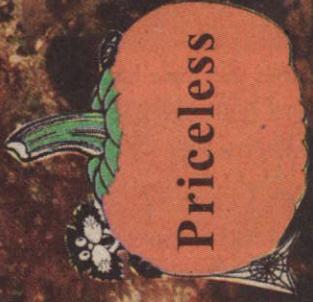


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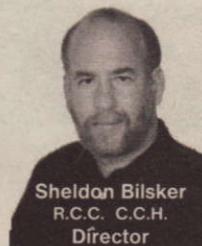
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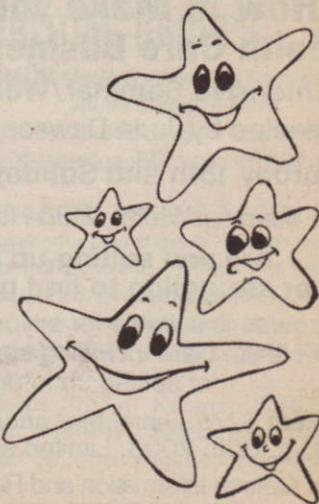
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Jude: **250 804 0104** [awesomed@shuswap.net](mailto:awesomed@shuswap.net)

## Feelings

### Where do they come from?

by Elaine Hopkins

Where do feelings begin? Until recently scientists believed that the child developing in the womb was a blank, which followed Freud's opinion that a personality begins to form after age three. We now know that the personality begins its development while in the womb. We know that the unborn child can see, hear and learn, but most importantly he/she can feel.

The mother, by her patterns of feeling and behavior, is the chief source of stimuli which shape the fetus. The mother and fetus communicate in a variety of ways physically through hormones, behavior and love. Maternal attitudes and feelings are passed on to the fetus in the form of neuro-hormones which the mother releases, and these hormones increase when she is under stress.

Most of us are aware of the influence that drugs (including alcohol and tobacco), viruses and nutrients have on the unborn child. We are just beginning to recognize the tremendous impact that the parents' behavior has on the unborn child. A mother's feelings and emotions directly affect the developing fetus in the womb, the fetus does not understand language but does understand feelings.

The attitude of the mother towards the pregnancy, and her partner, have a profound effect on the psychological development of the child, and on the birth experience. It's important to note that if the mother's overall love for her unborn child acts as a strong positive protection, then the child will thrive, even if the mother's situation is difficult. As long as the baby feels motherly love throughout the pregnancy, the baby's emotional health will thrive.

If, on the other hand, the mother withdraws her love (or it is non-existent) due to some trauma in her life such as illness, a loss, fear or shock, the child may become depressed, and this depression may continue throughout his/her life. What a child experiences in the womb causes a predisposition rather than a specific quality. I cannot stress enough the importance of the mother's attitude towards the pregnancy. It is a major factor in determining the character of the child.

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# When Nothing Else Works!

## Questions & Answers on Raw Food Diets

by Elyse Nuff

Q. Will I lose any weight on a raw food diet?

A. You will be surprised how your body will shed its excess weight. It is the most natural weight loss program in the world. With this lifestyle of eating the body sheds all the old, heavy fats that have been stored in the body, and replaces them with good solid muscle and tendons. This leaves your body lean and strong, never putting on that bad fat again. This will happen slowly over approximately three to six months and your body will then maintain its natural weight for your body build.

Q. Why do I feel tired on this diet?

A. The tiredness experienced is your body ridding itself of the toxins you have been living with all these years. The body needs your energy in order to do this cleaning effectively. This leaves you feeling tired during this process. The best thing you can do is help the body with its cleaning and rest for the period involved, if you can. This also helps the length of the cleaning period to be shorter.

Q. What does this period of cleaning do to my body?

A. These periods of cleaning are helping to remove the toxins and rebuild the cells in your body, to help rejuvenate your body back to good health.

Q. Is the raw food diet all I have to do to get back to good health?

A. When beginning the raw food diet, I highly recommend that everyone uses a very good bowel cleaner to loosen and remove the gummed up, tarry feces that has been plastered on the inside walls of the bowel. This gooey mess does not leave the bowel by itself. The bowel cleaner I recommend, that easily and safely removes this gooey mess, is the herb cocktail. It gently softens, removes and rebuilds the bowel.

Q. Why do I have to remove this gooey mess from my bowel?

A. There are really two reasons for doing this. The first is that it has probably caused other things to happen in the bowel. There could be strictures, colitis, ballooning, prolapse, diverticulitis, etc. There could also be some problems beginning to happen to the other organs and glands in the body from the toxins this goo is feeding them. The second reason is that this goo, by lining the walls of your bowel, is hampering the nutrition from your food from getting into the organs and glands and other parts of your body.

Q. Why is that?

A. The Chinese believe that the bowel is the most important organ in the body. Because of its role in the workings of the body, it is imperative that it is allowed to function without anything hindering it. This caked, gooey mass on the inside walls of the bowel does a great deal of damage to our bodies without us even being aware of it happening. The nutrition from the raw, live foods that you eat must be allowed to reach the whole body in order to nourish and heal.

See ad to the right

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## Musing

with *Angele* publisher of Issues

### Wise Woman Wisdom

Wow! another Wise Woman Weekend has now passed into the ethers. The energy that was generated was palpable, especially Saturday evening. After a day of workshops, many women let their hair down and whirled across the floor of The Great Hall, Naramata's name change for the Gym. The new name is a reflection of things to come and creates a different vibration.

Joan Casorso and her drummers started the evening vibrating, then the belly dancers got the women off their chairs as scarves swirled and bellies moved. I smiled as I watched a seventy-five-year-old woman gyrate to the music wearing a black bra and a skirt with fake metal coins jingling. Her love handles rolling past her midriff as she swirled in graceful movements, thoroughly enjoying herself. I nodded my head as I watched a few older women do things I never thought I would see them do. I was impressed at the number of younger women who demonstrated wisdom and compassion throughout the weekend, helping out when asked.

It was a time of bonding, a time to allow the goddess within each of us to emerge. Each workshop leader suggested a few more possible ways to empower ourselves. Each workshop said the same thing in a different way. The women lined up at the Healing Oasis to receive healing energies and floated away afterwards. Women who came tired or depressed smiled within hours of their arrival. One woman said to me, "My husband insists that I attend. He looks forward to the new me returning." She added, "I have noticed that I am usually better-natured for about three weeks after I return home."

When I told the crowd of women that I was creating a Wise Guys Weekend, they applauded. One woman said, "We are ready for them! In fact, we are bursting at the seams with anticipation of having more men in touch with their internal powers." A few said they were excited at the idea of sending their guy to a weekend similar to what they were experiencing. I added, "You could bring your guy with you to the Spring Festival of Awareness. That happens at the end of April."

Applications for instructors will be sent out soon and a few months later, my guy Richard, and I will send out applications for the first annual Wise Guy Weekend to be held at Johnson's Landing, in the Kootenays. Over the years, I have been asked many times to organize a weekend for men but thought they should do it for themselves. Now, it is an idea whose time has come, and so it shall happen.

By the time you pick up this month's Issues, I will have moved my office to Johnson's Landing. The rental truck will also take the old doors and windows from my old Penticton building that has been remodelled, to become part of a greenhouse near my new office/home. This summer we had lots of tomatoes but I am told that is not usually the case. I would like to see most of the food for the retreat centre and our newly-developing community grown onsite, so the more warm spots we have, the better. If you have some carpentry, gardening or other skills you would like to share, please let me know. We are looking for people who would like to get involved in the complex process of creating a community. It will happen, and I am excited at the prospect of what it can become. I love living on the edge and as Alma said in her workshop at the Wise Woman Weekend ... "If you aren't living on the edge you are taking up too much room." I always push my own boundaries and enjoy the many challenges that creates. I invite those who wish to do the same and help create a community to contact me.



*Angele*



# Calendar of Events



## October 6

**Meditation**, 7 - 9 pm at Books & Beyond in Kelowna. Donation, p. 7

## October 7

**Reiki Introductory Evening** with Pam Shelly in Kelowna, by donation. p. 14

## Angels Among Us,

with Judy Guido in Vernon. p. 26

## Shum Healing Energy,

with Jollean McFarlen in Kelowna. p. 17

## October 17 - 19

**Psychic Medium**, Lyn Inglis at Canada Place in Vancouver, B S & S Expo. p. 8

## October 18 & 19

**Reiki Level 1 & 2 Training** with Pam Shelly in Kelowna. p. 14

## October 24 - 26

**A Feldenkrais Weekend**, with Alice Friedman in Kelowna. p. 12

## October 25 - 27

**Touchpoint Reflexology Certification**, with Yvette Eastman, Vancouver area. p. 10

## October 31 - November 4

**Innerquest Breathwork Training**, with Jon Scott in Kelowna. p. 15

## November 7 & 8

**Parenting with Compassion**, with Selinde Krayenhoff in Kelowna. p. 13

## November 7 - 9

**Psychic Healing Fair**, at Dare to Dream in Kelowna. p. 10

## November 8 & 9

**Reiki Advanced Master Training**, with Pam Shelly in Kelowna. p. 14

## November 15 & 16

**Succeed in Natural Health Care**, with Jude Dawson, in Kelowna. p. 4

## November 21 - 23

**Tarot Workshop**, with Cheryl Forrest in Westbank. p. 2

## November 22

**Yoga the Feldenkrais Way**, with Sandra Bradshaw & Tyson Bartel in Kelowna. p. 21

## 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. **Leir House**, 220 Manor Park Ave. Info: Loro 250-496-0083, email: celebrationcentre@telus.net

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### October/November Workshops

Oct. 6	Meditation, 7-9pm Donation	Nov. 3 & 17
Oct. 7, 9, 14, 16	Tarot (certified), 7-9:30 pm \$165	Nov. 4, 6, 11, 13
Oct. 8 & 15	Energy Healing, 7-10 pm \$50	Nov. 10
Oct. 19	Consciousness & Sacred Geometry, 9-5 pm \$50	Nov. 15 & 16 (\$100)
Oct. 20 & 22	Reiki 1 (certified), 7-9:30 pm \$130	Nov. 18 & 20
Oct. 26	How to See & Read Auras, 9:30-4:30 pm \$89	Nov. 23
Oct. 27	Electro Magnetic Fields, 7-10 pm \$25	Nov. 24
Oct. 28 or 30	Crystal/Chakra, 7-10 pm \$25	Nov. 25 or 27
Oct. 29	Crystal Grids, 7-10 pm \$25	Nov. 19
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For more information about any of the above please contact Lyn at **(250) 837-5630**, [lyndesay@telus.net](mailto:lyndesay@telus.net), [www.lyninglis.com](http://www.lyninglis.com). For the Edmonton visit November 9th until November 20th, please contact Lyn as above or Carol at 780-418-4294 - private readings can be booked in advance.

## All You Need is Love

by Jewelle St. James



## Constipation, Diarrhea, and Cramping

### How To Restore Healthy Bowel Function

by Ean Langille

Although not usually a pleasant dinnertime topic, the bowel is one of the most important organs in your body. If you are experiencing constipation, diarrhea or cramping, your body is trying to communicate to you that it needs support. There is hope for you to relieve any temperamental symptoms and pain when you supply the bowel with the four key nutritional elements that it needs.

Did you know that your bowel has a magnesium enriched lining? Magnesium is the first element of nutrition which is known as the 'relaxer.' When magnesium is deficient in the bowel wall it can create constriction and cramping. Without this life giving mineral you may be used to only having a bowel movement every two or three days. When the right magnesium (high quality and muscle tested) is found for your body in the right amounts, you will experience relief. It has the ability to soothe a 'jumpy bowel' and you may notice that your fecal matter will be more substantial in diameter instead of being 'skinny.' Once magnesium is introduced, people comment that they are then able to tolerate other foods or more fibre.

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## The 7th Annual Wise Woman Weekend

by Laurel Burnham

The 7th Annual Wise Woman Weekend has come and gone, leaving us tired but happy. A record number of women joined us at Naramata Centre for a wonderful celebratory exploration of the Divine Feminine. A male friend looking at the photos remarked how radiant we all looked. It's true, we all do shine, especially in the right environment. The combination of Naramata Centre and the theme of "Wise Woman" provide the perfect setting for women to discover their beautiful, wise and radiant selves. It is the amazing willingness and openness of each woman present that actually makes the event what it is. Remember synergy? The whole is greater than the sum of its parts when it comes to Wise Woman Weekend.

This gathering came to light in 1997 with 75 participants. Seven years later, we have grown to almost 300. Truly an idea whose time has come!

It takes a variety of skills to produce this event. For the past fifteen years Angèle Rowe, Urmi Sheldon and Laurel Burnham have been working together to produce the Spring Festival, and duplicated their efforts each fall for Wise Woman. Over the years many others have helped shape the various aspects of both the Spring Festival and the Wise Woman including Marcel Campbell, Samarpan, Nywyn and the latest being Christina Ince, who took over the organization of the Healing Oasis. For these past years, the weekend has been guided by Angele Rowe, publisher of Issues Magazine, organizer and "Den Mother" extraordinaire.

Since the nature of life is change... Angèle's life has and is changing in wonderful ways. She is following her heart to Johnson's Landing, to be with her new love, Richard, and to carry on with her life's work of creating a spiritual community. In doing so, she is letting go of Wise Woman Weekend, and turning the reins over to Samarpan, Urmi and Laurel. She will still return to Naramata Centre each April to unfurl the rainbow banners of the Spring Festival of Awareness. We are all very grateful for our time together. Our love, gratitude, and blessings travel with Angèle, wherever she goes.

It has been a life shaping experience to work together to create these marvellous and unique events. All of us are very grateful for what we have learned, and the opportunities we have created and shared.

A Wise Woman is a changing woman, and Samarpan, Urmi and Laurel will carry on, weaving the wonderful magic that has become Wise Woman Weekend. Next year's dates are Sept. 17th -19th. The essential format of the weekend will stay the same, with some changes in store. We're planning to add even more opportunities for women to enjoy, including healing circles and group meditations. We'll keep you posted. If you would like to receive a workshop leader's application form, or be put on the mailing list, you can reach us at: 250-497-1182, or [wisewomanweekend@lycos.co.uk](mailto:wisewomanweekend@lycos.co.uk)

Until we meet again, walk in peace and beauty!



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# When Awareness Isn't Enough

by Laara Bracken, B.Sc, CMP, CBE

Today, I am a happy, successful, productive woman. It seems like a bad dream that I was once in so much spiritual, mental and emotional pain, for so long, I thought it would never end.

## Awareness

Books, workshops, affirmations, visualizations, analyzing my issues, and various therapies did not create permanent results. Though I was more aware of my issues, their origins, and key events, I kept repeating unwanted reactions and patterns.

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## Isn't Enough

Awareness alone was not enough. I realized change would have to happen at the deepest core level of my subconscious self. I learned our subconscious mind is a compartmentalization of many parts. Some are very positive and life enhancing, and some are not. Most were created in childhood to help and protect us to the best of our limited understanding at the time. These core beliefs and the emotions, behaviours and patterns are firmly imbedded in our subconscious. As adults, we have grown consciously, but these belief systems remain suspended in their child states. They faithfully replicate our childhood patterns and defense systems, sometimes limiting our choices, happiness and success. They also act as filters of our perceptions of ourselves, others and life itself, reinforcing the original core beliefs, emotions and behaviors.

## It's A Good Beginning

While conscious awareness was not enough to create the changes I sought, it was an essential first step. To recognize that my life was off track and some patterns, emotions, behaviours and thoughts were not producing hoped-for results was imperative. It fueled my dedication and commitment to go on. And although a few therapies I experienced did deal to some degree with my subconscious, I knew I had to go much deeper.

## But We Need To Go To The Core

Also imperative for me was a therapy that was gentle. I had been traumatized, and reliving the experiences was very frightening and painful. Finally in 1985 I found a therapy that claimed to solve issues at the deepest core levels, and had permanent results. While skeptical of my changes at first, I experienced that they not only lasted, but grew stronger over time. Once my conscious and subconscious selves were in harmony, old patterns faded. With more love for, and trust in myself, all of my power, intelligence and creativity was moving in the same direction, toward the same adult choices.

Harmony between my conscious and subconscious selves created, and continues to create, enhancing relationships, the ability to love and trust others and myself, joy, organization, creativity and financial success.

*See ad to the left*

# The Transformative Power of the Feldenkrais Method®

by Sandra Bradshaw and Alice Friedman

Why is it that we so often take our bodies for granted until something happens and the pain and constraint of an injury make us fully aware of our body in a most unpleasant way? This common scenario is the one in which Alice Friedman found herself many years ago after sustaining a painful shoulder injury due to a fall from a ladder. "For six months pain and limited function were always present leaving me grouchy and frustrated." When the answer to her problem presented itself it was a happy case of serendipity. As Alice goes on to explain, "Having read some books by Moshe Feldenkrais, I was interested in his concept of flexible minds and flexible bodies. When I had the opportunity to attend a workshop on the Feldenkrais Method not only did I learn a lot about myself over the course of the weekend but I also regained the pain-free use of my arm and shoulder."

In describing her own experience during that weekend, Alice captures the essence of the Feldenkrais Method and what it can do for anyone interested in improving their quality of life. She says, "I discovered how my habitual patterns of movement were helping to maintain my shoulder difficulty. As I increased my awareness of how I moved, my system began to soften and relax and freer movement became possible. The defensive compensatory patterns I had developed in response to pain diminished and I could feel my entire self engage in the rediscovery of easy and pleasurable movement. Having a dance background the use of thematic and developmental movement sequences to increase flexibility and range of motion appealed to me and as a practicing psychologist, the promise of a more flexible mind and increased adaptability through awareness was irresistible. Needless to say, I was hooked and the rest is history."

After more than twenty years as an active Guild Certified Feldenkrais® Practitioner<sup>CM</sup>, Alice is now an Assistant Trainer of the Method and a traveling ambassador intent on promoting the upcoming Victoria Feldenkrais Practitioner Training Program under the capable direction of Jeff Haller, starting in February of 2004. Alice and all of the Feldenkrais practitioners in the south and central interior of BC will be giving classes, workshops and private sessions throughout the fall season and we invite you to take advantage of this great opportunity to experience either Awareness Through Movement® classes and workshops or one-on-one Functional Integration® sessions.

What happens in a class and in one-on-one sessions? In an Awareness Through Movement Class (ATM), you are verbally guided through a sequence of movements that draw your attention to how you move. In a one-on-one Functional Integration (FI) session the outcome is the same but, during the session, the practitioner will guide your body through gentle easy movements releasing tension and bringing needed awareness to unlock areas that do not move easily or at all. The emphasis in both ATM and FI is on becoming aware of limiting habitual patterns and developing new alternatives. As

you learn to relax and to move with more enjoyment, freedom and ease, you are guided to use and integrate this new information into functional movements. Once the learning is complete, it is so embedded in your daily routines that this becomes a spontaneous part of your regular activities.

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*Feldenkrais Method®*, *Feldenkrais®*, *Functional Integration®* and *Awareness Through Movement®* are registered service marks of the FELDENKRAIS GUILD® of North America. Guild Certified Feldenkrais Practitioner<sup>CM</sup> is a certification mark of the FELDENKRAIS GUILD® of North America



To book an appointment for a one-on-one session, classes and workshops, contact the Feldenkrais Practitioner nearest you.

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**Vernon/Lumby:** Charlotte Ruechel, GCFP 250.547.0282  
Awareness Through Movement® Class (7 - 8:30pm)  
Oct.24-Dec. 4

**Kamloops:** Tyson Bartel, GCFP 250.372.3814  
2 Workshops:  
Healing Your Back with Feldenkrais Oct. 4 (1 - 5pm)  
Improving Your Vision with Feldenkrais Oct. 25 (1-5pm)

**Williams Lake:** Kate McDonough, ATMT 250.398.8329  
Awareness Through Movement Classes  
Private sessions available by appointment

**Williams Lake/Quesnel:** Syl Rujanschi, GCFP 250.790.2206  
Classes, Workshops and Private appointments  
Williams Lake: Oct. 4-5 Quesnel: Oct. 11-12

**Nelson:** Kerrie Hart, GCFP 250.352.0306  
Awareness Through Movement Class Mondays (6-7pm)

**Nelson/Kaslo:** Susan Grimble, GCFP 250.366.4395  
Nelson contact number 250.825.4745  
Check Pennywise for class dates and times

# Turning the Magnet

by Selinde Krayenhoff

I was so angry. My mind raced, "He could have been killed! Can't I trust him for a minute!?" I yelled at him, "How could you be so foolish! You know you're supposed to stay in the yard!" I yanked on his arm as I dragged him home, crying. My son was a preschooler then, and had wandered from our townhouse into the parking lot. After a frantic search I had found him playing between parked cars.

I put him in his room and started the lecture. The more I tried to tell him what he'd done wrong, the more he cried. Picture it... two highly distraught people in a small room who couldn't have been further apart from each other. Finally I calmed down enough to come out of my anger and really sense what his hysteria was about. I listened to his crying and knew in an instant what was going on for him, "You're angry with Mama, aren't you?" His crying turned into sobs as he ran into my arms. When the tears subsided he looked up at me and said, "I didn't mean to. I was just following a bug. When you yelled at me, you scared me, Mama." My heart which had been softening went to mush. I clearly understood the world from his perspective.

When my heart opened it was like a magnet being turned around. Instead of feeling pushed apart, we were drawn together. Out of my fear I had flown to assumptions and lashed out. And we both suffered. How differently this scene could have been played out if I had learned Nonviolent Communication as a new parent. Let's look at how the same scene could have been played out differently:

I find my son in the parking lot, my heart in my mouth. My precious child in a potentially dangerous situation. First I would check in with myself, "Wow, what a scare!" and knowing me, hear some self-abuse: "How could you be so negligent! Good mothers keep an eye on their children!" Then I shift from that place of self-punishment to acknowledge that my strong emotion is coming from a place of need for the safety of my son, and an awareness of how much I treasure our relationship.

Being clear with what's going on for me, I turn to him, "You know when I see you playing out in the parking lot I'm scared. Remember how we talked about this not being a safe place to play? I'm curious why you left the yard, would you tell me what's going on?" I want my child to feel safe to share his experience. I trust that his intentions are perfect—he's a passionate explorer of his world. Every experience is a learning opportunity. If I shame, punish or blame, I shut him down and we lose the opportunity to grow in understanding and relationship.

Every time I get curious with my sons, who now both are teenagers, and approach them with respect and an open mind, like a magnet positioned for love, I hear amazing things that confirm and build my trust and enjoyment of them. Sometimes, when they tell the truth, I may find it difficult to hear, but often that's when the greatest learning happens for the whole family, which in turn, deepens the connection between us. And when times get tough, as they inevitably do in families, it's the quality of our relationships that sees us through to new and more solid ground. *See ad to the right*

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Profile

## STAYING OUT OF FEAR AND HAVING FAITH

by Pam Shelly

I am a newcomer to Kelowna, having moved from Calgary just three weeks prior to the fire outbreak in our beautiful area.

Recently I had sold my beautiful home of seventeen years, I moved away from my family including my two grown children. I also left behind many wonderful friends and clients and a successful holistic healing practice of eight years. Just after getting everything unpacked and starting to settle in, we received a knock at the door and were told we had to evacuate immediately. Many thoughts and feelings were involved. I questioned why I felt so strongly in my heart to move to Kelowna and then have everything I owned at risk in such a short time? I have a very deep sense of spiritual connection so I know there are reasons for everything and I know they will be revealed even further as time goes on.

I have felt a wonderful sense of community in such a short time. All residents of Kelowna have been affected in one way or another, so we all have that in common. One of the lessons in this for me is to stay out of fear as much as possible and trust everything will be fine. The Course In Miracles teaches us that every moment we make a choice to live in fear or live in love. I also have a new compassion for people that have had to deal with loss, the constant stress of the unknown and having to rebuild.

I love Kelowna and I have been very moved by the outpouring of love and support in the community. I believe in the bigger picture, it will give us all more strength and compassion and shift the consciousness to a whole new level.

For those of you searching for support and a spiritual connection there are many paths to choose from. Learning Reiki eight years ago was a turning point in my life that strengthened my spiritual connection, helped me to greatly develop my intuition, and learn tools to heal myself and others. Reiki is something anyone can easily learn and we just need to know how to access this wonderful gift of healing energy. *See ad below*

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# Igniting the Fire Sacred Sexuality

by Jon Scott

Study after study has revealed an alarming lack of fulfillment in the sex lives of both couples and singles. In our culture, it has become "normal" to live lives that are over focused on responsibilities, commitments and obligations. Our love and sex lives are squeezed into the bottom of our priority list, expressed as a tension release at the end of an overwhelming day.

My Tantra workshops are designed to bridge the gap between ordinary day-to-day life and the sacred life we long to experience. Tantra reawakens our authentic spontaneity and opens the gateway to the sacred by calling our consciousness fully into the sensation of the present moment. When the power of our sexual charge is redirected inwardly and up rather than down and out, it bathes and rejuvenates the entire being in life force energy. We talk about full body orgasm rather than a genital sneeze.

I promote the idea of recognizing the sacred in everyday life and delighting in the shadow as well as the light. One of the most potent explorations of Tantra is the investigation of our personal dark corners in which people find "juicy richness hidden under the blankets of denial and shame". By unmasking our personal demons, we become tenderly vulnerable and heroically courageous. This self-knowledge and self-acceptance is the inner source of our passion, purpose and creativity in life. When we unify and acknowledge our inner forces, we connect with our deepest energy source and the power to know and realize our most profound dreams. Tantra is the art and science of love embodied, -experienced and allowed.

See ad below



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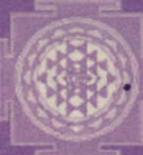
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# PLANETARY ALIGNMENTS

for October & November 2003

by Khoji T. Lang

During the past two months we were diving deep into uncharted abysses. Good amounts of karma have been burnt and many profound issues cleared away. Mars, still within the realm of mysterious Pisces, expresses the male active principle in refined ways, acting like a spiritual warrior. Purified after its two-month retreat, Mars now inspires with nurturing visions, energizing and motivating us to start realizing our intentions. Increasing amounts of wind are filling our sails, inducing regeneration and healing. Imagination is our powerful ally, helping new ideas to gain a foothold. Cautious and timid in the beginning, but after October 22, when planet Neptune (the ruler of Pisces) changes into direct mode, things will start taking form.

During October and November, Jupiter in Virgo opposes Mars. At best this energy expresses in industrious and prolific manners, conceiving and translating universal laws and holistic principles, providing the means to bring them down to practical form. The downside could be hyperactivity and restlessness, so the challenge is to cultivate niches of serenity and silence. Additionally for the whole time, Saturn opposes Chiron, as these two celestial bodies move at exactly the same pace. Like a beam of a light, Chiron brings consciousness to whatever it touches, delivering urgency and intensity. Saturn in Cancer is on the hot seat, sensitizing us to authority issues, putting big question marks behind the role played by governments, organized religions and corporate powers. Chiron, the wounded healer pushes us to acknowledge that we are responsible for the situation we're in, no matter what the circumstances. We might realize the tight grip we're in, suffocated by conditioning and structures - settings that do not allow us to live up to our potential. Realization in itself is a painful process, but once there is the recognition that one is responsible - at that very moment one has stepped back into power over one's life, ready to turn the steering wheel, allowing for things to change.

Yes, eclipse season is on during the month of November. Once every six months Earth, Sun and Moon come into one line, so that the Moon gets obscured by the Earth's shadow during a Full Moon, producing a Lunar eclipse - or traveling in front of the Sun during New Moon, producing a Solar eclipse. In those rare moments the subtle balance of Yin (Moon) and Yang (Sun) is disturbed, a rift opens for the unexpected to enter. The Total Solar eclipse of November 23, in spite of not being visible from where we live, will give the impulse to shift gears. Incorporating our own shadow means becoming whole. Loving ourselves in spite of weakness and vice is the key to transcending the concept of good and bad. This eclipse energy offers insights of universal oneness and unconditional love.

Sacred sites like Stonehenge demonstrate the value our ancestors gave to advanced knowledge of when such celestial alignments would occur - not only eclipses, but New and Full Moons, Solstices and Equinoxes. These moments give birth to something new, they are nodes in the time/space continuum - seeds, harbingers - revealing the potentials of what's about to come. By consciously tuning-in to these delicate moments we realign our intentions and synchronize with the greater whole. Adjoining our energies with the cosmos during those critical junctures makes us vessels for divine intentions, allows us to be conscious co-creators in life's unfolding symphony. These precious moments can be revelations - doorways transferring inner clarity. Because time is not as linear as one would think, it's better described as being radial or multi-dimensional. Sometimes it appears dense and compact, bursting with intensity; and then there are long stretches when it seems fleeting, evaporating, almost without leaving any marks. The most powerful celestial events of the coming two months will be the two eclipses of November 8 and 23.

*See ad to the left.*

# LIVING in TRUST & FAITH

by Jollean Mc Farlen, miact, csl

If you are like me, you have been trying to make your life a little easier and more fulfilling lately. I was wondering if you have been introduced to the many concepts that declare that the way to do this is through spiritual enlightenment.

Books that have dominated the bestseller list as well as the media over the past decade, all agree that the key to living a more rewarding life is to live it with a greater emphasis on Spirit. "How can I make my life better by living according to Spirit"? The answer is to learn to interpret the guidance that is given and develop the courage to act.

Many of the modern beliefs point to coincidences that occur in our life and many times they have to do with helping others or ourselves to move forward.

I remember one such instance a few months ago. I was giving a Feng Shui workshop and a participant mentioned that she was desperate to find a job. A week later at a networking event, a fellow member mentioned they were looking for a receptionist/trainer, I suggested the lady I had met. I also called her and suggested she get her resume over to the company. It made my day to help her connect and get the position.

Signs from Spirit come in many forms, signs and sizes. It is impossible to make a human inventory because Spirit is not human. Another rule is to believe that everything that happens to you, happens for a reason, usually a good reason.

The best thing one can do is be open to the experience and not judge it as good or bad. Know, there is a reason why things happen. As you open yourself to the possibilities you begin to live the teaching, "The Lord works in mysterious ways". Your job in making the Spiritual world physical is not to try to force these events according to how you want your life to be. Thus these events will have more room to flow, which will bring you the health, joy, grace, and prosperity that you are wanting.

*Jollean is a Feng Shui & Colour Consultant (commercial & residential), author, speaker, therapist & international spiritual medium/healer.*

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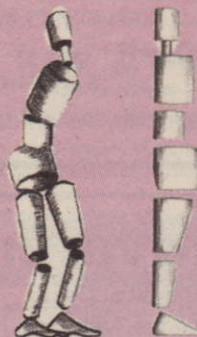
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# Spiritual Initiation

by Charles Syrett

There is an event which occurs in many spiritual paths called initiation. Very simply, it's the initiating, or starting, of a new phase of a spiritual process. Sometimes it can be an elaborate ritual with candles, incense, flowers, and chanting — such as the pujas of Hinduism. Sometimes it can be as simple as the whispering of a mantra (or sacred word-sound) into the ear.

Some say that the story of Jesus and Nicodemus in the Bible hints at a process of yogic initiation that Jesus gave to an inner circle of practitioners. Many also feel that the baptism that Jesus received from John the Baptist was, in fact, a form of yogic initiation. What is the common element in all these different forms of initiation? It is the transmission of spiritual force from a Master to a practitioner. When the practitioner has readied him/herself through preparatory practices, the Master, or Guru, is moved to Bless, or to transmit spiritual energy — and this initiates the next stage in the practitioner's process of growth.

In some forms of yoga, this process is called shaktipat. "Shakti" means Divine Energy (often personified as Goddess). When the Guru gives shaktipat, he/she awakens the Spirit-Current in the devotee through touch, word, glance, or even thought. The devotee may experience the effect of shaktipat as an awakening of the kundalini (or yogic energy which rises from the base of the body to the brain) or simply as a deepening of the process of meditation.

Avatar Adi Da Samraj speaks of an even higher form of initiation which He calls Hridaya Shaktipat, or the transmission of the Heart itself. Instead of engaging spiritual practice as a way of seeking for higher experiences, the devotee meditates on the Guru based on recognition of the Divine in the Guru's Form. As this process matures, the Divine as Guru spontaneously enters the devotee and initiates a spiritual process that ultimately includes and goes beyond the traditional forms of yoga.

Thus the highest initiation is sparked and fueled by love, and grows us beyond ourselves into our ecstatic identity with the Divine. *See ad below*



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# Fix My Electrical Circuitry?

by Delores Wiltse

About twenty years ago, my daughter was diagnosed with Kawasaki's disease, and a close friend highly recommended a herbalist. Well, I thought we should give it a try and I dragged my husband along in case the herbalist was a kook! Our daughter had a full and speedy recovery. What a wonderful experience this was as a parent. Our family then started seeing a Naturopath as part of a prevention/maintenance program. After this I started wondering, how does all this work?

Years later, I experienced a crisis. I became very stressed and didn't know what to do. That was when my manager loaned me a video by Shatki Gawain "Living in the Light", which led me to her inspiring book, "The Path to Transformation." In her book she says that if you change yourself, you change the world around you. How can that be?? Again my curiosity was stirred.

Also, at that time, in my dreams I was seeing parts of an address which the universe was showing me. That led me to taking spiritual development classes in 1997. I remember being in awe listening to Cheryl Forrest talk about turning your life in a new direction that is closer to your heart's truth and your soul's path. There was a part of me that felt all that she was saying on a deep, deep level, and another part of me was trying to grasp it mentally. What is my heart saying? Again another level of awareness opened.

After doing some personal growth work and meditations, I chose to leave my full time job to pursue a career in metaphysics. I took an Energy Balancing course, and also became a Reiki Master. Both brought my awareness to auras, chakras, crystals, essential oils, and energy work. My friends loved it when I took classes and practiced on them, and I am grateful to them and my family for their support.

Continuing my personal growth classes with Cheryl, I felt another shift on a deeper heart and soul level. What an example she is of walking the talk. So I guess all along I have been guided to alternative therapies, but the time came for more commitment to pursue a modality which worked with energy. What is out there that has integrity and credibility?

All this, and a friend's nudging, has led me to becoming a Specialized Kinesiologist with the Kinesiology College of Canada. So now I have an answer to the question: Fix My Electrical Circuitry? Yes, you can fix your electrical circuitry through Kinesiology on a physical, emotional, mental, spiritual, bio-chemical, structural or nutritional level. How can it fix my electrical circuitry?

There are many corrections, some of which are: neuro-lymphatic and neuro-vascular points, spindle cells, emotional stress release points, etc. These corrections switch on the body's awareness, and this may come in the form of nutritional, environmental, emotional or mental insights, pain relief, feelings of peace, or on a more subtle level and therefore less obvious. The balance shows us what part of the body's awareness is shut off, and electrical circuitry is then switched on.

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# ASTRO-TAROT CONSULTANT

by Denise Obidowski

For many years now, I've been on a deep spiritual path. There have been many trials and tribulations but there have also been many more revelations and blissful realizations. Slowly, I began to develop intuitive abilities. My divination skills also developed as did my communications with my angels and guides. I started reading cards for friends and family members thirteen years ago. I also began to discover their personal tarot archetypes a few years after that.

Personal tarot archetypes are cards that symbolize your personality, soul, shadow, teacher, fate and destiny archetypes. Then I began working on natal charts about five years ago. Through practice with tarot readings, tarot archetypes, numerology, and astrology, I began to see the ways in which a person's life themes emerge.

Finally, I was asked by Spirit to open myself up to serving others on a greater level. That's when I decided to open myself up for business. I like using these tools to help people understand their evolutionary path and to explore strategies for bringing forth their full potential and how to work with more challenging aspects. We all have gifts and talents, not to mention tasks, that we have come here to Earth to experience and to express.

Of course, when wishing to receive guidance on an issue, a tarot reading usually suffices. I also teach tarot classes on an individual basis, or for small groups of three or four individuals.

Another area that opened up for me, thanks to my angels, is the ability to "read" photographs. I can pick up on someone's vibrational energy through photographs.

Therefore, if you have a question regarding a person or an animal, do bring a photograph to our session. If you would appreciate help discovering your own life's purpose, or would enjoy a tarot reading, contact me:

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# Soul Travel

## What It Is, How to Do It

by James P. Bauman

Soul travel is a means to explore other worlds without being hampered by a physical body. Soul travel goes far beyond astral travel. It is Soul traveling throughout the universe wherever it needs to go, unencumbered by flesh and blood, emotional baggage or mental limitations. This is pure freedom. Nothing can hold Soul back, wherever It wants to go.

We have a language problem that perpetuates ignorance about Soul. It is said that you have a soul. My soul, your soul, his soul. This is misleading. You do not HAVE a soul. You ARE Soul, a spark of God. This Self is the real you. It is not your personality, your ego, your conscience, your mind, nor your subconscious. It is pure consciousness itself, that which gives life to all of the above.

Anyone can Soul travel. Actually, everyone Soul travels, whether they know it or not. For many people, conscious Soul travel is restricted to their physical bodies, in which they are trapped in consciousness. Unconsciously however, they are constantly going to parts unknown. If you want to Soul travel consciously, there are many methods to achieve this. Becoming aware of what is already happening is the key. Electricity, for example, was happening long before people first became aware of it and began to use it.

Dreams are Soul travel experiences. If you can wake up in your dreams, in other words, realize that you are dreaming while dreaming, you begin at once to consciously Soul travel. To get to this point, keep a journal of your dreams. Write them down as soon as you wake up. Recognize that your dreams are real, and mean something very important. Pay close attention. Studying them expands your consciousness by leaps and bounds, to where you can begin to Soul travel consciously.

Soul travel can also happen while wide awake during a spiritual exercise. There are many such exercises detailed in the book "The Spiritual Exercises of Eck" by Harold Klemp. Here is an example of a Soul travel exercise to try if you wish. Sit or lie relaxed in a quiet, comfortable place. Close your eyes. Put your attention at a point between your eyes. See a blue light in this field of vision. Sing the word HU (pronounced "hue") with each outgoing breath. This ancient name for God is also a love song to God. Fill your heart with love. This is important, because it gives you the confidence to Soul travel, knowing that you are safe. Listen for an inner sound not connected with any outer sound. Wait with expectation and patience, without preconceived notions or forcing.

It helps to have a flight plan in mind before you begin. You might wonder, Where should I go, once I'm on my way? It would blow your mind to know where you could go. The best thing is to go to the very best places. These are the temples of Golden Wisdom. Here you can listen to the great spiritual masters, or peruse the great scriptures in their purest form. This

*continues to the right*

may not seem as entertaining as visiting planets of blue people with three legs, or finding buried treasure. But the purpose of the great masters is to free you further for even greater experiences.

A great benefit of Soul travel is that it will help you overcome the fear of death. Once you see for yourself that you are Soul and can never die, the death of the body is of no concern. You are then free to live a more happy, prosperous and adventurous life, and thus be of greater service to all!

Soul travel doesn't cost a cent. No amount of money can buy it. Still, like learning to ride a bike, it's not exactly free. You have to devote time, discipline and courage. The benefits - greater freedom, love, wisdom, and dramatic experiences in Light and Sound - far outweigh the cost!

A good book to read is "How I Learned Soul Travel" by Terill Wilson. It may be at the library, or you could order it at the book store. There are people locally who are well-acquainted with Soul travel and can share more information with you. Seek them out. They are students of Eckankar, a spiritual path that teaches this vital science. We'd be delighted to share more of the amazing secrets of this teaching with you.

See ad in the NYP - under *Spiritual Groups, Past Lives, Dreams & Soul Travel*



## The Feldenkrais Way for Yoga by Tyson Bartel

My first experience of Feldenkrais came when a senior Kripalu Yoga teacher came to Kamloops for a workshop. As a new Kripalu teacher I was ready for two days of the flowing Kripalu style to inspire me. The workshop included an introduction to 'Awareness Through Movement' exercises created by Dr. Moshe Feldenkrais. One in particular impressed me, as my hips and lower back responded to the movements in a way that I could still feel hours later. Lila explained how these movements done in this specific way could reprogram the sensory-motor nerves between muscles and brain to effect immediate and often long term improvements in posture, breathing, body and mind. Feeling was believing!

I practiced that sequence for several weeks and began to notice my lower back working better when I washed dishes and swept the floor. My yoga also benefitted, as I could feel areas of my pelvis and back waking up and opening into postures without any need for force or excess effort. Within two years I was a student in the four year professional Feldenkrais Teacher Training program with Jeff Haller in Seattle. In 2001 I graduated as a certified Feldenkrais practitioner. As a Yoga teacher, I enjoy applying Feldenkrais to my Kripalu classes. Here's an example:

### **Awareness Through Movement for Cobra Pose:**

Please begin lying face down with your arms in push-up position. Place arms where it is easy to push down and lift yourself into the backbending Cobra Pose. Lift and come down several times. If your spine is stiff, leave your elbows bent a little as you lift up into pose. Rise up and down a few times. Last time, lift your eyes and note how high you can see without strain. Rest. Now place right hand on the floor with left hand on top of it and turn head to left and rest right cheek on back of left hand. Keeping right hand on the floor and head pressing into left hand, lift the left hand, arm and shoulder so the head is raised into the air. Lower down. Repeat several times, noting the response of breath; do you breathe in or out as you lift. Try both; is one easier? How far down your back do you feel muscles working? Feel your legs on the floor; do they get light when you lift; one more than the other? Rest.

Now lift and lower your straight right leg a few times. Pause. Lift the leg again, this time simultaneously with the left arm and head. Note if your head and arm lift easier and higher now. Can you sense the diagonal connection of the muscles from left hand to right foot? Rest.

Now repeat this sequence with the opposite diagonal. Put right hand on top of left, turn head to the right to begin with simply lifting head with right hand and arm a few times. Proceed until the final variation of simultaneously lifting left leg with right arm and head, sensing the diagonal connection. Is one diagonal easier to lift higher? How's your breathing as you explore these movements. Does it become freer? Rest.

Return to original position. When ready, push up into Cobra, looking up with the eyes. Is it easier for the spine to arch back, feeling how your back muscles are activating through the buttocks into the legs, pressing hips and abdomen down and perhaps raising you to see higher than before. Rest and reflect on this interesting way of using your whole self to improve strength and flexibility; a small sample of what's possible in the Feldenkrais approach to Yoga.

Moshe Feldenkrais calls this, "...making the impossible possible, the possible easy and the easy elegant."

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# Serious Wake-Up Call Issued for Industry and the Public

reprinted from Natural Health Coalition Newsletter, Summer 2003

On April 9, 2003 Dr. James Lunney MP Nanaimo-Alberni introduced the Private Members Bill C-420, an Act to amend the Foods & Drugs Act. This legislation, if passed, will redefine dietary supplements, herbs, botanicals, and other natural health products as foods and NOT drugs. This will ensure that natural health products are not to be arbitrarily classified as drugs and denied to Canadians without the scientific evidence to justify it. In addition sections 3(1), 3(2) and Schedule 'A' of the old outdated Foods & Drugs Act would be repealed.

**This is a major health initiative for Canadians and we ask everyone to support it by contacting your local MP now.** (Find your local MP from the internet— links below). The Bill is currently before the House of Commons. **Second reading is tentatively scheduled for October 7, 2003 and if voted on will hopefully go to Committee.**

Over a million consumers across Canada sent a strong message to the government in 1997, making it clear that such legislation as Schedule 'A' and Section 3 (1) and 3(2) of the antiquated Foods & Drugs Act could no longer be used to deny Canadians health freedom or relegate foods to drug status. The government responded in November of 1998 by setting up the Standing Committee on Health, which sought input from citizens across Canada before bringing forward 53 recommenda-

tions for change. These recommendations were tabled in the House of Commons and accepted on March 26, 1998 by the then Minister of Health, the Honorable Allan Rock on behalf of parliament. Further to that process, the government set up the Office of Natural Health Products Transition Team (a committee of experts formed from Health Canada, consumers and consumer groups) and accepted their clarification and expansion of the 53 recommendations as submitted in their March 31, 2000 report.

## **Important segment of the Transition Team report reads:**

Natural Health Products: A New Vision Section 3 and Schedule A (As they currently stand)

3(1) "No person shall advertise any food, drug, cosmetic or device to the general public as treatment, preventative or cure for any of the diseases, disorders or abnormal physical states referred to in Schedule A".

3(2) "No person shall sell any food, drug, cosmetic or device  
(a) that is represented by label or,

(b) that the person advertises to the general public as a treatment, preventative or cure for any of the diseases, disorders or abnormal physical states referred to in Schedule A."

In response to the above quoted section of the Act the Transition Team comments:

**"Sections 3(1) and 3(2) and Schedule A of the Foods & Drugs Act are no longer relevant.** They do not serve any purpose that cannot be accomplished adequately by other sections of the legislation or regulations. More importantly, the schedule does not reflect contemporary scientific thought. The weight of modern scientific evidence confirms the mitigation and prevention of many diseases and disorders listed in Schedule A through judicious use of NHPs (Natural Health Products). It is time that the legislation and regulations reflect the prevailing science. Section 30(1)(m) of the Act grants the authority to add anything to, or delete anything from, the Schedules to the Act." The Transition Team recommends that: "Section 30(1) of the Food & Drugs Act should be invoked to remove all diseases listed in Schedule A; Sections 3(1) and 3(2) should be revoked through the Legislative Renewal initiative."

Now keep in mind that Health Canada and the Natural Health Products Directorate (created by Health Canada to oversee NHPs) have not followed ANY of the 53 recommendations from the Standing Committee on Health which came from input from citizens across Canada. In other words, Health Canada is NOT listening to us. Many people in the industry have simply relied on the assurances of Phil Waddington and/or the Canadian Health Food Association that the upcoming regulations will be good for the industry, but have they read the proposals? The proposed regulations maintain 100% power to, (1) regulate any natural product as a drug, (2) label any NHP as a prescription item, (3) pull any existing product license and

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demand more safety information, and (4) to cancel any such license if the information supplied is deemed to be inadequate. Remember Kava? It was pulled from the market based on the claim that the HPB had "inadequate evidence to support its safety." Under the new regulations, the same could be done with any product, and would most likely be done to the most effective ones.

The regulations would not be as bad if there were a guarantee that they were going to be administered fairly. But no such guarantee exists! Phil Waddington is an exceptional man who would probably fight for such fair administration: but, if he is replaced by someone "unsympathetic" to the NHP industry, once the regulations are in place, the industry will be in big trouble. This seems inevitable considering how the HPB has treated the Natural Health industry for the past quarter century. **These regulations are very vulnerable to legal challenges.**

*"We are witnessing the relentless progression in the planned destruction of the citizens' right to self-sufficiency in the preservation and/or restoration of their health, making our health the legalistically 'owned commodity' of a monopolistic pharmaceutical/medical disease-management industry. This is the ultimate form of 'enslavement' - the control over life and death—all in the name of control and profits." Inge Hanle*

Did you know that until the health food movement began in the 1980's and 90's, herbs, spices, and dietary supplements were all legally classified as "Foods"? This was, of course, before they became more relied upon by Canadians seeking good health. Did you know that until recent times "Drugs" were defined as "poisonous, toxic, addictive chemicals such as heroin and opium?" Did you know that drugs are not necessarily medicines; and that until recently, medicines have always been largely based upon healthy and nutritious foods, herbs, spices, dietary supplements, and mixtures thereof?

Remember: when it comes to dietary supplements, small and medium business is bad for big business. The best way for big business to deal with non-drug treatments that safely cure and/or prevent health challenges, without side effects, is to make them illegal, and to stop advertising, and this is exactly what the proposed new Natural Health Products regulations have reserved the right to do. For proof of this, read the regulations proposed in Gazette I and Gazette II of the Act.

**If the natural health industry and the public do not wake up now**, and block the new regulatory framework that is about to be enacted via Gazette II, it will spell the end for most family owned, small and medium sized health food stores, distributors, and manufacturers in Canada; just as it did in Australia in the early 90's!

Isn't it ironic how Health Canada wants to regulate natural products out of the picture when hospitals are closing at an alarming rate, there is a shortage of doctors, prescriptions cost a fortune, there aren't enough nurses, funds are dwindling and the medical system is collapsing? Health care especially for the elderly is deteriorating.

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This is a citizen supported initiative only numbers will convince your MP we mean business and wish to be free from pharmaceutical/medical control over our health decisions, and to be able to access the safe natural health products that we have a right to access without unwarranted regulations and restrictions.

We do need regulations to improve the qualities of NHP's but not the kind of regulations that will eliminate 70-80% of existing small to medium sized businesses and their products from the market place.

**The time to act is now**, as a small to medium sized manufacturer, distributor, health food store, and consumer. Write to your local MP and voice your concerns. Send a personal letter to Health Minister, the honorable Anne McLellan. A@parl.gc.ca Tel. (613) 992-4524, Fax (613) 943-0044. Visit the websites listed below for more information, form letters, email addresses and everything else that makes it convenient for you to voice your displeasure to Ottawa and your local MP. Dig into your pockets to support the legal actions. Make some noise. We desperately need your help! Thank you

### Resources

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  - [www.jameslunneymc.ca/](http://www.jameslunneymc.ca/) MP Dr. James Lunney who introduced the private member's bill C-420 which would define dietary supplements, herbs and other natural health products as food products. **Ottawa:** Room 678, Confederation Bldg, House of Commons, Ottawa, ON, K1A 0A6, Tel. (613) 992-5243, Fax (613) 992-9912, **Constituency:** #7-6908 Island Hwy. North, Nanaimo, B.C., V9V 1P6, Tel. (250) 390-7550, Fax (250) 390-7551, toll-free 1-866-390-7550
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## Book Reviews

by Christina Ince

### All You Need Is Love

The incredible true story of one woman's search, discovering her past life with John Lennon

by Jewelle St. James, St. James Publishing

ISBN 0-9732752-0-0 \$17.95

This book will resonate with anyone who has had a sense of "being" before, or of having connections with not only those who have passed on, but those among us in whom we feel we recognize the spirit but not the body. You may feel you are grasping at smoke, or trying to see through a fluttering veil, but you know there is a truth at the heart of it.



I was particularly pleased to be asked to review this book, for I had lived in Liverpool in the early 1960's, when the Beatles' popularity was spreading like wildfire, and associate that place with my happiest childhood memories. I was prepared to get to know Jewelle better through her words, enjoy the nostalgia that reading about John Lennon would call up, and be intrigued by the story behind the title. What I was not prepared for was inexplicably recognizing the sense of loss, understanding the "knowing", and acknowledging the desire to search for - for what? Or whom? A book such as this can convince us that it is actually all right to let our earthly selves listen to our spiritual selves, the knowledge in the timeless heart. With no guile or hidden intent, Jewelle's simple and honest prose reaches us with a phrase, a sentence, a few words, and stirs up our dormant dreams. Some of you will know they are not dreams.

Jewelle writes from her heart; you can almost hear her telling her story over tea and biscuits at your kitchen table. To her credit she did not merely take a vision and build a story around it, she agonized, researched, travelled, opened herself up to total (but not always) strangers in her determination to prove her story - first of all to herself. As twenty years went by she learned and endured, always seeking proof, turning surprising corners, and building a picture greater than she could have imagined.

Jewelle's resolve is admirable, as is her determination to follow her path, and her willingness to show herself to us as a real person who endures fear, grief, loss and pain. She may well inspire you to look at your own feelings - those that are inexplicable and deep and perhaps have withstood the passage of Time - and who knows where that inspiration may lead you?

## Through Hell to Heaven and Back!

A True Afterlife Journey Into The Heart Of The Soul

by Vassily Solitsin

Translation & foreword by Michael Cassidyne BA, MA

Professional Image Design Publishing

ISBN 0-9732993-0-4 \$21.95

Should you choose to read this book, please read the Foreword thoroughly first. You will find there the background of this story and its profound effect on translator Michael Cassidyne, along with a warning about the extremely graphic nature of some of the material. The author's description of his journey through Hell is harrowing. Your reviewer found it to be deeply disturbing, particularly the profound cruelty to animals described therein. Michael comments that the level of violence and horror may be hard to stomach. He's right. However, he does go on to state: "This is not to say, however, that there is no higher meaning and purpose to the author having had to live through his worst nightmares.....the horrors he encountered in the afterlife profoundly reflected the extent to which he had tortured and tormented his own soul throughout his life, through tragic self-neglect, and a lack of self-awareness and self-respect."



Vassily Solitsin's experiences occurred in Russia in 1931, when he was imprisoned, beaten, tortured and left for dead. At this time he was taken on a complex journey through Hell and Heaven. One may hope his Hell was the product of a body and mind tortured beyond reason - even his Heaven brings to mind the deep dark passion of the 19th century Russian writers. After three days he revived, managed to escape his captors, and then gives a brief indication that his life continued until at least 1954 when he typed the manuscript. Vassily's son's passive custody of the manuscript and mysterious relinquishing of it to Michael meant that its publication was a long time coming - particularly when you realize that Michael could not speak or read Russian, something he undertook in order to painstakingly translate this astonishing work.

You will decide for yourself if the author did indeed die, travel through Hell and Heaven, to return to his brutalized skeletal body, only to wander the earth for many years after. There are areas in the book where he indicates much left unsaid, and we will of course wonder what he chose to omit, and to what good use did he put his hard-earned lessons. Whatever the questions that this book raises within us, we can only hope that Vassily found the way back to Heaven. He leaves us with this advice: "Do not seek answers from either your mind, the passions of your mortal flesh, or wise scientific establishments. Ask your own Soul, and seek within yourself the realization of your eternal life. And, it will be revealed to you; for your Soul is eternal life and immortality!"

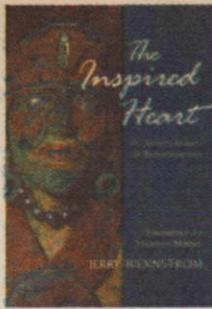
## The Inspired Heart

An Artist's Journey of Transformation

by Jerry Wennstrom

Sentient Publications

ISBN 0-9710786-9-6 \$18.95



AND



## In the Hands of Alchemy

The Art and Life of Jerry Wennstrom

Parabola Video 47 mins.

ISBN 0-930407-54-7

It is probably tempting for many to resort to psychology or judgement on reading Jerry Wennstrom's story in the press release: he realized he was becoming too attached to his identity as an artist, destroyed his works of art and gave away all he owned. For fifteen years he lived on practically nothing. His is an extraordinary journey, and on reading the book and viewing the video, you may find you are able to scrap the psychology and heartily crush your judgemental inclinations.

Jerry is not only an artist, he is a storyteller, and is as skilled with words as he is with paint and the material of his sculptures. His explanation for the decision to destroy his work is simple, profound, and strangely acceptable. If you were still to feel the urge to lament the destruction then remind yourself that those paintings were his to destroy as much as to create, as much a part of the artist as his own body and spirit. They were deeply beautiful, sometimes haunting, always essentially personal. Thanks to video and photographs, are they any more lost to us than the Old Masters jealously guarded in private collections or obscure museums? Jerry quotes Albert Einstein, "Matter never dies, it just changes form." For him, his destroyed art had become an empowering life force.

Jerry's story is one of faith and courage; he believes that we each arrive at a time in our lives when we choose how much faith and courage we are willing to give ourselves to.....do we choose the safe life or do we choose the Mystery? The book leads up to Jerry's leap of faith and continues full circle to his returning to the world and to art. It is a spiritual journey, a series of stories told effortlessly in which everything matters. His topics are various. Referring to sex, he talks about "carefully and reverently exploring the territory.....with innocent openness and trust in an attentive stage of diffuse awareness.....The only alternatives to this exploration are reckless, destructive behaviour or adherence to religious and moral rules that promise safe, un-lived lives." A choice which we may apply to aspects of our lives other than sex and art, both of which are pieces of the puzzle rather than the puzzle itself.

Many people will be greatly inspired by Jerry Wennstrom, and that inspiration may not lead to great leaps, but small steps of courage, faith and trust towards a truer self in a truer world.



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