

# ISSUES

MAGAZINE

Resources for Connecting,  
Healing & Awakening

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**FEBRUARY/MARCH 2005**

**Circle of Friends at the Spring Festival of Awareness, 2004 • Naramata, BC**  
*read page 6 and back section for details*

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Our goal is to support and connect the various alternative health practitioners in the Okanagan to share information. We offer free postings for non-profit groups and listings for local workshops or events.

We have low cost pages for practitioners and information about various health care resources such as Healing Touch, Reflexology, Hypnotherapy, Healing Touch for Animals, Iridology and Maternity Care.

Visit our website at... [www.oihic.com](http://www.oihic.com)

# Moving Forward

by Annie Hopper

Inability to move forward in life is usually the result of hanging on to the past. Sometimes people create their identity based on the pain and stories of their lives, or conversely they never allow themselves to feel the pain. Either way, these two extreme behaviours do not ultimately serve you in a truly positive way. Often people can become so completely enmeshed within the stories of their lives that they find their personal identity in their pain and suffering. This leads to being fearful of letting go of one's story as this would mean letting go of who you believe you are.

Equally, if you are still harbouring repressed feelings of hurt and pain, and are unaware of the core beliefs that you have adopted from this, moving forward becomes virtually impossible. It can seem as though looking at these beliefs is like opening up the door that separates you from a fire-breathing dragon. Avoiding your pain actually expends more energy than allowing yourself to feel it. You see, once the door is opened you will realize that the fire-breathing dragon is actually just a frog with really bad breath.

Denial of negative core beliefs only makes them appear that much stronger in your life. What you resist persists. By facing and deconstructing these beliefs you will be guided to your true magnificence. This personal transformation will free you to live the life you were meant to live; a life full of joy, love and overflowing abundance.

What does this look like in practical terms? Well, if you have identified yourself as your pain then it's time to find a new and improved identity. Release your victim identity and start to climb the mountain of manifesting your true desires. Let go of the pain in your story and start to look at the gifts in your life.

Conversely, if you have never allowed yourself to feel your pain, discover a way to release it. Find a counsellor who can help guide you, practice journaling, talk to friends, or attend a workshop. Once this energy is released, search for the learning within and make a conscious choice to keep moving forward. It is time to reclaim your divine magnificence!

**ANNIE HOPPER**

CORE BELIEF COUNSELLOR



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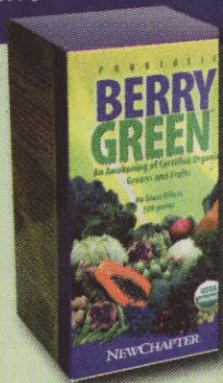
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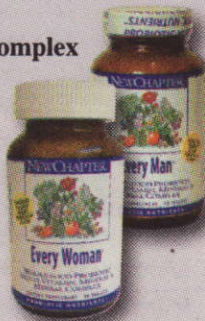
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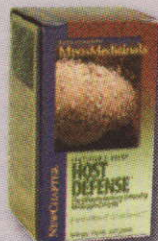
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# Musing

with

Angèle publisher

The front cover photograph was taken by Richard, my partner, at the Spring Festival of Awareness last year. As I downloaded the photos off the camera and into my computer, I named them for reference. Afterwards I looked at the list, and most of them started with the word "circle" Circle in the Great Hall, Circle in the Healing Oasis, circles sitting, circles dancing, circles meditating, the list went on ... People seem to naturally choose circles when they are allowed to create sacred space the way they feel comfortable. The Circle of Friends photo on the front cover seemed special because of the beautiful weather and the exquisite setting of the Naramata Retreat Centre.

Circles also turn into spirals or fractals as we evolve ... repeating the pattern of life with new understanding.

There are few words to express the gratitude I feel for my spirit having connected to the "Spirit of the Festival" and Nora and Harry Jukes, who started it twenty-seven years ago, and who treat me like family.

As the saying goes ... We don't remember days, we remember moments ... and there are two main moments that I still clearly remember about the first Spring Festival that I said "Yes" to organizing. The first occurred just before opening circles were about to start. Laurel Burnham and I walked into the Great Hall and as I looked up, the starkness of the walls surprised me. I remember leaning forward and saying in a loud whisper, "We should have decorated." That was the start of an idea that has grown beyond what I could have imagined, one that helps to make the Spring Festival extra special.

First, a native lady volunteered to paint shields with a native influence and suggested altars for the four directions. We had already started buying cut flowers and potted plants to dress up the tables when my mother, who loves orchids, decided to have some beautiful potted Catalaya orchids delivered to the festival site via one of the instructors travelling in from Vancouver. The flower decorating continued to expand until at one point, it would take two women all day just to arrange the flowers ... Now it is a bit simpler as I prefer more live plants.

Then someone suggested a rainbow for a backdrop to the stage, and a young lady volunteered to paint the thirty-foot rainbow on paper. When it fell apart a few years later, I sewed a fabric one together that still goes up every year.



Then Susan Lopecki showed up, who was a clothing designer selling her collection of unique and colourful clothes in our little Festival store. She loved the rainbow look and developed a line using those colors. I bought lots of her outfits, which I love wearing, and then contracted her to paint me rainbow-coloured cloths for the registration tables. I did my best to convince the crew that walking around looking like a rainbow was good because participants could easily spot us to ask questions. I even had Jester hats made.

As I type, Nywyn, a gifted artist and long time supporter of the festival is painting four "Angels of the Seasons" on canvas. These new images will enhance the new tablecloths that Claire Ince, the daughter of the Healing Oasis coordinator Christina, is sewing for the altars. Many of the original creations were left in the care of the Wise Woman organizers who will use them for their celebration in September.

Another large amethyst crystal has joined our entourage to hold the energy for the weekend. It will add sparkle to the Great Hall as will the beautiful candles that are being hand-made in Creston. Our crew will soon be making new schedule boards and directional signs. I still enjoy coordinating the event and love hearing people's stories, whose lives have been transformed because of the connections made.

The second moment I still remember from first Spring Festival happened to me on the way home. It was late and I was tired. I could feel an intense welling up starting from deep within, and I didn't know what to make of it. I pulled my Datsun off to the side of the road and cried as a bolt of lightning zapped me from within. I felt so grateful and connected to the Divine that there were no words to describe it: I just knew I needed to do it again. At the wrap-up dinner the following week, I told the crew that we made ten dollars' profit after expenses and asked if they would help just one more time, for I wanted another chance to do it better now that I knew what to expect. They agreed, and life has not been the same since.

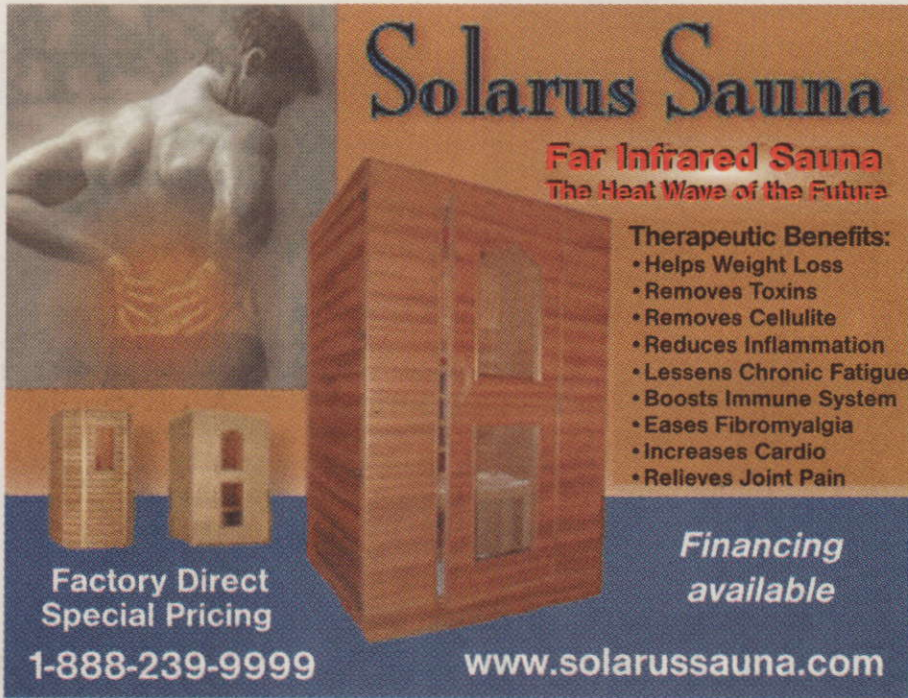
If you have never attended a Spring Festival of Awareness, then perhaps it is time you checked it out. The biggest challenge will be choosing which circle you want to be part of. With a choice of ten workshops, you will need to trust your inner guidance system. The schedule and program form are in the back section of this magazine.

For me, the highlight of the weekend will be the Dances of Universal Peace at the opening and closing circles with Akbar and Sharda. Imagine three hundred people dancing in circles, sharing their love of spirit with each other and the Earth. And as with all cycles, it is now time to bring the Wassabi Collective back for a Saturday evening, electro-groove, worldbeat flavour dance. See you there!



Angèle





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Kaslo, BC, VOG 1M0

♥ Issues is published with love  
6 times a year from the Johnson's  
Landing Retreat Center,  
one hour northeast of Kaslo.

Feb/March • April/May • June/July  
Aug/Sept • Oct/Nov • Dec/Jan.

Proof reader: Caroline Sanderson  
Vanc. Rep: Nick Walker: 604-781-0775

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In addition to accommodation and meals being provided, you will receive a stipend which will be determined by experience and degree of responsibility. Please phone, email or fax a letter as to why you would like to be a part of the team creating Issues Magazine. Contact data to the right.

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# THE LANGUAGE OF ALL POSSIBILITIES

by Ritva Robinson

In 1999 on the way to my son's little league baseball game a car drove through a stop sign and I was hit on the driver's side. To avoid a head-on collision I swerved and went off the road and crashed head-on into a big rock. I just remember yelling "I will live". My life came to a full stop. In just a few seconds about 80 percent of my life as I knew it was gone. I could no longer work in law, my ability to pursue my passions of hiking and dancing were gone. I had two young children at home to take care of and my life was shattered. I was in excruciating pain as my body hurt from head to toe including the fingers. I could not remember everyday words, I could not sleep, I did not have balance when I walked or stood up and I could not even grip a cup. I tried many, many modalities and got no help or any lasting benefits and the doctors did not hold much hope for a my recovery.

Even then there was a part of me that believed that there had to be a way to recreate wellness and to fully enjoy life again. Then one day I went to the Wellness Fair in Victoria and discovered GeoTran. I learned that practitioners use it to clear stress, cellular trauma, shock and panic from an accident. It was amazing. The body does not lie. Muscle testing was used to determine what my body needed and what was the correct order of priority. I was told we are each unique and our bodies have the information to know what is best for us. GeoTran gave me a way to recreate wellbeing and I became totally pain free. I was able to come off all medications, I grew almost two inches at the age 40, I got my memory back, and I was able to restore perfect alignment in my body with permanent results. Today my mind is clear and functioning better than before, I am back to pursuing my passions of dance, hiking, skiing, and have attended university. I am now a passionate student, practitioner and teacher of GeoTran and love supporting others to do the same.

GeoTran beautifully complements other modalities and many massage therapists, chiropractors, naturopathic doctors and health care practitioners get better results with their clients when they use it to clear the stress, shock, trauma and panic before proceeding with their own modalities. It is a language of all possibilities and has enabled me to become aware of my TRUE GOOD nature, and live from a place of choice, vitality and presence. The result has become a gentle rhythm of moving me forward one step at a time.

I am so grateful I discovered this easy to learn method of clearing stress in seconds anywhere, anytime. It helped me to clear repercussions of another accident years later quickly and gently so I did not have to suffer the way I did the first time and was able to keep moving forward in life without any interruption. My children have seen and experienced the positive changes in me and asked to learn this beautiful language also. My younger son used it to excel in school, clearing all stresses around learning and progressing from learning assistance to the honour roll. He now loves school. *see ad to right*

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# WHEN AWARENESS ISN'T ENOUGH

## Is This You?

Are books, workshops, affirmations, and analyzing your issues, not creating the results you want? Do you keep repeating unwanted thoughts and reactions even though 'a part of you knows better'?

## Awareness Alone Is Not Enough

Our subconscious mind is made up of many parts, all based on core beliefs. Some are positive and life enhancing, and some are not. Most were created in early childhood to help and protect us to the best of our understanding at the time. These parts, the core beliefs, the thoughts, emotions, and behaviours accompanying them, are firmly imbedded in our subconscious. When, as adults, we choose to believe something in opposition to these original beliefs, there is a feeling of being pulled in two directions at once or being "stuck." The old core beliefs can limit our choices, happiness and success. They also act as filters on our perceptions of ourselves, others and life itself.

## An Important First Step

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

When thorough and complete transformation occurs, you need much less time to resolve long-standing issues. As well, changes last and grow stronger over time. *"Laara's gentle non-leading approach resulted in creativity and organization in my work. A year later I am even more creative and organized, I continue to prioritize more clearly and to trust my way of doing things." - Alan J., Chiropractor, Kelowna*

## What Happens In A Session?

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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. *"Laara helped me to change my life completely. I speak up for myself diplomatically, I know who I am and what direction my career should take and I have the courage to follow through."*

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

As one of only three Master Practitioners in North America, Laara Bracken is highly respected and trusted. She maintains absolute confidentiality.

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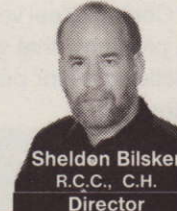
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Sheldon Bilsker  
R.C.C., C.H.  
Director

## Light Up Your Life!

by Laura Pelletier

### What is Seasonal Affective Disorder (SAD)?

We all suffer from the winter blues occasionally. SAD sufferers experience the "blues" much more acutely. They may be constantly fatigued, sleep too much, gain weight, be withdrawn, lose interest in sex, lack alertness and be irritable. They experience these and other symptoms to such a degree that they feel unable to function normally and cannot cope with everyday life. Life feels like it is on hold until spring. Some people spend up to 95% of their time indoors where light levels range from 200-700 lux.

### Who is affected by light deprivation?

Most affected are those living in northern latitudes and frequently overcast

areas, especially during the shortened fall and winter days. Also affected are persons who live in basements or dark apartments; those who seldom venture outdoors; people who live and work in a dark environment; even shift workers who sleep in the daytime may be affected by light deprivation, even in the summer. In Canada, three to five percent of adults are severely affected by SAD, while another ten to fifteen percent suffer from a milder form of the same disorder. Women are more affected than men, and children can also suffer.

### What is light therapy?

Light therapy involves the use of a specially designed lamp (with UV filter) that delivers 5,000 to 10,000 lux of light. Each day, for thirty to sixty minutes, people sit in front of the lamp and enjoy the light. Extensive medical research over the past decades has shown that bright light therapy is the right choice for SAD.

### Is light therapy medically approved?

The Canadian Psychiatric Association, the American Psychiatric Association, the National Institute of Mental Health and the Society for Light Treatment and Biological Rhythms endorse the use of bright light therapy. It is also recommended by psychiatrists, psychologists, sleep disorder specialists, physicians and other health professionals in Canada, USA, and abroad.

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# STEPS ALONG THE PATH

by Richard from the Johnson's Landing Retreat Center

This has been a busy time for the little plastic keys on my laptop, programming the season and preparing the 2005 Events Calendar for the Johnson's Landing Retreat Center. I feel very excited by the wonderful quality of learning programs that we will be offering. It's sort of like wrapping holiday gifts for people ...I feel blessed to be a part of this process.

Since the last 'Steps along the Path' column, the Retreat Center has received contact from single folks and couples who have begun the initial steps of responding to a call from within themselves that resonates with the idea of creating a holistic community/light center.

The inevitable question, of course, is 'What is a Light Center'? Personally, I see it as a place for growth and learning, a place that prepares people for transitions on many levels [body, mind and spirit]. The Retreat Center carries the learning component by offering courses in a variety of life enriching topics with knowledgeable facilitators, plus time to rejuvenate, relax and clear one's mind. The energy created by the setting and positive intentions of the staff bring a sense of serenity and peace to people who come here.

One person I have been communicating with wondered if a Light Center was a place for people to come to survive the earth changes. I do not see it that way. I envision a Light Center more as a place to teach skills to assist in our transition ... sort of like a ferry that takes people across turbulent waters so they may continue onward.

It has been my experience that when people work collectively towards a vision it amplifies the energy so it becomes greater than the sum of the individuals. For me this is truth. Since I have connected with Angèle, publisher of ISSUES Magazine, the energy and the connection to spirit has increased in all our endeavors.

So here we are at a juncture in time looking at a future full of immense possibilities. We are looking for folks that can assist us in providing a foundation, to support a long term vision that will keep the Center going far into the future. I know it will take a special effort for everyone involved, to have our vision of community actually succeed and grow as Findhorn and others have done. We also know that from those that contact us... some will join, some will not, some will stay, and some will leave, just like the ebb and flow of the ocean, change is inevitable.

If you have some practical skills that you think would fit into the development of a Light Center and are ready to participate from a place of service, please contact us. We are interested in hearing from people who would like to work towards an organic, sustainable community that lives in harmony with its environment for the benefit of future generations.

We are so thankful to the many WOOFER's and volunteers who joined us late in the season to help with all the building projects around the Center. Those of you who may wish to come for three weeks or more on a volunteer basis to test the water, please contact us.

Namaste,  
Richard

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Peter, Heather & Staff
- 21 - 23 PREPARING FOR THE SEASON**  
Volunteer Event

### June

- 3 - 5 KNOWING YOURSELF**  
Martha McCallum & Kat Wiebe
- 4 - 9 TREEHOUSE BUILDING**  
Staff
- 10 - 12 YOGA INTENSIVE**  
Shayla Wright
- 10 - 12 NATURE JOURNALLING**  
Susan VanRooy
- 17 - 19 FAMILY CONSTELLATIONS**  
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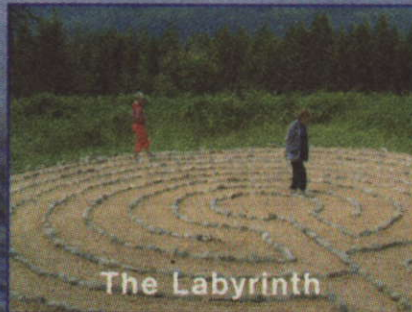
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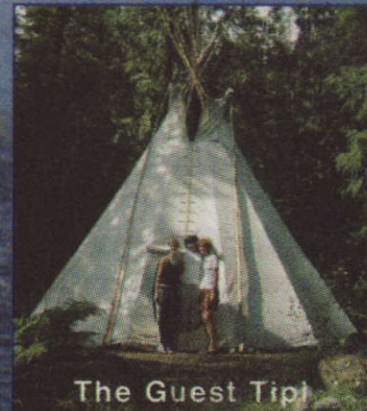
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Pamela Shelly
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Drumming - Paul Langlois
- 17 - 19 FIVE RHYTHMS™  
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James Wood
- 27 - 30 SYMBOL & RITUAL**  
Carol Stewart



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- 2 - 4 WATERCOLOUR W.S.**  
or **2 - 7** Phyllis Margolin
- 4 - 8 SHAMANIC HEALING**  
Sue Peters
- 16 - 23 FULFILLMENT**  
Jon Scott
- 23 - 25 SUFI RETREAT**  
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- 23 - 25 PERSONAL DEVELOPMENT**  
Ken & Myrna Martin

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# Starting Anew Is A Daily Process

by **BOB BOXALL**  
Coach/Facilitator

We can start anew every day; every moment. If we missed making a shift in January, it certainly doesn't mean the whole year is lost.

Life and growth are steady partners. Lack of change means we don't grow. Not growing is not really living. Deep inside, we all want to fully live life before we die. Commit to understanding how you can change and grow. Become a master at creating your life anew each day.

Every day the sun rises. It's a fresh start. Choose to do things differently today. But we hardly ever do, do we? New year's resolutions rarely work. For most of us, our good intentions barely survive a couple of weeks.

And then consciously or unconsciously we conclude we are losers. But the problem isn't us; it's the process. We must learn how to consciously direct change. Here are some ways to make lasting change.

Change must be internally driven or else the process smacks of preaching, like what we got from parents or teachers. And the rebel in us cries out, "No way!" Our motivation isn't there because it's not heart-felt.

Focus on the outcome not the problem. We focus too much on faults, on what needs to be fixed—we smoke, we're overweight or inactive or in debt, etc. Effective change won't come from thinking we're not good enough now. Our attention is on what's wrong, not what's right. This is hard on our self-esteem and deadly to our inspiration. Furthermore, it's well proven that we get what we focus on so don't focus on problems.

Change isn't instantaneous. Expecting to unseat life-long habits overnight isn't realistic. Habits are patterns deeply

ingrained in our subconscious. They're not changed easily and certainly not through willpower alone.

So how do we change and grow? Well, life is constantly changing, isn't it? So consciously work with the ongoing forces of change to bring about what we most yearn for and in reality what we need.

Connect with your deepest desires and know why you want them. Take time to sit quietly and give yourself permission to really listen to your thoughts and experience your feelings. What do you really want for yourself? Connecting with motivation gets our soul working for us so we can unfold as we are intended.

Dreams are essence-centered while goals are ego-driven. Use your imagination to dream that which is uniquely you. Do not hold that dream close to your chest but release it into the world and follow it. Magic awaits those who follow their dreams.

Check in daily to be aware of how your goal is unfolding. Believe you can have what you really want. Become aware of your self-talk, feelings and thoughts. Repeatedly change the self-sabotaging can't, in your mind to can. Be open to your intuitive and creative guidance.

Make small steps daily to follow your life's mission. Keep a strong vision and intention. There's no quick fix here. To be serious about change we need to repeatedly affirm and visualize our intentions. We need to be persistent in getting our thoughts, feelings and actions in line with our true self. We need to intentionally do something every day to live more of what we really want.

Balance your goals. Have some that teach you new things and some that heal the past. Be real, be you and trust your character and integrity. (See ad below.)

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# Pain Relief and Medical Qigong

by Klotz Kwan

Persistent pain is a signal that should not be ignored as it is indicating something is wrong. If pain is the result of poor postural habits, it may be corrected simply by proper postural adjustment. If pain is the result of a medical disorder, trained personnel should handle it.

Western medicine is starting to recognize the ancient Oriental view of health as a holistic interaction of mind, body and spirit. The Chinese concept of Qi (pronounced "chee"), or energy flow within and without the body, sees pain as caused by energy blockages or stagnation. These can be attributed to external lifestyle factors such as trauma, diet and environment; or to internal factors such as emotions and beliefs. Researchers in psychoneuroimmunology have recently validated the effectiveness of Qigong treatments. Today both Western and Chinese medical systems collaborate to speed healing and enhance overall well-being, as mind and body influence each other.

The link between Western and Chinese medicine is created by the discovery of neuropeptides (described as chemicals of consciousness and emotions), which are synthesized in response to thinking and feeling and can influence the health of internal organs. Neuropeptides flow through the body like Qi and carry information to and from the brain, nervous system and other parts of the body. They bond to receptor sites on various tissues virtually everywhere in the body, especially in the immune cells. Physical sensations such as pain, hunger, and so forth can stimulate the production of neuropeptides.

The best known neuropeptides are endorphins. Endorphins stimulate the immune system and reduce pain. Western scientists studying Chinese acupuncture practices attributed the reduction of pain as merely the direct result of an increase in endorphins released during acupuncture treatment. The Chinese point of view, however, states that pain results from Qi blockages or from Qi stagnation; and when the Qi flows free, and the Qi blocks are removed through needle manipulation and placement, the pain diminishes or disappears. Qigong does not use needles; instead it generates and transmits energy to release or remove the blockages. Research laboratories have tested and substantiated the effects of Qigong.

It is noteworthy that Qigong therapeutic treatment (called External Qi Healing) is excellent therapy for the same range of problems as acupuncture. It is very effective in removing pain, shrinking infections and swellings, killing cancerous cells, combating arthritis, releasing muscular tension, improving skin tone, stopping bleeding, strengthening the immune system and renewing vitality. Compared to acupuncture patients, those treated by External Qi Healing have less frequency of disease recurrence. Tests found in rats subjected to painful electric stimulus receiving Qi projection treatment, found that pain was significantly reduced. Naloxone (an endorphin blocker) only partially blocks this healing effect. This shows that endorphins are not the primary source of pain reduction.

It is quite compelling that the effect of Qi on health and pain is also found in contemporary Chinese cancer research. Medical Qigong is commonly used to counter the side effects of chemotherapy and radiation. It is also the primary therapy for advanced, inoperable and medically untreatable cancers, as it can ameliorate pain and other symptoms, slow the progress of disease and even result in long-term remission.

Since 1980 there has been a renaissance of External Qi Healing in China. It is often used both to reduce pain during or after many kinds of surgery, as well as to speed up recovery on post-surgical patients; and has gained in credibility and respect because it is capable of being measured and tested scientifically. The effects of Qigong work on laboratory animals, cell cultures, and even skeptics allay concerns that it only produces a placebo effect. When animals with broken bones are treated with External Qi, they heal more quickly than control groups.

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*Mr. Ming-kit (Klotz) Kwan has practiced medical Qigong for over 20 years and has extensive experience in teaching the art and performing therapeutic healing treatments on a large variety of ailments. He is in the process of forming a healing centre in the Kootenay area, called the Kootenay Qigong Wellness Centre. It will be a non-profit organization and donations toward it are much appreciated. He also gives regular Qigong classes from Monday to Saturday. The fees are very low and everyone is welcome. These Qigong exercises are purely for health and vitality. Persistent practice slowly clears away most health problems. These exercises are suitable for all ages.*

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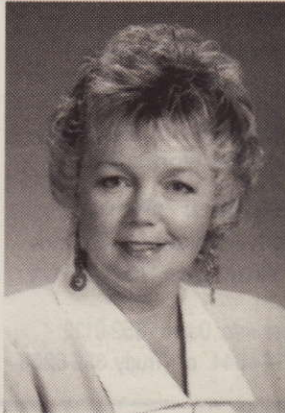
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## Expressing Your Creativity

by Pamela Shelly

In my practice I find myself asking clients the question "How Are You Expressing Your Creativity?" In response to that question I often receive the answer "I'm not."

I believe we are all creative and there are a myriad of ways to express our creativity. I had to pose this question to myself a few years ago and I found it was not as easy to answer as I had first assumed. I have many very creative, artistic people in my family, yet I don't use my creativity in the same way most of them do. I realized I love to create workshops and I have used my creative expression in decorating my home. We can express who we are in our living space and make our homes warm, cosy and inviting as well as a reflection of who we are. Some other ways we can use our creativity are through writing/journaling, cooking, music, dance, making crafts, photography, sewing, applying makeup, hairstyling, creating costumes, acting, and gardening. I have recently been inspired to create Archangel essence sprays and perfume, as well as some cards and framed pictures to bring to the marketplace.

One of the blocks to expressing creativity is 'perfectionism'. We won't even try if it isn't perfect! How unrealistic is that? It takes practice and patience to develop skills, and we are often our own worst enemy. When you venture into your creative expression I encourage you to pretend you are a young child and treat yourself with that unconditional love and acceptance that you deserve! Another common block is the excuse "I am too busy", or "I will explore this when I am retired and have more time". We all have the exact same number of hours in each day, it is a matter of setting priorities. Live in the NOW, we never know what tomorrow may bring. I also have the belief that if we suppress our creativity it may eventually manifest in illness on an emotional, physical or spiritual level.

Many of us are born with unique creative gifts and some fortunately have the awareness and encouragement to express them early in life. If you would like to get more in touch with your unique gifts I urge you to read "The Artists Way," a book by Julia Cameron. This book is not just for artists but for anyone exploring aspects of themselves in a fun and insightful way. We are all here to express and share our creativity with the world and you are an important part of that. I encourage and support you in discovering and sharing your creative gifts.

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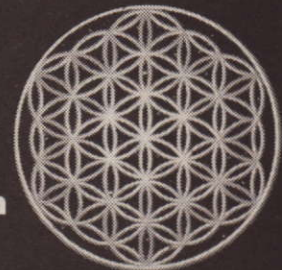
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# Towards Credibility

by Gerald Jessop

The Healing Arts Association of the Okanagan would like the healing arts services to be more available and affordable to the public. At major health clinics in the United States, such as the Mayo clinic, alternative healing treatments are combined with western medicine to give the patient the best wellness situation possible. In China, traditional medicine consists of preventative and curative methods utilizing practices such as Acupuncture, Herbs, Tai Chi, Qigong, and Acupressure.

In surveying our members we found a variety of background training ranging from diploma level persons in Chiropractic and Acupuncture work, to persons who are self trained. Most of our members have years of experience and because of their successes have continued in their chosen profession. All of the modalities have roots in ancient health practices, filling valuable roles in the wellness of an individual.

We invite Healing Arts practitioners to participate with us, by becoming a member of the HAAO before March 1st, so you may participate in our 4th Biannual Healing Arts Fair. This is our answer to creating credibility; be visible and inform the public of our different practices and many successes.

*Jerry is a founding member of the HAAO, and is currently the President. He has practiced Tai Chi Chuan and Qi Gong for 33 years and has been an Instructor at the Parkinson Recreation Centre in Kelowna since 1996.*



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The NES is based on the theory that we experience a loss of health when our energy field is damaged through long exposure to emotional stress, environmental and other toxins, electromagnetic and other potentially harmful fields, and from genetic predispositions; which Fraser classifies as shocks to the field. The NES software contains a map of the optimum human body-field and compares an individual's energy field to that optimum field. Health problems arise when an individual's field deviates from this optimum form.

The NES reveals: Structural damage present in an individual's QED body-field. Current symptoms that the individual is experiencing, reflecting damage present in the individual's body-field and its interlocking compartments. Shocks that may have caused damage to the body-field.

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# The Tsunami Effect

by Stephen Austen

In my work as a clairvoyant medium I am able to access future events and on August 1, 2004 I received a clairvoyant message which warned of an impending disaster and I recorded it on tape. I received 'Indonesia' as the epicentre of the upheaval, and felt that this would be an earthquake involving tidal forces. I did not get a date, however, but knew that it was coming soon and would be utterly devastating. When the tsunami struck Indonesia on December 26th, 2004 I realized just how quickly this prediction had come true.

Ever is it so that disaster brings with it shock, fear and questioning. Many people are feeling at a complete loss to explain or comprehend such a terrible calamity. People can become fearful, which can take over and divorce us from faith and hope. But in spite of such feelings, people are nonetheless rising above their fears and turning it into something positive by actively helping fellow human beings.

I think the most important aspect to recognize is the effect such disasters have upon *human consciousness*. Apart from the obvious lessons of teaching us to be thankful for all the many blessings that we have, and which we often take for granted, we also learn to look beyond ourselves and our own trivial problems and see the wider struggle of others everywhere. Mankind is progressively becoming more compassionate, despite the trials of this life, and we are steadily recognizing that we are all connected, each belonging to a greater whole. The enormous generosity in donations from people all over the planet has been staggering and is a true reflection of this recognition of our connectedness. There has been a 'shift' in the Earth's tectonic plates, and metaphorically a similar shift is occurring in human consciousness.

Human beings everywhere are beginning to recognize, either consciously or unconsciously, that each one of us is a cell in the body of a far greater being, an organism called Humanity. We *feel* the pain and suffering of others and want to alleviate it. It affects us, because essentially, this disaster is happening to *us* because we are part of one another. Consequently, there is an opening of the heart of mankind, similar in effect to the Live Aid concert of 1984. Surely this open-heartedness is the real Tsunami Effect, an awakening of humanity to the realization that we are all One.

## Stephen Austen

Clairvoyant Medium • Healer  
Medical Intuitive  
Author & Metaphysical Lecturer



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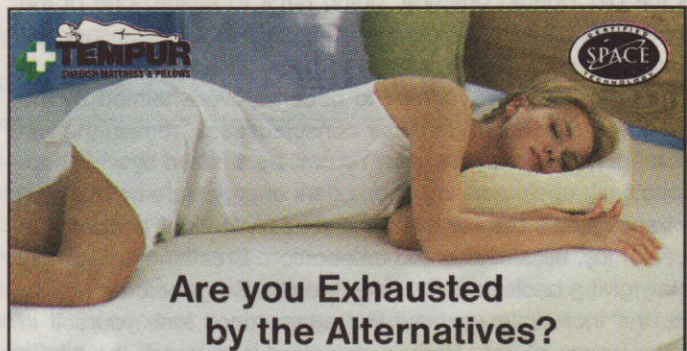
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# COSMIC TRENDS FOR 2005

by Khoji Lang

2005 is going to be the year of initiation, of opening our eyes to what really counts in life. Touched and shaken by events of great magnitude, many will go through radical turn-arounds, changing their perspectives, realizing their latent potential. A huge transformation, about to awaken to what really matters. Remember, only under extreme heat and pressure are ordinary carbon atoms transfigured to diamonds. So before any change can happen things have to become really unbearable. Only at the very verge of the abyss can change become possible. In this light we ought to be really grateful to those who have taken on the evil agendas. Without them there would be no reason for us to wake up and surpass ourselves. But even knowing all this, living in this world full of fraud and deceit - speaking of 9/11, rigged elections, fabricated wars and man made tsunamis - it is easy to take things personally and react emotionally. This is the greatest challenge of all, to transcend all feelings - be it fear, sadness, anger, rage or retribution. Yes, let me tell you, everything happens for a reason. Even the most horrible nightmares are part of the divine plan, otherwise they wouldn't be allowed to occur. So what is it then one can do? To allow being touched, to open your eyes and heart to all problems - let them in, welcome them as your guests. Take them in with your breath, absorb them in your heart, be in empathy, available to the tsunamis of frustration and pain. This is the old Tibetan practice, going back to Atisha, one of the great Tantric masters. When inhaling, take in all the misery, yet stay conscious. Do not give in to pain, do not indulge in suffering, do not allow yourself to become overwhelmed by the shadows. Be centered in your consciousness, remain the witness, don't become the pain. You will be amazed by what happens next: upon exhaling, these dark energies are mysteriously transfigured. The very dismal and heavy feelings become the fuel for joy, blissfulness and celebration. Breathing out, simply allow giving back all of the inner wealth. Be generous, distribute the incredible ecstasy. But again, don't lose yourself in these waves of joy. Remain detached, just watch the whole process. With this experience you have tapped into one of the

greatest mysteries of existence - the transforming powers of the heart. Gratefulness will arise from within. You will feel like bowing down - not to any god but to existence itself. This is initiation, breaking through to an entirely new vision of what life is all about. The Sufis call it 'rearranging the lights'; the heart now above and mind below, mind serving the heart. After this mysterious experience, life will have a different taste. No longer will you depend on any teaching or philosophy, directly you have tasted the divine within yourself. Trust will arise from deep within, trust that everything is good. Once you have found your core this trust will be there, regardless of what happens, because now you know that everything is exactly as it is meant to be. You will know, what is out there is a mere reflection of what is within - duality is the greatest of all deceptions.

I want to say it again - we just have entered the most sacred and critical passage of transformation, building up till around 2008, when things will become a bit more settled and clear. Free will is the most precious attribute of human experience. We are divine beings caught in a collective dream. No one can disperse this illusion other than yourself. It would be deeply insulting, not respecting your freedom if it were not so. It's all upon yourself. Are you ready to cut through the web of illusions? Have you suffered enough, being imprisoned in the cage of ego-mind? Are you ready to give up, to surrender to existence itself, shedding your skin and being reborn? Or do you prefer to remain in hell, blaming, resisting and finally dooming?

It's all up to you, how ripe you are, how mature, how seasoned, how tired of the same games over and over again. But if you still would like to linger a little longer, there's no need to worry either. Existence is infinitely generous, there's always another chance! But then you might have to put in much more effort, whereas now all that is needed is to put up your small sail, allowing the strong winds of transformation to carry you to the other shore.

*For more detailed information on planetary alignments visit Khoji's webpage at [www.thecosmoswithin.com](http://www.thecosmoswithin.com).*

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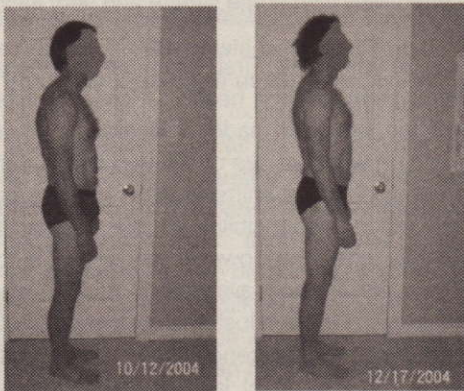
# Standing Taller with Rolfing

by Cindy Atkinson

If you can imagine how it feels to have a fluid, light, balanced body, free of pain, stiffness and chronic stress, at ease with itself and the earth's gravitational field, then you will understand the goals of Structural Integration by Dr. Ida P. Rolf.

This woman's extensive search for solutions to her families health problems led her to examine many systems that affected structure and function; including Yoga, Osteopathy, and Chiropractic. After years of research a system of work emerged which she called Structural Integration. She eventually refined her system into a series of ten sessions affectionately known as Rolfing. These ten sessions were designed to balance and lengthen the body through deep tissue manipulation.

I have been fortunate to work with a client, pictured below, who is very active and athletic with little complaints about his body. He was interested in Rolfing so he could gain more flexibility and greater mobility through his hips mainly for athletic reasons.



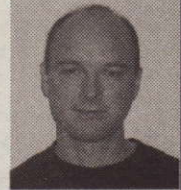
After ten sessions of Rolfing, my client was standing tall and better organized from top to bottom. The progress shown in these photos was over the course of seven sessions. He did receive the full ten series, where not only did his posture change from a forward head and slumped shoulders, to a taller balanced frame. The natural imbalances within his shoulders and hips and down into his legs slowly began to even out. Overall he said he was experiencing less cramping of his muscles and feeling the improvement in his flexibility. He likes his new posture and stands looking more youthful, rather than drawn down by gravity.

I started on this path because I've always had a passion for massage and truly care about people. I believe in the wonderful benefits that deep tissue massage provide. One client sent me a wonderful email stating "So this is what it is like to be pain free." Something she had not experienced in years. I have been a certified Rolfer for three years and am working towards my Advanced Certification. I studied two terms at the Rolf Institute in Boulder, Colorado and the third at the European Rolfing Institute in Munich, Germany. I also have a Bachelors of Science degree in Genetics and Cell Biology. I would love to answer any questions you may have.

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# Dr. Mom Dr. Dad

*Primary Healthcare Takes Place In The Home*

by Ean Langille

What do cuts, burns, twisted ankles, sore muscles, acute pain, headaches, earaches, colds, and sinus congestion all have in common? The initial response or the primary health-care provider of these situations is you or an immediate family member, not our current crisis care system.

Think about that! Often we do not consider that Mom and Dad are the primary health care providers. As Steven Horne, a gifted teacher and herbalist explains, "Mom and Dad need to be the family's primary health care providers because doctors can't make certain we eat right, obtain adequate rest, exercise properly, or otherwise care for our basic health needs." It is Steven's vision to educate millions of people through the development of the Dr. Mom Dr. Dad course. I share his vision and belief that "seventy percent of all injuries and illnesses we will encounter in life can be dealt with rapidly and effectively with some simple and very inexpensive techniques."

How do you do it? First, you must change your paradigm or belief system towards health. Most of our beliefs are just assumptions we have made, consciously or unconsciously, just based on what we see or the way things currently are. As health consciousness shifts, it is no longer good enough to passively place responsibility for our healing into someone else's hands when the power exists within us to do the healing. The tools are now available to reclaim what we did not know was lost. We have lost track of the fact that the body has an innate healing intelligence that has the ability to heal all conditions. There are at least 100,000 chemical reactions taking place in your body every second without one conscious thought on your part. It is time to trust in this kind of intelligence. This intelligence exists within you and is you.

Secondly, how can you make change without creating more stress or chaos? To avoid stress, you would wish to choose the most simple and effective solution. This simple and correct solution is educating yourself. Through knowledge, fear is replaced with belief. As you believe and experience it for yourself it becomes knowingness. How good would it feel for you to know that because of your efforts you helped someone avoid incredible discomfort and have a more rapid recovery? What would it be like to consistently be able to get rid of a cold within 24 hours? How would it feel to eliminate a headache naturally with 30 minutes? What would your quality of life be like to know exactly what to do with your child who is running a fever? If you saw the results for yourself would you not be certain? What would it be like to solve your own health concern while waiting in line at emergency?

By welcoming these beliefs into my own life and acting on them, I have experienced incredible results. Be open to these new belief systems. Approach your health with the desire to investigate and learn what is at the root of the issue. Once understood you will feel empowered to take control of your life and the symptoms will disappear. see ad to left





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# NEW YEARS RESOLUTIONS

by John Rieger

Well it's that time again, another cycle, or re-cycle of New Years resolutions. I'd often wondered why all my resolutions either ended up in failure, or were simply a form change, with one habit being replaced by another? I'd been lead to believe that my resolutions were simply lifestyle changes that could easily be achieved with the "proper" mental attitude, determination and/or affirmations. Sounded good on the surface, but, if it was that simple and the truth, then why didn't it work for me? Of course I'd always have some excuse or justification, and the one I used the most was "I'm only human", as if being human was the cause for my failure. The fundamental flaw in my thinking was the belief that if my mind could control my inner feelings, emotions and body, then I could bring about the desired results in my outside world. The keyword here is control, (unloving intent). The reason this approach didn't work was because the *opposite* was actually true; I needed to release my control. In the course of my healing journey I've discovered that what I was deliberately or ignorantly told, and naively believed were flaws in my character and personality (my feelings and emotions) that I had to deny or control, were in actual fact, my strength and power. My feelings, emotions and physical body, needed to be accepted and loved, not denied, controlled and pushed away. To empower myself, to raise my awareness and consciousness, to change, I also needed to be open and willing to challenge everything I believed to be true, especially about love, life, emotions and feelings. My old habits and issues began to collapse once I stopped feeding them my denial energy, as that was all that was supporting them.

The list of resolutions is endless and it doesn't really matter what it is; the unseen role of denial is present whether we're trying to quit or start. Take smoking as an example. I believe that smoking is literally putting up a smoke screen, a form of distraction, a diversion to get the focus off of what we're feeling which might be pressure, panic, confusion, sad, alone, empty, etc. The list goes on and on as there are as many reasons that people smoke as there are people that smoke. Most will say it's just a habit or that they're addicted to nicotine and then quote some medical rhetoric they've either heard or read. And while there's a 'part truth' in the statement that nicotine is addictive for some people, nicotine is not the cause, or the reason that people started to smoke in the first place. When we find and heal the 'cause', the original denied emotions and the mental reasons we started to smoke, we will not only be able to quit, but also find that we no longer have a reason or desire to smoke. And, the beautiful bonus will be that we've also healed the part of us that we've been hiding and denying behind this smoke screen.

For a level of healing and balance to take place, I needed to feel my denied emotions, release the mental beliefs that were denying my emotions expression and also address the dis-ease held in my body as the result. And yes, I know it's possible to mentally re-program myself without feeling my denied emotions, but this unbalanced approach not only succeeded in further denying my emotions, but also limited my mental awareness in the process. Out of sight out of mind, didn't heal my problems, just denied them. Self-empowerment however, meant that I had to take responsibility for all of my being and not just deny or cut off the parts I didn't like. I can't heal a cut on my arm unless I first accept that my body is wounded and needs attention. I wouldn't think of cutting off my arm just because it was wounded; I now feel the same way about my emotions and my mind because they're also a part of me, otherwise I wouldn't have them.

Awareness of denial is a key to self-empowerment, as we need to become aware of what we're not noticing in order to accept and heal those parts of us that we're denying. The next time your resolution habit or issue "kicks in," try to become aware not only of your thoughts but also your emotions, feelings and your body's feelings. There's a lot more to "non-denial" healing and self-empowerment but this will give you some food for thought.

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## The Mystery of the Playing Cards

by Jaysone Tylor

The deck of cards that are now used all over the world in homes and in Casinos have a hidden mystery behind them. Back in the days of ancient Egypt, within the walls of the Mystery Schools that taught wisdom and knowledge, the High Priests practiced the *Science of Forecasting* using the playing cards as a symbol of energy.

Using the symbols and numbers on the cards they were able to accurately access individuals strengths and karmic potential. The Kings, Queens and Jacks in the playing cards represented the authority of the ruling class. The various suits indicated the four elements. The **Hearts** represented the power of emotion and love. The **Clubs** indicated mental energy. The **Diamonds** indicated working with money and finances. The **Spades** showed authority and spiritual potential.

The Order of Magi have carefully preserved the wisdom within these cards for centuries and have only just recently released this information to the public. This knowledge of the past, present and future can be revealed to you if you understand the connections of the numbers and suits that represent you and your path as each individual is linked to a playing card according to the day he/she was born. (see ad below)

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## Book Reviews

by Christina Ince

### the new hermetics

21st Century Magick for Illumination and Power  
Jason Augustus Newcomb

Weiser Books  
ISBN 1-57863-305-2 • \$27.95

The word Hermetic comes from the studies and teachings of the Egyptian adept Hermes Trismegistos, often considered the emissary between humans and the gods, and intimately related to Thoth, the Egyptian god of wisdom and magick. This book contains ten levels of instruction (corresponding to the ten grades of the ancient Rosicrucian brotherhood): Initiate, Zealot, Practitioner, Philosopher, Adept, Advanced Adept, Perfect Adept, Master, Mage and Ultimate Master. The author states that it is our birthright to participate creatively in the manifestation of the universe, and working through this system will awaken our connection to universal consciousness, thereby enabling us to change our lives with our awakening mental powers.

Herein lies the science of illumination and the ability to alter reality.

There is so much in this book to inspire, intrigue, and - yes - entertain you. Whether or not you intend to follow the course of instruction, it makes for a fascinating read.

### The Story of Light

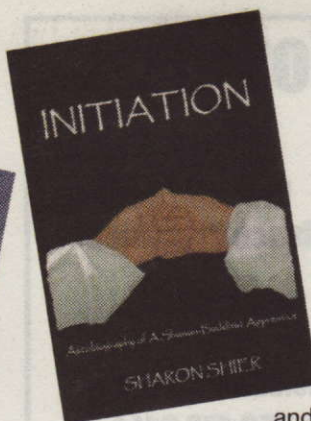
S. Roger Joyeux  
Antara Publishing

ISBN 0-9686521-0-7

Excerpts from a review by Ariana Sheran,  
Cloverleaf Connection, Saskatoon

The book gives us an idea about creation, the beginning of life on Earth and especially the Earth mission, where light-workers came to Earth and adapted to the dense conditions of the third dimension. The many challenges that were involved were explained, along with the workable solutions that were tried out. In metaphysical study, we are made aware of the power of love for ourselves and for others. The book tells us why this is important and how to proceed along your path to enlightenment. It explains how light as life, wisdom and source, is processed through a human being. Still, it does not upset one's basic understanding about our seven chakras and their positive and negative attributes.

The culmination of the information was very interesting, showing how the role of the soul, the light-body and the person incarnated coordinate into light-body invocation. This results in enlightenment, which liberates the soul from the physical plane. The Story of Light is a book for searchers of understanding, the intricacies of self, of universal truth and the marvel of how Father-Mother-God put everything together with such precision so excellently and often, to our way of thinking, automatically.

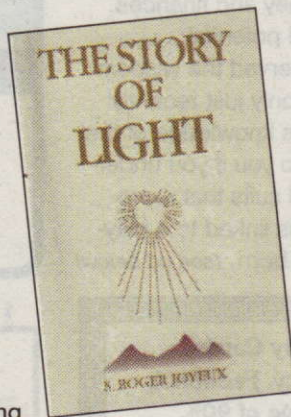


## INITIATION

Autobiography of a  
Shaman-Buddhist Apprentice  
Sharon Shier

Higher Consciousness Books  
ISBN 0-932927-20-3  
\$27.95

My first thought when finishing this book was of Sharon Shier's courage - not only in choosing and living her Path, but in documenting her journey with such meticulous honesty. This book is so much more than a trotting out of the process along the path to enlightenment, it is one woman's unique experience which may invoke or evoke a myriad of things from within you - inspiration, fear, curiosity, perhaps a thirst to follow..... She is not afraid to expose her human-ness, to tell us about her doubts and frailties, and to take us with her from Prologue "When the Student Is Ready" to Epilogue "The Pieces Fall into Place." I found this book to be like certain novels where you warm to the characters and come to the end all too soon, hoping the author is busy working on the sequel. I won't tell you much about the story, because the magic is in the reading of it, and wouldn't dream of divulging the ending! The story is not over, as her teacher Wisdom Master Maticintin says, "...it is a continuing story, with a sequel already in the making." I'm looking forward to it.



## A word with the author ...Joe Jenkins



Who would'a thunk it? That's what a friend of mine said when he heard that the Humanure Handbook, 2nd edition, had received national book award recognition, including "Outstanding Book of the Year" and the book "Most Likely to Save the Planet." Who would'a thunk that a guy crapping in a bucket could write and self-publish a book about it in 1995 that would, by 2003, be in at least 51 countries around the world?

In the United States, humans take flush toilets for granted. That's the civilized thing to do. But where does the flushed material go? What happens if the toilet won't flush? Seems like reasonable questions that any curious person would ask.

What if I told you that two five gallon buckets and a large bag of peat moss, sawdust, or even shredded junk mail will make an odorless, waterless, environmentally friendly emergency toilet for one person for two weeks. If a compost bin and a steady supply of sawdust, leaves, etc. is available, that toilet could last indefinitely - for decades, even lifetimes.

Nevertheless, I first published the Humanure Handbook with a great degree of trepidation. After all, recycling your own crap can be as bizarre to some people as a chicken with tits. You could suddenly beam down from the planet Uranus and raise less eyebrows than someone who refuses to flush. In fact, sometimes I feel like I did beam down from another planet when I see all the crazy things humans do to the Earth's environment. So I wasn't sure I even wanted anyone to read the book, and although I knew some people would be fascinated, I just didn't know who or where they were. I printed a small number of books the first time around and assumed they would sit in my garage.

No sooner had I printed the first batch of books than a friend had to have one. He showed it to his girlfriend, a newspaper reporter, and she soon appeared at my door - with a camera. In a matter of days, the story of a man composting his family's you-know-what in his backyard was all over the papers. Soon I got a call from a group of nuns wanting me to do a presentation about humanure at their convent. I never would have expected it but I obliged and they taught me something important about spirituality and humility. Then the Pennsylvania Department of Environmental Protection informed me that Humanure was nominated for an environmental award. Even the BBC called from London and wanted to do an interview.

So why did I write this book? Because I have personally recycled all of my family's humanure since 1979 using very simple, hygienic and odor-free methods. The resulting compost has been used in our food garden. Although this may give some people the willies, we have not bought fertilizer or hauled manure for our gardens in decades. Instead, we produce our own fertilizer. So do you, even if you won't admit it.

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# Developing Your Intuition

by Carmen St. Pierre

What is 'intuition'? Intuition is the ability to know without words to sense truth without explanations. It is a feeling that surrounds you, a 'hunch', or 'gut' feeling that you should be going in a certain direction. Intuition is actually your 'internal guidance' system that guides you down the path that is just right for you. It operates beyond time and space and is the link to your Higher Self. Intuition is not bound by the physical body. It operates knowing that past, present and future are simultaneous. It speaks to you through insights, revelations, and urges.

The most important aspect to opening to your intuitive faculties is listening and trusting the information that you receive. Trusting the information strengthens your communication with your higher self. Opening up to your awareness can be further developed by finding quiet time for yourself, taking walks in nature, exercising and keeping your body fit, eating properly and getting proper rest. Journaling, meditation, and prayer are just some of the things that you can do to keep this very important faculty functioning in your life.

Intuition, the sixth chakra, or energy center, is associated with the color indigo, red violet. If you find that you are attracted to this color it may be that you are opening the sixth chakra, or third eye, as it is commonly known. The challenge is to hear your intuition and then to follow it with action.

Finally, developing your intuition is about finding the balance that heals the body, mind and spirit.

Bodywork like Reiki, Reflexology, and Massage can assist you in finding that balance within so that you can reap the benefits of your natural intuitive capabilities. One of the immediate benefits will be a smoother life and a happier you! (ad below)

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## **The Asian Tsunami Crisis - A time of change**

by Lyn Inglis

It is Christmas eve. My dear friend and colleague Karen Barker has joined us for Christmas and we are "chit-chatting" together as good friends do. Suddenly, I feel a deep density within my solar plexus, the beginnings of a swirl of an energy. At the time I do not fully understand it, but something devastating is starting to manifest. We go to my office and get out the map of the world. I move my hands over it and they are pulled directly into the area around the Indian Ocean. I feel a wave of energy moving first north west and then westerly, and I feel sick to my stomach.

As a medium I know I am sensitive to energies, but I have never felt anything like this before. Karen, as a healer, is able to realign my energies back into balance. We listen to the news, but nothing is forthcoming. We try as best we can to put our feelings around this to one side and enjoy the Christmas season. On Boxing Day my sister and her husband join us and that is when we first hear from them about the earthquake and resulting tsunamis in Asia. Like every one else, our attention was then focused on CNN and the BBC news. My guide Jay-Paul has been speaking for a few years about earth changes coming into effect. He tells me too that this process has been happening slowly over the last couple of years, and that these changes will be speeding up, especially over the next couple of years. This is the first of these larger changes. I share this information with you not to bring fear but an understanding that everything in our world needs to be balanced. The law of cause and effect is in motion. We are paying the price of overpopulation, toxicity and pollution in our oceans and atmosphere. The earth needs to heal itself. It does not mean to harm us but it does need to realign.

The love of Spirit and the power of prayer remain strong in helping those that have passed on in this experience and for those millions who are left behind to pick up the pieces of their

lives. I believe it is our responsibility as humanity to reach out in any way we can. As I have already mentioned, this is the start of a process we will be experiencing over the next few years. However, please do not remain uninvolved in these processes. If you are able to, send a donation to help those in need. Use your own energy fields to send love and compassion to all those who need it so badly. Visualize holding the globe within your hands and send energy and love to wherever it is needed. Everyone affected needs love and help, and the planet itself needs your unconditional love and energy to rebalance, for all needs to heal. It is my belief also that many have known this would be happening sooner or later, but we as a species have forgotten to listen to that higher knowledge. It is sad to say that perhaps this tragic event is a reminder to put things right while we still can with love and compassion. War and violence are never the answer.

The understanding I share with you is that, as we open up to our full potential as spiritual beings, then the higher frequency we hold within becomes clearer to us. Over time, as a species, we will be able to use our senses and intuition to be prescient to such occurrences before they happen. This is the process of fifth dimensional energy at work. We have to look within and heal on an individual level. Then we can open the door to our original nature, letting it work to help us. We need to learn to listen to ourselves, our spiritual nature and to the earth itself. To become one with all is our reason for being. These processes that are happening around us are showing us that. Fifth dimensional energy comes from within. We need to open to that reality to heal and become whole again. In the meantime, remember that humanity is simply one large ocean of being. All loss and gain is relevant to us as a species and as spiritual beings, for as Jay-Paul would say we are one and all.

# What will this year hold for you?

by Angeal Bohn

Some say there is a time and a place for everything. Have you noticed that sometimes doors just seem to open more easily for you than others?

Numerology is the study of numbers and how they affect your life. We find numbers everywhere: in our names, birthdays, telephones, licenses, business addresses, employee numbers, SIN, and credit cards.

Numbers are always reduced to a single digit from 1 to 9. To calculate your special birth number, add the day, month and year of your birth. Now, add these numbers together until they reduce to a single digit between 1 and 9. Your birth number tells the amount of horsepower you have. Your name number tell your inner motivators, such as; how others see you and what you choose to accomplish this lifetime. Your birth and name numbers effect you each and every day of your life.

Each new year also has a special vibration that affects each of us individually and universally. Look at the nine numbers and see how it vibrates with yours personally.

Year #1 is used to start, new, innovative projects and a time to show leadership qualities.

Year #2 brings people together so they can shine.

Year #3 year provides fun, so play, visit, draw, paint, sing, act, decorate and create everything you have dreamt of.

Year #4 year is a time to be practical, conservative, and work to physically build last year's ideas.

Year #5 is time to travel and exploring everything imaginable. Don't let others hold you back.

Year #6 is for attending to family and domestic love and responsibilities.

Year #7 study, relax, attend to health matters.

Year #8 year, act on last years ideas for monetary gain.

Year #9 year, finish, complete and eliminate everything that no longer is needed or works for your highest purpose.

Universally, the year 2005 ( $2 + 0 + 0 + 5 = 7$ ) vibrates to a number 7. You can also think of it as a cycle, year one you plant the seeds, year 2, you see if these ideas push upwards through fertile ground. Year 3 and 4 you start weeding, Year 5 is a time of change and year 6 you start to reap the benefits of your activities. Year 7 is more relaxing as you know what is growing, when it needs picking and by year 8 you start to bring in the harvest. Year 9 is completion as the garden gets covered and perhaps readied for another season. Year 7 is also the vibration of secrets and clandestine activities so keep a watchful eye. Universally, the year 7 will start off with business and industry going at a faster pace as the effects of 2004 finish and the new year begins. Starting in March you may want more time to rest, reflect, study and become involved in quieter activities. As the year progresses, world events may seem quieter as people and countries all shift to a lower gear.

See ad in the natural Yellow Pages under Numerology

# Why have I become active as a Steward of the Earth?

by Jamie Whitney

My devotion towards the earth began as a young boy, helping my parents plant seeds in a small backyard garden in a city of Southern Ontario. I enjoyed getting out on regular family hikes in the wild areas outside of the city. As a child, exploring nature's magical ways deeply shaped my path of environmental pursuits.

As I grew older, I could see that this childhood playground was being threatened. The magnificent lake at our doorstep was closed to swimming, the air at times was visible with warnings to remain indoors. This is when I realized that my role, as a human, was to take care of the earth and educate myself in environmental issues. So, I enrolled in a College of Natural Resources in Ontario. The first year was a real eye opener. The reality of our environmental situation was disturbing, to say the least. I was not alone. Other students were expressing the same concerns about the fate of our existence. "What could we do about it? We are only a few voices. There is a powerful reminder from Margaret Mead that states, ***"Never doubt that a small group of thoughtful, committed citizens can change the world: Indeed, it's the only thing that ever has."***

We were inspired to change the world by acting locally in our community. A small group of thoughtful, committed individuals collaborated in efforts to initiate an environmental organization on campus. Our goal was to spread environmental awareness and stimulate positive action as stewards of the earth. We called ourselves 'EARTHWORKERS.' We implemented recycling and composting; planted trees; conducted children's nature hikes; and organized environmental events and fund raisers. As optimists and believers, we had a vision that some day 'Earthworkers' would spread to other communities all around the world.

Eight years later, Earthworkers remains active in Ontario and now a new chapter is evolving in the beautiful community of Kaslo, BC. We are in the initial phase of finding out who we are and how we can grow within our community. The inspiration and enthusiasm of the group is tremendous! It is as fresh as a crocus bud in the spring rain. Our mission is... ***To encourage ecological and community stewardship, striving to understand, maintain and enhance the biodiversity of the natural environment in a collaborative effort within the community of Kaslo.*** I believe that we, as a collective voice, have the power to make a difference. Starting at the grassroots, community level, we must acknowledge our responsibility and our accountability in striving towards a sustainable future. Community stewardship brings about the awareness of our home place.

If you are interested in joining Earthworkers or receiving more information about how you can become an Earthworker in your own community, please contact us at **[kaslo\\_earthworkers@telus.net](mailto:kaslo_earthworkers@telus.net) or (250) 353-2189.**

## Leading Edge Profiles

A huge thank you to Issues Magazine for reaching so many readers with my 'Leading Edge' profiles, I have been receiving responses from many areas inside and outside of B.C. I believe it helps many people in their expansion of knowledge.

Your latest edition brought a tremendous response from people who wanted to know about Ionic Magnesium. We know that the 'system' pushes calcium, which causes enormous health problems. And yet, magnesium is a mineral not really acknowledged.

Just the other week, I had a person call me about his chronic, serious health challenge. I sent some information that told him about people who returned to good health after very serious ailments. This created a positive attitude in his mind, allowing his healing process to begin, for he knew he could get better.

Many people have defeated all types of illnesses. They return to good health once they learn the correct principles of how the body works. The body will heal itself when the proper tools are supplied! This is the key.

A recent book, entitled, 'Overdosed America' by John Abramson, M.D. explains how the medical system destroys the lives of people who rely on 'the system'. We do need a medical system, but one that is not overloaded and failing us.

There are many solutions to all health challenges. There are many alternatives to pharmaceutical drugs and the medical system. In my opinion, the natural, or nature's solution is the better choice. This has been proven many times for thousands of years. We must take our own health back into our hands if we wish to stay vibrant and energetic.

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## The Enlightenment Intensive

by Josephine Lawless

There are hundreds of paths to Divine Truth. Over the last 37 years I have tried almost all of them. The Enlightenment Intensive is by far the most powerful and effective process that I have ever experienced myself, or witnessed in others. This simple and straightforward method empties the mind of its constant chatter and speeds up your chances of directly experiencing the true nature of who you are and what life really is.

I have been involved with Enlightenment Intensives for the last five years. As a participant, I have had very profound, life changing experiences of absolute bliss, love and truth. As a facilitator and monitor, I have been blessed to witness participants having deep, real experiences of absolute truth and it is gratifying to hear them express how it changed them as well.

*"This technique works, really it does. I am NEW, FRESH, HERE, NOW, ready to show the world ME, and ready to face whatever is next with confidence. It opened my eyes to life in general and all that comes with it. It taught me how to be in direct contact with others and really hear them without judgement!!! I've given myself the gift of NOW. The staff were gentle and supportive, really there for us! I am no longer foggy and I look forward to perceiving things as they are. Thank you for helping me find 'ME' " - Angela Merlino, Genelle, BC*

*"The true test of a spiritual retreat and any experiences had within its context are the days that follow. The E.I. discipline was new to me and frankly, after more than 2 yrs of Zen and nine 7-day silent sessions, I was pretty skeptical of its short history and apparent lack of dharma tradition. I was happy to find the teacher and staff sincere and experienced and very capable in providing an environment in which direct or true nature experiences were happening on the second day. I witnessed profound changes in people...Changes in the way people came across, communicated, and were simply more PRESENT..... but with an intensity that was difficult to believe. My own experience was best demonstrated when I arrived home. My wife of 5 years and I connected visually in a way I had never experienced with her previously. I was capable of being present for her, hearing her, seeing her, feeling her presence in a deeper way. The next day, going about my business, I discovered that I was connecting with pretty much everyone I had contact with. Now a few days have gone by and I continue to be more direct and open. I treasure this honesty and dedication to compassionate truth with another. I will be returning to do another E.I. as soon as the opportunity presents itself ." - G. W., Gibsons, BC*

Wherever you are on your spiritual journey, this process will greatly enhance and accelerate any spiritual or personal growth work that you are now doing or want to do. (see ad)



# Feng Shui & Your Destiny

by Teresa Hwang

In Chinese metaphysical studies, the concept of Heaven, Earth and Man are intricately entwined. We can look at the whole picture by their effects on our Path of Life. We can study the Heaven effect with the Four Pillars of Destiny, the Earth effect with Feng Shui, and the Man effect with Yijing (I Ching).

The moment a person is born determines his Path of Life. This is because the prevailing Qi - energies at that precise moment enters his life. His potential in terms of ability, strength and weakness of character, fortunate and unfortunate encounters in different areas of his life, are all determined by the type of Qi the spirit/soul is exposed to at that moment.

The Four Pillars of Destiny is to study the energy pattern of a person - his character, and to explore his probable Path of Life. The Four Pillars Chart is comprised of the Natal Chart of year, month, day and hour pillars. Each pillar consists of a Heavenly Stem, which is one of the Five Elements, on top of an Earthly Branch, which can contain up to three different Elements. These give us the Character part of the chart. And then there are the Luck Pillars, which are part of the Time aspect of the chart. All these give us the Destiny part of the person.

We have to understand the Path of Life is not a straight line, but a wide wave band of variable widths with ups and downs. The upper portion of this band indicates the maximum achievement the person can attain, and the lower portion the bare minimum of subsistence. The person has the freedom to choose wherever he wants to walk on this path. At every crossroad he is also free to choose whichever road he wants to take. The study of Yijing will also help the person in terms of his choice in making his decisions.

The study of Feng Shui will help the person with a good environment to thrive in. If he is going through a bad luck period, good Feng Shui will ensure his ability to tap into the most auspicious energies - good Wealth Qi to maximize on his earning capacity, and good Health Qi to provide him with a good character, good health and support from his family and friends in all his endeavors.

If the person is going through a good luck period, good Feng Shui will help him to accumulate wealth and assets, and build up a good support network, so he is well prepared for any future bad luck periods. But bad Feng Shui in both instances will be detrimental in terms of the outcome in the different luck periods.

After years of studying various Feng Shui methods, I decided to learn a few more principles of Traditional Chinese metaphysics with Master Joseph Yu, who is one of the top five Traditional Chinese Feng Shui Masters in the world and is founder of the Feng Shui Research Center in Toronto. I also study Chinese Physiognomy with Master Issac Chung.

I planned and built my unique home and garden in Vernon using Feng Shui principles and I keep busy teaching others what I know. Thanks to Foon Chik for her generous help in my studies of the Four Pillars, and her contribution to the above article. See ad in the NYP under Feng Shui

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*Jennifer holds degrees in psychology and education. She was a career educator, is a certified hypnotherapist, a Master Practitioner of NLP, a 5th level Kamadon Master and an astrologer.*

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# HOW NOT TO PARENT INDIGO KIDS

by Remi Thivierge

As you may know, Indigo children are very special souls who are often a major handful for their parents. They're very intelligent, intuitive, powerful, and sensitive. As a result of their sensitivity, they're very reactive to their environment. So if you're angry or depressed or if one of their peers is going through tough times, they pick up that negativity and react - not realizing that they're reacting to someone else's stuff. It's very simple really - it's like the dad who got dumped on by his boss, he passes it on to his wife, she to the child, the child kicks the dog, etc.

Some of the pitfalls that can occur in parenting Indigo kids is that they are very sensitive to our unresolved issues and to our negative style of parenting which we learned in childhood. Think of the negativity in your parenting relationship as being a great opportunity to see yourself more clearly and to grow.

**Authoritarian:** Indigo kids don't do well with feeling controlled, especially if they don't buy into the rules. Some may react by leaving home early, especially if they also feel that they're not loved. It's not a question of whether you love them or not, but of how they interpret your behaviour.

**Permissive:** For a variety of reasons, some parents don't impose rules on their children. A parent may think it's okay

for them to hang out on the streets until three a.m. Or the parent doesn't follow up when there are signs that their child is getting drunk or stoned regularly. This tends to happen in single parent families, not because the parent doesn't care, but because they don't feel powerful enough to impose the rules on their Indigos.

**Inconsistent:** Some parents go from being very firm to being too soft, perhaps feeling guilty that they may have been inappropriate with their child. In other cases, the child simply wears their parent down, asking for the same thing over and over again. Other parents have a fear that their child will leave. Substance abuse on the part of a parent may be the cause of the inconsistency as well. Indigo kids know how to find the buttons, such as guilt or fear, and make use of them to gain more freedom or privileges.

**Hierarchy and Boundaries:** In some families, the child is in charge of areas that the parent should be in charge of. In other families, there are no real boundaries. Nobody's in charge, and family life may be chaotic. In other families, the style of parenting is too rigid. For example, the parents may continue to treat a fourteen year old like a ten year old. Whereas many other children would accept rigid parenting, Indigos will rebel.

**Triangles:** There are a number of types of triangles. One example is when one parent is more firm and the other has a softer approach. They may argue about their differences or undermine each other. Indigos know how to make use of these differences in parenting to their advantage. Another style of triangle is cut offs and splits. This occurs when one child is consistently very close to one parent and the other feels shut out on a regular basis. This can occur more easily when parents are separated, and one parent has relatively little contact with the child.

The goal is not to beat yourself or your partner up if you've fallen into one of those traps. The goal is to see it and resolve it. Good luck.

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# COURAGE TO LISTEN

by Lynne Gordon-Mündel

The ocean rose up and rode over the land. Thousands of people are dead, thousands more injured. Watching the news you may have heard that in the Wildlife Park in Thailand, while people died, the animals survived. Not one elephant, not a hare, was taken. There was a bit of footage about this, and an interview with a scientist, then this fact ... *that animals survived where humans did not* ... disappeared in endless stories of loss and horror, reunions and elation and of attempts to repair the physical and psychological damage.

We honor the losses, the tragedy, and it is heartwarming to know that people around the world care enough to ask how they can help. At the same time, however, could we give attention to the fundamental lesson in survival that is put so clearly before us? Rather than focusing so completely on the emotional level of the tragedy, can we also listen to what this and other cataclysmic events are demonstrating to us?

*continues to the right*

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The message is clear: We are the one species on the planet that has lost touch with reality. If we cannot see this, if we do not notice that the animals are in touch with something humanity has lost, then we have lost our capacity to self-preserve. The human race is not likely to survive in separation from its instincts.

At the sub-atomic level, we are not separate from one another, nor from our planet and its creatures. Science has demonstrated that we are one body. This is not theory but observable fact. Therefore it is clear that when something profound happens anywhere in our collective experience, it can be felt, thus known, everywhere. If humanity were in tune with subtle instinctual levels of perception we would have known, ahead of the wave, that nature was about to make a statement.


Humans think technology can prevent disaster, keep us safe, but the events of the past months are living proof of the supremacy of nature and its unquenchable aliveness. Should we not, instead of trying to control, begin to listen? It is not too late for us to learn, to recover our birthright, our natural inheritance.

There are among us those who are finding the courage to acknowledge that their bodies are sensitive instruments and can be fine-tuned. They are learning to honor the ancient wisdom of the cells, redeeming the instinctual level of self. Once reawakened and redeemed, it can work hand in hand with reason, with observation, with intelligence to stabilize the foundation for the next phase of human evolution.

Life is talking to us. A tidal wave is not an enemy. It is part of a communication process to which we have not been listening. The Tsunami of Christmas 2004 is reminding us that we are losing our attunement with the natural world, and with the Source of all life. If we are to survive we must be brought back into alignment with the natural world. Communication is happening. Can we find the courage to listen?

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# The Wisdom of Horses

by Linda-Ann Bowling

Through my work as an Equine Assisted Coach, I have been blessed to watch the magnificent transformation in the lives of countless individuals. Working with horses in partnership to heal humans is the goal of the New 4H Club, Horses Helping Humans Heal™. I'd like to share one of these wonderful stories with the hope that you will identify with the journey described here and come one step closer to your own desires.

Throughout life's journey, we have adopted many beliefs based on assumptions gained through our interpretations of life's events and situations. Unfortunately, many of us choose to live these assumptions as though they are the truth. This

causes to struggle and to often live in profound pain. The very foundation of the human condition is riddled with belief systems that are linked to these assumptions – a shaky foundation at the very least. Our individual power lies in our ability to see ourselves and how we operate under a variety of conditions – gaining new distinctions each day – through the wonder of being human.

As partners in the healing process, horses are magnificent teachers of creating coherency between our physical, mental, emotional and spiritual lives. Functioning as a herd, they rely on emotional messaging – emotional energy to keep them safe and alive. Because of this, horses are turned into a part of our emotional energy that, most of the time, we are not even aware of. They will challenge us to become more congruent between what we say, how we move, and what we feel.

This story opens with a 67 year old man who lost his wife unexpectedly just over a year ago. John is part of a generation who believes that stoicism and privacy are tied to self-respect.

*continues to the right*

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## Wisdom of Horses *continued*

"People don't grieve in public, talk about their pain or ask for support. Men in particular don't cry, and certainly don't confide in other people." These are some of the beliefs that John had come to believe in his life. Unfortunately, he was tied up in knots with his pain, unable on certain days, to think about how he would get through the day. The love of his life was gone, and he felt that his own spirit had died with her. Working with his horse partner, Sir O, John was literally embraced at the level of his pain. Sir O placed his massive head on John's heart and stood with him in silent witness to the grief that poured out of him. Each a kindred spirit connected through the love and loss of something precious. Sir O somehow knew what John needed - this man whom he had never met, and had no reason to trust. He continued to stand with John for the duration of the grieving process until he felt the shift of energy being released and he was able to stand in reverence with a man who had traversed a dark and empty place in his heart, to find a warm light glowing again. John came forward with a public declaration that for him, Sir O had helped him love himself in those moments and embraced him with unconditional love. He felt now he could go on - he could sing again! Our equine friends stand waiting to be our teachers, to take us to places that alone we could not go. They stand firm and strong for us, a watchful eye that claims a presence of spirit to help us heal.

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# PAIN KILLER INSPIRES LETTER

by Wolfgang Schmidt

It was an expensive looking envelope and the stamp indicated it was posted in England. While I get lots of mail from all over the world, this one attracted my attention so I opened it first.

It was a handwritten letter and as I read it, tears of joy swelled up my eyes. When I finished with the fourth page, I had to sit down and take a deep breath.

Elizabeth, the writer, related a story which, while typical, always stirs my emotions. She recalled a visit to my shop about a year ago and described in detail looking at a locally crafted vase. She said I had noticed that her hand was deformed into an arthritic claw and had taken the time to ask if she was in pain, which she admitted, and that, she had gotten used to it.

According to Elizabeth, I offered her a few drops of *Wolfgang's Oleo Mentha* which was on the shelf next to the ceramics. Accepting the offer, she kept looking for local souvenirs and then related that she had secretly tried to move her fingers after a few minutes and to her surprise, she was able to open her hand just a fraction without pain. A bit later she tried and her hand opened even wider.

I do not remember her visit, but she said she bought two bottles of the *Oleo* and *Pascalite*, after reading a notice on the bulletin board that the clay had helped others with their arthritis by 'normalizing, the body. The letter went on to say that she took the *Pascalite* internally and used the *Oleo* externally and she could now write this letter, the old fashion way with an antique ink pen, and that her hand had straightened out to 'almost normal'. She also mentioned that her general health had improved tremendously. Elizabeth went on to say that at first she had been skeptical, after all, "Her doctors, had never mentioned any kind of alternative treatment." She was so thankful to have stopped by our little craft shop in Rock Creek. Every time I read a testimonial like that it makes me feel fuzzy. Helping people is what human beings should be concentrating on.

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Kelly & Main ... 494-1353  
Health - Bulk - Gourmet - Natural Supplements  
Mon. to Sat. 9 am to 6 pm, for a warm smile.

**VERNON**

**Nature's Fare ... 260-1117 - Vernon**  
#104-3400-30th Avenue. (next to Bookland)  
Voted the best Health Food Store in the North  
Okanagan. Best quality, service & selection.

**DEADLINE**

for April / May is March 6<sup>th</sup>

If room we accept ads until March 15<sup>th</sup>

**250-366-0038 or 1-888-756-9929**

fax 250-366-4171

**Natural Yellow Pages Classified Ad Rates**

\$30 per line for 6 issues • \$20 per line for 3 issues

Display Ad Rates • Twelfth 2<sup>1/4</sup> x 2<sup>1/4</sup> - \$70 • Twenty fourth 2<sup>1/4</sup> x 1<sup>1/4</sup> - \$40