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December 2004 / January 2005

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see page 9 for details

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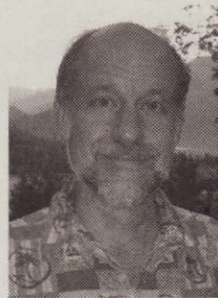
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STEPS ALONG THE PATH

by Richard from the
Johnson's Landing Retreat Center

Here I am cycling through the changes that make up my life. In my younger years I thought that I had it all figured out. Bob Dylan once said, "I was so much older then... I'm younger then that now." Thinking that I know where I am going is really just an illusion. Sometimes I stumble or inadvertently wander off in some other direction, all of which seems to be a part in some mysterious grand scheme of my life.

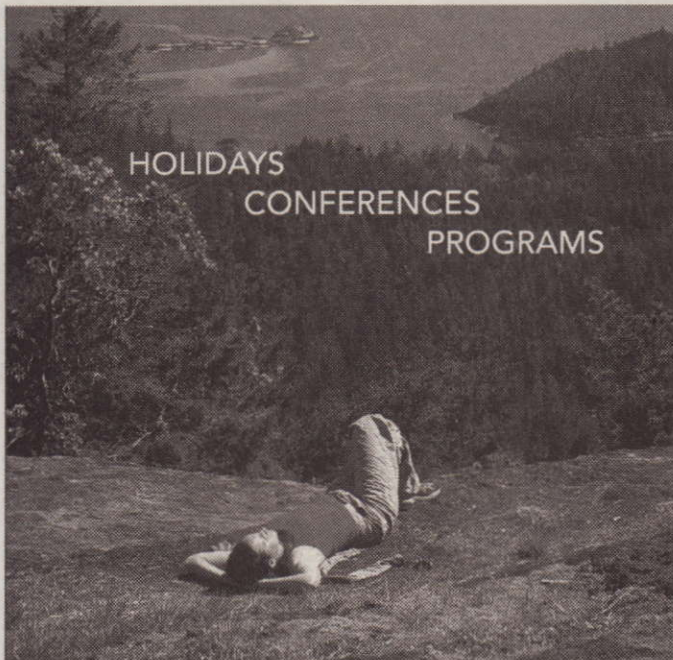
Presently I feel very blessed to be in a space where my path appears to be clear and time moves smoothly. For me, one thing leads to another and before I know it, the days flow by, the seasons pass and I am that much closer to the possibility of creating a Light Centre. Opportunities keep presenting themselves and I feel like I am in the flow watching my vision manifest.

Angèle has been busily working on this copy of Issues, while doing a myriad of other things. I have started the process of planning the programs for the Retreat Centre's 2005 season. The new JLRC Events Calendar is scheduled to be published this coming February. In addition there are last minute building projects before the ground freezes and a multitude of winter preparations. Our crew is hard at work before the snow flies. The U.S. election seems to have added an extra chill to the approaching winter weather in an ominous sort of way. At the same time shifts of consciousness seem to be happening on many levels. Have you noticed how our own 'stuff' seems to be more evident these days? It is almost like looking into a mythical mirror where we can actually 'see ourselves'.

We have purchased a four-wheel drive tractor with lots of attachments in preparation for more building, more landscaping and eventually planting some of the rich fields that have come under the umbrella of the Retreat Centre. This year we are planning to offer a limited number of long term Seasonal Staff Program opportunities for those wishing to invest time in the development of a Light Centre. This is not an employment opportunity, it is much more of a lifestyle opportunity.

This is your chance to become part of something larger than yourself and to work and grow alongside like-minded people. We are in the learning process of balancing the issues of work, the needs of the individual, and the boundaries of the community. As a seasonal staff member your work helps to support and exemplify our vision, which is the development of Body, Mind and Spirit.

As a part of our Seasonal Staff Program the Centre could use a person that loves to garden. Our organic garden needs a focalizer to direct the energy going into the plants and vegetables. It would be great if this person has some



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gardening experience, but not essential. Love of the nature spirits and the earth is all that is really required. We are usually blessed with many WOOFER's (Willing Workers On Organic Farms) who come for ten or more days and are eager to learn the art of growing veggies and need some guidance.

Food preparation is another highlight of the Retreat Centre. Both workshop participants and staff love the wonderful vegetarian meals that come from our kitchen. The Centre could use people that 'love' to be involved in the nurturing aspect of preparing meals and co-ordinating food services. Experience is not essential but enthusiasm, willingness to learn and intuition are the real qualities we are looking for.

There is also an opportunity for those of you who wish to build things, as there is always a building project or two under way. We have a good array of tools and equipment and are looking for someone with the skills to supervise and build cabins, treehouses and other projects. If you are not experienced but interested in learning about building we would still love to have you.

If you find yourself inspired or intrigued at the thought of helping to develop a Light Centre then please contact Angèle or myself and let's talk about the possibility of your participation. I feel that, 'there are no coincidences', the Universe provides opportunities, and our job is to be aware enough to see one when it comes our way.

I wish you love and blessings in this holiday season.

Namaste, *Richard*

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December 3 - 12

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December 4

Reiki Level I • Pamela 861-9087, p.12

December 5

Reiki Level II • Pamela Shelly, p.12

December 17

Christmas Concert • Vernon, p.5

December 19

Candle Light Service • Vernon, p.5

December 21

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January 9

**The Angelic Realm & Connecting
With Your Guardian Angel**
Workshop in Vernon with Pamela p.12

January 16

**The Angelic Realm & Connecting
With Your Guardian Angel**
Workshop in Kelowna with Pamela p.12

January 22 - 24

Shift Happens - Christina Lake, p.3

January 27 ...

Hero's Journey - Salmon Arm, p. 10

Wholebody Reflexology, Cranbrook, p.25

January 29 ...

Reiki Level I • Pam Shelly 861-9087, p.12

Ra-Sheeba with Sue Peters, Nelson, p.9

January 29 - Feb 5

The Power of Relationships
Lynne Gordon-Mündell - Kamloops p.4

January 30

Reiki Level II • Pam Shelly 861-9087. p.12

February 10

**The Hidden Messages in Water
with Dr. Masaru Emoto** including the film
...What the (Bleep) Do We Know
Vancouver, p.2

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TRUE ABUNDANCE

by Annie Hopper

I have recently been studying a book called The Abundance Book by John Price. Within this book there is a 40 day prosperity program that involves daily meditation and contemplation of ten Principles of Abundance.

So, what the (Bleep) do I know about this? Well, I know that whatever I place into thought has the power to manifest in my life. So in a feeling of gratitude and thanks I would like to share with you an excerpt from my journal of a divine thought that works for me. My hope is that this will inspire you to truly be more grateful for your life too.

"During my meditation today I gazed at a crystal illuminating an array of breath-taking colours and this gave me a better appreciation of the unique beauty of each colour. Upon reflection I noticed how this kaleidoscope of colours mirrors the many different seasons of my life. I am now in a season of growth and transformation. Many seeds have been planted and I am now harvesting the countless rewards of my labour. Subsequently, I will bask in the feeling of accomplishment until the next divine urge to expand and grow arises and another great idea is placed into action. Then the cycle will start all over again.

It is exciting to be in the growth and expansion stage of my life. Even though there is great fear, uncertainty, and risk involved with my forward movement, it is well worth it. I feel very alive and challenged in a healthy way. This stage offers me the opportunity to step outside of my perceived boundaries and risk being more than I think that I am capable of being. It takes extreme faith, courage, and determination to keep moving forward and trust that every step will ultimately lead me to my heart's desires.

I am so grateful to have the freedom and the clarity to live my life purpose and feel so gratified for the work that I do. I trust that my life is unfolding in perfect ways and is the greatest expression of the divinity within me. I am truly blessed."

I believe that an attitude of gratitude opens up the channels for your Divine Magnificence to be recognized and made manifest in your life. Many blessings of abundance to all of you and may you create a fabulous New Year! (See ad below)

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The December cover image was chosen by my angels while I was picking up a package at the Argenta post office. My angels liked the image and the connection was instantaneous. I learned later it was called *The Angel of Water* and that it was painted by a woman who lives in Argenta. This is a community of just over one hundred people, situated a half-hour drive before Johnson's Landing, where I now live.

I heard about Argenta, which is a Latin word that means Silver, about ten years ago. My yoga teacher Margaret Luman would visit her daughter there and watch her grandchildren perform in Christmas plays. Then at the Spring Festival of Awareness I met Elisa Shine, another Argenta resident. She makes an enchanting skin cream that has so much magic and love in it that I am still buying it. (Her phone is 250-366-0081)

About five years ago, I was invited by Richard and Carol Ann to check out their Retreat Centre at Johnson's Landing, so during my next summer holiday I spent two weeks in the area, visiting here and there, seeing the cob house where my hand cream was made, hiking to Fry Creek and generally just hanging out. I felt renewed by the forests and had time to relax from my self-imposed busyness.

Two and half years ago, I again met Richard, now separated from his wife, picking up the new programs for the upcoming retreat season, which are printed in Penticton. You all know how that turned out. I spent that first summer traveling back and forth— helping Richard for a month, then back to Penticton for a month of publishing. My business partner was not happy with me being gone so much and I was exhausted, so I asked my angels where they wanted me. Three days later a lady phoned and asked if one of my buildings were for sale. The deal was quickly struck and I got the time needed to start the process of letting go. Recently the second building sold and Christina, the Healing Centre coordinator, has carried the energy forward by creating another Healing Center across from the high school. (See ad on page 25)

Now that I have settled in, I am getting to know a few of the people that make this area special. In talking to the folks in Argenta, I have learned that this small community started with a few Europeans who cleared the land after the government put in roads for the mining and forestry interests. In the sixties, a number of Quaker families from California joined the homesteaders, looking for a place to live a simple life without violence. I was told they were intelligent young people who didn't want to support McCarthyism. They were warmly welcomed as both groups wanted to raise their families with deep spiritual values and a love of music and culture.

That was over forty years ago, and the community continues to flourish, shape-shifting as the people that stay breathe life into it...making it their community. Many years ago, some long-sighted souls started a land co-op, which allows young people to build a home without buying the land. Other proper-



Argenta Post Office & Community Hall

ty owners share their land if it feels right.

A strong work ethic, music, drama and values related to the land, seem to be the focal point of the people I have spoken with. Betty, a thirty-year resident said, "I love having neighbours who are friends. Argenta has been a good place to raise kids." Hugh, a forty-year resident said, "It has been interesting to watch as people came looking for land... those that were in too much of a hurry couldn't find any, but those that settled in and trusted the connection to the earth usually found their spot." Agnes added, "Our community is not just houses with people living in them, it is a place where people work together to form a community." Rowena, the artist of the front cover image, spends much of her time coordinating environmental activities and community events, like the Fall Faire.

This summer, Richard and I bought what we could from local growers, and one day while picking up some fresh organic lettuce I saw the Argenta Friends Press building. I peeked in to find out they have been publishing *The Smallholder*, a unique magazine for over forty years. It is mailed to thousands of readers who enjoy the exchange of ideas and information of interest to country people. In 1991, the magazines were compiled into a book entitled *Skills for Simple Living: Advice, Ideas, Recipes and Reflections*, edited by Betty Tillotson.

This fall, I stopped in and visited Vince, the horse farmer and bought some of his organic veggies. Richard and I also attended several of the Square Dances, where many young people play instruments alongside the adults who do the calling. It was the young people who taught us newcomers how to do the dance steps as we all promenaded around the Community Hall and had a great time. We also enjoyed the Christmas potlucks and the Santa gift-sharing with the children, both at Johnson's Landing and in Argenta.

Some of you may remember my Mom's homesteading photographs that graced the front cover of *Issues* for many years, for I too got to have a back-to-the-land experience when I was young. Living off the land with seven children was not easy, and having gone through it helps me appreciate the love that went into forging this area. I really appreciate having electricity, a telephone and the modern conveniences that allow me to produce this magazine and keep in touch with you while living in a remote area.

Since I love bumper stickers I thought I would share the latest two that I bought for my van ... Both are good mottos for this time of the year. One says *Consume less... Share more...* and the other as old as Socrates says, "...*Go Within...*"

May the spirit of the season fill you with wonderment and good health.

♥ Angèle

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Happy holidays to you all!

Thank you
to all my clients who helped make this year so incredible for me!

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Would prefer someone with computer experience but the desire to
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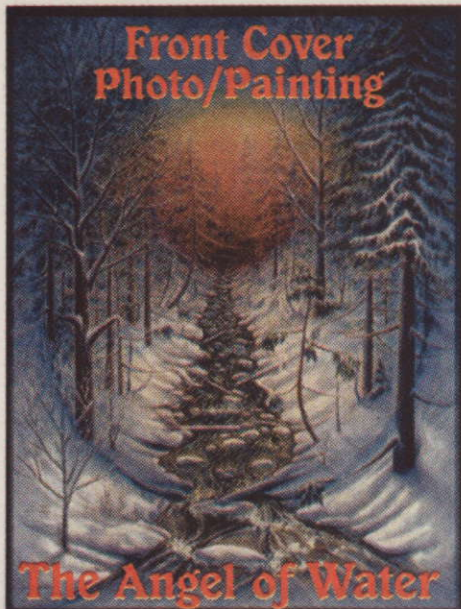
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**Front Cover
Photo/Painting**

The Angel of Water

**The Jewel Like Tones of the Divine
Mother at the Winter Solstice**

I paint these praises to pure, clear water
that still blesses my life, and, this day I
drink from our creek with bear and deer.

**The image above and the front cover
are a diptych or a matched pair...
painted by Rowena Eloise of Argenta, 2001**

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The kit contains three products: a cleanser which contains frankincense, sandalwood, Melissa, and chamomile, as well as vitamin E and green tea leaf extracts - all natural antioxidants; the day crème contains a photolyase enzyme which uses daylight to repair DNA - it contains wolfberry seed oil, vitamins A, C and E, and frankincense and sandalwood oils; the night crème contains enzymes which use the body's energy to repair and replace damaged DNA, wolfberry seed oil, and the essential oils of chamomile, sandalwood, and frankincense. One of the developers of this skin care system, Steve Pitcher, says that it is essential that all three products be used together to get the best results as they work together synergistically.



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Life is a Journey - Heroes Required

by Bob Boxall
Coach/Facilitator

The Hero's Journey takes each of us on an individual odyssey. We all are called to fight our own dragons, three-headed dogs and giant ogres in the forms of doubt, anxiety, fear and everyday challenges. We are called to perform a certain task on earth and when we do we collect the reward of our own personal Golden Fleece or other such reward. Then we must be a hero again as we face our anger, regret, greed or pity to deliver our hard-won gift to the world.

This analogy is the essence of our existence, social development and vocational calling here on Earth. Humanity's progression through time has seen many dramatic changes in our evolution. All have been accompanied with equally significant shifts in awareness around social interaction and community building. Perhaps none requires heroes as much as the current and dramatic shift from the Information Age to the Age of Creativity.

People spent 100,000 years in the hunter-gatherer mode before shifting into the Agricultural Age 10,000 years ago. A little more than 300 years ago the next big shift took us into the Industrial Age. This was followed fifty years ago as we moved into the current Information Age. Notice how the length of time between each shift has diminished dramatically.

Now we are on the cusp of the Age of Creativity and all that that means. We, in this day and age of instant worldwide connectivity, are literally presented with the opportunity that if you can dream it you can create it.

This is not a new thought though and has been around for much of man's evolution. It has been an endless topic of writers, poets and sages. It is the belief behind many religions and

philosophical views and it is certainly the credo of most of the enlightened ones—no matter the age.

Many have espoused the view that life is creativity in the infinite—that, no matter what we know, we are to challenge our self to dream of what we can create. Tied to this is that we live in a universe that is endless and a world that is bountiful enough to provide us with anything we could ever want or need.

Many believe that all of this creativity is merely a mind over matter phenomenon—that if we think it is possible and that if we put our mind and heart to it—it will become reality. Therefore we are always the creators of our reality.

Each of us holds the power to create whatever we desire. Our ability to manifest the changes we desire depends on the depth and passion of our beliefs and on the focus of our attention. With this understanding, we, as individuals and as society, can design a whole new future for ourselves. Our opportunity is to break free of society's worldview to create a new mindset of who we are and who we can become.

This vision allows us to release our imaginations to create brand new realities. It brings a whole new meaning to vision. Creativity is a matter of feeling passionately about your desires, your life, the planet, and who we are as mankind. The new Age of Creativity is awaiting your participation to create what that means.

What a great opportunity to know that we can be active participants in this new era of opportunity. What a great opportunity it is to know we live in a world of opportunities. That which doesn't exist in your life is waiting to be created. Life is a Hero's Journey filled with challenges and rewards. The biggest battle is to face yourself and find the treasure within. (See ad below)

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An Important First Step

While conscious awareness is not enough, it is a good beginning. To recognize our lives are off track and some patterns and emotions are not producing hoped for results is an imperative first step. It fuels our determination to carry on and solve the core of our unhappiness. Core Belief Engineering accesses and aligns our negative subconscious beliefs with what we now choose as adults. Then a transformation of the old beliefs, feelings, thoughts and reactions is complete on every level, spiritual, mental, emotional and physical, down past the layer of the cells. *"At last, at 58 I have finally made it! I tried all kinds of other therapies but nothing else worked. I have solved a 5-year writing block. Negative drama has become intelligent pleasure. Life is exciting!"-Sharon T., Writer, Kelowna*

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- Christina F., Psychologist - (phone client) Toronto

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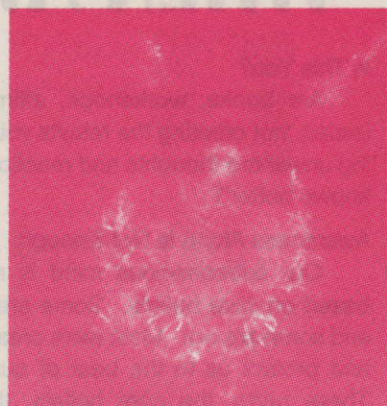
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Praying For A Miracle

by Pamela Shelly

A true heartwarming story that happened in Kelowna on Friday, October 1st, 2004.



I had received a phone message from a lady named Marion. She asked that I return her call as there had been an 'Angel' experience here

at the Java Express coffee house on Highway 33 in Rutland. She told me that a singer named Kiki was finishing a song she had written with Darryl Taylor about Angels when she looked up at the ceiling and saw several beautiful Angel wings coming off the track lighting. She showed them to the owners who said they never noticed them prior to this evening. The next morning when Suzanne, the owner, arrived at the shop she saw that an Angel made of white dust or frost had formed on the front window! That was when she called me to answer some questions and be the resident 'Angel expert.'

I was in awe of how beautiful the Angel looked. As we left the shop my friend Annie took a couple of pictures with her digital camera. I looked down at my feet just below the Angel and picked up a white feather. Angels appear to us in many ways and white feathers are one of the most common ways they let us know they are with us. I took the feather into the shop and explained this to Suzanne and put the feather in a potted plant near the front entrance. Suzanne showed me the goose-bumps on her arms when I was sharing with her information about Angels.

On Sunday I had a speaking engagement at Chapters about Angels, Archangels, etc., and this was the beginning of sharing the story. When I went back to the Java Express and talked to the owners Suzanne and Ed. She said she had prayed a lot over the past many months as they were close to losing their business which they had just opened in January of this year. She told me "If we don't have a miracle this month we are bankrupt. We have already sold our house to stay in business." I told her I had been guided to get the story out and that I would like to take more pictures of the Angel. I had many physical sensations that let me know the angels were all around us plus I picked up another beautiful white feather just below the Angel when I went outside again! I took it inside and put it in the potted plant and noticed there was a third feather there now. Suzanne said when she opened the door to the store that morning there was one on the doormat. Ed her husband said he power washes the sidewalk each morning and the feathers weren't there then. I told him Angels are not logical and it's ok! I shared that the Angels are there to bring comfort and hope. Angels are all around us, guiding us and directing us toward our purpose with their love, joy and hope.

*** The image stayed on the window for about 3 weeks.*

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FIBROMYALGIA: NEW DISCOVERIES, NEW HOPE

by Connie Hargrave

Research is putting new light on chronic energy illnesses that are treatment resistant, offering new hope for recovery based on nutritional supplementation.

Dr Paul Cheney, who coined the term Chronic Fatigue Syndrome, (CFS) believes that the pain experienced in CFS and Fibromyalgia (FM) is due to an inflammation caused by a variety of microbes that emit inflammatory chemicals in the muscles. These microbes are resistant even to intravenous antibiotics, and are difficult to detect.

He found that FM - CFS patients were ending up quite ill in the hospital while attempting perfectly good detox programs that worked for a lot of other people. Pursuing this anomaly, he discovered that these patients were experiencing a toxic overload because their body's natural detoxification system - their glutathione mechanism - was compromised.

In his efforts to improve this glutathione mechanism, Dr. Cheney prescribed glutathione pills, drugs such as NAC, and even intravenous glutathione, but these produced only a small benefit.

Dr. Cheney's patients did, however, notice a big difference when he added a cysteine-rich protein to their diet. After six months of eating a food that provided the pre-cursors for making glutathione, his patients felt significantly better. Then to his surprise, special testing done at Harvard showed that antibiotic-resistant micro-organisms had been 'wiped out' over the course of this supplementation.

Why was that? Non-responsive white blood cells can regain their ability to mount a defense against a wide range of microbes, viruses and bacteria once the missing link for making sufficient glutathione is provided, says Dr. Allan Somersall in his book, *Breakthrough In Cell Defense*.

Muscle cells also benefit. It turns out that glutathione protects the energy centres of muscle cells by reducing the damage done to them by free radicals. This can dramatically affect the devastating fatigue experienced with these illnesses. These findings give new hope for many of the treatment-resistant aspects of FM-CFS. (see ad below)



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Alternative Veterinary Medicine

by Dr. Moira Drosdovech

It is a fact that, for many of us, our pets are as important to us as some of our very best friends and, thus, it is becoming more common to provide them with the very best medical care. While conventional medicine has proven itself by saving lives in emergencies and acute life-threatening situations, I have found that my results using alternative modalities are as good and often superior with less side-effects and, on the whole, are more cost-effective when it comes to chronic conditions and even for many acute diseases.

The use of holistic modalities and natural diets for the maintenance of good health and for the treatment of health problems in our pets has increased dramatically in the past decade. Pet guardians more than ever before are turning to veterinarians practicing alternative therapies first before they go to veterinarians trained only in traditional medicine.

While holistic or alternative medicine is not effective for all conditions, it is very useful when it comes to the majority of conditions we see in pets. Even where conventional medicine is the treatment of choice, alternative medicines and procedures can be employed to complement the traditional methods. For example, a cat with an abscess could have the abscess lanced and drained, and then, instead of using antibiotics, homeopathic remedies and Calendula solution flushes can be used.

When it comes to most chronic health conditions, alternative modalities simply shine. As long as the pet is not in the end-stage of their health problem, there are a variety of ways to address these health issues. These include, but are not limited to: homeopathy, herbs, acupuncture, diet, chiropractic, healing touch techniques, Bowen therapy, supplements and others. These therapies can give your pet an improved quality of life and perhaps extend their life beyond what we might expect if we keep them on drugs.

My favorite modalities happen to be homeopathy and natural diets, with herbs used as adjunctive therapy. I have been using this approach for 4 years for a wide variety of problems, some very serious, including epilepsy, severe gastrointestinal disease, autoimmune disease, allergies, behaviour disorders, vaccination reactions and much more. There are no side effects with homeopathic medications and they treat by helping the body to heal itself.

There is no one method that is right for all pets. Whatever you choose, I strongly encourage pet owners to be very involved in their pet's health care, including being there for them when they awake from anesthetics or are having blood drawn for testing. The difference is amazing.

Above all, remember that treating your pet using alternative modalities can be a very satisfying and rewarding experience.

For more information please see ...www.pawsitivevet.com

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ISBN 0-919951-30-9.

If not attainable from your book store, it can be ordered from Marcus Books, Petheram Place, Newmarket, Ontario, L3X 1J8. Ph (905) 967-0219.

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Shamanic Healing for Earthbound Spirits

by Pat Bellamy

Since ancient times psychiatrists have been trying to find concrete answers for challenges in psychiatric treatment. They have drilled holes in patients' heads, removed brain tissue, and used shock treatment and chemical therapy, but they still grope for answers. If we were, however, to recognize that our human body is powered by spirit, we would begin to understand that when our spirit is threatened, we respond in fearful and unnatural ways.

An earthbound spirit (discarnate entity) is the spirit of a deceased individual which did not make the transition to the light after the death of the physical body and has remained on the earth plane. Several examples of why our spirit might remain earthbound are: we do not have an established faith or belief in the nature of our personal reality and flee from the light; we attach to a grieving loved one to help them, or to an enemy for revenge; we die suddenly (heart attack, accident) and simply do not know that our body has died. Sadly, hospitals are teeming with discarnate spirits.

What "opens us up" for spirit attachment? The following is a list of physical and emotional conditions that create a break in the electromagnetic energy field (aura) that serves as our protection from outside influence: illness; anaesthesia/surgery; accidents; unconsciousness; strong emotions such as anger, fear, hate; depression; drug/alcohol use; and an invitation through channelling, ouija board or automatic writing.

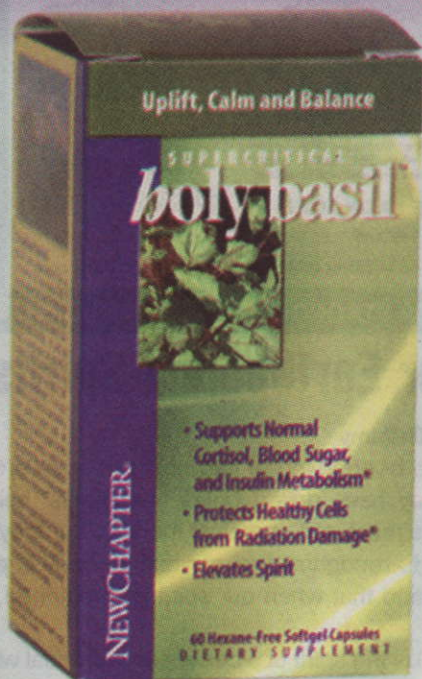
A brief example of spirit releasement: My client Jessie, was suffering from depression, loss of energy, general confusion, and was suicidal. He worked as a caregiver in an extended care facility. At the outset of our healing ceremony as I journeyed in spirit to enter Jessie's space, I was confronted by the spirit of an elderly gentleman whose spirit overshadowed Jessie's. I spoke with the spirit who came to understand that it must give Jessie up. With the help of the spirit's deceased mother who had come to help with the transition along with a group of light beings, we ushered the discarnate into the light. With the entity gone, Jessie's symptoms were relieved.

Attached earthbound spirits affect every aspect of our life - physical, mental, emotional, spiritual - using our life force to survive. Earthbound spirits are locked in time, unable to pass on to their next stage of evolution. Shamanic healers take on the disembodied spirit as a secondary client by offering their own "live" connection to the light. Discarnate entities are not evil; they are in need of our assistance. If you suspect you have spirit attachment, you likely do. If you left the hospital with different symptoms than when you went in, they may not be your symptoms. If your interests have suddenly changed and you can't understand why, your own interests may be overshadowed by another's. You may have an entity on board, who needs help to move on. Pat is a member HAAO • www.healingartsassociation.com

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COSMIC TRENDS for Dec. & Jan.

by Khoji Lang

With the month of December we've come to the end of the yearly cycle. The Sun is in the sign of Sagittarius until Winter solstice, sinking ever deeper under the horizon, literally regressing into the Underworld. Daylight becomes sparse, night almost endless. Naturally it's the time to slow down, to relax and retreat, adjusting to the silent womb of darkness. The Void, is primordial, everything arises from it, and one day all will go back to Source, re-uniting with the quantum vacuum, that silent pool of infinite power and unlimited potential. Yes, the Void, is all-powerful, unbelievably full, integral and whole. It's indifferent to fleeting time, the vast cosmos resides within it, and it's always part of the Now. Treat yourself to this new movie *What the (Bleep) Do We Know?* which touches on this subject.

So it's during these dark months that we're touching the very foundations of life. Sagittarius is the sign of the seeker, pulsating with intense desire to know Source, prompting profound questions - what life is all about, who we are, why we're here, where we're coming from and eventually going to. Sagittarius represents the fire of spirit - the yearning to pierce the very core, in order to understand the unknown. It's the unquenchable thirst for ultimate liberation.

Now, despite abundance, infinite depth and profound silence, darkness has a very bad reputation. There's deep-rooted fear of disappearing, of being consumed. In experiencing the Void, the ego vanishes. Darkness is radical, it absorbs everything. So there's fear of not knowing anymore who we are (as if we'd know now!), of giving up all superficial definitions. Yes, ultimately we will be consumed anyway. But why wait for death to erase our name and the whole wealth of ideas and concepts we had gathered around us? We can give all up right now! But if we decide to uphold the illusory idea of self, we will do almost anything to run away from darkness. However if we have the guts and allow invisibility, at the very heart of darkness, light is found. Collectively we arrive at this core on Winter Solstice, December 21, 4:42 a.m. Then energies shift from an ending to a new beginning. This cosmic experience of the rebirth of the Sun (in our culture known as Christmas) has been

celebrated since the emergence of mankind.

Planet Mercury is moving backwards until December 19, helping us overcome, dissolve and let go of all kinds of hindrances and self-imposed barriers. This truly is a time of resolving old issues and tying up loose ends. Then, during the 10 days leading into the year 2005, a whole series of energetic shifts will occur. Christmas Day in particular stands out, as planet Mars moves into Sagittarius, only within hours of the Lunar Nodes shifting from Taurus/Scorpio to Aries/Libra. The Lunar Nodes, converging Solar and Lunar energies, say a lot about the general direction of evolution. For the better part of 2003/04, life asked us to tap Scorpic resources, challenging us to redirect them towards Taurus. For 2005/06 the quest is transforming excessive Libra potentials towards decisive and assertive Aries. This present period we are facing an upsurge of all kinds of self-destructing tendencies (Scorpio). We are invited to consciously move toward enjoying the small things life has to offer, going slowly but steadily, laying proper foundations for new beginnings (Taurus). The coming phase will challenge us to find our own individual strength, to honor and go along with our most basic desire to become individuals (Aries), moving away from clichés and the need to fit in, facing what we're doing to please others and be respected by society.

2005 in many ways will be an enigmatic year. The numbers two and five add up to a seven, the most spiritual and mystical of all numbers. The two shows polar opposites mysteriously working together, the so-called bad being the fuel for light. The five implies fluctuation, excessive amounts of life-energy and massive change. While the overall theme of 2004 was to generate rhythm, planting seeds and laying foundations, 2005's main theme is resonance and falling in tune with the universe at large. All misery is based on the idea of being a separate entity. Close your eyes and drop your name. Eckhart Tolle is the first I've heard saying it "Your name is the basket of all false identity. Allow disappearing into the Quantum vacuum. Resonate with that which is. Enjoy the Now. Love yourself." And everyone around you will be blessed by your radiance.

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Magnesium (Mg)

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Very few people are aware of the enormous role Magnesium (Mg) plays in our bodies. After oxygen, water and basic food, Mg may be the most important element needed by our bodies, (so vitally important, yet hardly known.) Mg is a co-factor in activating over 350 different biochemical reactions including energy production, protein synthesis, bone formation, creation of new cells, activation of B vitamins, function and relaxation of muscles, functioning of the heart, kidneys, adrenals, and brain, as well as the nervous system. Mg also slows bone turnover, the routine breakdown and rebuilding of bone and is important in protecting against bone loss and bone embrittlement. Chocolate cravings reduce as the absorption of Mg improves the activity of white, granulocytic blood cells, and increases the production of immune-defensive substances and factors that activate specific antibodies.

Factors causing the depletion of the Mg in the body are mental stress, coffee, sugar, diet high in sodium (especially 'table salt'), alcohol, cola-type sodas, tobacco, high perspiration, most medical drugs, low thyroid, diabetes, chronic pain, diuretics, a high-carbohydrate diet, etc.

Mg is even more important than Calcium, Potassium, or Sodium, as it regulates all three of these minerals. Any excess Mg is eliminated and so does not build up in the body. However, excess Calcium does build up in the body and needs Mg in order to be assimilated. (Stored Calcium creates all types of problems mainly all forms of arthritis.) Once Magnesium is deficient, dozens of processes are disturbed, and thus many minerals and nutrients cannot function, causing the body to go out of balance. When we get too low on oxygen, water, or food, the consequences are serious. Yet, Magnesium has not received the 'press' it deserves, and we often remain unaware of the consequences of a deficiency, which contribute to millions of dollars of needless health expense. It is not the amount of Mg you ingest that is most important, but what actually gets utilized. Fibromyalgia Syndrome is now coming under study as a likely Mg/Iodine deficiency.

Mg helps correct deficiency problems such as the inability to sleep, low energy, high blood pressure, headaches, heart difficulties, chronic fatigue syndrome, body tension, muscle tension, irregular heartbeat, nervousness, weakening bones, needless worry, bowel imbalances, organ calcification, accelerated aging, backaches, tightening of muscles, irritability, fatigue, swollen painful joints, chocolate cravings, bone spurs, kidney stones, pre-menstrual symptoms, muscle cramps, etc.

About 90 - 95% of our population, including many of those who are already using Mg, have a deficiency or are below healthy levels. A few common foods are a good source of Mg mainly almonds, cashews, brazil nuts, baked beans, molasses, and dark green leafy vegetables. America has the highest rate of pasteurized milk consumption with the highest Calcium supplement consumption, and yet has the highest rate of osteoporosis, calcium loss, and bone fragility! Why?

Most Mg capsules and tablets are not completely absorbed by the body. A major problem with Mg (as well as other minerals) is the inability of the body to readily absorb it when it is not within a plant or in an ionic form. The biologically active form of this mineral, known as ionized Mg can transfer right into the cells, without the need of any body function other than absorption. Liquid ionic Mg handles the calcium and helps the body to gradually dissolve the excess or store it until it can utilize it through its ion channels.

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It Blew My Socks Off

by Barbara Ashley Phillips

In the fall of 2001 I was a beginning student in Erickson College's professional coach training program. I already had a career and wasn't entirely sure learning to coach was my cup of tea, but there I was. Marilyn Atkinson, founder of Erickson, was teaching the class. We were in the fourth day of module 1 of a four weekend course. My head was spinning with all that we were learning when along came this exercise that had me feeling like I had been hit with a two-by-four.

We were being taught the *Stateline Exercise* - something that Marilyn developed during her 25 years of teaching coaching and NLP. A simplified description of the *Stateline Exercise* is this: mark two ends of an imaginary line on the floor - say about three metres long. At one end is your present state regarding something - say, being unforgiving of something. At the other is your desired state - say, forgiveness and being able to move on. Stand in the centre of the line with your back to the present state end of the line.

In my case, I put insecurity at the present state end and moving with my life's purpose at the desired state end. My partner stood close by, observing me closely with pad and pen ready to record what she observed and what I reported. First, I moved a small step backward toward the present-state end. I began to feel a bit fearful. My partner recorded that my chest caved in a bit, my breathing shallowed out, my face hardened. With the second step backward, my shoulders rounded and I seemed, she said, to be almost imploded. To me it felt like I was under an unbearable weight. What was I doing to myself?

Time to move to the centre of the line. This time, I had my back to the desired-state end of the line. Moving back by slow steps, pausing and noticing how my body felt, I was practically levitating by the time I got close to the desire-state end of the imaginary line. That sense of commitment to my life's purpose is still with me today. Having had the bodily experience of the outcome I wanted for myself anchored that state in me like nothing I've ever experienced. My partner had a similar experience as did many in the class. Seeing it afterwards from a 'coach position' was equally powerful.

This is only one of dozens of techniques and tools that are part of Erickson College's *The Art & Science of Coaching* - that now, some 3 years later, I teach.

This program has recently been certified by the International Coach Federation (ICF) - the leading coach organization in the world.

There is more to this exercise than provided here, so ask for a free audio recording, *Discovering the Stateline* by contacting Erickson College, www.erickson.edu.

For this exercise to have a real impact on you, it needs to be done slowly, with great attention, using the Erickson techniques and structure. Enjoy.

Barbara lives in Alberta and if you go to these websites you can read more of her work www.crtraining.org, www.gyro-muse.com or www.barbaraphillips.com.

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Structural Integration & Rolfing

by Wayne Still

When you look at the ads on this page you will see the terms Structural Integration and some variation of the word Rolf used in all of them. If you are confused about this or maybe just curious, this article will offer a history and explanation of the terms.

Personal Structural Integration was the name Dr. Ida P Rolf originally gave to the bodywork modality she developed in her quest to find a way to restore function where it had been impaired in human bodies. Her work gained a certain amount of popularity/notoriety at the Esalen Institute at Big Sur California in the 1960s. The human potential movement was gaining momentum in this crucible where people were exploring the possibilities inherent in eastern thought and practice as well as the cutting edge psychological practices being developed in the west. Dr Rolf entered this foment of thought and ideas outside the box as a very proper lady who considered herself a research scientist above all else. The people she worked on there were of a younger, hipper generation. After a session with her they began to say they had been "Rolfed." At first this familiarity did not sit well with her but over time she softened and began to use the term herself. And so the work became popularly known as "Rolfing." When the Rolf Institute of Structural Integration came into being in Boulder, Colorado the terms "Rolfer" and "Rolfing" were legally registered as service marks. Only graduates of the Rolf Institute could legally call themselves "Rolfers."

As more practitioners were trained, some of them began to take an interest in emerging aspects of the work. It was noted that in some cases clients were experiencing emotional as well as physical changes during the course of the ten sessions, or that a change in movement patterns would enhance the effect of the work. Some enterprising practitioners started their own version of the work based on the principles of Dr. Rolfs 10 series recipe but changed the name to Hellerwork or Astonpatterning. A dispute over the direction the work was taking at the Rolf Institute in the early 1990s lead to the senior teachers leaving and opening the Guild for Structural Integration.

There was a fair bit of animosity amongst the various factions and their schools did not recognize each others students. In 2001 the International Association of Structural Integrators was formed as a professional association providing an umbrella group for the heirs of Ida Rolf. The goal of the IASA is to create a common standard and certification for practitioners regardless of where they trained. At the Rolf Institute AGM last July the six major schools agreed to begin to recognize each others programs and to encourage the cross fertilization of ideas by accepting students from other schools into their programs. For more information about SI work and the IASA check their web site www.theiasi.org.

See the three practitioners ads to the right



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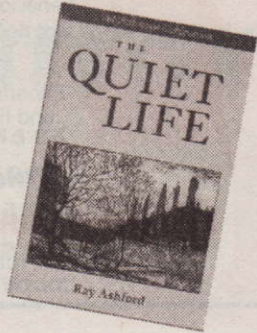
Book Reviews

by Christina Ince

When choosing books as gifts, we often select those which will serve the recipient for the coming year, can be written in, dipped into, and be returned to for help and guidance. Here are my offerings for this yuletide, each to be savoured in the quiet times...

The Quiet Life

Ray Ashford
Northstone Publishing Inc.
ISBN 1-55145-083-6 • \$9.99



A small book, one of the Northstone Companion series - perfect for tucking into a Christmas stocking, as part of a self-care goodie basket, or, as the author suggests, for yourself, as the precious gift of inner peace. The aim of this book is to help us to let go of stress and be in touch with healing calm. We are encouraged to reflect, meditate, and experience quietness and peace in our lives. There are eleven chapters: Love, Effectiveness, Walking, Listening, Creativity, Happiness, Awareness, Emptiness, Waiting, Faith, and The Twilight Years, containing the wisdom of people such as Soren Kierkegaard, Lao-Tzu, C.S. Lewis and William Blake. Open this book at any page to find wisdom on which to ponder, as I did, finding Marcel Proust: "The real voyage of discovery consists not in seeking new landscapes, but in having new eyes."

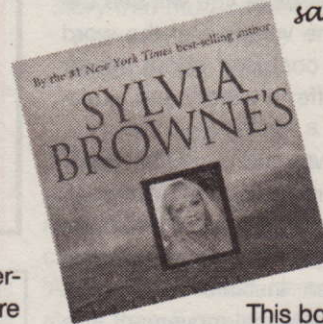
Personal Pilgrimage

One Day Soul Journeys
for Busy People

Viki Hurst
Northstone Publishing Inc.
ISBN 1-896836-44-5 • \$24.95



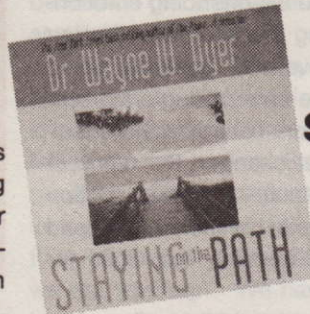
Viki Hurst offers this book as a life-balance practice, a "post-modern version of the traditional pilgrimage." Pilgrimage is an often-arduous journey to a shrine or holy site, in search of meaning, healing or forgiveness. Most of us do not have the time, finances nor stamina for such an undertaking, so the author suggests one-day personal pilgrimages, providing twelve templates. Each requires the following: destination, how you were called to it, your inspirational guide, a blessing, what to pack, activities when there, the morning preparation, questions to contemplate on arrival, and homecoming. There is plenty of space for journalling, particularly for the night before the pilgrimage, the journey, and the homecoming. The thirty-one suggested guides are an eclectic group, including King David, Anne Frank, Sappho, Kahlil Gibran and Jacques Cousteau; you can read their biographies and words of wisdom, or you may wish to choose someone else as your personal guide. The destinations are not difficult - you do not have to travel far to a tree site, sunset, body of water, or starlight; there is even a template entitled "Just Five Minutes From Home." May your journey be blessed.



Lessons For Life

Sylvia Browne
Hay House, Inc.
ISBN 1-4019-0087-9 • \$20.95

This book is an eight-step programme, each step covering one week wherein you read the text at the beginning of the week, repeat the meditation and affirmation daily, and complete the given exercises during the week. The intention, as Sylvia Browne explains, is to "get rid of all the behavioural overlays that keep your soul from breathing and flying free." Whether or not you appreciate her as a psychic, you will find her to-the-point, no-nonsense style easy to read and absorb, and her anecdotes and self-revealing stories encourage the reader in intense and honest introspection. In the Afterword, the author acknowledges that while you may not agree with everything she says (a refreshing attitude in someone so well-known!), she guarantees that this book will make you continue to think and will deepen your search. Whether your search is for truth, unrecognized patterns, release from guilt, deeply personal answers, or for something yet unknown, this book is an excellent guide, and an excellent gift for yourself or someone dear who longs to send their soul "flying free."



Staying On the Path

Dr. Wayne W. Dyer
Hay House, Inc.
ISBN 1-4019-0349-5
\$12.95

Many people have found much comfort and inspiration in the words of Wayne Dyer, in books, CDs and on screen, his affability and humour complement his wisdom and common sense. This tiny book is an ideal gift for someone, whether they own Dr. Dyer's entire collection, or have barely heard of him. Each quote or observation is in large print, accompanied by photographs and illustrations, in soft sepia and green tones, providing a soothing absorption for the reader, of the simple yet wise, and sometimes profound, words, such as his final beautiful thought: "If you are love, and you live love, and you send it out, there will be so much love in your life that you won't know what to do with it."



Nature's Wisdom

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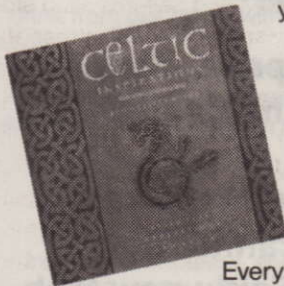
Stephen Austen

Professional Image Design Publishing

ISBN 0-9732993-2-0 • \$19.95

Stephen's second book is a collection of meditations on nature, accompanied by his own illustrations.

These lessons in self-realization and self-actualization are drawn from nature's wisdom and mysteries. Everything in nature has a lesson for us; some obvious, some so deep that we need to hone our powers of observation and awareness to find them. I like the lesson of the snowflake - beauty and creativity: millions melt unnoticed and unappreciated each year, yet each is perfect and has fulfilled its purpose; like a fresh fall of snow, the accumulation of our own unnoticed acts of kindness enhances the world. We might also do well to merely observe and be awed by something such as a snowflake, rather than analyze and thereby lose the sense of beauty. The author encourages us, on reading his book, to then make our own discoveries in the natural world, and find further appreciation of the forces around us; as he says: "Nature is speaking to you. Can you hear it calling?"



Celtic Inspirations

Essential Meditations and Texts

Lyn Webster Wilde

Duncan Baird Publishers Ltd.

ISBN 1-84483-038-1 • \$19.95

Every page of this book is so gorgeous - with photographs, Celtic-inspired designs and commissioned artworks - you may find it hard to get around to some actual reading! Choose a subject from the Celtic world, and you will probably find reference to it here: Arianrhod, Beltane, cauldrons, druids, elemental beings..... there is much to pique your interest in this creative and mystical warrior race. Most subjects have an accompanying meditative exercise, although for some of the exercises the novice to meditation might welcome some guidance. However, this is a lovely book - a gift for someone who has an interest in things Celtic, and who would appreciate the artistic beauty contained therein.

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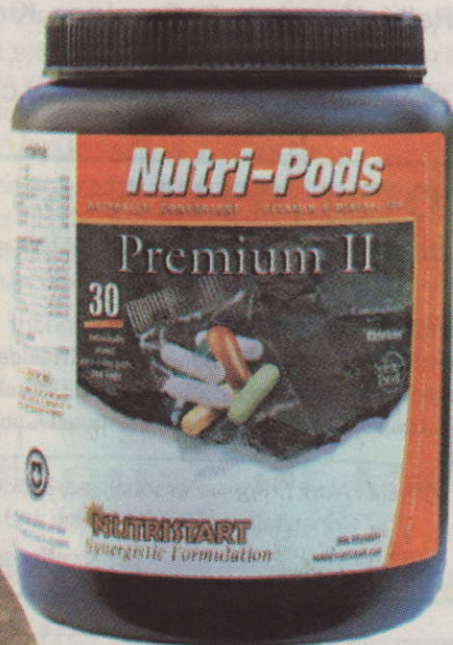
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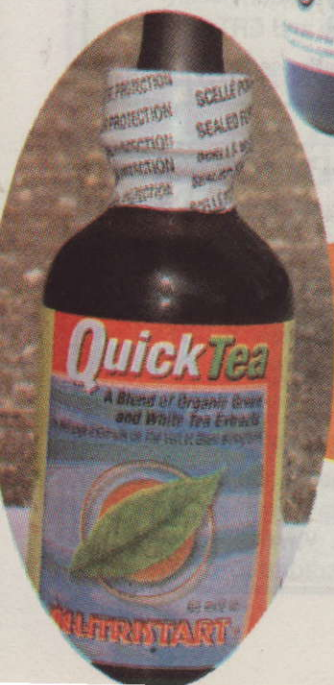
Recently I had my antioxidant levels checked, by a special scanner that measured these levels. Fairly new technology. Well the scale they rated was 0-40 and mine was 53%. I was told that only 10% of people tested rate this high. So there is confirmation that the pods work!!!

(Katrina Sisu- Ontario)

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Salt Crystals Make Therapeutic Lamps

by Jim Couper

If salt crystal lamps were just pretty to look at - with no other attributes - they would still be a worthwhile addition to any home in the same way that paintings and sculpture are good aesthetic additions.

The gentle, soothing glow of the light from a lamp or candle passing through the amber, orange and apricot-colored crystals makes a wonderful night light and looking at it is soothing and therapeutic. But that is just the beginning.

Formed deep within the earth, 250 million years ago, salt crystals have a centuries-old reputation for improving health. The ancient crystals, with the application of a little heat, actually help to purify the air by adding beneficial negative ions to the immediate environment. Negative ions give air the healthy, invigorating freshness found near waterfalls, on mountain tops and in the natural countryside.

The heated salt crystal has the ability to clean the air in a room through the transformation cycle of hydrogen and oxygen, as well as sodium and chloride ions. This can be helpful in relieving symptoms associated with breathing difficulties and allergies. There is actually a treatment called spelaeotherapy in which a patient enters an underground salt mine and is exposed to the concentrated atmosphere of the negative ions.

They come from the Himalayas where tremendous pressure and heat have refined the structure of the salt crystals to make them translucent. Crystals from European sites and many other parts of the world are dull and opaque. The mining in the Himalayas is done by hand with well-paid adult workers. The use of dynamite is prohibited so that the structure of the crystals, found 800 metres underground, is preserved.

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Flu Shot Safety??

My body is full of heavy metals, especially mercury from all the vaccinations I received during the 20 plus years I spent as a 'Global Ready' Air Force pilot. I was at the YLR (Young Life Research) Clinic for two and a half weeks last year and again this year to keep removing it. The more I pull out the better I feel and the clearer my thinking.*To your health ... Wipp AKA Harley*

In 1997, Dr. J. Anthony Morris, virologist and then FDA Chief Vaccine Control Officer, said: "There is no evidence that any influenza vaccine thus far developed is effective in preventing or mitigating any attack of influenza. The producers of these vaccines know that they are worthless, but they go on selling them anyway." Needless to say that he was fired from his job afterwards.

Every year, CDC officials make an 'educated guess', picking the three flu strains that are going to be used in next year's flu vaccine. However, flu strains are as mutable as the commodity market; so it is highly unlikely that tomorrow's viruses are the same as yesterday's. Which means your immune system not only has to fight the virus that's going around but also the three you've been vaccinated with... which could possibly lead to an overload and subsequent collapse of the system. Maybe even more important, studies found that 92.9% of ILI's (influenza-like illnesses) were caused by viruses other than Influenza; in other words, you may think you have the flu, but you don't... and the vaccine won't help.

Many experts say that the risk from influenza is vastly exaggerated by health authorities. In 1980 and again in 1985, two large vaccination studies were conducted in Japan—where mandatory flu shots used to be given to the population—that involved four cities with varying flu vaccination rates between 1% and 90%. The results showed that the mortality rate of unvaccinated persons was no higher than that of vaccinated persons. In 1987, the Japanese govern-

Article continues to the right

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ment abandoned compulsory flu vaccinations; by 1989, even though only 20% of the people were getting flu shots, the incidence of influenza hadn't increased.

Aside from the likely uselessness of a flu shot, the vaccine itself could put you in danger. The CDC recommends, for example, that all women over 14 weeks pregnant, infants and small children should receive a flu shot. But most vaccines contain 25 micrograms of thimerosal, a mercury preservative—five times the maximum amount judged safe by the CDC for a 110 lb. person.

Hugh Fudenberg M.D., a immunogeneticist and biologist who has pub-

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lished over 800 papers in peer-reviewed journals, has found that an individual's chances of developing Alzheimer's Disease is ten times higher than normal if he has received five consecutive flu shots between 1970 and 1980 (the time span he studied). Dr. Boyd Haley, professor and chairman of the Dept. of Chemistry at the University of Kentucky has come to similar conclusions: Seven of the characteristic markers that doctors look for to distinguish Alzheimer's can be produced in brain tissue by adding extremely low levels of mercury.....

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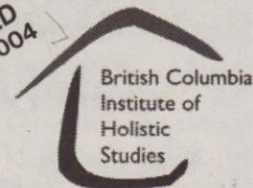
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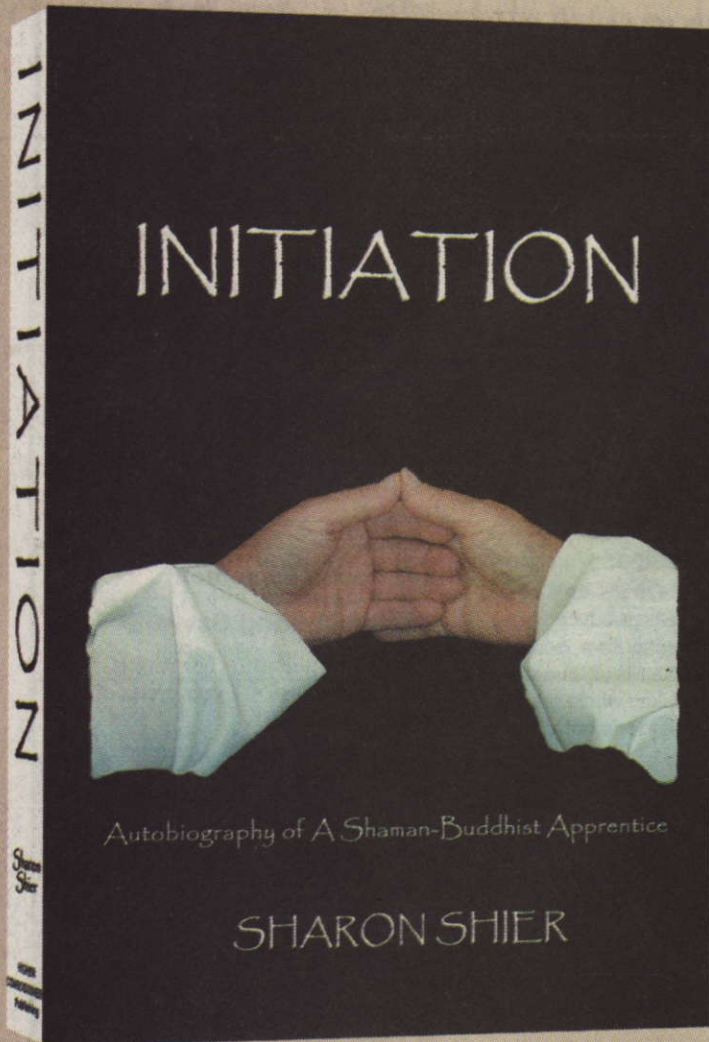
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