spirit etc. In all the new age books there is still the concept that there are greater forces out there, and only a few can communicate with them. Religions and nations have been built on these ideas of the lower caste sinner in debt to the divine intelligence which will make us pay with disease and floods. Or the general idea of trying to work out the future through 'signs' so we can work out our choices or our destiny and feel more in the flow.

Which ever way, we still totally believe ourselves to be these victims on earth.

I am a Goddess. I am that divine wisdom, that divine intuition. This is not an ego statement which crumbles and falls with my emotional ups and downs. No. It's a humble statement of direct knowing. You can only have that through direct experience. You can read about things. You can hear about things, but you will not understand it until you experience it. Such is the statement about you being divine. It is meaningless to just hear it. You need to have the experience of it.

Such is the wobbling point for most religions. How can people teach 'I and the Father are One', if they don't experience that Oneness? How can they teach 'the kingdom of heaven is within', when they don't experience that eternal divine stillness beyond the chattering mind?

I experience that as I have watched my mind and discovered the stillness that is always there. And experienced the vastness, the bliss and the total contentment that resting in that place brings. I experience keeping my awareness there while going about my life in activity. I experience this greater joy throughout everything. I totally understand what the holy books of various religions say, as it is my experience.

I then have total understanding that I am this god essence, and that everyone else is.

It then becomes the biggest joke that we choose to engage in painful lives when we are Gods and Goddesses. But the greatest joy is, since I have walked the path of Self-realisation, I can then help to guide others. There is nothing greater than watching others discover and experience that they are divinity and are worthy of these immense joyful lives which we are supposed to live.

Jaya is a teacher of the Ishayas, Ascension.

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See ad to the left

Touch for Health

by Evelyn Mulders

Touch for Health is a branch of Specialized Kinesiology derived from the chiropractic techniques of Applied Kinesiology. Kinesiology is defined, primarily as the use of muscle checking to identify imbalances in the body's structural, chemical, emotional or other energy systems, to establish priority healing needs, and to evaluate energy changes brought about by a broad spectrum of therapeutic techniques.

In the early seventies, Dr. Thie, D.C. systemized Kinesiology for the lay person, making the techniques simple and practical for anyone to learn. Dr. Thie wrote the book *Touch for Health*, which has been translated into many languages and has been taught to millions of people in fifty countries. Touch for Health is looked upon as the foundation of Kinesiology. Donna Eden, Energy Medicine, David R Hawkins, M.D. PhD., Power vs. Force, Bruce Dewe, M.D. founder of the International College of Professional Kinesiology Practice, and many others have built their philosophies and systems partly from the foundation of Touch for Health.

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. Kinesiology 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 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 do not assess. Kinesiology looks beyond symptoms and does not treat named diseases, nor does it diagnose them. It is concerned with correcting imbalances in the body's energy.

One of the great virtues of Kinesiology is its versatility. Its concepts and techniques can be applied almost anywhere at anytime. They can be expanded upon and developed to suit individual needs and can be used on oneself, within the family or in a professional situation. I know Touch for Health has integrated into my personal life when I notice family members, including myself, using stress relief techniques after bad news or a lousy day at work, using pain relief techniques on sore joints or bad scrapes. The day that I witnessed my eight year old on the school ground using a Touch for Health pain relief technique on a buddy that had fallen, I knew the impact that the Touch for Health system had in the community and how easily it had intertwined into our lives.

See ad below

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Astrological Forecast for August & September 03

The heavens are divided in **August**. Combatants opposed yet linked as in the two sides of the same coin. During the day it's about you, me and the local neighbourhood. During the night it's about the big world, the trans personal aspects of interconnectedness. During the day the oppositions are clear; at night it's not clear and needs careful review to understand. I expect that understanding the big picture of just where the whole herd is off to, will be nigh on impossible.

There are a couple of subtle tones sounding all month; Saturn and Neptune begin to form an aspect that requires the humility to recognize that your "family" and thus your ability to thrive must embrace all of humanity, not just your local tribe. This also comes out in the obvious glare of self centred interest that can't get started with Mars retrograde. Even the staunch individualist will question if his course of action will be in sync with the main stream. Keep in mind the main stream is no longer clearly defined! It is like the dimension at which we are all 'not separate' becomes palpable.

The August 11th Full Moon along the Aquarius Leo axis is at 9:48 pm PDT. The light of the Full Moon shines on your personal story today. The planets Venus and Jupiter flank this scene and bestow film-star quality on your role. Are you in a tragedy, a comedy, a drama, a horror show? Are you having fun yet or are you taking yourself too seriously? What is critical is whether or not you are able to be nourishing to others.

We also get a change of scene from the greater benefic Jupiter who takes his show out of the big top and into the arena of self mastery, service, and humility allowing these things to expand, get big, grow in what ever direction they are going. Jupiter will reside in the sign of Virgo for the next year. You can expect industries attached to health, well-being, fitness, public service, etc. to change in dimension.

The August 27 Virgo New Moon is at 10:26 am PDT. The scene of this New Moon involves four additional players. Venus, Jupiter, Mars and Uranus are all directly connected. What you start today must recognize your place in the river of life. It is asking that you bring your joy and love of humanity to your daily activity. If you do not, you will fight an upstream battle. What inspires you to be the best you can be?

Just as we are all getting our ducks in a row Mercury will go retrograde. The shadow phase begins on August 9th with the real break in programming coming on August 28th, just in time to mess up travel plans. While Mercury is retrograde in Virgo you can expect analysis paralysis. This is a time for cultivating self-acceptance and compassion through right brain activities like art and meditation. Hold all final decisions and approval until after Mercury goes direct on September 20th.

September will demonstrate that it is not always easy to return to routine! The polarization that was the dominant theme in August will continue but we add plenty of square dances. Square dances ask us to respect one another's differences and not try to jam our agenda through. Remember that Mercury and Mars are both still retrograde, keeping us all questioning our motives and our schedules and our ability to function as a human 'doing.' Mercury resumes normal programming on September 20th while Mars waits till September 28. Mercury in particular puts the squeeze on how we think things "should be" demanding that we reanalyze our rationale. This theme is likely to sound loudly in the halls of power around the 9/11 anniversary. Mercury then takes up the most challenging opposition that is occurring this month. Saturn catches up to Chiron at the start of the month and these two remain linked till November the 4th. The degrees that they pass over are linked to the USA and its President. Many Astrologers see this as a potential fall from grace for the Bush administration. On a local and personal front we all get to look closely at our own family/community structures. What needs to change or be updated? Situations that are not prepared for compromise or are to hung up in black and white, right and wrong, may very well break up.

Mars chases a retreating Uranus keeping the emotional pot boiling like it did in June. Because they are both retrograde the action is all behind the scenes. You can expect emotional shifts and clearings and moments of "no separation" from the collective to continue until Uranus leaves Pisces for Aquarius on September 14th. For those late degree Aquarians your patron comes home till the end of the year. Now is an opportunity to speak or act your truth from the intention that honours your connection to the universe.

The September 10th Full Moon along the Virgo Pisces axis is at 9:36 am PDT. The light of the Full Moon shines on our ability to be of service as a function of our appreciation of humility. The Fall Equinox is at 3:47 am on September the 23rd. This map sets the tone for the next three months. The emphasis is on hard labour and physical toil. The September 25th Libra New Moon is at 8:09 pm PDT. Libra is the sign of balance, of win/win, of justice. An ideal? Maybe. Saturn and Chiron hold perfect tension between self-interest and our response ability to our fellow man today as their aspect goes exact. This New Moon literally offers us all the chance to make a new beginning by being innovative. Today you can start to plant seeds that bring the Libran ideals into being.

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Sponsored by the Unity Centre of Kelowna, Roy Eugene Davis will present a two hour meditation seminar/workshop Sept. 9 from 7:00 p.m. to 9:00 p.m. at the Best Western Inn Conference Center in Kelowna, Hwy 97 and Leckie. This workshop offers meditation techniques and routines for all levels of practice as well as holistic lifestyle guidelines. A guided meditation practice session will be experienced. Mr. Davis' books and free literature will be available at the seminar. Suggested donation is \$20.



According to Mr. Davis, regular meditation has many benefits among which are stress reduction, slowing of biologic aging processes, rational thinking, improved intellectual and intuitive powers, an enhanced appreciation for life and living, and more satisfying spiritual growth.

Roy Eugene Davis is a direct disciple of Paramahansa Yogananda and the founder and director of Center for Spiritual Awareness with international headquarters in Lakemont, Georgia, USA. During the past fifty years, he has taught meditation and spiritual growth processes in more than 100 U.S. cities, Canada, Japan, Brazil, England, Europe, West Africa, and India. He is a frequent speaker at Unity and Religious Science churches and is a member of the executive board of the International New Thought Alliance.



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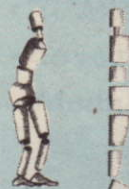
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What is Enlightenment?

by Josephine Lawless

Enlightenment, by its very nature, is impossible to define. We can only use some words to point in that direction. One definition is, it is a direct experience of the true nature of the way things actually are. Literally it means to bring the light of consciousness into something.

It is experienced when your full consciousness is brought into direct contact or complete union with the essential truth of your self, life or another. It is a moment of Union or at-oneness with Absolute Truth. It is beyond any methods we normally use for knowing, such as words, thoughts, feelings, senses, intuitions, concepts, beliefs.

In our normal state of consciousness we experience ourselves, life and others through our senses, our thoughts and our feelings. These are all indirect ways of experiencing. There is always a process separating us from our experience. Our whole belief system about what life is and who we are is based on these indirect experiences. In an enlightenment experience, there is no process by which one is aware. There is no sense of having come into this experience. No how it happened. You experience it with your whole being. There is no separation between you and the truth of what you are experiencing.

There are different degrees of enlightenment and different things you can be enlightened with regard to, but there is only one kind of enlightenment and that is the direct experience of Truth. If you've had an enlightenment experience it is never lost, because enlightenment is eternal and independent of time. Enlightenment experiences are permanent and absolute.

An enlightenment experience affects the entire being and it has a profound potential for transforming an individual and their life. Some experiences can be very powerful and life changing while others are much more subtle but result in a person feeling more present in their life and in their relationships. While everyone is a unique individual and their experiences and how it affects them is unique and original to them, in the reports of direct experiences, there are similar qualities mentioned such as: peace, relief, fulfillment, deep satisfaction, happiness, joy, and love. And they all say, "It was worth it, no matter what it takes".

People who are in an enlightened state speak from their deepest source. They have the ability and confidence to think, feel and act from who they really are without the limiting beliefs of who they think they are or who they think they should be or what others would like them to be. They start to experience each moment in life as new and unique and are open to seeing things differently. They are more connected with their own Divine Guidance and Inner Truth.

Enlightenment is not a fabrication or an imagined thing. It is a very real experience of the ultimate reality of all that is. It is something that is inherent to our true nature, therefore it is possible for anyone to experience it. *The only real way to fully understand enlightenment, is to experience it for yourself.*

See ad to the left

What is an Avatar?

by Charles Syrett

Many great spiritual realizers are now known as "avatars" - we've all seen the term used in many different ways, though once it was very little known outside Hindu and yogic circles. What is an "avatar"?

Literally, "avatar" means 'crossed down'. In the Hindu traditions, it is generally believed that Vishnu incarnates from time to time in physical form, to restore spiritual integrity in the world. Perhaps Rama and Krishna are the best-known avatars of Vishnu.

In these traditions, it is understood that the Divine Being 'crosses down' into the conditional realms to serve the spiritual growth of beings here. But nowadays, the term "avatar" is often used to refer to any highly evolved being who incarnates intentionally. Instead of being a unique or occasional appearance, an avatar is one of many beings who have chosen to incarnate here, rather than remain in a higher realm.

In this understanding of "avatar," most beings incarnate here according to karmic obligation, whereas the avatar has moved beyond the *necessity* to incarnate here.

But perhaps the highest understanding of "avatar" is that the Divine Reality, or God as Liberator, compassionately descends to *transmit his/her prior realization of Truth* to those who want and need their help.

What is the significance of all this for those of us who are interested in realization of God, or Truth? If we understand that we are karmic beings, whose attention and energies are bound to the physical world, then we may awaken to an impulse to move beyond our patterns - and to accept the spiritual help of a Realizer.

God is no longer an abstract being when the avatar is physically present with you, giving you instruction and literally *transmitting* Truth and Love-Bliss through glance and touch! Although many of us in the modern world (and especially the west) are uncomfortable with the idea of the Divine Being in human form, many of the highest spiritual paths declare that our greatest advantage is the mere presence and transmitted spiritual blessing of the avatar.

See ad below



Avatar Adi Da Samraj

I do not simply recommend or turn men and women to Truth.

I Am Truth.

I Draw men and women to my Self.

I Am the Present Real God,
Desiring, Loving, and Drawing up My devotees.

I am waiting for you.

I have been waiting for you eternally.

Where are You?

-Avatar Adi Da Samaraj

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Website: www.adidam.org

Profile

BodyTalk

Reprinted with permission
from Cindy Bablitz - Calgary Sun

There's a new road to health and wellness in town and, based on the strength of its success, it's getting more and more travelled every day.

"BodyTalk is a form of therapy that allows the body's natural energy systems to be synchronized so that they can operate as nature intended," explained Jollean Sandwell, certified BodyTalk practitioner and instructor, one of Canada's first practitioners to bring BodyTalk north of the border. Three years ago, there were no BodyTalk practitioners anywhere in Canada. The demand for practitioners and instructors has already been so high, BodyTalk is being offered as a full time certificate program at Mount Royal College's Centre for Complementary Health Education (CCHE) beginning September 2003.

"I predict it will be as popular as massage therapy, if not more so," says Sylvia Muizniecks, program administrator at Mount Royal's CCHE. Mount Royal College is the first in the world to offer BodyTalk education in a formalized post secondary educational institutional setting. And, if it's not that other worldwide schools have been slow to embrace BodyTalk, it's that the BodyTalk system itself is a relative infant in the world of health and wellness.

Dr. John Veltheim, based originally out of Australia, founded the BodyTalk system some short five years ago. Prior to that, Veltheim studied extensively - in as broad a range of disciplines as applied kinesiology, bioenergetic therapy, osteopathy, sports medicine, counselling, comparative philosophy, theology, chiropractic, acupuncture and Reiki - and applied his knowledge in clinical practice for some fifteen years. During the last ten years, Veltheim has travelled worldwide, lecturing and teaching wellness, with the BodyTalk system being his primary focus. His vision for the place of BodyTalk in western medicine is revolutionary.

"The BodyTalk system lends itself very well to the future trend of multidiscipline clinics and practitioners," says Veltheim.

More information is available at
www.bodytalksystem.com

- To learn more about BodyTalk™
- To attend free information evenings
- To register for BodyTalk Training
Modules 1 & 2 October 3-7
Jollean Sandwell instructing in Kelowna
Contact Judy Edward, BGS, CBP
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Calendar of Events



August 12

Angels Among Us

with Judy Guido in Vernon. p. 39

August 12 - 14

Energy Balancing Seminar

with James Minckler at Dare to Dream in Kelowna 491-2111

August 14

Teen Girls Summer Camp

with Angèle & Sharon at Johnson's Landing Retreat. p. 3

August 19

Awaken the God & Goddess Within

FREE talk with the Ishayas in Kelowna. p. 16

August 22 - 24 or 27

Spiritual Entrepreneur Workshop

with Angèle at Johnson's Landing Retreat. p.30-33

Advanced Spiritual Intensive

with Cheryl Grismer, p.6

Integrated Breathwork Training

with Jon Scott at Johnson's Landing Retreat. p. 9

August 24

Connecting with your Inner Advisor

with Therese Dorer & Michele Gieselman. p. 12

August 25 - 28

Smart, Simple Feng Shui

with Jollean McFarlen in Kelowna. p. 15

August 29, 30 & 31

Tantra Transformation

with Lexi Fisher and Kip Moore in Westbank, BC. p. 32

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.kcplrsi.com

PENTICTON:

Celebration Centre Society, Sunday Service - 10:30-11:45am. **Leir House**, 220 Manor Park Ave. Info: Loro 250-496-0083, email: celebrationcentre@telus.net



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September 9

Meditation Seminar

with Roy Eugene Davis at Unity Centre in Kelowna. p. 19

September 12

Essential Self Accelerator Program

begins with Henri McKinnon in Kelowna. p. 27

7th annual Wise Women Weekend begins

at Naramata Center, near Penticton, p. 23 - 26

Traditional Thai Massage Course begins

with Francine Petit in Sorrento, BC. p. 37

September 15

Feldenkrais, Awareness Through Movement

with Syl Rujanschi in Westbank, BC. p. 5

Full-time Reflexology Diploma Program

starts with Yvette Eastman in Vancouver. p. 29

September 18 - 22

The Enlightenment Intensive

with Josephine Lawless on Okanagan Lake. p. 20

September 21

Learn How to See & Read Auras

at Books & Beyond in Kelowna. p. 3

Magical Mystery Tour of Kenya

begins with Tanis Helliwell, p. 8

September 26, 27 & 28

Shamanic Gathering, on Gisela's Mountain,

Grand Forks 250-442-2391.

Crystal Healing Workshop,

with Karin Burgermeister in Silverton, BC. p. 5

October 3 - 6 or 7

Certified Feng Shui Practitioner Program

at West Coast Inst., N. Vancouver. p. 9

BodyTalk Training

with Jollean Sandwell in Kelowna. p. 21

October 17 - 19

Centering Prayer/Labyrinth Weekend

with Flo Masson in Winfield. p.22

October 25 - 26

Touch for Health Certificate Program

at Okanagan Valley College of Massage Therapy in Vernon, BC. p. 17

Colour Therapy Workshop

with Virginia Roberts at Twin Peaks in Valemont, p. 11

Centering Prayer/Labyrinth Weekend

with Flo Masson MPS, CPE,

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Emmanuella House of Prayer,

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Fri. October 17, 7pm to Sun. 19, at 1pm

\$150 - meals, accommodation & course

When Will I Be Happy?

by Flo Masson, MPS CPE

Many folks that I come in contact with at Emmanuella House of Prayer feel they just have not 'got it' yet. There must be a person out there who can 'fix' them. And so, on they go seeking the elusive answers. Some find them (temporarily) in workshops, doing bodywork or self-help books. Part of the problem, as I see it, is we want a 'quick fix'—someone to do it for us—today. We have been taught to go to the 'expert' rather than to depend on our inner knowing. I believe this dependence on others out there is why there is so much stress in the workplace and in our communities.

The Buddhists say one of the Four Noble Truths is 'life is suffering.' One of my teachers says that the amount of pain we experience equals the difference between the 'hoped for' and 'the reality of what is'. No one can do this for us though another can walk with us as we begin to face reality, or another can prod us gently into deepening awareness or presence.

One of the vital tools to help us become aware or present is meditation. This is an ancient practice that all the great traditions agree is necessary for our transformation. Meditation requires a disciplined sustained practice through which we become aware of our 'self-talk' our 'aversions' and our 'attractions'. It is a simple way to come to know ourselves and to know where we fit in this vast universe. Thomas Keating calls this 'Divine therapy' and the method he formulated is called Centering Prayer.

Labyrinth walking and meditation together are a powerful tool for transformation. Through practice, we come into contact with our inner self where we face Divine Energy, or the realm of the Holy One-ness in love. At the retreat house we call this experience, 'meeting Christ'. Today, more than ever we need to relearn how to obtain nourishment from within—how to find the gentle healing energy, or Christ, within each of us. We need to practice 'heart knowing' through meditation so we can be here now, in love.

See ad to the left

7th annual

Wise Woman Weekend

September 12, 13 & 14

NARAMATA, BC, near Penticton



The Wise Woman Weekend is for women of all ages who would like to be inspired by older women. Women who have developed the tools and now wish to share them and empower you. Laugh, sing and cry with over two hundred other participants as the old baggage is let go of and a new perspective on life takes you to a higher vision. The lighter load offers more energy for this journey called life.

Registration is \$155 for the weekend plus meals and accommodation. Register before August 15 and save \$20. Early fee is \$135. Register on the day of the event and the cost is \$165. We also have senior rates and one day only fees. If four women register together they can bring a Crone (women over the age of 70) for free, (not including meals and accommodation). The price includes the workshops, sunrise ceremonies and evening entertainment listed on the following three pages. If you would like the original 14 page program with the two page weekend schedule and longer write-ups about each instructor and workshop description mailed to you please call us at **1-888-756-9929** or check our website: issuesmagazine.net

Healing Oasis starts Friday afternoon and goes until Sunday Afternoon. \$10 for 1/2 hour or \$20 per hour.

Onsite Registration starts Friday at 1:30 pm, Dinner is at 5:15 pm, Opening Ceremonies at 7 pm, followed by the Introduction of Workshop Leaders and a twenty minute meditation to conclude the evening.

Sunrise Ceremonies 6:45 to 7:30 both mornings

Sunrise Yoga with Susan Oliver
Yoga or Tai Chi with Brenda Molloy
Meditation Journey with Anne Briggs
Tibetan Bowls with Kalaya Leighland
Drum Stirring with Tira Brandon-Evans
Exploring the Labyrinth with Laurel Burnham
Toning & Chanting Awakenings with Karen Angle
Traditional Tibetan Meditation with Urmi Sheldon

Workshops Sunrise Ceremonies happen both mornings with a variety of Movement and Meditation exercises, see list below. A choice of nine workshops start at 8:45 am. The afternoon workshops are from 1:45 to 3:45 pm. On Saturday there is a group gathering titled *The Queen Comes Home* from 4:15 to 5:30 pm with Laurel, Shemmaho and Urmi. Dinner is followed by a choice of nine more workshops. Shake it up to a live drum group and enjoy some impromptu entertainment including some bellydancing. The morning schedule is the same on Sunday, after lunch there is the last set of workshops, then Closing Circle from 4:15 to 5 pm. No dinner is served on Sunday. Fond farewell hugs are had by all.

Refreshment Stations provide herbal teas, organic juices and coffee during the morning and afternoon breaks. This is included in your registration fee.

We ask that you bring a travelling mug so we don't have to wash cups.

Friday Evening

Opening Ceremonies, Dances of Peace, Honouring the Directions, Introduction of Workshop Leaders followed by a Meditation.

Saturday Evening

Join Joan Casorso for an evening of drumming and dancing, along with Annie and friends demonstrating the art of belly dancing.

Sunday Afternoon

You are invited to dress up as your favorite Goddess, Heroine, Clown or Wise Woman and join the Wise Woman Parade.

**Questions? Call Toll Free
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Workshops & Workshop Leaders

01 • Dance Play: Dancing from Spirit

Awaken your dance spirit. Discover new ways to respond to music.



Barbara Karmazyn is a freestyle dancer and expressive arts facilitator who specializes in healthy lifestyle practices.

02 • Inspiration, Self-Expression and Sacred Space

Create your own personal sanctuary from a variety of supplied materials.

03 • Creative Me

Self-discovery and self-expression using paper and paint.

04 • Labyrinth

Time to find out why this is such a popular way to meditate.



Jeanette Dunagan is a Kelowna artist. She is associated with the Okanagan Institute for Learning in Retirement.

05 • Cycles and Seasons: A Mandala Workshop

To honour times of transition in our lives, we will each create a mandala to acknowledge our personal rhythms and cycles.

06 • Mandalas, Meditation and Journals

Powerful tools for growth and healing. Create a mandala, learn how to read it, use it for meditation, then record your insights.



Sandra Mindus discovered the magic of the mandala for her own growth and healing. She combines meditation, journaling, and Healing Touch/Pathways to help others.

07 • Nutritional Secrets to Hormonal Health

Discover what is taking place in your body. Learn how to resolve women's hormonal issues in a way that is absolutely life changing!



Brenda Eastwood is a dynamic speaker who has her audiences shaking with laughter as she discusses subjects that aren't normally discussed.

08 • The Scoop on Poop

Learn the significance of a poorly functioning intestinal tract. How this was created and how to correct it naturally.

09 • Colour Sensing

Explore how we perceive colour through all of the senses using music, aromatherapy, colours, movement and visualization.



Cathy Gordichuk teaches classes for the Edmonton Public Schools and the Learning Network. She created the *Colour and Sound Therapy Network of Canada*.

10 • Yoga: Gentle exercises, pranayama (breathing exercises) and some philosophy.



Susan Oliver is an avid student and certified SOYA yoga teacher living in the Okanagan

11 • Building Bones the Feldenkrais® Way

Development of strong, flexible, weight-bearing bones create an environment of potential and possibility...far beyond the bones!



Syl Rujanschi has practiced the Feldenkrais® Method since 1985. She lives in northern, B.C.

12 • Bringing the Goddess Home

A look at slides of the Goddesses returning to their rightful places, in the temples of our hearts, from around the world.



Ann-Rosemary Conway has walked the trail of beauty for twenty-five years honouring the Sacred Feminine at Dream Hill Studio in Victoria.

13 • Acupressure & Menopause

Informative, hands-on class to learn acupressure points so common with menopause.



Brenda Molloy is a Shiatsu Practitioner, and Feng Shui Consultant. She follows the teachings of His Holiness Grandmaster Lin Yun.

14 • The Joy of Feng Shui

Discover the ancient Chinese art of placement and the principles of Feng Shui.



Alma Anderson has been involved in metaphysics for thirty years, partly out of choice but mostly because of seepage from other realms in the form of visions, dreams and verbal nudgings.

15 • Tales and Tools of the Goddess

I will be sharing my visions and awareness of meeting the Divine Feminine. Negotiating with joy and laughter.

16 • Finding Your Own Voice

We come together to sing together even if you're sure you can't sing. Some vocal technique will be offered.



Joan McIntyre has lived in a spiritual community in Vernon for almost 20 years. Recently, she retired from university teaching.

17 • Empowering Ourselves

Through working with story and spirituality based exercises participants learn how to claim their wholeness.

18 • Connecting with your Spirit Guide

Discover how you can connect with your guide. A thought-provoking session of learning, sharing, meditation, discussion, magic and fun.



Therese Dorer works as a spiritual consultant and has intuitive gifts that include: past life connections, medium work helping many families with closure with loved ones who have passed on.

19 • Introductory Psychometry

The art of reading the energy of objects and remembering your ability to connect to these energies and to read objects for others.

20 • Working with your Power Animals

Michele will help to remind you of how our Power Animals assist us to get in touch with ourselves and with Mother Earth.



Michele Gieselman is an energy worker, who works with people to help them recognize and embrace their own empowerment.

21 • Learning to Understand Your Body Wisdom

Learn more about our bodies' energy centres. Get tools to help you maintain a state of health and well-being.



Jean Shelemey is a wellness teacher, alternative healer and an intuitive counselor. Including meditation, intuition development, vibrational psychology and dream interpretation.

22 • Our Empowering Dreams

Find out the purpose of dreaming and get guidance on how to recall and interpret dreams to improve our well-being.

23 • The Art of Bellydance

The art of muscular control, capturing sensuality, beauty and joy. Emphasis will be on isolation techniques, co-ordination, expression and self-esteem.



Annie Beserekian is a passionate bellydancer/cho-reographer. She has been teaching in the Okanagan for the past ten years.

24 • Dances of the Nile; the Wisdom of Bellydance

The emphasis will be on creativity, feeling the music, freeing the spirit and connecting the spirit. Awaken the creative energy to dance from within.

25 • Your Breath - Your Future

An intro to rebirthing techniques to give you dynamic energy and clear away the blocks that keep you from perfect health.



Ewa Luby is a breath integration practitioner, rebirther, somatherapist and Gestalt practitioner. Watching your breath and body can help you to balance and heal yourself.

26 • Awakening the Writer's Voice Within

Help to guide you through a writing process that will help you free the unique voice locked within. Come prepared to write!

27 • The Powerful Practice of Journaling

Use the journal as a tool for self-realization and finding, amidst the ore...the gold of authentic detail.



Deanna Kawatski is the author of three books including *Clara and Me* and *Wilderness Mother* and books of poetry. Deanna pioneered in the BC Wilderness for thirteen years.

28 • Chakra Sound Work with Crystal Bowls

Reposeful listening to the Crystal Bowls sounding up from the root chakra to the crown chakra and back down again.



Terez Laforge is a student of sound as transformer-transmuter of our energy fields for blockbusting, relaxation and accelerating growth for the self/Self.

29 • Chakra Sounds with Crystal Bowls

Listening to the singing bowls stimulates each chakra. Chakra charts and essences will be provided for simplicity, clarity and acceleration.



Brenda Woolner is a social worker and certified life coach offering individual/group coaching, classes, workshops and retreats.

30 • Uncoupling: Reconfiguring a Relationship

Designed for separated and divorced women who wish to enhance their personal and spiritual growth.

31 • Concert of Bowls & Bells

A guided visualization leads you into a concert of sound, then a chakra meditation using only the Tibetan Bowls.



Kalaya Leighland uses Tibetan bowls to help release blocks. They have a special power and together they create an avenue for Spirit to work through.

32 • The Maiden Crone

Childless by choice or chance? Childless friends? Understanding some spiritual aspects of childlessness.

33 • The Horrible Hag

Raging hormones or a wounded psyche? Understanding, embracing and transforming your angry crone.



Tira Brandon-Evans is Founder and Moderator of the Society of Celtic Shamans, editor of Earthsongs, a Faery Shaman, and author of four books.

34 • Resonating Your Voice

Toning, chanting, harmonizing using indigenous techniques to reopen and align your original voice with songs full of spirit.



Karen Angle is a recording artist, theater director and performer, choral leader, composer and soloist.

35 • Introduction to Reiki

Experience energy and practice giving and receiving on the table. Open yourself to this gentle, nurturing and beautiful ancient healing art.



Christina Ince is an holistic counsellor, Reiki Master/Teacher and a graduate of the Holistic Health Practitioner Program.

36 • Aah-Men! Men...don't you just love them?! Well, maybe not, if your experiences have not been positive. Join us in letting go, as we learn to cherish that beautiful, unique woman who is You!

37 • Singing and Dancing the Divine Feminine

Experience the Divine through music and dance. Together we'll share until the feminine, the divine and joy are one and the same.



Shemmaho Jephi Sioux is a certified dance leader and Mentor in PeaceWorks. She brings a wholesome earthiness to her work.

38 • The Queen Comes Home

Join Laurel, Urmi and Shemmaho for a celebration of the magic, mystery and delight of embodied womanhood. Prepare to be crowned!

39 • Crone Counsel: Wise Woman Speaks

Have you ever wanted the advice and guidance of an impartial woman of wisdom and experience? Here is an opportunity to do just that.



Laurel Burnham's great passion in life is the search for the Sacred. She is a gifted speaker and energetic pilgrim.

40 • Sacred Crafts/Sacred Play

Make a sage wand/smudge stick, a willow crown, corn dollies and other wonderfully simple and fun seasonal crafts.

41 • Masks of Face or Body

Make a plaster cast of your face or favorite body part. Sunday morning you to decorate your creation.



Samarpan Faasse loves creative expression. She enjoys painting, drawing, dancing, writing, and playing with clay.

42 • Subtle Aromatherapy

Small quantities of essential oils affect the aura. A demo of an aura massage using oils and crystals.



Norma Smith is a Reiki Master/Teacher and certified Holistic Practitioner. She uses many techniques to heal your body, ease your mind and soothe your soul.

43 • The Spirit and Passion of the Drum

The drum creates a rhythmical synergy that goes beyond the spoken word. Enjoy hand drum rhythms and songs.



Joan Casorso teaches drumming, movement, and health programs for coaches, school groups, performing artists, corporations and health care professionals.

44 • The Importance of Touch-Massage Basics

Relax, discover and share your natural abilities to know and understand touch.



Urmi Sheldon is a self-taught massage practitioner. Her 'just do it' attitude encourages you to make massage a part of your daily menu.

45 • The Penticton Raging Grannies • Composing Protest/Support Songs

The Grannies will demonstrate the process. Participants will choose topics and create satirical ditties to well-recognized tunes. No musical talent is required for this serious/fun workshop.



Evolving Towards Wholeness

by Henri McKinnon

If the world is indeed a mirror of our own minds, then the underlying conflicts within us are surfacing for healing. The many crises we see in the world are reflecting an internal lack of love and connection, a fear of the unknown, and a fear of the changes that are called for now - those being an unconditional commitment to peaceful relations with ourselves and each other. In order to assist in the birth of a new, peaceful world, we must heal our fears and deepest illusions.

Healing the old wounds can be an apparently hopeless task if we try to stay hidden in our victim stories carried by the wounded child selves within us. If we choose the wounded warrior's path we may feel safer because of our access to anger and determination to be more powerful, but we end up victimizing others in our need to protect ourselves. If we choose to become more conscious warriors, healing becomes a command to know ourselves and to confront the pain and fear within us. We take ownership of the real source of our conflicts and the enemy we confront is our fearful ego. If we choose the path of the peaceful warrior, then the call for compassion is constant - constant acceptance, love and gentleness with ourselves and others, especially those on whom we project our shadow sides. The hurdle here is that we still have an investment in punishing ourselves and others for not being enough, a belief that appears justified by our lapses into habitual judgement and attack, including self attack. We try to be harmless but still do not experience ourselves as innocent children of God. When we own this innocence, we have chosen the path of peace which heals all turmoil. Our greatest challenges come from the incessant inner battles and conflicts of mind, places in our hearts and minds where we are still at war with ourselves. We want peaceful, happy lives yet are often ruled by the anger, fear and anxiety of frightened and child adolescent selves. They stridently demand that we meet their needs, especially for safety at any cost. Our immature selves are particularly frightened of life and love, death and God, and are terrified their needs will go unmet unless they take control of every situation. They demand love but do not offer it; bemoan their loneliness yet sabotage intimacy; cry out for radical change in the world, but resist the very changes needed for a better life.

Protecting the vulnerable child selves are the warrior personalities—both positive and negative. At best, the unevolved warrior personalities can bring a sense of discipline, an orderliness, some control over the competing interests of childish and adolescent selves. At worst, the warrior parts of our mind get hijacked by the victim selves to wreak havoc on those we fear. In our fear, we may demonize individuals, institutions or governments, and use every means available to sabotage or discredit them.

Many people face the daunting task of giving up the defense of fighting before their fears are fully healed. This is where loving support is very helpful, maybe even essential. Becoming a peaceful warrior means embracing discipline, becoming self-responsible, and choosing higher motivations even though there are still persistent fears and self-doubts within us. The deeper wounds in our collective Unconscious Minds manifested as the September 11 events and the war in Iraq. The use of military force can only be justified by insanely fearful world views.

Our instinctive response to the terrifying war within is to project our pain in the form of an attack on someone outside ourselves. Often, our most immature and chronic fears surface when we are afraid to take the next great step forward. Dealing consciously with the terrified parts of our minds is essential for the peace of the world. Will we either take a great step backwards, disowning our principles of seeking peaceful solutions to every situation, or will we leap forward into partnership with everyone? Which path will we take? Will we uplift all beings by becoming peaceful ourselves or will we reduce life to a desperate battle for survival at any cost?

The relentless wheel of personal and global evolution requires that we stop attacking ourselves and others out of fear and learn how to consciously think, speak and act from a higher Truth. The opportunity within every conflict is the integration of two opposite forces into a more unified whole. We are called to join in a collective birth and create a happier life full of friendship, innocence, creativity and joy; a life of harmony instead of strife. The world awaits our conscious choice to dispose of our precious weapons of pain, fear and competition, and awaken the radiant, loving essence of our true selves. Our finest gifts, courageously embraced and shared, are essential for the healing of the planet and the emergence of the millennia of peace.

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Core Beliefs and Your Birthright

by Laara Bracken

Where do our major core beliefs come from? Most come from the people to whom we give authority. They were firmly embedded by the time we were five or six. So our parents, relatives, caretakers and teachers are the main sources.

Many are Subconscious

Some core beliefs had a positive effect. Some did not and continue to influence us to this day. Because they are a part of our subconscious, we react so quickly that we "don't have time to think".

Most of the people who planted the seeds of negativity were also not thinking. They were reacting from their subconscious programming or their pain. However, this does not mean that what happened to us was OK! Whether they meant

to wound us or not, we were wounded. Our birthright of respect, being listened to and taken seriously, love and affection was withheld. These seeds of negativity sprout poisonous plants which get bigger and bigger and take up more and more room inside us.

For example, some people were taught that to make a child "good" you told them they were "bad". They did not know it was important to describe our behaviour, and not us. As children, we take their words literally. Thus, the core belief, or seed, that we are bad, or not good enough, was planted and grew. As our lives depended upon the care of adults we dared not question their judgement.

How We "Fixed" Things

Various strategies resulted. We tried so hard to be good, or we escaped by hiding, daydreaming, or putting up walls to protect ourselves. Some of us decided to act bad, or sick or helpless, to get attention. Some of us turned fear into anger or defensiveness. The strategies were many and brilliant, considering our limited life experience.

These strategies only encouraged original behaviour of those in authority. If we were "good" they were getting the results they wanted. If we acted "bad" they only tried harder. Unfortunately, because the poisonous plants are still there, the strategies continue into our adult life.

They also drop seeds. Core beliefs such as "I am stupid, I make bad decisions, I am not lovable, people don't like me, I don't like people, people can't be trusted, love is hurtful, I am a failure, never trust authority, fear of what others think, I don't deserve good things," are just a few that result from the original poisonous plants. We are all unique, so our beliefs, emotions and reactions are unique.

S.R.L.s

They also create Self Reinforcing Loops. For example, if we don't trust our thinking, we become confused. Confusion results in less than productive decisions so our self-doubt is reinforced. Anger and defensiveness trigger aggression or withdrawing in others, so our distrust of them is reinforced.

What Doesn't Work

Pretending the poisonous plant isn't there. It is. Blaming others; it only makes us feel helpless. Expecting others to change. They may, but it will be temporary. Always taking other people's advice; sometimes we just make other people's mistakes. Believing that knowing what to change will create change. Awareness isn't always enough. Continuing old strategies. Doing more of what doesn't work isn't the answer.

What Does Work

Transforming negative core beliefs and emotions on every level: spiritual, conscious, subconscious, emotional and physical. Positive life enhancing beliefs and emotions produce behaviours that help us reclaim our birthright of happiness and love.

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The iris has thousands of nerve endings that are connected through impulses to every tissue of the body through the brain and nervous system. The nerve fibers respond specifically to tissue and organ potential conditions with a corresponding reflex manifested in the iris.

Iridology informs you of early signs of potential imbalances in your body. It is then up to you to make changes in your life that can create positive results. Can you imagine how valuable it would be to know at an early age what your genetic strengths and weaknesses are and where chronic disease might be more likely to impact your health? It is a simple and painless way of obtaining information regarding your present state of health as well as where your potentialities exist.

Why is it that two people will follow the same diet, exercise program, etc. and one will do much better than the other? By determining and understanding which Constitutional Type you are born with physically and emotionally, a certified and professionally trained iridologist can help you put the pieces of your health puzzle together.

By receiving this valuable information from the iris, you can better understand the complexities that make each of us unique and how different therapies or modalities might be utilized to correct an area of imbalance in the body. Thus, you are given the keys to effectively implement healing and change your life.

Choices made in the past may have magnetized or opened up your potential weaknesses, as well choices available today can begin the healing process and prevent problems in other potential areas.

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The Path of Spirit

by Angèle



Ever thought of starting your own holistic business, or doing business in a spiritual way? Most entrepreneurs open with the best of intentions and many close after a few years of trying their best. There are two schools of thought on how to make it. The old school of thought says, "You need the right connections, training and/or the right amount of money to succeed." The new school of thought says, "Believe that the universe is abundant and your guides will help you do what you chose to do before you came here."

I believe that once a soul has walked the planet for thirty years or so, the voice inside usually starts to speak. Sometimes it is more clear to one soul than another. It all depends on how well you can tune in, but the guidance is there. For some it comes easier, but everyone needs to practice until it is refined. Inner guidance is a gift we are given along with the spacesuit we get to wear called the human body. Learning to tell the difference between the mind and inner guidance is not always easy, but if one is determined, it is possible to distinguish between the two.

The mind loves to tell you all the reasons why you can't do something. Fear is the greatest obstacle when starting off on your journey. Learn to say to yourself ... "It starts with one small step. I know if I trust my instincts, I will be guided." Leaps can be dangerous, and sometimes you bite off more than you can chew, but if the project comes from the heart and you have enough common sense to go slowly, your dreams can manifest. I have learned that the universe hears every prayer I have ever uttered, even when I didn't know I was praying.

Once upon a time, in a land not far away, when I was organizing the Giant's Head Run for the District of Summerland, I remember looking up at the sky and saying, "Why don't you give me something that I would like to attend." It had been a long day of watching the runners and posting their times. I was good at it, but it didn't give me a feeling of satisfaction. My gaze into the sky was quite unconscious; it was my soul speaking. I forgot about my prayer until a few years later when my work mates changed and I got frustrated. I asked to hear the voice of God so I could get clear. "Tell me what you want me to do?"

continues on page 32 & 33

Vibrational Remedies & Kinesiology

by Evelyn Mulders

Our current practice of medicine views our bodies mechanically. The medical model understands the mechanics of our bodies so well, that body parts and organs can be manufactured and replaced. The body is so scientifically studied that the function of organs can be duplicated using machines, however as the body is examined and segregated, the body as a whole is forgotten.

The energy model that Wholistic Practitioners, such as Specialized Kinesiologists have adopted, views the body as a whole, including the invisible energy body which is simply a network of energy fields and systems that receive and transmit information on various levels of frequency. The energy system is like a network of transformers, relaying information from outside our body to the inside—first from the auric band; directing the information to the appropriate chakra, which then relays this message to the affected meridians, which then transmit this information to organs and glands. Wholistic Practitioners recognize the direct connection the electrical/energy system has on our physical health and life force. So by offering the electrical/energy system healing vibrations we can affect the healing of the physical body.

Everything in this universe vibrates: rocks, plants, birds, as do sickness and disease. Offering a simplistic approach to health is to have our bodies vibrating higher than sickness or disease, such as heart disease, cancer, and diabetes. The nourishment we are seeking to feed our energy bodies comes from what is termed 'Information Therapies' or 'Vibrational Remedies.' This category of remedies includes information that addresses all of our senses such as the inherent information from light, color, sound, aroma, crystals and gems, symbolism and positive thought. The vibrations offered by these information therapies are as vital to our energy systems as air, water and food are to our physical bodies. By offering the energy body healthy vibration, the auric band will take on a higher vibration and transmit this healing information through the chakras and meridians, which eventually enhances the function of the organs and glands.

What are the Vibrational Remedies?

**SOUND, COLOR, GEMS AND CRYSTALS,
FLOWER ESSENCES, SHELL ESSENCES,
SOUND ESSENCES, SYMBOLS, CARING TOUCH
AROMA THERAPY, POSITIVE AFFIRMATIONS**

Wholistic Practitioners such as Specialized Kinesiologists have the training and tools to access the body's energy system, determining the integrity of meridians and chakras. These practitioners recognize the value of Vibrational Remedies and their impact on the electrical/energy system of the body. Anyone can use Vibrational Remedies, however a Wholistic Practitioner or Specialized Kinesiologist is one way to find the best remedy for you. *See ad in the NYP - under Kinesiology*

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Perfect Health

Restore What You Already Have

by Ean Langille

Can this really be true? Is there a place that exists inside you that already has perfect health? If so, what can bring back this remembrance to live with vibrant energy and restore optimal health?

Quantum physics proves that you are an energy being, not separate from anything possible. You attract - like a magnet - your experience out of the infinite possibilities available to you in the moment. You choose consciously or by default the conditions which lead to health or disease. This is perhaps difficult to accept at first. The great truth is that in order to completely transcend a situation you created you must accept and take responsibility for it. Develop a mindset that has a burning desire for perfect health. Know that this is not separate from you. Set an intention that you will experience it. This will attract or pull toward you the knowledge, people, and experiences that will restore optimal health. It begins with your willingness to do whatever it takes to achieve it.

One extremely powerful way to draw perfect health to you is through herbal energy. Herbs have been used for thousands of years for their natural healing properties. Science can now prove their benefits. Through Kirlian photography, you can see the powerful and colourful energy field of high quality herbs. Energetically, herbs vibrate at frequencies that strengthen each organ while supporting the whole body. They naturally align the body for greater efficiency, improved cell-to-cell communication, and a balanced hormonal system. Herbs provide the electrical current that restores energy to areas of the body that have not been responding. It travels to the short-circuited electrical connections so the body in its innate intelligence can heal itself. It recognizes low energy frequencies to purify and detoxify the area over time. Herbs gravitate to the root of the problem and heal the underlying cause of discomfort. It releases toxic cellular memory—physically, mentally, and emotionally—that is blocking you from experiencing optimal health.

You are an energy being with unlimited potential that is not separate from all that you desire. With your intention, turn to that place that exists inside you that is free from pain or disease. Herbal energy can draw that place toward you. Allow herbs to activate and restore your divine blueprint for perfect health. Magnetize it toward you with a determination to succeed as you know there is a cause for every effect.

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Kindling Love's Fire

by Jon Scott

Couples come together to fulfill a sacred covenant within life. A beautiful passion draws the two together in the beginning with all love's delicious seduction and tender forgiveness. However, along the way of a life shared together they may forget their purpose and become blinded by the heat and ice of blame, hurt and distance. Many couples now recognize the need for fresh perspective and support to guide their way through the rose-thorned labyrinth and through the sacred gateway into love's mystery.

Many modern-day couples pursue a quality and an equality of relationship that prior generations would not have imagined possible. These couples find themselves embracing the gift of leading edge therapeutic practice to expose the roots of relationship conflict and to learn tools to allow the couple to safely and courageously face their inevitable dragons and to create their own sanctuary of peace and fair play within relationship.

Synthesizing my many years of acquired Eastern Mystic and Western psychological practice in relationship therapy and couple's workshops, I have been able to assist couples seeking to enhance their ability to connect with the rich emotional and spiritual sources that inspired their initial attraction.

See ad on page 9 and the JLRC ad on page 2

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For more details: www.tantratransformation.com

Sacred Sexuality

by Suki Derriksan

Our body is a temple of the Divine, and our senses are a wonderful way to practice staying fully in the present moment, in the NOW. Tantra has sixty-four Arts that bring ritual into our lives to bridge the gap between ordinary life and the sacred. As we practice these Arts, the magic is in the presence we bring into the activity so it becomes a gateway into the sacred.

Tantra Yoga is the Yoga of Sacred Sexuality; the practice of bringing your full awareness into your body, breath, movement and voice, the practice of reawakening your authentic spontaneity and celebrating the divine within yourself and your partner. It is a practice that connects sex with spirit.

Tantra, weaving the opposites of spirit and matter, light and shadow, male and female, expansion and contraction into the tapestry of our lives, is first a path of self-discovery. As we practice accepting all parts of ourselves, healing the shame and self-criticism, we become more whole and can then accept the shadow in ourselves and others. This acceptance, this "Yes" to life, is the attitude that allows us to dive into the realms of sacred sexuality.

Tantra is also called the "Yoga of Relationship". There are many spiritual paths that are solitary and celibate. Tantra Yoga is a spiritual path that is in the world, in our daily lives. Our partner is our "beloved". By introducing the Tantric Arts into our daily life, we can become blissfully aware of the awe in creation and life itself.

Our sexual energy can be employed for our transformation and healing—it creates new life. This is a very powerful force! With Tantra techniques, sexual energy is redirected from our genitals up, rather than out, bathing our entire body, energizing and rejuvenating. Rather than a genital sneeze, we experience orgasm in our whole body. As we practice non-attachment at the height of desire we move from having an orgasm to being orgasmic. See ad to the left

The Path of Spirit...continued

I had a feeling I needed to do something else but the only guidance I got was that I was to quit my job. I made a deal. I needed six months to figure out what I was going to do and then I would quit. The pay was good and my income was needed to support my family. I didn't know what I wanted to do... except it had to be something healthy. Breathing chlorine for the past fifteen years was drying out my lungs and skin. I had a few ideas and spoke with my husband who agreed that if I wasn't happy at work, I should quit. He never kept a job if he didn't like his boss. Now it was my turn and I was thankful to feel his support. I knew deep down in my bones that if I didn't quit something would happen that I would regret. It is a knowingness that goes beyond the intellect.

I am sure many of you have reached that point in your life, and maybe more than once. It just feels right or maybe you get a sensation through your body that says, "This is it!" A few months after quitting and during one of my morning walks, I heard a voice that said, "Start a magazine." continues to the right

Devil's Claw

The Herb for Relieving Arthritic Pain

by Klaus Ferlow



Millions of people are suffering from the pain of joint inflammation. While conventional medicine promotes aspirin and other drugs as a treatment it consistently ignores other safe options such as diet, fasting, supplements and herbs.

Given the popularity of Devil's Claw as a herbal remedy, more and more people are using its various forms such as herbal cream, tincture, capsules and tablets. It is a native plant to Southwest Africa and grows in the Kalahari Desert and produces brilliant red/purple flowers with woody barbed fruit. The name comes from the claw-like shape of its seed pods. Natives use the plant to treat digestive problems. It has anti-inflammatory and anti-rheumatic properties. It is commonly used to manage many inflammatory joint diseases such as osteoarthritis, rheumatoid arthritis, lupus, and gout.

The Devil's Claw tincture is classified as a bitter tonic useful in management of various gastrointestinal complaints including dyspepsia and digestive upset due to poor gallbladder and/or pancreatic function. It also acts as a powerful detoxifier and liver cleanser.

Decoctions of the dried roots (we are using the liquid herbal extract wild-crafted from the roots of Devil's Claw) have long been taken as a tea by the indigenous people of South Africa for a variety of digestive and rheumatic conditions.

My own mother suddenly developed arthritis in her fingers at the age of 82. She couldn't straighten them out anymore. She also had pain and inflammation in one of her knees. She uses Devil's claw cream and tincture with great success which relieves her pain. Now at age 90 she functions normally and can even take her daily walk again!

Arthritis is a natural but ultimately incorrect cellular response to certain stresses on the body. No two people have identical patterns or progression of symptoms. To counteract the symptoms a program is needed to steer the body toward a healthy response without causing unwanted side effects. Devil's Claw has no side effects. Other benefits are that it will eliminate swelling and stiffness of inflamed joints and muscles and offer some anti-fungal action.

Devil's Claw was discovered in the early seventies by a German scientist, Mr. Mehnert. It was then introduced to Europeans and became so popular that in 1976 it was estimated that 30,000 arthritic patients in the United Kingdom alone were using it successfully.

If arthritis pain is bothering you, Devil's Claw could be your best friend. In connection with proper diet, exercise, relaxation techniques, nutritional supplements, this herb can be an effective way to keep rheumatic conditions under control the natural way! You can take charge of your own health and well-being. See ad to the right

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The Path of Spirit...continued

I laughed and said, "What would I call it?" The rest is history for readers of Musings. In the past twelve years I have been taught much about being in business. I started with a few thousand dollars after my divorce and within ten years had two commercial buildings to look after.

I have learned about the retail, wholesale, rental, publishing and restaurant business. I have learned to work collectively with groups of people, including a non-profit organization, several partnerships and a corporation. It was a lot to absorb and some days I felt like my head was spinning as the different businesses demanded my attention. I was grateful that my kids were grown and I didn't have any distractions. I took a little time for myself, but most days were spent figuring out what to do next. I am most grateful the universe provided me with guidance, and a few angels including the many healers and friends that gave me the extra energy for the tasks that needed doing.

Recently I joined Richard at Johnson's Landing Retreat Center and have sold one of my buildings as I move eastward, taking Issues with me and letting go of everything else. I would love to be given the opportunity to encourage you to follow a path led by spirit. As Marianne Williamson said... "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us." See ad below and on page 2.

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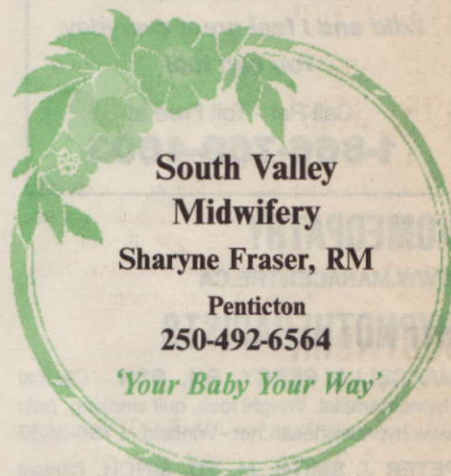


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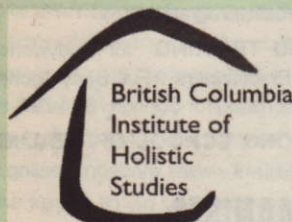


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