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Ho'oponopono

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What is Ho'oponopono?

by Marilyn Evans

Ho'oponopono—it certainly is a mouthful, isn't it? It is a Hawaiian word meaning, "to correct an error or to make more perfect." It is also a Hawaiian healing technique I had the privilege to learn when I spent a year in Hawaii.

There is something very remarkable about the Hawaiian language. Legend has it that many thousands of years ago there was a continent by the name of "Mu" where very advanced beings lived who communicated telepathically. In order to communicate their teachings to others, they engineered the Hawaiian language to encode these teachings within the language itself. These teachings have been passed down orally through the centuries through the Huna tradition. Huna means, "that which is hidden." It is just in the last 20 years that the code has been deciphered and the knowledge made public. Huna is a effective practice of conscious living that is rapidly spreading throughout the world.

Ho'oponopono is a Huna practice that offers simple principles and tools we can apply easily in our daily lives. Some of the principles include:

- The only sin (error) we have ever committed is to be separated from spirit. This gentle concept takes us away from guilt and self blame.
- We can clear old patterns, habits, beliefs and repressed emotions stored in our subconscious mind thereby releasing struggle and suffering in our lives.
- We are creating with our thoughts all the time whether we realize it or not and can become conscious rather than unconscious creators.
- There is an infinite amount of energy (mana) and love (aloha) in the universe and it is ours simply for the asking.
- We have free will to choose in each moment what we will focus our attention on and consequently what we will create in our life.
- Everything is perfect the way it is; and, paradoxically, can be made more perfect through conscious living. The wonder is not simply in the principles themselves, for we have all probably heard these at one time or another. The wonder is in the incredible tools designed to actualize the principles in our body, mind, emotions and spirit.

One such tool is called the "Bowl of Light." When a problem arises in your mind, write it down on a slip of paper and place it in a bowl or box. Request that spirit make it more pono (excellent). When the problem arises in your mind again, see it in the bowl and remind yourself that spirit is taking care of it. The purpose is to change thought patterns and to know that problems are outside who you truly are. This also teaches us trust in spirit. This is just one of about fifteen tools that are designed to bring us into a natural state of being that is joyful, powerful and loving.

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I have dropped 4 sizes since using the sauna three times a week. My energy level is up and there is less arthritic pain.

Janet, Kelowna

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Kim, Vancouver

I have blood that is very thick, resulting in poor circulation in my hands and feet. I was paying \$140 a month for a prescription. Since I owned a spa in Kelowna I bought a sauna for my clients. Using the sauna three times a week has improved my circulation and no longer need medication.

Bettina, The Purple Cactus Spa, Kelowna

I am very active but suffer from fibromyalgia. Since using the sauna I have noticed that my pain level has decreased.

Crystal, Penticton

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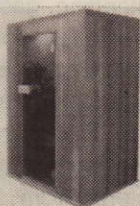
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Profile

MUMIJO, MUMIO, MOUNTAIN BALSAM...

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by Chris Gozdzik

A few months ago through my contacts in Europe I received information about a natural substance with some remarkable health benefits. Apparently it's been known for centuries and -used mainly for speeding up the healing process, especially for fractures and broken bones.

Mumijo is found in the high mountains of Asia at altitudes of 2,000 - 5,000 meters, as a dark brown or black resinous deposit in rock crevices. Proper identification and handling as well as processing are crucial to obtain the highest quality material. It contains an array of minerals and amino-acids in the right proportions and form for absorption by body cells.

I received a sample of Mumijo capsules and my wife and I started taking them once a day (for the best results - one capsule half an hour before first meal in the morning and one - two hours after last meal in the evening).

After just a few days I've noticed a big improvement in my digestion and elimination, and my wife noticed increased energy and healthier looking skin.

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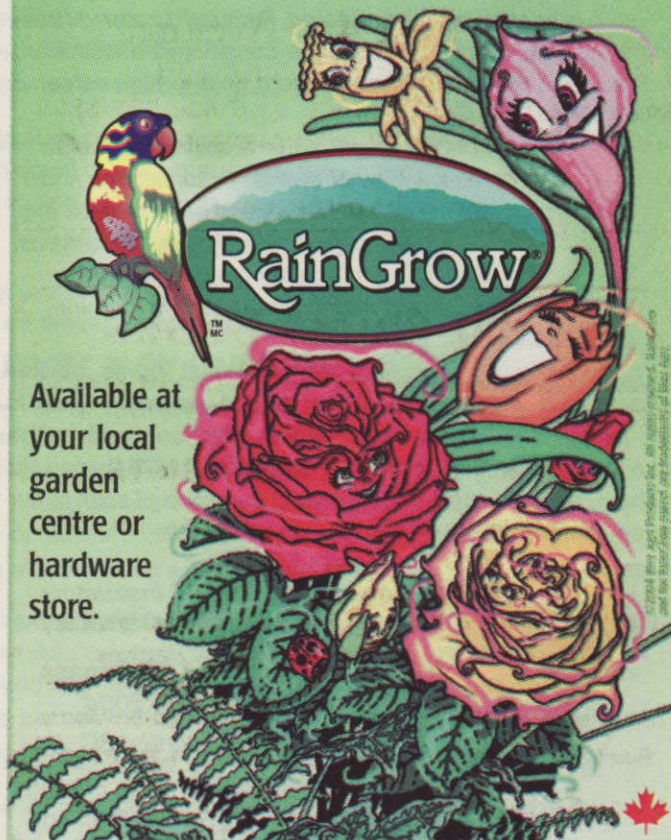
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Labyrinth Magic

by Aryana Rayne



Exploring the Labyrinth at the Spring Festival of Awareness at Naramata Center

The use of labyrinths has been traced as far back as 4000 years, and in almost all cultures around the world there are ancient artifacts, ruins and chronicles showing that labyrinths have played a special part in the lives of humans. Shakespeare wrote about labyrinths, Mozart wrote music for them and throughout the ages a multitude of people have mentioned and celebrated labyrinths through their particular art.

My first introduction to a labyrinth was in May of 2003 at St. Paul's Labyrinth in the West End of Vancouver, and even before I took the first step I knew something profound had entered my life. Just looking at the design painted on the wooden floor touched some long forgotten memory. Something told me it was deceptively simple. I've heard many people say that their first experience of walking a labyrinth resonated on some unknown, unconscious level of their being and they just knew that this new tool held something for them that only time might explain.

In her book *Walking A Sacred Path* Dr. Lauren Artress writes "Sacred geometry was once considered a divine art, and master builders and masons were held in high esteem." Robert Lawlor explains:

For the human spirit caught within a spinning universe in an ever confusing flow of events, circumstance and inner turmoil, to seek truth has always been to seek the invariable, whether it is called Ideas, Forms, Archetypes, Numbers or Gods. To enter a temple constructed wholly of invariable geometric proportions is to enter an abode of eternal truth."

My own inner knowing suggests that these master builders and masons knew the sacred geometry that is designed to fit with human engineering. That tools such as the labyrinth are keys that unlock the mysteries of what human life is about, and our quest to understand the place of spirit in our life on planet Earth.

My hunger for more information led me to search the internet where I was presented with enough material and ideas to keep me busy for months if not lifetimes! Myriad web-links revealed that labyrinths are being built in a huge variety of materials and styles by individuals and groups at retreat centres, schools, hospitals, seniors' centres, churches, bed and breakfasts, resorts, private homes, town plazas and anywhere people go either for solitude or to congregate. I found a large selection of books and some videos at the local library and bookstores, including information on the famous Chartres Cathedral labyrinth, a popular pilgrimage site dating from the 1200's, along with other ancient labyrinths still open to the public.

To me, the most wonderful thing about labyrinths is that there is no wrong way to walk, dance, or crawl a labyrinth. They can be used in countless ways for meditating, mourning, rejoicing, for celebrating the seasons and special events in our lives, and as an aid on our own journey. They present a form that invites us to be as creative as we want or simply walk the path that leads to the centre and back to the beginning.

Walking a labyrinth is a very organic and gentle way of allowing the process of discovery to come forth rather than consciously controlling every event in life. The labyrinth seems to magically reveal what is sought. By opening the unconscious mind in this way, I always feel I've accessed deeper understanding and clearer ideas for action than any amount of hard thinking could achieve. And after 17 years of practicing sitting meditation, walking a labyrinth has given me a moving meditation that allows my chattering mind to gratefully take a rest!

Aryana will be leading a three day workshop called
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The labyrinth workshop is offered
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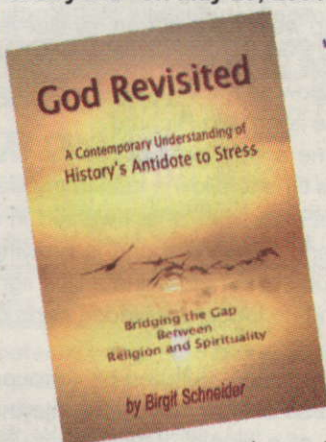
by Michael Cassidyne BA, MA

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. Consistent with 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 encourages 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 leads him to a horrific mortal death, whereupon he realizes **THERE IS NO DEATH!** Desperation to find the meaning of human suffering and God thrusts him first into the core of Evil -- revealing to him the true source of all the violence and terror on earth -- then, into the heart of the majestic beauty of the soul, ultimately 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!

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Through Hell to Heaven and Back! is selling prolifically all around the BC interior, the Lower Mainland, Vanc. Island, Kootenays, and Calgary, AB. Interior retail outlets include: **Chapters, 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, **Bacchus Books** in Golden, **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) 317-1529, or at Kelowna's "Books & Beyond" on May 29, 2004 @ 12 PM - 4 PM.**



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GOD REVISITED: "A CONTEMPORARY UNDERSTANDING OF HISTORY'S ANTIDOTE TO STRESS" by Birgit Schneider

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While *God Revisited* addresses intellectual concerns, it also has a voice that seems to speak exclusively to the body. The fact that 'stress' and its widespread ramifications is overwhelming our culture, is reason enough for our minds to 'listen' to our bodies and begin to harmonize and nurture the needs of both. The message imparted in *God Revisited* has an incredibly stress-relieving effect on the reader, engendering an almost blissful sense of peace.

Birgit Schneider's account guides us through a process whereby our mind becomes-attentive to our body, attaining for us an enhanced awareness of our body's responsiveness to our thoughts, feelings, and environment. This intelligent nurturing of our physical selves establishes an intuitively fertile space within, from which our actions may then be governed by our higher energy or Spirit---the energy within us that connects us to all of life and moves us toward the essence of 'goodness'. Further, as we begin to comprehend how the fundamental facets of this energy operate, we can see that there is a kinetically reciprocal determination between the body, mind, and external reality. Thus it becomes clear that the good that is both immanent within the physical body, as well as what is consciously contributed has a positive effect on our mental processes, our emotions, and hence our experiences, in the same way that environmental and psychological processes affect and determine our physical, emotional, and experiential states. *God Revisited* is a profoundly efficacious elucidation of this kinetic phenomenon between self, reality and Spirit.

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Asking readers to send in pictures for the front cover of the magazine has been a good process of letting go. I thought that if no one responded I would revert to some of my old family homesteading photos, as some readers have suggested...but so far there has been no need. Each month someone has come forward with an idea. This month, the Hümüh Monastery in Westbridge submitted an image of Buddha by the river. With spring coming, the rivers rising and a big celebration of the completion of the newly-built stupa, it seemed appropriate to let Buddha grace the front cover. See pages 23-26. I now have images for the next two covers, so let me know if you have any photos to share. I sure enjoyed the beautiful card image created by David Balcombe last month.

Finalizing the Wise Guys Weekend, July 25 - 27 in the Kootenay (see back section), has been relatively easy. My guy, Richard, from the Johnson's Landing Retreat Center and I have done lots of organizing and we really enjoy making contacts with people who want to be part of the shift in consciousness.

I also enjoy doing the registration for the Spring Festival of Awareness and getting to know the participants by name once again. For the past six years I have had staff who have enjoyed doing registration and now that I have moved that has all changed. Christina has done an excellent job of organizing the Healing Oasis. It thrills my heart to be able to provide opportunities for folks to gather and share energy, and to be promoting peace and healing by understanding ourselves.

The beginning of April is a special time for me, partly because I have the Jester as an archetype, who reminds me to take life lightly, to wear my heart on my sleeve, and to keep moving. It also reminds me to keep an eye on my shadow side through the reflection of light. Merging the jester with the rainbow as the logo for the Festival of Awareness makes me feel doubly blessed, as does living with Richard.

I remember thinking the Easter bunny brought me a wonderful gift as the first weekend we spent together was Easter. I knew it was time to allow a man in my life, so I had taken a few moments here and there, to get clear with what I wanted in a partner. I know the universe made a good choice and I feel our bond is growing stronger as we come to appreciate each other strengths and help shine a little light on our shadow sides so they can come out to play and no longer be hidden parts of ourselves.

Richard has much to teach me for he comes from a more cultured background than I. He was an only child who grew up in the suburbs of New York. His enjoying Broadway plays, practicing guitar and living the life of a hippie, travelling around North America in a Volkswagen van, is so different from my mine - one of being a country girl with six brothers, homesteading near Terrace in northern BC and then marrying young and raising three sons. He is much more laid back, for example: when he cooks he thinks more about what would be nice for dinner. My background is more "what's in the fridge and can be made in a hurry." For the past ten years, I have been used to eating in front of the computer as I bring in the emails and get caught up. Richard's meals take more prep time for he really likes being in the kitchen. Even the clean up is enjoyable for him. He then lights candles, plays soft music, and is teaching me to slow down and enjoy the feast.

This past winter I have also been learning to grow sunflower sprouts... they are awesome tasting and if you would like to try it as well... email me and I will pass along the instructions.



Angèle



Put Dying Back into Our Own Hands

by Julia Armstrong

For years we have been conditioned to think that only the officials can deal with death, that we are unable to handle such an event at our time of need. The mainstream approach can be very expensive and this can add to our emotional strain.



Four years ago, my husband, Dick passed away. Once we knew his condition was terminal, the family doctor visited us in the home and a "Do Not Resuscitate" note was written at that time. Dick's wish was to die at home and that the family would take full responsibility for the care of his body. One week before he died, he said "Julia, it's time to buy the lumber for the box." When Dick passed away in the night, I called the doctor who arrived the next morning and signed the necessary papers. We moved his body from the livingroom to the deck where we placed evergreen boughs and candles. As we phoned family and friends, contacted the crematorium and made plans for the service, I started building his coffin. Being able to do this activity gave me a much needed focus. The family pulled together and we did everything ourselves from transporting the body to the crematorium to having our own service at a local hall. Dick's sister, Yarrow Alpine, gave the eulogy, which set a positive tone for the celebration of his life which also included music by friends and family. We felt empowered by taking control of the details of his death.

This was not the first coffin I had built. When my father-in-law passed away in 1988, the family cared for his body in much the same way and I took on the task of building the coffin. My experience of working with wood goes back to my childhood years in the Kootenays during the 1960s. Raised on a homestead just south of Kaslo, my parents, June and Harry Griswold, have had a profound influence on my life and work. My Dad would frequently encourage my sister and I to skip school. Then he would climb trees with us in our 'Pixie Forest' or create miniature log drives in the creek. Mom is also very handy with tools and she too set a good example. I would help my parents with various projects on the homestead and learned to use hand tools for carpentry from an early age. In my free time I would build tree houses. By the time I was 15, I was falling trees using my axe and swede saw and started to create my own log cabin. Later as a teen, I was employed by my Dad on construction jobs. After marriage, Dick and I built our own home in the Shuswap at which time I started to learn the use of power tools. Along with raising two daughter, I obtained my bachelor's degree from SFU and taught in the public school system for ten years. I then returned to my carpentry interests to become a certified draftsperson through UCFV at Abbotsford, B.C. I got my start with teaching woodworking in the year 2000. From April through June, I taught

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woodworking to the women of earthquake torn Turkey through the "Builders Without Borders" Program. Since my return to Canada, I have been teaching woodworking to women from my home workshop.

Over the last 30 years, birth has been put back into the hands of the family with the father now being present at the birth, rooming in and more home births. All this makes for a more loving process with more bonding. Now is the time to take the dying process back into our own hands as well. Being with a person as the spirit leaves is very much akin to being present at a birth. There is a sense of peace and awe.

Learning as much as possible ahead of time is so important. Talking about our wishes with loved ones and the family doctor is very helpful and will make all the difference later. This approach takes more planning but the empowerment and dollar savings will be greater.

I love working with wood and have designed an affordable coffin which can also be used as a book case. With removable shelves, this beautiful piece of furniture can also be used until the need arises to be either buried in or used as the cremation box. Please see ad below.



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World Peace!

by Donna Harms

We all hope for World Peace but, like myself, I am sure you wonder what could you possibly do to make a difference. I would like to share with you a story about "The Candle of World Peace."

When USA President Bush declared war on Iraq, a group of spiritual healers/leaders got together in Ireland for a group mediation focusing on peace throughout the world. The group of healers lit a candle at that mediation. Each candle lit from the original "Candle of World Peace" would represent one more light to show the way. Each of the healers/leaders then lit a candle from the original "Candle of World Peace," creating the first generation of World Peace candles. These light carriers then took their candle home to continue lighting more candles creating a second generation of "World Peace" candles. I have been fortunate enough to be in possession of a third generation "World Peace" candle.

I would like to share with you, a light from my third generation "Candle of World Peace," creating a fourth generation of "World Peace" candles. Bring your candle to Beat the Blues Spa (adv. below) or bring your candle to the Festival of Awareness at Naramata. I will have my third generation "Candle of World Peace" burning either in the Great Hall or the Healing Oasis.

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Changes Last

Results have been so impressive that Core Belief Engineering has gained widespread respect in the helping professions. It is now registered as both a federal and provincial educational institution. But the method is not a "quick fix". Positive results continue to accumulate long after therapy is completed. "Six months after completing my sessions with Laara, anger and depression have not returned. My self esteem, confidence and relationships continue to improve dramatically," writes Melanie R. If you have even a glimmer of conscious intent and are willing to work in partnership with your practitioner, you can have the same experience.

How It Works

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

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

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

Empowering and Flexible

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

Laara originally experienced Core Belief Engineering to solve her own problems. She was so impressed by her results, she decided to make it her life's work. She has eighteen years experience as a practitioner. Call Laara now and see how Core Belief Engineering can benefit you! (250) 763-6265 Kelowna. Telephone sessions available.

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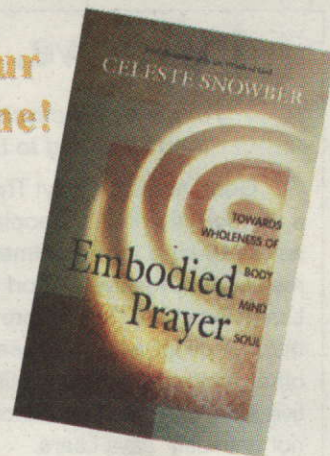
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Profile

**Bring Your
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Embodied Prayer: Towards Wholeness of Body, Mind, and Soul

is a new book from
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teaches readers to live a
more integrated life.

Our bodies have been in exile. We have prodded them, told them how they should look, and not attended to the deep beauty of all their nuances. We have separated our bodies from our mind and soul when really it is the wholeness of body, mind, and soul that we should be celebrating.

Embodied Prayer by Celeste Snowber shows readers that constantly separating our body from our heart and soul supports "destructive dualism" and encourages the idea that we are unconnected. "The body is never just a body without spirit, nor is the mind separated from the body; mind and spirit are part of the body," states Snowber.

Western culture has long concentrated on the negative aspects of the body – it is too short, too fat, too thin, or not strong enough. This focus is on outer appearance, denying the relationship between the body, and heart, mind, and soul. Snowber argues that part of recovering our bodies is accepting our imperfections.

This book is an invitation for those who are uncomfortable in their bodies (like most of us) to experience embodiment anew – to awaken their soul through their body. At the end of the book Snowber provides enjoyable and energizing exercises to practically engage the body in prayer – and celebrate wholeness.

Celeste Snowber is author of *In the Womb of God*.

For more information contact Northstone Publishing

1.800.299.2926 • www.northstone.com

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'*Embodied Prayer*' is available in most bookstores throughout BC including: Mandala Books, Mosaic Books, Books & Beyond and Dare to Dream, in Kelowna, Okanagan Books in Penticton, Bookland, K & K Bookstore and Dreamweaver in Vernon, Etherea Books & Gifts in Enderby, Spirit Quest Books in Salmon Arm, Merlin Books, Bookland, and Spirit Books in Kamloops, Grizzly Books in Revelstoke, Otter Books in Nelson, The Book Shop in Castlegar, Crockett Book Co. in Trail, and Lotus Books in Cranbrook.



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The best references for the program are the thoughts and feelings of the young people themselves. Here are some of the comments from WISE 2003:

"This camp has told me how to listen to the world and how to feel the earth and how to hear nature, and just being here makes me happy." - Anonymous

"It's really awesome how everyone was included. A great experience and I highly recommend it." - Elaine

"It helped me to understand how important nature is and without it we couldn't live." - Ely

"It's amazing how close you can get with everyone in the short time." - Ananda

"There was a sense of total peace that came into me. The little things in life don't seem so important" - Mia

WISE is sponsored by Guiding Hands Recreation Society, a non-profit organization that acts as an advocate for healing and re-creation in the natural world, for environmental education, personal awareness and sustainable living since 1988.

see ad to the right

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Angèle is publisher of Issues Magazine, yoga teacher and certified graphologist. She loves Caroline Myss's info as a way to understand herself and others.



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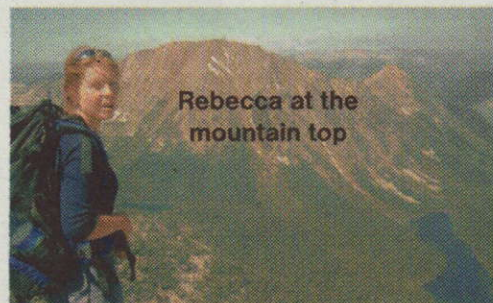


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- July 17-23 WISE Teen Camp
- July 25-30 WISE Children's Camp
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- Aug 6-10 Yoga with Jennifer Steed
- Aug 13-19 Yoga Camp with Karuna Erickson
- August 20-22 A Sense of Place
- Aug 23-29 Yoga Camp with Karuna Erickson
- Sept 10-12 Reconnecting with Nature with Peter Duryea

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What the Living ECK Master Can Do for You

by Harold Klemp

Excerpt from Journey of Soul, Mahanta Transcripts, Book 1, by Harold Klemp, Eckankar, 1988.

Reprinted with permission by the publisher.

The function of the Living ECK Master [the spiritual leader of Eckankar, Religion of the Light and Sound of God] is to link one up with the Holy Spirit, or Divine Spirit. When this happens, our lives are not miraculously made easy where we become millionaires or have no health problems. This doesn't happen. Our life continues as before, but with one difference: We are being opened to the source of life itself, which brings a solution at the temple within ourselves for everything that comes up in our lives.

The Spiritual Laws

The ECK Masters [spiritual guides in Eckankar] want us to develop the self-reliance to step forth into our own worlds, to go forth with increasing confidence, to know that for everything we encounter in this life and the life beyond, we are able to handle whatever comes our way.

I don't mean that your life necessarily will be easy. So often when people write to me and ask for a spiritual healing after they've tried all the medical cures, they'll say, "I'd like some help because the doctors I've approached are not able

to do anything for me." There are some individuals who get the spiritual healing; it depends upon whether or not that person has learned the spiritual laws.

When we break a spiritual law, whether willfully or in ignorance, it sets up a series of events that affect our health. It may affect our finances, it may affect our mental and emotional well-being. This happens time and time again, so that we add up what's called karma—children of the five passions of the mind: anger, greed, lust, attachment, and vanity. These passions of the mind are the claws that hold Soul in the materialistic worlds. My role as the Living ECK Master is to reach every individual who has gotten enough experience in the classroom of the world to realize that there must be something more to life. . . .

Self-Mastery

When one comes to the point of being an ECK Master, he really becomes one who is the servant of Spirit. The ECK Master knows the laws of Divine Spirit. He will not break them under any circumstances. Knowing the will of Spirit, he acts in full harmony. He works with each individual to show him how to work with these laws of Divine Spirit which are unknown to the average man.

Every trouble and hardship that comes into our life is of our own making, and it's there only for the purpose of the upliftment of Soul. . . . When an individual has achieved the ability to meet life on his terms and to go with the flow of ECK, Divine Spirit, to roll with the punches, then he becomes a master in his own right.

About the Author

In 1981, American-born Harold Klemp became the spiritual leader of Eckankar. He travels worldwide, speaking at Eckankar seminars. From North America and Europe to Australia and the Pacific Rim, he shares the timeless truth of Eckankar. His teachings uplift us. They help us recognize the power of our own intimate experiences with God. He writes extensively, adding new titles each year to his more than thirty published works to date.

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THE OPPOSITE OF LOVE IS SEPARATION

by Irene Huntley

The opposite of love is not hate, but separation. Hate is an emotion of fear projected onto the people who mirror back to us what we are not facing in ourselves. Fear and hate are possible as a result of seeing ourselves as separate from others who are different, who don't conform to our beliefs, view points and opinions about how things should be.

When we realize what it means for us humans to all be one, regardless of apparent differences, we begin to understand we are not separate from anyone. Then we can see how the other to whom we are reacting, mirrors back to us what we are not yet ready to see in ourselves. This is not blaming, but is one of the ways we learn on our spiritual journey.

We have all felt feelings of irritation, annoyance, impatience, even hate towards someone else. Whatever we call the reaction to the other, it is not love and it separates us from an awareness of the greater being that each person is underneath all their crustiness or attitudes.

Who is our mirror? Perhaps the person at work that irritates us. Or the family member with whom we are having difficulty. Can you see how this person in your life mirrors to you what you are unable to see about yourself? Look for the charge in yourself, the place inside where you feel strong feelings when thinking or talking about an issue or person. For example: - I used to feel very annoyed with, even scared of, a person who was always getting angry. I couldn't see their anger without feeling afraid or annoyed. Many years later, when I was ready to look at this, I saw that I was taught as a child that showing anger was wrong. I was even punished for being angry, so I buried my angry feelings whenever they happened. As an adult, I had learned to be critical of others who were angry. I discovered that I had to learn that it was OK to have angry feelings and express them in appropriate ways. The annoyance I felt toward the other person was the clue that I needed to experience my own feelings of anger and have them be OK.

When we are ready to see the truth behind our reactions to others and allow ourselves to be changed by this awareness, then we realize how we are not separate but one. We can no longer hate what we see in others as we realize it shows us what we cannot yet see within ourselves. We must do the inner healing work to remove the blocks to love's awareness. Love is universal. It is not something we have to find. It is available to everyone. When the blocks are gone, other people's issues no longer trigger feelings in us and the love just shows up. We experience love for the other person and discover compassion for them, as they struggle with their own inner journey. The opposite of love is separation. What we believe holds us separate. Once we realize this, we can release the beliefs that no longer serve us. Then we experience love for others and appreciate them for the lesson they have taught us. Then we have reached an awareness of the oneness of us all. (see ad to the right)

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Developing Soul Consciousness and Overcoming Challenges

by Andrew Schneider

*In his book, **Care of the Soul**, Thomas Moore says that the greatest illness of modern times is 'loss of soul.' I do not think that we have lost soul, but simply have not yet discovered it, and therefore live in a soulless way.*

The new consciousness on the planet today demands that we no longer neglect this vital aspect of who we are. Ignoring this reality has consequences, as Moore points out: "When soul is neglected, it doesn't just go away; it appears symptomatically in obsessions, addictions, violence, and loss of meaning. Our temptation is to isolate these symptoms or to try to eradicate them one by one; but the root problem is that we have lost our wisdom about the soul, even our interest in it."

Becoming soul-conscious or expanding consciousness is not a choice. It is a deep and natural urge within all of us that is being emphasized by the needs in the world today. The only choice is whether or not we will cooperate or resist the expansion of consciousness once it begins happening. And consciousness expands in all aspects of life where we have gained sufficient awareness and learning.

When we resist this movement of soul within we become ill, we have accidents, we are unhappy, we have money problems, emotional pain is experienced, relationships don't work well. In general, our life sends us signals to which we must pay attention. Through developing soul consciousness, we learn what these signals are, how to interpret them, and then what to do about them. The Soul Journey will assist you with this.

The evidence of the drive for expanded consciousness, or soul, is found in everyone's deep yearning to be free. The liberation we want is the release from duality – the very stuff that the challenges of life are made of. But we cannot find this freedom unless we deal effectively with the challenges.

All challenges that we experience are initiated by the soul, even though it can appear that the challenges come from other people, the world around us, society, circumstances and situations. What is the nature of these challenges? What is their purpose? How can we master them?

As we master our challenges, we gain in wisdom and develop the power, love and intelligence that is characteristic of soul consciousness. When we incorporate the mastery into our identity, we transform and experience greater liberation.

see ad to the right

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Emotional Awareness

by Annie Hopper, Core Belief Strategist

Emotional avoidance has a huge spiritual, physical, and psychological cost. Growing up in a dysfunctional home, I became attached to my survival skills and various methods to avoid feeling pain. As a result, I became filled with a reservoir of unexpressed emotions that were toxic to my body, mind and spirit. By age fourteen, I had developed stomach ulcers, intolerable period cramps, and regular migraine headaches. I was overweight, incredibly insecure, and consumed with thoughts of death and Armageddon. I had very low self esteem and was spiritually disconnected.

I was an angry teenager who stayed emotionally numb through alcohol and drugs. As a young adult I was an over-achiever; all in hopes of somehow feeling better without really feeling anything at all. Increasingly over time I felt this "uneasiness" pervading my life. Under the surface there was a feeling of darkness ready to engulf my soul. I had to expend more energy on my distractions to avoid the feeling of emptiness rising within me.

I thought I would die if I stopped to face the darkness. The well of pain, grief and sorrow seemed too deep and painful for me to live through it. In due course, I found an awesome mentor who would guide me through the darkness and hold my hand as I walked into this unknown abyss that would eventually lead to my spiritual fulfillment. It was only through the acknowledgment of this pain that I could come to a place of knowing that the totality of "Who I Am" was much more than the combined accumulation of every event and feeling in my life. I learned to disidentify myself from my feelings and look at them as clues to belief systems that I had erroneously scripted over the course of my life. Facing my darkness was the crucial event that led me to the knowing of my light.

Unfortunately, the latest trend of emotional avoidance is not only through mainstream medical treatments, but also in various alternative and spiritual practices. These practices can be an integral part of the healing process; however it is essential that you deal with your emotional baggage. This is key to your spiritual enfoldment. Your good is waiting for you on the other side. There are jewels within your murky waters; God-given gifts waiting to be reclaimed. Are you ready to embark on your own spiritual adventure? *see ad*

Annie will be speaking
in Kelowna at 1:30 pm
Sunday, April 4th
Chapters Book Store



ANNIE HOPPER

CORE BELIEF STRATEGIST

For more info or to set up an appointment with Annie
call (250) 860-9566 or (250) 862-1766.



Calendar of Events



April 15 - 18

Australian Bush Flowers, Vanc. p. 10

April 19

Hypnotherapy Certification in Calgary
1-800-665-6722 • www.orcainstitute.com

Conflict Management Training
Vancouver, p. 3

April 19 & 20

Ho'oponopono, Kelowna & Vernon, p. 2

April 23 - 25

Spring Festival of Awareness,
Naramata Centre, p. 5

April 24 - 25

Learn Verbal Self Defense
Never be stuck for an answer!
Create win-win situations, see ad p. 34

May 1

Chakras and Energy Healing, Chapters in
Kelowna at 1:30 - 3 pm. Find out which chakra
you are personally working on. Pam, p. 34

May 7, 8 & 9

Shift Happens, Grand Forks, p. 30

May 7 - 10

Certified Feng Shui Practitioner
Program, Vancouver, p. 30

May 8 & 9

Advanced and Master Level Reiki class
with Pamela in Kelowna p. 34

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Reasonable - call for a quote



Wellness Workshop, Pam in Kelowna p. 34

May 13, 14, 15 & 16

May 14 - 16

Shaman Gathering at Gisela's Mtn, Grand
Forks: 442-2391 gixel@sunshinecable.com

May 19

Reiki Introductory, Pam in Kelowna, p. 34

May 21 - 24

Eckankar BC Regional Seminar,
Spiritual Topics, Workshops, Creative Arts,
Roundtables. Childrens program. Free session pass.
www.eckankar-bc.org • 604-434-3371 see p. 14

May 29

Book Signing with Michael Cassidyne,
Kelowna at Books and Beyond, p. 7

May 29 and 30

Reiki Level I & II with Pamela in Kelowna, p. 34

May 31 - June 12

Permaculture Design, Winlaw, p. 29

June 10

Silent Retreat with Philip Starkman, p. 12

June 17 - 20

Building a Labyrinth, Johnson's Landing
Retreat Center, p. 6

June 25 - 27

Wise Guy's Weekend, see back section

June 27

Tipi Camp re-opens for the Summer, p. 13

July 9 - 18

Journey to the Source, Kamloops, p. 21

July 14 - 18

Truth Will Set You Free, Salmon Arm, p. 17

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

THURSDAYS - 4th Thursday of the month
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pm, \$15. Phone Bobbi @ 250-579-8315

FRIDAYS closest to the Full and New Moon
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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

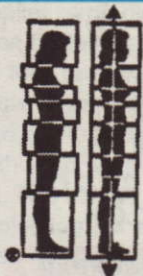
PENTICTON: Celebration Centre Sun. Service
Healings at 10 am, Service 10:30 - 11:45 am.
Leir House, 220 Manor Park Ave. Info: Loro
496-0083, email: celebrationcentre@telus.net

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EXPAND YOUR COMFORT ZONE

by Judith Hertling

Imagine if you will, a large circle of energy with you being in the center of that circle. Now place within that circle all of those people, things and activities that make you feel comfortable. Typically the circle would include, your home, your family, your work, perhaps it would include activities such as walking, talking, reading, driving, shopping, etc.

This is your comfort zone; this is the place where you feel safe, protected, and comfortable. This is where you live without fear, where everything is familiar and safe.

We all have a comfort zone that we live in, and we identify it as; the ensemble of activities and behaviors that we have done often enough, to feel relaxed doing them. The illusion of this circle is that it keeps us safe and protected, but in reality it keeps us from experiencing new challenges. It may also prevent us from achieving our goals or limit our choices.

When we try something new, we expand the walls of our comfort zone. If we choose not to experience new things then our comfort zone remains the same, or shrinks, because we allow fear of the unknown to define the parameters of the circle. Think of the comfort zone as expanding or contracting depending upon what we do or don't do.

Take for example when we learn a new task, say riding a bike for the first time. If we succeed we expand our self-confidence thereby increasing the boundaries of our circle. When we give up, our boundaries shrink.

Ironically, those people who are doing what they want to do, and are expanding their comfort zone, experience no greater fear than those who stay within their circle.

Fear is something we all experience. The question to ask yourself is how much you determine your life and your experiences by giving in to fear. Instead, try acknowledging your fear and then expand your comfort zone anyway.

This means that you physically move in the direction of those things that you wish to do. You get out of your chair and challenge those limited walls of fear. You move to accomplish what it is you want to accomplish and by doing so you expand not only your comfort zone but your potential for achievement.

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empowered with the necessary tools.***

JOURNEY TO THE SOURCE OF YOURSELF

by Lynne Gordon-Mündel

I love seeing the awakening - in people and in the world. When an 'aha! happens, when resistance dissolves and new energies flow freely I love the feeling of communion and understanding that arises amongst us. It is a privilege to assist people to journey to their source. Still, it is a rare individual who will actually follow through with the practice required to find their way home to themselves. Over the years I have received countless calls from people who are feeling confused in their lives, asking for assistance, stumbling in the dark. From all of these calls for help there have been relatively few who are willing to receive the help they ask for. Why are they not willing? They are not willing to receive the help because if they are truly going to get clear of their confusion, they have to be courageous enough to step into life honestly. They have to be willing to re-evaluate the assumptions they have been holding about life.

Honesty is not '*not telling lies*.' Honesty is the willingness to question cultural assumptions and to begin to trust our actual perceptions. Let's look into some of our cultural perceptions and question whether or not we honestly share them:

Do you really believe you began when you were born and you will end when you die - or is there a deeper honesty in you that senses you exist beyond this lifetime?

Do you really believe that the North American culture promotes health - or do you see that most North Americans have lost touch with their bodies and their organic relationship with nature?

Do you really believe that once you find that special partner you will then be complete and your life will improve - or do you actually know that you must first strengthen your relationship with yourself and with the Source of your existence before you are ready to explore merging in relationship with an intimate partner?

Fundamental honesty asks that we re-examine the assumptions we unconsciously go along with and begin to observe our own intuition, what we know to be true. From this place of honesty our lives begin to clear up, to make more sense and to be healthier.

A man I worked with assumed, along with most of our culture, that his life was determined by overt events and circumstances and he had no idea that he could be influenced by energetic currents. He had never questioned the belief that reality exists only on the material plane. He also lived convinced that people did not like him. In the group work he realized he was sensitive to subtle energetic shifts. He saw that when he approached another person their vibration would change, would feel different. He realized that his unconscious habit was to interpret the change as a rejection and to armor himself from hurt with wisecracks or other diversion. The other person would then protect him/herself energetically and he would perceive himself to be rejected. None of this was conscious. When he began to see the pattern of what had been happening all his life; he was in a position to change it, and he did. This man was willing to let go of the cultural assumption that we are not affected by vibrational levels of reality; he was willing to look into his unconscious behavior, and he was willing to take up the discipline of change.

Surprisingly few people are willing to be honest, disciplined, and yet it is this kind of honesty and self-discipline that will bring about change in our world. It is this kind of transformation in the life of an individual that is slowly but surely beginning to happen among the more courageous people of our time, and it is from this place of dawning self-understanding that a new consciousness will arise in our world.

Lynne is one of 40 instructors sharing her skills and insights at the Spring Festival of Awareness held April 23-25 at Naramata Center.

See page5 for details.



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Hemp Protein Versus the Rest.....

Protein repairs body cells, builds and repairs muscles and bones, provides a source of energy, assists weight loss and regulates many important metabolic processes in the body.

SO, WHAT'S THE DIFFERENCE ?

SOY..... We all have heard the benefits of eating a rich soy protein diet. The soybean offers a complete protein file, helps prevent the buildup of arterial plaque, and heart disease, may even reduce the risk of certain cancers and fight osteoporosis. But do we know all about soy or have we been shielded from its negative effects? The propaganda that has created the soy sales miracle is all the more remarkable because, only a few decades ago, the soybean was considered unfit to eat - even in Asia.

The Chinese did not eat unfermented soybeans as they did other legume's such as lentils because the soybean contains large quantities of natural toxins or "anti-nutrients." First among them are potent enzyme inhibitors that block the action of trypsin and other enzymes needed for protein digestion, producing serious gastric distress, reduced protein digestion and chronic deficiencies in amino acid uptake. Soy also contains goitrogens - substances that depress thyroid function. Tests also showed that cancerous tumors developed in mice from the genistein in soy. Additionally 99%, a very large percentage of soy, is genetically modified and it also has one of the highest percentages of contamination by pesticides of any of our foods. Studies show that a mother's soya diet could harm the unborn child and soya-based formula milk should be only available on prescription. Urologists on this project are advising pregnant women to avoid soy. (www.nutraingredients.com)

WHEY..... Whey proteins are high quality and nutritious dairy proteins providing an excellent source of essential and branched chain amino acids. But, is whey really the king protein? Are you getting what you pay for? Much of what you have heard about whey's superiority as a protein source is just plain untrue. Most people do not realize whey protein's humble origins. Originally, whey was a by-product of cheese production. Cheese is mostly fat and casein. In the cheese making process, whey was a left over by-product, and it was simply poured down the drain. After fat and casein are removed from milk, dairy processors are left with whey protein. Whey is composed of bovine blood proteins, serum albumen lactalbumen, dead white blood cells and hormonal residues including estrogen and progesterone.

The body's reaction to a foreign protein is to destroy that antigen-like invader with an antibody. For those individuals unfortunate enough to possess a genetic pre-disposition to such an event, the antibody then turns upon one's own cells. That is what is known as an auto-immune response. Also, excess protein, especially of the wrong type, causes ill effects in the body and long term illnesses. A person must use a proper plant based protein source.

WHY HEMP PROTEIN and HEMP OIL IS THE NATURAL CHOICE.....

The hemp plant is not only one of the oldest cultivated plants, it is also one of the most versatile, valuable, and controversial plants known to man. The industrial hemp plant has a long history, which has proven its innate worth and its stalks and seeds can serve as raw material for an exciting array of many diverse products.

Hemp protein and hemp oil which comes from the seed, is an all-in-one package of quality vegetarian protein, healthy fibre, enzymes and what are called "Essential Fats." These are fats that actually help your body burn stored fat, not to mention balance

your hormones, boost your immune system and basically help your body to function at it's best. Hemp protein is the perfect high performance vegetarian whole food. It is easily digested with no enzyme inhibitors and can be assimilated into any diet. Hemp protein contains all the essential amino acids.

Of the three million edible plants that grow on Earth, no other single plant source can compare with the nutritional value of hemp seeds. Both the complete protein and the essential oils contained in hemp seeds are in ideal ratios for human nutrition. Sixty five percent of the protein content in hemp seed is in the form of globulin edestin, so that it can actually be used by the body in the raw state (unlike that in soybeans, which have to be cooked or sprouted to be edible). (The word edestin comes from the Greek "edestos," meaning, edible.) The major portion of the protein profile is Edestin, found only in hemp, which aids digestion and is considered the backbone of our cell's DNA. Out of all the vegetable kingdom, hemp protein has the closest resemblance to our human protein profile.

The hemp seed is the richest source of Essential Fatty Acids (EFA's) in the plant kingdom. Hemp seed is recognized as a complete/balanced vegetarian source of Amino Acids; Essential Fatty Acids (EFA's); natural anti-oxidants, vitamins, minerals, fiber and chlorophyll. Hemp seed oil contains 54.4% linoleic acid (Omega-6), 18.3% linoleic acid (Omega-3), 2-5% gamma-linoleic acid (GLA) and 1-2% stearonic acid. Essential fatty acids in nutritional oils like hemp govern growth, vitality and state of mind. LA and LNA are involved in transferring oxygen from the air in the lungs to every cell in the body. They play a part in holding oxygen in the cell membrane where it acts as a barrier in invading viruses and bacteria, neither of which thrive in the presence of oxygen. The essential fatty acids in hemp have been shown to aid in everything from balancing hormones and strengthening the immune system, to promoting glowing skin and hair! Add to this the blood-sugar balancing effect of complete and balanced, cholesterol-free protein, and you have a 'super-food' for the body!

Recognized by the World Health Organization as a powerful antioxidant and a balanced source of Omega 3-6-9 Essential Fatty Acids, Hemp Seed Oil is a perfect combination of nature and technology. Omega 3-6-9 Essential Fatty Acids have been referred to as 'the building blocks of our biology and an important factor in energy production.' Science has shown that North Americans have a high dietary deficiency in Essential Fatty Acids due to the widespread consumption of processed foods, low or no fat diets, and meat products, rather than raw organic foods. Hemp Seed Oil is a perfect source of the missing elements of a modern diet, containing as well the powerful enzyme lipase, which can improve circulatory health by removing undigested protein and cholesterol buildup from arteries and cell membranes.

All hemp protein is not created equal. When you purchase hemp protein, you have to be extra careful that there was quality control in the process of production. That ensures that it has not turned rancid, nor become moldy, or was irradiated. Hemp protein must be 100% certified organic in order to receive the full benefits of its nutritive value. Obtain complete information on hemp protein, hemp oil on our website including research papers of over 85 studies regarding the detrimental effects of soy.

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'Skycliffe' As a Buddha-Realm

HÜMÜH's 'Skycliffe' Meditation Retreat Centre is a Buddha-Realm, or Buddha-Field, which means that it is a place permeated by the divine consciousness.

Herein, a retreatant finds solace, spiritual enlivenment, and Teachings set in natural splendor and forested majesty along the ambling Kettle River. The hub of 'Skycliffe' is Padma Valley, named for the Tibetan Master Padmasambhava.

Here, where prayer flags abound and the air is charged with divine energy, we find the Temple, comfortable housing, and a sacred golden monument called a Stupa, set in a mandala-shaped garden within an apple orchard.

'Skycliffe' is a place for spiritual blessings and healings, a place where life is transformed into what a person wants it to be, touched by unconditional love and the joy that proceeds from it.

Pull out section for future reference

HÜMÜH: Path of Transcendental Wisdom

Before the dawn of HÜMÜH (pronounced HÜM) in April of 1992, there were three schools of Buddhism, or three main systems of attaining the Buddha Consciousness, also referred to as the Awakened Consciousness. These are categorically named 1) Vipassana (India), 2) Zen (Japan), and 3) Tibetan. Each of these schools has its own set of Teachings, practices, and rituals that are characteristic of the view of the Teachings propagated by the individual school. Viewing each school as a flower that contains a fundamental Buddha quality or attribute, HÜMÜH, the fourth school of Buddhism, or western world Buddhism, extracts the nectar or essential essence of the Teachings and practices from each school to combine the three with a fourth view, or fourth school, that expounds life as a transcendental dreamtime, which opens the door to proliferate the fully enlightened consciousness and is under the protection of the Transhistorical Consciousness.

The essential Transcendental Teachings of HÜMÜH encompass loving kindness and compassion toward all living beings, and they contain specific practices for opening the heart. The practitioner of Bodhisattva, a person who conducts the benefit of others while in own enlightenment. Bodhisattva and systems of alchemy are combined with transcendental transformations of vision, non-duality, equanimity, and spontaneity. Since it recognizes life as the dreamtime in which all situations can be transmuted, and since all knowledge is at hand, HÜMÜH employs the skillful and powerful creative practices, formulas, initiations and mantras that lead to transcendental wisdom.



Wisdom Master Maticintin is the founder of HÜMÜH: The Jeweled Path of Living Wisdom (1992), known as the Fourth School of Buddhism. She has been a Buddhist for more than 30 years, having been ordained in Japan in 1970. She is also the Shaman known as Winged Wolf. Now, after Teaching for 13 years, Master Maticintin has students all over the world.

Two additional essential instruments of HÜMÜH practitioners are: 1) The Wish-Fulfilling Gem Mantra, a sixty-six stanza mantra mostly in Sanskrit, which is chanted daily for the cultivation of the enlightened mind; and 2) TaiKar Chi, an ancient pre-martial art system of stillness movement that opens the heart and quiets the mind.

The Path of HÜMÜH has an extensive home study course comprised of various series of discourse instruction mailed monthly to students, as well as an international headquarters named 'Skycliffe,' a 220-acre monastery, retreat and empowerment center that borders the Kettle River near Westbridge, 1 1/2 hours from Osoyoos, approximately 2 hours from both Kelowna and Penticton, and 7 hours from Vancouver. See map. Call 1-800-336-6015 for details.

HÜMÜH Wisdom Circles, or area study groups, are held throughout the areas mentioned. Please contact the office phone number listed above for locations and times.

Also, you are invited to visit the monastery on a day pass or on special retreat. Daily Teachings are delivered at 11:00 each morning, including Sunday. There is no charge for attending these Teachings, and they are open to the public.

Teachings of...

HÜMÜH - 4th School of Buddhism Life Path of Transcendental Wisdom

Fusion of subjective/objective
and/or subject/object

Transcendental Mind-Training

Dreamtime Recognition

- ◆ Third Eye
- ◆ Initiation
- ◆ Lay-Monk Vow offered
- ◆ Clear Mind Meditation - *Live what you want, not what you don't want.*
- ◆ Wish-Fulfilling Gem Mantra
 1. *Focus on wanted conditions.*
 2. *Focus on meaning of Mantra words, stanzas, as a whole.*
- ◆ TaiKar Chi - *Performing energy for what is wanted.*
- ◆ Secret Formulas by Sakyamuni - *100 key transcendental formulas.*

Transcending the Dreamtime

- ◆ Focus on Reality
- ◆ Wisdom Arises

Ancient Meanings of A Stupa

The ancient meanings of the Stupa date back further than 300 B.C.E. to a time when the Primordial Teachings and integration of those Teachings were very much a part of each individual's life. The Primordial Teachings I speak of are the original Teachings out of which all religions spring. The Stupa itself was then, and continues to be, a sacred monument that houses the energy of these Teachings so that the people receive inspiration in the presence of a Stupa. Once the inspiration enlivens the spirit of the individual, all sorts of blessings occur. These blessings are practical, as well as esoteric. In practical form, the blessings themselves can heal a person in spirit, mind, and body. Such healings come about in direct relationship to an opening of one's heart, which occurs as one sits in the presence of a Stupa, or while slowly and meditatively circumambulating it.

Spiritual abundance is frequently derived through the arousal of devotion, which, when ignited in correlation to inspiration, brings a person into a state of consciousness that lives wholeheartedly. In other words, the individual lives in the way they want to live, true to themselves, rather than the way tradition has dictated to them. The Stupa is a symbol of the awakened consciousness, which is the divine consciousness or true meaning of Buddha, Christ, Moses, or other comparable Enlightened Beings.

Beloved... Healing Empowerment!

The HÜMÜH Stupa was built with love. I don't mean that in an ordinary sense, but rather, that apprentices from all over the world have been visiting Skycliffe and participating in its construction. There were times when the job seemed truly enormous, such as when we dug out the foundation by hand and then refilled the dirt to its center, which felt like taking a spoon to refill the Grand Canyon. We laughed a lot. We were also very aware that such a tremendous cause, the cause to build this sacred Stupa, would have a tremendous effect in the world. As it rose to its 50' height, there was not an uncertain feeling in any among us. This was a Healing Stupa, a place where people will gather or come individually to sit or walk beneath it, and to be touched by the divine energy of its construction. Healings will take place here and people will learn about the true meaning of healing: the body, mind, spirit connections that must take place to eliminate the karma that holds disease, discomfort, and mental anguish in place.



Surrounding the Stupa is a mandala-shaped garden. Within it are apple trees and the soft fragrance of flowers and clover. It's a place where one feels charged and stimulated into the realization of one's unification with divinity. We are truly one with God.

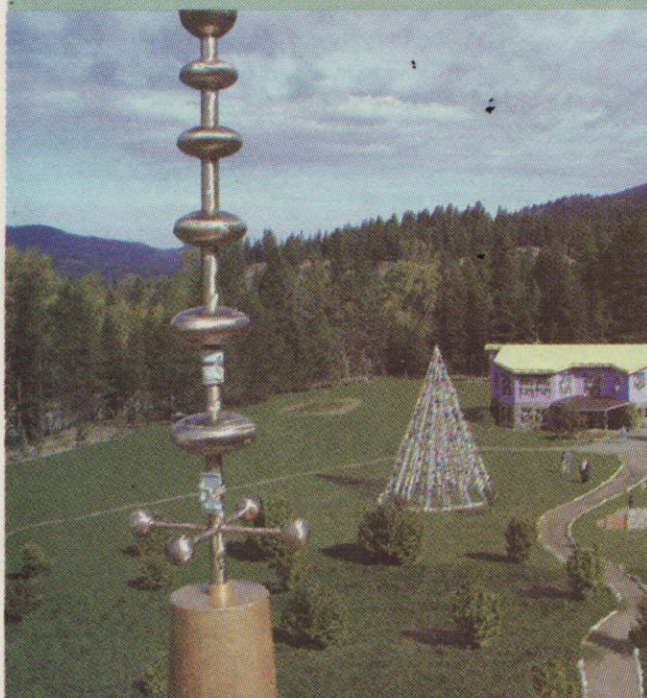
Thus, you can see the topics and opportunities that will unfold at the empowerment. If you will notice, in our calendar of events, the months preceding the empowerment are building energies towards its dedication, which will take place on the last day, Saturday, July 24, 2004. Reservations: 1-800-336-6015



The empowerment will take place in front of the Stupa. It will be an experience you will never forget. You will return home lighter in spirit, happier in nature, and healthier in body and mind as a result. You will have given a tremendous gift to those you love, and you will have learned a great deal more about love itself.

I look forward to sharing this very profound spiritual experience with you. The **HÜMÜH Divine Healing Empowerment** begins on Wednesday, July 21 early morning and ends at noon on Saturday, July 24.

With divine love,
Wisdom Master MaticIntin



What Would Happen If You Stepped Into a Buddhafield?

'Skycliffe' Daily Schedule

(attendance is encouraged but optional)

7:00 am	Morning Meditation
8:30 am	Breakfast
11:00 am	Spiritual Teaching & Discussion
12:30 pm	Dinner
2:00 pm	Wish-Fulfilling Gem Mantra Chant
3:00 pm	Work Service
5:00 pm	Light Supper
7:00 pm	Evening Meditation

Special Teachings at 11:00 am on Sunday Mornings with Wisdom Master Maticintin

TaiKar Chi, an ancient stillness movement, becomes a spontaneous Teaching that occurs daily at 'Skycliffe.'



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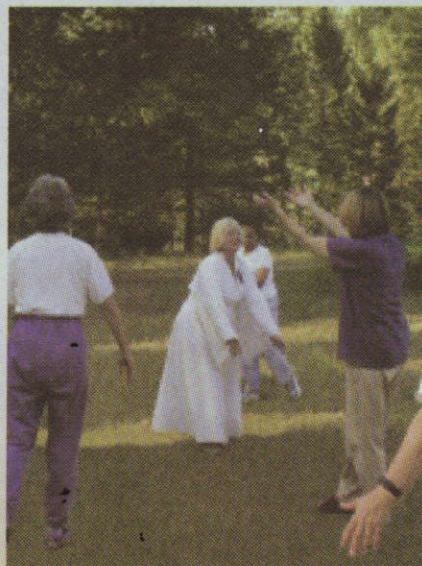
Special Monthly Focuses & Events

Daily Teachings & Spiritual Practice

April	Evocation of Primordial Buddhas
May	Buddhafield Consecration
June	Buddhafield Mandala Dances of Joy
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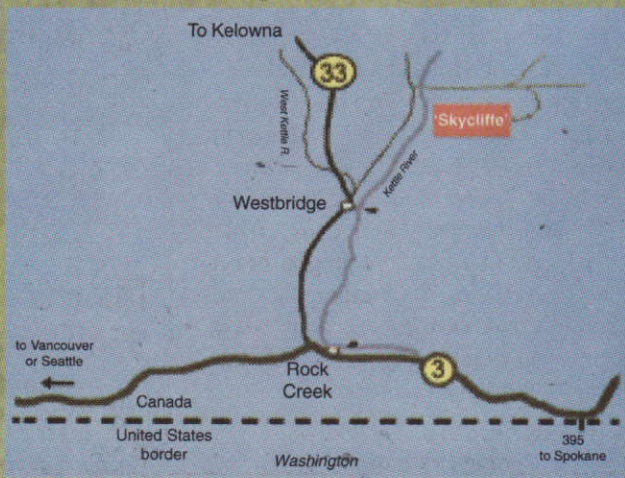


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What is Healing?

by Anne Stolk, B.A., E.C.E.,

Healing is an inquiry. Healing is a process. Healing involves many layers. As a healer, I approach all levels — the physical, emotional, mental and spiritual aspects of a person's state of being. Healing is an awakening to new levels of consciousness. Healing is about having more of yourself. Expressing yourself and letting yourself be. Sometimes it is just about being and not doing. In the course of our personal histories, we often lose sight of who we are. If we look back and remember specific incidences, we may be able to unravel some of the mysteries of who we are.

Some questions we may ask are: "Where do my habitual patterns and defenses come from?" "Was it deprivation of basic needs?" "Was it shame?" As we delve into these issues, take the 'thread' and follow it into the present. What belief systems are we willing to shed? Remember, it is our beliefs that colour our experience and perception of what is real.

What does a Barbara Brennan Healing Session look like? The session really begins when the client makes the appointment. The first step is to go over the client's history, i.e., physical, emotional, mental and spiritual health. The second step is to ask "what is the presenting complaint?" Heart disease, for example, has a physical component but may include emotional, mental or spiritual material. The third step is intention. Once that is clear, the client lies down, fully clothed. Assessment of the energy field takes place either with a pendulum over the seven main chakra points or with the hand(s) above the body. Work begins at the feet for the chelation which is essentially a chakra tune-up.

How does it all work? The body is wise and capable of self healing. By bringing self-limiting belief systems to light, we can transform them. We can look inward for answers. The heart is the bridge. What makes your heart sing? Healing is not a cure, it is a process, an inquiry. It is an evolution in consciousness. It is an awakening. Healing begins with the willingness to ask and the willingness to listen.

See the NY Pages under Bodywork,
Central Okanagan.

The Truck Drivers' Secret

by Wolfgang Schmidt

The 18-wheeler came to a screeching halt at the front gate of our shop on Highway # 3 this past summer. Customers noticed the emergency lights flashing and stared as the door flung open and the driver jumped down and ran across the highway into my shop. I was at the cash register and the driver immediately addressed me saying, "I need some of that stuff for my behind." The customers in the shop had big question marks in their eyes and I heard some giggles, but the request made perfect sense to me. This truck driver was in need of Pascalite.

By the very nature of their jobs, truck drivers, secretaries and others spending a lot of time sitting, develop haemorrhoids. These little growths of flesh, together with fissures can be very painful, and annoying at best.

While there are some creams on the over-the-counter market, prescriptions and operations are the rule, with varying degrees of success. Someone had recommended Pascalite because their haemorrhoids had disappeared within three days. The truckers CB's and cell phones started buzzing.

Pascalite is a natural clay, also known as Calcium Bentonite (Montmorillonite) a substance found only in the mountains of Wyoming, where it is mined, sun dried, ground and packaged. It contains a lot of digestible minerals generally considered beneficial to the human body, together with trace minerals...the value of some remaining as of yet having unknown.

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Pascalite is also known to have a beneficial effect on skin. There are glowing reports of how psoriasis, acne and diaper rashes have all been successfully treated using this natural clay. There are in fact many occasions when people have told us that Pascalite normalizes their body. I recently, became aware of a newsletter about alternative medicine by Dr. Williams who recommends Pascalite for internal cleansing.

Ray Pendergraft, who mined the clay for many years and whose family still operate it, wrote in his book 'More Precious than Gold,' *'The list of dramatic benefits from the use of Pascalite is so long and varied that it might well cause skepticism in the minds of the uninitiated. The surface has been barely scratched and documentary support of all statements exists in our files.'*

The truck was parked for another five minutes after the driver obtained a pound of the clay. I could just imagine him using a few drops of water and the Pascalite Clay for some immediate pain relief. Please see ad below.

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THE HEALING POWER OF THE MEN'S GROUP

by Norbert Maertens

In any relationship there comes a time when expectations seem to outweigh what we envisioned, when we seek answers for questions we haven't formulated. Men seem to have a hard time with such realities and tend to stuff the issues. Men have been brought up to be competitive, a provider and protector of family, and when things need to be done, sometimes men forget about their feelings. Men need to talk to other men as a way to gain perspective, to find meaning and a sense of belonging, to heal. Men presume that admitting their weakness, admitting that they don't have the answers, that they are not in control, is risky to their personal relationships. Perhaps their feelings and the issues they are going through will not be taken seriously. Some men would rather go numb than risk ridicule.

In our familiar 'dog-eat-dog' chain of command, admitting to problems, weaknesses or failures can be seen as 'suicidal.' Men in general only share their feelings and intimate issues with those they really trust, those with whom they can feel truly safe. Men need to bond before they open up and share their feelings, which is unlike women who tend to have an easier time talking and sharing and bonding in the process.

The challenge for a functional men's group is to create a sense of safety where men can bond so they can share. Many formats abound but the North American native tradition teaches us about the power and safety of the Sacred Circle - where we take turns talking about ourselves to the fire, while holding the talking stick. Talking to the fire implies that all that is being said is to stay in the fire to burn and not be taken away (except the lesson), ensuring confidentiality.

The circle, being round, offers no preferred place to sit. Thus all are equal, nobody has the answers or is the guru. As a matter of fact, a men's group is not to be seen as a therapy group to solve the other's problems or to change the other. Instead we meet to find ourselves and in the process support one another by listening.

To underscore the equality between participants, all are asked to place their personal weapons beside the fire as a willingness to disarm, to be vulnerable - without hidden agendas. This personal weapon is the 'tool,' one uses to have power over others, as a way to be right. Some tend to explain things away, others explode over banalities, some find the last word in the scriptures. Most men are not aware of their personal weapons and need to do some soul searching to recognize them. Being in a disarmed environment, nobody is allowed to ridicule, judge or fix another person.

The important thing for men to realize is that they are not alone. They need to come out of isolation and learn to communicate in an open, safe and supportive environment.

Norbert is one of 40 instructors sharing his skills and insights at the **Spring Festival of Awareness** held April 23-25. He is also involved in the **Wise Guys Weekend** or you can contact him at 250-549-2723 or email: nmaertns@yahoo.ca



PLANETARY ALIGNMENTS

for Spring of 2004 by Michael O'Connor

With spring now well on its way we have many reasons to be grateful. As ever, renewal always follows close behind all endings. This is true no matter what. Even death itself, the great mystery of mortality, brings new life. Unfortunately, many people continue to be skeptical of this fact. Everything in life goes through cycles from the protons and neutrons around the nucleus of atoms, to dawn to sunset and back again, to the waxing and waning of the Moon right on schedule to the changing seasons. Yet, many still need proof. With Easter celebrations in the air we are reminded of the great resurrection as yet another testimony to eternal renewal. Energy cannot die; it can only change its form. These realizations are just a few examples of the many great blessings of the new life that follows every ending. One needs simply to see and smell the flowers that are now blooming and the green grass that is growing where cold snow like white ash lay everywhere before.

The cyclic reality is what Astrology is largely about. In addition to bearing witness to the Moon and its ever changing phases along with the wandering stars or planets cycling against the backdrop of an apparently changeless host of stars, which are actually fantastic suns, glorious nebulae and great galaxies, ours is an organic art. Combining the four elements seasons and directions with the heavenly spectacle, Astrology reminds us and proves that we are one with it all. This time of year celebrates the Ram of Aries whose inception marks Spring Equinox yielding to Taurus the Bull, the time when the grass becomes really green and luxurious again, trees explode in buds and spring flowers are in bloom everywhere. When the Sun is in Taurus, it is time to plant our gardens.

The spiritual revolution sparked by the ingress of Uranus in Pisces is beginning to make strong impressions on the collective psyche of humanity. Magazines and articles such as this one are testimony to it. With each new day we are replacing the drudgeries of blind faith with renewed faith in the unseen. After all, if everything comes from nothing as the materialistic aspects of science postulates, then nothing must be quite something! Pisces is itself a very Spiritual sign in that it represents the subconscious, which is the larger though hidden aspect of consciousness. Pisces is concerned with, selfless service, sacrifice, ego dissolution, mysticism and compassion etc. With Uranus in early Pisces and the fixed star, "Fom Al Haut" behind it, we see an added indication of the Spiritual awakening of the times as this star indicates a need to change from a material view of reality to a spiritual one. With Neptune, the ruling planet for Pisces concurrently in Aquarius, the sign that rules Uranus, we have a mutual reception of these gaseous planetary giants. Uranus and Neptune are called "Galactic Ambassadors" by some Astrologers and indicate an awakening to the greater cosmic and galactic realities. The acknowledgment of governments and scientists all over the world and a growing interest of the masses in crop circles synchronize well with this trend.

With Jupiter and Venus continuing to adorn the night skies, along with beautiful Sirius in Orion and the rest of the celestial pantheon, the dreamer, poet and lover in everyone is inspired. In Astrological lore, these jewels in the heavens are called the "Benefics" with Venus as the lesser and Jupiter as the greater. Interestingly, Jupiter turns direct on May 6 after almost 4 months of retrograde motion and less than three weeks later on May 17, Venus, Neptune and the asteroid Goddess Juno all turn retrograde, though each in a different sign. Like an arrow out of a taught drawn bow, Jupiter will add incentive to launch new initiatives, especially in health and ecology arenas. With Venus turning retrograde in Gemini, we may lose touch with what we truly feel for awhile and be more concerned with what others think of us. This can be a good thing in light of meeting the actual needs of others rather than projecting our own with assumptions. Venus retrograde will lead some to question their more intimate relationships and others their sexual identities altogether. Venus turns direct again on June 29. Happy planting and garden planning and many blessings for peace and prosperity in the springtime!

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SHIFT HAPPENS

by Peter Matheson

How can I choose a personal development workshop that will give me the experience I'm looking for? This is a question I've struggled with personally, and I've heard many others ask the same question. First of all, I think it is critical to get in touch with the particular experience you think you most need from a workshop. What was it, or who was it, that got you thinking about a workshop in the first place? What issues were you struggling with when you began considering a workshop? Why would you consider a group workshop experience over a few one-on-one counselling sessions?

In my opinion, group workshops have many advantages and possibly a few disadvantages. I think the main advantage of a group is the social experience of deeply connecting with others. This is as basic a human yearning as touch, food or bearing children. It's a wonderful way to meet people who want to engage in a revealing and personal way, rather than the usual superficial meetings our culture supports. The sense of community, safety and belonging (the foundation of a group workshop) can allow us to experience the excitement of being among others that have similar individual values and an obvious commitment to personal growth. We can often see our destructive patterns and unappealing behaviours more easily in others than in ourselves. This mirroring can then be met with curiosity rather than defensiveness.

We also come to recognize that we are all basically struggling with the same issues...that we are not crazy, just human. This can be a very liberating realization. Issues such as communication, insecurity, power struggles, boundaries, outdated patterns, sabotage and 'family rules' seem universal and are often more easily seen and transformed in a group environment. It is also important to know what you expect of the facilitators: Do you want the facilitators to push you or would you feel better with the freedom to move at your own pace without pressure or expectation? Everybody is different in the way they search for answers... and each facilitator has an equally different style, training and experience.

Word-of-mouth is probably the best way to assess if a workshop would suit your needs. Otherwise, ask the facilitator what methods and models they employ: is it an experiential format, learning new tools, lecturing, body work, therapeutic, dialogue, etc. or a combination?

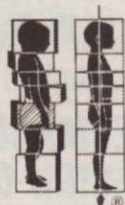
Do the facilitators stress one particular method of healing that you are drawn to...or do they stress self-responsibility and the importance of your participation in your health. Do the facilitators take responsibility for fixing your problems? Which of the many possibilities do you think would be most effective for your style of learning? The possible disadvantages of groups are linked to the degree to which you are willing to risk revealing yourself to others, the level of intimacy you are willing to accept, and the comfort you have in actively listening to the issues of others. If this is a terrifying and debilitating thought, then perhaps a few sessions with a qualified one-on-one therapist would be more beneficial. There is no 'right' way to personal and emotional health - just follow your heart. (see ad)

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Optimal Health Comes From Healthy Seeds

by Ean Langille

Nature is mirroring something of great value to you in relationship to your state of health. Everything in the world grows from a seed and produces fruit. At harvest time, you may reflect on whether you planted a healthy seed or an unhealthy seed depending on the quality of fruit or the beauty of the flower. For you to enjoy the benefits of perfect health you must have the minimum requirement—a healthy seed. What are the seeds that will bring you a higher level of health than you could have ever imagined?

The first step is to recognize what your "health plan" is. You already have one even if you are not consciously aware of it. The seed of that "health plan" may be manifesting as feeling good, lots of energy, and no symptoms or perhaps feeling low, a lack of energy and many symptoms. If you've never thought about it this way before you may ask the question "Who sold me on this plan?" Most people have accepted a plan by default from their family, friends, or society which communicates doing what is convenient and unknowingly eating foods devoid of energy because that is what is accepted. The result or fruit of this thought has fuelled a crisis where the answer can no longer be to give more money to support a dying health care system. It must be a new way of thinking about our health. It has been said that the definition of insanity is doing the same thing over and over again and expecting a different result. The insanity stops when you make the change and support the people, organizations, and companies that will bring about a different result in your long-term health and vitality.

The second step is to strengthen your intention and take action so that optimal health is the reality of your being. The first seed of optimal health takes root when the fuel you give your body consists mainly of fruits and vegetables, preferably organic, which have the energy to build and nourish every single one hundred trillion of your cells. For example, many vegetables have over 20,000 nutritional compounds that work together synergistically to support all of your body functions. The innate intelligence of the body flourishes in an environment where it is given what it needs. The second seed of optimal health is to include herbs that are pure and potent in your diet. Herbs have been used for thousands of years and are even more powerful than many foods. Herbal supplements that are "guaranteed pure" and can be consistently scientifically proven to have the highest energy necessary to heal the body are the ones for an optimal health plan. The third seed is to recognize the power of your thoughts and how they change physiology. Each uplifting or depressing thought carries a chemical signal that will either weaken or strengthen your body. Create your health reality by uprooting diseased thoughts to allow for the growth of love, laughter, and joy.

The minimum requirement for optimal health is to be conscious of your health plan and where it is taking you. Enjoy this new momentum as it creates a harvest worth getting excited about. *see ad to the right*

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April 15	Love, Relationships, Sexuality: 7-9:30 pm	\$ 25	
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Book Reviews

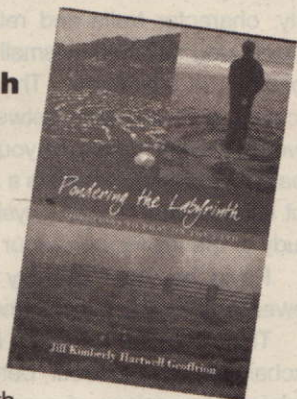
by Christina Ince

Pondering the Labyrinth

Questions to Pray on the Path

The Pilgrim Press - \$19

ISBN 0-8298-1575-9



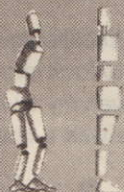
Having experienced the labyrinth, in solitude and as guide, I can attest to the power, the peace, the marvel, and the mystery. You walk the path with silence and respect, all else falling away as you seek clarity, guidance, peace of mind, or an answer. You honour, but never intrude upon, those you may encounter. Your journey may seem similar to that of the other, but it will be unique.

The labyrinth is an ancient symbol/pattern/energy field - often, but not always, a circular shape containing a single pathway that turns back on itself as it guides you to the centre before leading you back. This book contains drawings of labyrinths from around the world (some of which are unfortunately no longer in existence): Julian's Bower in England (late mediaeval), Chartres Cathedral in France (thirteenth century) and San Vitale basilica in Ravenna, Italy (sixteenth century) and others centuries older. The origin of the labyrinth is uncertain, but it is known that they have appeared on every continent in all shapes and sizes, traced back as far as 1200 B.C..

This is a slim and simple volume, with powerful potential. The first chapter contains questions you might have about the labyrinth: what is the purpose, what is the history, why would I use it, is it safe? Each chapter contains many questions which you might ask before, during or after your walk. There is space for you to fill in your answers, if you wish, and this book therefore becomes a journal, a part of yourself and a means of guidance and reflection. You will no doubt have your own questions, but those provided are an excellent guide. Want to get started? To quote from Chapter Thirteen: "To get unstuck, you have to move. It really is that simple!"

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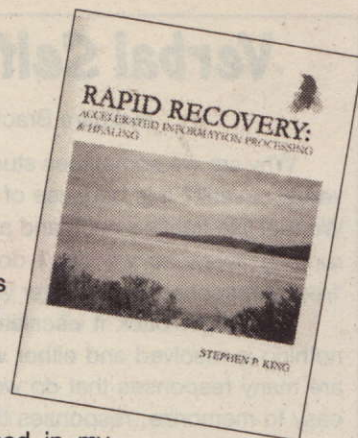
*Accelerated Information
Processing and Healing*

Stephen P. King

Trafford Publishing •

\$29.99

ISBN 1-4120-1646-0



Steve brought this book to me for review, and I am hoping he isn't going to ask for it back(!) as it graces my bookshelf alongside other books used in my practice. It is a worthy addition to any practitioner's "toolkit" and an excellent resource. It is evident that a lot of time and effort has gone into the research necessary for a book such as this, and for those modalities which interest you there is plenty of information on the background, research, sources and methods. As a practitioner, I have witnessed, and at times used, some of the methods described, and have seen people pleased and at times astonished at the results. It is also a timely book when there is so much demand for high-speed technology, fast food and the "quick fix".

The book begins with the question, "What is Healing?" The answers are as individual as the recipients, but for every person and every issue there will be an answer - the author has gone a long way to provide you with the means to find it, whether you are helping or being helped. It may be easy to scoff at methods that provide accelerated healing, but for some that will be the expectation, and the result. Steve says, "It is a therapist's or counsellor's role to support and guide clients towards their state goals and, in order to do so effectively, one occasionally needs to suspend one's own beliefs in order to work with and support another through their issues and dilemmas. It was Dr. Schweitzer who said, 'The witch doctor succeeds for the same reason all the rest of us succeed. Each patient carries his own doctor inside him. They come to us not knowing the truth. We are at our best when we give the doctor who resides within each patient a chance to go to work.'"

Some procedures are described, enabling you to try them out or have someone assist you, and find out for yourself how these methods may provide essential healing. They are non-invasive, easier to learn than they might appear at first, and positive results have been well documented. There are many pointers to further reading and research throughout the book and also in the excellent Bibliography and References list. A reader new to healing will find this book to be an ideal resource, as there is a broad range of information: how to love yourself, trauma, electromagnetics, the meridians, the chakra system, endocrine glands and hormones, symptoms of anxiety, the triad of health.....

At the beginning of Chapter Fourteen there is a quote from Bill Moyers, "Professionals give advice; pilgrims share wisdom." Our author may wish to consider himself a pilgrim.

Verbal Self Defense

by Laara Bracken, B.Sc.

Why are we sometimes stuck for words in the face of a verbal assault? It is because of the fight or flight response. We feel like fighting back and at the same time we feel like running away, so we don't do either, which produces a 'freeze' response. Hours later we think of a good answer.

If we fight back it escalates the conflict, if we leave nothing is resolved and either way the anger builds. There are many responses that do work from one liners that are easy to memorize, responses that assure we will be heard to being gently assertive or detached and peace filled.

Once we understand the four-way exchange that takes place in every conversation it is much easier to find methods that work for you and create win-win situations.

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WHAT THE EYE REVEALS

by Pamela Shelly

Did you know that the iris of the eyes reveals your personality, character traits and relationship patterns? By looking closely you will notice small dark dots, streaks or rounded openings in the fibers. The types of marking, their precise location and variations between your left and right eye each reveal different facets of your personality. Many of us have heard of 'Iridology' which is a study of the same characteristics but informs you of your physical state of health. Rayid is the study of the iris for behaviour and personality traits.

Rayid has four primary structures: stream (kinesthetic) flower (emotional) • jewel (mental) • shaker (extremist)

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One of the goals of the Rayid Method is to get all four of these inner personalities operating simultaneously in such a way that there is a harmonic rhythm between them. If one uses all four subpersonalities equally, they would experience wholeness and fullness of health. The four personality types have different characteristic needs for nutritional healing programs, different forms of bodywork and other therapies, different types of affirmations, and different ways of gaining access to their unconscious. The ultimate goal, however, is always the same: to balance the physical vehicle so that it can experience its true nature.

If you are a 'flower' pattern then you are the emotional pattern, extremely creative, spontaneous and love to live in the present. The lesson for the flower pattern is that they are the most prone to addictions and depression. Each of the patterns has their gifts and challenges and with a Rayid interpretation there are therapies that are most suited to each type. There are also several combinations of patterns and there may be rings on the outer edge of the iris which would identify if you are a high achiever with the 'Ring of Achievement'. Or you may have a 'Ring of Harmony' which would indicate you would do anything to avoid conflict and confrontation.

Denny Johnson discovered the Rayid Iris Interpretation in 1978 and has taught many people this system through certification courses. Through Rayid you receive the insights you need to improve your health, make more appropriate relationship and career choices, better understand yourself, your children, partner and colleagues.

I was one of the first certified Rayid Practitioners in Calgary. I found it fascinating when I was able to look into the eyes of my children, parents, siblings and yes even my ex-husband. Imagine his reaction when I told him he was a flower! See ad to the left

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See page 5 for details.



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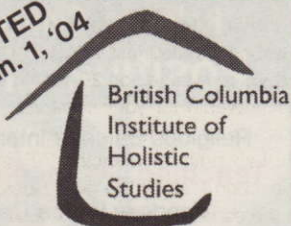
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