

ISSUES MAGAZINE

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APRIL & MAY 2005

THE SANCTUARY, FINDHORN FOUNDATION,
FORRES, SCOTLAND • SEE PAGE 6 FOR DETAILS

Energy Medicine: A Different Approach to Resolving Illness



What is it?

The name Energy Medicine is a recently coined term that describes healing on the energetic level without intervention of surgery, needles and/or supplements. Its origin is rooted in ancient cultural healing techniques such as Chinese meridian work and incorporates modern healing methods such as Muscle Response Testing (MRT). Energy healing methods that Greg uses are Neuromodulation Technique (NMT), Jaffe-Mellor Technique (JMT) and Psych-K. They are complementary in application with other healing techniques.

What can these Techniques be used for?

***Allergy Elimination** - Chemicals and the Environment will no longer control your life.

***Auto-Immune Diseases** such as Arthritis, Crohn's, Colitis, Fibromyalgia and Chronic Fatigue Syndrome can be resolved.

***Emotional Blocks** that prevent you from changing old patterns can be released easily.

How do these Techniques work?

Muscle Response Testing (MRT) is used to find the source of the symptoms. It is quick and stress free. Muscle testing taps into the awareness of the Autonomic Nervous System (ANS) that controls all of your body's daily processes: digestion, energy levels, and metabolism. If the ANS is stressed, it may not know the cause and be unable to correct the imbalance. Dis-ease and poor health may result. This is where NMT and JMT can help! Greg can also apply Psych-K protocols to remove tension experienced with emotional issues that seem to delay goals that you want to happen in your life.

Treating with NMT and JMT:

Treatments usually take between 30 and 60 minutes. During the first session, the Practitioner takes a case history of the symptoms. The client then may sit up or lay face down on a massage table, fully clothed. The Practitioner asks a series of questions based on the NMT or JMT protocols, and uses Muscle Response Testing to determine the ANS response. In a short time, questions are answered, helping the Practitioner identify the source of the symptoms.

Corrective action is taken to make the ANS aware of the need to return to a state of optimal balance. This is done by light tapping on the spinal area, along with corrective protocol statements. The change in the ANS awareness results in the resolution of the symptoms as the body can now heal itself.

Here are a few Results:

"I used to get sick often with a very bad cough and missed a lot of school every year. After several NMT treatments my health has greatly improved and have a lot more energy. I was able to join hockey this last winter, and I hardly ever get sick any more."

— Darshan N., (age 13), Nelson.

"The treatments have promoted better digestion and eating habits, weight loss and the reduction of cravings for sweets. Everyone is telling me these days how great and vibrant I look."

— Petra Taschner, Business owner, Nelson.

"I had been diagnosed with Hashimotos Thyroiditis. I experienced results after the 1st treatment, by the time I had received 3 treatments, I felt completely changed, energized and excited about living again. A year later my thyroid levels are still within the normal range and I no longer experience depression. ... I felt as though a miracle had occurred, friends and family noticed a difference in a matter of days. Thanks Greg."

— A. Cameron, Actress.

"My digestion has improved. I experienced a reduction of stress and an increased sense of well being with every treatment. Thanks also for helping my friend Laurel with her migraines. That was amazing. I certainly recommend you and NMT to all my friends. Thank you and Best Wishes."

— P. Kristen, Artist, Nelson.

"My hands were hurting almost all the time because of arthritis, particularly when I drove my truck and worked on my computer...I had nothing to lose - except the pain in my hands which left after six or seven treatments. It has been more than a year since he treated me, and my hands do not hurt any more."

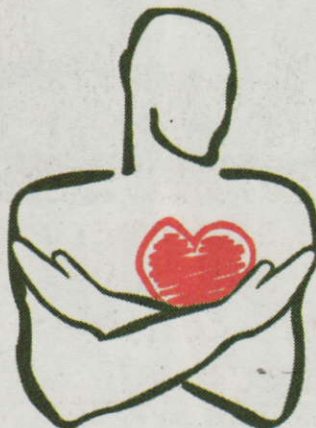
— Betty Pratt-Johnson, Author, March 10, 2005.

Further information may be obtained at:

www.neuromodulationtechnique.com

www.jmttechnique.com

Greg's professional background includes an Hon. B.Sc., a Diploma in Scientific Computer Programming, a Diploma in Acupuncture, and Certification in NMT & JMT Techniques.



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Basic rates on page 7

Continuum Movement

What is it?

by Doris Maranda, MA

As a child of thirteen I was diagnosed with polio. By the time I reached my fifties, it was high time to delve back into some of the issues that my body still held deep within. This change was heralded by my arrival in June 1989 at Mount Madonna Centre in California. I entered into a twelve day Continuum Movement retreat with Emilie Conrad (founder) and her associate, Susan Harper, a process that was to dramatically influence how I led my life. I had been diagnosed with post-polio syndrome the year before and I was seeking for ways to regenerate the functioning of my legs and the debilitating fatigue that went along with this.

What I began to realize was that in movement, there was no separation between mind, spirit, psyche, emotions and body. The body is really an organic process; the only limits are in our thoughts. In Continuum, I found wholeness and connection, not just to myself but to all beings on the planet. About ten years ago, I began to teach and pass on what I knew of this process to others. I have a strong sense that this is not a rarefied experience, rather it can and must translate into our everyday lives.

Continuum is a unique movement education based on the understanding that we are fundamentally fluid (70%) organisms that communicate and resonate with others. All life begins in water. In the biological world, all healthy systems thrive through adaptation. Adaptability increases options, allowing us to maintain the excitation of the life force. Injury, trauma, stress, age, even habitual thought forms, create densities in our system that make change impossible. When we dissolve these densities through accessing the fluid system, we become more permeable, create greater communication and coherence in our body and allow new possibilities to emerge.

Continuum increases our capacity for health and healing, sensory awareness, creativity, fitness, and vitality.

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Here is what participants share about Continuum:

Continuum brings me into my body. It helps me to settle and to open new pathways. I use it in my physiotherapy practice to help patients manage their pain and to soften their tension. Continuum work includes so many aspects of body centered work. The more I learn about working with the body, the more I find the answers in Continuum. It's all there and more.

-Janey Cole-Morgan, Physiotherapist

Doris' passionate teaching of Continuum recharges and reinfos all the cells of my body.

-Ingrid Rose, Writer & Educator

For contact see Anne Stolk's ad to the right - Lightning Touch

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Angèle publisher

The front cover photo was sent to us from Scotland... It is entitled 'The Sanctuary,' and can be found at the Findhorn Foundation, one of the oldest and largest retreat centers and intentional communities in the world, established in 1962.

Founder Eileen Caddy communicated with spirit and was told to settle on a windy, barren piece of land near Forres, Scotland. After years of struggling with the elements and poor soil, the group produced 40-pound cabbages and other vegetables that were larger than normal, and the scientific community arrived to check it out. Dorothy Maclean, another co-founder, gave credit to the garden devas for assisting them, and the data circulated around the globe, attracting many like-minded supporters.

Each morning Eileen listened for instructions as to what to do, and Dorothy spoke to the devas in the woods, the garden and beyond. Then Eileen wrote a book entitled *God spoke to Me*, and word spread even further about this strange but wonderful community that lived in harmony with Nature.

By the late 1960s, Peter Caddy, Eileen's husband and the third co-founder of Findhorn, had built a Community Centre, some bungalows and also teaching spaces, for more people were arriving with their trailers to join in the community. Eventually, the group bought the trailer park and then the local hotel to make room for the people wanting to share the experience of becoming conscious co-creators, learning and deepening their connection to spirit and becoming love in action through service.

In 1970, a young American spiritual teacher named David Spangler and his partner Myrtle Glines helped to define and organize the spiritual education process and the work of the 'University of Light' began. In the late '70s the Universal Hall, a Center for the Arts, was built by volunteers. It houses a theatre, concert hall, holistic cafe, recording studios, and more.

In 1978 two members, Joy Drake and Kathy Tyler, developed the Transformation Game, so that the community would have a way to deal with issues that arose on a regular basis. Over a million sets have been sold around the world.

By the late '80s, the Ecovillage Project was begun. It featured an energy-producing wind generator and buildings designed to be eco-friendly and to continue the work with nature, including a biological sewage treatment plant. An ecovillage is defined as one that is sustainable ecologically, economically, culturally and spiritually for the continuation of work with nature. Today, Findhorn links with other ecovillages worldwide, offering guidance in sustainability and spirituality to those who wish it. If you are interested, please visit www.findhorn.org to for more details.

When I spoke to Dorothy several years ago, she said the hardest part was getting "themselves" (meaning their egos) out of the way and trusting the voice. Dorothy, who is now eighty-four years old, travels the world talking to and about the devas, and teaching others how to make a conscious connection/communication with Nature.

We are honoured that Dorothy has chosen Johnson's Landing to be one of her few teaching locations this summer. Brita Atkinson, a member of the Findhorn community for fourteen years will also be facilitating a Leadership Training Program this September. This five day course includes one day of playing the Transformation Game which I played three years ago when I took the course, and found it to be a good way to communicate what was happening in the moment and to see how interconnected we all are. By connecting with our angels, resolution seemed to happen easily and we all felt more deeply connected to each other. Years earlier, I had heard some amazing stories and wanted to experience it for myself and I wasn't dissappointed.

I am looking forward to spending some time with these two amazing ladies, thirty-some workshop leaders and whoever else arrives at our doorstep this summer to take the workshops, play in the garden or just relax, for the world does move at a different speed here in the foothills of the Purcell Wilderness.

I am glad my angels give me clear guidance and this is the place they have chosen me to be. Richard and I both feel called to be of service and like the idea of co-creating a sustainable community that will flourish long after we are gone. I feel it is just a matter of time and patience, waiting for the angels to make travel arrangements for the people. We are open to guidance as we are not sure how to actualize the concept. Patience is one of my virtues but right now I could use a computer person and soon... a cook for the season.

In the creation of the Johnson's Landing Retreat Center, Richard felt the flow of chi that angels give you when you are on the right path, and his dedication to keeping the place functioning is admirable. The many skills he has learned in his life are tailor-made to keep this place going and the same could be said for me. We are both keeping busy and happy to do whatever is required as we co-create in the moment. Our commitment to each other makes it easy for us to give and grow, and over the last few years of being together, we have discovered we are a good balance for each other, so we intend to wed next summer.

If the concept of experiencing an alternative way of living appeals to you, know that we are accepting applications for helpers in the garden, the kitchen, and the ongoing building projects for the summer, and perhaps beyond if you have ideas and the energy to develop them. Be prepared to stay a minimum of ten days as a volunteer. If interested, please email or phone Richard or I. We will both be at the Spring Festival of Awareness if you want to meet us in person. Or you can plan a trip to the Center to share your skills in the beauty of our surroundings. We are both grateful for all the love invested so far.

Contact info on page 7 & 10.



Angèle

ISSUES MAGAZINE

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Lila Elliott, student of AOL/Time Warner author, bio-
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selection of an appropriate supplementation regime. A minute
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placed on a microscope slide to be observed through two dif-
ferent modalities of a high-powered microscope. The client
and microscopist can then observe and analyze features of the
blood terrain on a video monitor. Among the phenomena
observed in the live and dry blood are:

- The level of activity or lack of activity
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pancreatic, heart, lung, prostate, ovarian, breast
and other organ stress
- Detection of the presence of parasites, yeast, fungus,
mold, and the degree of pleomorphic activity
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with blood sugar imbalances
- Observation of features associated
with malabsorption of fats
- Observation of features associated
with protein malabsorption
- Observation of phenomena associated
with nutrient malabsorption / vitamin deficiency
- Observation of crystalline forms such as protoplasts,
fibrous thallus, uric acid, cholesterol and mycotoxins
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STEPS ALONG THE PATH

Dorothy Maclean and Richard at the Johnson's Landing Retreat Center

I find such joy walking in the forest while searching for fallen cedar trees so that we can build raised beds in our organic garden and make more room for the veggies. I feel a sense of aliveness in the cool mountain forest, and enjoy living in the presence of the tall trees that surround the lodge. As I look out my window, down Kootenay Lake, I send kisses to the universe for allowing me to use my life force in such an amazing place. I am also thankful to Mark Pocock who helped us this past winter and to the young people from Japan, England and Australia, who helped us build a small garden shed close to the entrance. The roof went on just as the first serious snow of the season started to fall. It has double doors for the lawn tractor coming off the roadway, and a people door at the end inside the garden. We built a tiny door right next to the people door to honour the Nature Spirit's and the Deva's of the garden. It will compliment the tiny set of swings that were built five years ago for the same reason.

It was Alphonse Bouchard who originally created the Centre in the early nineties. He designed the garden in the shape of an Ankh, the ancient Egyptian symbol of life. It is a reminder to me that some people have been in tune with the interconnectedness of all things for a long time. This includes the Findhorn foundation, in Scotland, which has been a successful community/retreat centre for over forty years. Although I have never been to Findhorn, it is a travel destination Angèle and I have on the top of our list for places to visit.

Last year Theodore and Lea Bromley donated a large basket of crystals as a gift to the Center. Once the beds are finished we will be placing them around as gifts to the spirits of the land. We are hoping to have the garden at its optimum state when Dorothy Maclean arrives in August to do a week long retreat on connecting with spirit. Dorothy is one of the original three people that founded the Findhorn Community, she has an article on page 11 where you can read about her transformational life journey. She was at the Retreat Center several years ago and I still have an image in my mind, of this eighty-two year young woman in our kitchen helping with the dishes. She is so un-assuming and friendly that I found her a total joy to be around. This amazing woman is an inspiration to me and I am sure countless others, who have read her books. Recently she returned from a retreat in Japan and another in Findhorn as she continues to write her autobiography. Reading her books have helped me to heighten my awareness about the magic of this place.

At the Center we are developing morning team meetings for the purpose of connecting and communicating clearly, and organizing our days. It is followed by an attunement as we connect our energies to the divine and ask that our work be love in action. These sharings are helping me to open to the ongoing process of change as I learn to assist and respect each other's skills and needs.

As part of my commitment in preparing for the future, the Retreat Center will be offering a couple of eight day Holistic Life Skills Programs. This pilot program is designed as a Work/Study course for people of all ages. It will include classes and practical demonstrations in: community interaction, organic gardening, yoga, food preparation, communication skills, basic building skills, and personal spiritual development. Our holistic approach is based on the balance of Body, Mind and Spirit.

As the Hopi Elders have said, *"The time of the lone Wolf is over. Gather yourselves. All that we do now must be done in a sacred manner and in celebration."* For those of you who are ready for the passage, the waters are starting to rise. The storm is within us and we are the only ones who can sail into a new reality.

Love & Blessings,

Richard

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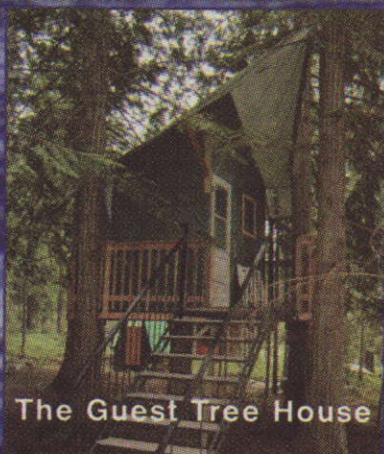
May

- 6 - 15 WRITER'S RETREAT**
Shayla Wright
- 6 - 15 ARTIST'S RETREAT**
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- 15 - 19 HOLISTIC LIFE SKILLS**
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- 21 - 23 PREPARING FOR THE SEASON**
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August

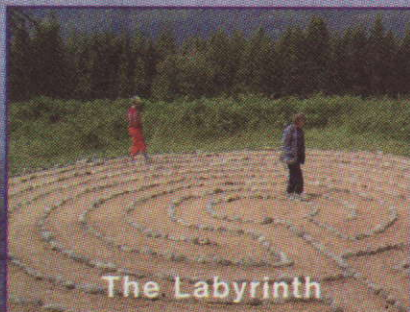
- 1 - 3 TANTRA RETREAT**
Jon Scott
- 1 - 12 HERBAL APOTHECARY**
Susan Eagles
- 5 - 12 WHOLENESS**
Dorothy Maclean
- 12 - 14 THE ANGELIC REALM**
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June

- 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**
Bryce & Julie-Ann Hyatt
- 21st Summer Solstice
Open House**
- 24 - 26 SACRED CIRCLE DANCE**
Rose Staphenurst
- 24 - 25 THE PAINTER JOURNEY**
Anne Rousseau



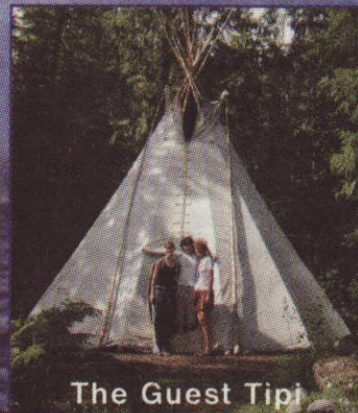
The Labyrinth

September

- 2 - 4 THE LABYRINTH**
Donna Nett & Sage Berrett-Heller
- 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**
Akbar & Sharda Kieken
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Ken & Myrna Martin

July

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- 29 - 31 THE REAL SOLUTION**
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- 29 - 31 COUPLES RETREAT**
Jon Scott



The Guest Tipi

October

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Oct/2 Glada McIntyre
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Path of Divinity

by Findhorn Co-Founder ... Dorothy Maclean

It has been a great joy in my life that I have made contact with my inner divinity and with the intelligence of various aspects of nature. These contacts were an outgrowth of my asking questions about the purpose of life and about how to see and act from a perspective different from that which our usual education gives us. The answers I found led me to discover various teachings about the importance of love, which I felt were absolutely right, and motivated me to make a difficult choice to follow my feelings and put love for someone else before my own desires. In turn that led me, I believe, to an inner knowing that God was within, that I was part of a vast loving universe. This experience of deep love changed me completely and so powerfully that friends who saw me the next day wondered what had happened to me, as I was so different that even my voice had changed. The experience gave me an inner strength to act on my aim to be more loving, and to follow the inner suggestion to turn within each day to "listen and write." I say "listen", but I don't hear anything, as some people do, but experience an inner knowing which I try to find the best words to communicate. All of us are different, are unique individuals, so we each experience the inner contact differently. Some hear an inner voice, some just know how to act in the situations that occur.



For ten years before coming to Findhorn I kept a discipline of inner attunement several times a day. I and others were following a similar practice, and through the years listened to and were tested by these intuitions, until they became the basis of our lives and led us into helpful experiences. Always that inner guidance worked for us, and became the firm base of our lives. In 1962, when Peter and Eileen Caddy and I settled at the Findhorn Bay Caravan Park and were attempting to grow vegetables in sand to augment our diet, I was told from within that everything in nature, whether planets, clouds or



vegetables had an intelligence. I was to attune to and harmonize with the essence of that intelligence. At first this seemed too silly an idea to be true, but eventually I did make contact with the essence of the vegetables that we were growing. I found I was communicating with formless energy fields, not the spirit of a single plant but the soul level of the species. I had no word for that which I was contacting - 'angel' was close, but brought to mind harps, wings and haloes. As the Sanskrit word 'deva,' meaning 'shining one,' seemed closer, I used it.

The messages received from the intelligence of various vegetables, herbs and flowers focus on the theme of the oneness of all life. In my contact, I at first asked questions which helped us in our gardening, but generally I would just contact the soul essence and let it communicate what it wished. All hoped that we humans would develop our inner knowing and contact them.



Through time I developed contacts with other aspects of nature, such as the minerals and animals, and then with groups of humans such as the souls of communities, of cities, of countries, and also with archetypes such as patience, joy and many others. We humans are so gifted that we have the same faculties and levels as these different devas and angels, and when we

communicate with them, we strengthen their qualities within us. As we do in fact share our planet with many different intelligent forces, all of whom are aware of what I call the love of God, we can choose to live in cooperation with them. This we do by our turning to our own inner divinity and focusing on these other forces. When we do this, all life on our planet will be consciously part of a harmonious whole. We can become more and more aware of and take into consideration the remarkable intelligent energies which are all around us, and our resulting actions will indeed joyously change our planet.



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Prayer & Meditation

by Stephen Austen

Few practices bring us close to communion with the Divine as can meditation. I have been a regular meditator for almost 30 years and my book *Meditation for Everyday Living* contains much of what I have learned and teach in my Meditation Courses. Prayer, as a tool which connects us to the Divine, is very effective when used as part of meditative practice. The reasons for this are that; a) you are placing yourself in a *receptive* state, and are able to view your life objectively, free of fear and doubt; b) you are rising above emotional reactions and mental attitudes which block true prayer; c) you are aligning yourself with the Divine within, entering into deep communion with that Divine Source, which places you en-rapport with it.

Some of the reasons why prayers seem to go unanswered result from false ideas about God, which have been instilled in us since childhood; people pray to a God whom they *fear* and whom, in reality, they don't like or understand. They feel cut off from the Divine, for God has been cast as a remote and impossibly demanding tyrant existing far from humanity who can only be reached through mortifying intercessions.

Your prayers during meditation will have a hundred-fold or more potency than the everyday humdrum mumblings of so-called prayerful petitions which arise from fear and negativity and which are said in half-belief without any prior attunement.

So how do we do it? Reserve your prayers for near the end of the meditation session, when the mind should be more still and receptive. We need to be receptive in order to *receive assistance*. The Divine never withholds anything. It is we who do that, by putting up doubts and a multitude of fears. Send out the prayer as you see fit without being too wordy. Then *let it go*. Don't plead or beg – that suggests fear and doubt that the prayer will ever be answered, and it also implies feelings of unworthiness as well as a core belief in an unjust God.

Become active in producing the *result* of the prayer by affirming and *invoking* the prayer. Make it real. Ask with belief, and know that it will come to pass. Send it into the vast reservoir of the Universe on a deep inward breath that ascends to the crown of the head. Feel it ascend upwards and outwards. Know that your prayer is already answered, even as you send it out. When we pray like this, in the silence of our meditations, we hear His reply.

Stephen Austen

**Clairvoyant Medium • Healer
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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

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

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Messages from the Other Side

by Kelly Oswald

I'm a Metaphysician and a Psychic Reader. I don't call myself a medium, because the term specifically relates to those who can connect with the dead, and that only happens with me about one in every ten or twelve readings. A medium is the channel or the vessel through which spirit communication filters through. It can be done psychically or with the use of signs, if you are open to the possibility of the spirit realm, then you can access it in one or more of these methods.

The whole idea of being able to communicate with the dead has been a human fascination since the beginning of time, and as physics—especially quantum physics—begin to merge with the metaphysical world the possibility of proof, or at least other dimensions, seems quite likely. Some believe that the shifting of the plates within the earth is causing the thinning of the veil between the world of spirit and the physical world, is also making communication with the other side more accessible.

A variety of different methods can be used to access information from the realm of spirit. Clairaudience is the ability to hear words spoken, clairsentience provides you with a very strong feeling and clairvoyance is a vision that appears in either your third eye or physical eyes. And then there are signs, which require no psychic experience or ability at all. Sometimes a combination of the above can lead to the desired connection.

Clairvoyance, clairaudience and signs were incredibly healing tools in a recent reading. (I have permission to share this, because normally, of course all readings are confidential.) A lovely woman, I'll call her Jill, came for a reading in attempt to contact with a past love. Unbeknownst to me she had come with the hope I would receive a message relating to an item she had that belonged to him. During the reading, I felt compelled to tell Jill that she still had a piece of his clothing, soft and folded, but I couldn't see what it was. My logical mind argued that she wouldn't have kept his clothing for six years – maybe a photo, a ring or a stone – but clothing? But yes, she still held on to a pair of his corduroy pants. She was elated, but still wanted a sign of her own. We asked for three deer within the next week for a sign that would let Jill know her love was okay. Two days later, while talking to a friend on the phone, the friend was interrupted by her barking dog. The friend asked her to hold while she settled the dog down, and upon returning told Jill that the dog was excited at a family of deer in the backyard. Guess how many. Yup, three!

I believe that anyone can set up a meeting or ask for a sign from a loved-one passed. The key is to be specific with your requests. Here's how it works:

1. The first thing is to chose something possible, but not probable.
2. Set a time limit. A week is usually plenty.
3. Ask for your request and expect it to happen.
4. Be open minded as to how you receive the message. In the situation above, she may have seen pictures of deer in a magazine, statues in a store or heard someone say "dear, dear, dear". They would all have fulfilled her request.
5. When you receive your sign, always say THANKS! *See ads to the right*

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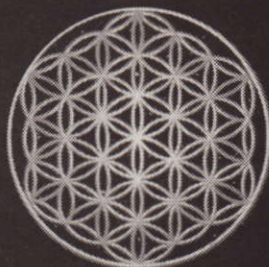
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Healing With The Angels

by Pamela Shelly

We are surrounded with loving beings who are just waiting for us to ask for their assistance. Angels are here to guide us, protect us and help us live a joyful and healthy life full of abundance. We each have two Guardian Angels who are with us from birth to death.

Archangels oversee the Angelic Realm and have specific qualities to assist us as well. Four of the main Archangels are Michael, Raphael, Gabriel and Uriel. Archangel Michael is the leader of the Archangels and is extremely protective and carries a sword. He also is helping rid the earth of fear and assists lightworkers with fulfilling their divine purpose. Call on Michael to remove negativity, protect you and give you energy and vitality. Archangel Raphael is who you can call upon to help you heal with any physical or emotional challenges including addictions and he also works with healers. Archangel Gabriel is here to assist us with speaking our truth, delivering messages and expressing our creativity. Gabriel also helps with anything to do with parenting and children. Archangel Uriel is the Angel to call upon for assistance with earth changes, fires, hurricanes, tsunamis etc., and also assists us with emotional healing and releasing stress. These are just a few of the qualities they bring us and they can help many people at the same time.

Ascended Masters are beings who have lived on earth before and have passed on into the spirit world. These wonderful helpers are working with many of us on earth and bring us wisdom and assistance. Some examples are Jesus, Kwan Yin, Saint Francis and Buddha. When I teach Reiki classes Jesus has sometimes shown up either to myself or to my students and I know other healers who also are working with Jesus. When I give psychic readings or teach my workshops on the Angelic Realm, I 'tune in' using psychometry and inform you about some of the Archangels and Ascended Masters who are currently working with you. The most important thing to remember is to ask for assistance and be open to guidance and taking action. *see ad below*

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By Jean Cryderman

Universal White Time Healing is not a new energy. It has been a part of the universe since the beginning of creation itself. It exists within the very fabric of the universe and is seen by some, like a well of energy. **Channie C. Centara** is from **Sweden** and is the principal teacher of Universal White Time Healing. Channie Centara brought this energy to United States and that's where I took my training.

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***Samuel Hahnemann, the founder of
Homeopathy, was born April 10, 1755.***

This German doctor discovered the law of Similars which simply means; *a substance that can cause symptoms can, as a remedy, also cure them.* A simple example of this principle can be seen with the common onion. Slicing an onion can cause symptoms of burning and watery eyes, as well as sneezing and a runny nose. Many hay fever sufferers have found dramatic relief from these symptoms after taking the homeopathic remedy *Allium cepa* (the remedy made from red onion).

Homeopathic remedies are prepared from diluted substances such as plants, minerals, or animal products, which are repeatedly diluted and succussed (vigorously shaken). As this standardized process of dilution and succussion continues, the remedy becomes more powerful. This method is called potentization and it is the hallmark of all homeopathic remedies. The extreme dilution used in the preparation of homeopathic remedies renders them non-toxic and safe for every one of all ages, even during pregnancy and while breastfeeding. In classical Homeopathic practice only single remedies are being applied, which adds to the simplicity of treatment for patient and practitioner.

Over 3000 remedies are available today, and new remedies are discovered every year to cover new conditions and ailments of today's world.

Homeopathy is concerned with the treatment of you as an individual person with all your characteristics, preferences, as well as your personality and your feelings.

Homeopathy can be successful in treating virtually any condition in any person. Homeopathy is famous for treating conditions that are not "named" by western medicine and diseases that are known to be incurable! Homeopathy can give hope to those that are told to be on medication for the rest of their lives and can achieve remarkable results in any kind of chronic disease.

The remedies will stimulate and encourage your body's own healing energies. This method focuses on the underlying disturbance or dis-ease that causes the symptoms, rather than the symptoms themselves. Because you are treated as an individual on the whole, your individual remedy will also work on all levels for your body and mind! Thus classical homeopathic treatment is sometimes referred to as constitutional prescribing.

Homeopathy can be very successful in treatment of some of the following ailments: Autoimmune Diseases, MS, Fibromyalgia, Chronic Pains, Migraines, Asthma, Allergies, Skin Diseases, Herpes, Depression, ADD/ADHD, Insomnia, Phobias and Fears, Digestive Problems, Food Allergies, Crohn's, IBS, Chronic Fatigue Syndrome, Endometriosis, Hormonal Imbalances and Glandular Dysfunctions.

See ad to the upper left

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Foundations

Lee-Anne Wiseman

*Don't build your house on the sandy land,
don't build it too near the shore.*

*Well, it might look kind of nice but you'll have to build it twice,
oh, you'll have to build your house once more.*

*You've got to build your house upon the rock,
make a good foundation on a solid spot.*

*Oh, the storms may come and go,
but the peace of God you will know.*

Sandy Land by Karen Lafferty (Children's Songs)

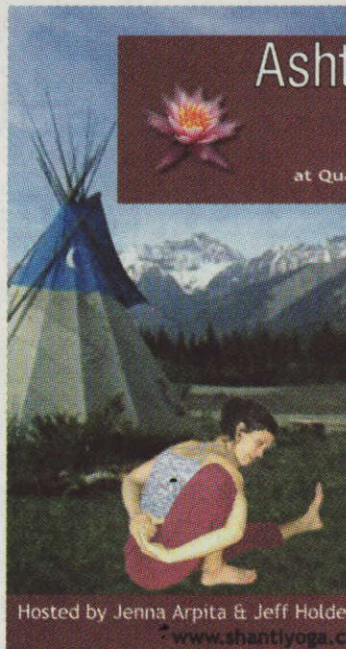
A recent dream, brought me back to my childhood... I woke up with a song I haven't heard for years, playing over and over in my head. I dreamt of my safe place, a city close to my heart where every time I go it's solid, secure and filled with amazing energy. But in this dream, the mountain the city is built on was replaced with mud, and floods were overflowing the land, causing land slides, and houses to disappear. In my dream, I sat in a boat, floating past the tops of high rises, looking at the world from a new level, that safety, was still there... I could still feel energy surrounding me.

It was not the city, the mountains or the lake that filled me with peace. It was the presence within my soul. In my mind I had built my house on sandy land. But within my soul, my comfort and my home had nothing to do with any structure, any piece of land, or any person around me, it was a simple knowing that no matter where I was, safety, peace and the guidance of the eternal would always be within.

"You've got to build your house upon a rock." What around us is solid? What never changes, never shifts...? Family and friends? We are always in a constant flux as we grow and expand ourselves. The Earth? The Earth has never stopped shifting beneath us. Where do we turn, when we need something solid to base our own foundations? To allow us to go through life firm and ready for anything that may be thrown at us, knowing that our foundation will hold.

As the storms come and the sun of life warms us, as we face ourselves and others embraced in celebration and sorrow, we grasp for the one thing that will remain true to us. This foundation can not be found around us, in others, in careers or in the land. It is a foundation that is deep within us. No matter where we travel, who we meet, or what we do, we carry that foundation within each of us.

It is trust in the Universe. It is a belief in the light around us, that uses love and light as a foundation and grounds us in our connection to the Universe. Trusting in that foundation, I have found peace beyond any this world may offer. A calmness within, an energy surrounding, and a foundation not based on anything, anyone, except light. Call it God, Goddess, Creator, A Higher Source.... They are all one. They are all a foundation of truth. And this truth offers solidness in the waves of human life, freedom within the heart, and peace within the mind. As your storms come and go... and you feel yourself rocked... your foundation cracking... look once again at where your foundation is based. Then look within and see what your inner foundation may offer. *see ad to the right*



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July 1st, 2nd & 3rd

at the Johnson's Landing Retreat Center, BC



Friday

REGISTRATION: noon – 6pm

Dinner at 6pm

Opening Ceremonies 7:30...

Saturday

	6:45am – 7:30 am	8:45am – noon	2 – 5 pm	7:30 pm...
Group Room	Labyrinth Walk <i>Richard</i>	Easy Yoga <i>Ron Jeffrey</i>	E.A.S.Y. Communication <i>Peter Matheson</i>	Drumming Circle at the Fire Pit <i>Paul Langlois</i>
Tipi	Yoga for Men <i>Ron Jeffrey</i>	Expecting Miracles? <i>Harry Jukes</i>	5 Rhythms™ <i>James Wood</i>	

Sunday

	6:45am – 7:30 am	8:45am – noon	2 – 3:30pm	3:45 – 4:45 pm
Group Room	Morning Movement <i>James Wood</i>	Living from the Heart <i>Ron Jeffrey</i>	Peace <i>Harry Jukes</i>	Closing Ceremony followed by Dinner
Tipi	Morning Meditation <i>Harry Jukes</i>	'Real Men' aren't Real <i>Peter Matheson</i>	Fellowship of the Drum <i>Paul Langlois</i>	

WISE GUYS WEEKEND FEES

Weekend rates only (no one day participation) +7% GST

on or before May 30 \$ 125

after May 30 to July 1 \$ 145

to register phone 1 (877) 366-4402

- A non-refundable deposit of \$50 per person using a credit card number, is the easiest way to guarantee your space. The balance is due upon arrival by cash or credit card. Debit cards and personal cheques are not accepted at the Center.
- If you cancel you may transfer your fees to another person

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From Vancouver, B.C.	10.5 hour

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All accommodations have shared bathroom facilities, with comfortable beds, linens and towels. (Except camping)

Please bring something to give away as part of the closing ceremony, something that is special to you (a book, something you made, a tool, etc.). Share in the gift of giving.

Wise Guys Weekend Workshop Facilitators July 1st - 3rd, 2005



Fellowship of the Drum – The drum ... the drum ...the drum ... you are the drum. There's magic in drumming, in you. Drumming is intrinsic raw power. This hands-on assembly will introduce techniques and language to help us develop a dialogue. This gathering of men will serve to coalesce individual expressions to ultimately radiate as one drum.

Drumming Circle – We will congregate at twilight to embark on a primal journey. If you give, you will receive energy which rejuvenates the soul. Feel the groove and drum from your heart.

Paul Langlois has been drumming since he was a little boy, starting on his mother's pots and pans. He's studied with teachers in a variety of traditions from precision drumming to African and Latin, spending several years studying Middle Eastern rhythms with a classically trained Egyptian drummer. Paul is an experienced teacher, encouraging students in workshops and private lessons with an enthusiasm and passion for the drum that is contagious and joyful.

E.A.S.Y. Communication – Learn the skill of communicating on a level that brings awareness and responsibility not normally found in our day to day exchanges. You will learn how to speak from your experience, your assumptions, your sensations and your yearnings. This simple practice can change the way we think and live.

'Real Men' aren't Real: a men's discussion group – Peter will lead the group in examining the difference between who we think we are and who we really are. Bringing this awareness to ourselves can change the way we think and live.

Peter Matheson is a counsellor and workshop leader in the field of personal development. His warm friendly style make those he comes in contact with feel comfortable and safe.



Expecting Miracles – Are we in a rut and unable to see the miracles we already receive? Most of us know the incredible powers of manifestation but perhaps we don't recognize them as miracles. Let's explore this concept and discuss some examples from our own lives that we have experienced.

Be at Peace – "Have no sense of rush or hurry, no matter what is going on around you. Let My deep, still peace enfold you. Let all tension and strain ebb away from you. Feel those words become living words." – from 'God Spoke to Me' by Eileen Caddy. A discussion group to help us all slow down.

Harry Jukes has had many wonderful teachers in his life including his parents and in-laws. Edgar Cayce became one of his early mentors, as was Helen Schucman with her channellings of *A Course in Miracles*. Then there were individuals like Gregg Braden, Lee Carroll, James Twyman, Steve Rother and Eileen Caddy. "Each situation in my life is my teacher. They provide me the opportunity to practice those ideals I profess."

The 5 Rhythms™ – The Movement Work of Gabrielle Roth

The 5 Rhythms™ comprise a simple movement practice designed to release the dancer that lives in every body, no matter what its shape, size, age, limitations and experience. To find your dance is to find yourself, at your most fluid and creative level. Rather than having steps to follow, each rhythm is a different energy field in which you find your own expression and choreography, thereby stretching your imagination as well as your body.

James Wood has been practicing & teaching the 5 Rhythms™ for over 9 years. He received his teacher training from Gabrielle Roth at the Moving Centre Schools in New York and Mill Valley, California. He is a teacher who encourages people to gently release limitations.



Yoga for Men – The benefits of yoga include stress-reduction, increased flexibility, and the ability to monitor and decrease life's aches and pains. Often men carry particular areas of inflexibility in their bodies, along with sports or work related injuries. This workshop is an introduction to a gentle yoga practise, for those of all fitness levels.

Living from the Heart – This workshop introduces gentle spiritual disciplines derived from the practical wisdom of the world's major religious traditions. It opens the question of what it means to live past the surface of ourselves, to come from a deeper place. Whether Sufi, Christian, Buddhist, or Hindu, can a thread of common spiritual practice be found?

Ron Jeffrey is a certified yoga instructor with the South Okanagan Yoga Association. For the past twenty five years he has been a united church minister. He is a man of depth and wisdom.

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GRAVITY IS THE THERAPIST

by Wayne Still

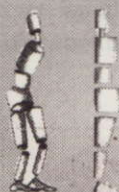
"Gravity is the therapist" is one of Ida Rolf's more enigmatic statements since we normally think of gravity as a force which makes us work as we struggle to climb a steep hill or sweep up the shards of Grandma's favorite vase after its gravity induced fall from shelf to floor. Dr. Rolf was interested in the relationship between gravity and the soft tissue mass of the human body. She eventually came to the somewhat counter intuitive conclusion that gravity was, in fact, a supporting force for the body. She also determined that Structural Integration work could enhance that support.

To better understand how gravity supports a body, stand a pencil on its end. You will see that as long as the pencil is perpendicular it is stable. Gravity is flowing through it and holding it upright. Move it even slightly out of perpendicular and the same gravitational force which held it up brings it crashing down. The human body is obviously a much more complex structure than a pencil, so how can the same principle apply?

As the human body evolved from that of a quadruped to an upright bipedal form it made many structural changes to adapt to its changing relationship with gravity. Like a tree growing up it developed an innate sense of how to use this force to its advantage. Having all its component parts balanced around a vertical line became the body's means of conserving energy needed for movement. Remember how quickly your back got tired and sore the last time you spent any time in a bent over position. Your body was at war with gravity with your back muscles as the first casualties.

During the course of a ten series of SI work the clients body is systematically brought into balance around a vertical line which passes upwards between the ankles through the pelvis in front of the spine and out the centre of the top of the head. Once this balance has been achieved, in the words of Ida Rolf "Gravity can flow through." I experience this as a sensation that my body is suspended from my shoulders with my head balanced on top. My body remembers this as a comfortable and easy way of being so that if I slouch and get out of the flow there is a reminder to return to that position of comfort. Gravity is the therapist. *see ads below and to the right*

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How I got to now

by Connie Brummet

I was born into a childhood romance; my mother small and pregnant, was married in pink when she was sixteen years old. My father, who was three years older, was a dreamer, always trying to be something or someone he was not, a miner, a traveling sales man...never knowing a real job.

We lived in nineteen different homes in four different towns by the time I reached eight years of age. My memories of those years are terrible... yelling, spanking, crying and being scared, is what I remember most. Happy during the day and walking on egg shells at night because Dad was home.

My mother did her best looking after my sister and I in trailers or one bedroom basement suites, with minimal furniture and food and hand-me-down clothes. I struggled to keep up with my education due to all the different schools I attended. It was also hard never knowing how long my new friends were going to be with me.

So how did I get to now? ... I believe that my childhood made me determined to find a better way to live. I was thirty-one when my spiritual awakening came; I hurt my lower back and had to sell my business. Not wanting an operation, I looked into alternative healing for the relief of my pain. I studied emotional clearing, reflexology, massage and muscle testing... and they all helped to heal me.

I remember the moment my life changed... Everything seemed normal; my client sat down in the recliner for her reflexology session. I had just finished with her right foot and was about to change over to the left when I started to get some pressure in my head which turned into voices. I knew they wanted to talk to the lady in the chair. The pressure got worse and the voices got louder. I was worried that if I told her about the voices she would get up and run out of the room screaming, and I would lose my job.

While I continued to work on her left foot, my mind was trying to understand what was going on. I grew up catholic, I went to church every Sunday, I even attended catholic schools. What was happening now was not funny or okay! Finally the pain became unbearable that I said, "I have to tell you something." With those words her face went a little pale. I continued, "You have two boys that want to talk to you," I paused and she replied "Is that all"... I almost fell out of my chair... I repeated the words in my head, "Is that all!, Perhaps she thought this happens to me every day. Then at her request I described how they looked and acted and repeated the words they wanted her to hear.

She then told me that both of her teenage sons had passed on; one by suicide and the other in a car accident. I could not believe my ears. Then her husband came for a visit and I communicated for him also. The couple invited me to their home, and showed me pictures of the boys. I am still amazed at how accurate I was.

From that day on, I never knew what to expect from my clients. Often I would set up for a massage or reflexology session and once in the room, I would find out they wanted something different. I often wondered how they knew that I could hear voices but guessed that it was word of mouth, since I never advertised.

This was the turning point in my life and nothing has been normal since (whatever normal means). She told me later, that she thought I was going to tell her that she had cancer. Funny... thinking back on it, but that would have been considered normal!

Connie is one of forty instructors that will be sharing their gifts at the Spring Festival of Awareness...April 22 - 24 at Naramata Centre.

She founded the Canadian Institute of Natural Healing in Kelowna, see ad to left.



Calendar

April 8 & 9

Direct Path Yoga, Vancouver, p. 3

HAAO Health Fair, Kelowna, p. 13

April 10

Meditation Techniques and Connect to Your Spirit Guide - Pamela 861-9087 p. 16

Hand Reflexology, Vancouver, p. 3

April 12

Inner Peace Movement, Westbank and Prince George, p. 39

April 15, 16 and/or 17

Body, Soul & Spirit Expo, Calgary, AB, p. 22

Universal White Time Healing, PG, 17

Sacred Connections. Sweatlodge, pipe ceremony, medicine wheel teachings @ Quantum Leaps Lodge Golden, BC
1-800-716-2494 • www.quantumleaps.ca

Hot Stone Massage Course, Kelowna, p. 24

Pawspoint with Yvette, Vancouver, p. 3

April 22, 23 & 24

Spring Festival of Awareness, Naramata, p. 30

April 24

Earth Day Gardener's Festival, Kelowna, p. 18

April 29 - May 2

Thai Massage Certification, Kelowna, p. 35

Shift Happens, Christina Lake, p. 3

April 30 and/or May 1

Ignite your Passion - Firewalking Seminar • Nelson, call Jenna 352-7703

Talking with Spirit, Summerland, p. 17

May 4

Reiki Introductory, no charge
Pamela 861-9087 p. 16

May 6 - 9 & 13 - 16

Certified Feng Shui, Vancouver, p. 15

May 13 - 15

Ashtanga Yoga Retreat at Quantum Leaps Lodge, with Jenna, near Golden, p. 19

May 14

Reiki Level I • Pamela, Kel: 861-9087 p. 16

Introduction to the Chakras, Kelowna, p. 16

May 15

Reiki Level II • Pamela, Kel: 861-9087 p. 16

May 27 - 29

Pushing the Edge Firewalking, breathwork, sweatlodge, whitewater rafting 800-716-2494

The Medium Development Retreat, p. 15

June 2 - 5

Prosperity....A retreat at Lake Okanagan Resort, near Kelowna, p. 19

June 3 - 5

Couples Contact Yoga. A weekend of nurturing and loving each other. Sweatlodge, yoga, labyrinth, rafting, and massage
www.quantumleaps.ca

June 10 - 12

Tantric Couples workshop Golden, BC
Tantric teachings, sweatlodge, and labyrinth ceremony 1-800-716-2494

Horses Helping Humans Heal, Vancouver, with Linda Ann Bowling, p. 7

June 23

Animal Communication Workshop
with Georgia Cyr, Vancouver Island, p. 35

ONGOING EVENTS

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SUNDAY CELEBRATIONS

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JUST ONE LOOK, THAT'S ALL IT TOOK

by Jaya Ishaya

As I hopped off the train, the stench was unbelievable. It seemed to penetrate every pore in my body causing repulsion and reactions. I automatically wanted to move away. The source of this smell, was a pile of rotting garbage, thirty or forty garbage bags heaped together. Lying in the pile was a man. A week earlier I was told he had been lying in the rubbish pile for years. This was his home, if you could call it that. He had been a professor at the university, and one day he just left. He lived on the streets until he made this pile of rubbish his abode. At first, students came to see him; then the council came to see him, and then no one. Twenty years later a lady brings him fruit. She also covered part of the trash pile with a canvas tarp, probably to help keep him warm. I imagined the rotting matter created some heat, which was why it stunk.

My eyes moved to the rubbish pile. I easily made out the body of a man amongst the bags of trash. He was looking the other way. Automatically a vision entered my head of what we see on the TV with homeless people, angry, bitter, grimy, worn out and beaten with life. He turned his head. Our eyes locked for what seemed like minutes, but what could only have been moments. The light was intense. The light was from his eyes. Like the halo you see painted around the heads of the saints or radiating out of Jesus' heart. There were literally rays of light glowing from his clear, bright, wide open eyes. I had never seen anything like it. The brightness and clarity hit a cord in me. Surrounded by rubbish, was this pure consciousness in bliss. There was not a hint of emotion radiating from him.

As I continued to walk I began to realize the impact of that one look. I was in awe. How was that humanly possible? How could such light and love glow in the eyes of a human being lying in that pile of filth? As if to answer me, the stench returned with more intensity. Obviously, it was possible.

Later, sitting in my bedroom I turned to look out my window into the darkness. My window was closed because of the winter conditions, but I thought I could smell the pile. I thought of him lying in the cold while I sat behind double paned windows. I felt no pity. What did I feel? Immense awe and no awe. He had blown my mind beyond its capabilities. There was a deep knowingness of the perfection of our chosen paths.

As a meditation teacher, I see the importance of teaching a technique to people to remove the mental barriers that keep us from our bliss. These techniques are the life rafts for people to break the addiction to their mind, and allow bliss to flow. Most people start by wanting something more in life. Given a tool or technique, they can learn to apply it to their experience so that old patterns drop and soon they discover joy and bliss. I have been honoured in teaching myself and hundreds of people to discover consciousness within themselves. Teaching them that bliss is real. Even the man in the rubbish pile knew bliss in the worst environment I have seen. He taught me so much with just one look.

Bulimia

by Hilary Graham

Living in a culture where extreme social and cultural emphasis is placed upon physical appearance and perfection, is it really any wonder that eating disorders are estimated to affect (according to the Alliance for Eating Disorders Awareness) seventy million people worldwide? The multibillion dollar diet and fitness corporations have cleverly vested a seemingly incessant message to women that a slim figure is a prerequisite to desirability. However, this criterion is not the sole culprit of the disorder, the overabundance of food within our society has proven to be an equal transgressor.

It appears that our nutritional wellbeing has greatly suffered in a society that produces more food than it can consume. We, as a nation, eat so much pre-packaged, saturated fatty, high-calorie food that has no nutritional value; convenience has out-weighted its helpfulness/healthfulness. This has left many people feeling desperate and without options.

Nevertheless, it seems our culture has also become nutritionally enlightened. So why are we seeing the occurrence of eating disorders reaching an ultimate high? I think the answer can be broken down into three main components: laziness, adolescent predisposal and skewed priorities.

I suffered from bulimia between the ages of fifteen and eighteen years old. Within a few months of consecutive purging, I began to feel frequently fatigued due to the minerals and fluids lost in this regurgitation process. However, it was not until I had eroded the dental enamel of one of my teeth, which had to be extracted, due to excessive stomach acids that I fully realized the magnitude of my eating disorder. If I had continued down this path of self-deprivation, this eating disorder could have possibly turned fatal. Some of the more serious consequences of bulimia include rupturing the esophagus, kidney stones, kidney failure and potassium depletion, which in turn can lead to fatal disturbances in heart rhythm.

With the support of my parents and my desire to become healthy once again, I can now proudly say I am no longer a bulimic. For me, it wasn't a question of do I want to be skinny or not? It was more so a question of, do I want to be healthy or not?

I do realize for others, the question of thinness and health may not be as easy for some who have been predisposed from birth to our 'MacDonalized' culture. Eating disorders have become lifestyle problems for those in a society which defines itself in terms of physical appearance and has lived its life to its entirety on high sugar and fat concentrated foods.

As a former bulimic, I want to convey to you the significance and benefits of our body's vitality which outweigh anything that bulimia can provide. Nutritional food and regular, moderate, physical activity is not only good for our health but also paves the way for healthy weight loss.

What I suggest is re-prioritizing your life. Put your body's vitality as your number one priority and healthy weight loss is soon to follow. I now engage in moderate exercise on a regular basis, eat foods which I know to be healthy, and have achieved my optimal body weight purely through healthful means. This is not to say I have relinquished all of my insecurities pertaining to my body image. I still deal with occasional self-conscious thought that relates to my body, but now I channel these feelings into a more positive and proactive activity, such as writing. As a person who formerly suffered from an eating disorder, I wanted you to know we *do* have options. They may not be the easiest route, but it will have the best results for your health. In writing this article, I am not attempting to help you resolve issues of self-perception and body image, because that is a deeply-rooted issue and usually need to be resolved through counseling, I just wanted to provide some insight from someone who has been through the process.

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Cold & Flu Busters: The Natural Approach

by Klaus Ferlow

There are as many theories as to how people get colds and flus as there are treatments. When our immune systems are compromised it is a challenge to fight these dreadful illnesses. Colds cause clogged and runny noses, sneezing, sore throats and often dry coughs. They will have a variation of symptoms in different people, even if infected with the same virus. Flu symptoms are much more severe and will cause high fever and chills, a feeling of exhaustion and the whole body may ache. This includes headaches, backaches and sore muscles. Flu viruses are stronger, more infectious and more harmful than colds. But whichever one you may be plagued with, there are natural alternatives to preventing and managing them. One of the key considerations is to strengthen our immune systems. The following suggestions will help to give you an overview of the natural supports that are available without any harmful side effects.

Diet is crucial. Unfortunately many of us eat "junk-food" and carbonated sodas, which further reduces our bodies' healing power. It is essential to drink 6-8 glasses of liquid (preferably water) to prevent dehydration. The addition of a warm broth, vegetable juices and herbal teas to our daily diet will provide an additional immune system boost. Beet juice is very effective as is grape juice, parsley, celery, watercress, lemon, carrot and coconut milk. You can also use pure elder-

berry juice, (sambuco). Heat it and add lemon juice and honey. Drink it hot for maximum benefit as an immune booster. You may get rid of your fever over night. That is how my mother successfully treated my fever as a child!

Drink lindenflower tea with 2 drops of lemon balm oil, thyme tea with honey or rose hip tea with stevia concentrate. Rest in bed as you work up a sweat from ingestion of the tea. After about one hour, dry off from the sweat and change your clothes. Try to get more sleep. This process often stops the flu before it becomes full blown.

Liquids are nourishing and help to cleanse our system and promote healing. The addition of garlic to the liquid is believed to promote further protection from cold and flu viruses. Raw fruit and vegetables such as carrots, sauerkraut, and citrus fruits (containing Vitamin A and C), unrefined cold pressed flax and hemp seed oil are excellent sources of omega 3 and 6 essential fatty acids. And don't forget our mothers' favourite "secret" recipe - chicken noodle soup.

When using supplements for cold and flu relief, use physician-grade, high potency herbal tinctures such as Echinacea, Cat's Claw and Pau D'Arco (Taheebo). Echinacea throat spray will also provide immediate relief of your symptoms. Supplements such as Vitamin C, Ester C and Vitamin A are very important and should be started at the onset of a cold or flu. The same goes for the herbal tinctures. Begin to incorporate these supplements as early as September to give your immune system a boost, as you would charge the battery in a car. When the first tickle appears in your throat, begin using an Echinacea throat spray. It will kill the virus on impact, often with only a couple of sprays. You should never leave home without it!

Other cold busters include cayenne pepper (capsicum) and wild crafted Mediterranean oregano oil infused in hemp or olive oil. Further, certified organic pumpkin seeds (found to have a high percentage of zinc) and zinc lozenges are highly recommended for cold and flu symptom. Zinc has a long list of health claims such as immune enhancing properties, anti-inflammatory and is an aid in the treatment of rheumatoid arthritis, hair loss prevention and prostate problems, just to name a few. Additional dietary sources of zinc include whole grain products, brewers yeast, wheat bran and germ, oysters and meat. Zinc supplements can be found under the names of zinc sulfate, acetate, gluconate, citrate, dipicolinate, aspartate, orotate and amino acid chelates of zinc. Zinc is especially important for the elderly. A zinc deficiency can cause significant alterations in their immune systems.

To help alleviate and disinfect dry air passages, add 10 drops of tea tree oil to a bowl of hot water or vaporizer and leave it in bedroom overnight. Another effective treatment is to inhale chamomile, eucalyptus and thyme oils. This will loosen mucus and heat the throat, nasal passages and bronchial tubes.



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Gargle regularly with sage tea to disinfect your mouth. Use sage inhalation to reduce inflammation.

If you have the opportunity to use an infrared sauna you will reap tremendous benefits, which include detoxification of toxins like heavy metals and you will experience pain relief from arthritis, fibromyalgia and other chronic pain conditions. Saunas may help you to arrest the beginning of a cold or flu and a side benefit is that a sauna can burn calories in just 30 minutes.

Washing your hands is also a key practice in preventing or spreading cold or flu viruses. Germs are invisible and they are just about everywhere. When you touch a doorknob, pick up a book or newspaper or pet a dog many germs are transferred to your hands. Your hands should be washed more often during the cold and flu season, especially in the presence of someone with a cold or flu virus. Just 15 seconds of good hand rubbing with a quality soap and water should to it. If you use a bar soap, make sure that the soap dish is clean as they can contain lots of germs.

Your body is going to need energy to detoxify and fight off the cold. Therefore, get lots of bed rest and if possible avoid any stressful situations. Keep warm. Consider a juice fast. Even lemon with cayenne and maple syrup in hot water can speed up recovery time. Hot apple cider or ginger teas are also great to drink, as are Japanese green tea and other herbal teas. It is important get plenty of fresh air to clear your lungs, but avoid drafts. All in all, with these cold busters, a relatively healthy person can break a cold or flu in a few days or eventually avoid it all together!

If you follow the NATURAL way as suggested, you will do no harm to your body and strengthen your immune system. I am 66 years young, I have never been vaccinated and I have rarely suffered from a cold or flu. These natural remedies have

continues to the right



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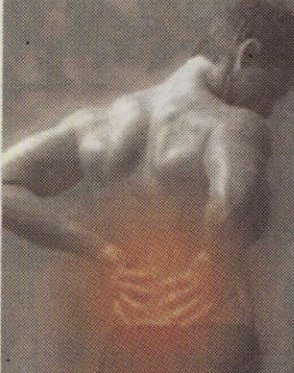
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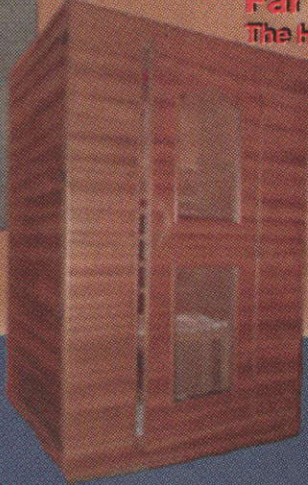
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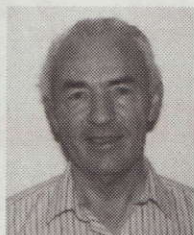
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been part of my health regime for as long as I can remember. You do not have to dread the cold and flu season, just be prepared to support your body with these natural cold and flu busters.

References:

- Encyclopedia of Natural Healing, alive books, ISBN 0-920470-75-0;
- Herbal Antibiotics, Stephen Harrod Buhner, ISBN 1-58017-148-6;
- The Green Pharmacy Herbal Handbook, James A. Duke, Ph.D, ISBN 0-312-98151-1

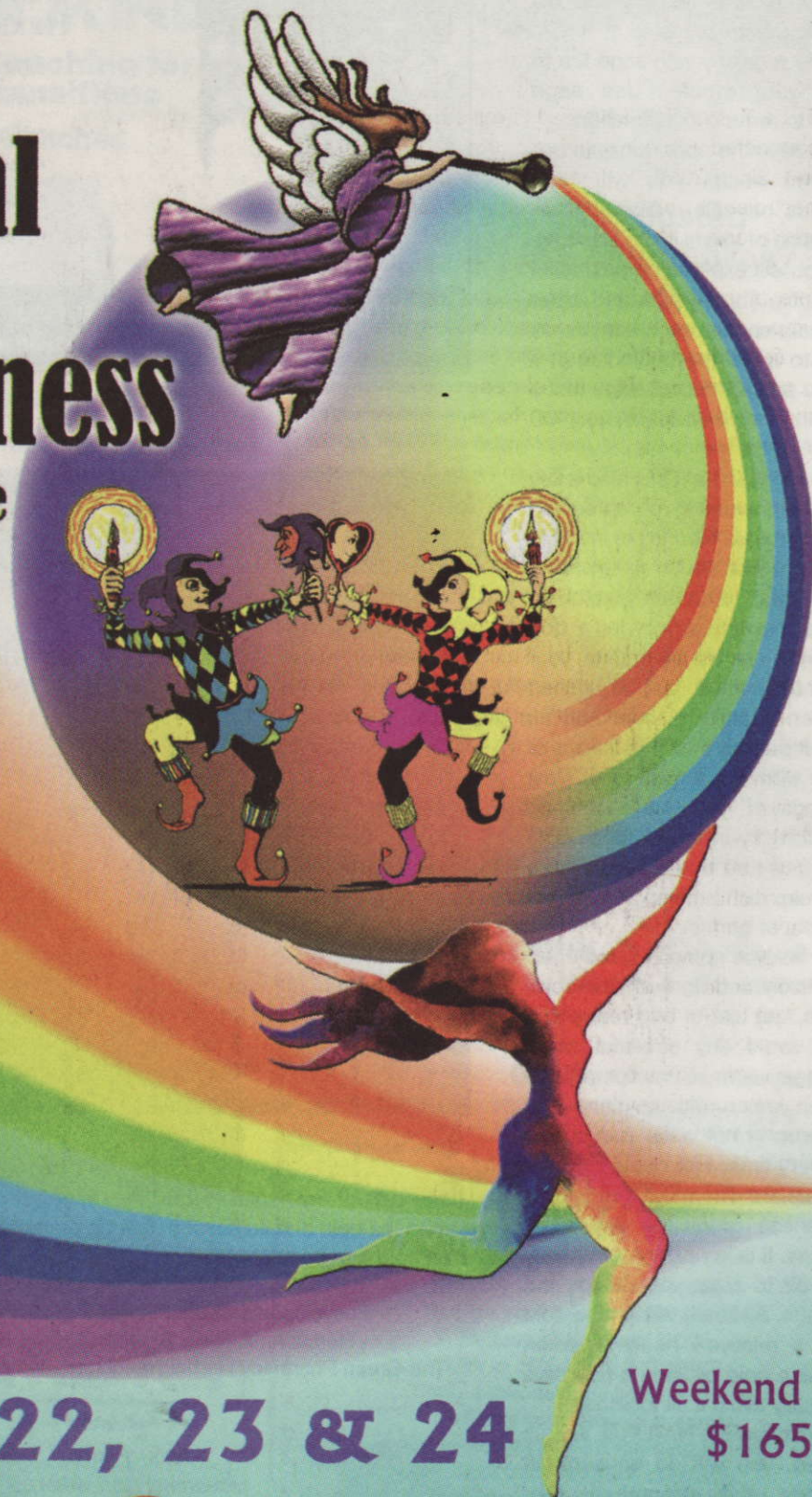


Klaus Ferlow, life-long herbalist, innovator, lecturer, researcher and writer, is the president and co-owner of Ferlow Brothers Ltd., a 100% Canadian-owned and operated family business that manufactures and distributes natural herbal products, supplying them only to professional health and wellness practitioners across Canada and parts of the United States.

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COSMIC TRENDS FOR April & May

by Khoji Lang

2005 is a 7 year. The seven adds quite a unique touch, strongly connected with our right brain, the magical and symbolic mind. Since 2002, and up to 2011, Neptune and Pluto, the two most distant planets are moving in step, one seventh of a full circle apart. This angle is also found in the Great Pyramids, being the inclination angle of its four surface planes. Forever it will remain a mystery what the true purpose of those impressive monuments was. However researching their properties indicates they're acting as power plants, harnessing cosmic energies. Reports of people who have been in their inner chambers talk of powerful, enlightening and at times frightening experiences.

Between 1937 and 1940, Neptune and Pluto have been a septile apart as well. Marking the interface between the unconscious and the cosmic, these two planets' mutual angle triggers us to walk on the edge. At very deep and intimate levels we are puzzled, facing enigmatic and mysterious experiences, oftentimes expressing as frictions or obvious challenges. Whatever we are irritated by, it can't be understood nor solved by ratio alone. The circumstances are such that we are to rely on our feminine, poetic and spiritual mind, drawing on intuition. It's about trust and let-go, moving from the surface to the core, from the known to the unknown. We all know, the late 30's gave birth to WW2, one of the biggest calamities of modern history. Merely a decade into Pluto's discovery humanity still had to test its shadow, probing Pluto's tremendously vicious and destructive potentials. It's most interesting to note, radio and TV both are expressions of Neptune and Pluto's energies, powerful tools capable of infiltrating controlled propaganda - something widely used to punch up hatred, setting up the stage for war.

Seventy years have passed since, we could hope that by now time has come to reap the higher potentials of these two planets' mysterious resonance. Neptune in the sign of Aquarius, and Pluto in Sagittarius (Capricorn after 2008) may generate the thrust to rise above all clouds of deception. Humanity is ready for a spiritual revolution. If we don't make it to reach up to the 'All-seeing-Eye' at the top of our inner Great

Pyramid no one will be left to remember what this Earth was all about. Something else very remarkable is happening this month in the celestial spheres. On April 18, OO67, a small planetoid is about to come back from its 13'000 year journey around the Sun. OO67 is the designation this small planet has been given by astronomers upon its discovery. It has an extremely eccentric orbit, taking it out to cosmic realms, about 1000 times the distance Earth has from the Sun. Just imagine, when OO67 last time visited the inner Solar system, how different our planet must have looked back then! 13'000 years ago, Spring equinox was in front of the constellation Leo. Some historians say this was the time the Great Pyramids were built, and possibly around the time Atlantis drowned. Right now, OO67 is in the sign of Pisces, in the 25th degree when closest to the Sun. There's a group of astrologers which I'm part of (Centaur Project), studying all these newly discovered celestial objects. In an empirical process, scanning through many birth and event charts, each of those newly found planets slowly gains contours. So far, it has been noted that OO67 is connected to ancestral wisdom and the long forgotten. OO67 also has shown up as marker of history, indicating big shifts. So, it will be interesting to watch what the universe has in store for us this time around.

In yet another way the month of April is special. Early afternoon April 8, the Sun will be eclipsed by the Moon, at the Moon's rising node in Aries. Solar eclipses have a deep impact on all of us, often opening a new chapter in our evolutionary journey. This present one is an invitation to celebrate oneself. Dare to sing your very own and unique song. Have the courage to be different, listen to your heart's desire, regardless of any consequences. The month of May is a reality check. Keep building inner momentum, despite mounting hindrances. We don't get anything for cheap, and good things take their time. So while testing your noble ideals, perseverance, patience and modesty are your strongest allies.

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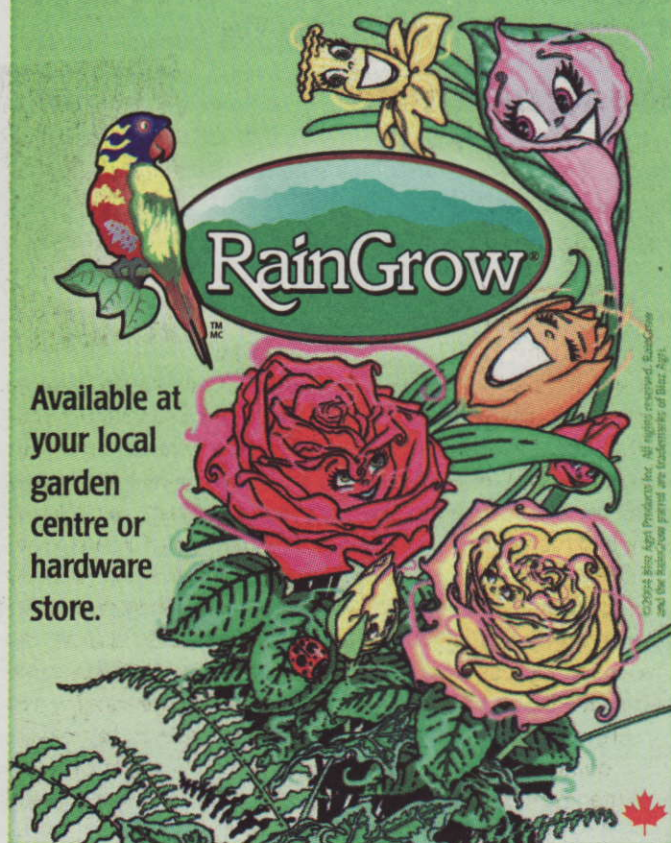


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There is much controversy about pharmaceutical drugs and the excessive prescription of them. These types of drugs might be beneficial for short-term use, but long-term intake is detrimental. Every pharmaceutical drug has some form of side effect and some individuals have lost their lives due to the use of prescription drugs. The Journal of the American Medical Association estimates that prescription drugs cause 106,000 deaths per year in the US. According to Helping Hand Consulting, the available figures from Statistics Canada (1992) report 1,863 deaths due to complications from pharmaceutical drugs. Stats Canada reported zero deaths from vitamins, minerals and herbs the same year.

The U.S. spends more than twice as much per person on health care than 21 other industrialized countries, and Canada is not far behind. But our health ranks dead last as measured by the World Health Organization's "healthy life expectancy." It turns out that taking the most expensive drugs and having the latest tests and procedures can be helpful or lifesaving sometimes, but for most people most of the time living a healthy lifestyle does far more to protect your health. About 80% of heart disease risk has to do with lifestyle, but most of our attention is focused on taking drugs to lower cholesterol. The risk of hip fractures is lowered by routine exercise, proper and adequate protein, useable calcium and vitamin D intake, not smoking, and not being overmedicated; but most of our attention goes into bone mineral density testing and drugs that might only slightly strengthen bones.

In his newly published, well-researched and documented book 'OVERDOSED AMERICA' author John Abramson, M.D. explains why the American and Canadian public is being duped by the pharmaceuticals industry. A member of the clinical faculty at Harvard Medical School, Dr. Abramson points out how to avoid getting taken in by the hype of medicine-to-generate-corporate profits. www.OverDosedAmerica.com

As Dr. Abramson explains the real scientific evidence shows many of the things we can do to protect and preserve our health are far more effective than what the drug companies' top-selling products can do for us – which is why the drug companies work so hard to keep this information under wraps.

We are continually being bombarded both by advertising and by the medical professionals that drugs are the answer to our health dilemma. 'OVERDOSED AMERICA' discloses that this is completely false. Drugs do not cure. Our body will heal itself once we assist it in removing the toxins and feeding our body the proper foods it was designed to operate on.

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by Christina Ince

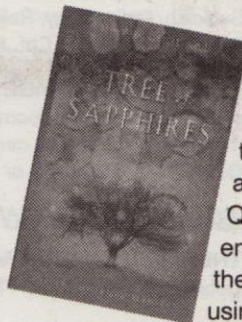
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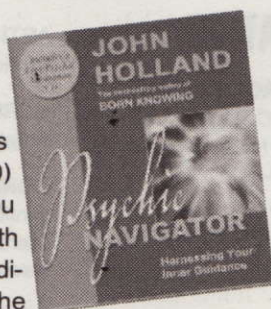


Another in the Northstone Companion series, this is described as Words of Wisdom from the World's Philosophers, and doesn't disappoint in the wealth of wise advice drawn from diverse cultures over many centuries. Included is a chapter providing brief information about each sage, but enough so that we know when and where they lived, their occupations and main achievements. Much of the advice is delivered in one or two lines, so this is a great little book to have around when you want to browse, or find something clever for the right moment. You may like these gems, the first of which I was surprised to find comes from the Old Testament: "After all, even fools may be thought wise and intelligent if they stay quiet and keep their mouths shut," and from Hindu scripture: "Tell the truth, but pleasantly and gently. Do not tell it rudely, for truth-telling that hurts and repels does not carry conviction."

The Qabalah has been referred to as "sometimes overwhelmingly intellectual and mysterious," so if you have felt daunted by the prospect of exploring it, this may be the book for you. The *Tree of Sapphires* is an experiential guidebook which explores Qabalah as a methodical system of spiritual enlightenment. The author guides you through the arcane teachings, symbols and principles using engaging techniques of meditation, visualization, exercises and sacred ceremony as well as a prayer book to help readers gain a full understanding and experience of the Qabalah and its "Tree of Life," the root of all wisdom. The Introduction may pique your interest enough to lead you to read further: "I have often been asked: Is Qabalah a religion? It is not. Qabalah is a spiritual tradition. Religion and spirituality are not the same thing. Religion is a means to get to a certain state of knowing gnosis. Spirituality is the state you are in when you get there." You may feel gently guided as through a labyrinth as you are led to explore the root source of all Western mystery traditions: Kabbalist, Rosicrucian and Sufi, as well as the more modern, classic Western systems, such as the Tarot, Alchemy, Angelology, and ritual magic. David Goddard is a Lineage-Holder and teacher of the Mystical Tradition of the West, and author of *The Tower of Alchemy* and *Sacred Magic of the Angels*.

Psychic Navigator

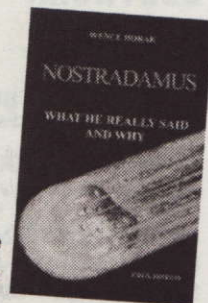
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As the sub-title suggests, this book (with accompanying CD) assists you in utilizing what you already hold within to re-connect with your psychic abilities. Psychic medium John Holland teaches "the mechanics of psychic awareness, the benefits of meditation, the vital power of breath, and the workings and functions of your chakras and aura" in a non-intimidating, precise and natural style. When young, he was afraid to talk about his Sixth Sense, then as an adult he found a teacher who could help him learn to develop his talent and use it to help others. People who have followed the teaching report that the lessons were easy to follow, the experience of learning was fascinating, and the book and CD distilled the basics of what you need to know to utilize your inborn gift of psychic ability: "It is fascinating to experience the new levels of awareness and to incorporate them into your life with practice."

Nostradamus

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Like many people, over the years I have read books of predictions by Nostradamus among others; and have been intrigued, piqued, irritated and fascinated by the speculation, guesswork, manipulation of history, and the sheer audacity of some of the conclusions. However, this author shows extensive knowledge and intelligence, has a sincere desire to "deliver great people from deception" and has obviously put a lot of work into research and interpretation – inevitably for these reasons this book will achieve greater credibility than some of its predecessors. This may not be an easy read, partly due to the diverse and multitudinous references, and partly due to the discomfort aroused by the imminence of some of the more dire predictions. Yet, even if your history and geography are sketchy, you will appreciate the author's dedication to producing a comprehensive guide through Nostradamus in order to enlighten us and offer "a life-vest for those who are willing and capable of grasping it."

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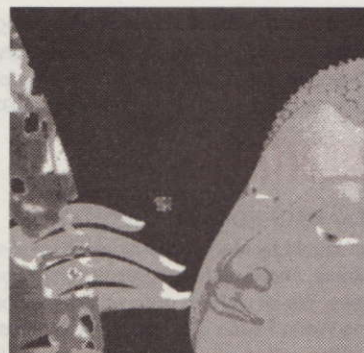
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