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AUGUST / SEPTEMBER 2004

Quantum Leaps Lodge near Golden, BC ...Details on page 4

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DISCOVERING QUANTUM LEAPS LODGE

(front cover photograph)

by Annette Boelman



On Summer Solstice 2003, a friend and I headed for Radium Hot Springs and the Columbia River to canoe from Radium to Golden, 100km downstream, to immerse ourselves in the beauty of the Columbia River Valley. However, Mother Nature had other ideas. The skies opened and within a day we were soaked from the monsoon rains. We ducked under a bridge near Brisco and then made a decision that would affect the rest of my life. We abandoned our canoe trip and headed to Quantum Leaps Lodge, located in the Blaeberry River Valley, north of Golden. When I had first heard about this place I knew I needed to go there but delayed my visit in favour of the canoe trip. Now a warm fire and a hot shower definitely called to us.

When we arrived at Quantum Leaps Lodge a peaceful feeling came over me. The owner, Brian Olynek, greeted us warmly. The beauty of the land, the flow of the river and the strength of the mountains are awe-inspiring. I have hiked, skied, lived, and travelled the mountains for over ten years but this land spoke 'sacred' to me like no other. The lodge also offered a sauna, a hot tub and varied accommodations.

Brian has lived on the land for over fifteen years, overseeing its evolution and always maintaining its sense of sacred wilderness. The Native people have blessed and allowed for ceremony to take place here. A sweatlodge sits by the river with a medicine wheel and labyrinth nearby. As we walked through the labyrinth, my heart chakra burst open and intently I knew my life would never be the same!

Following my first stay, I continued to feel drawn back. Brian and I connected deeply and a beautiful friendship has grown into a strong, intimate love. I now live on the land at Quantum Leaps Lodge and am full partners with Brian in love, business, and with the evolution of the lodge. Fate and Mother Nature conspired that Solstice day last June to lead me here. I am full of gratitude and blessings for I have always been spiritually drawn to Mother Earth and the Native traditions.

Brian is a fire-walking leader, a whitewater raft guide, and a gentle facilitator for the workshops offered here. We invite you to stay with us to experience the tranquility, beauty and presence of Spirit. We offer a spiritually safe sanctuary for inner and outer explorations.

*See the calendar on page 22 for
workshop details and contact data.*

WHEN LOVE HAS A DIFFERENT LANGUAGE

by Annie Hopper

Here I am, at the end of a visit with my mom who is from Ontario. A sweet well-intended woman who does not necessarily speak the same emotionally aware language as me. No, she hasn't taken all of the personal development courses, or therapy. Nor has she read all of the self help books that most of my circle of self-aware friends have read. And the truth is she really isn't interested in changing, and is quite content and happy in her life.

Why is it that some people are happy to live their life in one way and others feel compelled to live a life filled with curiosity and self-examination? Perhaps it's a choice; perhaps a spiritual contract that we made prior to entering this lifetime, or the result of living through various life challenges. But just because she doesn't speak the same life language as I do, does that make her love any less important?

Her love is just as kind, soft and deep as any other love I have experienced. I am extremely grateful to be at a point in my life where I can accept this love without having to have it look a certain way. This acceptance did not come easy for me and it took me a long time to truly accept her; without resentment, blame or wanting her to "wake up." Interesting how she has always been willing to love and accept me as I am.

It seems to me that often times when people are on a self-aware path there is a certain amount of Consciousness Snobbery that arises. When we are in comparison there will always be someone who seems greater or lesser than you. Being in comparison is just another form of judgment and staying isolated. Is that what you want or do you want to live your life from Love?

Love does not always look the way you think it will. Love is very tangible when it is present and it overwhelms me with a feeling of wonder and gratitude. It is a palpable energy in my life that connects me to others and to a higher power which I am very grateful for. And in the end, isn't that what we all claim to want?

ANNIE HOPPER

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Musing

with

Angèle publisher

The front cover photo is of a tipi belonging to Brian, the owner of Quantum Leaps Lodge near Golden, BC. You can read more about his land and how he met his new love Annette on page 4. On the calendar page are listings of the workshops they offer. Sounds like an enchanting place to spend some time.

The photograph reminded me of our tipi. There was one on the site when Richard bought the place but the weather had taken its toll so we used it for skirting the one we purchased. The time and effort it took to peel the poles, build the platform and get the tipi upright was a labour of love for many.

As we let go of the old model of doing business and learn to trust our instincts, we can meet the challenge of creating a living in remote places like Golden or Johnson's Landing. With the new technology of the internet and computers, it is getting easier to create a living and let people know of your services from afar.

Issues is now published high in the mountains and emailed to Webco, my printer in Penticton. It takes me seven hours of driving before I see the printed copies and start the distribution process, which usually takes a week. During the summer the driving conditions are much easier plus I get to bring back lots of fruit to process for winter storage. Life does move a little slower living in the country and I get to be closer to nature. Watching the rabbits, squirrels and deer come for an occasional feed is my entertainment. I am not so enthralled when the cedar bugs, ants or mice want to move inside.

This spring we completed a few more things on our to-do list including building a tree house that we had started last summer.... complete with screened windows, tarped roof and a steel staircase. The trapezoid shape was created by four cedar trees that grew near to each other. The trees are still living and sway in the breeze, for we didn't pound any nails into them. It is eight feet off the ground and come October, we will unscrew the tarped walls from the deck and put it away. We were delighted when a young couple came and stayed in it for their honeymoon.

The tipi was initiated during the Wise Guys Weekend with drumming led by Paul Langois... I meandered down there around eleven pm once the workshop was finished and most of the men had left. The fire flickered as the last logs burned and a few continued the beat late into the night. Wiz Bryant and his film crew videotaped parts of the weekend as well as the beauty of the surrounding woodlands. He says it will be made into a half-hour documentary airing on some local networks around Canada this fall or early next spring. We had fewer men registered than I had hoped, but in total we had thirty to feed so that kept us busy preparing the food. We will have it again next year so let us know if you want to be on the mailing list.

Most of the retreat workshops have had adequate attendance to allow them to happen. With these intimate groups everyone gets more personal time, which creates a deep sense of connection to each other and the place. Richard and several ladies built a 42-foot labyrinth with layers of sawdust, landscaping fabric and river rocks during the Herbal Workshop. We all joined together for a sacred ceremony, honouring the four directions and dedicating the labyrinth to the spirits of the land.

Now, the heat of summer is upon us, and I am grateful for the variable weather. After last year's record dryness and forest fires, the coolness and rain is appreciated. As is all the help that has been sent our way to get each task done. I expect my angels to keep up their good work as we turn this endeavour into a collective of like-minded individuals working together to create something bigger than what we could each do by ourselves.

Life is indeed an interesting journey...

♥ Angèle

Intensive, Shorter Therapy Provides Lasting Results

"I'm giving my psychoanalyst one more year, then I'm going to Lourdes," Woody Alien.

Good news, Woody! There's no need to spend years on a therapist's couch. *"People are too busy to commit themselves to long term treatment. They want positive, tangible results in a relatively short period of time,"* says therapist Laara Bracken, *"and Core Belief Engineering offers just that."* Laara states that her experience with herself and hundreds of clients over 18 years proves that longer sessions spaced further apart get results faster than one hour a week on-going therapy. A client who had been in therapy for five years with other methods, and was still stuck, was happy and productive after only five months of working with Bracken. *"This is not unusual,"* says Laara. It does not take long for clients to realize this. *"Laara Bracken's clear thinking helped me to move past my fears. My income doubled in six months."* John H., (phone client) Florida.

Changes Last

Results have been so impressive that Core Belief Engineering 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.

How It Works

Core Belief Engineering is a gentle, yet powerful means of building a partnership between your conscious and sub-conscious minds, creating a feeling of increased harmony and well-being. *"After seeing Laara, 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. 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. Core Belief Engineering accesses and aligns these subconscious beliefs with what you now choose as a conscious adult. 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."* *"Laara's warmth helped me open up and discover my ability to make friends."* J.R. *"Let me help you the same way."* Laara Bracken

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."* "Time and cost efficient, gentle, and lasting," are just a few of the words that have been used to describe Laara's sessions.

As one of only three Master Practitioners in North America, Laara Bracken is highly respected and trusted. She maintains absolute confidentiality. Laara has two children and three grandchildren and lives in Kelowna.

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. *"I have solved the problems within myself that you may be having in your life. I know what it's like to be on your side of the problem as well as mine"* Laara.

Call Laara now and see how she and Core Belief Engineering can benefit you!

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- *If you see others moving ahead of you and you know you are just as talented and capable:*

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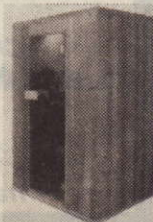
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What to do with Your Animals in the Event of a Disaster

by
Sue McIver



Deborah Silk, founder and director of Canadian Disaster Animal Response Team, discusses evacuation plans with Dick White for his Shetland pony Princess.

A new volunteer group providing emergency services for animals and livestock will help people who are facing evacuation, but wondering what to do about their animals.

The Canadian Disaster Animal Response Team (CDART) provides emergency services for domestic animals and livestock in the event

of a disaster. CDART, a grassroots agency run by volunteers, was organized last fall as a sub-charity of Critteraid to focus on disaster work.

Critteraid, which was started in 1992 by Summerland resident Deborah Silk, provides a variety of services for the benefit of all animals—domestic, exotic animals and wildlife. "Eventually we hope to have CDART chapters throughout BC and the rest of Canada," Silk said.

To date, there are co-ordinators in place for the Lower Mainland and Vancouver Island with requests for information coming from the Prairies. Critteraid volunteers have been responding to animals affected by disaster starting with the Garnet Fire in 1994 and continuing through the wildfires of 2003. "Last summer we covered the northern flank of the Barriere Fire, the Anarchist Mountain Fire near Osoyoos and the Okanagan Mountain Fire in Kelowna as well as mobilizing in Penticton, Kamloops and Okanagan Falls," Silk said.

The teams dealt with horses, cattle, sheep, chickens, pet birds, dogs, cats and even orphaned squirrels. "During the Salmon Arm fire in the late 1990s, we had to find homes for baby skunks when the wildlife sanctuary was evacuated," Silk commented. CDART volunteers are deployed at the request of the Provincial Emergency Program, the B.C. Ministry of Agriculture and the SPCA.

Volunteers belong to teams dealing with operations, search and rescue, logistics, safety and planning. CDART uses people with many types of skills—those who can do hands-on work with the animals, build a fence, operate a backhoe and file papers.

If you are interested in starting a CDART chapter in your area, contact Silk at (250) 493-9752 or (250) 809-7152.

If you would like their tip sheet so you can be prepared before disaster arrives call CDART at (250) 493-9752 or (250) 494-3285

STEPS ALONG THE PATH

by Richard from the
Johnson's Landing Retreat Center



A Blessing from Spirit....

In a lot of aspects one could say that it was an ordinary day in July. The weather was good, deer were grazing on the lawn of the Retreat Center and a variety of birds were singing. As for me, I was somewhere between despair and survival mode on my journey through the dark night of the soul. The woman I loved and had lived with for the past twelve years had left me six days ago. I had spent a lot of those days crying, sleeping, journaling and meditating. Everything else was put on hold.

I remember that I was sitting on the front porch of the Retreat Center Lodge in the sunlight when the old Datsun pickup truck with a camper on the back drove into the entrance of the Center, past the gardens and into the parking area between the lodge and the bunkhouse. I watched with interest as I had not had any visitors for a while.

The door of the Datsun opened and out stepped a person wearing an iridescent hot pink baseball cap and a sweatshirt with the sleeves cut off. As the person walked in my direction I got up and went to greet them. When we came face to face I noticed that it was a woman. Then an amazing thing happened to me. The first contact with each other was when she reached out both hands and took my hands, looked me straight in the eyes and said "I have come to exchange gifts with you." My being was swept with a feeling of wonder and awe. I welcomed her to the Center and offered to take her on a tour of the facilities.

As we walked she told me of how she had meant to drive in a different direction but was guided by Spirit to drive South instead of North. When she saw the Retreat Center sign she knew that she was meant to come here. On our way down to the main meeting room, I told her the story of finding the Retreat Center and how I had been guided to this place. She said that she was touched and honored by the story.

On the deck of the Group Room she once again took my hands, looked me in the eyes and said "Know that your work is being seen and that it is being acknowledged." This past six days had already been a roller coaster ride for my emotions and this latest message touched me to the core. I was almost moved to tears. I felt as if I had just been blessed by the Universe with a message that would give me the strength to carry on.

From this experience I learned that if we listen carefully... we can receive guidance, direction and sometimes confirmation from the Universe.

*Richard is the Director of the Johnson's Landing Retreat Center
if you have any comments please feel free to E-Mail him at
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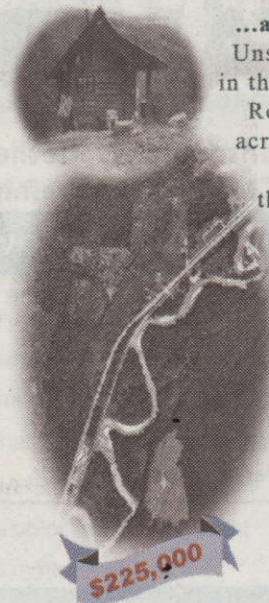
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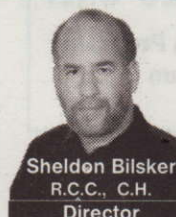
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Meditation-More Than

What comes to mind when you think of the stereotypical meditator? Most of us envision a hollow-eyed, emaciated figure that sits in full lotus position in a cave somewhere in the Himalayas. Given this image, it is understandable that most people do not necessarily think that meditation improves one's health. Until recently, no government agency would have funded a study on the health benefits of meditation.

That has changed. New research begins to suggest that meditation can do just as much for your health as exercise – perhaps even more. In 1999 the American National Institute for Health gave an eight million dollar grant to a research team that studied the effects of meditation on African-Americans with cardiovascular disease. The results were surprising. Sixty people with arteriosclerosis (hardening of the arteries) practiced meditation for six to nine months, while people in a control group who had the same disease did not. The meditators showed a marked decrease in the thickening of the walls of their arteries (accumulation of plaque), while the control group actually showed an increase. A second study, done in the same context, indicated that the meditators not only had reduced plaque in their arteries but also had lower levels of the stress hormone cortisol in their blood stream.

One might argue that this is an isolated case, but there are other studies. The BBC (BBC World News Feb. 2003) reported that a study was conducted at the University of Wisconsin-Madison in which participants were trained in an eight-week course in mindfulness meditation. After the completion of the training the meditators showed higher levels of antibodies than the control group when both groups were given a flu injection. In addition, the people who had participated in the meditation course also had lower levels of anxiety, had more activity in the left frontal lobe of the brain and showed a more positive emotional state. In another project (reported in Psychosomatic Medicine 2000) ninety cancer patients were taught mindfulness meditation. After only seven weeks of practice they showed significantly lower

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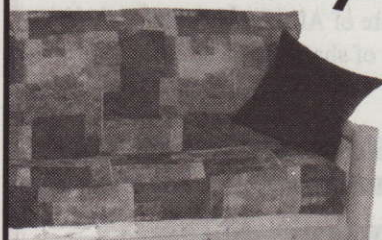
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Meets the Eye by Oda Lindner

levels of treatment-related heart problems, anxiety, depression and gastrointestinal problems than the control group which had not been trained in meditation.

Dr. Herbert Benson, a pioneer in the field of health and meditation, found during thirty years of research that meditators generally experience decreases in their metabolic rate, breathing rate and brain wave frequency. These changes are the opposite of what is commonly known as "fight or flight" response (a response of the autonomic nervous system that is greatly responsible for the level of stress in people). Benson found that by calming the mind during meditation, measurable, predictable and reproducible physiological changes occur which counter the stress effects of the flight or fight response.

A recent study conducted by the Harvard Medical School may shed some light on why meditation reduces stress levels. Using Magnetic resonance Imaging (MRI) to measure blood flow in the brain, researchers found that meditators activate sections of the brain that are in charge of the autonomic nervous system. The autonomic nervous system governs functions such as heart beat, digestion and blood pressure. These are the functions that are typically compromised by stress. Studies on stress show that stress-induced increase in heart rate and blood pressure can take a long time to revert to normal levels. The direct influence of meditation on the autonomic nervous system shortens this regulatory process considerably. In modern society where stress is an every-day occurrence, faster regulation of these processes can be life-saving.

Taken together, these studies show that the image of an emaciated ascetic who meditates in a cave may no longer represent an adequate picture of today's meditator. Meditation is no longer principally a tool to renounce the world but a process that stills the mind and keeps people sane and healthy. In that context meditation has an important place in modern health care.

Oda Lindner teaches Yoga and Meditation at the University of Alberta in Edmonton and has recently bought a house in Osoyoos



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Message by: Advocates for Alternative
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COSMIC TRENDS

for August & September by Michael O'Connor

The sultry heat of summer in August is a climactic time indeed! With Leo the lion majestically on his throne, we can both rejoice in the radiating warmth and potentially feel the burn of the scorching heat. Not surprisingly, the Sun is the ruling planet for Leo. Technically speaking in Astrology, the Sun along with the Moon is a "luminary" and the two, the Sun and the Moon, are the eyes of God. True, there is poetry and metaphor in this statement, yet when one more fully understands how much these luminaries form the basis of one's character and destiny, then the metaphor takes a giant leap closer to being a central feature of reality. The Sun is the spiritual eye while the Moon is that of the personality.

Leo largely lives in the eighth month of August and corresponds to the number eight in the Major Arcana of the Tarot. Many decks accurately illustrate this card as a person, often a woman, wrestling with a lion. By a simple interpretation, the woman represents the forces of nature at play in one's being and the lion represents the animal instincts that one must wrestle against lest they supercede the divine reason and intuition of the soul that is subject to the limitations and hungers of life in a body.

The following card, number nine, is the Hermit which connects to the sign of Virgo and illustrates the processes of going within in search of the true inner light once one overcomes the excesses of lower, sensual appetites that the lion symbolizes. These two cards illustrate the processes of strengthening one's character and deciphering priorities. With the height of summer peaking and the Harvest of Summer yielding to Autumn, these themes are currently active.

Beyond the more particular themes of planets in signs at this time, these themes are the timeless ones that this time of the year represents. However, given the realities of our times, these themes have current value with a certain measure of urgency. The following is a brief discussion about the way in which these months, Tarot cards and themes are timely reminders. The moods, phases and circumstances of our life dictate, to some extent, the quality of our experience. On the other hand, regardless of any such experiences and circumstances, we have the choice to see life from another angle. This is where strength of character and choice come into harmony. In these times of personality glorification, character strength may seem out of touch with the trends. Strength of character is a central theme for Leo. In many respects, it is the supreme goal reflecting the art of living well.

Beyond the simple pleasures and the satisfaction of desires, inner strength by way of living life consciously, intelligently, purposefully, creatively and lovingly is the ambition of the soul. At the end of the day and at the end of our life, or shall we say incarnation, the two main questions are how much did you love and how much wisdom did you gain? These questions are somewhat relative to each person according to their karma and dharma or roots and destiny. Between these two large and enigmatic aspects of our life, sits our free will. The quality of our choice, which reveals our free will, reflects the quality of our character. Beyond comparisons and competition, each person has the inner duty and opportunity to choose. This is by no means an overall easy process, but learning to choose well is a sign of a strong character.

Pressures from both within and without lead every person down certain paths that provoke certain kinds of choice and response. The two other principle factors are perception and vision. These two are the opposite ends of the same pole. In these abundant times where opportunities are more available than ever before, there is also a good deal of confusion. The parameters are not so clear and rigid. While that is a good thing, in many respects, it also creates its own problem of deciphering whether to choose one thing or another or yet another. This is where we enter into the spiritual crux of the matter—where perception and vision come to the fore. When our choices reveal a conscious, intelligent, purposeful, creative and loving flow, we can say that our character is strong and we are fulfilling our destiny.

Michael O'Connor • (250) 352-2936 • www.sunstarastronomy.com

Eating Dirt for Health

by Wolfgang Schmidt

Medical practitioners may diagnose the cravings for eating earth as 'pica', it may also be a celiac type disease, having to do with the malabsorption of nutrients.

Children and pregnant women have been seen eating the dirt from the garden. Our Grandmother's advice for these young women who were craving dirt ... 'eat clay'. Not any clay that is... but special clay from certain parts of the world. Digestible clay contains many minerals as well as some trace minerals and even though Grandma wasn't a scientist, she knew that the body needed something that was in the soil.

Today, mineral deficiency of our diet is well known and a lot of food supplements are on the market, containing various substances needed for the body to keep bone and skin healthy. In Wyoming there is a mine which was well known to the natives who called the vein of clay 'Ee-Wah-Kee' - The mud that heals. In the past many tribes travelled to that area, which was said to be in within the Big Horn Medicine Wheel.

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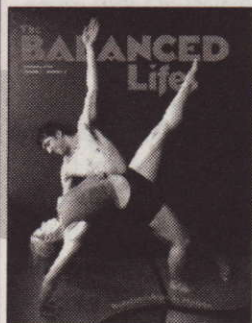
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Circle

by
Rose Stapenhurst

"The course took me by surprise; I was deeply touched by its depth and healing power." "Loved it. Powerful, spiritual, caring, sharing, soul searching, much more than I expected." "One of my best experiences in 20 years!" These are just a few of the comments I have received by participants of past Circle Dance workshops. People tell me that Circle Dance has changed their lives, and I can believe it as it has so profoundly changed mine. Circle Dance has provided me with experiences of healing, wholeness and oneness with spirit and dancers.

My first introduction to Circle Dance was at the Findhorn Foundation in Scotland, one of the oldest intentional communities around. I had no idea what it was about but I was deeply moved, initially just by observing and subsequently by joining the dancers. I found myself melting and softening into the safety of the circle.

Circle Dancing provides me with movement, which my body craves, and music, which fills my heart. Our ancestors used dance and movement as prayer to their creator. This is what Circle Dance is for me, holistic prayer, prayer of the body, mind and spirit, the way it used to be. Through Circle Dance I have experienced my heart expanding till there were no boundaries between myself and other dancers. We were all one.

The dances themselves have their roots in Europe from countries such as Greece, Macedonia, Russia, Romania, Bulgaria, French, Israeli and Serbia to name but a few. The dances were often originally used for specific events such as awakening the earth after a long winter, requesting a good planting season and praying and giving thanks for a good harvest as well as for community celebrations like weddings, and births. There are also dances for sending warriors off to war and mourning deaths.



Dance

In 1976 a German ballet dancer, Bernard Wosien, who had traveled all over Europe collecting these dances and recognizing their spiritual essence, introduced them to

the Findhorn Foundation where they were warmly received. A new, yet old, dance form was created. Over the past 25 years Circle Dance has taken off to become an international activity and is now offered in most large cities in Britain and in many countries world wide.

Many dances are done as the name suggests; in a circle. There are some, however, that spiral us into the centre of the circle and back out again. The centre of the circle is our focal point. For our ancestors this might have been a fire. Now, however, I like to use flowers and candles etc. The centre is where most of our energy is focused and we can use that energy for self and global healing.

Circle Dance has provided me with some of the most deeply moving experiences I have ever had, and continues to remind me that when we open our heart we feel one with all beings. We are all connected.

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Rose Stapenhurst is a Findhorn Foundation trained Circle Dance facilitator and Course and Workshop leader. She has been leading dance and movement for over 16 years. She lives in Nelson and offers regular dance events around BC.

Check the Johnson's Landing Retreat Centre ad on page 21. Workshop happens Sept 24th - 26th.

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Healing Arts Association of the Okanagan HAAO

Welcomes New Members

by Donna Roth

Four years ago a small number of like-minded healing arts practitioners under the direction of Sharon Strang met in a rather secluded environment to organize what today is known as the Healing Arts Association of the Okanagan. The HAAO is a non-profit organization dedicated to promoting age-old tried and proven methods of holistic principles through honoring of the mind, body and spirit. Encouraging people to participate actively in their own health and wellness and to become educated in the healing of their own bodies is the prime interest. To accomplish this, members have devised crucial key goals that include professional caring, healing service to the community, and professional support and education to fellow members, as well as establishing links with other healing professionals and community organizations.

HAAO is proud to be a member of the Kelowna Chamber of Commerce and has set up a valuable website www.healingartsassociation.com which references members and the descriptions of their professions. Presently HAAO is actively seeking to increase their membership. Our next HAAO meeting is on Tues., Sept. 14 @ 7 pm. Our association hosts two health fairs a year. See ad to left or call Donna Roth 764 2852

My Awakening... A Fine Line by Clayton Truman

What is it that drives some people to get closer to the "truth" and others to not concern themselves with it? I supposed that it is the traditional Ying and Yang of energies balancing one another so that there is not utter chaos in society. If we were all at the same level, at the same time, society would not be evolving, even at a dysfunctional level. We need the pioneers and the people who hold down the fort for balance.

As such, our spiritual journey to who we really are can take different paths. Most people feel that if one is on a spiritual path (and by the way, I am of the opinion it is impossible not to be), that it should be one of bliss and peace. While this may be so for some, this is not so for myself and many that I know. In case you are questioning your sanity or general mental health, let me just assure you that I am aware of being on the spiritual path, and every day it is an intense incredible struggle to literally not lose my mind. The reason for this is of course we are beginning to lose our logical minds, and are turning into the intuitive beings we really are.

My awakening was so violent, so abruptly overloading, that I ended up in the hospital and was diagnosed with a mental illness. I am mentally ill, unless I am not. Bipolar disorder is the term. Every day I feel as though my heart could come thundering out of my chest, or that I could scream until I lose my voice. My brain goes a million miles an hour, I either work like a maniac, or do nothing at all, hiding from the world. Many times I definitely act as a mentally ill individual and indeed from time to time I do slip into that realm. I am grateful to those that are closest to me, that stand beside me, for I am aware that this can be tiresome for them.

If the fish that grew the first legs to crawl out of the water was physically disabled than yes, I am mentally disabled. Many days I feel as though I am, but if I let myself stay in that and be a victim of it, I will not make any progress, let alone survive. That is my reality.

Years ago, but not that many years ago, there was a mental illness that was killing people. The thoughts that people had with this illness quite literally drove many to end their lives. Psychologists tried in vain to help these sick people to overcome their thoughts. They used terms like "Not real, dislusional, and post traumatic from childhood abuse."

The 'illness' I am speaking of is same sex attraction. Gay and lesbians were listed as having a mental illness in the medical journals until 1979! Do you know why it is not longer a mental illness? Because those 'suffering' from it decided so. They stood up for what they believed in and they became healthier people for it.

Today of course, therapists encourage gay and lesbian individuals to express how they feel and come to terms with it. Embrace it as not only normal, but natural as well. And so it is with myself, I live in two worlds. One is my mental illness; that of high anxiety and racing thoughts. The second is the spiritual enlightenment of knowing who I really am. Even though it felt like a violent spiritual metamorphosis, I now know that separation from God is an illusion. Even though I only experienced that feeling for a few days, it was life changing. For me, the first world offers a life of never ending struggle and hopelessness, the other world offers hope and renewal. Which one I choose is up to me. Any comments email me at evolvingnow1@yahoo.com

Fulfillment:

Claiming Your Life Purpose

by Jon Scott

Being fulfilled in life is an often talked about and lesser experienced state for most people. Yet, this desire to be fulfilled drives us passionately all our lives. The big question to ask is, what will fulfill us?

Planted in the soul of each person is a seed. This seed contains the code for our true purpose and mission in life. When allowed to grow in a natural, true and authentic way, this seed naturally seeks the 'light' of certain callings, fascinations and attractions to people, places and things. These attractions inspire activities that allow the expression of our true purpose.

However, for most of us, the demands and beliefs of the world do not feed and nurture that 'seed.' Most of us end up having to ignore our inner most passions in order to maintain our status quo. Often, when the growth of the 'seed' pushes towards that which will be most fulfilling, we become frightened. Much of this fear comes from a deep inner knowing that, if it come to the light of truth, our lives will be forever changed. We know deep inside that following our passion and purpose will mean that everything, from the food we eat, to the company we keep, to the job we do, will need to align to our purpose in order for us to feel in integrity with ourselves. We know that the success to fulfillment requires discipline and the minimization or elimination of those things that distract us from what is truly supportive of our mission.

When a person gives up their purpose to please an employer, significant other, children, relatives, community or country, everyone loses. This giving up is self-betrayal. When we betray ourselves, those around us can feel this.

Self-betrayal leads to a deep inner feeling of impotency and weakness. Even if we look strong on the outside, often those around us feel our weakness and will react to us with lack of respect, hostility and challenge. Without clarity and dedication to our mission we live out a passionless, meaningless routine, instead of demonstrating a profound expression of self.

The emotional brain washing that occurs in most world cultures, with the repetitive messages not to open to the depth of our desires and not to embrace the full range of felt experience, creates numbness in everyone. This numbness cuts people off from their own mystery and their connection to spirit.

In the world today it takes courage to find our mission and to fulfill it. This mission takes different forms for individuals, but we are all naturally geared, by some mysterious magic, to a fulfillment that satisfies the soul. We can trust this inner 'seed' of life that is encoded with the perfect plan for us. Let us nurture and love this seed into full flowering, and share that gift with the world around us.

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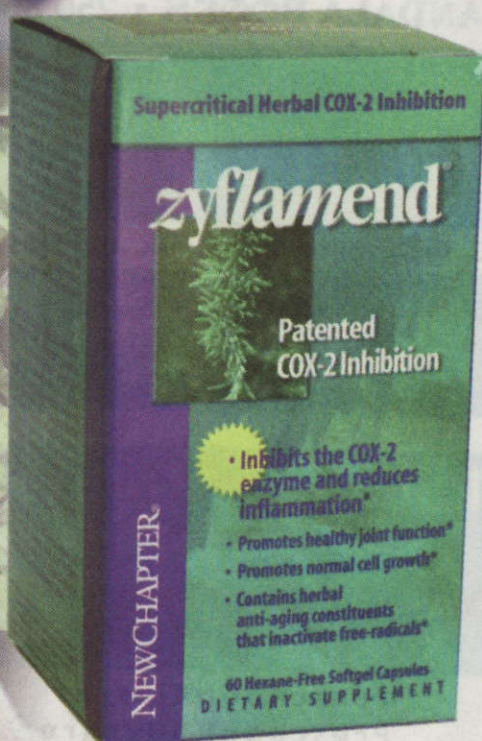
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Calendar of Events



August 13 - 15

Advanced Spiritual Intensive, p. 16

Taste of Health, Vancouver, p. 11

August 21 & 22

Reiki Level I and II,
Pamela Shelly 861-9087 Kelowna, p. 19

Komasket Music Festival, p.33

September 10 - 12

Shift Happens, Christina Lake, p. 2

September 11 & 12

Reiki Level I and II,
Pamela Shelly 861-9087 Kelowna, p. 19

The Art & Science of Coaching, p.3

September 10 - 17

Fulfillment Wksp with Jon Scott, JLRC, p. 19

September 17 - 19

Medicine Wheel Workshop with Pablo
Russel @ Quantum Leaps Lodge near Golden,
BC 1-800-716-2494 • www.quantumleaps.ca

Wise Woman Weekend, Penticton, p.30

Pagan Pride Project, Vernon, p. 31

Body, Soul & Spirit Expo, Calgary, p.10

September 22

Equinox Celebration at 7pm in the pyramid
@ Summerhill Winery. Bring something to sit on
and a blanket. Followed by a vegetarian potluck,
drumming and dancing. Any questions call
Sequoia 764-6330 - Kelowna. Back page

September 23 - 27

The BodyTalk Course, Kelowna, p. 9

September 24 - 26

Couples Wksp. at Quantum Leaps
Lodge. Yogassage, firewalking, labyrinth.
Golden. 1-800-716-2494 www.quantumleaps.ca

Circle Dance with Rose, JLRC, p. 17

Body, Soul & Spirit Expo, Vancouver, p. 10

Spirit Soul Iridology, Penticton, p. 22

October 1 - 3

Pushing the Edge Wksp @ Quantum
Leaps Lodge. Firewalking, breathwork. Golden,
BC. 1-800-716-2494 • www.quantumleaps.ca

Feng Shui Practitioner Program,
Vancouver, p. 8

October 4 - 9

LaStone Therapy, Vernon, p.27

Hypnotherapy Training, Kelowna, p.12

October 8 - 11

Thai Massage Cert. Program. p. 38

October 15 - 17

Medicine Wheel with Diane in Nelson, p.11

October 22 - 24

Medicine Wheel with Diane in Vernon, p.11

October 30

Health Fair, Parkinson Rec. Kelowna, p.18

ONGOING EVENTS

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PENTICTON: Celebration Centre Sun.
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What is Cancer?

- The response to these questions is from the pen of an intuitive writer, for a friend, and for all those who have been touched by cancer

Cancer is encouragement. Cancer – the very word – evokes all kinds of emotions. But most of all, it elicits the best in all those around the person diagnosed. The true nature of friendship is revealed. The true nature of family dedication and loyalty is revealed. The true inner strength of the individual is revealed.

But does it need to be so drastic, so dramatic?

Yes. Life is a drama. We stand on stage – sometimes we act a role with a mask on – but at times that mask is stripped off. Cancer strips the mask off and leaves us on stage, baring all to our audience. Often the audience will applaud. Sometimes it will gasp, at times it will cry. But the drama – the drama of cancer goes on. To the player on stage it is no longer a script, a scene, or an act. It is the real drama of life.

What can the person with cancer take from this?

You are centre stage. You have the audience, without your mask, your inner dignity intact. You like their response. They are kind, loving. You are firmly planted on stage, your two feet solidly placed. You will not topple over.

Why did this happen?

There is no clear answer to this question. There are more questions, certainly, than answers. "Why me?" – "Why now?" "What did I do wrong?" "Will this change who I am?"

These questions will only be answered by the person with cancer and you – your inner being – knows all those answers. An important issue is rhythm. It can be a heartbeat. It can be a clock ticking. It can be a drum beating. You can sit and listen to that rhythm. With each beat, feel the answers come from the Great Spirit into your being. You retrieve each answer as you are ready.

You, the person with cancer, knows you are surrounded by love and caring. You ask questions – hundreds of questions. Each question asked will lead to the healing – to the solution. You, the person with cancer, will find within yourself inspiration, not only to let your body do its healing, but also to heal those around you whom you love. Allow those answers, from within, to emerge. Release them, slowly, deliberately.

This is another leg of the journey of life. Take a lunch, your toothbrush. You won't need much more because you will be provided with everything you need along the way. And it simply comes from within.

Be in love.

Donna Korchinski is an intuitive writer who receives answers to life's questions from Spirit.

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IF AT FIRST YOU DON'T SUCCEED, GET THE HELL OUT AND GO SOMEWHERE ELSE

by Wayne Still

Dr. Ida P. Rolf (1896-1979) was a respected scholar and medical researcher. She earned a Ph.D. in biochemistry from Columbia University in her native city of New York in 1920. For the next nine years she worked at the Rockefeller Institute in the department of organic chemistry. Her search for solutions to her own and family health problems led her to an exploration of homeopathy, osteopathy and chiropractic healing methods. From her practice of yoga she became fascinated with movement and the relationship between form and function. She determined that impaired function could be improved if form was changed by restoring length to the connective tissue in and around the impaired area. Finding ways to encourage length into these areas is the art of Structural Integration. The second aphorism; "If at first you don't succeed, get the hell out and go somewhere else." is Dr. Rolf's reminder to practitioners that the art is better practiced with finesse than a bigger hammer.

The body's myofascial system is made up of a long chain protein molecule called collagen. It is an endless network of hollow fibers; inside the fibers is a material known as ground substance which nourishes and lubricates the web.

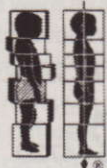
Depending on the amount of ground substance present,

the fascia is described as "sol", meaning hard and tough or "gel", meaning soft and malleable. The SI practitioner's job is to bring a state of gel to areas which are sol. This can be thought of as a process of re-education with information being presented in the form of directionally applied pressure. Using finger tips, knuckles, the heel of the hand and the dreaded elbow, the practitioner works along the orientation of the fibers, encouraging the flow of ground substance, thereby coaxing length and a uniformly soft, silky texture to the tissue. As the tissue softens, chronic tension held in it releases, allowing the body to return to a previously known state of balance and ease. The process can happen quickly or over a period of several sessions as the tissue becomes progressively softer. By working around an area rather than directly on it, space is created giving shortened and hardened tissue the opportunity to regain length. Range of motion can increase with the change in form so as to enhance function.

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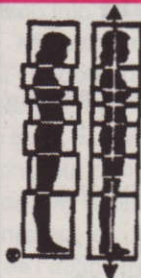
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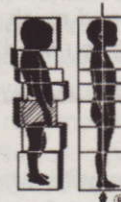
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Why Stress?

Understanding and Healing the Adrenals

by Ean Langille

If you have difficulty getting up in the morning, unexplained feelings of tiredness, headaches, depression, or low energy throughout the day, there is hope. Do you know that adrenal fatigue may be at the root of these uncomfortable symptoms? The key is to understand the adrenal glands and what they need to function at full strength.

Everything seems like a chore when there is barely enough energy to just get through the day. The adrenal glands sit on top of the kidneys and are responsible for regulating our energy levels. This prevents us from experiencing low energy slumps or crashes. In the book *Adrenal Fatigue* Dr. James L. Wilson mentions that "your resiliency, energy, endurance and your very life all depend on their proper functioning." The adrenals provide the surge of energy that you feel from any real or imaginary situation or event. It can send the same energy when something scares you in the dark as it does when you think of studying or writing an important exam. The adrenal glands are a captive audience to every thought and feeling that you allow yourself to have. We have a lot more control over the energy we have just from our thoughts alone. The adrenals also expend a lot of energy to balance your blood sugar levels to keep you from feeling tired. This balance is critical to supply the right amount of blood sugars to the brain and all cells of the body. The adrenals are intricately involved in strengthening the immune system and in producing the natural anti-inflammatory effects in the body. They have a significant role in creating powerful hormones which communicate to every organ in the body. They even have a part to play in producing a regular heartbeat.

High energy fuel is needed for the adrenals to perform all these functions. A diet rich in organic fruits and vegetables is important as a base for good health and the adrenal glands. Eliminate white sugar, coffee, and processed foods as they directly interfere with adrenal function. If you eat well and are still suffering with any of the symptoms I have mentioned, it is important to add high quality supplements or herbs to provide the sparks necessary for optimal health. I have witnessed people restore their energy levels, regain normal sleeping patterns, and eliminate their depression drugs, all by providing their body with supplementation that is tailored to their body. I agree with Dr. Wilson when he says that "they (supplements) not only speed your recovery but are also often necessary for complete recovery to take place at all." Vitamins B and C are important as are herbal combinations high in magnesium for they act like spark plugs for your adrenals. Vitamin E is essential in many enzymatic reactions that feed the adrenals and are also a natural antioxidant. Trace minerals support the body by having a calming effect on the nervous system. Psyllium seeds are also excellent as they bind onto toxins in the intestinal tract before they assault the adrenal glands.

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Book Reviews

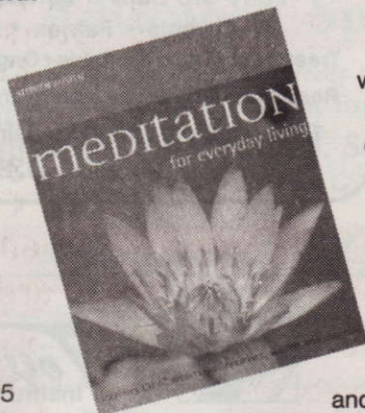
by Christina Ince

This month I am pleased to say that two of the books are the work of local authors: Paul Chelli lives in Kelowna, and his biography of Isabel Stadnicki is self-published; Stephen Austen moved to Canada from England in 2001 and is enjoying life in Peachland.

Meditation for Everyday Living

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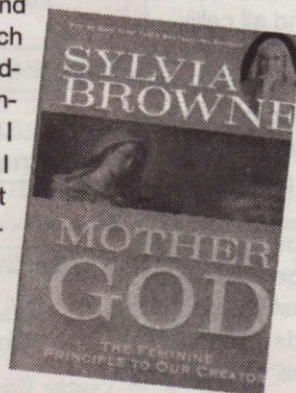
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Every now and then I come across a book which I clutch covetously and exclaim: "I wish I had written this!" This is one such book. Someone recently said to me, "What is meditation exactly? The more I hear, the more confused I get, so now I'm too scared to try it....." If I had known then about Stephen Austen's book, I would have recommended it, confident that not only would it have answered that person's questions, but also dispelled the fears. Beginning with "What is Meditation?", through Breath, Mantras, the Chakras, and Stillness, to "What to Expect from Meditation", Intuition and Enlightenment, this well-crafted book will guide you, your experience enhanced by a myriad of gorgeous photographs. There is an accompanying CD (so pleasing to one who is periodically homesick for the sounds of the ocean), featuring music composed by internationally-acclaimed musician Medwyn Goodall. Whether you are new to meditation, or it has been a life-long journey, you will appreciate Stephen's superb writing, the depth and thoughtfulness involved, and the comprehensive amount of information provided therein. Stephen's final paragraph in the book seemed the ideal words with which to leave you: "By drinking from the well of the inner self you have become fulfilled. You will only ever really find refreshment there. The world will not give you that. In meditation you have turned the key to your soul. You now know that you can always enter that place at will. Having turned the key, the door stands open leading to an inner sanctum. Go within, and may peace fill your mind and comfort your heart."



The cover goes on to explain that Isabel is a "retired nurse and medical dowser who uses colour therapy and natural remedies to help people heal themselves." My first thought on finishing this book and returning to look at her photo on the cover was that I would love to meet her. This is the story of a healer, one woman working with ancient healing skills to benefit those around her in a matter-of-fact, ego-less and intuitive way. The author, Paul Chelli, echoes these traits in his writing - this is not a book honed to that perfection which has your eyes glaze over as they struggle through the glossy glamour, and it does not need to be. It has been made far more effective and interesting by the everyday language in the telling of Isabel's story. Much of it is question-and-answer, so we have an abundance of Isabel's own words: stories of healing, anecdotes, insights into her methods, and some simple yet fascinating ways to use colour for healing and problem-solving. Isabel continues her healing work in Sicamous - where she met the author when she approached him and informed him that her guides told her he was coming.....



does it not make sense to seek, and strive to achieve balance?

And after balance, naturally comes harmony. Sylvia Browne reminds us, in many versions of the Bible where God speaks in Genesis, the words "we" and "us" are used - there may be argument that this is the Trinity speaking, but would it not make more sense that the words are those of male and female creators. She founded the Society of Novus Spiritus, a Christian church for spiritual awareness; she finds it hard to comprehend that believing in a female principle would fly in the face of any religious belief, particularly "since Christ above all the messengers elevated women." The author argues the evidence of the female principle, describes the multicultural appearance of the Goddess, gives guidance in petitioning for help, includes stories and letters from her website, along with prayers and meditations. This book, as with many Hay House publications, is eye-appealing gift material, as well as informative and well-researched. A credible "argument" indeed for the duality of creation.

Art of Healing

**Art of Healing
Biography of Isabel Stadnicki**

Paul Chelli BSc, BA
ISBN 0-9734-5100-9 \$20.00

Mother God

The Feminine Principle To Our Creator

Sylvia Browne
Hay House, Inc.
ISBN 1-4019-0309-6 \$22.95

Over the years we have heard arguments in favour of the Divine being She, not He. The dispute may seem as pointless as that of male-or-female superiority - given our history of power struggles over the centuries due to inbred fear,

Cancer Cure Focus Makes for a Growth Industry (But is there a Cure?)

The following is an interview excerpt with Dr. Samuel Epstein. He is emeritus professor of environmental medicine at the University of Illinois School of Public Health and chair of the Cancer Prevention Coalition. He published some 260 peer-reviewed articles and wrote or co-wrote ten books, including the prize-winning *The Politics of Cancer*, *The Safe Shoppers Bible* and *The Breast Cancer Prevention Program*. He has criticized the National Cancer Institute and the American Cancer Society for losing what he considers the winnable war on cancer.

Over recent decades, the incidence of cancer has escalated to epidemic proportions, now striking one in every two men and over one in every three women in their lifetimes. Even more disturbing is that this very high incidence of cancer is increasing. People are not getting cancer because they are living longer. When we talk about cancer incidence rates, we adjust them to reflect the longevity of the population. And genetics is not the cause for this major increase in cancer.

The cancer establishment is fixated on what I call 'damage control.' The screening, diagnosis and treatment of cancer, as opposed to its prevention. The Chronicle of Philanthropy, the leading American charity watchdog, stated: "The American Cancer Society is more interested in accumulating wealth than saving lives."

The conflict of interest extends particularly to the mammography industry. We have excellent data showing that pre-menstrual mammography is not only ineffective, but is also dangerous for a variety of reasons, including the high doses of radiation. A radiologist will tell women, when asked if there's any problem with the radiation, "Well, my dear, not at all. It's just the same as taking a transatlantic flight." This is deception and manipulation.

So what is the reason for this major epidemic on cancer? Consumer goods, such as food, cosmetics, toiletries and household products. Animal and dairy products are highly contaminated with a wide range of pesticides and other industrial and chemical carcinogens including sex hormones in cattle. A hundred days before slaughter, cattle in feedlots are implanted with sex hormones, from which high residues are left in the meat that you eat. These are very serious risk factors for reproductive cancers; testicular cancers in men, breast cancers in women, and leukemia in children.

Children love hot dogs. Hot dogs are dyed pink and red with nitrate, which reacts with certain amines—chemicals naturally present in foods—to produce extremely potent carcinogens known as nitrosamines. We have epidemiological studies showing that children who eat nitrite in their dyed hot dogs—have up to a three-to-four-fold increased incidence of brain cancer and about a six-to-seven-fold increased incidence of leukemia.

Most of the milk in our grocery stores is also contaminated if the cows have been injected with a genetically modified growth hormone. In high levels, this growth hormone has been clearly associated with breast, prostate and colon cancer.

Medical drugs prescribed for you by your doctor are another cause of cancer. Ritalin, for instance, used for Attention Deficit Disorder, is a dangerous carcinogenic drug that has been shown to induce aggressive liver cancer in rodents. Evista or Raloxifene prescribed for osteoporosis—can induce ovarian cancer and estrogen-based drugs can lead to uterine cancer.

Another category of cancer risk is the carcinogenic chemicals with which the petrochemical and other industries have contaminated our air, water, workplaces and foodstuffs.

From the CCPA Monitor—March 2004 issue. (continues to the right)

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—Neale Donald Walsh

Note: From this reprinted article we can see that there are many causes of cancer. But how does one prevent and eliminate the disease if we already have cancer or other illness?

Many have been able to eliminate serious and even death-bed illness in a short period of time.

To find out how or to receive the full context of the interview with Dr. Samuel Epstein please call:

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AUTUMN ART AUCTION

by Julie Draper

Greetings from the Granby Wilderness Society. We are a small, grassroots organization working towards the protection of precious habitat for the Grizzly Bear and all forms of life dependent on forest ecosystems. We are found in the Grand Forks/Boundary area.

The Granby Grizzly is a unique bear, in that it doesn't have access to salmon. Therefore it is an omnivorous, opportunistic predator, relying on a limited food source, and intact habitat is vital for the survival of this species. We need to raise funds to keep our little group alive, and we've decided to launch a silent art auction to take place in our local Grand Forks Art Gallery, to run from Oct. 2 - 23, 2004.

The theme of the auction is **Wilderness; What it means to the Artist.** Local, international, native and non-native artists are all participating. Graphics design master Brian McAndrew has devoted time to create the web site where people from all over the world can view the art and do their bidding. As an added bonus, each artist will have their own page, complete with an enlargement of their work, their bio and links to their website.

We know the auction will be fabulous for the forests, the grizzlies, and the artists! Anyone wishing to contribute or who seeks more info, please contact me at outreach@granby-wilderness.org or (250) 442-3931. Thanks for your support for the Earth.

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Fast Recovery from Exercise and Illness!

by Connie Hargrave, MA, EleCT..

How is getting sore muscles from exercise related to getting a disease?

It is well-documented that if your body is in shape, it can withstand more stress and is less prone to disease. However, with strenuous exercise these benefits can turn into negatives, especially as you get older. While moderate activity enhances the immune system, it has been repeatedly shown that too much exercise acts to suppress immune function. Marathon runners who run over 60 miles per week are twice as likely to catch a cold as those who run only 20 miles in one week.

Why is this? When your body generates more free radicals and toxins than it can handle, there is less of the protective antioxidant and detoxifier called glutathione. So what happens when athletes increase their glutathione? Dr. Larry Lands at McGill University found that the athletes he studied increased their muscle strength by a remarkable 15%, and they improved both their endurance and immune function, while they had less muscle damage and infections than the control group. Dr. Lands did this by enriching their diet with a cysteine-rich protein that raises glutathione.

Medical researchers have over the last 15 years found that glutathione helps with recovery from illness and bedsores, and is a key defense against infection, disease, aging, cancer and environmental pollution.

Glutathione may turn out to be our body's strongest protection against heart disease. The New England Journal of Medicine recently published a study reporting that the higher your glutathione levels, the less likely you are to have a heart attack!

How to raise your glutathione? Researchers at McGill University found that it cannot be taken in pill form because the digestive tract destroys it. Glutathione is dependent on the availability of cysteine, so it can be raised by adding cysteine to the diet.

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Live a Life That Matters

submitted by Rose Ferlow

Ready or not, someday it will all come to an end.

There will be no more sunrises, no minutes, hours or days.

All the things you collected, whether treasured or forgotten, will pass to someone else.

Your wealth, fame and temporal power will shrivel to irrelevance.

It will not matter what you owned or what you were owed.

Your grudges, resentments, frustrations, mean spirit and jealousies will finally disappear.

So too, your hopes, ambitions, plans, and to-do lists will expire.

The wins and losses that once seemed so important will fade away.

It won't matter where you came from, or on what side of the tracks you lived, at the end.

It won't matter whether you were beautiful or brilliant.

Even your gender and skin color will be irrelevant

So what will matter?

How will the value of your days be measured?

What will matter is not what you bought, but what you built.

Not what you got, but what you gave.

What will matter is not your success, but your significance.

What will matter is not what you learned, but what you taught.

What will matter is every act of integrity, compassion, courage, love or sacrifice that enriched, empowered or encouraged others to emulate your example.

What will matter is not your competence, but your character.

What will matter is not how many people you knew, but how many will feel a lasting loss when you're gone.

What will matter is not your memories, but the memories that live in those who loved you.

What will matter is how long you will be remembered, by whom and for what.

Living a life that matters doesn't happen by accident, it's not a matter of circumstance, but of choice.

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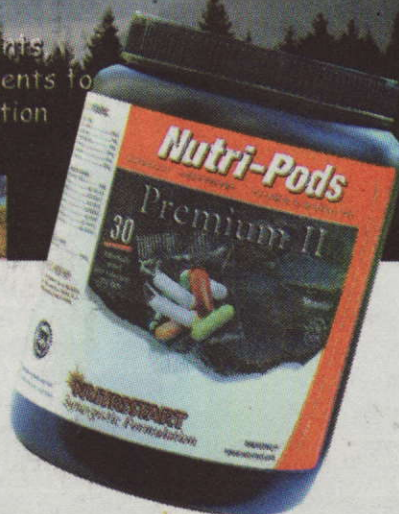
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Vitamins and Weight Loss

Most people think of a vitamin and mineral supplement as something used just to maintain basic health and well being. Then when they find themselves taking 6 caps of a weight loss product, to aid their weight-loss program, they may decide that they can forgo their regular vitamin regimen. Quite the contrary. Vitamins, minerals, essential fatty acids and enzymes all have a role to play in a balanced weight loss program.

Those supplements that help to control body weight are divided into two categories. First are the energy nutrients, including magnesium and the B-complex vitamins, which are involved in the conversion of food to energy. They activate enzymes, which control the digestion and absorption of carbs, fats and proteins. Without the support of energy nutrients, calories are not burned in the body's cells and instead are stored as fat.

The other category is protector nutrients, which are those that defend the cells against damaging toxins. When there are insufficient protector nutrients the cells will be damaged by free radicals and other toxins, leading to impaired metabolism and ensuing weight gain. Protector nutrients, include the anti-oxidants beta-carotene, vitamins C and E, and the minerals copper, manganese, selenium and zinc. Let's have a look at some of these, and other nutritional supplements and how they will help achieve an ideal weight.

Vitamin A: — Maintains the lining of the digestive tract which facilitates the absorption of nutrients. Necessary for the production of thyroid hormones, and helps the thyroid to absorb iodine, essential for proper thyroid function. Beta-carotene, the precursor to vitamin A, is also an anti-oxidant, but those with impaired thyroid function (one symptom being obesity) cannot effectively convert beta-carotene into vitamin A.

continues on page 32

Pagan Pride Project

by Diane Morrison



In association with the International Pagan Pride Project, and the Coven of the Sun, Moon and Star, we are pleased to announce Okanagan Pagan Pride Day, which will take place in Vernon, BC, at Polson Park, on Saturday, Sept. 18, the week-end before the Autumn Equinox. This event is FREE and all are welcome. As part of the event we are encouraging all participants or observers to bring a non-perishable food item for the Vernon Food Bank.

The International Pagan Pride Project is a non-profit initiative to promote public awareness of earth-based and alternative religions; in particular, the religions commonly described as 'Pagan' or 'Neo-pagan,' such as Wicca, Druidry, Asatru, Thelema, Reconstructionist Religions, Tantric practice, and so forth. We believe that by education and understanding, religious acceptance in the greater community can be achieved.

Our first Okanagan Pagan Pride celebration was last year, and though small, it was a great success in promoting understanding of Pagan and Neo-pagan practices.

This year our event itinerary is somewhat sketchy, but it will include a Wiccan ritual to be held in the mid to late afternoon. As well there will be free readings by some students of the Tarot. If you have something to offer that would entertain and inform in the vein of our intention we would like to hear from you, especially ritual from other traditions such as Druidry, Asatru, etc.

We are also looking for Educators in Holistic Living, Psychic and Tarot Readers, Reiki Practitioners and Natural Healers, Mendhi Artists, Musicians, Singers, Drummers, Face Painters and so forth to help make the weekend extra special so if you feel you fit in please call me.

I can be reached at my email address, SunMoonStar@planet-save.com, or my home phone number, (250) 549-4100. Let's celebrate our diversity!

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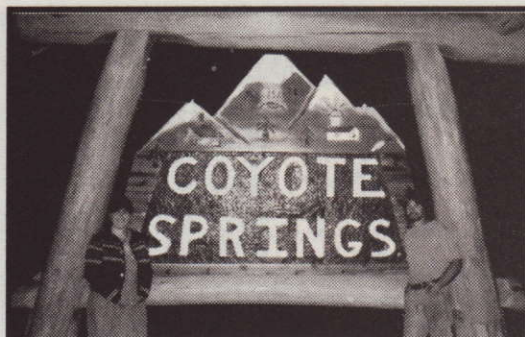
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Vitamins and Weight Loss continues from page 30

Vitamin B-1 and Vitamin B-2: — necessary for the metabolism of carbohydrates. B-1 deficiency can aggravate hypoglycemia (low blood sugar.)

Vitamin B-5: — Also known as pantothenic acid, B-5 is essential for maintaining healthy adrenal glands. A deficiency is linked to depression, fatigue and insomnia. Increases the rate at which carbohydrates and fats are metabolized.

Vitamin B-6: — Necessary for metabolizing fat and protein, and for creating serotonin from the amino acid tryptophan. The neurotransmitter serotonin keeps us calm and helps to control the appetite, especially the cravings for carbs.

Choline and Inositol: — These B vitamins are known as lipotropic agents, which help the body break down fats in the blood and liver. Improving the liver's ability to metabolize fat is an important part of any weight loss program.

Vitamin C: — An anti-oxidant also needed for supporting adrenal and thyroid function. Exhausted adrenal glands lead to low hormone levels (especially DHEA,) causing low energy and an imbalance of the sex hormones. High estrogen in women and low testosterone in men manifests often as undesired weight gain. *continues to right*

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Vitamin E: — If you are overweight, it is likely that you are deficient in this important anti-oxidant, due to its tendency to become trapped in fat tissue. Vitamin E deficiency will reduce iodine absorption by the thyroid gland.

Chromium: — Regulates insulin production, which stabilizes blood sugar levels, preventing the storage of carbohydrates as fat. A diet high in sugar and refined carbs tends to deplete the body of chromium, as it is used up in removing these sugars from the blood.

Iodine: — Deficiency results in hypothyroidism, which causes fatigue and weight gain, by slowing the metabolism down. An essential building block of thyroid hormones, along with copper, selenium and zinc.

Alpha Lipoic Acid: — Stabilizes blood sugar, protects the liver, serves as an anti-oxidant and helps detoxify the body. Converts blood sugar into energy to be burned, rather than fat to be stored.

Digestive Enzymes: — Many overweight people suffer from poor digestion and enzyme deficiency. When food and supplements are not well digested, you can still feel hungry even though your stomach is full. This can lead to over-eating and weight gain.

Essential Fatty Acids: — When we go on a low fat diet it causes the body to hoard fat, since the body believes the environment is unable to provide enough fat for our metabolic needs. Thus, when we eat good fats, the body is comfortable enough to burn stored fat as a fuel. "Bad" fats however, use up and block good fats, so this is not an excuse to eat any kind of fat. Fish oil, flax seed oil and olive oil are some of the best fats to use.

Of course, we have only touched on some of the basic points linking nutrition to weight loss. There are other nutrients which are also important, but where the link is more complicated (i.e. scientifically technical.) Sometimes only one nutrient deficiency can cause a cascading effect on the glandular systems, leading to unnecessary weight gain. Nutritional supplements are an essential link in a well-balanced weight loss program.

A Healing Experience

by Urmi Sheldon

It is my understanding that growth and change on the road to awakening of self are intrinsically parallel to experience. If we have no experience of the beyond we simply will not be called towards it.

At around seven years old I experienced a connection with nature that held such a feeling of mystery that I experienced for the first time the great unknown. The 'mystery' led me to be interested in the paranormal such as telepathy and auras and intuition. My sense that there must be something more than what regular life was offering led me to India where I experienced the presence of a living master and had my first encounters with meditation, energy and bodywork. Throughout my stay in India my body transformed. I began to live a more natural free flowing life but not without much 'work' and a good deal of confusion. Transformation and the breaking down of childhood patterns and cultural influences can be a tedious and continuous process. The best way to overcome trauma is to replace it with new experiences; pleasurable ones. Bodywork, massage and energy healing such as Reiki offer a physical connection which can bypass the mental process of deciphering problems. In simpler terms the body can heal without the mind knowing why.

With these concepts in mind the Healing Oasis was introduced to the Spring Festival of Awareness and the Wise Woman Weekend. Amidst the workshops and learning I felt an experiential aspect to the weekends was essential. The road to change is secured if one has a physical experience of something better than the familiar state. If one can revive and relive the original balance of the physical body a reference point is established. The reference point is an opening into our potential to live happy, healthy and pain free lives.

These concepts are applied to the formation of the Healing Oasis. During the weekend participants are invited to have a session at a minimal cost. The sessions are enhanced by the group energy of the weekend and powerful healings or revelations can

be experienced by both participants and practitioners.

Wise Woman Weekend invites practitioners who are enthusiastic about sharing their talents. There are three categories to the Oasis: **physical practices** such as massage, reflexology and bodywork, **energy healing** such as Reiki and Healing Touch and **intuitive readings** such as tarot and astrology. We invite women who are practicing the healing arts to join us to create an oasis where transformation can be shared.

For more information and to apply see our ad on page 30.

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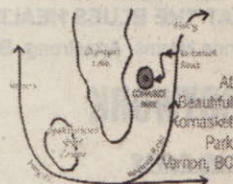
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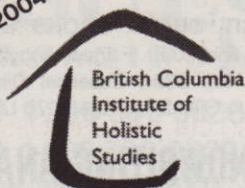
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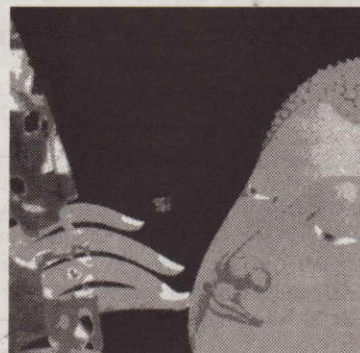
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