

ISSUES MAGAZINE

Resources for Connecting, Healing & Awakening



February/March 2004 Universal Blessings see page 4 & 8 for details



CHANGE YOUR AURA

and change your life

Home Study Course on the Human Aura by Dr. J.C. Trust. Jesus Christ's soul light science.



of Peace Movement Club For all nations, races and colors to pray for peace. Founder Dr. J.C. Trust

For info. write: Superet Aura Science PO Box #25132, Mission Park PO, Kelowna, BC, VIW 3Y7 Email: juanitarivera34@hotmail.com



Preschool Daycare Elementary Classes After & Before Schoolcare

On-site at 3439 East Kelowna Rd, 860-1165

THE ENLIGHTENMENT INTENSIVE **4 DAY RETREAT on OKANAGAN LAKE** Thursday, March 18th thru Monday, March 22nd An Opportunity to Experience... • The true nature of WHO & WHAT you really are · Open and deeper contact of love and truth with others Deeper understanding and more acceptance of life Profound awareness and personal freedom

Facilitator: Josephine Lawless (Jo Ven) Professional Counselor. Hypnotherapist, Spiritual Teacher \$495 Includes Meals & Accommodations

Save \$100 by registering before Feb. 27th **Financing available** Tel: (250) 767 6367

Website: potentialsunlimited.net



My Story

by April Tomiye

When I received a flyer about the Enlightenment Intensive. I knew intuitively that I wanted to go. It was an intense three days and the results are worth sharing.

I signed up in January for the March 2002 session and on February 21st my first-born daughter died suddenly, of cardiac arrest. Her only child was turning 23 and as I wanted to spend quality time with her, in our grief I suggested she attend the Intensive with me. It was my wish that it would give her some peace, help her to focus on herself, her life and help her through her grieving. I was so glad she agreed to attend. Josephine Lawless, the facilitator, gently and compassionately guided us through our process. I know it has made a difference for my grand-daughter, as she has gained valuable insights and knowledge about herself that have enhanced her life. Sometime during the three days our relationship altered, the two generation gap dissolved and we became peers. I feel blessed that I was able to share in this experience with her. The results for me were better then I ever expected.

At one point during the Intensive, as I was walking in one direction, my feet took me instead towards the lake. My arms lifted, extending away from my body and everything I perceived became one with me. I was not embracing the world, the world was me. I was the world, one and the same. I was immobilized for an unknown length of time before my arms lowered and I remained standing at the edge of the lake in absolute awe of my experience. I remember thinking that Jesus should be depicted arms outstretched, not nailed to a cross in death, but connected to the world in life.

Later, during a dyad, the individual me disappeared from my notice again and it was as if I had no conscious thought, no body, but was somehow aware. My surroundings were not solid. I can only relate this experience by being conscious and having a body, but my awareness was that I could see the molecules gathered together as a wall, a thermostat, and I could pass right through them. I was also aware that I was pure love. It wasn't a thought, it wasn't a feeling, it was awareness, a knowing of who I truly am. I am Love. When I returned to conscious thought I was crying uncontrollably, I was crying in joy. I kept forgetting to wear my eyeglasses and discovered I perceived instead of seeing with my eyes. On the last day I discovered I am an angel in human form.

I ended the Intensive knowing instead of believing or wondering. I now know how important it was to find the absolute truth of who and what I am and my life is enriched by the knowledge. Things that used to upset me no longer have the power. What I learned about myself has resulted in a more peaceful existence and a deeper connection to the world. Love is foremost in everything I think and do and has made my life so much more pleasurable. I am aware that I can radiate love into the world and consciously make the effort to do so. I feel the love of the world in return. It's awesome!

I highly endorse the Enlightenment Intensive. Answers will be found and maybe you will be as amazed as I was. (see ad)



The Canadian Institute of Natural Health & Healing

offers a Natural Health Practitioner 6 month program

Receive NHP & DSP Diplomas & 7 Certificates

Aromatherapy • Reflexology • Reiki Level 1&2 Chair Massage • Swedish Massage • Mani-care Iridology • Energy • Herbs • DSP Program Muscle Testing-Kinesiology Back Treatment • Pedi-care • Body Wraps Body Scrub • Hot Stone Massage & More!

*EI recipients may be eligible for tuition grants

Correspondence in: Anatomy/physiology, Aromatherapy & Reflexology

#9 • 1753 Dolphin Ave. Kelowna BC Canada VIY 8A6 Tel: 250 • 763 • 5408 or Fax: 250 • 763 • 1421 Toll Free: 1 • 866 • 763 • 2418 Visit us at our website! www.naturalhealthcollege.com





2821 Pandosy St., Kelowna 250-762-3130 1-800-667-4886 www.duckydown.com

Deepen your coaching skills Acquire in-depth coaching skills for your career

Enhance your contribution

Most Coach Training Programs offer:

 Dialogue on and familiarization with the benefits of coaching and "How to Coach" models.

Erickson College adds to that:

In depth teaching on how the Human Brain <u>actually works</u>, and with that knowledge you can have:

- · Regular and profoundly life changing interaction;
- · Manifestation of your dreams into reality;
- Ongoing self mastery.

The Art & Science of Coaching Annual Summer Intensive

JULY 4 - 23 • VANCOUVER, CANADA ICF Accreditation Pending An advanced Solution Focused Coaching certification lead by

An advanced Solution Focused Coaching certification lead by international coach trainer Marilyn Atkinson Ph. D.

"The Art & Science of Coaching gave me transformational coaching tools that go deep into addressing the whole human being. I use them in all coaching areas, from life coaching...to executive coaching." Linda Hamilton, Certified Professional Business Coach

Through "The Art and Science of Coaching" I have gained new skills and tools I can apply to conflict coaching in my mediation practice. The Erickson College Coaching Certificate is a "must" for mediators!" Erika Deines, Mediator, Calgary

Coaching Forward: 2-Day Weekend Coaching Breakthrough Program held in Vancouver

FEB. 14-15 - Coaching Wellness MARCH 13 & 14 - Coaching Management & Leadership

The weekend is an opportunity to learn coaching techniques, integrate coaching distinctions into your life and practice coaching in an informal setting. Come prepared for authenticity, personal breakthroughs and fun.

- Acquire coaching skills for your career
- Coaching Communication Made Simple



Judy Edward, BGS, CBP Certified BodyTalk Practitioner



Reiki, Massage, Reflexology, Kinesiology (250) 491-0640 bodytalkkelowna@shaw.ca



"Marcelle, She Sells!"

~ Welcome to 2004 ~

The Okanagan Valley is HOT! Rates are LOW How much is your home or investment worth?

Call me for a COMPLIMENTARY Market Evaluation.

Bus: 860-1100 Toll Free: 1-800-421-3214 E-mail: SheSells@royallepage.ca

ROYAL LEPAGE KELOWNA "GUIDING PEOPLE IN FINDING A SENSATIONAL PATH HOME..."

SHIFT HAPPENS

A facilitated weekend workshop for those who:

- ...wish to improve their personal relationships.
- ...desire greater self-awareness
- ...wish to learn more effective communication skills.
- ... feel stuck in old patterns of behaviour.
- ... have difficulty knowing or expressing their feelings.
- ... want to explore the childhood roots of their behaviour.
- ... want to be more authentic in their daily lives.
- ... yearn for a deeper connection with others.

An affordable group experience in a lovely mountain retreat above Christina Lake, BC. • March 5, 6 & 7 \$75 + one pot-luck meal (couples \$140 + two meals). Limited registration until Feb 25th. Register early! On-site private lodging or RV space extra. Info & brochure: Call (250) 442-2061 or e-mail facilitators: hjcamala@telus.net.

SHIFT HAPPENS

Peter Matheson

Most people live the majority of their lives in relationship to others, be it partners, friends, colleagues or family members - and most people soon discover that they are ill-prepared to maintain these significant relationships.

Frequently, even with the best of intentions, the results of our sketchy relationship skills are confusion, poor communication, mutual resentment, emotional isolation, non-supportive behaviour and ultimately....bitter separation.

This is often the result of the dysfunctional modelling we were exposed to in our childhood, where our parents, teachers or other adults in our lives showed us by example what they had learned from their own parents and teachers.

Classes in cooking, carpentry, driving and first aid are readily available - yet classes in responsible and effective communication, setting and maintaining personal boundaries, transforming our power struggles and other important interpersonal issues are as rare as the truly healthy relationship.

We learned as children that if we intended to survive in this world we would need to live up to certain rules and expectations demanded by the adults in our lives. The lessons we learned ensured our early survival - yet a lot of those coping strategies are now clearly out of date, if not downright destructive to our present relationships and circumstances. We are often not even consciously aware of these old rules.

It is possible, through means such as dialogue, revelation, guided imagery and deep listening, to begin identifying and understanding our early strategies, 'family rules' and beliefs...and then choose ways to shift or transform these deep beliefs to be more in tune with the present.

A profoundly effective approach to this range of personal work is the 'group process', wherein we discover that it is often so much easier to see and experience our destructive behaviours and our negative patterns in those around us, than it is to see them in ourselves. In a group we often discover that we are not as different as we thought we were.

The most successful group workshops allow each individual the safety and freedom to participate as little, or as much, as they desire.. with no pressures or expectations.

In contrast to one-on-one therapies, the personal shifts experienced in a group setting are not as conditional on the degree of a participants external interaction - many find that simply witnessing the explorations of others to be a healing and instructive interaction - while others seem drawn to a more interactive participation.

Whatever your own process is, the chances are high that you will find many practical new insights within the safe environment of a facilitated group process. see ad to the left

THE FRONT COVER is one image from a series of beautiful cards created on a computer by David Balcombe of Nelson. He can be reached via email:balcombecards@netidea.com for more details read...Musing on page 8

Working With Your Angels

by Pamela Shelly

The word Angel means 'messenger.' Angels bring messages from the Divine Mind of our Creator. You may have noticed a huge increase in the representation of Angels. Books, CD's and various stores are full of Angels. These are no longer just available at Christmas. This is due to both an increase in personal encounters with Angels and because of personal and planetary acceleration. Angels are here to help us heal ourselves, our lives, our world, and to assist us to live at our highest potential.

Doreen Virtue PhD., writes in 'Healing With The Angels', that the "Angels are here to heal us from the effects of fear. Angels are powerful healers, and you can work with them to speed up their healing efforts. The more we invite angels into our lives, the more readily our lives reflect the splendor of heaven." You may have heard that angels cannot intervene in our lives without our express permission. The exception with this is when we are in a life-threatening situation, before it is our time to go. Therefore we must ask the angels to help us.

Previous contact with the Angels that may have taken years of meditation and dedication is now readily available to all who seek it. This is because the angels are closer to us and more open to working with us on a conscious level than they have been in thousands of years. Are you aware you have Angels working with you? Do you remember to regularly ask for their help and guidance? After asking for help make sure you surrender the problem and then trust. Be open to receiving messages about actions you may need to take to resolve your problems. These messages may be in your dreams, a vision, a knowingness, a voice or an intuitive feeling. These directives are the answers to your prayers and it is important to take action.

God and the Angels will always give you supportive loving messages and their love for you is powerful and unconditional. Remember JOY is your birthright and you deserve to be happy! (see ad below)



To register for classes or book a session: Call 250-764-8057 or 1-866-847-3454 or e-mail wellness@reikikelowna.com • www.reikikelowna.com

PRANIC HEALING

Miracles in TREATMENT & TRAINING

Making dramatic inroads into the field of traditional medicine, Marilee Goheen has introduced Grandmaster Choa Kok Sui's Pranic Healing ™ to thousands of people of all walks of life, including health care professionals. Marilee is pleased with



the receptivity to this admittedly non-traditional healing methodology, as each one learned fast, non-invasive, effective ways to benefit friends, clients, and family with pranic healing, as well as self healing.

See amazing healing demonstrations without gadgets, fanfare, touch or drugs. Pranic Healing is a distillation of some of the strong points of the world's most effective healing modalities-Chinese Chi Kung, Japanese Reiki, Indigenous Healing, Hawaiian Huna and Christian 'Laying on of Hands.' It introduces advanced concepts of life energy. Pranic Healing is a natural technique scientifically using prana [energy] to treat physical, emotional, traumatic, mental or spiritual illness. It is also effective in removing stress. Marilee Goheen is a highly skilled pranic healing practitioner and teacher with a background as a healthcare administrator, business consultant and counselor. She is a Certified Pranic Healer with the Institute of Inner Studies in Manila and resides in Kelowna. John [Jean] Robbillard is a highly skilled Certified Pranic Healer and teacher with a background in management and counseling.

FREE INTRODUCTORY EVENINGS & Healing Demonstrations

Vernon • Feb 20, 2004 7 to 9 pm Best Western Vernon Lodge - Level 1

Kelowna Feb 27, 2004 7 to 9 pm Kelowna Ramada - Level 1

Weekend Training Seminars

Level 1 Miracles of Pranic Healing Feb. 21 & 22 • Sat: 9am - 7pm & Sun: 12 noon - 6pm Best Western Vernon Lodge \$ 350.

Level 1 Miracles of Pranic Healing Feb. 28 & 29 • Sat: 9am - 7pm & Sun: 12 noon - 6pm Kelowna Ramada - Harvey Ave \$ 350.

Level 2 Advanced Pranic Healing March 27 & 28 • Sat: 9am - 7pm & Sun: 12 noon - 6pm Kelowna Ramada - Harvey Ave \$ 450.

Level 3 Pranic Psychotherapy May 29 & 30 • Sat: 9am - 7pm & Sun: 12 noon - 6pm Kelowna Ramada - Harvey Ave \$ 400.

Sponsored by Global Harmony Health Corp. Register 14 days in advance for Level 1 - Save \$25. Call now to register **1-800-668-3112**

A Journey into the Darkness and Back to the Light

Some of the greatest personal developments in a person's life come from direct experience of the Dark Night of the Soul. Campbell Papequash is a 67 years-old native elder who has walked through the darkness for a good portion of his life. He has traveled great distances on all levels to find the way to provide new beginnings for all peoples, and he is now a teacher and visionary who brings the ancient ways of his people to folks in many cultures and places on the planet. It is the true story of ascending from the darkness to bring light into the world.



Campbell Papequash

Campbell is the first of thirteen children, five

boys and eight girls. He is an Anishnabe from the Key Anishnabe First Nations Reserve near Norquay, Saskatchewan. His grandfather was one of his early mentors, who taught him the ancient ways of his people and reverence for all things, including the Spirit World. This beautiful beginning was shattered one day in 1947 when he was forcibly taken off the reserve and put into a residential school. His head was shaved and he was forbidden to speak his native tongue. In the years that followed, he experienced beating, humilation and all kinds of abuse.

At fifteen years of age, he had more than he could take, and ran off to the city. As a young boy with no skills and no means of supporting himself, he soon fell into the way of drugs and alcohol. For thirty odd years, he lived on the street and spent various amounts of time in jail because of his addictions and lack of purpose.

In 1976 Campbell experienced what can only be described as a miracle: He sobered up and had a spiritual awakening. He was swept away one day with a wonderful feeling of hope and light and knew at that moment that he was meant to rise out of the grip of alcohol and drugs and bring the message of the Old Ways back from the edge of extinction to the awareness of peoples of all colors and creeds.

His path back to the light came in part mrougn Alcoholics Anonymous, where he met an inspirational person, Tom Anaquod, an Anishnabe elder from Fort Quappelle, Sasketchewan. He also had the good fortune to work with Ann Lawson who taught him to forgive and to love himself. This helped to reawaken the gifts that he had originally received as a young boy in the care of his parents, grandfather and relatives in his village. After work-

ing four and a half years as a family support worker, Campbell knew it was time to go back and search out the ways of his Elders. He left Vancouver and returned to the Prairies to rediscover his culture, spiritual traditions and heritage. Having gone from the depths of darkness to holding the light for others to follow, Campbell has come full circle.

Campbell feels that one of the most significant ceremonies of his people is that of the red stone ceremonial pipe, which is traditionally smoked preceding council meetings, marriages, and other special events. The stone for this type of pipe comes from a sacred mountain in Minnesota. It is said that the Teachings of Life came with the sacred red stone pipe thousands of years ago, and that it forms the opening of the gateway to connect with Spirit.

This summer Campbell will lead a five-day retreat at Johnson's Landing on the traditional spiritual teachings, using storytelling and humor. He will includes a pipe and sweat lodge ceremony as a way to help people build personal inner strength. The foundation of this workshop is the Circle of Life or Medicine Wheel, common to First Nations people.

(see ad below)





TWIN PEAKS RESORT 1-877-566-9160

Visit the valley in the mountains and experience a peace and serenity like no other. Twin Peaks Resort has a full facility lodge for small and large retreats, private cabins and a hostel. Enjoy meals in our Rainbow House or prepare your own. Outdoor hot tub, shiatsu massage, and indoor climbing wall are also available. Pets welcome.

www.twinpeaksresort.com Valemount, BC



starting June 10 · \$195 - \$495 per person

Chalet at Apex Mountain, Penticton Gourmet Vegetarian Cuisine Yoga and/or Tai Chi • Vipassana/Metta/Tonglen

Call 250-490-4626 www.springrainsangha.com

Masters College of Holistic Studies



Diploma, Certificate and Certified Courses Weekend Courses Available Four Intructors

27 years of study and 14 years of teaching are behind the courses and programs we offer, providing the very best in a Holistic Health Career. Karen Timpany

Registrations open for:

- · Holistic Health Practitioner Diploma Program
- Healing Arts Master Diploma Program
- Oriental Studies & Bodywork
- NATURAL SPA Diploma Program NEW
- Now offering ZEN SHIATSU COURSES NEW

See our complete list of classes and programs at: www.masterscollege.net Phone 1-888-545-3911 or 250-212-1517 for the calendar and more information 15170 Sheldon Road, Oyama, BC, V4V 2G6 30 minutes north of Kelowna

Email: masterscollege@masterscollege.net



JOURNEY INTO THE HEART OF YOUR SOUL!

by Michael Cassidyne, BA, MA

Through Hell, To Heaven and Back! is an awe-inspiring true account of one man's harrowing journey into the afterlife. It exemplifies the premise that human beings create their own reality. Reflecting a quintessential notion of quantum physics that the fundamental constituents of • the 'material world' do not exist independent of human observation, it posits



that the causal determinants of what we experience are the mental and emotional processes within ourselves. More significantly, it illustrates how the *relationship* between the 'rational mind', and the 'feeling body' creates the matrix determining our personal experiences. Encouraging intimate reflection, the account guides us to 'nurture this bond' between our minds and our hearts, and to refrain from looking for truth outside of ourselves, because: *"all that we see, and all that we ever will see—with all our senses and through all our experiences—is all ours, is all of us, is all for us, is all through us, and is all to us." This story is both terrifying and breathtakingly beautiful in its descriptive and flowing prose. Most of all, it is rich with layers of spiritual depth for the reader to unravel and interpret.*

Solitsin's quest for answers to life's most profound questions leads him to a horrific mortal death, whereupon he realizes **THERE IS NO DEATH!** His continued search to find the meaning of human suffering and God, thrusts him into the core of Evil and Evil's most violent and cruel manifestations, revealing to him the true source of all the violence and terror on earth. Subsequently he travels through the heart of the indescribable majestic beauty and goodness of the soul to merge with the Source and Spirit of all Creation in ineffable bliss! Once he learns the purpose of his existence on earth, he plummets back to his earthly body and makes a miraculous revival. This author offers humanity profound answers and inspiration. His exceptionally descriptive, simple, and cogent narration transports the reader into those realms of heavenly experience, and speaks to the inner spirit of every human being. A truly life-changing read!

For details, visit: http://publish.pro-image-design.com

Through Hell to Heaven and Back! is selling prolifically all around BC, the Lower Mainland, Kootenays, and Calgary, AB. Interior retail outlets include: Mosaic Books; Mandala Books; Books & Beyond; and Dare to Dream in Kelowna; Okanagan Books in Penticton; Bookland, K&K Bookstore, and Dreamweaver in Vernon; Etherea Books in Enderby, Spirit Quest Books in Salmon Arm, Spirit Books in Kamloops; Grizzly Books in Revelstoke; Otter Books in Nelson; The Book Shop in Castlegar; Crocket Book Co. in Trail; Thimble Mountain Books in Grand Forks; and Lotus Books in Cranbrook.

Signed copies can be purchased from the publisher/translator at (250) 712-9979, or at Chapters in Kelowna's Orchard Park Mall on Feb. 14, 2:30-4:30 PM.



Everyone is invited to a series of talks on the practical application of natural and spiritual laws.

Hosted by the Rosicrucian Order AMORC, 7:30 pm on the second Thursday of each month, February through June.

Held at 1564 Pandosy St in Kelowna (Masonic Hall).

Please call 762 - 0468 for more information on these free and inspiring discussions.



1-250-366-0038
 1-888-756-9929
 fax 250-366-4271

email: angele@issuesmagazine.net www.issuesmagazine.net

Address: RR 1, Site 4, Comp 31 Kaslo, BC, VOG 1M0

Issues is published with love 6 times a year

Feb/March • April/May • June/July Aug/Sept • Oct/Nov • Dec/Jan.

Proof reader: Caroline Sanderson

Our mission is to provide inspiration and networking opportunities for the Conscious Living Community. 22,000 to 30,000 copies are distributed free.

ISSUES welcomes articles by local writers. Advertisers and contributors assume sole responsibility and liability for the accuracy of their claims.

AD SIZES & RATES

Twelfth	\$70
Business card	\$100
Sixth	\$130
Quarter	\$180
Half	\$330



Universal Blessings

with Angèles

Musing

publisher

What a glorious image to put on the front cover for the beginning of 2004... For me, it incorporates many feelings without using words. The artist, David Balcombe, also painted the Angel that was on the front cover December 2002. I had the Angel image enlarged to poster size, placked it and gave it to Richard for a Christmas present. It is great to see angel images making their way into people's hearts and being accepted as real... for I believe we are all angels working on our wings. There is a beautiful quote that hangs in the lodge kitchen that says "We live in celebration of the awareness that the beauty of life that surrounds us is the same beauty that is within us." I see the front cover image as a represention of us...the human race evolving into peace in our hearts supported by our loving hands. The white dove of freedom on route to its destination. David believes this image to be symbolic of the Universal Blessing process and said his wife Kate received the image which she calls Sacred Space during a meditation. David can be reached via email:balcombecards@netidea.com

The Festival of Awareness program is complete and you will find it on the flip side of this magazine. I am always glad when that is done ...along with income tax and the wintry weather. Don't get me wrong: I like the winter wonderland I now live in. I would have enjoyed it more if I had been less busy playing on the computer. Richard and I can clip on our skis at our front door step and ski over to the neighbour's field. We also have a treadmill on the front porch, so if we don't have the time to ski, we run or walk while we listen to Caroline Myss's latest CD. I prefer the 45-minute walk up and down the hill to get the mail every other day. I love watching the ever-changing view of the valley and Kootenay Lake as the weather patterns create magical images as the many blue jays peck at our bird feeder.

Richard and I each set up a table near the wood fireplace to do our computer work when it got really cold. Richard was working on the programming for the 2004 event calendar for the Johnson's Landing Retreat Center and I on the Spring Festival of Awareness which happens April 23-25 at Naramata Center. The wood heat has kept me warmer than what I am used to and now that I am into the change of life, it also increases the warmth of my hot flashes.

I still feel like I am in chaos since the move. Often, I have to look in a few places before I find a file or anything. I bought a new laptop that will allow me to move around even more once the data base programming is complete. My plan is to have all my paper files transferred to my computer. I like the idea of being deskless and using less paper, and since it is only me doing the magazine, that should be easy. It may be many more months before I feel like I am organized and settled in. By then, the retreat season will start, and I will have to shift my office to a tent to make room for people in the lodge.

It has been two years since Richard and I had our first date and one year since I decided to sell in Penticton and focus on moving to Johnson's Landing to help co-create a community with Richard. That was a hope of his when he bought the Retreat Center five years ago. We have a few more people joining us as staff this summer, and if you are interested in participating, give us a call. We have the ideal spot if you would like to help with the the gardening, building cabins, housekeeping and cooking, for many hands sharing the work will allow us to create more opportuities for growth with more time off to enjoy the beautiful setting.

AB

ANTI-AGING PUZZLE - A NEW PIECE?

by Connie Hargrave

There is exciting news about how to get old and stay healthy. No, you will not be able to stop the clock from ticking. But you can remain healthy and enjoy life longer than you ever thought. There are several new pieces you ought to know about this!

We already know some of the science of aging. Its most accepted theory is that of Dr. Denham Harman - that free radical damage causes aging. We know that antioxidants neutralize the damaging effects of free radicals, and that antioxidants can be supplied by eating fruit and vegetables and by taking vitamins.

But we may not realize that free-radical reactions are implicated in 50 disorders. These 'free radical diseases' include cancer, heart attacks, strokes, rheumatoid arthritis, cataracts, and Alzheimer's disease.

Neither is it well known that the body has its own protective antioxidant system, and that this system is driven by the cell's ability to make a substance called glutathione, or GSH. This molecule is made by the body and functions as its main protector - as Master Antioxidant, it protects each cell from free-radical damage.

Over 50,000 published medical studies add up to show that high levels of glutathione are associated with longevity and health, while diseases such as hardening of the arteries, stroke, immune deficiencies, Parkinson's disease, Alzheimer's, macular degeneration and prostate problems are all linked to low glutathione levels.

What raises glutathione levels? The amino acid cysteine is the key element required through diet for the body to make glutathione. It turns out that cysteine is a fragile molecule, easily destroyed. There are only a few foods rich in cysteine - raw milk and raw eggs - but the cysteine required to make glutathione is destroyed by cooking, pasteurization and homogenization. It was Dr. Gustovo Bounous of McGill University who discovered how cysteine-rich milk-derived proteins raise glutathione. He found that these proteins helped shrink tumors, protect against infectious diseases, and were of benefit to conditions from allergies and fibromyalgia to diabetes.

Dr. Bounous has recently teamed up with Dr. Wulf Droge, head of Immunology at the Cancer Research Centre in Heidelberg, to study similarities between aging and cancer. They had noticed that 'wasting,' or loss of muscle mass, occurs both in the very old and in people with cancer. With both aging and cancer, the immune system is challenged, so they think that because immunity is always the top priority, the body takes cysteine from the stores of amino acids in the skeletal muscles for the immune to do its job. Just as calcium is taken from the bones when needed elsewhere, cysteine is taken from the muscle for survival. The result is loss of muscle mass, producing weak people and skinny, spindly limbs.

Both Drs. Droge and Bounous have found that when cystene-rich milk-derived proteins are supplied, cancer and many of the effects of aging can be reversed. Brain function has even been restored with cysteine. See ad to the right

THE CENTRE FOR

AWAKENING SPIRITUAL GROWTH

Associate of the International METAPHYSICAL MINISTRY Services every Sunday.....10:30 - 11:45 am At the Schubert Centre - 3505 - 30 Ave., Vernon Everyone Welcome

Share joyful songs & messages

Meditation & Reiki Healing following Sunday Service Website: www.awakeningspiritualgrowth.org E-mail - Dr.John@awakeningspiritualgrowth.org Dr. John Bright - 250-542-9808 or fax 250-503-0205

Edward Jones®

Brenda L. Fischer, CFP Investment Representative

2618 Pandosy Street Kelowna, BC V1Y 1V6 Bus 250 712 0508 Fax 250 712 2019 Toll Free 1 866 860 2353 www.edwardjones.com

Serving Individual Investors



KELOWNA WALDORF SCHOOL WHERE A LIFELONG LOVE OF LEARNING BEGINS Offering Parent and Tot, Preschool, Kindergarten and grades 1 to 8 Founded in Kelowna in 1982. For more information please contact Roberta at: (250) 764-4130 www.kelownawaldorfschool.com



Lyn Inglis - Psychic Medium

Private and Telephone Readings, Workshops & Seminars

Lyn will be presenting a Psychic Demonstration at the St. Albert Community Centre, 17 Perron Street, St. Albert, Alberta March 7, 2004 from 2 to 4 pm

Fee \$10 (deductible from the price of a reading)

Lyn will be available for private and family readings from March 8 to 26, 2004 at the Active Life Centre in St. Albert. Alberta. Please telephone (780) 460 9679 for further details or to book.

Lyn trained with the National Association of Spiritualists (U.K.) and the Spiritualist Guild of Healers (U.K.). She has been working as a Medium for over thirty years, both in Canada and England. Lyn specializes in readings, channelling and healing as part of her abilities as a Medium. With Lyn's work you will see there is no fear. Love, joy, compassion and healing are the messages she would share with you. Let Lyn help you to learn and connect with your loved ones and guides. They can bring you messages and guidance so that you can move forward with your life in greater acceptance of your place within the Universe.

CD of "Meditation Into Clear Light" with Lyn channelling her guide Jay-Paul is now available.

For more information please visit Lyn's website at: www.lyninglis.com.

Holistic Health Centre 272 Ellis Street, Penticton, BC

is celebrating 5 years of providing unique and healthy services.

Come to our Open House on Sat. Feb. 21st, from noon until 5 pm, then join us to celebrate the Tibetan New Year at 6:30 p.m. in the Yoga Studio.

ISSUES MAGAZINE February / March 2004 page 10



Christina Ince · 490-0735

Holistic Health Practitioner. Relationship Counselling, Reiki Treatments/Teaching, Relaxation Massage.

Linda Hall • 493-4813

Integrative Healing Energy Medicine Student with Langara College, Reiki Master, Healing Touch Practitioner Level 3.



Belinda Erhardt · 809-8187

Beyond Awareness Hypnosis & Wellness

Certified Hypnotherapist, Mind & Body Psychotherapist, Reiki Master, Therapeutic Touch, Relaxation Massage, Reflexology, Spiritual Counseling and Regression.

Wendy Williams · 462-1025

Get Bent Yoga & Belly Dance

Nywyn · 490-6129

mind and soothe your soul!

Jan's Electrolysis Studio

Government certified

493-5058 or 492-2991

Safe Permanent Hair Removal

Esscentual Touch

Aromatic Massage



Core Beliefs are Your Best Investment

Are you worried about growing old? Does growing old bring fears of poverty, disability, loss of health, power and beauty?

In my 18 years as a therapist I have heard many negative beliefs about aging, repeated so often that they seem like common threads running through our culture. "I will be disabled." "My joints will ache." "I dread growing old and sick," "Once you have grey hair, people no longer respect you"

Our culture is saturated with fear based beliefs about aging. We are not only supposed to lose our health and beauty, but our marbles too. Youth is prized. The fear of aging is a multi-billion dollar industry selling everything from face cream to wonder potions. " I am too old for that"... "that" meaning romance, adventure, or change of any kind)

The core beliefs created in response are insidious and often we are not consciously aware of them. Even if we have

If:

Profile

• You see others moving ahead of you and you know you are capable and talented.

• You feel that something is holding you back and you don't know how to change but want to.

Awareness isn't enough

• You want a method that provides positive changes that lasts years instead of months..

• You want a practitioner who has used her method to solve her own deep issues and now has 18 years experience.

Then you are ready for



A federally and provincially registered private educational institution. Accreditation pending.

SEE ARTICLE ABOVE

CALL: LAARA K. BRACKEN, B.Sc. Certified Master Practitioner (18 yrs. experience) Kelowna (250) 763-6265 Telephone sessions available Ask about our Training Program changed our conscious mind about aging, if parts of the subconscious still expect us to become physically uncomfortable, grumpy and 'too old' for what we want or have always wanted to do, that is what we will create in our lives. Aches or stiffness we would have ignored become worrisome. Long repressed emotions become more difficult to stifle and we speak out because we have heard that older people simply are grumpier. We restrict our dreams out of fear of what others will think. "What?" At Your Age?" The support given to negative core beliefs by our culture increases the manifestation of these beliefs in people's lives. Deep transformation is called for. Our spiritual, conscious, subconscious, emotional and physical levels must be included.

What if all our negative beliefs were so much nonsense? What if growing old meant more wisdom, ability to love and be loved, more respect for ourselves from others and for what we have to offer?

When I was forty-five, I moved to Sicamous, BC, a small town where most of the population is retired. Shortly after, I attended an old time fiddlers' contest. Wow!! a whole stage full of fully alive older people having a whale of a time! They totally busted my negative core beliefs about aging. I knew it could happen and in spite of my own history of chronic fatigue, fibromyalgia and depression, I knew it would happen for me. This belief became a shining light.

Soon after, I discovered a wonderful therapy which quickly ended the twenty-five year bout of depression. They transformed my unproductive core beliefs, so that I began to take better care of myself and lessen stress. Time brought increasing peace, wisdom and joy, I remembered thinking "If I feel this good now, I can hardly wait until I am 65."

The psychological wounds fueling chronic fatigue have been healed. The depression has been transformed into appreciation for people, life and beauty. There still remains some pain from an old accident and its accompanying drain on my energy and restriction on an active lifestyle.

Three months ago I was told I had had a fairly extensive heart attack 15-20 years ago. There should be some obvious damage. There isn't. Considering my history, lack of exercise and sometimes total disregard for eating well, I should be going downhill. Instead, at 64 I feel more comfortable physically, my mind is sharper than ever, and I am more content. Some credit is due to Western and Traditional Chinese Medicine. But I am convinced that changing my core beliefs about myself, life and what is possible, are largely responsible. Of those, the positive beliefs about growing older are key. Each year is better than the one before. Our lives are a reflection of our core beliefs. Changing my core belief about myself, what is possible and growing older is the best investment I have ever made. The light still shines.

see ad to the left

Edmonton March 26-28, 2004 The Shaw Convention Centre 9797 Jasper Ave. Calgary April 2-4, 2004 The Big Four Building Stampede Park

5:1

Fri. 3pm-10pm Sat. 10am-10pm Sun. 11am-7pm

Join us for an unforgettable weekend of growth and learning!

New Expanded Coverage with even more exhibits, subjects, and products to experience and explore!

Over 100 Local and Interntional Exhibitors and Presentors covering healing arts, intuitive arts, products and resources to assist you on your quest for well-being, personal growth and self-understanding.

An extraordinary GRAND DOOR PRIZE Win an all-inclusive vacation at SuperClubs's Grand Lidos Jamacia



Canada's Largest Wellness & Psychie Event

Admission \$10.00 per day \$25.00 weekend pass Children under 10 year Free



Exhibitor / Vendor Opportunities Call: 1-877-560-6830

www.BodySoulSpiritExpo.com

Crystal Light Therapy

by Donna Harms

9

For 25 years, I owned and operated a bookkeeping, tax prep, securities office, and was an accounting instructor for the local college. During

these years, I raised four young men using holistic practices. My sons can count on one hand how many times they've needed a physician.

On January 1, 2003, I sold my bookkeeping business to open a healing centre in our little town of Armstrong. I finally figured out what I wanted to be when I grew up.

Over the years I was enhanced with each new healing modality I studied, but I kept searching and trying out any new white light modality ... I wanted something that would unify all of my practices.

I was then introduced to Crystal Light Therapy through Suzanne Murphy at Colour Energy in Vancouver. She was bringing Crystal Light founder, Patricia Edge, from Mexico to Vancouver. It didn't take much convincing for me to be part of that group of students and become a certified practitioner and teacher in training. This therapy combines sacred clearing and acknowledgment, guided meditation, music, colour and chakra enhancing oil, toning, colour, gemstones, crystal balancing and massage. Because of stimulating both the physical and auric body, this enhancing state of well being and awareness continues for days and even weeks after a session. (see ad below)



Beat the Blues Spa or at 250-546-9980 (home)

BECOME A CERTIFIED HYPNOTHERAPIST



Graduates eligible to apply for C.H.A. and A.B.H. Certification

visit our website at: www.orcainstitute.com 1-800-665-ORCA(6722) Email: info@orcainstitute.com







TOUCHPOINT REFLEXOLOGY CERTIFICATION Vancouver area • May 23 - 25 Full time, 5 month Diploma Program starts March

APPLIED REFLEXOLOGY • Vancouver - Feb. 3 - 6

TOUCH FOR HEALTH - LEVEL 1-4 Vancouver area • Easter Weekend

Ask about our mini courses in Ear, Hand, Face, Body and Chakra Reflexology

REFLEXOLOGY HOME STUDY AVAILABLE

Yvette Eastman 604-936-3227 or 1-800-211-3533 E-mail: yvette@touchpointreflexology.com Web: www.touchpointreflexology.com

Etherea Books & Gifts

New Year, New Age, New Attitude! Come and discover why we are called the 'Best New Business in Enderby'



Dragons • Fairies • Wizards Angels • Candles • Incense Tarot Cards • Unique Gifts Channelling Boards Wicca Supplies

1611 Russell Avenue, Enderby, B.C. Tel: 250-838-9899

TRINITY YOGA TEACHER TRAINING PERSONAL DEVELOPMENT AND ADVANCED YOGA STUDIES

Professional teacher training leading to certification.

A dynamic and thorough program including anatomy, principals of asana, business of yoga, energy anatomy, ethics, philosophy, physiology, prosperity consciousness and much more, all taught in an accelerated learning concept. Affordable, local and personal.

Some DATES are:

March 8-14	Level One	Edmo
April 6 - 11	Level One	Kamlo
April 20 - 25	Level Two	Calgar
June 8 - 13	Level One	Vanco
June 22 - 27	Level One	Nelson
July 27 - Aug 01	Level One	Calgar

\$679 plus GST Call (250) 354-7678

or visit www.mary-jo.com and www.trinityyoga.net for more information and to register.

Re - TREAT

What does the term retreat mean to you?

by Mary-Jo Fetterly

Have you had any experience of retreating? For many of us retreat often comes in the form of retreating to our rooms from sheer exhaustion, or perhaps nursing ourselves back to health by laying low for a couple of days, or even more commonly nowadays being hospitalized after a serious illness has literally 'shut us down.' Have you ever had that feeling that your life is running you, or more accurately for some, running away with you? I sure have and I know that when I am in that state it is easy to 'become' the snowball and get carried away by the momentum. We all need time to rejuvenate, relax and regroup; time to reassess our goals, our needs, our direction and our purpose. In a very profound way retreat centers do just that - they realign us with our innate inner wisdom about what we want, need and are able to do in our lives, and we need a time to just be. That, in essence is the magic of a retreat setting - especially the last phrase 'a time to just be'. How often do we forget to 'just BE.'

At most retreat centers your hosts and facilitators are there to facilitate your experience of not having your usual life responsibilities. With that grace and freedom you have time to listen to yourself, to re-member yourself and what moves and inspires you. Time to re-assess your life choices, to relax, and perhaps to learn a self-nurturing practice like yoga or tai chi, amongst a few.

For so many of us it is the 'big boogie' of "not enough time" that keeps us from retreating to our yoga mat every day or to making a bigger decision to take a week and really re-TREAT. Perhaps one could consider the prospect of taking the time for onesself as comparable to a financial investment. Investing in yourself for the future begins with setting time aside for leisure and spiritual practice. I remind many of my students it is not so much the end result we are after; the bigger house, the better portfolio or the new car - but the quality of the experience that makes life most enjoyable. A wonderful quote by Carl Jung comes to mind: *"It may be that the satisfaction I need depends on going away, so that when I've gone and come back I'll find it at home."* Very often what we have isn't appreciated until we step away and change our setting.

During the Christmas holidays, the Trinity Yoga Level Three - Teacher Training students went to Johnson's Landing Retreat Center for six days of instruction. I must say I was blown away with what Richard and Angéle have created. I had an awesome experience. The surroundings were so warm and magical, I couldn't help but feel healed and nurtured.

If you are considering a retreat experience I highly recommend Johnson's Landing Retreat Center. I know they offer diverse courses with top notch facilitators, and a setting that is serene and delightful. In addition, they serve the finest vegetarian meals, with so much love. I am certain I will be hosting more retreats there, as I highly value the context of a retreat setting and just what that can do for one's Soul.

nton

ops

uver

ry

n

ry

The Shamanic Soul

by Sue Peters

Shamanism is often seen as a powerful almost out of reach quest to aim for. You have to be born in the Shamanic line to actually be a true shaman. It is necessary to be taught from early childhood to be able to lay claim to this type of medicine. I know that in many cases this is indeed true, but yet, I also believe that in the deeper soul of each human being, the power of the shaman lies dormant and waiting to awaken.

There is a lot of talk today about shamanism, and how to become one. I believe that everything we want and desire is waiting within us to be discovered. If you truly have a desire to follow this path, then it is in the midst of surfacing into your conscious awareness. There are many teachers willing to guide you on this path, and many types of 'Shamanic' practices that you can follow. You do not have to be 'Native American' to be a shaman, for shamanism is an inherent knowing within us all. It is important to wake up.

Each day needs to be a day of appreciation of the energies all around you. Take note of the way the wind moves, the sounds it carries, and the voices it uses to talk to you. Notice how the earth holds her form. She is an element of shifting majesty. When you walk out of your door, pay close attention to the ground you walk on, each step is on a sacred space. You do not have to go to Sedona to be able to feel her power. Before you enter a forest or meadow, in fact before you walk outdoors, give thanks for the way the earth has provided for you. Ask the nature spirits and earth energies, to open their doorways for you and ask permission to step into their world. If you ask for permission, they will feel your respect and hear your heart speak. When you make this gesture of respect and honor to the earth energies a new level of consciousness can shift within you, and your senses can begin to awaken. You need to be sincere about this, though, you can't fool nature.

There are many levels of the Shamanic way of life, and attuning to nature is the first step. Become conscious of each element that surrounds you and then focus your attention on these elements within your body temple. Notice that there are many similarities between you and the surrounding forces. When you begin to feel that there is truly no separation, then you are on your way to allowing the Shamanic soul within to emerge.

Sue is one of 40 instructors sharing her skills and insights at the **Spring Festival of Awareness** held April 23-25 at Naramata Center. See the back section for details.



Holistic Health Fair at Saanich Fair Grounds near Victoria Mar 27-28, tables for rent \$200/\$250.

Centre for Self Awareness. Marilyn 995-5227 www.victoriacsa.com

Spirit Quest Books

Step in, slow down, relax - and let the music unwind your soul and visit one of the best metaphysical stores in Western Canada

BOOKS • CRYSTALS • GIFTS

Self-Help, Psychology, Alternative Health, Spiritual Books & Audio New Age Magazines Healing Wands • Lemurian Seed Crystals • Jewellery Fairy Orb Balls • Witches Balls • Dragons Angels • Fairies • Essential Oils Treatment Room Available • Ongoing Classes & Seminars Readings • Alternative Health Treatments... so much more

> 170 Lakeshore Drive NE, Salmon Arm, BC (250) 804-0392



Books 604-732-7912 Music & Gifts 604-737-8858 Out-of-Town-Orders 800-663-8442 Open M-F 10-9, Sat 10-8, Sun 11-7 www.banyen.com

Working on Your Inner Journey and Feeling Stuck?

We often need to feel heard in order to validate where we are at. In our time together you would get objective feedback from an Intuitive Counsellor who listens from the heart and mirrors what you are really saying until you feel the ah ha's of awareness dawning. We will ask our higher selves to be assisted by our angel guides so that together they will reveal what needs to be heard for your highest good. This clarity, in safety, will allow you to face your fears and find your inner truth. This frees you to make better choices in your daily life and brings you peace of mind.



Irene Huntley Intuitive Counselling Castlegar - 250-304-6875

BENEFITS OF INFRARED SAUNAS

Pain Relief - Arthritis, Bursitis, Muscle Tension, Sciatica Weight Control - Can burn 600 Calories in 30 minutes Eliminates Toxins - Detoxification of heavy metals Athletic Performance - Increases Circulation to muscles Circulation - Regulates Blood Pressure, Varicose veins Immune System - Stimulates the body's Immune System Healthy Skin - Lessens Acne, Eczema and Psoriasis Respiratory - Asthma, Bronchitis and Pneumonia Ear, Nose, Throat - Sore Throat, Nose bleeding Female Discomfort - PMS and Menopause symptoms Mental Health-Relieves Stress, Anxiety, Sleep Disturbance

DEVINE HEALTH PRODUCTS

AROMATHERAPY 250-768-7951

SAUNA

Health and Healing
Chronic Conditions

EURO-SAUNA

INFRARED



Chronic Conditions
 Weight Control
 Pain etc.

Educator/Supplier for: -Hot Stone Therapy -Oxygen/Wrap Treatments -S.A.D. Lites -Ocean Wave Massage Beds Email:devinehealth@shaw.ca



Free Catalogue 800-933-6339 www.hollyhock.ca

Canada's Leading Educational Retreat Centre

HEALING IS HARMONY RESTORED

by Barbara L. Mallory, Ph.D. Registered Psychologist

Each of us is an instrument playing in the grand orchestra of Life. At our best, we play in tune, vibrating in harmony with the songs our soul sings. Occasionally, we're a bit out of tune, perhaps even discordant. We don't feel our best; a relationship may be strained; we experience stress or distress at work. Then, it's time for a tune-up. That's when we take the instrument that is ourself to a professional tuner - a practitioner who is trained and experienced in special ways of tuning the fine instruments we are.

Who are these specialist tuners? They are the holistic practitioners in our communities whose spiritual and energybased approaches to healing are designed to restore balance and harmony to the human energy field. They are the naturopaths and homeopaths, herbalists and aromatherapists, Healing and Therapeutic Touch practitioners, acupressurists and reflexologists, hypnotherapists and holistic counsellors, along with many other gifted practitioners who train us in health-wise approaches to self care.

What holistic approach will serve best, and which practitioner? A recommendation from a trusted friend or colleague can help us choose from the many complementary healing modalities and practitioners now available in our communities. Practitioners are usually happy to respond to brief telephone inquiries about their approach and availability. Their answers to our questions help us decide who is qualified to assist us through our difficulties and how we feel about their responses to our questions. Always, it's best to choose a practitioner who is trained and experienced to help with the kind of problem we have.

Healing is a process of harmonizing the energies of body, mind and spirit. Whatever holistic approach and practitioner we choose, our goal is a safe return to the flow and balance that enhances all of life and is our birthright. Restored to Wholeness, we vibrate ever more in harmony with the songs our soul sings.

Barbara is co-founder of the Church of Healing Energy. A non-denominational, non-profit organization dedicated to the spiritual growth and professional development of energy-healing practitioners through ordination (licensing) and associated support services. www.energychurch.org



Da Samrai

Avatar Adi Da Samraj

I do not simply recommend or turn men and women to Truth. I <u>Am</u> Truth. I Draw men and women to my Self. I <u>Am</u> the Present Real God, Desiring, Loving, and Drawing up My devotees. I am waiting for you. I have been waiting for you eternally. Where are You?

-Avatar Adi Da Samaraj

Videos • Courses • Books

Call Charles or Susan at (250) **354-4730** or email: charles_syrett@adidam.org **Website: www.adidam.org**

Feng Shui for the Front Door

by Jollean Mc Farlen, csl miact

"A loving atmosphere in your home is the foundation for your life "- Dalai Lama

A good foyer brings good Feng Shui, creating harmony. The goal in your home or office is to feel that it is a true expression of who you are. What does yours say about YOU?

When you approach the entrance to your home and open the door, you ought to have the feeling that says, "Ah, I'm home." The entrance is the area that greets you after a long day. It should bring a smile to your face. Ask yourself what is the first thing that you notice when you walk through the door? Where does your focus go as you walk through your front door? Do you look directly down a long hall? Is the first thing you see a picture of something that brings you into your heart? Perhaps a special treasure you picked up or received from someone. In Feng Shui, the entrance is looked upon as the gate, or the mouth through which nourishment, air, and life force enters the building. It is considered the transition area, the protective barrier before entering into your intimate space.

To create a nurturing entrance try some of these tips.

- Leave a small night light on so you feel safe and welcome, (I love seeing colourful lights outside my door after dark)
- Anything that gives one the feeling that the home is inviting, such as a nice door decoration (wreath), colourful door or trim, large numbers for easy reading, fun mailbox, etc.
- Don't block the entrance way, keep it clear.
- A water fountain near the entrance is good for prosperity and the flow of abundance.
- · Place a few good healthy hanging plants or clean silk ones.
- A Buddha statue encourages good wealth and income...
- for good measure I add three bells tied with a red ribbon.
- Hang a wind chime to send the Chi energy flowing.

(see ad below)

FENG SHUI & COLOUR

Jollean McFarlen, miact, csl International Spiritual Medium/Healer Personal & Business Telephone Reader

- Feng Shui Tools/Products
- Colour/Sound Therapy/Healing
- Winning Decorator/Consultations

Workshops for Feb. & March

Smart Feng Shui

Wed's Feb 4 & 11 @ 6pm South Kelowna - Kathy @ 861-1122 Saturday, Feb 7 • 10am Westside - 768 3049

Colour Theory & Healing • Feb 12 & 19 at Parkinson Rec call 860 3938 • South Kelowna 18 & 25 @ 6pm - 861- 1122 Readings/wksp @ Women's Show, Feb 29 @ The Grand Intuition/Psychic Mar 4-11, Parkinson Rec Ctr, 860-3938

> Jollean: 250-860-9087 jadore@telus.net Details: www.jadorecolour.com

STRUCTURAL INTEGRATION

DISCOVER THE BENEFITS OF A ROLF TEN SERIES



IMPROVE VITAL CAPACITY INCREASE RANGE OF MOTION RELIEVE CHRONIC PAIN LASTING RESULTS

WAYNE STILL

GSI CERTIFIED PRACTITIONER SERVING THE SIMILKAMEEN AND SOUTH OKANAGAN

> Phone 250-499-2550 for appointment www:rolfguild.org

Elabria Hypnotherapy Career Centre

Certification Programs - Distance Learning - Classroom Practicums Courses in Hypnotherapy, Counseling & Complementary Health Practices Registered with the Private Post Secondary Commission



Exploring integrated and holistic approaches to learning. A combination of art and the science of conscious and subconscious mind. A 12-month distance learning program - students must attend a one week practicum on completion of the course.

To receive a booklet outlining courses offered contact: Elaine Hopkins, C-13 Dean Road, R.R. #1, Lone Butte, B.C. V0K 1X0 Tel: (250) 593-4043 • Fax: (250) 593-4047 e-mail:elabria@bcinternet.net



Books, Crystals, Jewellery, Aromatherapy, Original Artwork, Gift Items, Gem & Flower Essence

Psychic Readings Available

OPEN Monday to Saturday • 9:30am - 5:30pm Fridays 9:30am to 7:00pm

OK

Energy Center

Amazing Breakthrough in Pain Relief, Allergies, Candida, Diabetes, Inflammation, High Blood Pressure, Fibro-myalgia and much more. with the PAP ION Magnetic Inductor

First Consultation & Treatment FREE

Cami & Walter 837 Patterson Ave Kelowna, BC Phone (250) 860-0449 www.papimi.gr



Connect with Spirit Guides Through Meditation

by Dana Surrao

In my work as a medium I communicate with spirit guides as well as loved ones that have passed over. Many people ask me how to do this. It is done through meditation, a quieting of the mind.

Indeed, to be a successful psychic or medium, meditation is a necessity. I meditate daily as well as prior to doing readings. For some, quieting the mind seems like an impossibility. We are bombarded with so much stimuli everywhere these days that it becomes hard to go within. The fact is that meditation actually has a lot of wonderful benefits including allowing you greater access to your higher self and spirit guides.

One technique I enjoy requires the participant to visualize a garden surrounded by a fence or trees. It is important that the garden is accessible only to you and your guides so set the intention before entering iit. You can create a pond or waterfall and perhaps a bench to sit on and talk to your guides. Steps are also an important element allowing you to move up to meet your guides. Since every person is different and some do not visualize, notice that you can feel the garden and sense the items you place in it. With daily practice you will be receiving guidance directly in no time.

My recommendation to those who want to learn to connect with spirit on their own is to read what other mediums and psychics have written and take what feels right for you. Be mindful that we all have our own truth and that what works for one may not work for another. I continue to learn every day. I also continue to ask for guidance daily. Trust your intuition, practice using it, talk to your guides daily, and study how others did it. The rewards are well worth the effort. (see ad below)

MANDALA BOOKS • 250 860-1980

For sessions in Kelowna & Penticton 250-496-4114

Toll Free 1-888-833-7334

New Age/Metaphysical Books Self-Help/Health Books Good Selection of CD's Crystals, Jewellery, Giftware

Certified ROLF Practitioner

Email: jqueen@shaw.ca

Come... enjoy our Music and Hospitality

3023 Pandosy Street, Kelowna...in the Mission Open Mon. to Sat. 9:30-5



Dana Surrao

Spiritual Medium & Psychic



Private & Group Readings, Workshops, Weekly Meditation Group...Call Dana Summerland: 250-494-9668 Email: dana_surrao@hotmail.com

June 25 - 27

at Johnson's Landing Retreat Centre 1 hour north-east of Kaslo, BC

To be on our mailing list call toll free • 1-877-366-4402



February 5, 6, 7 and 8 Wellness Workshop Pamela, Kelowna p. 5

February 7

Dr. Paul Saunders, Herbal Remedies, Kelowna, p. 20

February 17

Breathe Your Weight Away! Oriental method proven effective over hundreds of years. Many other health benefits. Call Laara Bracken (250) 763–6265 Kelowna

February 19

Crystals & Chakras, Kelowna p. 13

Color Theory & Healing, Kelowna p. 17

February 20 Pranic Healing, Free Intro, Vernon, p. 5

February 21 Open House, Holistic Health Center, Penticton, noon - 5 and again at 6:30 pm, p. 10

February 27

Pranic Healing, Free Intro, Kelowna, p. 5

February 28 Elyse speaking at Chapters, Kelowna, p. 24

March 5 - 7

Shift Happens, Chrisitna Lake, p. 4

March 16

Reiki Introductory, Pamela in Kelowna, p. 5

March 18 - 22

Enlightenment Intensive, Vernon. p. 2

March 18

BodyTalk System, Free Intro, Kelowna, p. 24

March 20 - 21 Reiki Level I and II, Pamela in Kelowna p. 5

March 31

Breathe Your Weight Away! 12:30 sharp to 1:30 pm or 7:30 to 9 pm. see ad above ..Feb. 17. Call Laara Bracken (250) 763-6265 Kelowna



If you drink Coffee every day, why not drink the best.

helpinghandconsulting.com or contact Ted at 250-762-2891

March 26 - 28 & April 2 - 4 Body, Mind, Spirit Expo Edmonton & Calgary, p. 12

April

Crystal Light Therapy, Armstrong p. 13

April 3 and/or 4

Healing Arts Health Fair, Kelowna, p. 19

Holistic Living Expo, Cranbrook p. 20

April 4 - 10 Western Canada Sufi Camp, Sorrento, p. 25

April 6 - 11 Yoga Teacher Training, Kamloops, p. 14

April 14 - 18

International Iridology Practitioners, Level 1 & 2, Penticton, p. 26 & Ean's article 25

April 23 - 25

Spring Festival of Awareness, Naramata, see Back Section

ONGOING EVENTS

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

FRIDAYS closest to the Full and New Moon SOUND AND COLOUR MEDITATION Kamloops Call Terez for more 374-8672

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 Sun. Service Healings at 10 am, Service 10:30 - 11:45 am. Leir House, 220 Manor Park Ave. Info: Loro 496-0083, email: celebrationcentre@telus.net



Come one... come all...

Healing Arts Association of the Okanagan (HAAO)

HEALTH FAIR

Meet gifted and experienced practitioners of the Healing Arts as they present a unifying exhibit of their healing services to the community.

Saturday April 3 10am - 4pm

Laurel Building Ellis St, Kelowna

Educational presentations and demonstrations throughout the day.

Fee of \$5 includes free workshops and doorprizes with sessions available.

www.healingartsassociation.com www.kelownahealthfair.com or phone Victoria: 250-707-3580

The following modalities are included:

Reflexology Iridology **ERT** testing Vitamin/ Mineral/ Protein Analysis Feng Shui Tai Chi & Qi Gong Brain Gvm Transformational Consulting **Respiratory Biofeedback** Colon Therapy Reiki Structural Integration Naturopathy Holistic Vet Homeopathy Structural Healing Chiropractic Feldenkrais **Healing Touch** CranioSacral Massage Shamanic Healing **Color Therapy** Acupuncture Spiritual Healing Pulsed Electromagnetic Therapy **Biomechanical Analysis** Chakra Balancing



HOLISTIC LIVING EXPO IN CRANBROOK April 3rd and 4th at the Prestige Inn

The Holistic Living Expo is alive and well in Cranbrook! Last year's Expo was so successful, that this year we're expanding. Lotus Books, our wonderful gem of a bookstore in Cranbrook, will be hosting the event. We'll be in a bigger location to support the amount of interest we have generated. We are proud to be have LEONARD EAGLECLOUD HOWELL this year, giving a Shamanic Journey workshop on Friday evening. He'll join our panel of talented teachers for our FREE Lecture Series. So far we have Healers, Naturopaths, Readers, Gemstones, Infrared Therapy, Massage, and Various Gifts with some room left for unique exhibitors. You can contact

Shaman Beloin at Lotus Books, (250) 426-3415 or e-mail : holisticlivingexpo@shaw.ca



Feldenkrais[®] in Kamloops

by Syl Rujanschi

Thanks to the organizing team of Tyson Bartel and Colleen Tobin, Oregon Trainer Jeff Haller engaged our attention to refine self image with the Feldenkrais Method.[®] Fridays lecture of Jan. 9, attracted sixty people, while Jeff expounded on the work of Dr. Moshe Feldenkrais, the man, scientist, engineer, martial artist, and humanitarian. Moshe referred to his work as learning to learn. Using our inherent sensory feedback system in lessons, we improve our ability to think, feel, sense, and act; and thus improve the outcome of our own lives.

Thirty participants settled in to the internal work of Awareness Through Movement[®]. One woman, whose ability was compromised said, I just know this is good, even though difficult. I reminded her to go slow, easy, imagine, and breathe. She attended the full two days and was pleased.

Jeff tuned us in to the use of levers, path of movement, specifics of action embedded in the whole of ourselves. I was asked, Haven't you learned this already? Refining self image is limitless in the Feldenkrais Method. Each time we explore ourselves, we are new.

For more information about Feldenkrais® Training call Alice Friedman (250)653-4332 For a Practitioner near you! www.feldenkrais.com Syl Rujanschi • Central Interior and beyond! (250) 790-2206 Traveling Workshops and Private Appointments Tyson Bartel • Kamloops: (250) 372-3814 Walking, Skiing, Running Workshop Feb. 15 (1-5pm)

Healing Your Back with Feldenkrais Feb. 21 (1-5pm)

Improving Your Vision with Feldenkrais Feb. 28 (1-5pm)

Paw Paw Herbal Extract:

Nature's Answer to Fighting Cancer

by Donna Roth

For over 20 years Dr. McLaughlin and his team at Purdue University studied 3,500 plants for the purposes of treating for cancer. During this time he came across the North American Paw Paw tree and discovered the unique qualities this plant has in stopping the progression of cancer. Dr. McLaughlin found that the twigs of the Paw Paw tree, if picked in May, contain powerful anti-cancer active alkaloids which are called acetogenins. Acetogenins are active compounds that modulate the production of ATP or main source of energy in the mitochondria [the powerhouse] of the body's cell. These acetogenins help to regulate the energy production of mutated cells in four ways:

1. Mutated cells that are programmed to replicate up to 17 times the speed of other cells do not thrive in the presence of acetogenins.

2. Acetogenins from Paw Paw stop the process of angiogenesis, which means the formation of new blood cells required to carry food to tumor and cancer cells.

3. Abnormal cells that have become resistant to chemotherapy are destroyed with the use of acetogenins.

4. Paw Paw affects the rapid growth of ATP to the DNA and RNA so that the abnormal cells cannot divide.

The ability to regulate what takes place at the cellular level of abnormal cells is what makes Paw Paw a means for fighting cancer. Dr. McLaughlin tracked more than 100 cancer patients who used Paw Paw in a one year trial period. Two of the most promising results were the significant reduction in tumor size and a significant reduction of tumor antigen levels. Another benefit was that few people complained of side effects. Patients who were undergoing chemotherapy and added Paw Paw to their program reported no hair loss, no bone marrow depression, and no gastro-intestinal bleeding. Patients with cold sores, shingles, toemail fungus, acne, athlete's foot, eczema and psoriasis experienced benefits. Those reporting success using this herb were diagnosed with brain, prostate and breast cancer, melanoma and leukemia.

Dr. McLaughlin tried to turn his research over to the Cancer Institute but it was not acknowledged. Before his retirement he turned his patent rights over to a well renowned and reputable herbal company Nature Sunshine. (see ad below.)







Are you overwhelmed with all the conflicting health information out there today? So was I. Are you ready to take your enjoyment of life to a higher level? So am I. With all the information in print, on the web and on TV, it can cause us, as individuals choosing health, to be challenged. I was.

The way I see it, you are a being. One that has more than one aspect that makes up the whole. A being of great and awesome potential. Looking at the parts of your being you will find four distinct components: mental, emotional, physical, spiritual, and although these are the defining parts of you there is much cross over from one quadrant to the other(s). Your mental facilities are very useful on a day to day basis, in focusing on the task at hand and incorporating knowledge into how you live. Your emotional aspect becomes the sensations in the physical body that are for the purpose of giving meaning to experience. You have a physical body that allows you structure and mobility, a multitude of capabilities and healing abilities as well as being the vehicle with which to experience living. The spiritual component is generally explained as the energy here, the energy there, and the energy everywhere. That which is internal and external, within and around all. You are made up of all of four and awareness of and willingness to increase health in each of the quadrants will award you the freedom you seek to live your fullest potential.

Your being is a miracle in motion, and health is something that happens automatically, you are not required to do any programming to heal. All you have to do is supply the being with the basics using the processes of Input, Output, Growth/Expansion, and Rest/Rejuvenation. By applying each process to all four of the parts of your being you gain balance, happiness and uncover your optimum health that might be taking it's turn at doing the hiding.

The BodyWealth Network offers tools created by Rolfers, and hypnotherapy audios, offering valuable information about nutrition, pain release and stress management. Find out more about our online classes and carefully chosen products like quick whole foods, herbal cleansing, and dangerous chemical personal and home care supplies. Question the practical health choices you make everyday.

Discover how your breath can be your most important foundational tool of your being and success in life. Begin a conscious breathing practice today. Get the Breath Awakening CD or MP3 online today!

Simple & Effective Tools, Powerful Information, Carefully Chosen Products and Transformational Coaching Programs for those who would like to take an active part in designing their lives and living to their fullest potential.

www.BodyWealth.net or Toll Free 1(866)772-9663

A Network of Health Experts committed to the expression of Greater Health.



SOUTHERN B.C.'S LARGEST NATURAL FOOD SUPERMARKET

- VITAMINS / HABA
- ORGANIC_PRODUCE
- NATURAL GROCERY
- JUICE BAR
- BULK FOODS
- FROZEN FOODS

IN-STORE BAKERY

CERTIFIED ORGANIC BEEF, CHICKEN, DAIRY & EGGS

Excellent Service, Selection & Prices

1550 Main Street, Penticton, B.C. Open 7 days/week (250) 493-2855

Visit www.pentictonwholefoods.com

Detox & Cleanse! Tried our Milk Thistle Combo?

Specially formulated synergistic blend of four herbs to maximize therapeutic effectiveness. Available in 50ml and 100ml bottle.

100% NATURAL HERBAL PRODUCTS

Creams • Lotions • Shampoo • Soap • Spray • Tinctures • Oils • Genuine Essential Oils • Extracts • Toothpaste Freshness Guaranteed. No Synthetics. Using only certified organic, organic or wild-crafted standardized herbal extracts.

> Sold only by Professional Health & Wellness Practitioners

Please call us to find your nearest consultant, or visit: www.ferlowbrothers.com for more information

CONSULTANT INQUIRIES WELCOME



Canada better off joining EU (or How the Mouse can Out-manoeuvre the Elephant)

Serving under Pearson, Trudeau saw firsthand the US threats to our sovereignty. As PM he took steps to control our investment and energy policies, and promoted the "third option" foreign policy, seeking closer links with Europe. Metric conversion laid the foundation.

In 1988, 56% of Canadian voters rejected the idea of closer ties with the USA. But under our undemocratic first-pastthe-post system, Mulroney won a majority of seats and launched us into a poorly negotiated and one-sided "Free Trade Agreement." As economic links tighten, our leaders are increasingly fearful of deviating from US policy. MMT (the neural inhibitor fuel additive) highlighted the corporate veto on our protective legislation. Concern has grown over US policies such as first strike with atomic weapons, violations of the Geneva Conventions and the use of force to impose their will on others. Trudeau warned of the dangers of "a mouse in bed with an elephant." Now the elephant is rolling over hard and the mouse had better think fast.

The European Union shows that globalisation can uphold human values. Respect for human rights is a requirement for admission to the EU, and Canada would be required to deal with issues such as Aboriginal Title and homelessness. In Dec. 2002, Quebec passed Bill 112, An Act to Combat Poverty and Social Exclusion, modeled on European legislation. Reason tells us that sharing the wealth, respecting the fundamental human rights of all persons, including the right to clean air and water, adequate safe food, clothing and shelter, is the only road to peace and security.

The dying empire of oil threatens to engulf us in its convulsions. The next strategic resource will be water, and Canada is the prize. History suggests that the US will rule us by economic force if we remain vulnerable, or by military force, if necessary. As part of the EU we are equal militarily with the US and superior economically. We would be their largest trading partner, and they would have to negotiate with all of us together. We can leave NAFTA with 6 months notice, but can safely do so only as part of the new EU ("Earth Union").

When I see the gut reaction of Canadians to the idea, their eagerness to sign the petition, I forsee, sweeping across Canada and Europe, a rage like Beatlemania or Trudeaumania. But the hero is no super-star. It is we the people in charge of our own future. Someday soon I want to hear the Prime Minister of Canada utter these words as Canada leaves NAFTA and joins the EU ("Earth Union"): "We celebrate tonight the creation of a new superpower and the end of the one-superpower world. A window of hope in a time of great peril. Our strength protects a space where human intelligence and compassion can work effectively toward healing the traumas of generations of abuse of each other and our planet. We say, 'ENOUGH! NO MORE!', to the sabotage of this urgent work by vested interests within our own nations or anywhere in the world.

LONG LIVE THE EARTH UNION AND LONG LIVE THE EARTH!" Stephen Bradley is a marine navigator and free-lance journalist living on Vancouver Island. Contact: valjean@shaw.ca **CAMPAIGN UPDATE**...This idea of Canada joining the EU is an idea that sells itself in Canada, and I would expect in Europe, too. I first circulated the petition at a peace rally in Victoria, *BC* in February 2003. In spite of this being a Canadian nationalist and anti-globalisation crowd, more than half of those approached signed, often with great enthusiasm. People were realizing that only by integration with Europe can we preserve any national independence, and also that truly fair free trade with comparable economies might be good.

My article and the petition were published in the March 2003 Common Ground Magazine (Vancouver/Victoria), in the May/June 2003 WHOLifE Journal (Saskatchewan), and in the National Farmer newsletter of the National Farmer's Union in June 2003 which also highlighted a discussion of agricultural policies in the EU and a resolution by the NFU to investigate the idea of Canada joining the EU

(http://www.nfu.ca/UnionFarmer/uf june 2003.pdf)

The campaign has a website <u>www.members.shaw.ca/valjean</u> and we control the domain name earthunion.ca but the two have not been brought together. I am suffering from Post-Traumatic Stress and am unable to do more. If you support the idea and would like to help, contact me at...*valjean@shaw.ca* A sample petition is below...we need people to collect signatures.

PETITION TO THE HOUSE OF COMMONS IN PARLIAMENT ASSEMBLED

We, the undersigned citizens and /or residents of Canada draw the attention of the House to the following: THAT Canada's ties with the United States are not equal, but lead to increasing subjection of Canada to US policy. US policy is presently going in directions opposed to what Canadians wish for themselves and the world: a First Strike with Atomic Bombs policy, violations of the Geneva Conventions and the Universal Declaration of Human Rights, unwillingness to subject themselves to the rule of law internationally, resistance to environmental measures required by the world, etc. Canada can only be taken seriously by the US, in either economic negotiations or moral influence, if we are part of a community of nations which is comparable in power with the US.

The EU is a community of nations which upholds human rights, and social, labour, and environmental standards, and genuine mutuality in trade. The single super-power world is dangerous and unhealthy for the world and for the US as well.

Canada with the EU would be a super-power comparable militarily with the United States, and greater economically and in area and population. By creating a world of two friendly super-powers we would protect Canada's independence and security, and develop a powerful force to move the world towards the co-operative solutions for the great problems that now beset humanity. Canada and the EU together would be the United States's largest trading partner. They would have to negotiate with us all together.

European money, people, and ideas could help us to release our unrealised potential. The human rights requirements for entry to the EU would compel us to deal rapidly and in good faith with issues such as Aboriginal Title and homelessness. THEREFORE, your petitioners request that Parliament take immediate steps to initiate accelerated negotiations between Canada, First Nations, and the EU for the entry of Canada into the EU.....SignaturesAddresses.....etc

Detoxify deeply but gently with ARISE & SHINE Cleanse Thyself Program....Available in 2 or 4 week packages

Certified Iridologists Certified Colon Hydrotherapists* Registered Nutritional Consultants Relaxation Massage Cranio Sacral Therapy



Westbank 768-1141

Nathalie Bégin, R.N.C.P., C.I.,C.C.H.

Cécile Bégin, D.N., C.C.H.

*Ultraviolet light disinfection system used for colonics Come and discover the many benefits of iridology. Call Nathalie for dates and time of lectures.

Cheryl Forrest (Grismer)

(250) 768-2217 3815 Glen Canyon Drive, Westbank, B.C. V4T 2P7 1 - 1.5 hours intuitive counselling. A psychic art portrait of your energy field with taped interpretation.

Spiritual Intensive

If you are committed to turning your life in a new direction that is closer to your heart's truth and your soul's path, then this class is for you. This is more than an instructional course; it becomes a place in time where the world stops and the miracle of you emerges. We start with the basic tools of meditation, parapsychology, metaphysics and healing, designed to improve your personal and professional lives. You learn to apply your paranormal abilities through regressions, criminal investigations, psiscans, automatic and inspirational writing, healing and much more. This four weekend training provides a uniquely graduated program where your heart and vision are opened to the presence and nurturance of love **Investment \$875 plus GST**

Penticton • Feb. 20-22, March 12-14, April 2-4, & April 30, May 1&2 Coquitlam • March 5-7, March 26-28, April 23-25 & May 28-30 contact Cheryl (250) 768-2217 or Teresa (604) 468-1891 in Coquitlam

Intermediate Meditation

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

Westbank • February 28-29 Investment \$210 plus GST

Easter Meditation Retreat

This is a live-in retreat - you will expand and deepen your meditation experience. Your meditation then becomes truly a transformational path of the heart and mind. Allowing you to heal and open to your love, compassion, courage and expansiveness, leading you to your "God Within." Participants will require a notebook, comfortable clothes and sleeping gear.

Westbank • April 9-11 Investment \$200 plus GST

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

The BodyTalk System™

BodyTalk

You can learn to tap into the body's natural ability to heal itself !

The BodyTalk™ System Certification Courses

Vancouver March 13-16, 2004

Kelowna March 19-22, 2004 FREE PUBLIC LECTURE, THURSDAY MARCH 18

Calgary April 22-25, 2004

Vernon May 7-10, 2004 FREE PUBLIC LECTURE, THURSDAY MAY 6

Vernon June 3-6, 2004

Nelson July 8-11, 2004

Certified IBA BodyTalk Instructor - Kristy Kenny, BA, RMT, CBP, CBI.

Contact Kristy Kenny at (250) 503-3049 or <u>kristykennyzone@yahoo.ca</u> for more details about the trainings and registration.

TRULY A LIFE-CHANGING EXPERIENCE

The Hoffman Quadrinity Process

A unique 8-day residential experience that will change your life!

The Hoffman Quadrinity Process is designed for: **people who cannot deal with their anger;** those unable to come to terms with their feelings; adults who grew up in dysfunctional and abusive families; executives facing burnout and job-related stress; and individuals who are in recovery.

What people are saying

"I recommend it without reservation." *John Bradshaw* "I consider this process to be the most effective program for healing the wounds of childhood." *Joan Borysenko, Ph.D.*

Helping Heal People's Lives For Over 30 Years



For your detailed brochure, please call Hoffman Institute Canada 1-800-741-3449 www.hoffmaninstitute.ca

Raw Food Questions and Answers

by Elyse Nuff

Q. Why is the colon, or bowel so important to our nutrition?

A. The beginning of a new year brings us new health goals and desires. It may be to lose weight, get more exercise, or just change our eating habits.



The first thing we must look at when we want to make any health changes is the bowel and how it affects us. The bowel, according to the Chinese, is the most important organ in our body as its role is to feed the rest of the body, nutrition from the foods we eat.

The black, gooey, sticky plaque that is built up on the inside walls of the bowel, inhibits this from happening. This causes the body to slowly starve from the lack of nutrition. This plaque must be removed to allow the nutrition to be passed on to the body. It must be gently softened and removed from the body, without harming the bowel.

Organic, raw fruits and vegetables will help the bowel to remain functioning properly, but they cannot remove this hard plaque. It must be removed with a very gentle cleanser that will help to rebuild the bowel at the same time.

Q. What can raw foods do for the body?

A. Raw foods will first of all give the body the live nutrition it needs to be healthy. The body needs live nutrition to work properly.

Second, raw foods help the body to shed toxins within.

The raw foods will help the body to rebuild and renew until it is in a healthy state once again.

Raw foods will help to reverse disease within the body and rejuvenate the cells from within, until it is functioning at its peak. The live, raw enzymes the body gets from these foods, assist in the vitamins and minerals being absorbed by the body and in repairing damages to the body, ie; live enzymes assist the natural calcium to be absorbed into the bones so thatbreaks and fractures will heal more quickly and increase the bones density and strength.

For more info on raw foods and bowel cleaners see ad.

Elyse is speaking at:

Fri. Feb. 13 • Wellness Show, Vancouver • Canada Place

Sat. Feb. 21 • Wellness Show, Edmonton • Holiday Inn

Sat. Feb. 28 • 1 pm at Chapters • Kelowna, B.C.

Sun. Feb. 29 • Women in Business Show Grand Okanagan Resort, Kelowna, B.C.

Starting in March • Raw Food Preparation Classes

Please call Elyse 1.250.878.2659 for more info www.info@dynamicbodyhealth.com

A Deeper Look at the Healing Process

by Ean Langille

Quantum physics tells us that everything in our world is energy and intricately connected. The body functions according to this principle of unity as every single cell is aware, teeming with energy, and communicating at the speed of light.

Perfect health is something that exists within each of us as our own divine blueprint or our very essence of being. Our body is meant to function optimally-without obstruction- to be our vehicle in the creative process of life. Many, however, treat their body the same way day in and day out until a disconcerting symptom or pain arrives. Reacting in fear and concern in how our body has let us down is common, rather than simply looking at it as a message. In honouring your health creation as something you attracted, you can be empowered to make the change the body is asking for. Shifting consciousness to see that your body is an active partner in your health rather than an opponent creates peace of mind.

As you begin a healing program, it is important to understand that the body may have adapted its functioning for years until it finally comes to a point where it will get your attention with a symptom. Years of low energy (stagnant and acidic) foods, alcohol, coffee, sugar, white carbohydrates, drugs, and low energy water forces the body to store rather than expel toxins. Especially unfavourable to the body is detrimental thinking as it carries a chemical message of ill-health which weakens the organs, tissues, and cells that support you. These toxic energies show up as aches/pains, stiffness, headaches, skin conditions, and an inability to focus on what is best for our body. The healing process is a complete reversal of this momentum. With high energy foods/herbs and an awareness of the mind/body relationship we send different messages to restore normal functioning.

In removing the blocks to allow energy to flow through you without obstruction, we create a new momentum that often requires acts of courage, will, and trust. I have witnessed many people who form new habits and ways of thinking which create a natural flow for healing to occur on all levels. How you experience your healing is as unique to you as is your own iris or fingerprint. The key is that there are consistent, clear, and congruent messages sent to your body. When your thoughts, feelings, and actions lead to the addition of high energy fruits, vegetables, herbs, and favourable thinking, your body will clearly understand your desire.

Each cell in your body has cellular memory that contains a record of every experience you have had in your life. With your intent to heal, cells may unlock a stored emotion that you remember feeling at the time of a traumatic or stressful event. An emotion that you did not express or deal with is now coming up to be digested or healed. The fact that the emotion has surfaced shows that you now have the tools to deal with it in the present moment. By dealing with this challenge your body is activated with more personal power which will be used in supporting a high guality of life, free of discomfort.



A unique opportunity to study the esoteric teachings of Sufi Mystic Inayat Khan through traditional sufi practices. Under the spiritual direction of Hidayat Inayat-Khan, head of the International Sufi Movement.

"Spirituality is the unfoldment of inner nobility, the divine heritage of every soul, through which the light of the soul is unveiled, expressing itself in modesty, kindness, graciousness and love." -Hidayat Inayat Khan

> To register: 250-832-9377 email:Sharda@jetstream.net



The body processes a lot of information and toxicity as high energy enters and low energy leaves. Any discomfort during the healing process is a result of past decisions in how you dealt with your health and your body. It is beneficial to see the beauty in all the body is doing to restore its divine blueprint of perfect health. The body is a creation that is meant and desires to function optimally with ease and grace. It is as simple as releasing what no longer serves you. Your love, honor, and respect to the body offers the greatest reward emotionally as you discover who you really are. *see ad below*



JOY GREEN, M.A., REGISTERED PSYCHOLOGIST
Hypnosis, Energy Healing Collaborative Divorce Talk Therapy
<i>'I'd love to hear your story'</i> FIRST HALF HOUR FREE
250-488-1136 Penticton 250-352-9927 Nelson www.stewart-assoc.com
PREE PORTIC LE COURE. PROMO
Introduction to Permaculture March 6-7 in Penticton March 27-28 in Creston April 3 in Nelson May 15 in Salmon Arm
May 22 in Golden Kootenay Permaculture 250-226-7302 www3.telus.net/permaculture
International Iridology Practitioners
associated with Dr. Bernard Jensen's work presents
Level I and II Certification
April 14-18, 2004
in Penticton, B.C.
Contact: Ean Langille (250) 493-5782
Collick College assesses
Selkirk College presents: How to Design Sustainable
& Ecological Environment
PERMACULTURE DESIGN COURSE
May 31 - June 12, 2004
in Winlaw, BC Kootenay Permaculture (250) 226-7302
www3.telus.net/permaculture

PLANETARY ALIGNMENTS for February & March 2004 by Khoji Lang

2004 will prove to be the magical key year on our journey towards self-realization and transformation. The numerological progression 2-4-6 in itself is intrinsically special, kicking off the sequence of even numbers, igniting an order that generates rhythm and distinct movement. But there is much more to 2004's uniqueness: January 1, carrying the seed for the whole year, vibrates with 1 BEN energy, the Red Magnetic Skywalker*. BEN - also 'Pillars of Light' - is a day of centering, of inner strength, standing upright like the corn plant; free, all on its own. The astrological alignments right at midnight of New Year's day were amazingly unique too. Saturn had its closest approach to planet Earth for decades - exactly opposing the Sun, while forming a T-square with Mars, the fiery planet that just last summer had its closest encounter with our planet in eons. Mars and Saturn's 'bend-or-break aspect' calls forradicalism and disillusionment, but with a straight and focussed approach, hitting the core of the matter. Then there is planet Uranus, now diving into the mysterious realms of Pisces, bringing light into the dark recesses of our unconscious, challenging us to face our fears and cut loose from mass mind indoctrination. To say, in less than a decade the overall energy has geared up for the third time in a row. Look at your life, decide, for yourself: 1995 Pluto entered Sagittarius, 1998 Neptune stepped into Aquarius; and in 2003 Uranus tested Pisces. Each time the pressure on the unconscious has been increased, pushing us to a higher plane. Now the most crucial period has begun, Pluto's passage through the Galactic Center, lasting till 2008, the very heart of the transformational process. This can be a sacred passage, or a rough ride. It all depends how much we are ready to change, to go with the flow - or how stubborn we are, attached to the old, identified with name, fame, status, money and power. The choice is ours, centered in the heart there is love and deep knowing; while lingering in the head, fear and anguish reign.

The power of astrology lies in its ability to describe the quality of time. Focussing on particular moments when the new comes into existence, reveals hidden potentials - the seed contains the whole tree. This is true for human beings (or any other creature), and for natural cycles - be it the beginning of a year, a month (New Moon), or the entry of a planet into a new zodiacal sign. All four New Moons between Dec. 23, '03, and March 20, '04, occur at the very beginning of zodiacal signs, emphasizing lots of fresh vigor and untamed passion. This also is true for the Wood Monkey, the Chinese Year, which began on January 21. The Monkey's characteristics are courage, power and action; new endeavors are destined to succeed!

The day after Imbolc, Feb. 3, Mars enters Taurus. Full Moon in Leo occurs on the 6th, while Venus moves into Aries on the 8th. Venus and Mars in each other's sign boosts our creative veins, also making it easier to understand polar opposites. This could express for men being more feminine and receptive, whereas women may dare being more decisive and willful. While Venus and Mars express polarities on biological/material, personal planes, Neptune and Uranus represent duality on spiritual and transpersonal levels. Love, mystic union and compassion (Neptune) are now expressed through Aquarius, the sign of science, ideals and collective interaction; while the search for ultimate individuation and enlightenment (Uranus) filters through Pisces, the cosmic melting pot. The Sun enters Pisces on the 19th, under a balsamic Moon in Aquarius - the Sun aligned with Uranus, and the Moon with Neptune! On March 5, Venus enters her own sign Taurus. With Venus, Mars and Pallas in this earth sign, great resources become available. Apply imagination and creative visualization. endeavor to make things more harmonious and beautiful. Full Moon in Virgo happens on March 6, soaked in healing Jupiter energy. Venus will climb ever higher, reaching her highest elevation as evening star by the end of March. On March 19, the Sun stands vertical above Earth's equator, Spring equinox, the Sun's entry into Aries. New Moon on the 20th, in the very first degree of the zodiac, sets immense amounts of energy free, giving us courage to travel toward new horizons. * Maya Calendar Tzolk'in, according to Jose Arguelles' Dreamspell

Khoji can be reached at harmonym@uniserve.com or phone 1-877-352-0099



Book Reviews

HEALING

TIMES

UDAL BIRCU

by Christina Ince

Healing Times

A Personal Workbook Louise Giroux Northstone Publishing Inc. ISBN 1-55145-089-5 • \$24.95

This book, described on the cover as a

"hands-on resource designed to help you increase your selfawareness and improve your day-to-day functioning," was designed for use by individuals seeking help as well as the professionals providing that help.

Each chapter deals with a particular issue, such as Inner Child, Relationships, Illness; the first chapter is about working on a broad range of typical situations that involve Doing the Work, taking ownership of your problems, your process and your healing; and the final chapter deals with ways in which we can constantly enhance our quality of life.

The format is similar for each chapter; what follows is that of the final chapter, Recycling the Circle: Introduction; a case study, in this instance the author's own story; an exercise using the words of song, Elton John's 'Circle of Life' along with two blank pages to write about your own place in the circle of life; an exercise using a film, several prescriptions for life with detailed instructions and observations; a writing exercise entitled "My Wholeness" in which you complete several sentences; and finally, recommended resources.

I would like to leave you with the six dimensions for wholeness which the author quotes at the end of the book: Psychological - enlivening one's mind; Physical - revitalizing one's body; Interpersonal - renewing and enriching one's intimate relationships; Environmental - deepening one's relationship with nature and the biosphere; Institutional - growth in relation to the significant institutions in one's life; and Spiritual - deepening and vitalizing one's relationship with Spirit.

Secrets from an Indian Kitchen

Mridula Baljekar Pavilion Books Ltd. ISBN 1 86205 6196 • \$24.95

Although first published in the U.K. in 2000, this book has only just become available in Canada. Mridula Baljekar runs a restaurant, Spice Route, in Windsor in England, and is the author of several books on food. She founded the magazine Indian Oriental Food & Drink, and her Complete Indian

Cookbook has sold over a quarter of a million copies worldwide. It's no surprise that she is popular in the U.K., where the No. 1 take-out food is now "chips with curry sauce, please"!

Unfortunately Indian cuisine has been misrepresented throughout the world - mention Indian food to many people and they think of curry ("kari"), which simply means sauce, or they may say, "I can't eat spicy food." Well, spicy doesn't have to mean fiery, and in this book the author points out that spices should enhance rather than mask the main ingredients.

The 'Secrets' referred to in the title are hints and information included at the end of each recipe, including simple and interesting points: frying garlic over a low heat intensifies the flavour thereby giving a far superior taste to your dish.....never wash your griddle, wipe it clean then rub a little oil on the surface before putting away....for a crisper batter, substitute half the water with soda water or beer.....for more recipe-friendly yogurt, pour natural yogurt into muslin, tie with string and leave to hang for one hour per half-pound.

Essential ingredients are described, Indian and English names are given for each recipe, along with how to freeze Indian food and the secret of unlocking flavours. The chapter headings (with Indian equivalents) are not all typical: Seasoning, Stir-Frying, Steaming, Braising, Clay Oven Cooking, Kebab, Deep-Frying, Rice and Bread, Salads and Chutneys, Desserts. Don't be deterred by the long list of ingredients in some of the recipes - the deliciousness is worth it! Who could resist these enticing dishes: soft mango fudge, heavenly korma, rice steamed with aromatic lamb, spicy potato fritters, garlic bread, ice cream with mandarin sauce.....

CD Review

by Angéle



Christina, as you may have noticed, does all of the book reviews... I am amazed that she finds the time to read that many books and can puts words to her interpretation so beautifully. When she listened to this CD she decided it was more to my liking and gracefully asked that I do the review. To make that time I did it while I was on the treadmill getting forty minutes of exercise in. I am used to multi-task-ing and believe my life is a walking meditation... so why not.

Indian

It was good to hear Swami Radha's voice once again and so strong...I only met her a few times when I visited her ashram in the Kootenays, just before she passed on. I love her chants with Hari Ohm being my favorite. I had looked at the little book with the same title but I really like audio tapes, so this was a treat. Having attended the various retreats at the Yasodhara Ashram many years ago and meditated in the exquisite temple she created twelve years ago, I have heard this invocation a few times before, but no one explained why I should do it as well as Swami Radha does.

Her successor, Swami Radhananda, adds a step-by-step instruction to the Invocation as well as some exercise and visualizations to help emphasize the practice. Her voice has a soft, child-like quality encouraging me to follow along and to make the most of this timeless practice. This CD is great for slowing the mind and encouraging awareness on many levels. Bravo to the Swami's...

The NATURAL yellow pages

ACUPUNCTURE

MARNEY McNIVEN, D.TCM., R.Ac., Vernon 542-0227 - Enderby 838-9977

AROMATHERAPY

WEST COAST INSTITUTE OF AROMATHERAPY

Quality home study courses for all, enthusiast to professional. Beverley 604-267-3779 www.westcoastaromatherapy.com

ASTROLOGY

KESTREL - Summerland:494-8237 - \$13p/hr

KHOJI LANG - Nelson ... 1-877-352-0099

SOUL CENTERED-Denise Kelowna:860-5529

AURA-SOMA

AURA-SOMA® COLOUR THERAPY

Colours, the language of the soul. Individual sessions, training with Parimal Danielle Tonossi, certified ASIACT Teacher. English/French Aura-Soma products available. 250-544-0904 Victoria - www.crystalgardenspirit.com

BODYWORK

KAMLOOPS

CAROL DICKINS BURNS Extra-ordinary meridian flows... 314-1180

LYNNE KRAUSHAR - Certified Rolfer Rolfing & Massage ... 851-8675

Victoria Fabling

• Energy Worker Healer Member of the National Federation of Spiritual Healers

• Creative Counselling (moves you into clarity)

• Hawaiian Healing Stone Massage

• Feng Shui

Aromatherapy

Holistic Consultant

(250) 707-3580 1644 Mission Hill Road Westbank BC V4T 2M4 vfabling@okanagan.net MICHELE GIESELMAN - 851-0966 Intuitive Healer, Massage, CranioSacral, Reiki & Hot Stone Massage • Gift Certificates available

RAINDROP THERAPY: seven essential oils massaged onto the backbone, activated with hot compresses. Sooo good for the back and for openings. Terez – Kamloops ... 374-8672

THAI MASSAGE/YOGA - TYSON 372-3814 Feldenkrais® lessons, classes & workshops

CENTRAL OKANAGAN

INTUITIVE BODYWORK & VIBRATIONAL HEALING THERAPY. Barbara Brennan trained. Frequencies of Brilliance sessions. Perelandra flower essences. Anne: 765-5812.

HEALING STONE MASSAGE – The ultimate in therapeutic bodywork. Victoria Fabling, Kelowna (250) 707-3580

PAM SHELLY Reiki Master/Teacher Hot Stone Massage, Body Talk Sessions Kelowna ... 250-764-8057 or 1-866-847-3454

THAI MASSAGE Paul trained in Thailand. email or web: itm@itm-britishcolumbia.com 250-317-0286 or 250-548-0023

SOUTH OKANAGAN

SHIATSU (Acupressure) Kathryn Halpin, C.S.T. Keremeos: 250-499-2678 or Penticton: Willow Centre 250-490-9915

THERAPEUTIC MASSAGE/REIKI Debby L. Klaver ... 770-1777

WAYNE STILL Structural Integration, GSI Certified Practitioner serving South Okanagan/Similkameen ... 499-2550

NORTHERN BRITISH COLUMBIA

CARMEN ST. PIERRE, B.Ed Reiki Master-Spiritual Healer-Medium offers: Emotional Release Work, Meditation, Ear Coning, Reflexology and Tarot at Am-Ra's Spirit in P.G. Call 250-964-9086 or my cell (250) 565-1983

BIOFEEDBACK

QX ADVANCED BIOFEEDBACK

Stepping Stones Clinic, 697 Martin St., Penticton...493-STEP (7837)

BLOOD ANALYSIS

LORRIE HARTFORD Vernon:250-542-1043

Every dollar you spend is a vote for what you believe in!

ISSUES MAGAZINE February / March 2004 page 28

BOOKS

BANYEN BOOKS & SOUND

3608 West 4th Ave., Vancouver, BC V6R 1T1 (604) 732-7912 or 1-800-663-8442 Visit our website at www.banyen.com

DARE TO DREAM 250-491-2111 168 Asher Rd., Kelowna

DREAMWEAVER GIFTS ... 250-549-8464 3204 - 32nd Avenue, Vernon

MANDALA BOOKS...860-1980 Kelowna 3023 Pandosy St. beside Lakeview Market

SPIRIT BOOKS Metaphysical, Self-help, Spirituality, Tarot, Wican, Reiki, Feng Shui, Crystals. 677 Seymour St., Kamloops 372-1377

SPIRIT QUEST BOOKS Salmon Arm, BC (250) 804-0392 specializing in alternative health and metaphysical books. Ongoing Classes and Seminars. 170 Lakeshore Drive NE

BREATH INTEGRATION

PERSONAL GROWTH CONSULTING TRAINING CENTRE #101A - 155 Victoria St., Kamloops, V2C 1Z4 Ph. 250-372-8071 Fax: 250-372-8270 • NEW OWNERS - Linda Nicholl, Angela Russell and Marcella McLeod

BUSINESS OPPORTUNITIES

Move over Starbucks[™]...we have Healthy Coffee with Ganoderma, 'The King of Herbs'. www.HealthyCoffeePlus.com • 604.527.9945

Solutions to all health issues while earning a residual income. With so many searching for health, the timing could not be better. Free info-pak: 1-888-658-8859

CHELATION THERAPY

DR. WITTEL, MD – www.drwittel.com Dipl. American Board of Chelation Therapy. Offices:Kelowna:860-4476 • Vernon: 542-2663 Penticton: 490-0955

COLON THERAPISTS

 Kamloops:
 314-9560

 Kamloops:
 851-0027

 Penticton:
 492-7995

 Shuswap area:
 679-3337

 Westbank:
 768-1141

 Westbank:
 768-1141

Lanny Balcaen Suzanne Lawrence Hank Pelser Sandy Spooner Nathalie Begin Cecile Begin

COMMUNITIES

CO-HOUSING IN KELOWNA, 250-763-0703 Join/create the urban village. Designed to foster community and respect privacy.

COUNSELLING

AWARENESS COUNSELLING

Life changes and stress of Fibromyalgia Penticton - 770-2045

CHRISTINA INCE, Penticton – 490-0735 Holistic counselling for healthy relationships.

CORE BELIEF ENGINEERING Rapid, gentle, lasting resolution of inner conflicts. Laara Bracken, 18 years experience. Kelowna: 250-712-6263. See ad p.11

DELLAH RAE Kelowna:769-8287 cell:215-4410 Specializing in troubled teens and young adults

EQUINE (HORSE) PROGRAMS for 6 yrs & up to assist with issues of self-esteem, anger management, depression, ADD, eating disorders and other behavioral and learning problems. Audrey Meuse, cert. EAGALA Kamloops:573-2789

INTUITIVE COUNSELLING - Listening from the heart in safety. Working with your higher self. IRENE HUNTLEY, Castlegar: 304-6875

PAULA MILES - Kelowna: 250-491-1714 Specializing in lesbian and gay lifestyles

PERSONAL GROWTH CONSULTING TRAINING CENTRE (250)372-8071 Fax: (250)372-8270 See Breath Integration

SPIRITUAL EMERGENCE SERVICE Psychospiritual problems? Kundalini awakening? Near-death experiences? Psychic opening? Information and assistance 604-687-4655 www.spiritualemergence.net National referral directory of registered therapists who understand these experiences. Canadian non-profit charitable society.

CRYSTALS

Gemfinders International Imports Ltd. Direct from Brazil Quartz Crystals – Gemstones – Jewellery Ph/Fax Toll Free (866) 744-2153 www. gemfinders.com

gemfinders@telus.net SPIRIT QUEST BOOKS Salmon Arm, BC (250) 804-0392 Large selelction of crystals, wands, hearts, spheres, and jewellery from all over the world. 170 Lakeshore Drive NE

THE "CRYSTAL MAN" Theodore Bromley Immense selection of Crystals and some Jewellery. Wholesale, retail by appointment. Huna Healing Circles. Workshops. Author of <u>The White Rose</u> Enderby 250-838-7686 www.thecrystalman.com

DENTISTRY

DAAN KUIPER # 201-402 Baker St, Nelson 352-5012. General Practitioner offering services including composite fillings, gold restorations, crowns, bridges & periodontal care. Member of Holistic Dental Association. DR. HUGH M. THOMSON 374-5902 811 Seymour Street, Kamloops Wellness Centered Dentistry

DOULA

PRENATAL CLASSES & DOULA SERVICES www.birthnbabes.com - 250-494-5166

ENERGY WORK

BIOFREQUENCY CONSULTING - QXCI biofeedback analysis, Bio Cell therapy, Photon Resonant Light Emission Technology, Beck Protocol, Live Blood analysis, Genesis & CK6 Electromagnet Technology, Homeopathic & Nutritional Supplements. "Vaccine Risks Educator" www.eaglefoundation.net (latest news). Rose Stevens, RT ... 250-868-9972

BIONETIC & HOMEOPATHIC MEDICINE

Biofeedback, Holistic Animal Treatment Infared Sauna sales and therapy *at the* Live, Love, Laugh Wellness Clinic Kamloops:377-8680 • Web: wwwLLLwell.com

DONNA JASSMANN – EMF Balancing Technique®. Advanced Practitioner. Kelowna 250-762-0460 www.emfbalancingtechnique.com

STATE OF THE ART THERAPY

The Reconnection of axiatonal lines to planet grid and reconnects DNA strands. Frequencies for healing and evolution 250-762-6399

ESSENCE & IMAGES

ESSENTIAL ACRYLICS

Multi-D Portraitscapes by Kestrel \$13 per hour 250-494-8237 or cashprowse@shaw.ca

ESSENTIAL OILS

www.SheilaSnow.com - Raindrop Therapy CranioSacral Therapist, Young Living Essential Oils, Vernon: 558-4905, 8 years experience.

GIFT: SHOPS

Beach Ave, Peachland BC – 767-6688 Unique gifts, crystals, jewelry, imports, candles, pottery & books.



HANDWRITING ANALYSIS

ANGÈLE Inutitive and Scientific - 1-250-366-4170 Taped session via mail or typed session via email

COLLEGE OF GRAPHOLOGICAL SCIENCES Classes/Correspondence/Certification 604-739-0042

HEALTH CONSULTANTS

HERBALIST - www.dragonflyherbals.com

KEYS TO ULTIMATE HEALTH addresses cause of ALL illness. Attain high energy.. Youthfulness. Become completely disease free. Free info-pak: 1-888-658-8859

HEALTH PROFESSIONALS

CASSIE CAROLINE WILLIAMS...372-1663 Ortho-Bionomy, Visceral Manipulation, CranioSacral & Lymph DrainageTherapies.

COYOTE HOT SPRINGS/MEDICINE WATERS Integrated Bodyworks, Specialized Kinesiology Internationally Certified Instructor. Kootenay Crystal Gems, B.C. 250-265-2155

HEALTH & NUTRITIONAL ANALYSIS Suzanne Lawrence, R.N.C.P. Kamloops 851-0027

SPECIALIZED KINESIOLOGY: wholeness through energy balancing our physical, mental, emotional, spiritual selves and self awareness. www:KinesiologyCollegeof Canada.com Michelle Parry – 492-2186 Penticton Delores Wiltse – 492-8423 Penticton Marie Stancer 861-8600 & 764-8700 Kelowna

NATURAL HEALTH OUTREACH

Herbalist, Iridologist, Nutripathic Counsellor, Certified Colon Therapist & more. H.J.M. Pelser, B.S., C.H., C.I. ... 492-7995



Holistic Practitioner Course

Classes start February and September

5 Month, Full Time Course Includes certificate courses in: Aromatherapy, Shiatsu, Reflexology, Iridology, Energy Concepts Reiki and Spa.

For course information & registration call 1-888-826-4722 or (604) 824-1777 Fax: (604) 824-7711 Email: bcihs@telus.net or write: 203-45744 Gaetz St., Chilliwack, BC, V2R 3P1

Inner Peace Movement presents Angels Among Us

Communication with your Angels

• Your life purpose • 7 year cycles of life

· Your Spiritual Gifts

Aura Reading & Energy Dynamic Demos

WEDNESDAY, FEBRUARY 4 Edmonton Travelodge West, 18320 Stony Plain Rd., Edmonton, AB

TUESDAY, FEBRUARY 10 Kaleden, BC - 434 Lakehill Road and

Edson, AB at the Super 8 Motel, 4300 2nd Ave.

TUESDAY, FEBRUARY 24 Westbank, BC Call Susan for location

WEDNESDAY, MARCH 3 Castlegar, BC • Call Judy for location

TUESDAY, MARCH 16 Penticton, BC • Call Nel for location

All lectures will be held at 1 PM and 7 PM

Judy (250)548-4169 • Marie (250)542-7543 Susan (250)768-7623 or Nel (250)497-5181

The Inner Peace Movement is a non-profit educational program

HEALTH PRODUCTS

CLEANSE your body of toxins and build your immune system with Awareness Products featured in the Physician's Desk Reference for Non-prescription Drugs & Dietary Supplements for info. 250-809-8592 or obramble@img.net

CONCERNED ABOUT CANCER CAUSING chemicals? So are we. Guaranteed 100% safe; toothpaste, shampoo, creams, baby products, pet products & more. Cancer Prevention Coalition Seal of Safety. 1-877-766-5433

HYPNOTHERAPISTS

PETER J. SMITH, M. ED. MNCH. Clinical Hypnotherapist. Supporting positive change. Est. '62 Rock Creek ... 250-446-2966

THELMA VIKER, CERTIFIED HYPNOTIST Heal Mind, Body & Spirit. Kamloops.579-2021

IRIDOLOGY

TRIED EVERYTHING? - STILL NOT WELL

Eye analysis, natural health assessment. Certified Iridologist, Chartered Herbalist. Vivra Health (250) 493-1441.

MASSAGE THERAPISTS

RUSS BARKER, RMT Structural Realignment Neuromuscular Therapy, Manual Lymphatic Drainage, Muscle Energy & NST. Stepping Stones Clinic, 697 Martin St. Penticton 493-STEP

SUZANNE PERSONNIER, RMT Can. & Euro. Trained. Salmon Arm/Enderby ... 832-6363

MEDITATION

8

TRANSCENDENTAL MEDITATION

as taught by Maharishi Mahesh Yogi alleviates stress, improves health/relationships, enriches lives. We all start for our own reasons but creating World Peace is a reason for all of us. TM is raising individual consciousness, can raise group consciousness to the level that can

support World Peace. Find out how. Call: Boundary/Kootenays... Annie 446-2437 Kamloops......Joan Gordon 578-8287 Kelowna/Vernon... Annie Holtby 446-2437

Penticton Elizabeth Innes 493-7097

NATUROPATHS

Penticton

Dr. Audrey Ure & Dr. Sherry Ure...493-6060 offering 3 hr. EDTA Chelation Therapy

Penticton Naturopathic Clinic ... 492-3181 Dr. Alex Mazurin, 106-3310 Skaha Lake Rd.

ORGANICS

GRASSFED MEATS from 'Pasture to Plate' More Omega 3, CLA, Vitamin E and Beta Carotene. Less fat and fewer calories. FREE OF pesticides, growth promoting hormones, antibiotics, fillers, grain or animal byproducts, chemicals or herbicides. www.pasture-to-plate.com • ph:250-394-4410

PROF'L ASSOCIATIONS

HEALERS & THE PUBLIC of the Okanagan, your participation is welcome in the new www.healingartsassociation.com

PSYCHIC/INTUITIVES

ANGEAL Tarot, Numerology, Speaker, Readings by Phone 250-517-0276

ASTROLOGY/ASTRO-TAROT bring audio tape. Maria K. – Penticton ... 492-3428

CLAIRVOYANT/TAROT Jessica 250-493-6789

DANA SURRAO Medium/Psychic Counsellor Works with Spirit guides; Connects with loved ones who have passed over; Spiritual counselling & life path guidance. Summerland ... 494-9668

HEATHER ZAIS (C.R.) PSYCHIC Astrologer – Kelowna ... 861-6774

MISTY-Card reading by phone 250-492-8317

NADIA-Famous European Psychic Consultant of Palms & Cards - Kelowna ... 250-764-4164

CLAIRAUDIENT, CLAIRSENTIENT,

psychometry card readings on request & spiritual counselling by Shelley -Winfield: 766-5489

PAM SHELLY – Clairaudient, Clairsentient. Angel Card readings in person, phone or parties. Spiritual and intuitive counseling. Kelowna ..250-764-8057 or **1-866-847-3454**

Enjoy the convenience have mailed directly to your home!			
\$12 per	year • \$20 for 2 years		
Name:	Phone#		
Address:			
Town:	Prov Postal Code:		
Enclose \$12 Gor 1 year or \$20 Gor 2 years			
Mail to ISS	UES, RR1, S4, C31, Kaslo, BC VOG 1M0		

PSYCHIC ENERGY SENSING & READINGS Denise - Kelowna 250-860-5529

RAINBOW LADY - Intuitive Teacher & Healer Nelson area ... 250-359-6733

THERESE DORER – Spiritual Consultant, Intuitive Readings with your Spirit Guide. Clairvoyant, Clairaudient. Taped sessions Kamloops: 250-578-8437

REFLEXOLOGY

BEVERLEY BARKER ... 250-493-7837 Certified Practitioner & Instructor with Reflexology Association of Canada. Stepping Stones Clinic, 697 Martin St., Penticton

CAROL HAGEN – Certified Reflexologist Horizon Healing Center – Westbank. 768-1393

DEBBIE L. KLAVER – Certified Practitioner Reflexology Association of Canada. Mobile Service Available ... 770-1777

PACIFIC INSTITUTE OF REFLEXOLOGY Basic & advanced certificate courses \$295. Instructional video – \$29.95. For information: 1-800-688-9748 www.pacificreflexology.com

SUMMERLAND REFLEXOLOGY ... 494-0476 Denise DeLeeuwBlouin – RAC Certified.

TEREZ LAFORGE certified reflexologist Kamloops ... 374-8672

THE BEST REFLEXOLOGY PRODUCTS (403)289-9902 - www.footloosepress.com

REIKI/HEALING TOUCH

ANNE TROYER Reiki and Therapeutic Touch Practitioner. Intuitive treatments, highly effective. My home or yours 868-3536 Kelowna

REIKI MASTERS

CAROL HAGEN – Reiki Master/Teacher Horizon Healing Center • Westbank...768-1393

CHRISTINA INCE – Penticton ... 490-0735 Sessions and classes at the Holistic Centre

DEBBY L. KLAVER - Penticton ... 770-1777

DELLAH RAE Kelowna:769-8287 cell:215-4410

LEA BROMLEY – Enderby ... 838-7686 Reiki Teacher/Usui & Karuna Practitioner Divine Alchemy • email: reikilea@sunwave.net

PAM SHELLY – Sessions and all levels of Usui Reiki taught. Kelowna ... 250-764-8057

PREBEN Teaching all levels Usui method. Treatments available – Kelowna: 491-2111

RETREATS

GODDESS WEEKEND WORKSHOPS & SPA at the Doctor's House B&B Retreat in Golden, BC. www.doctorshouse.ca • 250-439-1124



GREEN HOUSE RETREAT CTR. is situated on beautiful grounds at Christina Lake. Our 'Adventure by Day, Comfort by Night' program offers guests hiking, biking, golfing, horseback riding, snowshoeing, skiing, and then a hot tub or sauna back at a quiet country inn. Massage is available. Special group rates.

250-447-2373 www.greenhouseretreat.com

JOHNSON'S LANDING RETREAT CENTER High quality, affordable Workshops & Retreats Over 35 different Programs to choose from! + personal retreats available. 1-877-366-4402

www.JohnsonsLandingRetreat.bc.ca

28th KOOTENAY LAKE TAI CHI Retreat, August 22-28, 2004

Experience nature, community and learning on beautiful Kootenay Lake. Qigong, Tai Chi, sword, philosophy, healing. massage, push hands and more. Swimming, canoeing, pristine beaches, waterfall, mountain paths, nearby hot springs. Instructors include Eric Eastman, Harold Hajime Naka, Osman Phillips, Arnold Porter, and Sana Shanti. Cost: \$555.Cdn or \$435.US includes accommodations, gourmet vegetarian meals, instruction and boat transportation. Beginners through experts welcome. Kootenay Tai Chi Centre, Box 566, Nelson, BC, V1L 5R3. Phone: (250) 352-3714. FAX: (250) 352-2468 email: chiflow@uniserve.com

website: www.retreatsonline.net/kootenaytaichi

QUANTUM LEAPS is a very unique, private, romantic, back-to-nature riverside retreat. We offer a well appointed lodge, cozy cottages and traditional tipis for your comfort. Enjoyable activities available are: rafting, horseback riding, mountain biking, hiking, kayaking, fishing, rock climbing, handgliding, massage, bird and wildlife watching. Complete your day by the river or in our hot tub, relaxing in the mystical glow of a Canadian Rockies' sunset. 1-800-716-2494 www.quantumleaps.ca info@quantumleaps.ca

RETREATS ON LINE Worldwide services. www.retreatsonline.com • 1-877-620-9683 or ergail: connect@retreatsonline.com

WISE WOMAN WEEKEND

September 17-19 at Naramata, BC Celebrate your beauty, explore your potential. 1-888-497-1182 • 490-0329 Penticton wisewomanweekend@lycos.co.uk

YASODHARA ASHRAM Yoga retreats, workshops & teacher training. Celebrating 40th Anniversary. Located on Kootenay Lake in peaceful, forested wilderness near Nelson. Return to a natural, receptive rhythm of life. Calendar 800-661-8711 or www.yasodhara.org

WORKSHOPS

HAVE FELDENKRAIS® WILL TRAVEL!

Awareness Through Movement® workshops. Syl Rujanschi 250-790-2206

STUDIO CHI Workshops & classes in Shiatsu, Yoga, Acupressure, Feng Shui and the movement of chi. Brenda Molloy Kelowna 769-6898

Kelowna Centre for Positive Living

Religious Science International Teaching Science of Mind

Pandosy Peace Centre 2490 Pandosy St. Kelowna



Sunday Celebrations Kelowna Performance Centre

1379 Ellis St. - 10:30-11:30 am

250-860-3500 www.kcpl-rsi.com

SCHOOLS/TRAINING

ACADEMY of CLASSICAL ORIENTAL SCIENCES

Offering 3, 4 and 5 year programs in Chinese medicine and acupuncture. View our comprehensive curriculum at www.acos.org Ph. 1-888-333-8868 or visit our campus at 303 Vernon St., Nelson, BC

CERTIFICATE MASSAGE COURSES

Focus Bodywork – registered with PPSEC. Sharon Strang – Kelowna ... 250-860-4985 or in the evenings 860-4224 www.wellnessspa.ca

EMF BALANCING TECHNIQUE® Practitioner Certification Training, UCL Intro. Workshops -Lynn Halladay ... 250-362-9182

KELOWNA WALDORF SCHOOL

Parents & tots. Preschool, K to 8 www.kelownawaldorfschool.com 250-764-4130

NATURE'S WAY HERBAL HEALTH INSTITUTE Certified Herbalist & Iridology Programs. PPSEC registered. Recognized by the Canadian. Herbalist Association. of B.C. Vernon: ph: 250-547-2281 - fax: 547-8911 www.herbalistprograms.com

NUAD BO RARN INSTITUTE OF THAI MASSAGE Certified CMTBC Accredited Courses

email:nuadborarnmassage@yahoo.ca

SHIATSU TRAININGCOMING SOON Practitioner Level 4 week Intensive. Call toll free 1-866-796-8582 • Harrison Hot Springs.

WINDSONG SCHOOL OF HEALING LTD. 250-287-8044 - www.windsonghealing.com



Try Unity

The Unity way of life may enable you to realize God's plan for you

a love of life and a purpose for living.
We invite you to come and try the Unity way

Unity Church of the Okanagan

Rev. Etta W. Farrior

The Best Western Inn 2nd floor Conference Centre Hwy 97 & Leckie, Kelowna Sunday Celebration 10:30am

Phone (250) 979-6916

Email: unityok@shaw.ca

Soul Mates

a feature in Issues Magazine for individuals to make contact with like-minded others. Cost is \$15+gst for 30 words.

To respond to a Soul Mate Ad send your reply along with a stamped envelope to.

Soul Mates c/o Issues Magazine, RR1, S4, C31 Kaslo, BC V0G 1M0

Soul Mate Wanted

Success...Commune...Play...Anyone? These are the same things to me. I want them in my life at play, work, and home. You too? Contact me. Let's create it together!

Reply: ISSUES Box 2004 - 01

Soul Mate Wanted

Are you a Passionate, Soulfull Woman who embraces her integrity, spirituality, sexuality... and is longing for a beautiful relationship with another Gifted Goddess? Are you a feminine, professional lady too...young at heart, down to earth with some class, into personal growth and manifesting your dreams which include a fulfilling companionship? I'd love to hear from you!

Reply: ISSUES Box 2004 - 02

SHAMANISM

SOUL RETRIEVAL, extractions, family & ancestor healing, depossession, removal of ghosts & spells. Also by long distance. Gisela Ko (250)442-2391 gixel@sunshinecable.com

SOUL RETRIEVAL, Extraction/Clearing Power Animals & Healing Journeys. Preben Kelownadaretodream.cjb.net – 250-491-2111

Pachamama Healings

William Beckett Pampamesayoq Shaman Inca Medicine Wheel Teacher & Healer

Inca Medicine Wheel Workshops Extractions, Soul Retrievals Inner Child Journeys Power Animal Journeys Physical and Spiritual Healings

> Serving BC & Alberta 1-780-538-3898 willal@telusplanet.net

SOUND HEALING

PHYLLIS WARD – Reiki Master, School of Inner Sound Practitioner, Tuning Forks, Crystal Bowls, Toning, Colour and Aromatherapy, Intuitive Readings, Reiki Treatments and Certification. Vernon: 542-0280

CHAKRASOUNDWORK – crystal bowls and tuning forks on and around the body for chakra attunement. Terez – Kamloops ... 374-8672

SPAS

THE WELLNESS SPA – Serene Surroundings Massage • Bodywraps • Facials • Manicures, Pedicures, Waxing and more. Wholistic health philosophy. www.wellnessspa.ca Sharon Strang owner, Kelowna ... 860-4985

SPIRITUAL GROUPS

HÜMÜH Monastery Meditation & Retreat Centre What would happen if you stepped into a Buddhafield? Call 1-800-336-6015 for free Empowerment booklet. Westbridge, BC Web Site: www.HUMUH.org

SPIRITUAL HEALER Peter Smith 250-446-2966

TARA CANADA Free information on the World Teacher & Transmission Meditation groups, a form of world service, aid to personal growth. Tara Canada, Box 15270, Vancouver V6B 5B1 1-888-278-TARA www.TaraCanada.com

THE ROSICRUCIAN ORDER...AMORC Open Meetings, 2nd Thursday of each month. Okanagan Pronaos AMORC, Kelowna, call 1-250-762-0468 for more information.

THE SUFI MESSAGE OF INAYAT KHAN Intro class Monday night, includes the Dances once a month. Salmon Arm: 250-832-9377

SPIRITUAL PRACTICE

PRAXIS SPIRITUAL CENTRE: Meditation courses, Weekly Healing Clinics, Aura Reading Sessions. West Ave. & Pandosy in Kelowna 860-5686 praxiscentre@shaw.ca

TRANSFORMATIONAL Retreats

EXPERIENCE new levels of emotional, mental and physical health in retreat with Lynne Gordon-Mündel & Three Mountain Foundation. www.origin8.org • 250-376-8003

LIFE SHIFT SEMINARS programs for Accelerated Personal Growth& Spiritual Development http://lifeshiftseminars.tripod.com

TAI CHI

*

CROUCHING TIGER CLUB, YANG STYLE Jerry Jessop ... 250- 862-9327 - Kelowna

DANCING DRAGON QI SCHOOL Qigong-Taiji videos & classes Kelowna & Westbank, Harold H.Naka...250-762-5982

DOUBLE WINDS - Salmon Arm ... 832-8229

KOOTENAY TAI CHI CENTRE Nelson, BC 250-352-3714 • chiflow@uniserve.com

TAOIST TAI CHI SOCIETY

Health, Relaxation, Balance, Peaceful Mind Certified Instructors in Vernon, Kelowna, Peachland, Winfield, Oyama, Armstrong, Lumby, Salmon Arm, Sicamous, Chase, Kamloops, Ashcroft, Nakusp & Nelson. Info: 250-542-1822 or 1-888-824-2442

Fax: 542-1781 - Email: ttcsvern@bcgrizzly.com

WEIGHT LOSS

HERBALIFE INDEP. DISTR. product & / or opportunity – Wilma ... 250-765-5649 www.stepbystep777.com

YOGA

KELOWNA YOGA HOUSE 2 studios, Gentle, beginner, intermediate, flow, post/prenatal meditation & children's classes with variety of teachers. To register ... 250-862-4906

SACRED BODY YOGA THERAPY - Vernon Phoenix Rising Yoga Therapy and Therapeutic Yoga with Brian Scrivener, Certified Phoenix Rising Practitioner, and Claudia Scrivener, Registered Physiotherapist. 250-550-7326

SOUTH OKANAGAN YOGA ASSOC.

(SOYA) for class/workshop/teacher training info call Dariel 497-6565 or Marion 492-2587

YASODHARA ASHRAM see ad under Retreat Centres. Kelowna area classes call Elizabeth at Radha Yoga Centre – 769-7291

14



CANADIAN ACUPRESSURE COLLEGE JIN SHIN DO & SHIATSU Diploma Programs

1-877-909-2244 · email: cai-@islandnet.com acupressureshiatsuschool.com

Health Food Stores

KAMLOOPS

Always Healthy ... 376-1310 - North Shore #8-724 Sydney Ave.,. Supplements, herbs & spices, organic baking supplies, natural beauty products, books, candles, cards, aromatherapy, crystals, angels and gifts.

Healthylife Nutrition ... 828-6680 264 - 3rd Ave. See Adelle & Diane Vallaster for quality supplements.

Kamloops Organic Food Co-op • 828-9992 441 Seymour. Kamloops' downtown organic food store! Non-members welcome

Nature's Fare ... 314-9560 - Kamloops #5-1350 Summit Dr. (across from Tudor Village) The fastest growing health food store in B.C. Nature's Fare means value.

Nutter's Bulk and Natural Foods Columbia Square (next to Toys-R-Us) Kamloops' Largest Organic & Natural Health Food Store. Rob & Carol Walker ... 828-9960

KELOWNA

Nature's Fare ... 762-8636 - Kelowna #120 - 1876 Cooper Road (in Orchard Plaza.) Voted best Health Food Store in the Central Okanagan.Huge Selection.Unbeatable prices.s

NELSON

Kootenay Coop - 295 Baker St. 354-4077 Organic Produce, Personal Care Products, Books, Supplements, Friendly, Knowledgeable staff. Non-members welcome!

OSOYOOS

Bonnie Doon Health Supplies 8511B Main St. ... 495-6313 - FREE Info Vitamins and Herbal Remedies - Aromatherapy Fitness Nutrition - Wellness Counselling

PENTICTON

Nature's Fare ... 492-7763 - Penticton 2100 Main Street, across from Cherry Lane The lowest prices in town and now a great selection of wholesome groceries, too!

Whole Foods Market ... 493-2855 1550 Main St. - Open 7 days a week Natural foods & vitamins, organic produce, bulk foods, health foods, personal care, books, herbs & food supplements, The Main Squeeze Juice Bar. "Featuring freshly baked whole grain breads." visit www.pentictonwholefoods.com

SUMMERLAND

Summerland Food Emporium Kelly & Main ... 494-1353 Health - Bulk - Gourmet - Natural Supplements Mon. to Sat. 9 am to 6 pm, for a warm smile.

VERNON

Nature's Fare ... 260-1117 - Vernon #104-3400-30th Avenue. (next to Bookland) Voted the best Health Food Store in the North Okanagan. Best quality, service & selection.



for April / May 04 is March 3 - 10 250-366-0038 or 1-888-756-9929 fax 250-366-4171



ISSUES MAGAZINE February / March 2004 page 33



deadpine@telus.net



Animal Communicator



Available for long-distance telepathic communication with your beloved companions about health, behavior, emotional or physical problems

Family rates available 250-723-0068 email: healingall@shaw.ca www.animal-communicator.com





The Kelowna Yoga House

1272 Paul Street, Kelowna

250-862-4906

kelownayogahouse@telus.net www.kelownayogahouse.org



Relax & rejuvenate body & mind Encourage sounder sleep Relieve muscle soreness & fatigue Improve athletic performance An increase in flexibility

Thai Massage Courses offered in the Okanagan

Paul Butte • Kelowna, B.C. 317-0286 or 548-0023 email:itm-itm@britishcolumbia.com website: Itm-britishcolumbia.com