

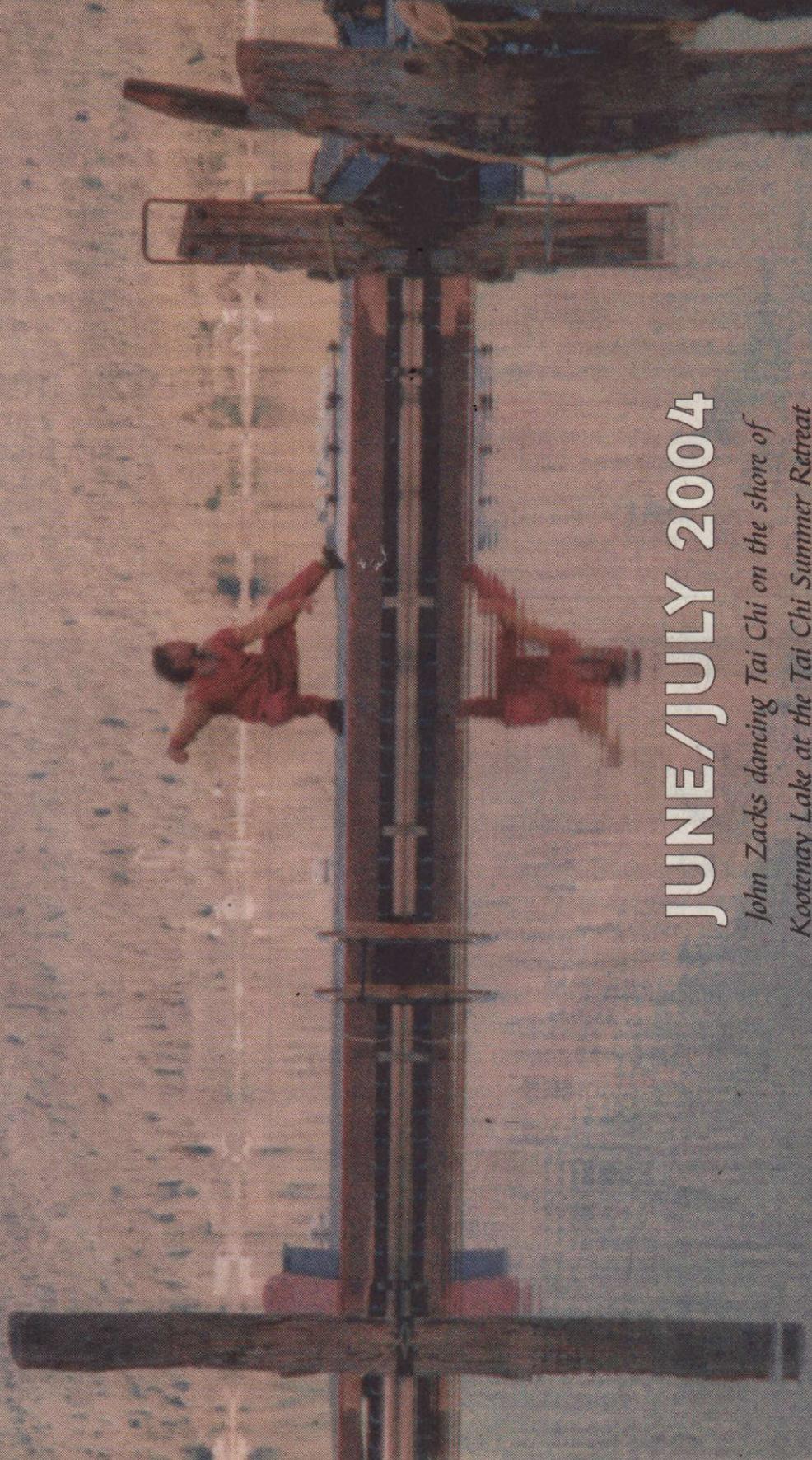
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JUNE/JULY 2004

*John Zacks dancing Tai Chi on the shore of
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please read Musing on page 6 for details

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Janet, Kelowna

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Crystal, Penticton

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Emotional Intelligence

by Annie Hopper

Do you often find that in certain situations you become highly reactive, or is there someone in your life that knows exactly how to press your buttons? Why would you be highly reactive to certain situations or certain people, when in the rest of your life you appear to be well balanced and enlightened? Situations become "reactive" when they have triggered some unhealed childhood wound.

There is a very big difference between being emotional and having emotional awareness. Being highly emotional could mean that you are just very reactional in your behaviour; and may not necessarily mean that you are exhibiting healthy behaviour. Yes, being emotional and knowing how to identify how you are feeling is wonderful. Being emotional and authentically expressed is part of the joy of being human; but being emotional does not give you the permission to project your unhealed childhood wounds on to someone else.

When your wound is being triggered it is your responsibility to understand what is happening, before you project your wound on to someone else. Having emotional intelligence and awareness means that you realize what wound is being triggered and what is happening in the moment.

Let's look at road rage. Someone cuts you off in traffic and you become frantic. This rage starts to pour out of you with profanities flying all over the place. The subconscious buried toxic rage that you have felt from not feeling heard or being seen now has an outlet. Now really, do you think that the other person intentionally cut you off? Do you really think that you are that important to the other person? Well, I hate to tell you this...but it's not about you. You really do not have any idea what is going on for the other person, yet you make it up to mean something about you. What else are you making up in your life?

I challenge you to take a deeper look at your reactional behaviours and start asking yourself the following questions. Why am I becoming defensive in this moment? How am I really feeling? What does this remind me of? What is the greater truth?

These four simple questions can raise your emotional intelligence significantly and lead you to a more fulfilling, peaceful life.



ANNIE HOPPER

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Do You Know Bananas Are Good For....?

by Elyse Nuff

If you want a quick fix for flagging energy levels there's no better snack than a banana. Containing three natural sugars - sucrose, fructose and glucose - combined with fiber a banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90 minute workout. But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions making it a must to add to our daily diet.

Depression: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin known to help you relax and improve your mood.

PMS: Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Anemia: High in iron, bananas can stimulate the production of hemoglobin in the blood and so help in cases of anemia.

Blood Pressure: Extremely high in potassium yet low in salt making it the perfect fruit. So much so, that the US Food and Drug Administration has just allowed the banana industry to make official claims that it reduces the risk of blood pressure and stroke.

Brain Power: Research has shown that the potassium packed fruit can assist learning by making pupils more alert.

Constipation: High in fiber, including bananas in the diet can help restore normal bowel action, without laxatives.

Hangovers: Try a banana milk shake, sweetened with honey. The honey builds depleted blood sugar levels, while the milk soothes and re-hydrates your system.

Heart burn: They have a natural antacid effect in the body.

Morning Sickness: Helps to keep blood sugar levels up.

Mosquito bites: Rub the affected area with the inside of a banana skin. It reduces swelling and irritation.

Nerves: High in B vitamins that help calm the nervous system.

Ulcers: Used as the dietary food against intestinal disorders because of its soft texture, bananas help neutralize acidity and reduce irritation by coating the lining of the stomach.

Seasonal Affective Disorder (SAD): They contain the natural mood enhancer, tryptophan.

Stress: Potassium is a vital mineral which is high in bananas. When we are stressed, our metabolic rate rises, reducing our potassium levels. Potassium normalizes the heartbeat, sends oxygen to the brain, and regulates your body's water balance.

As you can see, a banana is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is rich in potassium and is one of the best value foods around. So maybe it's time to change the phrase so that we say, "A banana a day keeps the doctor away!" (see ad page 9)

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Musing

with

Angele publisher

Many thanks to Eric Eastman for submitting the front cover photo of his friend John Zacks dancing Tai Chi in the early morning light, reminding us that the summer heat will soon be here and inviting us to join the 28th annual Kootenay Lake Tai Chi Summer Retreat which hosts people for a week of community, empowerment, healing and self-discovery. See ad in the Natural Yellow Pages under Retreats.

The warm weather has been ever so inviting and it is so nice to get outside and enjoy the sun and the trees. The garden beckons to me, with the raspberries asking for a quick tie-back before they bush out and the strawberries asking that we remove the extra layer of straw so they can start the cycle once again. Then there is the early planting of peas, potatoes and lettuce that just love the cooler weather, the transplanting of tomatoes that one of the neighbours gifted us with and the picking of chives, parsley and mint that all need to be weeded as well. I love getting my hands into the earth, but if I wait until I get the ads done it may be too late, so I make the time. Deep inside of me is a knowingness that everything gets done, and that thought graces me with the ability to let go and enjoy the extra activities.

The beautiful flowers that were purchased to make the Great Hall at Naramata look attractive for the Spring Festival of Awareness now grace the veranda of the Johnson's Landing Retreat Centre. Richard helped mix the potting soil and dug through his large selection of pots making the task quite effortless and the sun shone ever so warmly that week. I am sure we get lots of assistance from the angels as we prepare this sacred place for another season. Many helpers have begun arriving to help us get the task done.

The phones have been ringing as more dedicated souls sign up for workshops or the Centre Life program, where participants work half days in the garden or kitchen and get reduced fees for accommodation. Getting this column typed has taken the back seat to talking with people. Some days I am amazed that it happens at all, but it seems to be an integral aspect of the magazine, so it gets done like everything else.

I am still waiting for more Wise Guys to sign up for our first annual event, so if you are thinking of coming, please phone and let us know. We have had lots of interest, so I am wondering why it is so difficult to get men to actually register. Any suggestions out there? I have been told by quite a few men that they enjoy reading *Issues*. There was an overall increase in their numbers at the Spring Festival and it did my heart good to see them attending various workshops. Instructors gave me feedback like... "Wow, what a difference in the energy in my workshop," Commenting favourably on more men being present and offering their support. A small group of teens also showed up and here is a letter from one of them:

Dear Angele...My experience at the Spring Festival '04 was awesome! I found out about the festival through my mom, who has been attending for about five years. Being a teenager, I didn't know what to expect and I didn't think that people my age went to these events. I also didn't expect to be having so much fun in one weekend! I went along this year to just set up around the site and help in the store in the mornings. I ended up going to workshops, joining activities, and having the best time ever! I met a ton of great people, made awesome new friends, ate excellent food, and I'm looking forward to next year! I had such a great time that I told (literally) everybody I know about it!....Claire Drummond

The Wise Women's Weekend is being announced in the centerfold and I am ever so grateful that Samarpan, Laurel and Urmi have taken over the awesome task of organizing this event. I wish them success.

Angele

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 subconscious 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 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.

Laara has two children and three grandchildren and lives in Kelowna.

Call Laara Bracken now and see how she can benefit you!

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Crystal Light Therapy



Donna Harms

I became a practitioner and instructor of Crystal Light Therapy because of the gentle but definite results that have assisted me in creating my "Heaven on Earth." The only way I can describe Crystal Light Therapy is to relate how my life has been evolving since learning it.

I owned and operated a tax and investment business for 25 years and raised four boys as a single mom. During that time I was regularly seeing psychic's and tarot readers, knowing I had another purpose, just not knowing what it might be.

For Christmas one year my sons bought me a day package for a reflexology treatment, shiatsu and massage. I thought I had gone to heaven! My business brain kicked in, thinking that I could open a place like this closer to home and hire all the practitioners and maybe start going to school to certify myself. I signed up to become a certified reflexologist, knowing this was the beginning of a life style change, but not too sure what the outcome would be.

I got involved with Colour Energy when they advertised their first class in Canada. I knew this was a course I had to take. I was told that this modality combines cleansing, toning, visualization/meditation, chakra balancing and a stone massage. Since learning Crystal Light Therapy, I feel as though the clouds of self-doubt, deception and general heaviness have been lifted. I am now more sensitive to my own needs and able to provide for myself, spiritually, intellectually and emotionally.

We all have issues, events, traumas, etc. These fears, anxieties and self-doubts are universally heavy, constricting, creating stuck energy. Crystal Light Therapy doesn't identify how full and cluttered our auric field is. It simply cleans and balances it.

A Crystal Light Therapy treatment leaves me with a lighter feeling, balanced and harmonized with my surroundings and connected with myself. The cleansing leaves room for all kinds of information to filter in and be understood. Within one year of taking the course I sold my tax business, opened my healing bed & breakfast spa and now have a new life full of light, love and learning! Best of all, I can now appreciate every minute of every day, knowing I am a divine being of this earth, creating my heaven on earth!

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Crystal Light Therapy Intro

Informational session and demonstration Friday evening, August 13, 6:30-9:30 with founder, Patricia Edge, from Mexico Cost \$10, includes refreshments.

Crystal Light Therapy - 3 day wksp

Sat to Mon. Aug. 14-16, 9-4 pm - \$695
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Come and get a first hand look at this amazing therapy! Crystal Light Therapy is the safe and therapeutic use of combining music, gemstones and massage for a most enlightening experience. This therapy involves a cleansing ritual with burning sage and soft gentle music, leading you through a visualization meditation while placing the gemstones on your chakras' (energy centres) to promote positive and conducive energy flow throughout your body. You would then receive a full body massage with warm oils and stones while still in your deep meditative state. This state of relaxation removes all stressful thoughts and feelings, encouraging the body to relax, rest, rejuvenate and heal itself, resulting in a wondrous sense of "well-being" and a comfortable sense of knowing you can create your Heaven on Earth.

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5 STEPS ALONG THE PATH

by Richard from the Retreat Center in Johnson's Landing

At the Spring Festival of Awareness in Naramata this past April people handed out token bracelets for acts of kindness, crystal bowls were played, people walked the Labyrinth and over two hundred people sang and danced the *Dances of Universal Peace* in the Great Hall. It is gatherings such as these along with inspiring workshops and magical connections with other people that inspire us with hope and direction for the future.

Of course there is always the part of life that seems not as inspiring, the nine to five job, the bills, the requirements for basic survival in our society. So how do we maintain the sense of wonder and awe with our life? Should we forgo the 'comforts' of life and become wandering ascetics such as Siddartha, in search of meaning?

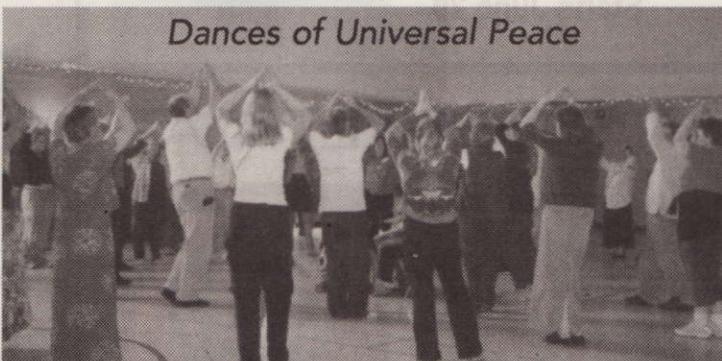
From my personal experience I have found that the Universe provides us with opportunities to grow and helps us along our path... And for myself, and what I have observed in others, the initial steps seem to be first 'finding our path'. It is my feeling that here in Canada we have been blessed with abundant opportunities to find ones path by listening, observing and responding to the gifts from the Universe.

So how does one 'listen and observe' the messages that the Universe provides? In order to explain this process we

need an understanding that as individuals we can respond to things from the Mind or from the Heart. Our minds tend to give us messages such as '*I couldn't do that because...*'. A response from the Heart does not contain a judgement, it is more of a passionate response, an emotion or feeling that runs through your being. When things occurs in my life I try and look at them with an open mind, asking myself, 'what is the message or opportunity here'. I have found this process to be the first steps in manifesting my purpose for being here now.

I also have observed that the less I listen to Universal guidance the stronger the messages become. Sainthood is not in my future. It is one step forward.. two steps backwards, sliding in and out of the old patterns and programming, learning and re-learning until I get it right... and then staying open to the inevitable changes. As Neale Donald Walsh said: '*Life begins at the end of your comfort zone.*'

In future editions of ISSUES I will endeavor to share with you some of my personal stories of receiving guidance, direction and confirmation from the Universe.



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The Buddha for the 21st Century

by Thich Nhat Hanh

We all need love. Without enough love, we may not be able to survive, as individuals and as a planet. It is said that the next Buddha will be named 'Maitreya' the Buddha of love. I believe that Maitreya might not take the form of an individual, but of a community showing us the way of love and compassion.

The basic condition for love is mindfulness. Unless you are present, it is not possible to love. Learning to be present may sound easy, but until you get the habit it is not. We have been running for thousands of years, and it is difficult to stop, to encounter life deeply in the present moment. We need to be supported in this kind of learning, and that is the work of a Sangha, or spiritual community.

We have to learn to practise meditation collectively, as a family, a city, a nation, and a community of nations. A Sangha that practises love and compassion together is the Buddha we need for the twenty-first century. It is up to us to bring the next Buddha into existence - Maitreya, the Buddha of Love, Ms Love, Mr Love. We have the privilege and the duty to prepare the ground for bringing the Buddha to life, for our sake and the sake of our children and our planet. Each of us has a role to play. Each of us can bring the Buddha into our daily life by practising mindful living. Each of us is a cell in Maitreya Buddha, the Buddha of the twenty-first century, the Buddha of Love.

Thich Nhat Hanh is a Vietnamese Zen master, peace activist, author, poet and founder of the Community of Interbeing.

Reprinted from Caduceus, 1997

THE AWAKENING

A Journey to Discover your Health is in Your Hands

by Patty Minall

I can't describe the sense of loss I felt the day my mother died of cancer. It was as if I had not only lost my mother, I lost a piece of my Self that I will never regain. Four short months later, I found myself saying goodbye to my sister, who within three weeks after diagnosis, succumbed to the same disease. Even today, more than three years later, the depth of my loss and grief is incomprehensible.

There I was, 43 years old, on my own and getting counseling to help cope with my losses. I was trying to take care of my grieving father; to console my brother-in-law and nephew; and struggling to keep it together at work. All the while, I was fighting this morbid fear that I, too, was a ticking cancer time bomb. I awoke one day with a new mission: Stop being afraid. Focus on *prevention*. Be pro-active.

A mild interest in health and nutrition turned into a passion and I studied every piece of cancer-related literature I could get my hands on. Though most studies and articles were different, the basic message was the same: ALL degenerative diseases are now affecting us earlier in life, in ever-increasing numbers, and there is a direct link to diet. I paid close attention to what cancer survivors said and discovered they had three things in common. They reduced stress in their lives; they got up and got moving; and they made significant nutritional changes in their diets. Most importantly, they ALWAYS increased their intake of raw fruits and vegetables.

The bottom line, I discovered, was that I needed to take care of myself from the inside out. I learned that every day all of the cells in my body (and those in yours!) are bombarded by oxidative stress, which causes cell distortion. So, I envisioned the billions of microscopic cells in my body as perfectly round, clean and untouched. And I began to feed my cells – indeed my soul – with better nutrition.

Sometimes people debate with me that we all have cancer genes and we're all going to die someday anyway! I agree with them... but only to a certain point. I wholeheartedly believe that there are steps I can take to protect myself and ensure longevity. If cancer is going to come knocking at my door, I am determined to put up a fight. My 'ammunition' will be a positive attitude and a healthy, balanced diet including 5-to-10 fruits and vegetables a day! Fruits and vegetable are my soldiers to fight my war against this disease and many others.

The most important lesson I've learned in this journey is: *Only I can make a difference in my life. And only YOU can make a difference in YOURS!* If we choose a pop and a chocolate bar over an apple and filtered water, we've no one to blame for our poor health but ourselves. Make a difference by taking care of your cells today, in order to prevent disease tomorrow. Think whole food nutrition. Your life depends on it.

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Wise Woman Creating a Model

by Jane Shaak

Photographing the Wise Woman Weekend (WWW) for the last few years has allowed me to be an observer and participant. I have developed a special appreciation for its creation. The Creative Path Way intrigues me, taking an idea and following the steps to bring an idea into reality. The WWW photographs chronicle from set up to take down and help me see the creative process in action.

WWW seems a simple formula. Take an idyllic setting on a beautiful campus, in a peaceful village on Lake Okanagan, add facilitators with a wide range of skills, experience and enthusiasm to draw from; invite women of all ages to attend; select instructors and leaders to inspire participants; lay the groundwork by planning the theme; opening and closing ceremonies; take care of the details; set the stage and during the weekend - relax, engage, be present and enjoy. "Laughter is tremendously healthy. Playfulness is as sacred as any prayer, or maybe more sacred than any prayer, because playfulness, laughter, singing, dancing will relax you. And the truth is only possible in a relaxed state of being." Osho

For some, WWW is a 'time out' from busy, overly committed lives. For some it is a chance to step back and be the observer and for others it is a reconnection with the deeper mystery and divinity in all of us. For most, it is a fun, playful and creative experience to share with new and old friends.

Vision carriers for 2004 are Laurel Burnham, Samarpan Faasse and Urmi Sheldon. They are collectively laying the groundwork for women to experience this event as fully as possible. Their collective ideal of an open, creative and loving community for women of all ages is at the core of their planning.

An important theme of this event since the beginning is the celebration of the primary roles in a woman's life as she matures. These roles are the Maiden - young, innocent and filled with promise; the Mother - nurturing, supportive and

day & night

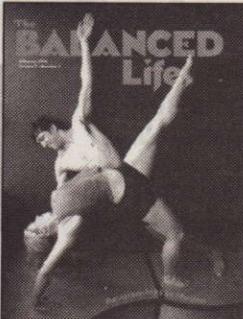
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Weekend: of Community

responsible; the Queen - fully engaged and in her power; and the Crone - a graduate of life. Crones are women literally 'crowned with time'. They have creative gifts and talents with nothing left to prove. At the core of these roles is the Child - the innocent aspect of our selves that wants to play, engage, be creative, be present and be safe in the world. The 'Great Hall' at the Naramata Centre is transformed, by a team of enthusiastic volunteers, into a space of celebration, through lavish props, decorations, candles and fresh flowers. A kaleidoscope of cultures, symbols, altars together with an array of spiritual and courageous women, represented through images and sculptures, surround the participants.

The Wise Woman Weekend officially opens and closes with energy infused ceremonies, and the gatherings of the participants. There is a wide range of possibilities to choose from, such as sunrise meditations and ceremonies, art and body work, drumming, dancing, experiential and intellectual workshops and much more. The Wise Woman Healing Oasis allows participants to schedule affordable pampering with a diverse range of talented practitioners or have a reading to give them a new point of view. The Wise Woman Emporium is an eclectic collection of affordable, hand made and inspired products and wares for purchase.

I felt drawn to the event from the beginning and followed that intuitive nudge, to discover why. Since that time, I have come to appreciate the structure and framework of the Wise Woman Weekend as it unfolds each year. It is now a part of my September, and my own creative process. Capturing women on film in their radiance and fullness is of special interest to me. I appreciate opening the film, looking at the pictures and remembering anew our times together. To me, it is a sacred moment, an afterglow of a wonderful time spent, worth remembering. There are stories to be told and moments in time to be captured. (see centerfold and back cover)



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I am truly blessed to be able to share the knowledge that life is continuous, and to bring guidance and clarity from those loved ones who have passed over. To work with them and the guides who inspire us to reach into ourselves to find a greater understanding of who we truly are, is a wonderful thing to share. I feel very honoured to be able to use my gift to help bring acknowledgment, love, clarity and direction where needed.

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BC Doctor Tells Story About His Remarkable Recovery From MS!

by Connie Hargrave, MA, ELeCT

Dr. William Code, MD, FRCPC, has regained his walking and physical strength after suffering 8 years from progressive Multiple Sclerosis and attributes this to a nutritional supplement. Dr. Code was forced to stop working as an anesthesiologist on Vancouver Island when he began to find it difficult to do his job. At first his one foot began to drag and slip off his bicycle pedal, and he began to find it difficult to use the needles in his work. He was then diagnosed with MS – the progressive kind – by the best neurologists on the continent. As he increasingly lost his balance and strength, he bought a wheelchair and prepared for the worst. Now, 8 years later, Dr. Code has sold his wheelchair, and he is telling others about his remarkable recovery due to HMS 90, the glutathione miracle.

Now lecturing across the country, Dr Code explains that MS can be considered an auto-immune disease, in that there is damage to the nerves and spinal cord, which are being 'picked on' by the white blood cells. There is also damage to the 'energy centre' of the cell, or mitochondria, from free radicals, which is what makes people with MS feel exhausted. This damage decreases when glutathione is boosted through nutrition.

Dr. Code says that this auto-immune degeneration is similar to what happens with psoriasis, where it is the skin that is being 'picked on' by the white blood cells. With rheumatoid arthritis, this same process damages the joints; with ALS, the white blood cells are taking on another part of the brain and the central nervous system. With Meniere's Syndrome, it is the inner ear, and with Crohn's Disease and ulcerative colitis, they go for the gut. Conditions such as asthma and allergies are also due to an 'over-reactive' immune response.

The good news, according to Dr Code, is that cysteine has been discovered to be the missing building block that allows our bodies to make glutathione, which is what keeps the white blood cells in line. Glutathione also 'mops up' the free radicals before they cause damage, and this can make a huge difference for people with serious diseases. "With the latest scientific knowledge of the protective role of glutathione, and the discovery that cysteine-rich protein boosts it, we can go a long way to prevent the effects of stress and aging, and the diseases associated with it," says Dr. Code. (see ad below)



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Drumming for Health, Drumming for Joy

by Barbara Flach

A couple of years ago a handbill for drum lessons posted on the bulletin board caught my eye. I copied down the number intent on learning more. I love drums and had been keen to learn more since a one day African workshop I'd done about 15 years earlier. Distracted by life and lack of a teacher I never expected it was a love I'd be able to pursue. I called the number and "Paul" asked what I wanted to learn. "Uh...", I wasn't sure what he meant. "Do you want to learn Celtic, African, Latin or Middle Eastern?" Was he serious? I hesitated and said... "I want to learn it all." During my intro Paul taught me some simple rhythms, explained the different types of drums and played his mystical frame drum. I melted. Paul's passion and enthusiasm for, and obvious skill with the drums hooked me. I wanted to do what he could do.

At the time I met Paul I was a 48 year old "new" mom of a three year old. At age 45 with three almost grown kids I discovered I was pregnant. My unexpected late-in-life baby had left me physically, emotionally, spiritually, and mentally exhausted. Often I wondered if I would be able to muster the energy and resources to make it through the days.

I began drum lessons initially once a month, not sure what kind of a commitment I could make. It was fun! More than I imagined! I began with the djembe and some African rhythms, then some precision drumming to build my skill, timing and consistency. To say my life has transformed from black and white to technicolor may even be an understatement. Rhythms dwell, just below consciousness, ready to burst out unexpectedly on the kitchen sink, the dashboard of the car, a grocery cart, or the body of my sweet young son. (Oh, yes, he has a drum, too, and together we make a mighty racket!)

Research on the internet has turned up articles on drumming that confirm my personal experience of healing. Drums

and drum circles are used with cancer, alzheimers, and Parkinsons patients, burned out health care workers, and those suffering from grief. Positive results are manifesting in youth at risk for addictions and substance abuse. All music is therapy but one of the particular beauties of the drum is that basic rhythms can be learned quickly and one can be playing in an afternoon.

Paul has been playing his entire life. He started on his mom's pots and pans as a little boy. He's studied with a variety of teachers in different traditions from African to Latin and precision drumming, spending several years studying Middle Eastern rhythms with a classically trained Egyptian drummer. Paul's studio echoes to the pulse of bongos and congas, djembes, darbuka and doumbek and the resonance of his magical frame drum. Paul is an experienced teacher, encouraging children and adults in workshops and private lessons with an enthusiasm and passion for the drum that is contagious, joyful and downright "feel good." Thanks Paul!

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SEPARATION IS OF THE MIND AND HEART

by Irene Huntley

In the last Issues magazine, I wrote "the opposite of love is separation." So what does separation mean?

Let me set the stage. We are spirits who have chosen to come into bodies to experience using energy to manifest in physical reality. Once we have been born, we forget the decision made by our spirit in order to give us the freedom of choice. As infants and children we are greatly influenced by our experiences as we develop into adults. These experiences give us the set-up for the lessons we have agreed to learn during this lifetime. Once we are adults, we get to choose our attitudes and actions based on what we know and what we have experienced. The basic problem is that we have forgotten what happened and why.

Our hearts and minds tend to run on different tracks. Our minds are developed by our family, our society and our schooling. Our hearts, on the other hand, are often ignored or discounted. The message of our hearts is misconstrued, misunderstood by our minds and feedback from others. This is separation - the separation that we in fact experience daily between what we really, really want in our hearts and what our minds think is what we want. Our goal is to discover the pathway that leads us back to our heart's truth. What is our heart's truth? We must learn to live a deep level of honesty, not just honesty according to the law, especially honesty in our dealings with others. We must be willing to examine our thoughts for ways in which we are inconsistent in our own lives.

You have heard the phrase 'walk the talk.' This is honesty at a deeper level. What do we believe in and how do we act on it? Or do we say one thing and do another? Once we start to change our truth at this level, we can become aware of the energy of truthfulness. It feels right when we have acted according to a deeper part of ourselves. That deeper part is our heart, our core, our essence, our higher self. And the basis of this part is always love - love for ourselves and for each of the others that we come into contact with. Being truly honest frees the energy. When I am willing to be open and honest with someone after I have felt some sort of tension or

misunderstanding between us, the energy becomes free between us again. Pay attention to and become aware of the energy between yourself and others around you.

What is your truth? When you tell something that you know is not completely the truth, what does it feel like? Are you aware that you have layers of truth? - the layer that you are willing to see now, the layer that you are moving toward, the layer that is still completely hidden. All of these layers move you toward your highest truth. The first layer is often about what is socially acceptable to say or do, that we probably wouldn't say or do if we really thought about it, if we are really willing to speak the truth. So many times we compromise our own truth because others might not like it or it is always done a certain way or ... any number of other reasons our minds come up with.

The truth needs no defending. The truth needs no explanation. Do you ever really listen to yourself? What are you really saying or thinking? Is it the highest truth that you know at present? Are you aware of inconsistencies, compromises, regrets that cross your mind, after you have spoken or acted? Watch your thoughts for they lead to words and actions. They can be changed before you speak or act. There is no need to blame yourself as you become aware of them. Just pull the love in to heal what is out of balance. When we follow that inner truth, even though it seems hard at times, the rest of our lives begins to flow in harmony.

The Dalai Lama says, *"If we accept war as a possibility, then we become divided inside of our selves because the heart would never understand the need for war."* He spoke of this in reference to the way we humans relate to each other. What better way to resolve this outward difficulty than to resolve this conflict within our own hearts and minds. We then cannot conceive of war or hatred or anger or spite or criticism or any thoughts that separate us from each other and from our selves. Whenever we discover the truth deep in our heart and bring it to awareness in our mind, another part of us is brought back together and we remember more of who we really are.

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Calendar of Events

June 5 & 6

Reiki Level I and II, Pam Shelley. p. 19

June 17 - 20

Building a Labyrinth

Johnson's Landing Retreat Centre. p. 31

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June 25 - 27

Wise Guy's Weekend, JLRC. p. 15

The Alchemy of Dreams, Chase. p. 14

June 29

Yoga Teacher Training, Salt Spring. p. 10

July 2 - 4

Shift Happens, Christina Lake. p. 3

July 10

Aromatherapy Hydrosois, Vernon. p. 29

July 17

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July 16 - 21

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July 22 - 25

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"Electro-magnetic energy used for health enhancement is a blessing for mankind. QRS will lead to a change of paradigm in medicine." -Dr. Linus Pauling, twice awarded the Nobel Prize

The Chinese discovered the benefits of Pulsed Electro-Magnetic Fields (PEMF) early in the 20th century. This therapy became popular in Eastern Europe more than 30 years ago and has since become a standard medical treatment for many health conditions in many countries all around the world. North Americans have only recently begun to use pulsed electro-magnetic treatments to satisfy the ever-growing demand for a better quality of life.

Research has shown that Pulsed Electro-Magnetic energy improves the ability of the body's cells to more efficiently absorb nutrients and remove cellular waste. It increases the oxygen-level in the blood dramatically. It restores depleted energy to the cells, improves blood circulation and lymph fluid flow, all of which enhances the performance of the whole body and especially the immune system. Many consistent users of this technology report that common health afflictions are a thing of the past.

Research has also shown that Pulsed Electro-Magnetic Therapy relieves one of the major causes of aging and disease, namely stress. Relief from everyday physical and emotional stress may be the best prescription to alleviating long-term health damage.

"Stress reduction, health maintenance and anti-aging can be made simple with daily use of magnetic fields." - William Pawluk, MD, MSc.

Additional benefits include restoration of normal sleep patterns, relief of discomforts and pain from aging, disease or accidents and relief of muscle and joint stiffness. Patients also experience increased energy and improved stamina as well as reduced recovery time between strenuous activities. Surgery

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Case Study #2.

Ilene (age 46 - Kelowna) "I was in a coma for 5 days from a head on collision. I fractured my wrist and vertebrae from a subsequent accident. First treatments increased energy and relieved depression. Additional treatments diminished pain and accelerated recovery of surgery to vertebrae. I am heading towards full recovery."

Case Study #3

Martin -(age 46 - Kelowna) "I seriously injured my knee as a youth and have suffered numerous repeat injuries over the years. A strenuous golf swing disturbed my knee again. After several PAPIMI and QRS treatments, I was on the golf course again. The knee is fully functional and pain free. It healed in one-third the time compared to past injuries."

Massage therapists, chiropractors, acupuncturists and other health care professionals are discovering that their treatments are more effective if patients have previously received Pulsed Electro-Magnetic Therapy treatments. The body responds more effectively if the internal stresses are reduced.

Although Pulsed Electro-Magnetic Therapy is not a panacea and may not work for everyone, it is making a significant difference in the lives of many people as an alternative treatment method.

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All You Need Is Love

A past life with John Lennon

by Jewelle St. James

Just imagine you're not a Beatles fan, but you find yourself grieving over the untimely death of John Lennon. Just imagine your grief is so overwhelming your life falls apart. Are you crazy or is there a deeper stranger reason? I was a young wife and mother, living in BC when John Lennon was murdered in 1980. The news of his death changed my life.

The first three years, I grieved quietly. I considered writing to Yoko Ono; anything to eradicate my feelings of what? Anger at myself for not seeking John out before he died? For not paying attention to where he lived, or what songs he wrote? Had I lost my mind? I reached out to my psychic mother. She visualized an incredible scenario. Me ... back in the 1400's in southern England, only I was in a different body. My name was Katherine St. James. I loved a man named John Baron, who in this lifetime was John Lennon! My mother described the sad story of how John and Katherine, both in their teens, fell passionately in love and planned to marry. I, as Katherine, was devastated when John died suddenly of tuberculosis. She died shortly after from a broken heart. I was shocked at how profoundly I felt Katherine's pain ... three hundred years later!

In 1985, I flew to Mere, England to verify John and Katherine's past. The trip was a disaster. There were no St. James or Barons from the 1400s, and although there were Barons from the 1600s in Mere, that was two centuries later. I arrived back in Canada defeated and feeling like a fool.

On my return home, a taped letter from my sister Konni, was waiting in my mailbox, sending my hopes soaring again. Konni suffered from multiple sclerosis and as her body weakened, her intuitive awareness blossomed. Before travelling to England I had sent her a taped letter explaining my reason for going. I listened in disbelief as my sister told me John and Katherine existed in the 1600s and in a place called Petworth, somewhere in England. She also said Katherine's name was James not Saint James.

Konni's information, led me to the town, fifty miles south of London where I found my birth record on microfilm. Katherine James christened February 24, 1666, in Petworth Sussex; father Robert James. This information opened a floodgate of memories which spilled on to paper. A story emerged from my subconscious and I began to write. It took seven days.

I also underwent a past life regression. Under hypnosis, I felt Katherine's life and visualized the town and my home. I knew I had to return to England and experience it for real. I arrived in Petworth on a sunny afternoon in 1990. Within days, most of my past life recollections were corroborated. The scenes from my channelled account actually existed! In 1995 I published my first book. More clues and connections were unearthed and in 2003 *All You Need Is Love* was published.

Jewelle St. James is the author of *All You Need Is Love*.

Please check with local book stores

or visit her website www.pastlifewithjohnlennon.com

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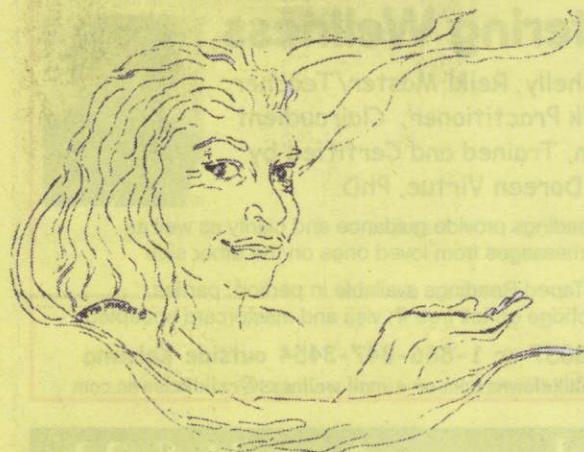
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Message by: Advocates for Alternative Cancer Management

COSMIC TRENDS

for June and July of 2004 by Khoji Lang

Being in the sign of Gemini, the Sun is soaring ever higher. It is during this time, lasting up to Summer solstice June 20, that days still are getting longer. And it is with the Sun's entry into the sign of Cancer, at its yearly climax, that the principle of darkness starts settling in again. Although not recognizable at first, days are getting shorter again - while the hottest time of the year, usually in August, still is to come; one eighth of a year, or about 45 days later. This divergence is quite remarkable; it can be observed throughout the year, showing that the Sun's emanations need time to become fully manifest in Earth's biosphere.

This present time we're in right now is tremendously rich in potentials, presenting themselves to be acted upon and integrated into our lives. The Lunar North Node shows the main direction of evolution. Still in Taurus to the end of this year, existence urges us to plant new seeds. We are meant to work hard, to become more practical and sustainable. And the sign of Scorpio shows what we tend to indulge in (Lunar South Node) - radical solutions, all-or-nothing mentality, internal strife, destructiveness. It is true though, before something new can be built the old has to be taken down. There has to be harmony between the two forces - the Scorpionic has to support the Taurian.

Yes, support is the key word. Support centers in the heart. It's the heart which balances the lower and the higher, the outer and the inner. Through the heart we're experiencing oneness with existence. It also is the heart where will power, commitment and social responsibility are arising from. Right now, on a collective scale, heart energy is greatly empowered, kindled both by intuition and emotional awareness. Particularly between April 20 and June 16, a unique window of opportunity is open, enabling us to recognize and correct discordant patterns. To underline this, planet Venus comes right between Sun and Earth, crossing over the Sun's disk on June 8, an event that only happens about once every century. It might be of interest that in June 2012 yet another crossing of Venus over the Solar disk will occur. These two crossings were predicted by Mayan astrologers many centuries ago. For the Mayans, Venus represents the heart of the feathered serpent god Quetzalcoatl, god of creation. So we can be sure that these two Venus passages are key events in the present countdown - gateways into a new era. It has been said that by 2012 we will ascend into the fourth or even fifth dimension. It is easy to get confused by such terminology, to the point of expecting magical changes in the exterior world. To my understanding, the fourth and fifth dimension are not physical manifestations, but expansions in consciousness. When rising in consciousness, literally scales fall off from our eyes. We will be liberated from illusions and deceptions we're still caught in right now. In this expansion, lies of separation and limitation will evaporate. We will become aware of our intrinsic power, and thus become immune to all attempts of control and manipulation.

This first Venus passage of June 8, is likely the sign that the birthing process of this expanded consciousness has begun. This is the time of labor, we are to allow for contractions of consciousness. What lies ahead of us is nothing short of a quantum leap, an explosion into consciousness. Naturally this process is loaded with agony and ecstasy - and what we prefer to focus on is our choice. It's time to unify opposites, to embrace the shadows - the collective as well as individual. This is accomplished by lovingly looking at what is still wrong and being thankful that it was serving its purpose. However painful at first, issues must be addressed, exposed and digested. We have to allow being touched by what has gone wrong, admitting to our part. The recently released documentary "The Corporation" is a great example of such process. Only when we allow being shaken thoroughly, changes may start settling in. May this rare Venus passage empower us to redefine personal responsibility - giving us realization of how to bring healing to our lives and this world.

Khoji Lang - 1-877 352 0099 - cosmoswithin@yahoo.ca

A Tough Crust is a Thin Veneer

by Donna Korchinski

Someone once told me that the universe gives us signs and for a long time I didn't believe it, but I do now.

In October of 1997 I had a dream. My father who died in 1994 appeared in my dream. When he died he was thin, shriveled and vulnerable but in the dream he came to me as a young, handsome man, leaning in a doorway, well-dressed and looking at me. He woke me from my sleep and told me to start writing.

At the time I had been taking a course called Silva. It is a system which uses the power of the Alpha state of the brain. One of the techniques that Silva teaches is to record dreams. Eventually we learn to ask questions about our lives and get answers from the dreams through the Alpha state.

This experience was a clear sign that I had to change, but it took four more years to truly sink in. I was being forced to look at things differently. I was a 'hardnosed journalist' - always getting the 'hot story', the exclusive, putting the bad guys in jail, or exposing politicians. I was addicted to journalism. My obsession with 'getting the goods' prevented me from doing what I truly was supposed to do, to touch people's hearts and feelings. I then worked as a freelance journalist. I sold individual stories to The Globe and Mail, the Financial Post and did eight documentaries for *the fifth estate*. I became a freelance television producer for a large U.S. television network. Then my freelance work started to dry up and my options dwindled. I remembered my dream but still I wasn't really paying attention, so the universe continued to send me more messages as I continued taking Silva courses.

I learned that everything in creation has an energy frequency, including our brain. I learned that if brain waves are slowed down to the Alpha state, seven to fourteen cycles per second, learning will be more effective. Above that is known as Beta, the normal awake state for our brains.

In the Alpha state, you learn to work only with positive energy. The mind, through thought and suggestion, takes on a power of its own. You learn to de-programme yourself out of negative thinking and bring good into your life and those you care about. You put yourself on a course to set goals, to see them come true, to bring yourself back to health. It can show you how you can get a better job, lose weight, stop smoking, improve your learning or your memory, your relationships and your spirituality.

How did I start putting my learning into practice? My niece was bugging me about getting serious about my intuitive writing. As I sat in her lovely condo, she said, "I really like this place, it's me. But there's something wrong here. I don't have a good feel about it. Please ask spirit why?" I began to write. Spirit said...then there were animals crying in this location. She read what I wrote and said "I know why. There used to be a meat packing plant on this spot."

Then I knew I should be doing this more seriously. There has been no turning back. The learning continues as does my career working as an intuitive writer and healer. (see ad to right)

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Where you think it is, it ain't.

by Wayne Still

Dr. Ida P. Rolf, the founder of Structural Integration work, was known by her students and associates to have a sharp mind and tongue. She had an insatiable scientific curiosity and a gift for putting sometimes complex ideas into concise phrases. My teachers frequently used three of her aphorisms to remind us of the basic principles of Structural Integration. Here we will look at the first of them.

"Where you think it is, it ain't."

Dr. Rolf developed her work by focusing on the tough fibrous web which holds all the bits and pieces of the body into a cohesive bundle. It is called the myofascial system. Next to water, fascia, also known as connective tissue, is the most abundant substance found in the body. It forms a living matrix which is continuous throughout the body giving it form, strength, and flexibility. Extending to the cellular level, it is connective tissue which forms the cell walls and holds the cells together. Each muscle fibre is encased in a sheath of fascia in which its contraction takes place. The bony skeleton acts as a spacer within the system. It provides points of attachment for specialized fascia such as tendons and ligaments. Fascia determines the placement and alignment of the bones. Plastic in nature, manipulation of fascia by the application of pressure can change the alignment of the

bones in the skeleton. Dr. Rolf saw the body as a balanced structure organized around a vertical line, supported by gravity. The integrity of the structure is maintained by balanced tensions within the myofascial system.

Fascia is the body's memory storehouse. As we experience life our bodies are subject to stress and strains which are absorbed by the fascia sometimes causing damage to it. Damage can be caused by injury, emotional disturbance, or postural quirks. As it repairs itself, fascia contracts and becomes thicker, creating scar tissue and other compensations to facilitate healing. Loss of range of motion in the affected area can be a side effect of the healing process. Balance in the tensions supporting the body is changed so that chronic pain in a part of the body far removed from the original injury may be related to it.

An old injury to your calf has healed, but has affected the articulation of that knee. The body's compensation for that change has been a rotation in the hip girdle which creates an imbalance in the muscle structures of the back. The resulting strain manifests itself as a pain in your neck. No amount of treatment to the neck will alleviate the pain until length is restored to the original trauma in the calf.

Where you think it is, it ain't. (See practitioners below)

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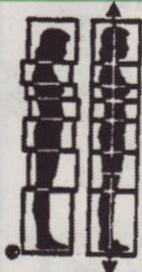
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Iridology As A Window To Physical, Spiritual, Mental, and Emotional Healing

by Ean Languille

Did you know that there are many German and Russian doctors who currently use Iridology (iris analysis) with their patients? Are you aware of the growing momentum of Iridology in the United States and Canada? Why are more people turning to Iridology for answers? Have you discovered how valuable Iridology is to understand more about yourself physically, spiritually, mentally, and emotionally?

Your eyes hold the key to what you seek. From birth, the iris holds a specific structure or divine blueprint of who you are. The eye structure you have with its specific formation is distinct from that of every other person and will not change throughout your lifetime. You can think of your iris as showing your specific constitutional make-up relaying information as to the inherent strengths in the body and the potential areas of disturbance. The more stress there is on the body the more likely that it will manifest in the area where it is the least resilient. By knowing where you are least resilient eliminates fear by giving you insight into how to prevent problems from showing up in your life. There are also changes in the eye that occur in your lifetime. Iris markings and color changes show up in the iris based on the amount of toxicity the body is exposed to, nutrient deficiencies, and physical/emotional stress. The iris is literally trying to communicate with you by being the external screen which mirrors the internal physiological and emotional processes.

The eye is the most brilliant piece of art that exists. Woven within the tapestry of the eye is your very nature. Your iris picks up the potential for the type of personality you have and what your greatest challenges and lessons are in your life. How can the iris do this? Every thought you have carries a chemical that either strengthens or depresses your nervous system. Because your eye is neuro-muscular it picks up the dominant messages from the nervous system and registers these in the iris. How and where the body registers these messages depends on your unique chemistry and where the strong and weak links are in your constitution. By understanding your eye you are receiving information that is rare, valuable, and life changing. It is a decision to know thyself and be willing to go deeper in the journey of self-discovery. Physically, it is possible to have dramatic changes with various health concerns. Mentally and emotionally you learn how to let go of thoughts and feelings that are adversely affecting your quality of life. Spiritually, you recognize your divinity and the special gift you offer to this world.

Iridology is becoming more popular as people are asking great questions and knowing that the answers exist within themselves. The meeting place of your intellectual and intuitive nature is mirrored in your eyes. This fascinating and non-invasive way to receive messages and take action physically, spiritually, mentally, and emotionally is unparalleled. (see ad)

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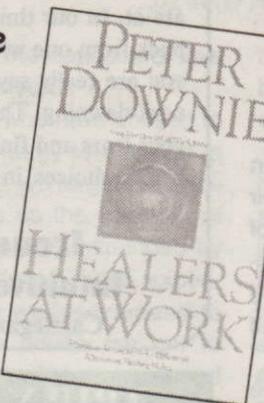
Book Reviews

by Christina Ince

Healers at Work

Firsthand Accounts of the Difference Alternative Healing Makes

Peter Downie
Northstone Publishing
ISBN 1-55145-080-1 • \$29.95



This book contains interviews with healers who reveal why and how they practice their healing arts. The author was nervous about tackling the subject of healing due to the "impressive but impossible promises of miracle cures specifically aimed at people whose fear of illness and death makes them all the more gullible and desperate". He acknowledges that while a medical condition can at times be cured, the human condition is almost always in need of healing. Among the healers interviewed for this book are people who offer music, dreamwork, prayer, Healing Touch, and contemplation. Peter Downie puts to use his excellent and acknowledged skills - honed on CBC's *Man Alive*, *Newsworld* and *Morningside*.

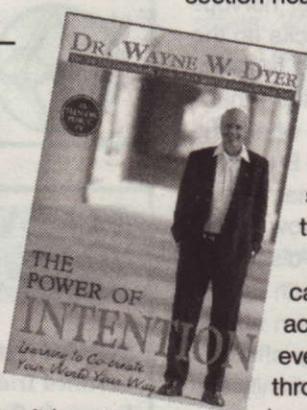
A simple question can draw out the most profound of answers. The interviewees were chosen due to their work in helping people to genuinely heal, all seemingly quite different from each other. However, as work on the book progressed it became apparent to the author that healers and their modalities have so much in common - achieving results with sometimes highly divergent approaches and methods. This book's easy-to-read, intriguing and intelligent style provides you with a satisfactory understanding of the healers and their modalities, from the simple humanness of their stories to the deep powerful levels of their healing.

The Power of Intention

Learning to Co-create Your World Your Way

Dr. Wayne W. Dyer
Hay House, Inc.
ISBN 1-4019-0216-2 • \$21.95

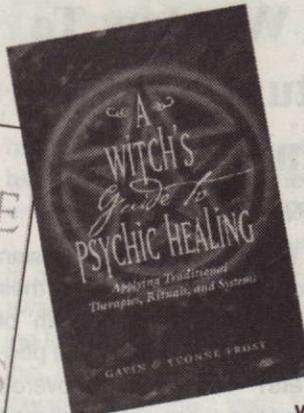
One day my dear friend Patricia strongly recommended this book to me, along with the PBS special in which it was showcased. The next day it arrived in the post, unsolicited from the publisher. I took the hint and read it mindfully. It is not a book to rush through, or sporadically dip into - rather, save it for quiet times, to savour and re-read. Dr. Dyer considers that intention is not something you do, but rather a force that exists in the universe as an invisible field of energy that you can access to begin to co-create your life. He says, "Activating your power of intention is a process of connecting with your



A Witch's Guide to Psychic Healing

Applying Traditional Therapies, Rituals and Systems

Gavin & Yvonne Frost
Weiser Books
ISBN 1-57863-295-1
\$28.95



Three people who saw me with this book said that they would be more likely to read it if the title and sub-title were reversed. The browser's response will of course depend on his or her perception of "witch", and indeed "psychic". The authors state "This is an ecumenical book. Whether you are Christian, Hindu, Buddhist, Wiccan, agnostic, or militant atheist, you will follow a positive path when you embark on healing work". So why the title? The authors were initiated into the Craft decades ago and the methods they use have roots in age-old Wiccan practice. They are also proven writers, having nineteen other books to their credit.

This is a comprehensive and eclectic overview of healing the whole person on all levels, beginning with self-healing, for which the authors prescribe six principal techniques: active, passive and astral meditation; lifestyle changes; nutrition; pharmaceuticals; power (chi, prana, the Force); and creative visualization. Healing, like charity, is more effective in the long-run when it begins at home. Apart from the extensive information given on a broad range of therapies, this book is also practical. There are useful tables: healing chants, flower essences, herbal salves, easily grown healing herbs, mantras and healing. Also useful is the chapter detailing fifteen basic assumptions which underlie our explanations of various healing phenomena - here space is given for the reader to articulate his or her own beliefs. This book is indeed packed with information (although you won't find eye of newt). Personally, I was intrigued with the section headed "Healing by Chocolate"

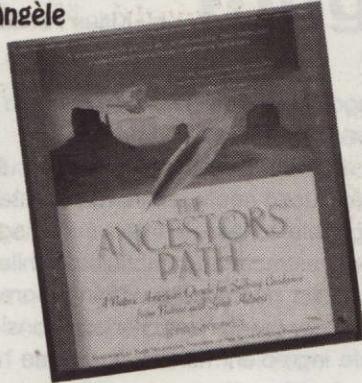
natural self and letting go of total ego identification." He goes on to explain that the process takes place in four stages: discipline, wisdom, love and surrender; and he anticipates the reader's question, "What about free will?"

This book does not come from ego, the book came not from Wayne Dyer but through him, and he acknowledges that it may be the best book he has ever written. Treat it as a fascinating read, a journey through one man's brilliant work of research and inexhaustible heart, or a workbook which provides such powerful material: seven steps for overcoming ego's hold on you; ten steps to making intention your reality; ten steps to optimizing your capacity to heal and be healed; implementing the intention to attract ideal people and divine relationships.....

continues to the right

Product Review

by Angèle



The Ancestors' Path

A Native American Oracle for
Seeking Guidance from Nature
and Spirit Helpers

Jonn Lavinnder
Inner Ocean Publishing, Inc
ISBN 1-930722-16-8

A book and compass, two dice and an artistically created Quest map unfolded when I opened the attractive box. Inside was a divination tool that is similar to the I Ching but with a native influence.

This system draws on the power of the six directions presented in the form of the six elements, representing the physical world and the six totems of the inner spiritual world. The totems were chosen from petroglyph paintings found on rocks throughout North America. Once the die is cast, the combination creates one of 36 paths that we can focus on as we investigate our question or quest for understanding our journey - past, present and future. As with all tools it is the intention that creates the understanding.

The Power of Intention continued

"The power of intention is paradoxically experienced through what you're willing to give to others. What can you give if you don't have money to give?" In response, Dr. Dyer quotes from Swami Sivananda: "The best thing to give your enemy is forgiveness; to an opponent, tolerance; to a friend, your heart; to your child, a good example; to your father, deference; to your mother, conduct that will make her proud of you; to your self, respect; to all men, charity." Rich gifts, indeed.

Ad Profile

Cancer Rate Soars Toward Crisis

"Aging population prompts warning..."

"Impact on Canadians is considerable..."

"Cancer tests do little good, controversial doctor says..."

These are some of the recent headlines of April 2004. Newly released statistics, estimate the number of new cases diagnosed each year will soar by 60 per cent over the next two decades as the population ages and grows. Not to mention other diseases that are growing at an alarming rate. Thirty eight per cent of women and 43 per cent of men will develop cancer in their lifetime, based on current rates. Breast cancer will be the most frequently diagnosed cancer among women in 2004, prostate cancer the most frequently diagnosed among men. Statistically, a high percentage of people will die from these cancer related illnesses.

Scary? No, we should not be scared but we should be concerned. These should be warnings to take action, to take our health into our own hands. Those that do take their health into their own hands, learn how to eliminate those cancers and many other illnesses. Not with harmful detrimental and toxic drugs and medicines, but with remedies that nature provides. According to Elmer Lee, M.D., Past Vice President, Academy of Medicine, *"Medical practice has neither philosophy nor common sense to recommend it. In sickness the body is already loaded with impurities. By taking drug — medicines, more impurities are added, thereby the case is further embarrassed and harder to cure."* And Daniel H. Kress, M.D. stated, *"Drugs never cure disease. They merely hush the voice of nature's protest, and pull down the danger signals she erects along the way of transgression. Any poison taken into the system has to be reckoned with later on even though it palliates present symptoms. Pain may disappear, but the patient is left in a worse condition, though unconscious of it at the time."*

As with all other diseases, the cause of cancer is quite easily explainable in light of the Laws of Nature. When we transgress our bodies with denatured, unnourishing foods on a continual bases, our bodies cannot eliminate this transgression fast enough. The body then encapsulates these toxins within tumors in order for it to survive a natural process. If these toxins cannot be eliminated and more toxins enter the body, these tumors grow and spread. Therefore, the term cancer. The power of cancer is found in baked, cooked, debased, degenerated and denatured foods which enter the body including any other cancer causing substance we ingest and breath in, in the form of chemicals.

What could be the cause of the spontaneous regression of tumors, if not some fortuitous change in the nutritional habits of the patient? Cancer starves on raw plant food. They perform tasks no artificial drug could ever match. According to Dr. Peter Duesberg, *"All attempts to cure cancer by means of medicines and surgery are absolutely futile and are doomed to utter failure. In fact, the effects of after-cancer trauma is felt for the rest of the patients short life span. People diagnosed with cancer who deny medical treatment live an average of nine years longer than those who do accept treatment."* People diagnosed with cancer that followed a raw food diet, especially those that utilize high quality enzymes, probiotics and high frequency whole-food supplements were able to eliminate the cancers completely and pronounced cancer-free by their physicians. Some, with 'death-bed' cancer, were able to have 'victory' over the cancer in as short as sixty days. (Much documented information is available.)

A well documented pamphlet put out by the Health Action Network Society warns people of the adverse effects of soy. "The Miracle Food or Pandoras Box?" It states that, *"Soy is carcinogenic, causing cancer cells to grow and non-cancerous tumors to turn cancerous. Thousands of women are now consuming soy in the belief that it protects them against breast cancer. Yet, in 1996, researchers found that women consuming soy protein isolate had an increased incidence of epithelial hyperplasia, a condition that precedes malignancies...."*

For more information on cancer, cause and elimination, soy and healthy protein, call: Leading Edge Health — 250-658-8859. Request a FREE info package and schedule of information sessions.

The Miraculous Neem

by Klaus Ferlow

My own experience with neem has been nothing short of miraculous. When I moved away from my family home in a small community at the age of seventeen to a larger city with a population of one-half million, I needed to adapt to a changing lifestyle and diet. Together with the stress of being an apprentice in sales and marketing, I quickly developed severe psoriasis on my scalp and both elbows. It was treated many times over the years, without success, and I almost gave up. In early 1994, I watched a television show called *The Nature of Things* with David Suzuki which featured a program that described the healing properties of the neem tree. This was the impetus to begin healing myself as I developed natural herbal creams, without harsh chemicals, using neem from a supplier I found in France. For almost nine weeks, my wife helped me to massage the cream on my scalp and by the tenth week my scalp was totally cleared of the skin condition I had suffered for forty years. Even the psoriasis on my elbows cleared up within three weeks of using neem oil. With millions of people suffering from skin problems, it became my mission to introduce them to this herb. And so was launched my passion for neem. While legendary herbs such as ginseng are far better known, comprehensive research has proven that neem has a far wider array of uses than any other herb. The first recorded use of neem is attributed to ancient Indian cultures. They added the plant to dozens of health and beauty

aids some 4500 years ago. Medicinal attributes of neem were extolled in the oldest Sanskrit writings.

Some Westerners are familiar with neem as a culinary spice and others may have used neem-based toothpastes but today there are many products containing neem including face creams, lotions, tinctures, extracts and capsules. While certain medical doctors consider neem to be nothing more than 'native folklore', many are now giving neem serious consideration as a potent and safe ingredient for use in diverse health treatments. The lack of side effects certainly enhances neem's appeal. Ongoing scientific research is validating what Ayurvedic practitioners have known for millennia; that neem is a dynamic and useful plant which can solve dozens of health problems, while enhancing overall well-being.

The bark, seeds, leaves, fruit, gum and oils of the neem tree contain pharmacological constituents which offer some impressive therapeutic qualities including: antiviral, antifungal, antimicrobial, antibacterial, antipyretic, anti-inflammatory, analgesic, anthelmintic and anti-emetic.

Neem boosts the immune system on all levels while helping the body fight infection and stimulating the production of T-cells to mount a head-on attack against infections. Unlike synthetic antibiotics, neem does not destroy beneficial bacteria and other micro-organisms needed to maintain optimum health. Some medical experts believe that the overuse of chemical antibiotics is contributing to the breakdown of human immune function. Neem offers a non-toxic alternative to powerful and sometimes damaging prescription medicines.

Numerous active compounds have been isolated from the neem plant. Some of the most studied include nimbin, azadirachtin, nimbidol, quercetin and nimbidin. Neem leaves contain fibre, carbohydrates and at least ten amino acid proteins. They also contain calcium and other nourishing minerals. Analysis also reveals the presence of carotenoids, nutritive compounds being hailed for their ability to ward off many types of cancer. Neem oil is especially high in important fatty acids, and contains all of these vital nutrients in significant quantities. Researchers believe the high fatty-acid content of the oil may be why neem is so effective for treating skin ailments and rejuvenating to the skin. It gets absorbed very quickly.

Of all the plants that have proven useful throughout the ages, few have offered as much value and versatility as the unique neem tree. With growing research to support its healing and beneficial properties, neem is finally getting the attention it deserves. Just remember that neem is one of the most powerful known blood purifiers and detoxifiers and if used will boost immunity and fortify human health. It also has countless uses as a natural insect repellent and is often a component in many beauty aids. This miraculous healing herb is truly an ancient cure for our modern world and its many uses are almost endless. For a list of hundreds of specific health maladies that respond favorably to the application of neem please check our website.

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JOURNEY TO AROMATHERAPY AND BEYOND...

by Heather Kehr

Has aromatherapy caught your interest? Do you wander through the maze of scented goods in almost every department store, and health food store and wonder which oils will relax, refresh or revive you? Have you purchased some oils by reading the generic descriptions on the back or suggested in the name and been less than thrilled by the results? So have I.

My journey to aromatherapy began when I was a young girl. I feel fortunate to have been raised on a farm in southern Alberta, with the loving involvement of both of my grandmothers. My mother's mom was from French descent and introduced me to picking, chopping, boiling, and infusing herbs such as rose petals, fir needles, spruce gum, and poplar buds. From these she would make poultices, creams and salves for many ailments. My father's mom was of German speaking Ukrainian decent. (An unusual combination, but the borders changed frequently, and her and my grandfather had to escape from both countries in a very difficult time in the early 1920's - but that is another story). With her I picked, chopped and learned the art of herbal teas and tinctures.

Growing up with in background of wise woman wisdom one would think I should be the 'picture of health.' Unfortunately allergies, stress and a few accidents along the way, along with the trend to embrace 'modern medicine' rather than herbal in my teens and twenties, created a few 'health bumps' along my path.

I did return to my roots almost twenty years ago though and became a massage therapist. I also became a wildcrafter again for my own families herbal needs and was often suggesting to friends or family - *'try this or that remedy I had whipped up and let me know what you think.'*

In 1995 I opened a health food store, which taught a variety of lessons. Some of the lessons were herbal, but many more were about balancing a demanding small business and a young family. My husband was then transferred in his Forestry job, I sold the health food business and happily moved back closer to family and for the first time was able to buy a chunk of land on which to grow my own herbs. During this time there was much discussion and petition signing to keep some herbs from being pulled from the market. I was not willing to give up growing herbs even if they were pulled from the market and I knew from my grandmother's example that I could make potent medicine with their recipes and the collection of books I had now amassed.

The growth of aromatherapy in the late 1990s piqued my curiosity as many of my massage clients were requesting incorporation of it in their treatments. So being the true Scorpio personality I am, I simultaneously studied aromatherapy and the distillation of plants to produce oils for therapeutic aromatherapy.

Another move via forestry brought me to my present home in Edson, Alberta. As Edson is a very challenging place to garden in, I have once again returned to wild crafting more than growing plants, to feed a hobby that is fast becoming a business. The boreal forest surrounding me is bountiful, providing thirty plants that I am distilling to produce therapeutic quality essential oils.

I continue my journey of learning, as little information is available on Canadian native plant oils, due to the fact that many of our favourite oils are from Europe, or more tropical climates. The creation of the Natural Health Product Directorate has introduced an outlet for this information, and I along with many other Canadian aromatherapists are busily submitting monographs or traditional use information to assure that our many therapeutic oils, both native and exotic remain available to us and have product licence and information that will make it easier for the public to have confidence in these wonderful products. I hope you join me on this journey to use aromatherapy successfully in your every day life. (see ad to the right)

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Women's Wisdom From the Heart Of Africa

In the Dagara tribe of West Africa, women are valued as the source of the world's wisdom. They are valued as dreamers, as diviners, as the backbone of the community—the core of human survival. But what can the teachings of this indigenous culture show us that will transform the way we live?

On Women's Wisdom from the Heart of Africa, Sobonfu Somé—author, teacher, and the first woman empowered by the Dagara elders to impart their teachings to the West—invites you to peer into a world where people remain closely connected to nature, their ancestors, and spirit, and to learn how to use powerful rituals to restore balance within yourself and with those around you.

Secrets of the Dagara Storytellers

Sobonfu Somé, whose name means "keeper of the rituals," was raised in her small village and sent by her elders to continue her education in the United States. With Women's Wisdom from the Heart of Africa, Somé shares authentic spiritual teachings of her tribe that were formerly handed down only within the circle of Dagara village life. These teachings are founded on a worldview that honors animals, plants, and trees as our elders, and human beings as the newcomers. From this revered relationship with the natural world, we learn how to live in unity with our environment, and create a deeper connection with spirit.

Discover Your True Gifts—and Offer Them to the World through Ritual and Celebration

How do we find this connection to spirit? For the Dagara, ritual is the gateway. Distilling the essential practices of her people, Sobonfu Somé shows you how to: "check in" with spirit to receive guidance; observe the sacred spaces of your home; harness the energy of the elements; strengthen your relationships; create balance in your professional life; and much more.

"What are your unique gifts?" "What were you born to contribute?" "What can your community do to assist you?"



Sobonfu Somé

These questions are asked of every unborn Dagara child while still in the womb. Now, you have the chance to explore these and other questions, and to discover your inimitable gift as a woman with Women's Wisdom from the Heart of Africa.

Women's Wisdom from the Heart of Africa Highlights:

- Use ritual to discover "power places" in nature—and in your body
- Form a council of women to initiate growth and change in your community
- How to relate to your life cycles and honor them as times of grace, beauty, and immense energy
- Leadership as seen through the eyes of Dagara women: a different way of using your

- power
- How to create a shrine in your home to call in the divine
- Your unfiltered intuition: a guide you can always trust
- Call in the "spirits of the elements" to create balance and harmony
- Reclaim your ancestral lineage to learn who you are and what are your greatest strengths
- Visible and invisible power: tapping into your own sacred energy
- How to use grief and mourning to restore, renew, and regenerate your spirit
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- Ritual: the key to connecting with spirit—and with the people you care about.

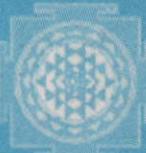
AUTHOR PROFILE: Sobonfu Somé

Sobonfu Somé is an author, teacher, and leading authority on African women's spirituality in the West who has traveled extensively throughout Europe and North America conducting workshops. Her books are *The Spirit of Intimacy*, *Welcoming Spirit Home*, and *Falling Out of Grace: Meditations on Loss, Healing, and Wisdom*.

Somé is the founder of Ancestors Wisdom Spring, an organization dedicated to the preservation and dissemination of indigenous wisdom. She is also involved in an ongoing project to provide water to the Dagara villages of West Africa.

She is offering a retreat at Johnson's Landing, August 6-9, see ad to the right.

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by John Living,

Have you ever felt 'something is not right' - and, forewarned, avoided a problem? Have you lost something and then thought 'it is there' (in an unexpected place) and so looked and found it? Have you felt apprehensive before eating something, eaten it, and had a stomach ache?

Sometimes when we meet a person we move forward in our body (attraction), or bend backwards slightly to get away (something undesirable ?) Usually we recognize our intuition only when an especially important message is received such as not feeling 'good' about a person or situation, or we get an impulse to take a particular action.

There have been a number of well publicized cases when a person has felt that a particular flight or journey was 'not good' and so cancelled or changed their reservation - and avoided death or serious injury when their original plane or train crashed. Mothers are well known to have special 'connections' to a baby - automatically knowing if their child is in trouble, and racing to prevent a tragedy.

How does Intuition Work ?

Some people are gifted by having a natural ability to 'see things' or 'hear messages.' Intuition also works by using our nervous-muscular system and by manipulating our normal five senses - seeing, hearing, feeling, smelling, and tasting. In most of us these skills are dormant - but we all have the potential to improve our abilities. This is easiest when we first identify the intuitive method that suits us best. When we ask our intuition for help on a subject, we can also define that 'all that we see' in the next few minutes has a meaning relating to the subject. We will still see the same views as would have otherwise been seen, but our sight now may emphasize certain shapes, colours, contrasts, or even objects.

You can ask a question, and then check: How do you feel? What am I thinking now? What taste is in my mouth? What am I smelling? What am I seeing first when I close and then open my eyes? Write down the first thing that comes to mind when you think of a place, person, colour, time, town, river, food, weapon, fear, memory. You may walk down the street and notice a particular colour, shape, or object; perhaps certain flowers in a garden 'call' to you; or your attention may focus on something in a shop window. Yes, all these things were there before, but your Intuition is drawing your attention to them to 'get a message across.' If you want, but do not 'get a picture' - then imagine one! It is easier for your thinking team to build an image based on the intuitive answer than to build a new image from scratch - so you may be surprisingly correct! Then we have to 'make sense' of these impressions. It helps to ask for further clarification, and a thought may 'pop' into your mind. Now that 'first thought' is probably from your intuition, and should be taken

continues to the right

INTUITION

Professional Engineer

seriously; any second thoughts are likely to be from your logical mind, and may best be disregarded.

Practice

When you get an unexpected letter hold it to your forehead and then to your heart - notice how your senses change, the impression that you get. You may learn much about the writer, his current mood, and the contents of the letter. When the telephone rings, 'guess' who it might be, and the reason for the call. As you practice you will find that your 'guessing' becomes more accurate. You can even make others call you - if you 'will' that a person calls you, often the telephone will ring in a few minutes, and it is that person on the line.

Now you are going to meet a person for the first time. "Walk a mile in my moccasins" is a well known phrase, meaning be like that person, to better understand him. So imagine that you are that person, now! What do you feel? Think? Want? Are there any strong emotions? Even imagine what they look like. You will be fascinated by the accuracy of your impressions.

Body Movements

Many therapists and medical professionals now test a person's arm strength to check if a particular part of a patient's body is operating correctly - this is called 'Kinesiology.' They are feeling the response given by the patient's nervous-muscular system as an aid to their diagnosis of a patient's problem. You do not need another person for this - you can train your own nervous-muscular system to give you answers directly - and this is a simple way of accessing your Intuition 'on demand' to get 'YES' or 'NO' answers. Just teach your subconscious self the signals that you want to use - and their meaning! Lean your body forward slightly, and explain "This is a signal for YES;" now ask that "YE" be indicated, and your body should lean forward. If you do not succeed the first time, repeat this lesson until you have success. Now lean back slightly, explaining that "This is the signal for NO" and teach this signal in the same way. Practice these by holding various items in your hand and asking your Heart "Is this good for me to consume?"

If you have lost your glasses (purse, ring, etc.) then close your eyes, ask your heart "Please show me where to look to find (my glasses, etc)" and turn around until you 'get a sense' to open your eyes - and look exactly where your eyes are focused when you open them. It helps when doing this to create a picture in your mind of what you seek, so as to present a clear and precise image of the item. If your glasses are lost, picture them as spectacles - otherwise you may find your eyes focused on drinking glasses! You can reinforce this 'tuning' by holding a sample of it in your hand - such as a photograph, clothing, or piece of hair from a missing person, or a lump of

continues to the right

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If we consider our Mind-Brain-Heart-Body team to be like a radio, the sound from an earphone is weak, but when we attach a loudspeaker we hear the message 'loud and clear.' In the same way we can train our own nervous-muscular system to be like the wires connecting the radio (the intuitive part of our thinking team) to a loudspeaker (a tool which magnifies the nervous-muscular signal so that we can be more aware of the signal given). Many ladies have used a needle on a thread to check if the baby will be a boy or a girl - a pendulum, being some small weight on a chain or string. Men tend to prefer their 'pipe finding tool' (the 'L'-rod) or a forked stick (historically preferred for locating wells).

The number of people who use tools to access their intuition 'on demand' is far greater than those who are skilled in clairvoyance or clairaudience! It is so easy to learn!

see ad to the far left

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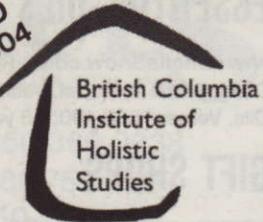
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