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**April/May
2003**

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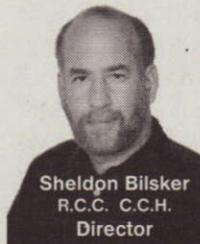
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NELSON WELLNESS WEEK

May 10th - 18th

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During Nelson Wellness Week, May 10th to 18th, wellness practitioners will be celebrating and sharing their healing arts through a myriad of community events, that will include a Wellness Fair, a wellness coupon-passport book so that you can try out any of the healing arts at a nominal fee; there will be group events for yoga, breathwork, martial arts, sharing food, music and more.

The Nelson Wellness Week fits within a larger collective vision of learning to work together in the long term as a wellness community, to solidly put Nelson on the map as an international healing and spiritual centre.

....I'm in the middle of nowhere, in the centre of everything...

**For more information and a
calendar of the wellness events
please contact:**

**Jennifer Harper at (250)352-2113
or email: bgosney@shaw.ca**

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that allows the wind to carry the beneficial vibrations across the countryside. The HÜMÜH Monastery offers ongoing retreats, classes, and meditation instruction. Feel free to join us Sunday mornings (no charge) at 11:00 am for meditation and Spiritual Teaching with Wisdom Master Maticintin. For more information or directions to the Monastery, please call 250-446-2022 or visit our website at www.HUMUH.org

"Mommy, what's in my toothpaste?"

by Jeanne Shaw

Five years ago, **another** of my close friends was diagnosed with breast cancer. She was a health conscious woman who exercised regularly. I felt angry; so many women were struggling with breast cancer. I wanted to know **WHY!**

My search for answers began with "The Politics of Cancer: Revisited" by Dr. Samuel Epstein and continued through "The Breast Cancer Prevention Program" by him and David Steinman, "The Safe Shopper's Bible," and countless articles and lectures.

What I discovered in my search shocked and further angered me. I discovered that we are unwittingly being inundated with cancer causing agents in products that we use every day; products we would avoid if we knew they contained potentially harmful substances. I found them in my toothpaste, shaving gel, shampoo, hand soap, dish soap, deodorant, bubble bath, skin cream, cosmetics - everywhere. I learned that over time, I was absorbing a host of toxins through my skin - the largest organ in my body. With all the other unavoidable toxic substances in the world, it made sense to avoid the ones that I could. That meant learning which ingredients to avoid. I started to read labels - not an easy task.

In Canada there is no law saying that all ingredients must be labeled. There is no law saying that labels must contain chemical names. A product can identify itself as "nontoxic" or "natural" and still contain a host of harmful substances, under the guise of the natural ingredients. Some ingredients like dibutyl phthalate are never on the label; other times the original natural substance is on the label, not the chemical derivative that is the actual ingredient.

I also discovered that products could be contaminated with harmful substances like 1-4, dioxane (a relative of dioxin). Ingredients can interact with each other and even break down to form cancer causing substances. None of these contaminants are on the label. There are no warning labels to say: "If you use this product as directed, daily, from birth, you increase your cancer risk or you may harm your unborn children."

As consumers, it is our right to know what we are using. It is our responsibility to educate ourselves and protect our friends and family. Buy from companies that can prove to you that they use only safe ingredients and label in appropriate chemical terms and buy from companies that use third party testing to guarantee there are no contaminants.

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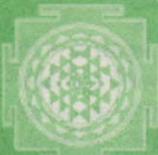
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Avatar Adi Da Samraj and The Way of the Heart

by Charles Syrett

Recently my wife Susan and I went on a meditation retreat at DaLove-Ananda Mahal, one of the Sanctuaries of Avatar Adi Da Samraj. Adi Da Samraj is a Siddha, or spiritual master who transmits spiritual energy and awakening power directly to prepared practitioners. We were told that Adi Da Samraj would be giving this initiation (traditionally called "shaktipat") during our retreat.

As soon as we arrived on the Sanctuary grounds, we could feel the blissful spiritual energy that He radiates, and that permeates every square inch of the ashram. It wasn't just an atmosphere of peace; it was a living, conscious presence.

Every morning, after about two and a half hours of meditation in the Temple, we would be ushered into the Transmission Hall. A few minutes later, Adi Da Samraj would enter and take His seat at the front of the Hall, facing us. For about forty-five minutes to an hour, He would sit in silent meditation with us, radiating His transmission of Love-Bliss.

In the Way of the Heart, meditation is not an inward practice, but a state of devotional communion with the Guru. That heart-opening to Him allows His divine consciousness and energy to enter us so that, in effect, He does the meditation. There we were, upwards of forty people in the room – and He was meditating each one of us individually! We would often "compare notes" afterward, and find very different and very powerful experiences.

I would usually feel Adi Da's very tangible and personal presence as a gentle pressure on top of my head, and then a blissful descent of His presence into my body. Sometimes there was no "me" left – just the Divine Consciousness.

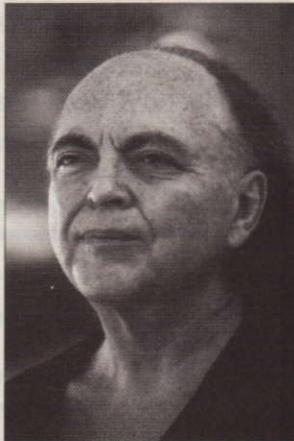
Since returning from retreat, I have felt Adi Da Samraj with me through the day, guiding and instructing me, gently moving me beyond ego, and drawing me into blissful depth in every meditation.

Avatar Adi Da Samraj wants to find His devotees – the millions of people that He has been working with spiritually, but who may not have heard of Him yet. If you would like to learn more about Adi Da Samraj, please contact us. We offer books, courses, and videos.

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Avatar Adi Da Samraj

Crystal Healing

by Karin Burgermeister

We are only now rediscovering many of the healing practices used by the ancients. Long ago, many civilizations used crystals and stones in various ways such as for protection, healing and initiation. Ancient medical traditions included the wearing of amulets and charms.

The Bible refers to crystals over two hundred times. Throughout the ages crystals and gemstones have been known to stimulate processes of transformation and healing. Healing stones allow one to access and utilize energies which permeate the entire universe. Each crystalline form has its own unique personality and vibration.

Crystals may be used to transform, conduct, amplify or transmit energy and light. This radiation has a natural influence on biological organisms. A crystal contains absorbed light. This is why, when placed directly on the body, it can influence the "light communication" between cells. Particular reactions are triggered as these energies interact. They influence the body's system according to what is required at the time. A stone will offer information in the form of radiant energy. If this energy is accepted, healing will take place.

Healing with crystals is an information therapy as are Homeopathy, Bach Flower Remedies and Aromatherapy. In each case it is not the chemical substance that is effective, it is rather the information emitted which produces healing results. A stone chosen to suit the needs and personality of an individual will be more successful than one chosen randomly. The atmosphere we live in affects our emotional and physical health. Healing crystals can have a positive effect on this environment. It depends upon an individual's receptivity as well as what is required in that moment. Crystal healing is a non-intrusive method for developing the ability to heal from within.

Healing stones can be used to clear the aura, balance the chakras and loosen old energy patterns. The effect of a healing stone will be temporary unless the information gained is recognized and transformed into action. It is the insight gained from a stone that releases old energy patterns. If we do not stop repeating old habits these patterns will return.

Crystals are only aids for healing, nothing more. With their help we can change the problems we ourselves have created.

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May 16-19

Anatomy

Something to Think About

by Elfie Holst

Anatomy and physiology for many people conjure up memories of dry lectures, attempts at memorizing information and difficult exams. For others anatomy and physiology are mysteries and incite fear of an inability to learn about the perceived complexities of the human body. Many of the anatomy and/or anatomy and physiology classes available are weeks or even months long and designed for specific programs like nursing or massage therapy. More recently anatomy and physiology are becoming more accessible to the average person. Now there are wonderful, informative websites, pictorial and sufficiently descriptive books and even a variety of workshops exploring the basics or the energetics of human anatomy and physiology.

In these times when many people, myself included, are not only seeking integrative, complementary and alternative practices to support their health, they are also, in unprecedented numbers, learning these modalities and helping others: Healing Touch, Therapeutic Touch, Reiki, Cranial Sacral Therapy, Jin Shin Do, Pranic Healing, Touch for Health, Acutonics and ever so many more modalities are inspiring people to help themselves, family and friends. Often enough these practitioners 'hang a shingle' to support individuals from their larger community. It is a wonderful unfolding in our society these days. However, learning about anatomy and physiology can only deepen the skill of advanced practitioners of any modality. Frank Lowe once said, "If you know what tissue you are on, the more effective the therapy. If you are fuzzy in mind, you are fuzzy in your hand."

As a Certified Healing Touch Practitioner I find I use my knowledge of anatomy and physiology in almost every session. Just yesterday I worked with a client who came to me with a naturopathic diagnosis of candidiasis. She had worked with a naturopath for a year and felt she needed a little more help to come back to greater health. With an energetic assessment of the three sphincter/valves of her gastrointestinal tract, a focus on the esophageal sphincter led to her recall of being repeatedly forced to eat things she did not want to eat as a child, including repeated bouts of antibiotics. This insight helped her understand more clearly what she needed to do next to reclaim health in her digestive system. Recently, understanding the anatomy of the thyroid gland and the esophagus helped me encourage a client to double check for esophageal related side-effects of medications she was taking. Now having seen her physician she has a slight change in medications which hopefully will help resolve her hoarse throat.

I could easily cite other examples of how learning more about anatomy and physiology has deepened my practice. I am now comfortable and in fact inspired, to work deeply in the body, with the bones, the digestive system, the endocrine system, to name a few. I am thrilled this information and experience found me and has tremendously deepened my presence and skill as a practitioner.

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Musing

with Angèle publisher of Issues

THE HÜMÜH Monastery

The front cover is of yet another retreat centre and I have a few more yet to feature as time moves along. BC seems to be a growing oasis for people seeking knowledge and reflective time. The Hümüh Monastery in Westbridge, is where Gerry from the Juicy Carrot is moving to. He has been feeling the call for quite some time and now that the building has been sold, it is time to move on. The Juicy Carrot and the Rainbow Connection Book/Gift Store and Yoga Studio will no longer be in existence as of May 15, 2003. The lady who bought the building is going to transform it into a Health Spa. It is a perfect location, and this old building will love the face-lift. Issues Magazine will continue to rent its portion until Oct. 1.

I invite all my friends, shoppers and well-wishers to drop by and check out the sale of used books and unique gifts from April 10 to May 10. I will be spending the summer teaching and hosting workshops at the Retreat Center at Johnson's Landing. I will be back and forth to help with printing the August edition, and getting ready for the Wise Woman Weekend in September. When the Oct/Nov. edition is complete, I will pack up the office and move it to the Kootenays. I would like to invite our readers to visit our sanctuary and feel for yourself the serenity of the mountains and the magic of the land.

My intention in moving to the Retreat Center is to create a community of people who wish to work cooperatively on the land, creating a living for ourselves and sharing organic vegetarian meals. As well, I will get some experience running a retreat center as I continue to publish Issues Magazine. I have lots of ideas and I will soon find out if Richard and I can attract some creative people who would like to join us on the journey. I am not sure what the journey will look like, but I am a trusting soul, and assume the universe has a plan. It took only a week for the buyer to be manifested once I had decided to let go and move on. She said she was looking at land in another part of the city when a thought came through quite clear that she was to check out my place.

I am encouraged by the fact that Findhorn in Scotland is celebrating its fortieth year of being an intentional community, and I love the depth of content their programs offer. They teach stewardship in the true sense, that looking after the Earth will help us to look after ourselves. It all started when God spoke to Eileen Caddy and the nature spirits spoke to Dorothy Maclean. They were given clear instructions on the day-to-day planning, without a vision of how big it would become. When I spoke to Dorothy last summer at the Retreat Center, she said that if they had known the bigger picture, it might not have turned out as well. She is glad to live in the moment and now travels around the world teaching people how to communicate with the devas. With time they were

joined by David Spangler, an American. David's three year stay expanded and clarified the vision of Findhorn and the responsibilities of cooperation.

In one of Findhorn's books, published in 1975 and entitled *The Findhorn Garden—Pioneering A New Vision of Man and Nature in Cooperation*, this opening quote appealed to me. "Our radiant energy pervades and gives rise to all life. While it may speak to us through plants, nature spirits or the human beings with whom we share life on this planet, all are reflections of the deeper reality behind and within them. Myth has become reality in the Findhorn Garden, not to present us with a new form of spiritualism, but to offer us a new vision of life, a vision of unity. Essentially, the devas and nature spirits are aspects of our own selves, guiding us toward our true identity, the divine reality within. The story of the garden is a celebration of this divine life in its myriad forms. May the joy we experience in participating in this celebration deepen our commitment to revealing the total beauty of ourselves and all life around us."

The lessons learned from the growing of plants were applied to the growing number of people joining the organization. Then Roc joined, an English researcher into the elemental kingdoms, who had heard about the forty-pound cabbages and other plants growing in the sand and wind in Northern Scotland. The energy drew him like a magnet. As a child, he passionately believed in fairies and loved both the Greek myths and their Norse equivalents, whose Gods were very real to him. He had already met the God Pan, through the ethers, and their long conversations about the nature of man as described in the book, intrigued me.

This Greek mythological creature came alive to Roc and spoke of his love for man but said that his destructive ways were affecting the devas. They too had a choice and many no longer wanted to help humankind. They don't understand why we are clear-cutting the forests or spraying toxic chemicals on the fields that the elemental beings inhabit. Overall, the book does a great job of explaining the etheric energy and archetypal patterns of plants and even describes how quarrelling affects their vibration.

Modern man has forgotten how to listen to wind and water, flower and tree, angel and elf. The consciousness of the archaic cultures, Tibetan, Hopi, Sufi and Celtic are making a comeback because they contain the wisdom we need for the survival of our species. Our ecological footprint has become too large. We must change or the changes will be made for us. I for one know it is time to start a new phase of my life, and look forward to the possibilities of growth for my soul.

Angèle 

ISSUES MAGAZINE

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THE JOURNEY

by Babsie Kazinoff

*"From the beginning to the end of this journey, you actually go nowhere.
Every experience is within the center of your being. All is here and now."*

Harold Klemp

I read the above quote recently and remembered it when thinking on what to put into this article. It brought back memories of what I believed as a younger woman starting out on a new life in a much bigger country than the one of my birth. I believed then, that my physical move would bring me greater growth and insight than staying behind as so many of my compatriots did. I have since learnt that I was wrong! I have realized that life experiences come simply from the choices we make. Perhaps there are many who would disagree with me, but we are all entitled to our own postulates. I was never one to take responsibility for what went on in my life. It was always the fault of others or something that happened by a strange coincidence.

This life pattern continued into my forties and then all hell broke loose. I developed cancer and because of this went through a series of operations, some of which involved facial reconstruction. This period of time finally made me stop and look at what had developed and what more could develop in my life unless I did something about it. I decided that I was worth, at the very least, the making of an effort so I spoke with friends trying to find out how they truly felt about me and I made sure I listened well. I meditated, seeking a greater wisdom that I was told came from within, and I looked at my thoughts and my reactivity to life in general. What I found shocked me! I needed major changes in the way I thought, as this was creating a lot of negative emotions within me. What I thought and felt, I got!

I started seeing some patterns of behavior that I knew I could change, simply because I adopted them from others, thinking that was the way to be. I also knew there was a lot more, but how to get to it? I came up with what I think is a great hands-on tool for self-discovery. I used it in a five-part way. First, laying out where I am, right here and now. Second, what I want? Third, how do I get it? And lastly, living as if I have it all. The fifth and final part I did three weeks later. At this point I had integrated, assessed, intuited and settled with all that I had learnt and was able to create a new path of consciousness for myself. It was in the being aware, that I changed, wholistically. The journey continues but without any physical movement. Why? I found that it is not necessary to physically move from point A to point B to raise one's consciousness. I simply found the right tools with which to make the changes. It was important for me to learn to stop trying to go after what I wanted and instead to learn to draw it to myself. After all, were I standing in the middle of a teeter-totter (see-saw) with all that I desired piled high on either end. And were I to go to either end in an attempt to get that which I desired, the teeter-totter would tip long before I reached my goal and all would tumble and be lost to me before I got there. I have learnt that by being neutral to the outcome, balanced and open, all would come my way. This is my way of journeying to a higher consciousness. This journey that I am on has taught me to shoulder all responsibility for what comes and goes within my life. To do the very best that I can and to stay aware for all those little signposts that show up to tell me if where I am headed is best for me. *Ad below*

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Tea is Serious Business!

by Arnold Bredenkamp

In England tea is taken with cream, in Tibet it is taken with butter, in China it has been taken for thousands of years, now it is time for Canada to take tea, seriously!

Tea is high in antioxidants. A cup of regular tea contains more than three times the antioxidants found in a glass of orange juice. Currently, antioxidants are health news. Scientists have discovered that these natural plant chemicals not only shield the body from cancer, they actually kill cancer cells. What is more, antioxidants protect your heart, since they minimize cholesterol buildup and prevent blood clots. Antioxidants limit the effect of free radicals in the process of aging and the decline of the immune system.

Molecular oxygen is essential for all life, but during respiration unbound hydroxyl, superoxide and peroxide molecules are formed. These molecules are unstable and very reactive and can cause damage to normal healthy tissue and change DNA, leading to mutations, which can be the precursors to cancer. The body can normally cope with the harmful effect of these free radicals. Its antioxidant defense enzymes as well as antioxidant nutrients protect it by combining with the free radicals or preventing them from forming.

The best known antioxidants are Vitamin C and E. Vitamin C is water-soluble and Vitamin E is lipid-soluble. Between the two of them they can thus protect both phases of the cell. These vitamins are found in many foods but both are also found in tea. It is also known that Vitamin C is destroyed by heat, but a recent study in China indicates that something in tea protects the Vitamin C from destruction.

The anti-cancer properties of the polyphenolic compounds of green and black teas are well known but we also know that black and oolong tea are not as powerful as green tea in terms of antioxidant properties. Black and green tea share a common ingredient with coffee, that is caffeine. Tea is very rich in caffeine (10 to 80 mg per cup) and this might sometimes be even more than coffee. The caffeine in coffee is absorbed quickly into the body due to byproducts that are formed during the roasting process. With tea the absorption is regulated by tannin and the effect of caffeine is usually less but longer lasting

We know that tea is a good source of antioxidants, but what about the caffeine and tannin in regular tea? Caffeine can be harmful to the central nervous system, causing irritability, high blood pressure and erratic sleep patterns. Tannin adversely affects the body's metabolism by decreasing the absorption of iron and protein.

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OPENING TO LOVE

by Brian Amaron, BA, RMT

What a wondrous existence to live in love. To be free from fear, flowing through life in which choices are made in trust, understanding and spontaneity.

We all have the potential. The purity of childhood is our divine right. Yet somewhere along life's path things go astray so that our innocence becomes wounded and repressed. We lose the ability to "be with what is".

Opening to Love offers a way back to our innocence. This personal growth group focuses on understanding and healing of childhood conditionings which influence our behavior and emotions as adults. Participants learn how to go beyond fear by recognizing and accepting their wounds, in particular shame, shock and abandonment. Doing so allows us to deal more readily with lack of trust and self love, thereby creating the ability to allow love in our lives.

One course graduate described how he was surprised to learn that longstanding feelings of shame were so present in his life. "I see more and more how it affects me in my relationships, how I tend to isolate myself in order not to feel it, and how I either disconnect and space out, or I become aggressive and arrogant when it is too much." During a weekend with teachers Barbara and Tony Titterington, he was encouraged to go into those vulnerable places where his "inner child was in fear, shock and mistrust." He reports: "What I came to realize is that the shame is there; I can find it easily whenever I look inside. By gently taking the time to watch and accept the shame, it loses its power and I become more human and more in my heart."

Barb and Tony, who live in Brockville, Ont. and teach Opening to Love and meditation at nearby St. Lawrence College, completed training for their seminars with Dr. Thomas Trobe. He is the author of 'Face to Face with Fear—A Loving Journey from Co-dependency to Freedom' and 'Stepping Out of Fear—Breaking Our Identification with the Emotional Child Inside'. For years Dr. Trobe has presented groups on co-dependency and the emotional child in North America, Europe and at Osho International Commune in Poona, India.

Participants in Barb and Tony's groups will experience meditation, guided exercises, informative material and discussion to gain tools and insights for healing. The atmosphere created focuses on non-pressuring, non-fixing and non-doing. They don't try to change, push or work through anything. Instead the emphasis is on bringing deeper love, self-awareness and understanding to what we find when we go inside.



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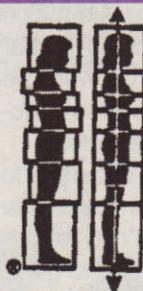
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Five-Element Theory and the Corresponding Diseases

by Dr. Yuguang Guo

Besides the Yin and Yang theory, the five-element theory is another fundamental of Traditional Chinese Medicine.

While early Western Philosophers believed that the world was made up of four elements; earth, air, fire and water, the Chinese conceived 'five' primeval substances that were closely linked with the natural world they saw around them and began to see a pattern emerging. The five-elements refer to five categories in the natural world, namely Wood, Fire, Earth, Metal and Water. The theory of the five-elements relates to all phenomena in the universe and corresponds in nature either to Wood, Fire, Earth, Metal or Water, and that these are in a state of constant motion and change.

Heavy winter rains caused new plants to emerge in the spring; these were scorched during the heat of high summer, leading to forest fires, which created ashes, thus returning the plants to the earth - already known as the source of valuable metal ores. Metal surfaces conduct heat and so tend to be cold, thus causing water to condense, starting the cycle once more; with winter rains making the plants grow.

These observations developed into what is now known as the five-element model. Just as the basic five-elements interact with each other, so do their various characteristics. In shorter terms, Water promotes or gives rise to Wood, which promotes Fire, which gives rise to Earth, which promotes Metal, which leads back to Water. The elements also have a controlling function. This is again derived from observations: Water controls Fire, for example, while Fire will control Metal. Metal will chop Wood, which dominates the Earth beneath its roots, while Earth will soak up rain or divert rivers and so is Water's controlling element. In the reverse direction, these promoting and controlling tendencies act to restrain or weaken the same elements and are important for maintaining balance and harmony. If any element becomes too strong and dominates the cycle, imbalance may follow.

The theory of the five-elements is also applied to generalize and explain the nature of the zang-fu organs, the inter-relationships between them, and the relation between human beings and the natural world. It serves to guide clinical diagnosis and treatment.

Five-phase associations

Element	Wood	Fire	Earth	Metal	Water
Organ(Zang)	Liver	Heart	Spleen	Lung	Kidney
Season	Spring	Summer	Late Summer	Fall	Winter
Climate	Wind	Hot	Dampness	Dryness	Cold
Emotion	Anger	Joy/Fright	Worry	Sadness	Fear
Color	Green	Red	Yellow	White	Black

For example: Mental pressure or stress can cause Liver Qi stagnation and liver belongs to Wood, which dominates the Earth; and the Earth belongs to Spleen. So Liver Qi stag-

continues to the right



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B.C. Registered Acupuncturist
 Master of Medicine, Beijing Medical University, 1988
 Bachelor of Medicine, Beijing College of Traditional Chinese Medicine, 1982

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nation, which appears as anxiety or depression, lack of patience, distension in the chest, breasts or rib area, irregular period or headaches, can cause Spleen Qi deficiency, which appears as low appetite, fatigue, loose bowel or constipation. So when we treat a patient with fatigue and chronic diarrhea, we sometimes have to think about the Liver, which means that we tonify the Spleen Qi and at the same time relieve and balance the Liver Qi. *See ad above*

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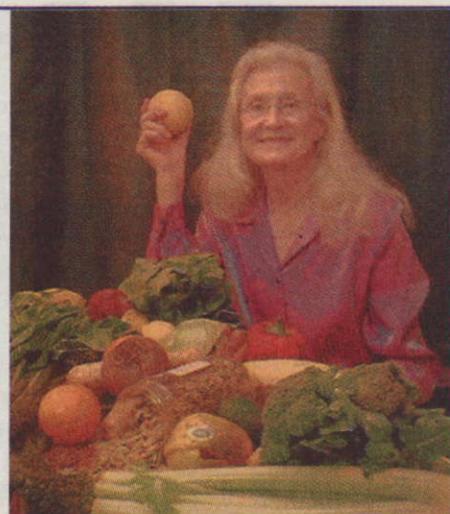
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The Art of Moving Water

by Nicole Cini

The use of water in the garden dates back to one of the seven wonders of the Ancient world – the hanging gardens of Babylon, built around 600 BC. People, then as now, enjoyed the relaxation and serenity that came from absorbing nature's beauty in the most natural of settings, imposing a calming influence on their supercharged lives. Life-sustaining water has held special appeal throughout the ages, not only as a necessity for survival, but as an essential part of a natural landscape and always a useful therapy.

The vision of water captivates our senses. A rippling current, a sheen of glass over a tumble of rocks, or exotic tiers of dancing droplets glistening in the sun. The sound of water moves us deep within our spirit. This sound may be but a gentle lapping against the banks of a tranquil pond, the playful bubble of a trickling stream, or the crash of a magnificent cascade plummeting upon rocks and water below. Whichever, its sound speaks to an elemental need of the human spirit for life, peace and harmony. Incorporating that sound and vision into our yard, balcony, front entranceway or home environment can take many forms, all of which capture the essence of the art of Feng Shui.

Translated, Feng Shui means "the way of wind and water," or the natural life force of the universe, which affects everything in our world. The ancient Chinese and other cultures believed in and lived their lives by these forces. Flowing water provides strong and steady life force energy wherever it is placed. It constantly enriches our environment and creates a positive atmosphere, while continuously assuring us that our home is alive. Connecting with these natural elements on a daily basis reminds us that another living entity is present in our space and gives us the opportunity to have contact with its energy. Elements such as water, rock, plants and animals excite our senses while relaxing mind and body. By harnessing the subtle currents of life force energy in water features, we are able to flow revitalized ch'i to nourish our spirits and enhance specific aspects of our lives.

Whatever your interpretation of flowing water may be, the joy and soul satisfying peace of moving water can be created within your own private gardens. *See ad to the left*

When Angèle asked me if I'd like to write an article for Issues aimed towards teens, I had a million thoughts pour into my head about my own turbulent journey through that time. Was I willing to look back over 25 years to explore and write about these feelings so openly? Wow! This would present a huge challenge to narrow down my thoughts to a page, as my teens were filled with great anxiety, fear, loneliness, confusion, and negativity. I was not a happy camper then.

My second thought was wow again, as now I could express myself, perhaps reach out, share and connect with you in hopes of sparing you some of the misery I had suffered. My third thought was yes, I can do this by letting go of ego and surrendering to the flow of words that present themselves as I write. This would require letting go of judgement that I am not a good enough writer; letting go of fear that my writing might be rejected and letting go of those insecurities from the past that no longer served me. Had I let go of these as a teen I probably would not have had such a difficult time. Had I possessed the knowledge, skills and tools that I have today, I could have avoided so much of the agony and despair during my teens that I eventually carried forward into my early adult years.

Being a teen in today's world can be as difficult if not more difficult than when I was growing up. Life can be a real bummer at times. There is a lot of pressure to conform and live up to other people's expectations. As a teen I struggled to fit in and be accepted but could never find a place where I belonged. As a result I wasn't popular in high school and being rather shy I felt isolated and lonely. I was very depressed most of the time. There was a huge void in my life so I used food to fill that, which only served to worsen my feelings after the temporary fix it provided.

Fast forward into my twenties, I began to notice the same feelings and patterns of behavior still surfacing in my life. I was

controlled by my past. During this time I began to search for some way to heal my wounds. I was living in Montreal feeling as low as a snake's belly, having just been separated from my child and his dad. I knew I could not raise my son, as I did not have enough confidence and self-worth to be a positive influence in his life. This was a devastating and crucial decision to release him to his father's care and it drove me to begin my search for inner peace.

I was raised Catholic so I went back to church. No one was pressuring me now to go. It was my decision so I felt in control, but ran into the same blocks about God. The church could not answer those questions I had when I stopped going years before as a teen. Eventually, I noticed an ad in the newspaper offering a lecture on meditation revealing all its benefits, including finding inner peace. Yes, yes, yes, - this was it! I was so hopeful. I invited my roommate to join me, and she obliged. Fortunately, she accompanied me otherwise I would have paid the \$500 for a "special word" called a mantra in exchange for peace of mind.. I was so vulnerable I would have paid it had she not brought me to my senses, reminding me that I didn't have \$500. "But they take visa and mastercard," I cried out in desperation to her. Needless to say I left without a "special word" but with a burning desire to still find some peace.

I eventually moved back to Toronto and continued my search. As my heart was open and willing to receive help I was guided to a psychic fair where I found a booth offering a free meditation. The universe had heard my sincere call and I immediately sat down for my big chance to find inner peace. It was here the lightbulb finally went on. The meditation was a guided one in which I was reminded of my true nature, of who I really was; a divine being, pure, loving and peaceful. I had just forgotten this and was simply being reminded again. Immediately I felt at ease, a sense of relief and gratitude

continued on next page



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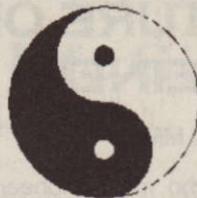
enveloped me all at once. I was invited to learn more about the nature of the soul by attending a series of free weekly classes. As I was thirsty for knowledge I eagerly agreed to attend.

This was the beginning of my journey. One that has continued over the years and has led me to explore many other self-empowering and self-nurturing techniques. It has been a long journey from self-hate back towards self-love. I am still working at it as sometimes the self-defeating thoughts and behaviors can still shine their faces at me but I have now learned to accept this and work thru them.

So my dear teen friends, I have written this especially for those of you who feel a little troubled and lost for direction in your life. I offer you hope, inspiration and encouragement as you are so fortunate to be living in such enlightening times. Life today is filled with an abundance of choices for your personal and spiritual growth. All you need to do is let go, surrender, know that you are love and loved. Be open, ready, and willing to receive all the opportunities that will come your way, to remind you of the beautiful divine being that you are.



Sharon will be co-facilitating a teen workshop with Angèle this summer at Johnson's Landing Retreat Center in the Kootenays. See ad on back page



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THE ARCHITECTURE OF RUDOLPH STEINER

by Dan Brown and Byron Miki

Rudolf Steiner was an individual who made pioneering strides to form a truly holistic approach to life. Living in Europe from 1861 until 1925 he wrote and lectured extensively in the fields of architecture, education, agriculture, medicine, literature and the arts.

Although relatively unknown to the public, Rudolf Steiner's architecture is quite familiar to most students in that field. His style was the beginning of what has been termed "Organic Architecture." In trying to describe the shapes and forms that exhibit this style, people usually compare them to living or "organic structures."

Steiner designed seventeen buildings including his architectural masterpiece, the Goetheanum - a centre for culture and arts near Basel, Switzerland. He maintained that the best architecture arises from considerations of structural and physical function as well as from the recognition that a building affects our emotional, psychological, mental, moral, and spiritual natures. Therefore, he felt that buildings should be designed with 'living forms' that create an environment that will express the human being's inner nature.

Over the years since his death, Steiner's written lectures and the buildings he created have inspired generations of individual architects to apply his ideas in the design of buildings.

Some of the best examples of Organic Architecture can be seen in the physical design of Waldorf Schools around the world. A school's structure affects the development of a child and particular attention is placed on fine-tuning the forms to ensure the appropriate environment for the various age groups found in typical schools.

For instance, in getting away from an uninspiring rectangular classroom, architects purposely create irregular spaces and window openings that afford the children a more natural view of the world outside. Artful finishes, such as colour and texture, are appropriately applied to combine comfort and nurturance.

Organic Architecture can be applied to any space including homes and offices. With the aid of modern building methods, beautiful, free flowing living spaces can be created which can enhance the whole person. *See ad below*

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The Self

Hypnotherapy/Psychotherapy

by Elaine Hopkins

From the moment we are born, when our selves arrive, we require love, nourishment and security. To live a life that works best for us, and to have a happy self, takes all three requirements.

Imagine that the subconscious mind is like a brand new computer waiting to be programmed, then, from the first day of our arrival, and as we grow, each word we hear and each thought we think is recorded into our subconscious. Some of these words and thoughts are fed to us again and again, and are recorded over and over. If the programming you received was of the negative kind, you will automatically follow suit with your own form of negative self-programming. The subconscious mind stores everything that has ever happened to us, and as a result of this, we go through life doing things of which we are not consciously aware. The role of the subconscious (unconscious) mind is to protect us; it does this by repressing events that generate enormous emotion in us, e.g. shame, fear or shock. Not every incident will be repressed. If the amount of emotion generated is sufficient it may be repressed. We have no conscious knowledge of the event. A repression always produces a symptom, e.g. anxiety. A person who believes he knows what is causing his anxiety (fear of dogs, water, blood, enclosed spaces etc.) and avoids these things, effectively keeping himself free from anxiety, is in for a surprise. Remember, what is stored in the subconscious will affect you consciously; the singer may lose her voice, the salesman may fear traveling etc.

A person learns to react in a certain way - this learned behavior is stored in the subconscious for future use. A child that suffered through its infant years with digestive disturbances, sickness and vomiting, has laid down a strong memory pattern. So, in later years, that person may react with gastric disorders to anxiety; every conscious worry, fear and stress will cause a digestive disturbance.

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MEDIUMS VERSUS PSYCHICS

by Lyn Inglis

One of the most frequently asked questions that I get is: "What is the difference between a Medium and a Psychic?" In truth I can only answer this from my own experience. For any psychics that might be reading this, in no way do I wish or want to discount your work. To be psychic is a great gift. To have a heightened awareness of intuition and to read physical energy for the purpose of helping those that need guidance and direction in their lives is not to be dismissed. Psychics use props such as crystal balls, tarot cards and personal objects to help them interpret what they are reading. Mediums rarely need to do this, as they are able to tune into a universal energy field that crosses different dimensions. By this process they are able to read different frequencies of vibration around their clients, and interpret them accordingly. A medium may on occasion use their psychic abilities too, if it pertains to the need of the client. It would probably be true to say that a psychic may not always be a medium - but a medium is always psychic. Most authentic psychics and mediums will have undergone an intense training and development of their gift of connecting different energies and interpreting them. So perhaps it is just a matter of interpretation - a psychic interprets energy through physical objects, whilst a medium interprets the energy from both the physical and spiritual frequencies.

Before I was allowed to practice as a Medium in England, I underwent a period of training with The National Union Of Spiritualists (U.K.). For three years I sat in a development group where my progress was watched, analysed and tested before I was let loose into the world to practice my gift. Through the process of these three years, I learnt how important it was to protect myself from the energies I was working with, be they physical or spiritual. I learnt too that any emotions I felt during a reading were not mine to hold on to; they belonged to the beings that were connecting. I came to understand that Universal Truth does not hold judgement and in no way does it attempt to interfere with anyone's free will. I realized that the Universe was magnificent, loving, compassionate, understanding and wise.

We all come into this lifetime with a gift, to be able to use it to enhance our journey is a wonderful thing. Whether you are born with the gift of mediumship, or whether you choose to develop the ability to heighten your intuition through the development of your psychic gifts doesn't really matter. Both gifts serve an important purpose. At the end of the day they both offer some form of service by using and interpreting energy into words or expression that can bring clarity and direction to those who are looking for it. As a medium I know the joy one sees in helping connect loved ones who have passed on, with those still in this world. To know that death is a beginning not an ending and to be able to share that knowledge, brings with it, its own responsibility in passing on this universal understanding. To be able to bring clarity and closure to those who need it makes me realize how incredible it is to have psychic ability. But most importantly to be able to help others is a gift in itself.

Spiritual Medium

Lyn Inglis



Lyn offers both private and telephone readings. Her work is based on the understanding of the Universal Laws of Unconditional Love and Compassion.

If you would like to connect with loved ones or receive wisdom and guidance from those who have passed over or if you are interested in having a workshop or seminar, please contact Lyn.

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Rachelle Lamb is President of the BC Network for Compassionate Communication and a Certified Trainer of *Nonviolent Communication* based on the work of Dr. Marshall Rosenberg. To learn more, visit www.rachellelamb.com.

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- ◆ Reveal yourself without alienating others
- ◆ Move through conflict to harmony

"Nonviolent Communication provides us with the most effective tools to foster health and relationships."

- Deepak Chopra

Registration: Forbes 861-5784

FINDING HOPE THROUGH NONVIOLENT COMMUNICATION

by Rachelle Lamb

Nonviolent Communication (NVC), conceived by Dr. Marshall Rosenberg, international peacemaker and author of the book *Nonviolent Communication*, is a powerful four-step model that strengthens our ability to stay in touch with our humanity even in the most difficult situations. It helps us to consciously choose our responses based on meeting needs instead of expressing habitual responses that are likely to alienate others. Just as importantly, it serves as a powerful reminder of the power we have to enrich life and inspire heart-felt giving.

The need to learn to communicate differently is at an all time high. Much of the time, when we have differences with others, we end up treating them in dehumanizing ways. We play the game "who's right" and say things that alienate us from each other such as, "you're selfish!" or "that was wrong!" - this interferes with the very thing we most want, which is openness, honesty, and respect for others when we're interacting. So the combination of our thinking and the way we have been educated to communicate makes it very easy for us to see others as enemies, especially when we have differences of opinion. It's tragic that we do this when in fact, understanding and connection is what ultimately facilitates harmony and the creative exploration of life-serving solutions. Imagine that instead of hearing the words, "you're selfish!", you heard the words, "when you tell me you don't have time to listen to me, I feel discouraged and sad because I value mutual support between us. Can you tell me how you feel hearing this?" Which statement would you prefer to be on the receiving end of? NVC provides us with options that help us connect with the life energy in us and others and find ways to enrich life.

Since being introduced to NVC years ago, I have been filled with hope and optimism as I've learned to deepen my connection with myself and others using this model. Using the four steps has helped me get clarity on my intentions, identify my feelings and needs, make clear requests to meet those needs and support others to do the same. I've learned how to reveal myself to others in a way that doesn't blame or criticize while simultaneously taking their needs into account. It consistently helps me to live more fully and compassionately in a way that is in harmony with my values.

I believe that it's possible to create a more compassionate world, beginning with our most intimate relationships. If we can become aware of how, at various times, we view people in our own families, neighbourhoods and workplaces as enemies and if instead, we can learn to communicate our pain differently and connect with the suffering of others without taking it personally, it's very possible that we can generate a ripple of healing compassion in the world.

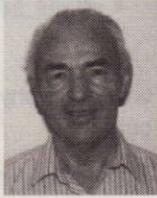
The BC Network for Compassionate Communication is a non-profit society. Visit their website at www.bcnc.org

See ad to the left

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Klaus Ferlow

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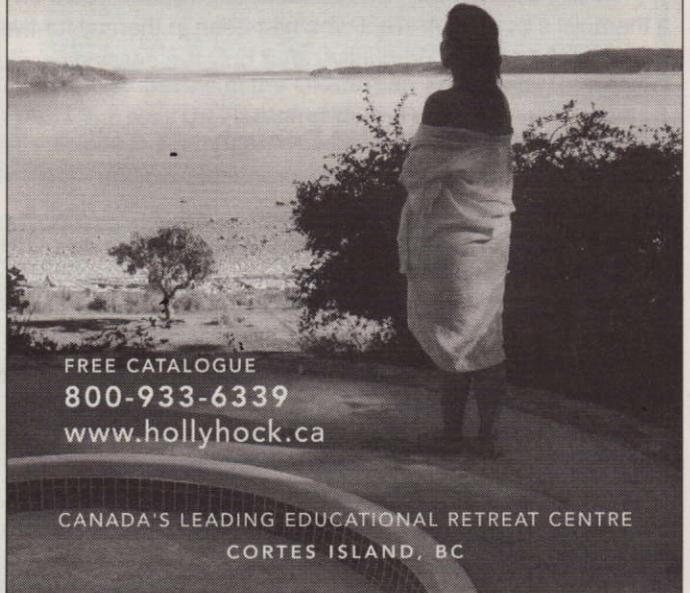
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"I'm giving my psycho-analyst one more year, then I'm going to Lourdes," - Woody Allen

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When Awareness Is Not Enough

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

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

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

But awareness was not enough. Changing the energy held by these beliefs to support positive life-enhancing ones was the key to the puzzle. These beliefs had been there for a very long time and had lots of supporting evidence, so they needed transformations at a deep core level. It was not until these transformations were complete that love, joy, self-confidence and peace became a part of my daily life.

I was so impressed with my results I decided to make CBE my life's work.

How It Works

Most of our major beliefs about life and ourselves were in place by the time we were five or six. We forget about them, so they become subconscious. Later on, as adults, if we try to do or be something in opposition to these original beliefs, there is conflict, a feeling of push-pull or being stuck. CBE helps you to gently access and transform these old beliefs into positive adult choices. Then we complete a transformation of the old beliefs, feelings, thoughts and strategies on the spiritual, conscious, subconscious, emo-

tional and physical levels, right down past the layer of the cells.

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by Laara Bracken

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'ASK ABOUT OUR TRAINING PROGRAM'

How to Live to Be 140

by Connie Hargrave, MA, EleCT

When entrepreneur Jim Britt said that he intends to live to be 140 years old, I just thought that he was a bit unusual. Again, when he mentioned that he had found something that may help him live that long, I simply dismissed this as an exaggerated claim.

Get serious, I told myself, but I kept thinking about it. Eventually I decided to find out what was going to keep Jim alive and healthy for that long. He told me about the research of Dr. Gustavo Bounous, MD, FRCS (C) at McGill University in Montreal, and his discovery about disease prevention and longevity. As a result of feeding his mice a biologically active natural nutritional supplement, he found that they did not succumb to the normal diseases of old age. Furthermore, in some experimental models it was shown to have an anti cancer and antitumor effect.

Years of extensive research then demonstrated why these mice got much older. It was found that not only was this supplement crucial to the proper response of the immune system, but also, that it increased the supply of glutathione in every cell of the body, protecting against oxidation and free radicals, as well as against damage by toxins.

In the 1980's Dr. Bounous met a German financier who was so impressed by the potential of these findings, that he helped to bring this discovery to the public. In 1996 they created Immunotec Research Ltd. and developed their product to pharmaceutical standards, calling it HMS 90 / Immunocal. They demonstrated scientifically that HMS 90 has the desired clinical and preventative effect, and obtained a number of national and international patents, including one for both the prevention and treatment of cancer.

Had I stumbled on a major scientific breakthrough? I realized those who want to avoid the diseases of their parents, or simply "push back the clock" would want to investigate this bioactive whey protein. I decided to try HMS 90 / Immunocal myself, and immediately, my two-month long sinus infection cleared up. Now, as for how many new projects I want to take on before I get to 140, well, that is fortunately a ways off yet.

How can you benefit?

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New 100% Natural Therapeutic Skin Care Line A First In Canada

Concerned Health-Conscious Consumers Turning to Natural Skin Care Lines

With the aging of the baby boomers and the increasing concern expressed by both sexes in maintaining a healthy, youthful appearance, Canadians are spending more money on cosmetics, skin care and health-related products than ever before in history. Ironically, despite record-breaking sales in the beauty industry, Canadians actually suffer from more reported cases of skin disorders and ailments such as acne, dry skin, yeast and fungal infections, dermatitis, eczema and psoriasis than in the past. Many skin problems result from, and are exacerbated by, unhealthy lifestyle habits, poor nutrition, stress, alcohol, over exposure to the sun and air pollution. There is also a growing awareness that the chemicals and preservatives typically found in most skin care products can cause a host of skin ailments. Consequently, the growing market of health-conscious consumers are reading labels and educating themselves about potentially harmful chemi-

cals in their skin care products. This public concern has served to fuel the rapidly growing interest in natural skin care alternatives and pushed these products into the mainstream.

New Skin Care Line from Europe is 'Nature's Pharmacy'

Biomedica, a new natural skin care line from England, is finally available in Canada. Often called 'Nature's Pharmacy' due to the line's 100% natural and therapeutic plant-derived ingredients, Biomedica offers natural creams and lotions to treat a wide variety of skin conditions and diseases. The line is completely free of toxic chemicals and irritants such as parabens, ureas, sulphates and alcohol commonly found in other skin care lines, providing health-conscious consumers with a natural solution to their skin care problems. Biomedica's products combine the potent natural healing powers of neem

oil, wheat germ oil, calendula, aloe, ginseng and tea tree oil. These powerful extracts are blended using a unique process called potentiation, which effectively raises the energy levels of all particles, using discrete temperature variations. This process renders the natural active ingredients more powerful and health enhancing than their synthesized forms. Biomedica's all-natural preservatives and stabilizers protect tender skin from sensitivities and allergies. Neem oil, Biomedica's most unique ingredient, has been praised for its potent healing properties by researchers, including David Suzuki.

The line includes Biomedica cream, lotion, liquid soap and shampoo, as well as a massage balm, tea tree cream, an alcohol-free first aid spray, a calendula cream and an arnica cream.

Prestigious English Researcher Develops Biomedica by Combining Complementary Medicine Disciplines

Well-known in both India and his homeland England, chemist and health practitioner Dr. C.D. Mistry developed the Biomedica skin care line integrating his extensive knowledge and experience in the fields of ayurveda, homeopathy and herbal medicine. A dedicated researcher, Dr. Mistry spent ten years discovering a way to stabilize neem oil, enabling the oil to be integrated into health-enhancing products for public use. Dr. Mistry operates the Better Health Clinic in London, England where he combines natural healing modalities to help his patients improve and optimize their health naturally. Much sought after as a speaker for his groundbreaking research and extensive knowledge, Dr. Mistry frequently speaks at international congresses on health-related issues.

Biomedica Now Available in Select Health Stores

Health-conscious consumers in the Okanagan can now purchase Biomedica at Nature's Fare, Simply Delicious, Natural Resources and other fine health food stores and natural pharmacies.

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- A unique patented process - potentiation - effectively energizes and stabilizes Biomedica's active ingredients to increase potency.
- Biomedica utilizes India's legendary healing plant neem, with its proven antifungal, antiviral and antiseptic properties.
- All Biomedica's skin therapies are completely free of potentially harmful parabens, ureas, sulfates, glycols and alcohol.

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Biomedica
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www.bioplama.com

And I Thought I Had An Open Mind

by Michelle Parry

So when the words in my head read "Applied Kinesiology," I diligently went to the library and began to research it. I had been intuiting that it was time for me to fine-tune my life and move into a full-time career as an holistic health practitioner, but had no idea up until then what it would look like. I had taken many courses to date, some of them certified, others not. My Nia practice was growing and expanding as I was, but I had a sense there was something more, so I was keeping my mind open to new possibilities. But Kinesiology? I really didn't understand. I knew of Touch For Health and Brain Gym, but had never explored them. The EFT workshop I did was the closest I had ever come to the techniques used in Kinesiology, and that had really stretched me, because not only was someone muscle testing me with apparent accuracy, but I was tapping points on my body. You see, tapping and muscle testing were for other people, not me. Having such an open mind I couldn't admit to myself that I was skeptical, I mean, how could I be a skeptic when I had accepted and integrated the things that I have. No, muscle testing was for other people. After all, there are machines that can give me an accurate readout on my body with no mental override, so what possible value could a human muscle test have?

So, off to Kelowna I go, thanks to Divine timing and some very bright well-placed individuals in my life, to study the Professional Kinesiology Practitioner Program offered by the Kinesiology College of Canada. The first few classes move along quite nicely, I am kind of dancing around the outside of it, discerning, observing and sensing. The curriculum reads like a foreign language to me, I recognize many phrases but really cannot conceive how they fit together. The other students are all very nice people, all ages and from all walks of life. Nothing is obvious to me about the instructor at first until I begin to see her gifts as a practitioner and a human being. An individual so clear, so skilled,



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open, real and so profoundly excited about the technique, that I climb 100% on this Kinesiology bus. Route unknown. All other criteria met.

So off we go. Oh-oh. What's this? Muscle checking? Oh no, you see, that's for other people, I must be on the wrong bus. I check my agenda and see that all my criteria had been met. Oh well, it's just a very good thing that I have such an open mind, because I was tempted to get off the bus more than once. Oh, maybe it was watching our instructor work, and experiencing the

curriculum that kept me on board. Or perhaps it's the way the protocol is set up to put mental override in the very back of the bus, or then there's the way the technique has deeply and profoundly touched me and enabled me to shift into the life I choose to create. I have been stretched in ways and places I thought I had already reached as far as I could, or was reasonable. Now, with open eyes, heart and, you guessed it, open mind, I'm driving my own bus and feeling very excited in my life.

See ad in the NYP - under Kinesiology



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Profile

The Enlightenment Intensive

by Josephine Lawless



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I have been devoted to the study and practice of various spiritual teachings for over thirty-three years and I have worked with numerous self-awareness methods and techniques, both for myself personally and in helping others. The EI is by far the most pure, simple, effective, compassionate, and enlightening process that I have ever experienced. While participating in EIs, I have had some very profound Direct Experiences that have really changed my life. I have also seen incredible changes in others. As a counselor, it would have taken me years to help them make the kind of progress in their self-growth that often happens in just three days on an EI. This is apart from the actual Direct experiences of Absolute Truth that I have been a witness to, both as a monitor and as a facilitator on EIs.

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Profile

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by Rémi Thivierge, MSW RSW RMFT,
Holistic Psychotherapist,
Holistic Health Centre, Salmon Arm, 833-0997

Have you been suffering a long time but haven't found any healing methods that work well for you? If so, holistic psychotherapy may be able to assist you with healing at the level of mind, body, and spirit. This applies whether you are suffering physically or emotionally. For example, I've been able to assist many people with ongoing pains in their backs or other parts of their body by resolving the underlying personal issues. One example I saw recently was a woman who had pancreatic pain for years and took time off work regularly because of the pain. Another had difficulty with her knee for a long time. Both clients healed within two sessions.

Through our work, many others have rapidly healed old trauma and emotional difficulties related to abuse and neglect. For example, one client had been neglected as a child and was assisted to heal more fully than she had been able to do in the past with traditional and other methods of healing. Another had been traumatized in a fire and I helped her to heal the trauma in one session. Yet another had been sexually abused and quickly found new strength and confidence. As a final example, a woman was an adult child of alcoholics. She, and many like her, have been assisted through our work, to heal deep layers of unresolved issues very rapidly.

Don't give up on yourself or on helpers if you've been suffering a long time. Consider trying holistic therapy. We'll be happy to assist you. *See ad below*

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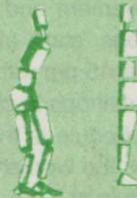
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25th Annual

Spring Festival April 25,

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Onsite Registration

starts Friday at 1:30 Dinner is at 5:30 pm, Opening Ceremonies at 7 pm, followed by the Introduction of Workshop Leaders and a Tibetan Bowl Meditation with Kalaya.

Workshops

Sunrise Ceremonies start at 6:45 am each morning with a variety of Movement and Meditation exercises. The workshops start at 8:45 am Saturday and continue to 9:15 pm with breaks for lunch and dinner. Ten workshops to choose from in each time slot. The schedule is the same for Sunday except after lunch the workshops will be for two hours. Closing Circle at 4 pm.

25th Anniversary Celebration

Join us...9:30 Saturday night in the Gym for the official celebration and honoring of the originators, followed by entertainment.

The Healing Oasis is in the downstairs of McLaren Hall. We have many readers, healers and Reiki practitioners available for private sessions at a rate of \$10 per half hour or \$20 per hour. Friday sign-up starts at 1:30 pm. Sessions available 3 to 6 pm. Sat. sign-up starts at 8 am with sessions available 9 am to 7 pm and Sunday 9 am to 3:30 pm. Christina is the organizer.

If you wish to work in the Healing Oasis we offer a trade - 6 hours of giving sessions for a weekend pass and a \$15 credit towards meals or accommodation. If interested please leave a message at the office for Christina.



Celebration



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- ♥ Spirit of Rhythm ♥ Dance from the Inside Out
- ♥ Learn to Play the North American Indigenous Flute
- ♥ Unmasking the Fool ♥ Interspecies Communication
- ♥ Festival Beginnings ♥ Let's Talk About Spirit
- ♥ New Thought - The Roots of the New Age
- ♥ Eco-Spirituality ♥ Bells & Bowls Concert
- ♥ Aging Creatively with Humour, Laughter & Forgiveness
- ♥ Animal Allies & Guides ♥ The Joy of Feng Shui
- ♥ Spirit and Passion of the Drum
- ♥ TaiChi (Taiji) Peace Through Movement
- ♥ Exploring the Labyrinth ♥ Mirror Image
- ♥ Inner Moves Somatic Yoga ♥ Visit a Past Life
- ♥ Dragons are Forever ♥ Herbal Helpers
- ♥ The Art of Blending Essential Oils
- ♥ The Person Who Laughs...Lasts!
- ♥ Differences Between Eastern and Western Astrology
- ♥ From Stress to Success with GeoTran
- ♥ Soma Yoga ♥ How to Read Tarot Cards
- ♥ Transformation and Inner Child Work
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- ♥ The Road to Relaxation through Massage and Meditation
- ♥ Sacred Crafts ♥ Decorating the Mask of the Fool
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- ♥ Introduction to Crop Circles
- ♥ Putting It All Together



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Calendar of Events

APRIL 5

Health Fair, an array of Alternatives. \$5
 Laurel Packinghouse, Kelowna, 10 - 4 pm.

APRIL 12

Healing Our Mind & Body, Kelowna, p.23

APRIL 13

Heal with Sound, Colour and Vibration, With Dr. Troi Lenard, International Intuitive Guide and Teacher. Practical training will be given on releasing old outdated crystalized patterns with the Healing Deva/Angels. We will vitalize and stabilize the mental, emotional and physical bodies. Investment \$75 Call Laara Bracken, Kelowna 250-763-6265.

APRIL 15

'Wake Up' Book Signing, Kelowna, p.3

APRIL 24

Acid/Alkalinity, with Ean, Penticton, p.23

APRIL 26 & MAY 31

Are Personal Care Products Causing Cancer? Vernon & Kelowna, p.3

STARTING IN MAY

Magic & Medicine of Plants, p.9
Intuitive Healer, Denis Chagnon, p.21

MAY 1 - 5

The Enlightenment Intensive, with Josephine Lawless on Okanagan Lake, p.22

May 2

Alive 'n Raw Book Signing & Lecture, with Elyse Nuff in Vernon, p.11

MAY 9 & 11

Shamanic Gathering at Gisela's - Grand Forks, 442-2391 or gixel@sunshinecable.com

MAY 9 - 12

Certified FengShui Practitioner Program, Vancouver, p.19



MAY 10 - 18

Nelson Wellness Week, info Jenny Harper email: bgosney@shaw.ca • 352-2113, p.2

MAY 16 - 19

Crystal Healing Workshop, with Karin Burgermeister, Silverton, BC, p.4

Anatomy & Physiology, with Elfie Holst Penticton Health Unit, p.5

MAY 23 or 24 to 25

Dreamweaver Anniversary Celebration & Sale, in Vernon, p.22

Reflexology Certification, with Yvette Eastman in Burnaby, p.23

Tarot, with Cheryl Forrest in Westbank, p.12

Raymond Grace Workshop, Vernon, p.33

MAY 26 - 31

Advanced Yoga Studies, Calgary, p.29

MAY 30

Hypnotherapy Training, with Sheldon Bilsker in Kelowna, p.2

MAY 30, 31 & JUNE 1

Psychic & Healing Fair, Dare to Dream, Rutland, p.22, (NO entry fee charged)

Opening to Love, with Barb and Tony Titterington, Kelowna, p.9

JUNE 6 & 7

Nonviolent Communication, with Rachael Lamb, in Kelowna, p.16

JUNE 7 - 8

Psosas Muscle Intensive, Kelowna, p.13

JUNE 20, 21 & 22

Conversations with God, From the Heart with Will Richardson, Kamloops, p.31

JUNE 28 - JULY 1

Unity in Energy & Wholeness of Body & Spirit, in the YUKON, p.21

JULY 11, 12 & 13

One World Rhythm Music Festival, Penticton 1-800-341-9844, Gyro & Okanagan Lake Parks

JULY 25, 26 & 27

Holistic Intuition Society - 4th Annual Convention, Olds, Alberta, p.28

ONGOING EVENTS

WEDNESDAYS

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

SUNDAY CELEBRATIONS

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

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

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Friendly Flora - Life Giving Probiotics

by Louis Hoolaeff

Today, unknown and viral illnesses are proliferating in our population at an incredible rate. There is a product scientifically proven to possess some amazing benefits. It's an anti-viral, which helps kill pathogenic virus, i.e. the viruses that lead to colds and flu. It's anti-retroviral - the virus linked to AIDS. It's a natural antibiotic that helps kill the bad bacteria in our system without harming the 'good guys'. It's anti-tumoral - aids in the prevention of malignant tumor formation.

It's not a new pharmaceutical drug just passing stage three trials... It's not a breakthrough medical treatment... And no, it's not available by prescription only! It's *Life Giving Probiotics* and if you have never heard of '*Friendly Flora*' or 'good bacteria', then here is a little background.

In order to function normally, your body requires colonies of good bacteria. Generally, probiotics provide many benefits. They change the levels of acidity in various parts of the body, depriving harmful bacteria of nutrients needed to survive. They create their own antibiotic substances, which kill harmful bacteria, viruses, and yeast. Probiotics produce enzymes to break down waste in the colon for elimination and even help strengthen the immune system. They have been shown to help reduce high cholesterol levels and help recycle the female hormone estrogen, which reduces the likelihood of menopausal symptoms and osteoporosis. They help prevent diarrhea, constipation, flatulence and bloating. They help improve skin conditions, produce the essential 'B' vitamins within the colon and much more!

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

organisms. *Life Giving* probiotics are formulated using O₂ Factor™, a proprietary whole food combination. Once sealed inside the bottle, this all-natural blend provides the bacterial colonies with essential nutrients required for survival. They also survive the acid bath of the stomach. When ingested, O₂ Factor™ works to 'escort' the probiotics through the acid bath of the stomach and small intestine enabling the friendly flora to attach to the gut wall and proliferate throughout the gastrointestinal tract.

The bacteria used in *Life Giving Probiotics* are extremely effective at binding to the gut wall and help establish all other friendly bacteria to colonize. Although our bodies require many types of flora, many probiotics on the market today utilize bacteria infamous for low rates of attachment, i.e. bifidobacteria and/or acidophilus. Bacteria not able to bind to the lining of your intestinal walls, are excreted, having made NO IMPACT in our system. *Life Giving Probiotics* is a patented blend of *Lactobacillus Plantarium* and *Lactobacillus Salivarius*, two of the most powerful bacteria formulated, to re-establish intestinal flora required for normal functioning. Medical journals speak out about the benefits of probiotics. Learn what these journals say about probiotics and children, eczema, asthma, allergies, probiotics and immunity, probiotics in human disease and much more. (Request the complete report on *Life Giving* probiotics.)

**Learn how YOU can prevent
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Self-Healing My Spirit

by Marie-Claude Hebert

My journey began in 1989 after the breakup of a relationship. I kept going back to the same questions. Why am I born? What is my purpose in life? Is it to have a relationship, to have babies, a career, make money, and then die, is that all? I felt that a reason for why I was born was missing. I needed answers before my fortieth birthday.

On a beautiful sunny afternoon upon finishing my meditation, a beautiful pink and blue light entered my room. That evening at a teaching on meditation, I learned that the light was the Sanskrit letter for the heart chakra. My journey into self-healing began.

Over the years I have had all kinds of spiritual experiences including visions, traveling out of my body, teachings from my guides, seeing color energy and energy fields, deep trances, trance songs and retrieving past lives. I have learned through my inner teachers how to open and interpret the messages contained in my energy centers.

My experience is that illness is often related to emotional pain. Pain passed from generation to generation, childhood trauma, losses, and from past lives. Acceptance and surrendering to the Spirit are a part of healing. The center of all healing energy is love. I start my day working with this energy. I increase my vibrations at higher levels. I reach a deeper sense of happiness.

Quite recently while using my hand drum, I noticed that I could see emotional blockages, in a close friend. This happened on several occasions with different friends. I began to assist them in their healing. I have discovered through my own healing journey that part of my purpose on this planet is to heal my spirit self, and be at the service of others.

See ad in the NYP - under Psychic/Intuitives

HOLISTIC INTUITION SOCIETY

4th Annual Convention

25th - 27th July, 2003, Olds College, Alberta

Convention Fee
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Frank holds a special in-depth workshop (\$150) Mon 28th. & Tues 29th that goes deeper into understanding the Creative Forces of Life and Love, and learning to co-operate with them to manifest major improvements both in the health of our total Being-ness and in the reality of 'All that Is'.

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USING THE POWER OF THOUGHT' TO HEAL OTHERS

Gain Clarity - Improve Healing !

by Frank Jordan

Let's define clarity as a state of consciousness where all levels of our system are free from interference, and function at the highest level in our experience as Spiritual Beings.

My first experience came when I was snow bound on the ranch - so I took the opportunity to explore meditation, and my Guides took the opportunity to fire up my Kundalini energies. I spent days wracked with energy flows rippling up my spine. The use of a dowsing tool - reaching to the subconscious and super-conscious mind - opened my psychic, intuitive channels. Inner knowing began to rise into my conscious awareness. I knew, but had no matrix of understanding, no way to relate to what I knew.

One day, out of sheer frustration and confusion, I raised my awareness up through the top of my head and asked "What is going on ? Why am I doing this ?" My guides responded by shutting off all the energy flows, and I felt a flow of deep love and serenity. I became lighter and lighter, until it felt like I could float up out of my chair. This was accompanied by a high singing energy that flowed through my body like light, radiating through every tissue, clearing, releasing stored energy forms. I had my eyes closed while all this was happening, and when I opened them, I was shocked to see that everything in the room had turned into radiating, vibrating, energy fields. The pieces of furniture were dancing energy fields that flickered on and off at an incredible speed. I didn't feel like a dense physical body when I moved. I was shifting patterns of light, scintillating rainbows.

I closed my eyes, and felt as though my physical body had disappeared. I felt clear! I could feel every energy system in my body functioning like a perfectly programmed machine, automatically carrying out the processes of life. I suddenly became aware that I could open my inner eyes, and when I did, I could see clairvoyantly in any direction, internally or externally. The external world reappeared, and I moved my awareness around cautiously. Like a blind child who has gained sight for the first time. Giddy, I sat down in my chair again, holding onto my inner vision. Reaching out with my mind, I raced around the ranch, seeing everything in perfect clarity, free of the restrictions of my body. I focused my awareness on my wife, felt a blur for an instant, and then appeared in the Post Office a few miles away where she worked. I watched her at her duties for a moment, and then raced to the schools where my children were, then back to my chair. Everything was incredibly bright and clear around me. Every sense was active - I heard what I was seeing, and I felt and tasted it.

Having once experienced clarity, I have been on an unrelenting search for a way to regain and hold it. That one brief glimpse of what reality really is has led me on an unending experiential journey in this lifetime, where each experience adds a level of learning and added to my knowledge of 'How Things Work'. Each level of awareness was accomplished by exploring my inner systems, responding to subtle nudges, experiencing intuitive leaps of consciousness, and applying what I learned in helping and teaching others. See ad above

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Peace be with You

by Mary-Jo Fetterly

Those who work for the welfare of the whole are leaders. This is the meaning of the word 'King' or in contemporary terms, President or Prime Minister. In the Yogic tradition there is a wonderful passage from the Bhagavad Gita (an ancient Hindu text or bible) which refers to a story about leadership.

As the story goes, before creation there was only a vast ocean of undifferentiated consciousness. Then the gods of light, representing the forces of selflessness and goodness and the demons of darkness, representing the forces of selfishness and violence, battled it out. They churned the cosmic ocean in order to obtain the nectar of immortality. In its practical application, the churning of the cosmic ocean, the churning of undifferentiated consciousness is to bring about these forces within us so that we can work as instruments of the Creator, adding to human welfare and world peace.

During the churning of the ocean, before the precious gifts of selflessness and goodness emerged, all the poison of selfishness and separateness came to the surface. As the story goes, this poison threatened all life and no one, not gods or demons, knew how to get rid of it. Then the Lord Shiva said, "Let me drink this poison myself, to save the world from its own selfishness." This is what true leadership means—even if there is sorrow or suffering, it is a priv-

ilege to take it on ourselves rather than let others become victims.

Certainly we can look at this story and immediately parallel it to our figureheads today, many of whom are in a position of leadership without the tenet of love and service. So perhaps it would be appropriate to challenge ourselves to become true leaders in our own communities. To reclaim selflessness and goodness at a grassroots level.

I see this leadership in many circles within my own community and am witnessing it more and more in these challenging times. Yoga teaches non-violence, truthfulness, non-theft, non-greed and service focussed in love. It assumes leadership is a granted gift rather than taken for oneself.

Isn't it interesting that in a time when the world is rampant with selfishness and violence, Yoga has become so popular? Perhaps through the exposure of so many to the essence of Yoga we may transform and diffuse the poison.

In my experience the gift of Yoga is transformative and brings us back to our true nature of truth and love. Yoga means to join, unite or yoke and is one of many spiritual paths that is needed now. As the Buddha said, "When we realize the unity of life we shall love and protect every creature on earth as a mother loves and protects her only child." May you all be guided in these challenging times to stay present and in the essence of what we truly are. Peace be with you.

see ad below

Yoga

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Facilitators

Mary-Jo Fetterly is a certified Yoga Teacher in Nelson, B.C. She is also a certified rebalancer, student of Caroline Myss, Tim Miller, Ana Forrest and others.

Jennifer Steed is a registered massage therapist and student of yoga for over 15 years. She teaches an Ashtanga based style applying creative, dynamic and healing teaching techniques.

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Level 2	Nelson	Oct. 21 - 26

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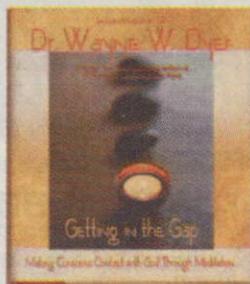
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This course is so much more than a teacher training program. The integrity, content and application of theory is priceless. I would highly recommend this course. J.K., Calgary



Book Reviews

by Christina Ince



Getting in the Gap

Making Conscious Contact with God Through Meditation (Book and CD)

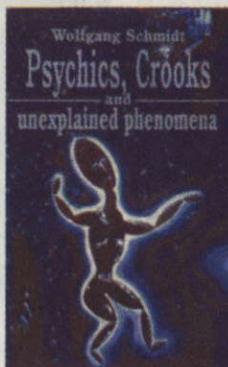
Dr. Wayne W. Dyer, Hay House Inc.

ISBN 1-40190-131-X \$26.95

Another of those stylish and pretty little books that at first you may consider more as a gift than for your own use. However, Dr. Dyer once again speaks to us about empowerment, reinvigorating the soul, and being in a state of appreciation, so why wouldn't you deserve this uplifting book for your worthy self?

He asks and answers the question, "Why meditate?," teaches us how to be in "the glorious gap" between our thoughts, and gives the nine spiritual principles for manifesting your destiny. The book also contains frequently asked questions, some testimonials, and the CD transcript. There are serene sepia-tone photographs overlaid with thoughtful quotations, and the entire text is in the same colour, making this book soft and easy on the eyes.

This book is a good introduction to the author for those who have not read him before, and it will not intimidate the novice for whom meditation is an untried concept.



Psychics, Crooks and Unexplained Phenomena

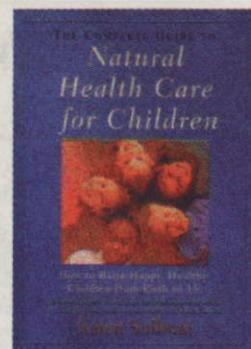
Wolfgang Schmidt, Writers Club Press, an imprint of iUniverse, Inc.

ISBN: 0-595-25022-X \$22.95

This easy-to-read book asks, "Is there a real 'Psychic' out there? Could you trust the messages you are getting from the people who hold out to be in touch with other realities?" Wolfgang takes us to various places to share his encounters with mediums, mystics and - yes! - some fakes.

The cover blurb states that "he looks at claimed phenomena with a jaundiced eye," yet he seems quite open to whatever happens, as shown in the stories of the Caribbean cruise astrologer, the Scottish medium, and the Ouija board. Some seemingly improbable, but not impossible, things occur in his search for the truth, and Wolfgang relates his experiences with simplicity, observance, and, sometimes, surprise. He does not try to explain away the unexplainable in this mixed bag of vignettes, and is not too "jaundiced" to admit that some of the people he met did indeed have extraordinary powers.

Despite the somewhat misleading cover illustration, and the fact that the proofreading could have been better, the author's honest style makes this book an entertaining read.



Natural Health Care for Children

Karen Sullivan, Sarasota Press

ISBN 1-55356-013-2 \$26.95

This book gets top marks from me in my various roles: as a parent, health practitioner, consumer, and someone who appreciates the well-researched holistic approach to life.

Karen Sullivan is an author/journalist who specializes in natural health and child care, and has produced a practical, no-nonsense and comprehensive book for those caring for children. You will find the expected invaluable and commonsense information about nutrition, sleep, common ailments, safe environment, fitness, and behavioural issues. The pleasant surprises were the sections on emotional health and spirit, natural health and illness, and how to choose and use natural therapies for children. I didn't expect to come across Bach Flower Remedies, Feng Shui, art and music therapy, colour therapy and Ayurvedic medicine, among many others.

This book is not just something to take off the shelf when a child exhibits symptoms, it is to be used as a workbook. There are tools to enable you to: assess and therefore change your child's diet; implement a healthy eating plan; plan a detox; check your child's emotional health; and create a spiritually healthy family life. Indeed, most of the good and varied information here would benefit anyone, not just those caring for children. This book would be high on my list of contents for a goodie basket for new parents.

Saving the Centre that Saves the Owls

by TLC, The Land Conservancy of BC

When you look to the sky and admire the beauty of a soaring Golden eagle or Peregrine falcon, you may have the South Okanagan Rehabilitation Centre for Owls to thank. Dedicated volunteers at the rehabilitation centre have been caring for and saving injured and orphaned birds of prey since 1987. In that time, they have saved hundreds of majestic birds. They have a phenomenal success rate – releasing 98% of the orphaned chicks that are brought into the centre back into the wild!



The South Okanagan Rehabilitation Centre for Owls (SORCO) is essential to the health of our local birds of prey. Some of the most common causes of injury and orphaning are:

- Raptors being hit by cars
- Electrocution in power lines
- Poisoning
- Collision into windows
- Being tangled in vineyard nets

Founded by Sherri and Gary Klein in 1987 on their Eagle Bluff property north of Oliver, SORCO cares not only for owls, but also eagles, hawks, vultures, falcons, and osprey. However, without immediate financial help, SORCO may be forced to close its doors.

Over the last year, the future of SORCO has been uncertain. Due to illness, the Kleins have fallen under hard times and have decided to sell their land, the site of SORCO. Before listing the property on the open market, a move that would most certainly result in the closure of the centre, the Kleins approached TLC The Land Conservancy of BC to help purchase the site of the rehabilitation centre. TLC is a non-profit membership based charitable organization working to protect special places in British Columbia.

TLC and SORCO are launching a major public appeal to raise the \$183,000 needed to protect this special place forever. To date, over \$15,000 has been raised towards the purchase. Please make a donation today.

For more information or to make a tax deductible donation, contact TLC's Okanagan Region Office: 27A Front Street, Penticton, BC V2A 1H2. Phone 250-492-0173 or email: penticton@conservancy.bc.ca

With your help, we'll ensure that beautiful birds such as the Burrowing owl, Western screech owl, Swainson's hawk, Prairie falcon, Barn owl and Short-eared owl maintain their rightful place in our natural surroundings.



Conversations with God

...From the Heart

facilitated by Will Richardson

Based on the series...Conversations with God by Neale Donald Walsch

'Who am I? • What am I 'up to' on the planet? What are my dreams? • What really matters to me? How can I have more abundance? What holds me back from total health? What would my life be like if I put my soul first instead of my body?'

If you have questions like these, attending a *From the Heart Retreat* may help you find ways to: *"... create the Grandest version, of the Greatest vision you ever held about Who You Are."*

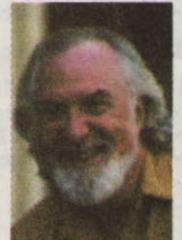
in Kamloops

Fri., June 20, 6-10 pm, Sat., June 21, 9 am - 10 pm
Sun., June 22, 9 am - 3 pm

Investment: \$180 plus accom. and meals
Vidette Lake Gold Mine Resort/Centre of the Universe,
Limited to 20 people only

For Information and Registration Jackie Haverty
(250) 376-7074 or email: jackie@lightangels.com

Will is one of the original members of *The Conversations with God Foundation*, and continues a very close friendship with Neale. Will was the former Retreat Coordinator for Neale for over six years and continues with the Foundation as the retreat registrar. He has worked for many years in the spiritual development movement, and has a background in business.



Neale Donald Walsch says

"There is no one who knows this material better or who can explain it more clearly and delightfully."



Marcelle Goldstein

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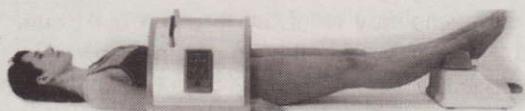


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Astrological Forecast

In **April**, the big boys on stage have all gone off for a coffee break, leaving the personal planets to find their position in the new landscape. In other words, it is time to digest or work out how you are going to be at this point in human history. A time when it might just be possible to form a response, rather than to be in reactive mode. To find your place in the scheme of things keep these scenarios in mind. The world began a New economic cycle back in May of 2000. We are currently trying to make the first hurdle, which is to rebel against the old style of doing business. This is a time to advance new economic models, products, etc. Pay attention to the energetic fabric of life in order to be in step with the flow of life.

We begin the month with an April Fool's New Moon in Aries, time 11:19 am PST. Today you can plant seeds of intention. This intention must take into account how well or not the social contract in your community is supporting your life. The social construct is open/vulnerable to stamping today. Your input might be required. Be clear and up front for best results.

Jupiter stations and goes direct on April 3rd. Hopefully everyone has made adjustments to their community connection, or to their story line so that both community and you are now in the same book and even on the same page.

Mercury slows us all down with his entrance into Taurus on April 5th. The mental streams turn to all the body's senses for stimulation. That would be chocolate, wine, tilled earth, warm spring breeze, robins, flesh, etcetera, etcetera....

April 8 to the 14th Mars runs into interference from Saturn. This wrestling match is not supposed to produce a winner but is to work out a compromise. This would be between your intention and reality of the world you find yourself in. Maturity is possible, though whining is the more likely response.

The April 16th Full Moon along the Aries Libra axis is at 12:36 pm PDT. The light of the Full Moon shines on your ability to walk your talk. Today the question is a challenge to the familiar course of action. How not to get left behind as the world changes. Just because something is not broken does not mean it is still useful.

Chiron stops for his annual review on April 25th. One of the questions to be asked is how can the social contract/construct be more responsive to the needs of the community? I envision a fluid model. On a personal level, you can ask yourself if your own emotional style is mature enough to meet the demands of your position in community?

Our second Mercury Retrograde period begins on April 26 and lasts until May 19th. This retrograde remains in the earth sign of Taurus. While Mercury is here, channels of communication become tangled and confused especially around things associated with what you really value. This is a great time for right brain activities that involve the five physical senses. You'll find yourself reevaluating and reconsidering, major practical survival issues and your financial affairs. Hold all final decisions and approval until after Mercury goes direct on May 19th.

for April & May 03

by Moreen Reed

May starts to bring the world back into focus. Since

March there has been a need for individuals to find meaning and purpose in a world in which it grows more and more apparent that we are not separate from each other. Uranus in Pisces is making this experience accessible to all. Against this backdrop Saturn and Neptune hold each other in a tension aspect this month. They require a creative response to the fear of not being noticed. Hopefully the need to act out is held at bay. This tension culminates on May 19th. Meanwhile Jupiter and Saturn continue to try to make the first hurdle in their economic cycle which began in May of 2000. This month will be reminiscent of October 2002 and March 2003. What is needed is to rebel against old economic models. We will still be grappling with the chaos created when social structures cannot meet the need that is growing. We pass this hurdle on May 21st.

Keep in mind Mercury remains retrograde until May 20th. Getting connected will require an act of surrender and acceptance till then.

The Moon is busy this month, we begin on a New Moon and End on a New Moon, and have our first set of eclipses of the year. Eclipses set a new tone for the next six months. We get a change in the weather from November of last year, which was about the time the USA started to beat their war drums at Iraq.

May kicks off with a Taurus New Moon at 5:15 am PDT on the 1st. Today you can plant the seeds to bring to focus your love of humanity. This will require that you push past the disinclination to do something because the situation is so negative. This is a moment when the mature response is one of personal humility.

Just prior to the Full Moon (first lunar eclipse of 2003), Mars will catch a stationing Neptune; our group connection to the spiritual dimensions of life. We are driven (Mars) to look at life from Neptune in spiritual perspective. Neptune stations to turn retrograde just three hours before the eclipse. Spiritually we are being cautioned to be courteous in a time when being noticed seems to be driving everyone.

The May 15th Full Moon along the Taurus Scorpio axis is at 4:51 am PDT. The light of the Full Moon shines on your ability to effect your own survival. To our benefit this full Moon is wired to great creative potential to problem solve. It takes the maturity of humility to deal with uncertainty or depression brought on from feeling separate or alone at this time. The return to normal program arrives on May 20th when Mercury stations and turns direct.

The May 30th Gemini New Moon, a solar eclipse, is at 3:45 am PDT. Today you can plant seeds that grow greater connectivity into your life. The kind of connection that helps us all to pull gracefully out of a crisis. Because this is the eclipse that sets the tone for the next 6 months do take your connection building seriously. Still lurking is the energy of acting alone and out of a sense of duty, imposing your will upon others. This approach keeps the karmic wheel turning.

Profile

Raymon Grace is Coming to Vernon

Do you do Healing work, Energy work, Reiki, Massage, Healing Touch, Muscle Testing, Touch for Health, Dowsing? Then read on! Raymon Grace is for you.

Raymon is from Virginia. He is a mountain man with an inborn gift as a speaker. His sincerity is obvious; his message unique. Raymon's book *'The Future is Yours. Do Something About It'* outlines his theories, beliefs, and experiences.

In the early 70s Raymon learned the Silva Method of Mind Control. One subject that he learned was a mental technique to relieve pain. The next day at work, his boss asked if he had something like an aspirin for a headache. Raymon employed the technique he had learned at Silva. The headache disappeared. That was the beginning of Raymon's healing work.

Since then Raymon has worked on literally thousands of subjects with varying success. Some are healed, some experience only temporary relief, while some don't seem to be affected. He says candidly that he doesn't know why.

Although the teaching of Jose Silva has continued to provide a broad basis for his techniques, he has also studied under two Native American 'medicine men.' In fact, he says another door was opened when he first heard Chief Rolling Thunder speak at Virginia Beach.

Probably the most significant addition to his healing techniques came with his introduction to dowsing. Although he knew that a forked branch could be used to locate underground water, that was the limit of his knowledge. "Watching the more experienced dowsers work with their whirling pendulums, I was amazed at their ability to get information so quickly," he recalls in his book.

Through a series of fortuitous circumstances, Raymon is coming to Vernon. He will give an introductory presentation on Thursday, May 22, 2003 and two-day Self-Empowerment Seminar on May 24/25, 2003. He will be available for private sessions early the following week.

Here are parts of e-mails Raymon recently received:

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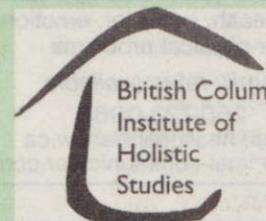
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