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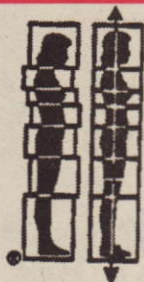
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THE PAP ION Inventor

by Cami Yaremicio

Dr. Pappas is an acclaimed world leader in electromagnetic geoelectricity research since the early 1980's. He also studied atmospheric electricity and worked on designing lightning arrestor devices. During his research with artificial lightning bolts Dr. Pappas worked with fellow researcher Professor Graneau, who had cancer tumors throughout his body. Once the research was completed, it was discovered that Professor Graneau's tumors no longer existed. They discovered, a direct result of this was the exposure to strong electro-magnetic fields generated by the artificial lightning bolts. Dr. Pappas' pregnant wife, Toula, was also exposed to the same phenomenon with absolutely no side effects. He then met the assistant of Professor R. Rife who was researching electromagnetic cancer treatment tests at Scripps Hospital in the United States. Dr. Pappas later studied related work done by other researchers which focused on the operation of pulsed lasers on low frequency pulsed diathermy devices.

After more than ten years of continuous research. Dr. Pappas and his colleagues have succeeded in developing this medical technology to the point that it is now being investigated by doctors and biologists all over the world. Although other medical researchers are working with smaller Bioenergy Electro-Therapeutic devices. This unique system produces powerful and fast pulses, achieving benefits in less time and with more effectiveness, and with greater depth of penetration than other units. This process is non-radiative and produces no heat in the tissues.

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TRUSTING YOUR INTUITION

by Pam Shelly

In our Western society we are not taught about intuition, instead we are trained to analyze everything. Intuition does not analyze or rationalize; it is the first answer you hear, when you ask a question. Intuition bypasses our rational thinking mind and guides us to follow our highest good. A definition by Laura Day in her book *Practical Intuition* is, 'Intuition is nothing more than a process of gaining information that does not rely on your senses, your memory, your experience, your feelings, or your other thought processes - though it does rely on these to interpret that information.'

Intuition doesn't always make logical sense. The biggest challenge or block to accessing and following our intuition is fear. Fear can come in many guises; fear of change is a major one. It can be frightening as we learn to trust our intuitive self. As the fear builds, remind yourself that trust is a wonderful gift.

Intuition is like a muscle; you have to exercise it to make it stronger. An experiential exercise to start with is... when the phone rings, guess who it is before you pick it up.

Regular meditation and working with Reiki energy was life changing for me. When I first started giving Reiki sessions I received intuitive messages but I was reluctant to trust them. I thought maybe I was just making stuff up but my clients were helped. Now, I let the thoughts and words flow easily.

Listening to your gut or heart feelings are valuable ways to experience your intuitive guidance. I encourage everyone to develop this innate wisdom, or intuition, and most importantly to trust and then do as it asks. (See ad below)

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WHAT IS SEASONAL AFFECTIVE DISORDER (S.A.D.) by Laura Pelletier

Many people feel mildly depressed during the winter months, due to lack of light. Light is very important in balancing our hormones, particularly serotonin, melatonin and dopamine in the brain, which controls our moods and regulates our biological clock.

Symptoms of depression, seasonal or otherwise, include:

- Fatigue, lack of energy
- Weight gain, change in appetite
- Lack of alertness, concentration
- Irritable, moody, sad, memory loss*
- Difficulty functioning at work or home
- Withdrawn, rather be alone
- Lose interest in intimate relations
- Trouble dealing with daily stress

Researchers have discovered that not only adults suffer from this disorder, children and animals are also affected, and it can affect their daily activities. There is a natural remedy to S.A.D. and that is Light Therapy.

How does Light Therapy work?

Light has a biological effect on the brain function. Light therapy helps to restore normal function. Research has shown that many patients with SAD improve with exposure to bright light, 10,000 lux artificial light, called light therapy. As little as 30 min. a day results in significant improvement in 80% of sufferers. In severe cases an anti-depressant and light therapy may be needed.

After using light therapy for 5-6 days you will notice a mood uplift, more energy, the slowing down of food cravings, the ability to do daily functions more easily, an increase in social activities, and a return to feeling normal.

The Canadian Psychiatric Assc. and the National Institute of Mental Health endorse the use of bright light therapy. Light therapy is recommended and used by thousands of Psychiatrists, Psychologists, Sleep Disorder Specialists, Physicians and other Health professionals.

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Discover The Real You

by Elaine Hopkins

Have you ever had the feeling that you don't know who you are, that you know more about your friends than you do about yourself? When did we lose sight of ourselves? We come into the world as perfect little beings, perfect in who we are, then negativity destroys this image of perfection and creates a false self. We begin to believe this false self is who we really are. We create masks to hide behind, afraid that if people knew who we really were they might not like us. Everyone wears a mask. There are those who are always charming and pleasing, the perfect host or hostess, wife or husband, never getting angry, never disagreeing, perfect in every way. These people are afraid to show emotion - what if people knew they were unhappy, what would they think? There are those with a chip on their shoulder, always grim, rarely smiling - a hostile attitude keeps others from getting too close. They are safe from any real intimacy and emotionally unavailable. Both of these kinds of people are the same inside, their perfection is deeply buried, they are afraid to be who they really are.

We were given five natural emotions; love, fear, grief, anger and envy. When you are encouraged to express your feelings, whatever they are, you release them, and will have a healthy attitude about them. If you're constantly told your feelings aren't OK, you suppress them. Suppressed emotions may manifest in any number of ways. Grief may manifest as depression. Fear teaches us to be cautious. If you are taught that it's wrong to express fear it can turn into panic. Anger may turn inward (self-hatred) or outward.

Envy can turn to jealousy. If the expression of envy is allowed, it can motivate a person to reach their goals. Love that is not allowed to be expressed as a child may cause us to have a difficult time expressing love as an adult. Love that is controlled, manipulated or withheld becomes unnatural and can lead to possessiveness in adults. Denying our feelings won't make them go away. Often these feelings are stored somewhere deep inside us where they will influence some aspect of our lives, and continue to play havoc until we resolve them. Find the beauty in yourself, that will give you the courage to be you. (see ad below)

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

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The front cover is the last photo in a series of retreat centers around BC. It is a Buddhist monastery near Kamloops and I haven't been there but I know many people who have taken the time to enjoy the serenity of this place. Any ideas what you would like to see on the front cover for 2004?

Once again I am getting the magazine to print, mostly by myself. I did it for six years originally and then asked for help and got Jan as my business partner. I was so glad to have someone else typing and answering the phones. Now with the abundance of computers and advertisers having access to them, most of the data comes in via email. Still, talking to people is what I enjoy the most. Hearing them speak of a new product or service that is now available locally, instead of just at the larger centers, makes my heart smile. Many people are getting educated in holistic ways and changing themselves as we all take more responsibility for ourselves and for the planet.

Living in the country and looking out my office window as deer cross the property with the lake as a backdrop is one of the bonus points of moving. When I have the time, I enjoy being in the garden and helping Richard with the Retreat Center. I like change, and when people ask me how I am doing, I say, "I am great and happy to be doing what-needs doing, wherever that may be." I feel destined to be here as I had asked for a man in my life. Richard and I are a good match for each other.

Just before leaving Penticton, I had some sewing to do and found getting the thread through the eye of the needle challenging. I decided to check with my optometrist. Perhaps all the stuff I had been doing to improve my eyesight wasn't working and I needed stronger glasses. Once I was seated, he handed me a card to read. As I read the top line, he said, "Whoa, have you ever improved... you no longer need glasses." I protested, telling him why I came, and he repeated that my eye work was complete. My left eye is now able to see at a distance. This was great news because as a child, I had one eye burned with a stick. My family was burning autumn leaves and us kids were playing with sticks in the fire to make them glow and I got touché'd. The resulting tests showed I had one near-sighted and one far-sighted eye. The right was dominant and preferred to do most of the looking, including distance. The left eye did the close-up work and was a bit lazy.

I first wrote about eye exercises after meeting Dr. Robert Kaplan about nine years ago, when he wrote the book *Seeing Beyond 20/20*. I took his workshop and he told me I needed to teach my eyes to dance together instead of each working independently. Since then I have had my perscription changed four times, gently forcing my left eye to see things at a distance. I felt elated as he continued, "You have what we call people eyes... you see people perfectly at five feet using both eyes. I asked about the needle-work and he said, "Get a magnifying glass when you do that kind of work. Getting this eye to actually do what it is supposed to do is more important."

My deeper understanding of eyes is that children see or don't see what they want to. The left eye relates to the emotional nature of our brain and as children, if we do not want to see what is happening in our lives, we can consciously shorten our vision. The left eye gives us the ability to be. The right eye shows us our dreams or visions of what we can achieve. It is the ability to do. Our eyes reflect how we adjust to our beliefs so we can cope with life, and as I have said a few times ...the body never lies. It is up to us to discover the deeper meaning of what is happening to our bodies so we can plan some self-correcting action. Carolyn Myss and many others do a great job of explaining the metaphysical aspects of our illnesses. If you are reading Issues it means you are already on the path of enlightenment. (Meaning you have the ability to lighten your load.)

May you have a delightful holiday season and may the New Year bring lots of light into your soul so you may see more of who you are.

♥ *Angele*

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KNOWLEDGE AND POWER TO CREATE and PERFORM

by Dr. Duncan Goheen

Most of us function at a fraction of our potential whether its
in business, the arts, spiritual awareness, sports, fitness and
health etc. Two reasons for our mediocrity is 1) our attention is
focused on effects rather than on causes and 2) mistaking
information for knowledge. To make serious progress toward
realizing our purpose and potential it is imperative to gain
knowledge and power at the causal level.

Walter Russell (1871 - 1963) dedicated his life to KNOWING
the causal level and to making his life a demonstration of the
power and knowledge which is available at that level. TESLA
(who subscribed to Russells philosophy) told Russell that he
was away ahead of his time and questioned whether humanity
was ready for his work.

Why is Russells work not better known? 1) We haven't
been ready for it. 2) He was not politically sensitive to the sci-
entific community. In a nutshell he told them that most of their
assumptions and thinking was incorrect. Russell went on to
discover several elements on the periodic chart that were
unknown to science at the time. In addition to his remarkable
insight into the nature of Light and Sound he was an accom-
plished musician, painter, sculptor and architect and won figure
skating competitions at age 69. He walked his talk. Read his
story at <http://www.philosophy.org/mwt> (see ad above)



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PLANETARY ALIGNMENTS

for December 2003 & January 2004

As a New Year approaches, we have reasons to reflect and to envision. 2003 is a big year in many ways and merits some review before we fully embark on 2004. The events of this year give us reason to co-create more harmony.

The closest approach of Mars to our own planet in over 60,000 years, according to astronomers, is at the top of the list of highlights for 2003. The escalating war in the Middle East, along with the record breaking forest fires all over the world are both a synchronicity, as Mars is a Fire planet and symbolizes action, assertion, aggression, violence and war. The whole while Mars was in Pisces, the watery sign of dreams, the subconscious and compassion. Here, Mars represents the spiritual warrior, and that principle is now more awake, thanks to the Harmonic Concordance on November 8 (see www.sunstarastronomy.com).

Now, with the Sun in Sagittarius - the sign of vision and communion - we have the opportunity to envision a brighter future for ourselves as individuals and for the greater collective. This is where thinking globally and acting locally comes in. If every person were in tune with their true self and their destiny, we would be living in a much more peaceful, harmonious and beautiful world. However, the illusion of 'Separateness' is getting larger. This is the source of most, if not all of our ills and woes, personally and collectively. Sagittarius is the sign of religion, philosophy, the higher mind, law - both human and divine - inspiration, faith and vision.

Admittedly, the New Moon in Sagittarius on November 23 indicates some significant challenges. Every New Moon is a seed event and the influences continue until the next New Moon, which is in Capricorn on December 23. The details of the Capricorn New Moon is also intense and indicates strong assertions of pioneering action and possibly aggression as Saturn in Cancer forms an opposition aspect (180 degrees) to the Sun/Moon conjunction (0 degrees) and both form a close Square Aspect (90 degrees) to Mars in Aries. This is a very charged aspect pattern because all of the signs involved are "Cardinal" which marks new beginnings and initiative.

The actual ingress date of Mars in Aries is December 16, just four days before Venus enters Aquarius and two days before Mercury turns retrograde. Since Mars is the ruling planet for Aries, this indicates the beginning of the next Mars cycle, which is about 18 months. This chart, basically, indicates that a Cultural Revolution, requiring personal inner work and teamwork necessary for success, will begin. More grass roots movements will be born and new definitions of the word "family" will become a central theme. In fact, language itself and the power of words, symbols and their meaning will emerge as an important collective awareness. Perhaps we will more fully awaken to the fact that words are "things" and not merely ideas. Meanwhile, the harmonious Sextile Aspect (60 degrees) between Mars and Venus will bring a refreshing, stimulating and perhaps even stimulating influence to the Christmas celebrations. As for Mercury Retrograde in Sagittarius (Dec. 18, 2003 - Jan 7, 2004), we can expect some of the usual delays, so beware of leaving your shopping to the last minute. At best, this stands to curb judgmental attitudes and cynicism. Interestingly, Mercury turns retrograde in Capricorn, retrogrades back into Sagittarius (Dec. 30), stations and turns direct right at the Galactic Center! This is an auspicious event as planets situated at this degree take on a spiritual overtone.

December 30 is also the day the Uranus re-enters Pisces after turning retrograde back in June 2003. Uranus retreated into its own sign of Aquarius on August 21. The movement of a far planet into a new sign is always something to watch, for new insights and evolutionary developments. Aside from Venus conjoining Uranus in Pisces around mid January, itself a beautiful and auspicious alignment worthy of celebration, these themes will carry us into 2004 towards the celebrations of Chinese New Year and the Year of the Wood Monkey starting on January 22. Many blessings for a festive Christmas and a peaceful New Year!

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Profile

JOURNEY INTO THE HEART OF YOUR SOUL!

by Michael Cassidyne, BA, MA

Through Hell, To Heaven, And Back! is that rare book that captivates the imagination, and offers profound spiritual insights into the nature of life, death, and the human spirit. First published in 2003 in Kelowna, B.C., this true-life chronicle based on a rare Russian-language manuscript recently translated into English, has been compared to The Celestine Prophecy for its cogent and compelling readability and style; yet, at the same time, the insights it offers are utterly unique and deeply thought-provoking.

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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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Through Hell to Heaven and Back! is available in most bookstores throughout BC - from the Lower Mainland to the Kootenay Regions - and Calgary, AB.

Interior & Okanagan retail outlets include: Mandala Books; Mosaic Books; Books & Beyond; & Dare to Dream in Kelowna; Okanagan Books in Penticton; Bookland, K&K Bookstore, & Dreamweaver in Vernon; Etherea Books & Gifts in Enderby; Spirit Quest Books in Salmon Arm; Merlin Books, Bookland, and Kamloops Coins, Books & Rock Shop in Kamloops; Grizzly Books in Revelstoke; Otter Books in Nelson; The Book Shop in Castlegar; Crockett Book Co. in Trail; and Lotus Books in Cranbrook.

Signed copies can also be purchased directly from the translator and publisher by calling: 250-712-9979.



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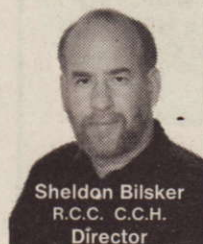
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Director



December 7

Erickson College Discovery Evening.
Vancouver, p. 3

December 12

Christmas Concert, Vernon, p. 5

December 16

Angels Among Us, Kelowna, p. 26

December 17

Breathe Your Weight Away, a weight control method that has proven effective for hundreds of years. Limited seating. Please call Laara Bracken (250) 712-6263 Kelowna, p. 21

December 21

Candle Light Service, Vernon, p. 5

January 6

Angels Among Us, Vernon, p. 26

January 7

Reiki Introductory with Pam in Kelowna. p. 3

January 9 - 11

A Feldenkrais Professional Pre Training
with Jeff Haller in Kamloops, p. 12

January 20

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January 23

Knowledge & Power to Create & Perform
FREE Intro - Kelowna. p. 7

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Journey to the Source of yourself
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ONGOING EVENTS

WEDNESDAYS

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

SUNDAY CELEBRATIONS

KELOWNA: Sunday 10:30am. Kelowna Centre
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PENTICTON: Celebration Centre Society,
Sunday Service - 10:30-11:45am. **Leir House**,
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email: celebrationcentre@telus.net

Front Cover Photo



Birken Forest Buddhist Monastery

is located just south of Kamloops. It is a secluded monastery in the Theravada "forest" tradition, which signifies a focus upon the cultivation of meditation. Its abbot, Ajahn Sona, was ordained as a Buddhist monk in West Virginia and spent several years training in Thailand, in the lineage of the famous forest master Ajahn Chah. As such, in addition to about two hundred branch monasteries in Thailand, Birken is affiliated with several monasteries in England, Australia, New Zealand, Switzerland, Italy, Canada and the US.

Birken Monastery functions as both a place for monastic training and a retreat centre for lay guests. There are currently two monks, two novice monks (soon to receive their full bhikkhu, or monk's ordination) and one nun. Each year the monastery schedules a series of retreats from April to the end of December. (The monastery closes for a residents' winter retreat from January 1 to March 30.) In addition to scheduled retreats, lay people are welcome to schedule personal retreat time at the monastery—first time visitors may book up to ten days.

For more information

visit Birken's website
(www.birken.ca)

or e-mail us: meditate@birken.ca.

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Intensive, Shorter Therapy Provides Lasting Results

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Changes Last

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

But the method is not a "quick fix". Positive results continue to accumulate long after therapy is completed. "Six

months after completing my sessions with Laara, anger and depression have not returned. My self esteem, confidence and relationships continue to improve dramatically," writes Melanie R. If you have even a glimmer of conscious intent and are willing to work in partnership with your practitioner, you can have the same experience.

How It Works

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

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

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

Empowering and Flexible

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

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

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

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See Article Above

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Refining Self Image through the Feldenkrais Method®

by Jeff Haller, Ph.D.

I first became aware of the Feldenkrais Method® in 1972 as a student/athlete at Oregon State University. Before a class, my speech professor - who had just attended a workshop by Dr. Moshe Feldenkrais in Portland - gave an abbreviated version of an Awareness Through Movement® lesson (Feldenkrais first came to the United States in 1972 and gave a series of workshops at Esalen Institute, in San Francisco, Portland, Seattle, and Vancouver, BC). In that brief fifteen minutes there was more implicit intelligence about how to learn than in the five years I had spent learning to play university level basketball. In the gentle explorations I experienced before speech class, I found that I learned more about my capacity to learn and act in a new way than in all the effort and sweat I had put out on the basketball court. I was stunned, amazed and felt a potential within me that had not been tapped. When Feldenkrais' book *Awareness Through Movement* came out in 1972, I eagerly picked it up. Reading the preface alone was enough to catalyze my desire to study the Method. Although it took several years for that to take place, the seed had been planted and germination began. I was able to begin training personally with Feldenkrais in 1980 in Amherst, Massachusetts.

What was it about the work of Moshe Feldenkrais that intrigued me to make it my life's work? In it I found a promise and a method I could use to develop myself as a human being and live in my own individuality. The first paragraph in the *Awareness Through Movement* book gives us a clue about the potential we have. In that paragraph Feldenkrais writes: "We act in accordance with our self-image. This self-image which, in turn, governs our every act, is conditioned in varying degree by three factors: heritage, education, and self-education." In life we all develop our self-image and that self-image is comprised of and expressed in our thinking, sensing, feeling and acting. Contrary to popular opinion, it is our self-image which creates our accomplishments, and not the reverse. If we wish to improve the outcomes of our life we have to improve our ability to think, sense, feel and act.

Imagine being able to think in ways that make it more possible to overcome obstacles and create new possibilities for ourselves; increasing our ability to sense, to use our senses to enrich our experience of life; being able to feel so as to enhance the potential we have to communicate with others; improving our ability to act and move with more elegance and efficiency. Imagine being able to give and receive more love through a more complete self-image. Then how do we go about improving our self-image? This was Moshe's work. He developed his method to answer these questions.

The form he used so his students could learn self-refinement was a process he called **Awareness Through Movement**. It is very simple. In this class we study how we habitually act and move, we think habitually. We expand our ability to sense and feel, and we learn how to learn so we can use our intelligence on our own behalf rather than in the conditioned way we acquired from our personal culture. We learn

how to improve our own life from within because the Feldenkrais Method creates an environment where we simply learn how to learn from our own internal feedback. The mystery and magic of how that happens is most easily discovered by attending Awareness Through Movement class for the first time.

Jeff Haller, Ph.D. has been teaching the Feldenkrais Method since 1983. He became a trainer in 1994 and since then has been teaching people around the world to become teachers of the Feldenkrais Method. He has taught in Canada, New Zealand, Australia, Germany, Italy, France, Norway, Sweden, Argentina and the United States. Jeff is Educational Director of the Victoria, BC 2004-2007 Feldenkrais Teacher Training Program starting in February. He will be teaching a pre-training workshop for the public in Kamloops, January 9-11. Jeff lives in Bend, Oregon with his wife and two children. His Feldenkrais Trainings are an outstanding personal and professional opportunity for people wishing to live a more fulfilled life.

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At this special time of the year when gifts are on everybody's mind, it is appropriate to talk about one gift specifically. The gift I'm referring to is the one each of us brings into this life. I do not believe that my particular gift makes me special or different in any way. We all have the innate ability to connect with our higher selves and beyond that, our guides. It's just that many of us have forgotten how. I'm not saying that the gift each of us has is to be a medium. But by opening up to our higher selves the inspiration that flows can manifest into many things; creativity in the arts, inventiveness, healing or just simple intuition, to name a few.

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Moment-to-Moment Practice

by Charles Syrett

There are many, many different approaches to the realization of Truth. They vary according to local tradition and to the assumptions made about Truth itself. But there is usually an even more basic assumption — that we are not living Truth to its fullest already, and therefore we need to do something different in order to realize it.

The most intense practitioners of any path commit themselves to the moment-to-moment practice of their way. For example, in Zen Buddhism, a common practice is to receive a "koan" from one's Roshi, or spiritual master. A koan is a kind of riddle which "points" to ultimate Truth, and cannot be solved by reasoning. Zen practitioners have been known to practice with a koan for years before breaking through to "satori," or the sudden intuition of ultimate Truth.

Another well-known Buddhist practice is Vipassana, or mindfulness. Anyone who has used this method of moment-to-moment simple awareness, even if only for a few days, can testify to the profound effect it has on one's sense of being.

In Christianity, moment-to-moment practice takes the form of what St. Paul recommended in the Bible: "Pray without ceasing." Some use a formal prayer, such as the "Jesus Prayer" of the Eastern Orthodox Church, while others practice a less-structured "walk with God," or moment-to-moment communion with the Presence of God.

Avatar Adi Da Samraj teaches that we are always already free — that our native condition is absolute Happiness — but that we don't realize this Truth because we habitually contract in our feeling, moment-to-moment. Thus we need to do something different moment-to-moment!

First there must be an intuition of Truth, awakened by the Grace of one who is one with Truth, or God, and can transmit that realization to others. Then the practice is to commune with that Living Truth in every moment. This requires a complete change of life, from all our habits of egoic living, to a life of loving service and ecstatic communion with the Divine Reality. Persistence in this practice inevitably leads to realization.

see ad below



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Assessing the Value of Complementary and Alternative Medicine in Canada

by Cindy Hansen

The trend towards Complementary and Alternative Medicine (CAM) is well-established. A government survey indicates that Canadians spend over 3.8 billion a year on CAM, and that it's used equally by people from high and low-income brackets. In fact, the majority of Canadians surveyed (70%), feel it should be covered by Medicare. However, as a report from the Commission on the Future of Health Care pointed out, 'assessing their value is nearly impossible - until we have more proof these products and services are effective.'

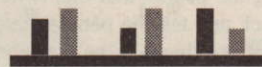
Holistic Research Canada has developed a method to objectively assess the effectiveness of most forms of complementary and alternative healthcare practices. Using a clinically-designed, holistic assessment tool, our research provides practitioners and potential clients, with empirically derived evidence that is needed to support the value of CAM.

This method was developed by a certified Holistic Health Practitioner, with a background in both assessment and research. Holistic Research Canada was created to advance the credibility of natural, holistic methods of prevention and healing. Statistics Canada is developing a website which will offer Canadians information on the effectiveness, efficiency and responsiveness of our healthcare services. CAM should be included in this data base. The Canadian healthcare consumer deserves to know the benefits of natural, holistic care.

Concrete evidence to support the wisdom of the Canadian consumers healthcare choices will give them more confidence in its value, and allow people to pursue medical coverage from insurers. The main reason we lack empirical support for CAM is lack of research funds. Health Canada will not be putting out CAM research initiatives any time soon, because, if they prove it, then Medicare may have to pay for it. Also, I don't see any of the large pharmaceutical firms doing CAM research, unless it is to discredit it, since complementary and alternative medicines are not seen as a good source of revenue. If we want the research done, then we are going to have to pay for it ourselves.

Holistic Research Canada

Assessment and Research designed



to meet the needs of CAM practitioners in Canada

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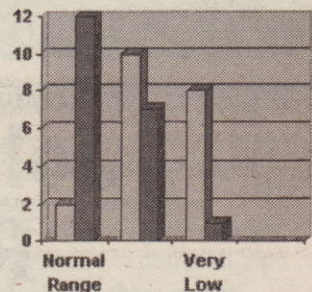
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Fortunately for you HRC's method of assessment is not only easy-to-use, it's also inexpensive, and the new clients it will attract will more than make up for the initial investment. The practitioners that benefit run the continuum from the more esoteric fields, such as Shamanism and Energy Work to the more established fields such as Chiropractic Care, and Acupuncture. The fields that most lack credibility will clearly benefit from the opportunity to provide potential clients with concrete evidence supporting the value of their services. Practitioners in fields which already have some evidence of their effectiveness, can gain a competitive advantage over their peers, by advertising the results of our study. For example, practitioners can use empirically-derived statements and charts to convince potential clients to use their services. The following chart and statement reflect the quality of results that can be expected from HRC.

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Message from the Hopi Elders

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We have been telling the people that this is the Eleventh Hour
Now you must go back and tell the people that this is the Hour
And there are things to be considered.

Where are you living?

What are you doing?

What are your relationships?

Are you in the right relation?

Where is your water?

Know your garden.

It is time to speak your truth.

Create your community.

Be good to each other.

And do not look outside yourself for the leader.

This could be a good time!

There is a river flowing now very fast

It is so great and swift that there are those who will be afraid.

They will try to hold onto the shore.

They will feel they are being torn apart and they will suffer greatly.

Know the river has its destination.

The elders say we must let go of the shore,

and push off and into the river,

Keep our eyes open, and our head above the water.

See who is in there with you and Celebrate.

At this time in history, we are to take nothing personally.

Least of all ourselves.

For the moment that we do,

Our spiritual growth and journey comes to a halt.

The time of the lone wolf is over, Gather yourselves!

Banish the word struggle from your attitude and your vocabulary.

All that you do now must be done in a sacred manner

And in celebration.

"We are the ones we've been waiting for..."



Community - to be or not to be

by Richard

To say that the world is changing is practically a non-statement in this day and age. Angèle and myself have positioned ourselves in a place that lends itself to community.

We are located at one of British Columbia's fastest growing Retreat Centres in a small rural community overlooking Kootenay Lake. Together and with the help of others, we run retreats, workshops, and publish this magazine. Our connection was by no means a coincidence for as you have probably heard before, there are no coincidences.

Before us stands a world of incredible change. At this juncture in history people need places to go where they can develop their gifts and learn new skills to equip them for their journey into the future. This magazine and the Retreat Centre are a catalyst for a shift in consciousness.

Recently we held a meeting here on Community. It was an experience in opening up the incredible potential of multiplying our energies by working collectively on the same goal.

The time has come for some of us to gather and work together in keeping the Light. It is sacred work that requires a new way of seeing. We have started this journey without a map. We do not carry the answers, we can only seek the guidance of the Universe to help us along on the path. Those that are meant to come will hear the call, those that do not will travel on their own paths. There is no right and wrong in this journey, it is a time to follow one's Heart, Mind and Spirit. If you feel the call, if you can step outside of your boundaries, if you have a lot to give to the world then call us. 1-877-366-4402

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What's Cooking Feng Shui in the Kitchen

Jollean Mc Farlen, miact csl

The kitchen is one of my favorite rooms and can be an important player in home feng shui. It is where we go for sustenance, to be nourished and to gather with our loved ones. In our busy world I have often heard clients complain that they rarely have dinner with their partner or kids. I think this is a tragedy and one we must make every effort to correct. Family time is critical to the health of everyone involved. Sitting together and sharing our day's adventures, discussing upcoming plans, and conversing on world events can be so rewarding. It keeps you all connected, communicating, and interacting. The kitchen table is also a wonderful place for a weekly family game night, another opportunity to be together.

If you live by yourself, it is important to take the time to create a nice atmosphere, light a candle, listen to pleasant music, eat from nice dishes, - make it a special time to relax over food. This holiday season, invite some friends to create a yummy, made with love, potluck dish to share. Offer each other support as you discuss your goals and dreams for the New Year.

Kitchen decor should be clean, with the room well ventilated, brightly lit and spacious. It should be free of clutter with comfortable furniture. Utensils and dishes should be neatly organized and easily found. Cleaning around the stove reduces the chances for arguments. Emptying the trash will open the way for new opportunities. Sweeping and/or mopping reduces financial stress, as does keeping the foods in the fridge fresh. A fresh bowl of fruits on the table is a wonderful symbol of good health. You may have heard of using a mirror behind the stove to double one's abundance and good fortune, especially if your back is to the door/opening when you are cooking. Cooking with love makes everything taste better and increases your family's health.

2004 is the Year of the Monkey

The chosen animal character is said to denote the energetic quality of the year. The year of the monkey is said to be an unpredictable year when nothing goes according to plan. New ideas abound and communication will flourish. *see ad below*

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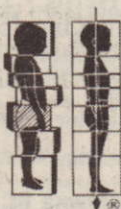
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The Power of Thought and Word

by Clayton Truman

It is not so much what we think but what we feel about what we think.

Most people feel that if they come across a particular item or experience that they have been thinking about, they believe they have created or brought to themselves this product or situation.

One must understand from what level we create. It is our unconscious, or subconscious that we create from. Heard verbally, these are the thoughts and words that come out of our mouths without us even noticing. Many are negative, and therefore so are the results. Some examples of these would include, 'I am not good with remembering names', 'I'm so stupid', 'I can't take directions' or 'This always happens to me'. These types of statements are usually uttered under our breath without our noticing. Statements such as these, uttered in this consciousness, are very powerful. That is why once one understands the power of thought and word, you either become very careful, or very excited.

One of the pitfalls with conscious creation is knowing what you want, and not what society believes you should have. A person may believe they want a better job with more pay, but if what they really want is higher self-esteem, they won't get it with the new job. What they will feel is that they are unable to create what they want because they were not able to get a better job. They can stand in front of a mirror every morning and chant, 'I will get a better job' all they want, where if they stood in front of the same mirror and chanted 'I love myself' after a while they will begin to create that feeling of self love. And remember to be cautious that it is not your ego that is making the call for your needs.

The other misconception about creating what you have thought about is that when it shows up, we may think that it is the 'only path'. This is just not so. You can create as many paths you wish and choose all or none of them.

As an example, say you want more love in your life, and you have decided to watch for that someone special. You create the situation where you meet someone. Unfortunately it seems as though it is not in your best interest to be with this person, but you continue to pursue the relationship anyway because you believe, there is too strong of a coincidence from the time you decided to find someone to that someone showing up. You feel as though it is meant to be.

One must be cautious with this type of thought process. Just because you brought into your life what you have thought of and visualized (creative visualization), does not mean it is meant to be or that it is the only path. It is only one of many options you can now decide to choose. It is a duality. Yes, you created it but it is your choice to follow your creation or not.

Make sure that the thoughts and words in your head are positive reflections of yourself and your surroundings and you may find that you can influence your destiny.

Clayton Truman, lives in Summerland, and has taken the fast track to spiritual awareness... by accident.

He writes a column 'Out of the Box' for the Mental Health Association in Penticton.

Stressed Out?

Relaaaaax...With Hypnosis

by Peter Smith

John used to down two scotch and waters before dinner every night just to relax enough to make the transition from work to home life.

Now after work John takes a fifteen minute "transition break" by closing himself off in his bedroom. Turning off the phone and putting on some soft music, he slips into comfortable clothes and stretches out on his recliner. As the music begins to soothe his nerves, his thoughts take him to his "safe place," a mental haven where he has gone many times to escape from the stresses of the outer world. Here, in his own imagination, John is in complete control. He can visit his favorite location - a stretch of deserted beach - or another safe place in a cool pine forest, where he listens to the tinkling of a nearby waterfall. Wherever he is, John knows he is safe, comfortable, and in complete control, with no one asking anything of him or wanting anything from him. Here he can - and does - imagine himself as he desires to be - healthy, happy, relaxed and at peace with himself and everyone around him. If he experienced any difficulties at work, he puts these problems into the basket of a hot air balloon and watches them gently blow away, knowing that

continues on page 28



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Who Is In The Driver's Seat Of Your Life?

by Annie Hopper

As we develop in our lives, there are moments in time when we feel it is not safe to be who we really are. In our fear of being rejected - or hurt - we create sub-personalities that protect and prevent us from being open. The greater the pain or trauma we have to deal with, the more changes we have to make to ourselves. The more characters (sub-personalities) we have, the greater the loss of our natural awareness which results in an increasing distance between our Perceived Self and our True Self. Oftentimes what happens is that we become so identified with our characters that we forget who we truly are. This supporting cast is usually created between the ages of 2 and 10, and is invented to provide short term protection from perceived vulnerability and pain. As we adapt and take on more characters, we also start to take on negative views of ourselves. This produces negative core beliefs which may appear to be true at times, but are not extremely accurate. These characters are present within us and all we have to do to recognize them is to slow down and listen to our inner dialogues. We can hear them within the internal chatter that says "The world is not a safe place, so don't trust people!" This negative belief could be seen in the character that might be called Evasive Elaine that always keeps people at a distance so that she doesn't get hurt.

It's like you are on a bus entitled "YOU," with a whole bus load full of characters and the passenger who is driving the bus is whatever character you perceive you need in the moment. The problem is, most of these characters on the bus are really too young to drive and their individual specialty is to react to whatever road conditions present themselves in the moment. But once again, they perceive you are in danger somehow. As a result, they are always acting out of reaction. How likely are you to achieve your goals in life with a five year old at the wheel who is reacting out of fear? Do you ever wonder why you keep repeating the same patterns over and over again when you know you deeply desire something different? Change does not happen until the real you becomes the designated driver.

Your Aware Adult is already on the bus and only needs a little help to be able to take the wheel. With love and compassion for yourself, you can now let your Aware Adult take over and steer you in the direction that you desire to go. So, how can you tell the difference between an invented self and your True Self? Your True Self only supports you in your highest good. It does not react or act out of fear. How does your Aware Adult gain control of the wheel?

- Start listening to your inner dialogue.
- Journal your thoughts and feelings daily.
- Acknowledge the self-limiting core beliefs you are operating from in your life.
- Have love and compassion for the characters within you who encourage you to feel separate in your life and prevent you from being fully self-expressed. They believe they are protecting you.
- Make up a name and think of unique characteristic traits for each character. When do they show up? How do they act/react? What do they look like? What is their function? Acknowledge this part of you.
- Thank this part of you for protecting you.
- Bless this part of you.
- Release this part of you into the Nothingness from which it came.
- Ask yourself "If fear was not part of this equation, how would I act?"

Your True Self supports you in your Highest Good and wants you to live a life full of love, joy and the freedom to be fully self-expressed. Are you ready to claim your good?

see ad to the left

SHAMPOO'S EXPOSED

by Brian Curelle

Shampoo labeling states that a cleansing agent, for example, may be 'derived' from plants such as coconut, but that's only part of the story. What's never listed are the carcinogenic(cancer causing) solvents also used to produce the ingredient. One such solvent, ethylene oxide, is a carcinogenic, petroleum derived chemical that typically contains 1,4 dioxane, also a carcinogen. Both are readily absorbed by the skin and are listed with the International Agency for Research on Cancer (IARC). Manufacturing ingredients such as ethylene oxide, contribute to global warming, water and air pollution, directly affecting health and health care costs. As well, consider the people in your city showering daily. Accumulatively that's a lot of solvents going down the drain into the water system.

Check your shampoo label. The following are a few of the hundreds of cleansing agents made with carcinogenic and toxic solvents: Coco Betaine; Ammonium Lauryl Sulphate; Cocamide (DEA); Olefin Sulfates(Sulphonate); Olefin Sulfonate; Ammonium Laureth Sulphate; Sodium Laureth Sulphate; Ammonium Cocoyl Isethionate; Sodium C12-15 Pareth Sulfonate; Disodium Oleomido (Olcamido) Sulfosuccinate; Ammonium Myreth (Sulfate); Sodium Mystiral Sarcosinate; Sodium Cocoyl Glutamate; Sodium Trideceth Sulphate; Sodium Methyl Taurate; Sodium Alpha Olefine Sulphate (some mislabel it as Alpha Olefine); as well as any ingredient with TEA, MEA, DEA, PEG, MIPA, Triethanolamine, Glyceryl Oleate, or Glyceryl Monostearate.

Watch out for vague labelling such as "vegetable emulsifying wax", "organic cleansing and foaming agents, sugar cane, corn sugar", "plantaren", "fatty acids". These are not the 'chemical' names of the ingredients and mislead you into thinking they are more natural and safer than others. Cleansing agents and water typically comprise 92% - 96% of shampoo formulas, so don't be misled by an array of botanical extracts or

floral waters listed, or claims such as 70% organic ingredients. While 'organic' ingredients are wonderful, they typically make up very little of the entire formula, adding little or nothing to enhance performance. An ingredient at just .1% concentration allows an ingredient to be listed. Ten 'organic' ingredients can make up just 1% of the entire formula. An array of 'organic' extracts are typically added because they 'look' good on a label. The 'natural' trend is also seeing an increase in 'clear' shampoos, because consumers naively assume they are more 'natural' and 'safer' than others. Opacifying ingredients have been added just to make a shampoo appear more solid and more concentrated, but with the 'natural' trend, they're being left out of formulas, to give that 'clear' look.

Preservatives can also be potentially hazardous. Methyl and Propyl Paraben are two preservatives that are 'estrogenic', and have the ability to disrupt parts of the endocrine system. Parabens are now being found attached to breast cancer tissue. Many scientists believe that 'estrogenic' ingredients are one reason for increases in breast cancer, testicular cancer, birth defects, etc. While other preservatives such as Hydroxy Methyl Glycinate (some label it Hydro Glycinate, Glycinate), release formaldehyde.

Some vegetable oils can be turned into cleansing agents by a 'saponification' process. Sodium or Potassium Hydroxide is used to 'saponify' the oils but is rarely listed on labels. Both are by-products of chlorine and hydrochloric acid, having typically been passed through asbestos panels or mercury cells. Chlorine is a source of dioxin, one of the deadliest known toxins. An example of saponification is castile soap.

As confirmed by scientists and the FDA, hair that one sees on their head is dead tissue. It can't be nourished or given life, only cleansed and coated. Ingredients make hair look the way you want but should be safe for you and the environment.



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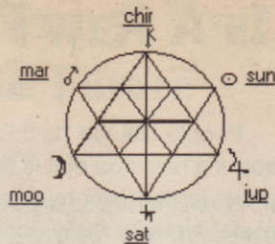
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The Harmonic Concordance Planetary Alignment

by Kestrel Alderbran



On November 8 and 9th, 2003, the spiritual community and astrologers celebrated the Harmonic Concordance, a lunar eclipse in Taurus occurring simultaneously with six astrological bodies that formed a geometrically perfect Star of David (star tetrahedron). This celestial configuration is considered highly auspicious and positive in nature. In astrological jargon it consists of three pairs of planets in opposition creating the polarity of balance or tension between them. What is making this pattern so exciting and significant? For astrologers, it is both a symbolic and an energetic celestial phenomenon, that passes over the birth chart of an individual, relationship or event happening to the Earth and her inhabitants. To some, this means a collective move into the heart chakra, for others, it signifies the ascension of our solar system and a portal to higher dimensional frequencies.

As an artist and astrologer, I see it as a mandala of opportunity for each of us to look into the symbolic and energetic image of this six pointed star. I see each triangle as representing the female and male trinities, of maiden, mother and wise old women, and the boy, father and wise old man, interlocked in harmony and diversity. In one triangle we have the Sun in Scorpio, forming a grand trine with Mars in Pisces, and Saturn in Cancer, all considered male archetypes in the signs, and the element of water, a female archetypal element symbolizing intuition, emotional depth, empathy and nurturing. In the opposite grand trine we have the Moon (typically a female symbol) in Taurus, Jupiter in Virgo, and Chiron in Capricorn in the earth signs. Each planet forms a point in this very ancient and esoteric symbol, forming a sextile in a sixty degree relationship to each of its neighbours.

Look back to the week around Nov 8th see what was flowing in your life. What thoughts and feelings did you have? What actions were you taking? Take advantage of the energies to help us get in touch with the many aspects of ourselves.

The moon doesn't stay still for long and will move back into this alignment during her next full phase. The sun moves out of this alignment quickly as well, and travels through the fire sign of Sag (Nov 23rd-Dec 23rd). This will be an exciting and adventurous time as we ponder new frontiers of consciousness during the busy time of giving and receiving during Christmas.

At the winter solstice, the Sun moves into Capricorn (Dec 23rd-Jan 21st). On Jan 6th, the Sun will cross the path of Chiron and shed some light and energy upon the archetypal planet of the wounded healer. Let us find the healer within, the parts that are wounded and in need of healing. Let us not forget this alignment as it dances itself into another beautiful pattern. We will soon be reminded of this energy pattern again at the solar eclipse at the end of Nov. "As Above so Below, As Within so Without". (see NYP - astrologers)

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Ancient Art Promotes Easy Weight Loss

by Laara Bracken, B.Sc.

Is this you? Tried ever so many diets? Low carb, high carb, Dr. So and So's never fail, cleansers, visualizations, will power, won't power and just plain starvation?

What if being your chosen size could be as easy as breathing? Our ancestors ate food when it was abundant and stored it as fat for the lean times when food was scarce. Our bodies also store energy as fat and when extra energy is needed, our metabolism naturally switches over to burn the stored energy (fat) for fuel. In our society we are surrounded by food, so our bodies do not naturally go into this mode. The ability is still there but we need a trigger.

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Is A Raw Food Diet Safe?

by Elyse Nuff

People ask me "Is this diet safe?" How am I supposed to know if a raw food diet is safe! The government's recommended diet for the past hundred years has just been proven to be unsafe! Nobody really understands food and diet. It is like trying to understand God, or the human brain. It is just too complex. Millions of elements, nutrients, vitamins, hormones, enzymes, chemicals, complex cells, functions, and variables are involved when food enters the body and is assimilated for the continuance of your life! Science is a relatively new study. Medicine and science have replaced the church as the new powers that be. Power corrupts. Therefore medical and scientific studies are biased to support the powers that be. So on top of being one of the most complex and complicated studies in the world, science and medicine are furthermore hindered by the forces of money, greed, and power. Therefore we the people are seeking to find Truth through a web of complexity, deceit and corruption that is almost impenetrable.

If you are looking to science and medicine for the answers, you will learn some things, but unless you study enough to be able to see through the agendas of the various special interest groups, you will just be confused. My friend wrote me yesterday that she had lost fifty unwanted pounds and become vibrantly healthy on the raw vegan diet, but then was talked into eating meat by her doctor, and had gained the weight back and was again suffering from various discomforts that had plagued her previously. She was confused. She was looking for some kind of scientific proof that she would be o.k. without meat. Sorry. They don't put any money into that sort of scientific testing. The fruit growers don't make enough money to fund these types of tests, and they won't until McDonald's comes out with McFruitBurger.

And what perplexed me most is why this person didn't just go with their own personal irrefutable test results! She had experienced vibrant health! Why didn't she trust her own experience? Why did she prefer to trust her doctor?

When we learn to trust our own thoughts, feelings, insights, intuition, and experiences, when we take time to connect the dots, when we take a minute to connect with ourselves, and with our Creator, then maybe our world will be in balance again!

see ad below



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Thought Forms Change Your Physiology and Future

by Ean Langille

Every thought that you have carries a powerful energy that magnetizes to you the events, experiences, and desires on which you place your attention. With each waking moment, the thoughts that continuously show up in your mind attract health or disease to your body. Here are three ways it is possible to manifest perfect health and create a future free of fear.

The first key is to be aware that each thought you have expands and reverberates throughout the energy soup of the cosmos. Your thoughts become a calling card to the universe of who you are. If you constantly have thoughts of fear or ill health this is sending a strong message that this is what you love. You may not be sure how you attracted a particular problem into your life, but it can be turned around through awareness. It has been said that most people have about 60,000 thoughts per day and that there is very little change in those thoughts over time. You start by reflecting on the messages you broadcast to yourself. Replace thoughts of fear, worry, and doubt with the higher vibrations of love, joy, and peace.

Secondly, become completely present to what is happening in your life. The mind is a fascinating tool when we tap into the unlimited resources of the present moment, giving full attention to what is occurring in the now. Often, however, you may find that it is the mind that controls you with its desires, appetites, or addictions. By avoiding what 'is,' the mind suffers lack, hungers, and is never satisfied. It may take you through the visual and emotional turbulence from guilt and pain of the past to projected anxiety and fear of the future. With each real or imagined positive or negative thought, a chemical is sent to the body that either strengthens or weakens it. To create optimal health and change your future, you must accept that the negative mind talk has taken place in order to transcend it. By taking action to silence the mind you will discover new alternatives to your current impasse. Make it a priority to take time each day to just 'be,' to allow moments of peace to release stress from the body.

Thirdly, you must begin to look at everything as energy. In 'Power vs. Force' by David Hawkins, he explains that energy is measured on a scale of 0 - 1000. Your thoughts determine your energy field, its impact on the world, and the quality of your life. Shame vibrates energetically at 20, guilt at 30, fear at 100, whereas peace vibrates at 600. Every time you have a negative intention or indulge in the lower emotions, your health will suffer, as your body carries the denseness of that energy. As you choose to allow the higher vibrations, your body adjusts and you can begin to see the possibility of optimal health. Organic fruits and vegetables and high quality herbs build your energy levels to naturally stimulate a release of the toxicity stored within your cells. Through awareness of your thoughts, being in the present moment, and viewing everything as energy you magnetize to you that which you are. Choose life with the highest energy levels to attract optimal health and an optimistic future. (see ad to the right)

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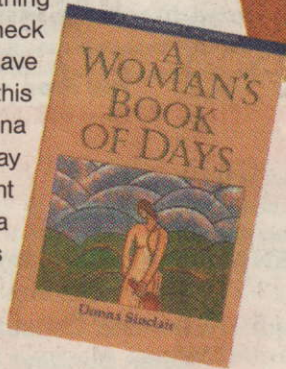
by Christina Ince

Who's on your gift list.....wise women.....weather watchers..... worldly wanderers.....? This eclectic selection of books may help you choose gifts that are not the results of dizzy commercial stress. They are not books to be read through and discarded on the shelf, but rather dipped into and savoured, and returned to again.....and again.....

A Woman's Book of Days

Donna Sinclair
Northstone Publishing Inc.
ISBN 1-896836-02-X
\$14.95

So many books of days have a common theme, or seem to say the same thing over and over, so you check the date to make sure you have moved on. Refreshingly, this is not the case with Donna Sinclair's offering. Each day she writes about a different subject, often from such a personal perspective, it's like getting a letter from a friend. Community, Anger, the Soul, Tradition, Seeking God, the Enneagram, Pottery, Poetry, Letting Go, Sacredness, Inner Dialogue and Falling in Love are just a few of the 250 subjects she covers in this book. For several days she has included recipes, and I was amazed to find that on my mother's birthday, June 16, the recipe is for birthday cake.....aah, synchronicity. Many of the subjects are recognizably every-day and you may find yourself saying, "I could have written something like this!" So.....now you know how to put that pristine new journal to good use, don't you?



One Hundred Wisdom Stories from Around the World

by Margaret Silf
The Pilgrim Press • ISBN 0-8298-1562-7 • \$24.00

Story No. 52 is The Ferocious Dog: a perfectly normal little dog wanders into the Hall of Mirrors at the fair-ground and is horrified to see hundreds of dogs staring back at him. He bares his teeth and barks and is horrified to find that all the others do the same. He is frantic to find himself in the midst of a hostile army of fearsome frantic dogs. The little dog's owner comes looking for him, and as soon as he sees his owner he wags his tail and becomes joyful. Then he notices that all the other dogs are joyful too, and he begins to think that the world isn't quite as terrifying as he had first thought. This is one of the hundred wisdom stories contained in this book which focuses on different aspects of our search for truth and meaning, divided into sections such as Treasure of Everyday Life, The Art of Living True, and Our Relationship With All Creation. The origins of many of the stories are unknown, others come from such far-flung places as India, China, France, Ireland, Russia, England, Africa and Denmark. If you buy this book for someone else, you probably won't be able to resist sneaking a peak to find out about the frog who wouldn't give up, the letter-with-a-difference, the devil's apprentices, the forever tree, she-who-sits-alone, and the basket of dreams.

Dr. Zhang's 2004 Chinese Health and Weather Almanac

Thomas Zhe Zhang MD, Dr of TMC with Ariel Fraillich
Ginseng Press • ISBN 0-9722-1961-0 • \$14.95

This almanac, described as both a health guide and a unique planning tool, contains much useful and fascinating information despite being a slim volume of only eighty pages. Did you know that, according to the Chinese environmental calendar, otters sacrifice fish on February 19, loud crested hawks open their wings on April 25, pheasants enter the Great Water and seem to become irises on November 17, and on January 26, 2005, the dark colts are eager? Along with the Chinese calendar and the weather, you will find the forecast for 2004, broken down into two-week periods, showing health problems and solutions. You will learn why it is important to "eat like a native", why breakfast matters, and how food flavours relate to health. You can also learn how to balance your emotions, and how a lifestyle that follows the patterns of nature and local climate can make you healthier than one that doesn't. There is a monthly calendar at the back of the book, showing which of the five elements relates to each month, along with the moons, "damp days" and transition periods. You don't have to be familiar with Traditional Chinese Medicine or Chinese ancient wisdom to put this book to good use!

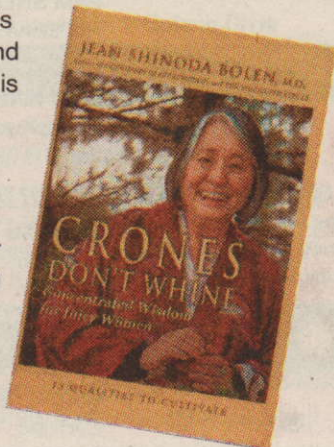


Crones Don't Whine

Concentrated Wisdom for Juicy Women
by Jean Shinoda Bolen, M.D.

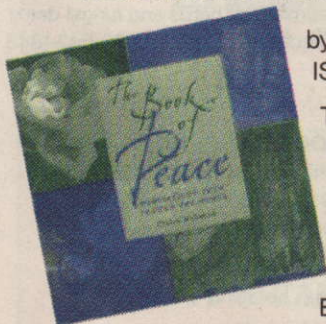
Conari Press • ISBN 1-57324-912-2 • \$22.95

As the title implies, this book is written with humour, insight and wisdom. Jean Shinoda Bolen is the author of several books - one of which, *Goddesses in Everywoman*, is still going strong after half a million copies sold - and your reviewer is in good company: Susan S. Weed, Alice Walker and Gloria Steinem are among others whose praise graces the book's jacket. We learn that to be a crone is to be in the third phase of your life. Having grown psychologically and spiritually, crones have wisdom, compassion, courage, humour and vitality. Crones don't whine, for whining is a block to genuine communication, development and change. Men, don't be afraid to consider this book for the crones (developed, budding or would-be) in your lives - for crones are juicy, have compassion, truth, laughter, heart, and savour the good in their lives, and they also know that exceptional men can be crones too! This book encourages all the qualities mentioned here, and others, and will inspire you to seek your inner potential.



The Book of Peace...

Meditations from Around the World



by Claire Nahmad • Journey Editions
ISBN 1-58290-066-3 • \$19.95

This lovely book is even peaceful to the eye, with text, backgrounds and pictures in soft blues and greens. It begins with a guide to meditation for the beginner, but it is so much more than a book of meditations. Move from the Sacred and Eternal Flame of Tibet to the Enchanted

Fairy Isle of Celtic Mythology to the Garden of Delights of Islam to the Candle of Vision of the New Faith; there are eleven meditations in all, each featuring a different culture, with poetry, thoughts, prayers, a contemplation, a guided visualization, and affirmations. We have never been without turbulent times - a book such as this reminds us that there is a universal desire for peace, and if we can bring calm to our own hearts, then we can help others accordingly. A lovely gift for those you wish to inspire, soothe, reach out to, as well as for yourself. Let me leave you with a small portion of the Celtic blessing at the end of the book:deep peace of the running wave to you, deep peace of the flowing air to you, deep peace of the quiet earth to you, deep peace of the shining stars to you.....let our hearts incessantly bless, let our eyes bless everything they see.....



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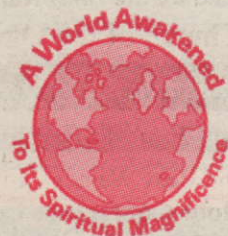
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Hypnosis *continued from page 19*

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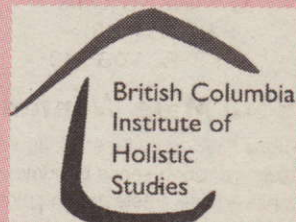
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