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The view at Hollyhock Retreat Center on Cortes Island
see page 6 for details



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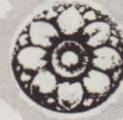
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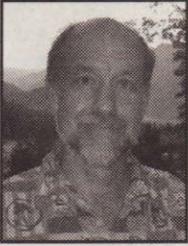
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STEPS ALONG THE PATH



by Richard from the
Johnson's Landing Retreat Center

A Blessing from Spirit

In last month's Issues I shared with you the beginning of the story of an amazing visit from a mysterious woman during a dark night of the Soul experience.

During her visit I took her down to our main meeting space, the Group Room. I had been told by more than one person that this room contained a portal to other dimensions. It is not something that I spoke to anyone about, for only a select few have the ability to sense, much less use the portal. When I swung open the door to the meeting space the woman seemed to heighten her awareness and looked across the room. She asked to go in and I said, "Please do." She walked straight over to the spot where I had been told that the portal was located and sat down, asking if it would be alright if she meditated. As I closed my eyes and concentrated on stillness, I could feel myself slip into one of the clearest and deepest meditations I have ever had in my life. Reflecting on it now I think that she opened the portal into another dimension. I could feel my whole being relax and I was bathed in a sense of total peace. When the meditation was over I got up feeling lighter and serene.

We left the group room and walked over to the stone bench contemplation area. We sat there looking down Kootenay Lake. She told me that there were a lot of beings on the planet during this twenty years span, which ends at 2012, beings that have chosen to be here so the patterns for the future can be set. She said that there were no guidelines left by our ancestors for the time after 2012, We are the ones to chart the path into the future. I had heard this concept before but hearing it from her seemed to strengthen its validity.

We sat down on one of the benches around the fire pit overlooking the lake. She said that in order to manifest a vision a person has to align the Mind, the Will and the Heart. The mind develops the idea, the will carries it through and the heart holds the passion that supports the vision. She explained that you have to give up control in the external sense and concentrate on harmonizing these three aspects.

Getting up from the bench we started to walk back to the Lodge. I asked her if she would like to stay for dinner and/or stay at the Retreat Center for the night. In the same style as she had done when she arrived, she turned to me and took both of my hands, looked straight into my eyes and said, "We have exchanged gifts, it is time for me to go." We blessed each other with the Sanskrit word 'Namaste' and she drove her camper out of the driveway and I never saw her again. That was July of 2001 and to this day I still regard this experience as a visit from Spirit. For me the lessons were profound. I feel that all of us receive guidance in various ways. I encourage you to 'listen carefully.'

*if you have any comments please email Richard at
insights@JohnsonsLandingRetreat.bc.ca*



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Calendar of Events



November 12 - 14

Shift Happens, Christina Lake, p. 23

November 18 & 25

Developing Your Intuitive/
Psychic Abilities, 7-10 pm
Pamela Shelly 861-9087

November 27 - 28

Tarot, Cheryl in Westbank, p. 13

October 7

Indigo Kids Wpsp, Kelowna, p. 14

October 8 - 11

Thai Massage, Kelowna, p. 27

October 14

Core Belief Familiarization Evening.

See ad and article on page 10 & 11. Fee: \$10

Call Laara Bracken (250) 763-6265

Couples Wksp, Kelowna, p. 14

EMF Balancing, Kelowna, p. 19

October 15 - 22

Fulfillment - A week long intensive with
Jon Scott at Johnson's Landing Retreat
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October 16

7 Steps To Creating and Manifesting The
Life You Desire • Pamela Shelly 861-9087

Annie Hopper at Chapters, 4 pm, p. 5

October 18 & 25

Developing Your Intuitive

/Psychic Abilities

7 - 10 pm • Pamela Shelly 861-9087

October 19

Inner Peace, Falkland, p. 28

October 21 - 25

Enlightenment Intensive, Peachland, p. 24

October 23

Level I Usui Reiki

Pamela Shelly 861-9087

Flower Essence Wksp. Kelowna, p.19

October 30

Health Fair, Parkinson Rec. Kelowna, p.10

ONGOING EVENTS

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What's Love Got to do With It?

by Annie Hopper

Is there a hidden law of attraction when it comes to romantic relationships? What attracts us to the people we choose to be in relationship with? Well, to put a complicated matter very simply - *you will be attracted to people who can emotionally replicate your pattern of wounding as a child, all in the hope of healing those wounds.* I've got some good news and some bad news about this attraction theory. The bad news is that if you were brought up in a dysfunctional home and you have not healed those earlier childhood wounds; than you will most likely attract a dysfunctional relationship. The good news is there is something you can do about it.

Growing up in a dysfunctional home makes us good candidates for living in denial. Denial then leads to our not being able to trust our feelings and also perpetuates self doubt. This ultimately impairs our decision making abilities as adults to make appropriate and healthy choices in our lives.

Your unhealed wounds from the past can be painful to deal with - especially if you have grown accustomed to suppressing your emotions. Exploring these suppressed emotions is unfamiliar and seemingly dangerous, uncharted territory. In order to avoid the pain of the past, you become involved in a *familiar*, drama-filled romantic relationship; or you distract yourself in other ways through work, or by becoming a martyr for your friends and family, or by engaging in other practices that do not deal with the *root cause* of your wounding.

The most effective way to heal those wounds from the past is to actually sit still long enough to feel them. Conscious awareness of your thoughts and feelings will bring clarity to how you have manifested the life you are now living. Your unhealed childhood wounds are at the root of many of your core beliefs that do not support you in life anymore.

The pain in your relationships is a call for personal healing. It is a call to bring awareness to your relationship with yourself. Have faith and trust that the universe is guiding you to your divine healing. Feeling and healing your wounds from the past will allow you to live in the present. Are you ready to actively move forward in creating the life that you have dreamed of? (See ad below)

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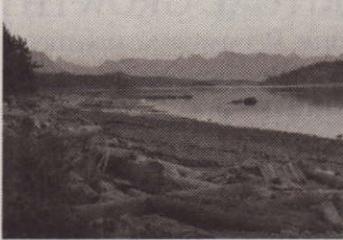
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The front cover is the view from Hollyhock, a retreat centre on Vancouver Island that overlooks the ocean, details to the left. In the 70's it was known as the Cold Mountain Institute and its existence did much to shape the consciousness of the people who attended month-long workshops on energy awareness. Carol Stewart, a facilitator at the Johnson's Landing Retreat Centre this summer was one of those participants in 1975. Her thirst for intuitive knowingness led her to many teachers and eventually she moved to Peru and lived there for six years. When she came back she wrote a book about her experiences and returned often to lead tours to their sacred sites. In 1998 she started the Mystery School in her home near Nelson to assist other's on their understanding of life and the magical journey that it is.

On August 15 & 16, I attended a Grand Forks event at Shawn and Ester's Sanctuary. They had over twenty wonderful speakers who spoke of the upcoming changes. One of these speakers was Ian Xel Lungold who said in his presentation, "It is not time that is speeding up, it is the unlimited potential that is increasing."

The Mayan and Hopi cultures both tell of the coming *Shift of the Ages*. This is the same title as Greg Braden's video and book published over ten years ago explaining the basics of what is happening. The Mayans predicated that a great shift will happen in October 2011 and the Hopi place it in 2012. Ian explained that the Mayans had several calendars: one listed the day you choose to be born and your reason for being here; another calendar was for periods of time, based on successively shorter era with alternating sections of 7 days and 6 nights. The final cycle of evolution starts in 1999 and concludes in 2011. This last cycle is the shortest time frame as each day and night is only 360 days long.

The Mayan prophecies give each year a name or title based on what to expect. For the year 1999, it was *Seeds of Consciousness Planted*. The year 2000 was named *Consciousness Activated*. I found the yearly titles just kept getting better until in 2007, when *We Meet our Galactic Neighbours*; 2008 is entitled *End of Manufactured Lack*, in 2009 *Consciousness surpasses Technology* and in 2010 we head into *Bliss, we will all need Practice*. The last cycle of the cycles is named *We Evolve into Conscious Co-Creation of Existence and Experience*. Ian's site is www.mayanmajix.com. He is travelling around BC.

Several researchers have stated that the Hopi and Mayan cultures received their amazing data about the beginning of creation, their own demise, and the shift of the ages deadlines from galactic travellers. I have always believed the pyramids were created with this superior knowledge as were a few other Wonders of the World.

One of the Hopi's predictions was... "When the moon appears on the Earth, the time of change is imminent." Watching the *Star Dreams Video* for a third time confirmed my knowingness that the great shift will indeed happen. Crop circles in the shape of moons have appeared consistently since 1990. With over 30,000 crop circle sightings in the last twenty years and the willingness of more people to accept their beauty as a goodwill gesture from space aliens, I believe we will meet them in 2007 as predicated by the Mayans. This crop circle video was made by a BC producer Robert Nichol and is being well received. To order a crop circle video or DVD ...call Robert at-(604) 886-3639

And lastly I find this Hopi message inspiring and worth repeating... *There is a river flowing now very fast. It is so great and swift that there are those who will be afraid. They will try to hold to the side of the shore. They will feel they are being torn apart and will suffer greatly. Know that the river has its destination. The elders say we must let go of the shore, push off into the middle of the river, keep our eyes and our heads above the water. And I say, see who is there with you and celebrate. At this time in history, we are to take nothing personally, least of all ourselves. For the moment that we do our spiritual growth and journey halt. The time of the lone wolf is over! Gather yourselves. Banish the world struggle from your attitude and vocabulary. All that we do now must be done in a sacred manner and in celebration. We are the ones we have been waiting for!* ♥ *Angèle*

INNER HEALING BY FACING FEARS

by Irene Huntley

In light of the escalating violence in the world, I have chosen to share a message that I received by channeling on Oct. 16, 2002, after the explosions in the night clubs in Bali.

"The terror has to happen in order for people to rethink their values, and their priorities. We will take you to the new as you are willing to be guided from the heart, from the soul, to reach the heart of the matter, the essence of a situation. Each must decide for themselves what their new priorities are. You cannot change people's hearts from the outside. Only they can change when they look inward enough. Much stirring will follow the terror, people being called to re-consider how they live their lives. People are complacent when it doesn't affect them directly, but their fears come up. When they voice these fears it is an opportunity to discuss with them their deeper values and whether or not they walk their talk and live according to what they believe. This is the first step of awakening, before they can rechoose their beliefs according to their higher ideals."

The above quote explains the purpose of bringing up fears. So what do we do with these fears when we are conscious of them? I will answer this question with other messages, received at various times, that make it clearer.

"Do not be afraid to speak your fears
for they must be brought to the surface and healed.
Do not be afraid to acknowledge what is going on inside of you.
It is fear that leads to the awareness
that can help you grow and move through the road blocks
that you bring up along the way."

"Are you ready to face the fear?
You will be shown what the fear is
and guided through it one step at a time."

"Act on what you hear inside;
follow your truth and it will reward you a thousand fold.
Do not let fear get in the way.
You choose to let the fear block you rather than facing it.
You will see it disappear
when you face it, recognize it, acknowledge it, and know it,
then it will go.

Do not run away from it, for it is really nothing.
It has stood in your way too long.
This is a very important message; it is critical."

"Be patient with yourself
and allow peace to fill your heart
in every moment.
Stay in that peace and know who you are."

See Irene's ad in Natural Yellow Pages under Counselling.

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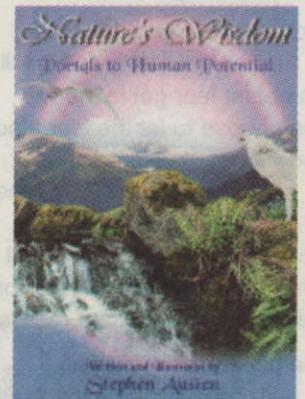
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cent human souls, how they achieve union with God, and how they selflessly help to facilitate in others a merging with this ineffable Spirit. Here, he goes through emotionally entrancing experiences which can be interpreted as the various stages of 'consciousness' that a person must experience in order to unite in bliss with the Creator and all Creation born of Love and Joy. In other words, he actually **"meets with and looks God in the eye"** so to speak. Once he learns the purpose of his existence on earth, he plummets back to his earthly body and makes a miraculous revival. This author offers humanity profound answers and inspiration. The easy readability of this book, its eloquent linguistic and structural flow, its emotionally absorbing and 'transporting' content, and its profound theme will give you an experience you'll never forget! A truly life-changing read! 232pp, 5.5"x8.5", glossy-color-embossed cover, ISBN#097329993-0-4

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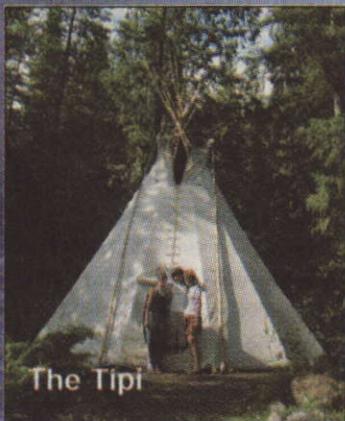


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Healing Arts Association of the Okanagan Takes On Advocacy Role

by Wayne Still

Practitioners of the healing arts typically are trained in their modality and do their work independent of other modalities. HAAO is a break from that tradition in that it is a group of practitioners from diverse practices who believe in promoting wellness in the community. Because of the diverse nature of wellness concerns in the population, no one practice can be expected to satisfy everyone's needs. HAAO's goal is to facilitate the clients search for wellness by advocating a diversity of modalities. Two annual health fairs allow clients to investigate a wide variety of options and experience them first hand.

For practitioners, membership in HAAO offers many opportunities. You have the chance to work with a diverse group of like minded individuals to find solutions to the many health concerns facing our communities. This will be accomplished on the political level as well as on the work table. Annual membership costs only \$40.00. For this you get booth space at our spring and autumn health fairs and a listing on the HAAO web site, healingartsassociation.com.

At the moment most members are in the Kelowna area but we see HAAO as a model which can be recreated in many communities to form a network of wellness care associations throughout the province.

What is the Most Common Core Belief?

by Laara K. Bracken

My response, based on eighteen years as a psychotherapist is "I am not good enough." It is also the most destructive. It invades every aspect of our being; spiritual, conscious, subconscious, emotional, physical and beyond that into our molecular levels. It creates spin-off beliefs such as "I can't," "I don't deserve" and together they create pain, anger, resentment, frustration, self-criticism and fear of failure and rejection. These core beliefs affect every area of our lives.

Why is this belief so hard to overcome? Because for hundreds of years people believed that the way to make children "good" was to tell them they were "bad." Punishment was the best tool. Praise and encouragement were supposed to spoil the child. Often from early childhood we have been told with or without words that we were "not good/smart/loveable enough, or "bad." By the age of five, the beliefs, the emotions and the reactions attached to them were deeply imbedded in our core, becoming core beliefs. Since then they have been reinforced by those in authority, the media and sometimes our peers.

And yet, other parts of us want love, happiness, peace, abundance and self-expression. The conflict between these opposing parts of ourselves creates major conflict as we struggle to get or be what we subconsciously believe we can't be or don't deserve. Our trust in ourselves, self confidence and respect are undermined, we are hesitant to accept love, we make bad decisions and sometimes self sabotage, leading us back to the feeling that we are "not good enough." It becomes a self reinforcing loop, getting stronger all the time.

That's why awareness isn't enough. Trying to "talk ourselves out of it," also fails to create change because the beliefs and the emotions attached to them don't respond to reason. Affirmations and visualizations reinforce the positive beliefs, but they don't always transform the deeply imbedded negative ones.

Transformation of the negative core beliefs, feelings and behaviours into positive life enhancing ones on our spiritual, mental, emotional, physical and subatomic levels ensures that the core level of the beliefs is also transformed. "I am okay, I love me, I can do what ever I choose, I deserve, I love people and they love me, I trust myself," have feelings of joy, peace, confidence, love, satisfaction and fulfillment attached to them.

We then trust our "gut feelings," we think clearly, give and receive love more easily, make better decisions, choose supportive, nurturing relationships, and set goals we know we can attain. Abundance and prosperity increase, reaffirming the positive core beliefs, emotions and behaviors. A new strong positive self reinforcing loop is set in motion and becomes even stronger over time. (see ad to the right)



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Changes Last

Results have been so impressive that Core Belief Engineering is now registered as both a federal and provincial educational institution. But the method is not a 'quick fix.' Positive results continue to accumulate long after therapy is completed. "Six months after completing my sessions with Laara, anger and depression have not returned. My self esteem, confidence and relationships continue to improve dramatically." writes Melanie R.

How It Works

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

Explains Laara, "Most of our major beliefs about life and ourselves were in place by the time we were five or six years old. Later on, as adults, when we choose to do or be something in opposition to these original beliefs, there is a conflict, a feeling of push-pull or being stuck. This results in low self-worth, frustration, anxiety and depression. Core Belief Engineering accesses and aligns these subconscious beliefs with what you now choose as a conscious adult. A transformation of the old beliefs, feelings, thoughts and strategies is completed on all levels: spiritual, conscious, subconscious, emotional and physical, right down past the layer of the cells. "It's like weeding your garden," says Laara, "if you don't get all the roots, sooner or later you will have another weed." "Laara's warmth helped me open up and discover my ability to make friends." J.R. "Let me help you the same way." Laara Bracken

Empowering and Flexible

Core Belief Engineering is empowering. You work in partnership with Laara, who acts as a facilitator, helping you

to determine your goals, and access answers and resources from within so they are real to you. Former client Charles L. reports, "We created much more confidence, creativity, and self-expression, professionally and personally. I now know who I am and what I want." "Time and cost efficient, gentle, and lasting," are just a few of the words that have been used to describe Laara's sessions.

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

Laara originally experienced Core Belief Engineering to solve her own problems. She was so impressed by her results, she decided to make it her life's work. She has eighteen years experience. "I have solved the problems within myself that you may be having in your life. I know what it's like to be on your side of the problem as well as mine" Laara.

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

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See article page 10

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A Kindness Coin-spiracy Theory

by Lindsay Baker

Imagine embarking on a 205-day 17,764 km bike trip across North America, cycling through wind, snow and 42 degree-Celsius weather. Throw in 210 media interviews, and some close encounters with trucks, snakes, even an alligator, and you've got a vivid picture of Brock Tully's "Cycling for Kindness" tour in 2000.

Tully shares tales from this journey at his motivational speaking engagements and someone always asks: "How could you take six months out of your life to cycle across North America talking about kindness?"

"This is my life," replies Tully, who co-founded the KindActs Network Association of BC with Nadine Marshall in 1998. "The bicycle trip was just another vehicle in which to inspire kindness in others."

The Invest in a Kinder World Coin-spiracy is KindActs' most recent kindness project and it has created a global splash.

The Coin-spiracy involves the launch and tracking of a kindness currency called a UNI coin. Participants commit three kind acts: one for self, one for the environment and one for another.

Once they have performed all three, the coin is passed to the recipient of the final act and they are invited to join the Coin-spiracy by committing three more kind acts and passing the coin on.

Students track the adventures of their UNI through the campaign website www.investinakinderworld.com and watch as their initial investment in three kind acts quickly multiplies.

"This project shows how the ripple effect from just one kind act can be so far reaching," says Tully. "These stories illustrate that kindness is not only a powerful tool to facilitate understanding and appreciation of differences, but also has the ability to combat bullying in our schools."

In fact, officials at Lemonweir School in Michigan reported that bullying incidents dropped nearly 40 per cent after they incorporated activities, such as challenging the school to a kindness task every morning, into their school's daily routine.

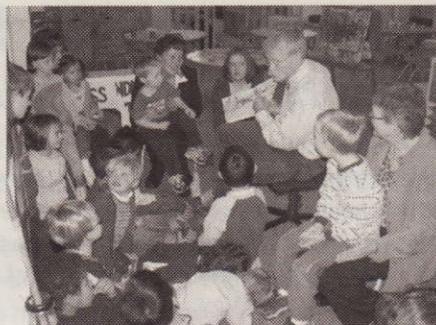
Kind acts to the environment have included cutting daily school garbage in half through "Litterless Lunch" initiatives.

"These stories just illustrate how small acts can achieve big results," reinforces Tully. Leslie Waddington, a teacher at Mount Slesse Middle School in Abbotsford concurs. "We started out with this little coin and our ideas were small, and it just grew," says Waddington. "As a matter of fact, we have passed on our coin and it has not ended there..."

Mount Slesse's students initially raised \$7,000 for the Room to Read organization, enabling them to build libraries in Vietnam, Nepal, Cambodia and India. Since then, they have

continues to the right

**Brock Tully
launches the
Invest in a
Kinder World
Coin-spiracy
with a storytime
at a daycare in
Vancouver on
World Kindness
Day Nov. 13, '03.**



raised funds for other worthy causes through talent shows, door-to-door campaigns and silent auctions.

Most recently, they "conspired" with the Room to Read and KindActs teams to deliver their coin to the Dalai Lama when he visited Vancouver last April.

Mount Slesse joined after learning that over 100,000 acts of humanitarian service were performed and an estimated \$30,000 was raised in donations, clothing, books, medical supplies, and food for orphanages, families in need, and inner city schools during the Coin-spiracy's pilot year.

Now 77 groups from 12 countries are participating in the second campaign and KindActs is raising funds through their annual **World Kindness Concert** to keep the Coin-spiracy running.

This year's concert will be held **Nov. 24 at 7:29pm** at the Centennial Theatre in North Vancouver. Tickets are \$28 and can be purchased by calling 604-984-4484.

"The World Kindness Concert is an event you must attend - you will be brought to tears many times, your tummy will be sore from laughing, and your eyes will bulge with amazement at the incredible talent," emphasizes Tully, with a smile of course.



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INDIGO CHILDREN - POTENTIAL AND PERILS

by Rémi Thivierge, MSW, RSW, RMFT

Indigo children are special souls who are very intelligent, intuitive, sensitive, and powerful. They are often aware of energy that others aren't. They are prepared to stand up for their truth and because of all this, they have incredible potential. On the other hand, they can be a handful and challenging to their parents and teachers. Some people say they are here to break down rigid walls and old systems. Indigo children won't tolerate rigid rules.

When adults react negatively to them, they may become rigid or downright mean or simply withdraw and crumble. For example, a single parent with three Indigo children became a nervous wreck because she could no longer stand up to them. Emotionally, she felt over-powered by them. Another mother threw her adolescent teen out of the house because she felt she could no longer deal with her.

We can choose to blame the Indigos, but the real issue is that they present us with an opportunity to see some of our own imperfections. The higher road is to say, 'OK, what have I got to learn here?' In part, we need to learn to become more flexible in some areas and stronger and firmer in others. Parents and their Indigo children have a lot of opportunity for growth.

Another aspect of the Indigo children issue is that many of these kids have a sizeable dark side. They can be quite angry and intolerant of others' imperfections and because of their sensitivity, they absorb negativity more easily than most people and may act it out without being aware of what's causing their reaction.

For example, some Indigo children in the Southern Interior became suicidal last year as a result of the negative energy from the forest fires. Others pick up negative energy from home, school, or their peers. Some Indigos are stuck as a result of difficulties at various times in their past, such as a difficult birth or feeling unwanted by a parent when they were born. Rather than withdrawing, they may act out their aggression toward their family or their community. As a result, some of these kids get labeled as having ADD or ADHD and may be put on medication. Others may get involved with the child welfare system or probation. Unfortunately, most professionals do not know how to help these children or teens and may unintentionally make things worse by trying to get them to fit in, rather than look for solutions within the system that will work for them, as well as helping them adjust in a healthy way.

A variety of things are needed here. Some of these youths need to learn how to clear the negativity they pick up. Some parents need to deal with their own unresolved issues so they can treat their child in a different way. Others simply need to pick up more knowledge about Indigos and how to handle them, and go from there. The bottom line is that the idea that 'it takes a village to raise a child' is even more true regarding Indigos than other kids. They were born to teach us to let go of the rigid patterns of control with their intuitive, powerful, and sensitive nature which I believe is for our own good. (See ad below)

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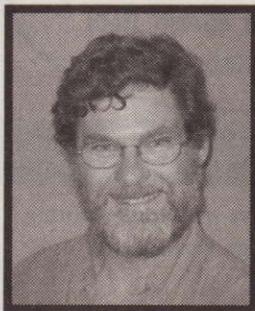
Kelowna: Thurs, October 7, 7 - 10 pm

Friday, Nov. 19, 1 - 4 pm

Dark Side of Indigos - Thurs: Oct. 28, 7 - 10 pm

Vernon: Thursday, Oct. 21, 6:30 - 9:30 pm

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The Way of Transition

by Linda-Ann Bowling

If you were to draw a picture of a life change you are going through at this very moment, what would you draw? What would the drawing say about you and the way you interpret life's events and situations? What colours would you use, what shapes? Pause for a few moments to join with me in exploring the way of transition. All of us go through change, but most of us never stop to reflect on what we have learned, and how this learning can be consciously integrated into our future.

Let's look for a moment at the distinction between change and transition. One might define change as something that is event or situation driven and external - happening to us, whereas transition is more of an internal reckoning with the process of emotions, moods, current and future action. The way each of us goes through transition is unique to the person we are in this life. What might appear to be a difficult process for me, might be filled with light and grace for you.

William Bridges in his book, *Managing Personal Transitions*, speaks of the three phases of transition. Phase 1 is the process of letting go, of something ending, a sense of loss. Phase 2 is described as the neutral zone; a way of being that could be described as being in limbo, or the in-between stage. It is that place when the change has not been integrated within us and we still have one foot in the old way of being in the world. The third phase is called the New Beginning. It is the time for celebrating the declarations that brought you to this new phase of your life. William says "you cannot have a beginning without something ending."

Ceremonies and rituals are finding their ways back into our lives. I highly recommend finding a way to mark your endings through some type of action that will clear the clutter from your life, physically, mentally, emotionally and spiritually. Then get rid of those things in your life that are draining your energy.

During the neutral zone, that in-between place, use this time to develop some new life practices that will support the invitation of the new beginning. Put yourself back on the list of life, sign yourself up for the art class you've always wanted to take, buy yourself a journal to spend at least 15 minutes each day in quiet reflection, call up an old friend and spend the day together in laughter and gratitude. Be willing to write the next chapter of your life's story with lightness and self-love. Make a declaration to surround yourself with those things and relationships that nurture and support you.

Be willing to shift the person you are today by becoming more consciously aware of what practices you are engaged in on a daily basis. How do you speak? How do you move through life? How do you breathe? What mood do you live in? What emotions are stuck within you? Whose help, love and support do you need? What requests and declarations are you too afraid to make for fear of failure? What is the offer in life you would love to make, but find yourself stuck in a rut?

Draw a new picture of your life filled with dramatic colours, new shapes, affirmations. Allow it to be your hallmark of the new beginning! Begin to live your best life! (See ad to the left)

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COSMIC TRENDS for Oct. & Nov.

by Khoji Lang

As the year 2004 becomes seasoned it's good to remember - this a good year to set cornerstones, to generate rhythm, to get into flow. Planet Saturn has put its hallmark on this year's astrological signature. The ringed giant will have its closest approach to planet Earth in decades, right on New Year's Eve! Saturn, the 'Guardian of the Threshold' is in the cardinal sign of Cancer, between June 03 and July 05. Cancer represents tradition, roots, family, security, nurturing and caring. Saturn is the reality check, insisting on balanced books, again and again calling us to anchor well in this world and complete our task. Fulfilling Saturn's requirements gives a solid base from where one can reach out, exploring higher dimensions beyond this transitory world. With Saturn in Cancer we do well to care for stability and independence, backing ourselves, strengthening foundations - be it family, neighborhood or community.

The US presidential election on November 2 certainly is an event that catches our attention, and quite a few people are hoping for a change and despite Michael Moore's documentary 'Fahrenheit 9/11' George Bush will most probably be elected for a second term. This conclusion is drawn because the Moon has been Void-of-course when Kerry officially was nominated. Between 1900 and 1972, all candidates that had been nominated under Void-of-course Moons proved to be losers. Aside from that, Kerry and Bush are all too similar, even being distant cousins, and both members of 'Skull and Bones Society' which says it all (do research and you'll know!). Ralph Nader, the third and an independent candidate should be the chosen one! Time Magazine named him one of the hundred most significant persons of the 20th century. He is truly dedicated to the public and would make an exceptional president. Ralph shows an impressive record of battles he has won for the American people. But the chances that he could win are very slim.

This means, big changes in leadership can't be expected soon. However, there are cosmic signs that grassroots movements are spurred strongly. By late September Jupiter and Mars, almost simultaneously entered Libra, the sign of relating, negotiation and justice. Growing numbers of individuals realize that only well-organized public opposition has a chance succeeding against corrupted systems. An example in this context might be the lawsuit against the BC government to undo privatization of electric power.

It's great to see how many more people are waking up every day to what's really going on. We are coming closer to critical mass, which will provoke the quantum leap of consciousness into becoming a reality. Right now on this planet we are in the final phase of tens, or even hundreds of thousands of years of evolution. There are plenty of reasons to celebrate, yet most humans are in pain, because they still hold on to personal agendas. Hence it is helpful to open one's eyes to greater visions, seeing that all our thinking belongs to the past.

Jupiter will be in Libra for thirteen months, until October 2005, adding more cardinal energy to the cosmic cocktail. Cardinal signs are initiating, opening doors to new directions, spurring reorientation, facilitating fresh beginnings. Jupiter in Libra will sensitize us to the value of reliable and trustworthy relations. This is a good time to refine one's social skills, cultivating public interaction, opening oneself and being inspired by different approaches and opinions. At the same time, the Lunar Nodes are spinning from Scorpio to Taurus. Meaning that for the next three months they will intensify what started in April of 2003... the process of unraveling, peeling layer after layer and dismantling core issues of destructive patterns. The key is to enjoy small and simple things, to be patient and to expose yourself to the elements, enjoying the powerful and healing symphony of nature.

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In order to be useful to the body, a vitamin or mineral must be from an organic natural source and contain enzymes. The vitamins and minerals must be delivered in trace amounts, just as they are in whole, natural foods. In this way, they are food that the body can utilize to correct deficiencies, without causing an imbalance. What food can you think of contains 500 mg of any vitamin or mineral? Nature provides nutrients in small and balanced amounts. Any vitamin or mineral in mega-doses is stimulating to the body and creates an imbalance. The body must work hard to eliminate the excess and in the process further depletes its supply of other essential nutrients. You may ask, "How can this be? When I take certain vitamins in larger doses, I feel better." That may be true, but it is the stimulation that feels good, the same as when people drink coffee and feel stimulated or energized by the caffeine. Over time, this causes more deficiencies and wears the body down. The same situation applies to some herbal supplements.

To quote Dr. Leo Roy, "The only source for totally replenishing your cell's needs are from other cells and their extracts. These extracts will have to be separated from their mother cells in such a way that nothing is lost, denatured, or destroyed." The only time that larger dosages may be advised would be in a specific deficiency via objective testing.

Writing in the *BIOMEDICAL Nitty-Gritty* newsletter, Dr. Richard Murray quoted the following in his article, "NATURAL versus SYNTHETIC, LIFE versus DEATH, TRUTH versus THE LIE..." With regard to vitamins, Dr. Lee wrote, "Natural complexes differ from synthetic crystalline vitamins in many ways."

1) They are colloidal, protein in nature, in the form of an enzyme or coenzyme.

2) The crystalline vitamin itself, in the natural product, is in a critical combination and cannot be split off without destroying its biological activity.

3) If separated, it must recombine with other members of the complex before it can function as a nutrient. The natural complex vitamin carries trace mineral activators, without which the vitamins would fail as a biochemical catalyst.

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Therefore, all supplements are not created equal! Nature's vitamins are utilized by the cells of the body, whereas synthetic vitamins or supplements are not. Is it then practical to state that the majority of the nutritional supplements are non-utilizable and are excreted as very expensive urine?

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Emergency Room Doctor from McGill talks Prevention

by Connie Hargrave

Why would a professor of medicine from a mainstream forum like McGill University address the general public on the controversial subject of complementary medicine? "Why not," said Dr Jimmy Gutman, a Board-certified physician and 20-year veteran of hospital emergency rooms while speaking to a capacity crowd at a recent book signing in B.C. Dr. Gutman, MD, FACEP, has taught thousands of medical students to become doctors and is the author of *Glutathione, Your Body's Most Powerful Protector*.

"Being in emergency medicine is like being a high-performance athlete." said Dr Gutman, "Eventually, you have to change fields." Dr. Gutman opened a family practice and soon had people asking him questions he could not answer, like how much vitamin C or E they should take, or whether a certain diet was good for them. Then, one day, one of his patients plunked a few feet of research papers down on his desk and insisted that he familiarize himself with the subject of glutathione, a molecule made in our body by every cell.

What Dr Gutman found changed his life. To his amazement, study after study showed that diseases like AIDS, Cancer, Parkinson's, MS, Diabetes, and Alzheimer's all have to do with low levels of glutathione. "How could such a wide range of conditions have one common denominator?" he asked himself. Research answered his question by showing a crucial role of glutathione in: 1) regulating the immune system, 2) stopping free radical damage as the body's Master Antioxidant and 3) detoxifying the body of waste, pollutants, carcinogens and heavy metals. He discovered that glutathione is central to preventing cancer. Normally, pre-cancerous cells are constantly 'checked' by the immune system, and it turns out that glutathione is the body's own 'food for the immune,' acting to prevent cancer.

Dr. Gutman determined that the best way to safely raise glutathione levels was through nutrition, using cysteine-rich proteins. To his surprise, he discovered that a Government of Canada researcher from McGill University had already made this discovery. "Knowing the importance of this substance will help prevent disease in the first place," he said. "Practicing emergency medicine is like having a hockey team made up of offensive players with no defense. With a complementary approach, we simply add the defensive players to the team." (To order his book see ad below)



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Put It Where It Belongs and Get It To Move

by Wayne Still

"Movement is something we ARE, not something we do," says Continuum Movement founder Emilie Conrad. As we breathe and our blood circulates our bodies are in constant motion; indeed, lack of movement is a prime indicator of death. Movement happens when a signal from the central nervous system stimulates a muscle to contract, causing the body part to which the muscle is attached to move in a controlled manner. Controlled movement results from the dynamic tension existing in our myofascial/muscle system.

Generally speaking two kinds of muscles create movement: flexors and extensors. They work in pairs, each contributing to the full range of motion with flexors flexing and extensors extending. When we reach to pick up a spoon we are extending, flexion brings the spoon to our mouth. Pairs of specialized muscles exist throughout the body enabling us to do all the things which make our lives meaningful.

Usually these functions carry on without the need for us to pay a lot of attention to the mechanics of movement so we can concentrate on the activity we are engaged in. Life is not always kind to our bodies. Injury or misuse can change the balanced tension between muscles to a state of chronic tension. The connective tissue then changes form by shortening to compensate for the imbalance. Neural signals to the affected area adapt to the reduced range of motion so it becomes the sometimes painful norm. When we get tired of the pain and inconvenience it causes we can turn to a bodyworker to help us restore the form and regain function.

If the bodyworker you choose practices Structural Integration you will be asked to make small movements or breathe into the area where the practitioner is working. There are a couple of reasons for this. One is to keep the client engaged in their transformational process, the other is neural muscular reeducation. The practitioner is obeying the edict of Ida Rolf's third aphorism.

"Put it where it belongs and get it to move" is a summation of both the methodology and goal of Structural Integration work. As the connective tissue in and around a muscle body is lengthened and opened, the muscle is allowed to regain normal orientation to its neighbours. Having it move while in place serves notice to the nervous system of the change so it will remember how to move that muscle in the future. As this process progresses through the body during the ten series the body's movement memory takes a course of education which ensures that the changes made will stay as the body moves.

See the three practitioners ads to the right

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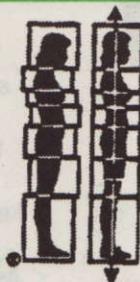
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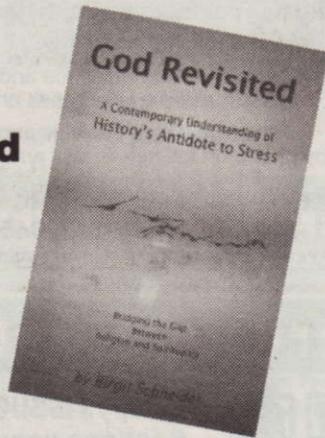


Book Reviews

by Christina Ince

God Revisited

**A Contemporary Understanding of History's Antidote to Stress
Bridging the Gap Between Religion and Spirituality**



Birgit Schneider
available from
Professional Image Design Publishing
(250) 869-1529
online at <http://publish.pro-image-design.com>
ISBN 0-9732993-1-2 • \$18.95

I showed this book to two friends, one of whom said, "I didn't know there was a gap between religion and spirituality - aren't they both the same?" while the other said, "Well, I'm not religious, but I certainly am spiritual." As Birgit Schneider points out, each life is unique, each person's experience and interpretation of God will be unique, and it is important for people to think of God in their own way. She offers her book as one more perspective on an ancient theme, her insights coming to her purely and intuitively in response to questions in her mind. Given sufficient space, I would be tempted to "cut and paste" editor Celestra Cassidyne's foreword to the book which introduces the author's work beautifully - and the promise is not an empty one. Finding "Revisited" in the title of any work usually signifies that we are going back to look at the subject without the narrow confines which restricted us at the time of our original experience - God Revisited does not disappoint in that regard, it is a wonderfully comprehensive guide to universal energy. The author explains how misalignment with that energy (God re-defined) is the source of all stress and goes on to discuss the science connection, uses of metaphor and symbolism, the mystical aspect of universal energy, stress and disease, and moving towards consciousness. The final chapter, Putting Into Practice, gives practical applications for developing awareness in order to connect with the universal flow; and on the final page: "Living spiritually gives life meaning and happiness; it's like weeding and watering our garden so the flowers can grow".

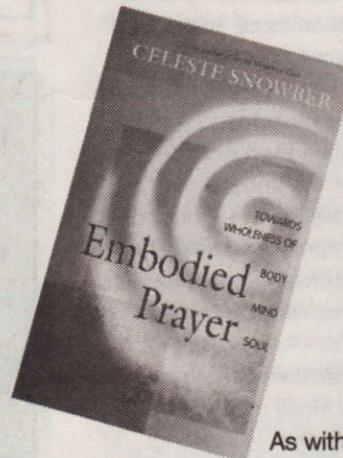
Learn to Be an Optimist

A Practical Guide to Achieving Happiness

Lucy MacDonald
Raincoast Books
ISBN 1-8118-4169-3 • \$22.95



This book could also have been called The Holistic Approach to Optimism, for most of the book does not rely, as one might expect, on simply amending your mindset, but on realizing the physical, psychological, emotional and spiritual benefits of developing a positive attitude. If you are tired of self-help books, and textbook-style tomes leave you cold, then take heart - this is not only a pleasurable read, but it contains much to inspire and guide you. Personally, from the title I would not have expected to find sections such as, Dealing With Pain, Optimism and Yoga, Visualize a Healing River, and Activate Your Relaxation Response. There are exercises throughout the chapters to build on what you learn about emotional intelligence, self-esteem, resilience and happiness, and help with keeping a journal, building confidence, and finding peace of mind on the way to having a meaningful life and helping others. The book itself is pleasing to the eye - many of the pages are in pastel colours, and it is scattered with colourful illustrations that give a childlike simplicity to this inspiring endeavour.



Embodied Prayer

Towards Wholeness of Body, Mind, Soul

Celeste Snowber
Northstone Publishing Inc.
ISBN 1-896836-62-3 • \$19.95

As with optimism, many of us probably tend to think of prayer as emanating from only the heart or the mind. Celeste Snowber points out that "our bodies have been too long in exile," and that while we listen or pray with our hearts and minds, we ignore our bodies, thus becoming "disembodied". She is a dancer, educator and writer who has spent many years integrating dance and spirituality, and believes that honouring our bodies is the foundation of embodied prayer. I am reminded of a friend who invited me to visit her church one Sunday; during one deeply-resonating song she threw up her hands and swayed gracefully side to side - later she apologized for having bumped against me and said that she just couldn't help it, exclaiming, "I feel so alive when I pray with my whole body!" This is surely what the author wants us to achieve, and she has included some energizing exercises at the end of the book to give us a sense of that wholeness. She encourages us to listen with our bodies, heal our souls through our bodies, move through grief, and use dance with prayer as celebration....and embrace the wonder.

Shift Happens for Couples

by Peter Matheson & Heather MacLeod

Have you ever experienced the sinking feeling of an important relationship stagnating or going down the drain ...and not having the tools or knowledge to know how to save it?

Most people live their lives in relationship to others, be it partner, friend, colleague or family members - and most of us are poorly prepared to maintain these significant relationships. Sadly enough, there are very few examples of healthy, vibrant, loving relationships to model.

Even with the best intentions, the results of our crude relationship skills are often confusion, poor communication, power struggles, mutual resentment, emotional isolation, destructive behaviour and ultimately...bitter separation.

We go to public school to learn to read. We go to vocational schools to learn how to do our jobs. We go to seminars to learn to manage our finances. We take parenting courses to become competent parents.

Why then, do we think we can maintain a fulfilling relationship with another complex human without any training at all? I think few children grew up with their parents providing a satisfying model of the 'ideal couple'. In fact, I have heard adults express amazement that their parents ever got together in the first place. They had difficulty imagining their parents in bed together, much less ever having a romance. By the time children are old enough to observe, the romance has all too often faded or gone underground.

What we have observed and experienced daily in our families exerts a powerful influence that stays with us long after we leave home. Most people will choose the familiar, even though uncomfortable, over the unfamiliar, because of that power.

Haven't you seen women whose fathers were cruel end up with cruel husbands? And haven't you seen men who had nagging mothers end up with nagging wives?

People often work out relationships similar to those of their own parents - not due to heredity; they are simply following a family pattern. These deep patterns that repeat and repeat in unfulfilling relationships can be explored, brought to the surface and transformed. We can learn how to create the relationships we yearn for!

We can learn how to be the architects of our own relationships by participating in relationship workshops, accessing counseling, reading books, watching instructional videos and talking openly to our partners, friends and family. All couples stumble and bumble at times. All have some pain, disappointment and misunderstanding. Whether they grow beyond this again depends on their process, their commitment to growth and their knowledge of themselves and each other.

Love is like a seed that manages to germinate and poke it's head above the ground. Without proper food, light and moisture, it will die. For it to continue to grow, it has to be nourished. If you are interested in creating a bountiful garden of your relationship, you might consider giving yourselves the gift of a workshop together...a gift of discovery and exploration that will continue to show up in your life long after the end of the course. (See ad to the right)

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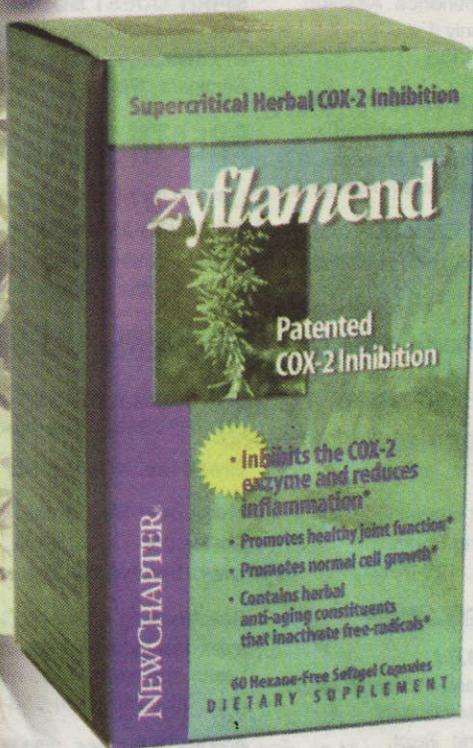
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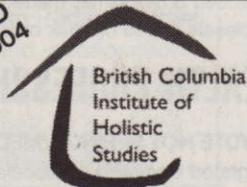
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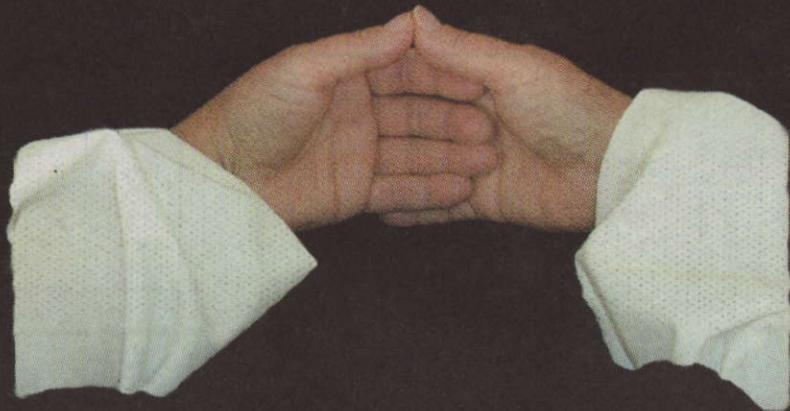
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