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AUGUST & SEPTEMBER 2005

Authentic Woman Workshops & Spiritual Astrology

Jennifer Burrows
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Jennifer holds degrees in psychology and education. A career educator, she is also a certified hypnotherapist, a Master Practitioner of NLP, a 5.4 level Kamadon Master, an intuitive practitioner and an astrologer.

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Sequoia Henning has been on the spiritual path for over half her life. Knowing that Sound Healing contributed to her own personal healing she continues to deepen her knowledge by studying with sound healers from India and U.S.A



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Our purpose is to help you discover your utmost potential physically, emotionally and spiritually and thus be empowered with the necessary tools.

What is the Sacred Self?

by Sequoia Henning

I have been blessed with the opportunity to live with people from other cultures. India is the country I have spent most of my travel time exploring. This is the land of extremes, as the population exceeds over one billion people all living in a land mass the size of Ontario and Quebec.

My journey has included so many enriching experiences words like respect, honour and Sacred now have deeper meanings for me. When passing a temple everyone shows their respect, no matter what their age. A common sight for me was watching a bus driver stop, jump out and pay his respect at a temple. Another example is when I saw an elderly person who could barely walk hike up a mountain to a temple so that he could pay homage. The origin of Indian ancient culture is that they believed that everything is energy and we are connected to everything that exists. There is no separation from one another. But these days I find people are feeling separated and are not interested in connecting with themselves and others.

The society we live in doesn't help us to search out our truth and our purpose for being here. How can I know who I am unless I am able to take the time to sit and listen to my higher self? When I was small I was told by my parents what to do and what to think; add to that the conditioning of television and other forms of media. Upon graduating from high school not only did I not know myself but I was also at a loss with what to do with my life. I needed to take time to find out who I was. I learned to be alone and go within and listened to myself asking questions like...What is my purpose for being here? Am I feeling fulfilled in life?

Once I began to understand the relationship between the chakras (energy centers of the body) and the connection these have to the elements, vibration, color, and emotions, then I began to achieve a deeper understanding of my true Self, which helped build up my confidence, inner strength and enhance my awareness and higher consciousness. Now I feel the harmony and balance with all that surrounds me. Once I started to feel the same love for all of nature as I do for myself then I knew I had begun to reawaken my Sacred Self. When I remind myself that all is sacred through the eyes of the Divine (and we all are Divine) then I can continue to see others through the eyes of the Divine. Now I remind myself that if I don't go within I go without.

See ad to the left

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The 'root of all evil?'

by Stephen Austen

Among people involved in spiritual and metaphysical work, much is spoken of concerning money and its use. Many people involved in earning a living from their spiritual work are often in a quandary concerning whether or not they should charge a fee for the services they offer; some just accept donations, whilst others sell themselves short, wracked with guilt that somehow it is wrong to charge money for spiritual work. I for one spent almost twenty years offering my services free of charge whilst I earned my living in other ways. This meant that I had no personal life of my own, but it salved my guilt over charging for my spiritual work.

It took me many years to finally realise, with the encouragement of others, that it was not wrong to ask a reasonable fee for my work, especially as, in order to serve more fully, I would choose to do no other form of work so that I might be more available. Yet for generations we have been indoctrinated that money is somehow 'evil' which has given rise to such statements as 'filthy lucre' and 'dirty money'. We have been erroneously taught that money is 'the root of all evil'.

Yet let us analyse this statement for a moment; money of itself cannot possibly be evil. It is but a tool, like any other, no different from a kitchen knife normally used for preparing food which can also be abused by stabbing someone with it. Money is neutral. It is neither good nor bad. It is only as good or as bad as the individual who possesses it. I personally think that we need to rephrase the negative concept of money by stating that 'selfishness is the root of all evil'. If one lives for others and not for self, if one is true to the Light that burns ever bright within, if one is sincere, altruistic and completely unselfish, then all money that passes through our hands becomes a mighty force for the highest good in the world, and to he or she who has only a little shall more be given, so that they may greater serve the race of men.

If we want to attract money but simultaneously have guilt concerning it, then we shall reach an impasse. If we desire money for its own sake, we also become blocked. Our goal must be an *unselfish* one, of using what resources we have to help, serve and uplift mankind. With such unselfishness, when we ask, we receive, when we knock the door opens and when we seek, we find. Then there is no end to our supply.

Stephen Austen

Clairvoyant Medium • Healer
Medical Intuitive
Author & Metaphysical Lecturer



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FENG SHUI:

MAKING A GRAND ENTRANCE

by Kelly Osward

If you are feeling that work, relationships or daily tasks seem to require enormous effort, that nothing is easy, then here are a few simple steps based on effective ancient principles that can boost you over the hurdle. To improve the flow of abundance to your home and bring a sense of harmony and ease into your life Feng Shui practitioners emphasize the importance of the front entrance. Even if it is the only Feng Shui principle you choose to put into practice, it should make a positive and tangible difference in your life.

I find it helps to view the home from the street and imagine seeing the front of your home for the first time. How does it feel? How does it differ from other homes along the block? Do you feel drawn to your own front door? The front entrance reflects the occupants - portraying a message to the outside world; it should be welcoming and obvious.

In ancient China, the front door was believed to keep out evil spirits. The front entrance is the 'mouth of qi', providing the main access for energy to enter. Energy needs the space and time to shift from the outside world to the inner living space. The transition should be unhindered, gradual and attracting the type of energy intended.

What type of energy do you want to bring into your home? Helpful, abundant, active, harmonic, peaceful, exciting or maybe a combination will suit you. Set the intention and begin the process of what you want to attract into your life.

The basics for an auspicious entrance can be adapted to apartments and town homes as well.

- Clear the space. Trim overgrown shrubs; remove clutter.
- Create a sense of procession. Place a doormat that is both in proportion to the front landing and aesthetically pleasing. Use "guards" on either side of the front door (some people use Chinese Foo Dogs, but even two topiary trees in pots will do.)
- The foyer should be as uncluttered, light, accessible and spacious as possible. If there is a wall directly opposite the front door as it opens inward, you may cure it with a crystal to pull energy into the home, not a mirror since it would reflect qi back out.

- Home and address should be well lit and the numbers displayed in a horizontal or upward diagonal pattern - not down on the diagonal or straight down vertically.

- If there is a walkway leading to the door, gently curving is best. If it is straight, soften the sides and create an illusion of curves with flora or garden décor.

- To increase wealth and opportunity, add a water feature. A fountain with pooling water is best as the still and moving water balance yin and yang. Ideally, the front entrance is a few steps up above the walkway. It is not recommended to choose a home with steps down. However, sometimes this is impossible, and can be corrected by implementing all of the above.

For more details read *Western Feng Shui* by Tera Katherine Collins (Western method) or *Idiot's Guide to Feng Shui* by Joseph Yu (Classical method) . see ad to right

Appointment

Dr. Paul Leon Master, Dean of the University of Metaphysics, announced at the recent convention that Dr. John Bright has been appointed as the Executive Director of the Canadian corporate head office of the University of Metaphysics. The Canadian International Metaphysical Ministry has been established to better serve all Canadian University of Metaphysics graduates.



Dr. John Bright

He's been studying Metaphysics since 1991 and has been operating the Centre for Awakening Spiritual Growth in Vernon, B. C. since 1999 (see ad on this page).

Dr. Bright will be assisting all Canadian U of M graduates to register with the various Governmental agencies allowing them to perform marriages and apply for financial assistance.

The Canadian office will provide seminars on "How to successfully set up your own centre" as well as may other assisting programs. see ad below

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Musing

with

Angèle publisher

Choosing this month's front cover photo was a great delight, for it shows the unseen energies that I often feel. When Hope and Randy Mead arrived on my doorstep a few months ago to show me their new video entitled *Orbs, The Veil is Lifting*, I was intrigued and listened carefully as Hope explained why Randy, her husband, did not have time to fake 7,000 photographs taken with her digital camera. I knew in my heart that what she said was true...that we now have the technology to see beyond the physical. Hope's article about what she believes to be happening is on page 12.

At this year's Spring Festival of Awareness, Jon Kelly did a workshop where participants brought their cameras and walked around taking digital photographs so they could see for themselves the inter-dimensional gateways - along with fairies, angels and, of course, lots of orbs. I got to see for myself the photographs taken inside the Great Hall at Naramata Centre, which had little orbs everywhere with varying degrees of brightness. I like the confirmation that spirits are everywhere.

I am delighted that the veil is lifting, and they are making themselves known, as our space brothers and sisters. I believe that the many crop circles appearing all over the planet proves their intelligence. Robert Nichol who produced the *Star Dreams* video, says that the magical formations and inspiring designs are a communiqué to humankind, inviting us to a greater awareness and understanding of how the world works in the larger context of an inter-galactic community.

My knowingness is greater than my intellect for I remember oh so many years ago when I walked out of a movie theatre after watching the original *Star Wars* and someone asked me, "How was the show?" With a deep sigh I said, "Wow, there is life on this planet." I didn't know what I meant at the time except I did make note of the light feeling in my body. At the time I was feeling the heaviness of being "normal," living in a town where most people did not believe in angels.

One of my first memories was a visit from a man with a white beard who said it was time for him to go and that I had one last wish... I wished for snow on a hot summer day. I remember laying on the ground watching as he shoveled snow off the sky. I ran into the house to tell my mom the news. She patted me on the head as she kept talking to her friend. I had no further contact with the other side until I was about 16 years old. I was invited to a party where someone offered me a cigarette. As I reached for it a voice in my head spoke loudly and said, "Don't start... you will never make it." I withdrew my arm and stammered something about it being the wrong brand. Once home I had a long chat with my angels as they imaged their concerns and conveyed to me that I was to have only friends who didn't smoke. I didn't question their information and did as I was asked.

I didn't realize for a long time that not everyone listens to his or her inner voice - well, it is not always a voice, sometimes it is a feeling that responds to my queries. During the last twenty years, since becoming a student of metaphysics, I have been trying to define the difference - when is it guidance from my angels, and when is it my ego/intellect speaking. Sometimes people ask me how they can know when their angels are speaking. I think they figure life would be easier if they had some direct feedback, a voice telling them what to do next. Well... it is and isn't that easy. To have a connection with the Divine involves risk-taking, doing what is asked with no questions, no arguing and no doubting your ability to do what is asked - trusting that all is perfect and that you are loved regardless of the circumstances. For me change happens easily and if I need extra time I ask for it.

♥ *Angèle*

Life is Playing

by Charon Fay



Ever wonder about the fine art of child's play. Oh.... such memories of laughter and discovery put me at a standstill, luring me, enticing me, teasing me into the magic of rejoicement. That is how I felt when Paul began drumming.

The Drum is heard.

An instrument which speaks the ancient wisdom of humanity, stirs the memory within a memory reminding us of our true nature, of harmonizing individuality. As the eternal heartbeat, the drum reconnects us to ourselves.

The drum calls us out.

Deep within, beauty transforms us as we gather, giving expression to our Divine Essence. Purpose and laughter arrive and 'fun' accompanies us on our journey of discovery.

The drum speaks many languages. Understood by all, a humility arises, giving voice to the song of unity. Gratitude sings.

Paul Langlois, a talented and gifted percussionist, is the drums' advocate.

A disciplined and persevering student of many respected drummers, including Egyptian tabla master Adel Awad, Pauls' eyes deepen as he speaks, "Drumming is like breathing - can you imagine not having it?"

The body articulates and puts the hands to the drum;



DRUMMER
PAUL LANGLOIS

existence flowing both ways to and fro. Drumming lets me travel, it feeds my soul and my spirit. We should all feel so good!"

"Originality is important," Paul states, adding "Our willingness to allow its development is space for honesty. We become the drum's partner, a bridge to knowing more about ourselves." Vibrating to our own innate nature, and the resounding harmony of fitting-in, we experience 'you are in my rhythm, I am in yours.'

The drum allows one to interact and appreciate the freedom of 'touch', integrating the music of our soul.

"Teka Dum

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Experience this state of being, a state conducive to dreaming. Pauls' teaching style encourages us to explore and develop a relationship with our own sense of rhythm as we learn the varying dynamics of pitch and tone of a drum.

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STEPS ALONG THE PATH

**Singing in the Garden**

Thoughts are powerful and the idea of getting a field planted has been in my mind for some time. When I received a phone call from a neighbor my heart leapt with joy as we talked about developing some of the flat, cleared land for vegetable and grain production, together we will share in the fruits of our labour. A prime goal of the Center is to achieve sustainability.

Speaking of wonderful connections, I continue to feel amazingly blessed to be living with Angèle, who has an intuitive connection to Spirit which allows her to be and do almost anything she desires. It is beyond my scope of understanding how one person can be and do so much. My gratitude and love goes out to her for being here by my side.

We have also been blessed this summer with a lady named Charon who has joined our community. She comes with a wide variety of skills, the most obvious being the joy that she brings to the people she connects with. Linda and Mady, two women devoted to the path of healing, have also joined us for a good part of the retreat season. There are no coincidences... for these two women arrived just in time to help with the largest group that we have ever had - a group of thirty people for a ten-day Buddhist Retreat. As part of their experience, they do Karma Yoga with mindfulness. Robert Beatty, their instructor, had them work collectively as a team in the garden. In one hour there was a major transformation as grass sods were removed with the dirt shaken off to make the strawberry bed wider, plus half of the garden fence was weeded and rabbit proofed. It was quite amazing to see what thirty people working collectively for sixty minutes could accomplish. This experience concluded with a circle of people inside of the garden singing a tribute to the earth, the sun and the plants. I felt a deep sense of connection with the spirits of the garden and our interconnection with the flow of life as I am sure others in our circle also did.

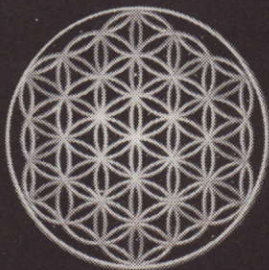
A wandering craftsman named Bernard also showed up on our doorstep just in time to help build our Herbal Apothecary and healing space. Also Lee from Kelowna came to help Angele with this edition of Issues Magazine.

Following in the footsteps of Findhorn, in Scotland, we have decided to develop 'Experience Week' for those wishing to investigate the possibilities of community life. A time when people can work with us and see how they can fit in as part of the team running the Centre and publishing ISSUES Magazine. If a more sustainable lifestyle appeals to you please phone or email us ad on the back cover. There is strength in numbers as the energy of this healing place builds with every person that joins us.

Namaste *Richard*

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Avatar Adi Da Samraj

Real God is That which is always already the case. Therefore, Real God need not be sought. Real God is only avoided by any kind of seeking. To seek is to fail to admit and to realize Real God, or That which is already the case. Real God is realized only by 'locating' That which is always already the case.

--Avatar Adi Da Samaraj

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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 thoughts and behaviours are not producing the hoped for results is an important beginning. It motivates us to keep searching for answers to 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.

Laara originally experienced Core Belief Engineering to solve her own problems. She was so impressed with her results she decided to make it her life's work. She has 19 years experience. *"I have solved the problems within myself that you may be having in your life. I know what it's like to be on your side of the problem as well as mine."* - Laara

"Time and cost efficient," "gentle," and "lasting," are just a few of the words that have been used to describe Laara's work.

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ORBS: THE VEIL IS LIFTING

by Hope Mead

There is a shift happening. The ancients told us this time would come....the time is here. Things are different in our bodies, our emotions, the very core of our beings seem to be opening to new possibilities.

The earth itself is opening to new possibilities as it raises its vibration, as seen in the rise in the Schuman Resonance. To stay in balance with the earth we must raise our vibrations, and so we find ourselves in new territory needing tools to help us navigate and explore our new paradigm of existence. There are many well-known tools for exploring existence such as: meditation, yoga, prayer and fasting. Yet I never imagined that my digital camera would become a tool of this nature. It has done this by allowing me to capture in a photograph a glimpse of a greater reality that is peeking through the veil of our three-dimensional limited way of seeing.

What does that mean? It means that cameras (especially digital) are now picking up phenomenon that exist in different parts of the light spectrum than is normally seen with the naked eye. These phenomenon are manifesting in different forms, but one of the most commonly seen in photographs are round glowing balls of light called "orbs."

I first discovered orbs about three years ago and became instantly fascinated and enchanted by them. Now, after taking over 7,000 photos with orbs in them, it has become clear to

me that there is some form of consciousness involved in the phenomenon and that energy of a higher vibration is what attracts them. Orbs have been photographed around sacred

sites for many years and are now showing up all over the place. I have seen them swarm in photos when live music is being played, children are laughing, or friends are joined. I have seen them appear en masse while someone meditates and sends them love. I have photographed them in nature as well as inside convention halls. The commonality of their appearances is the presence of joy, love



Photo of Orbs at twilight

and bliss.

Many of us have felt that there is more to existence than what we could readily perceive with our eyes. Yet we live in a "seeing is believing" world that has, for the most part, denied the reality of other worlds and other dimensions that are unseen and not easily explained. This is one reason the orb phenomenon is so exciting. We are actually being able to 'see' the unseen.

The best suggestion for anyone wanting to go on an "orb hunt" is to find a location that feels sacred or joyous to you: a church or mission, an outdoor party or celebration, a special place in nature...anywhere that positive vibrations are felt. Try

to be with loved ones and have fun together. Singing or playing instruments works well as music exists in a high frequency. Be prepared to photograph at dusk or when it's already dark. Orbs have been photographed in daylight, with or without a flash, but it's rare. Frame the shots so that the subjects are toward the bottom of the frame; i.e. more sky than ground. Be prepared to shoot a large variety of photographs and to revisit a location several times to cultivate the area. A small percentage of people see orbs with the naked eye, yet it is generally through the photographic medium that they are seen. But most importantly, it is through our hearts that they are felt.

Spiritual Cinema of Nelson presents

ORBS: The Veil Is Lifting

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contact Cher: (250) 825-9962

Creators Hope and Randy Mead, will answer questions and conduct an "orb hunt." Please bring cameras (preferably digital) and musical instruments. We will return to the screening room to share photos from our hunt.

ORBS video can be purchased online at ECETI.ORG.

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LIFE & SHIATSU

by Kim Perpete

Since childhood I have suffered from stress and anxiety with all the ailments that go along with them; headache, ulcer, insomnia and an irritable bowel. So I signed up at the local natural health college for an introduction to the world of alternative health. The following year I spent at Studio Chi which forced me to look at the emotional, spiritual and mental causes of not only these symptoms, but their root causes. It was one of the best things I have ever done for myself. Beyond its career potential, living as a Shiatsu practitioner has greatly improved my quality of life. Learning the Five-Element theory was like being handed a user's guide to my body. I have learned more about myself, my clients and my loved ones than I could ever have dreamt.

As a spa practitioner working full time doing esthetics and massage I often had clients who suffered from chronic pain who sought out alternative treatments; including chiropractics, reflexology, bodywork, aromatherapy, and even emotional release techniques. When they began to see me for Shiatsu, they were amazed at how all-encompassing this treatment is. The acupressure release eases their physical pain, while the Five-Element theory allows them to open up and look at the underlying issues that may be causing their disease. Watching my clients become empowered with information and reclaim their own healing has strengthened my faith in this 5000-year-old therapy.

Working in a small, intimate setting provided me the opportunity to have close contact with Brenda Molloy, a Kelowna instructor who teaches this ancient art, and I found it to be a superior way for me to learn. Brenda made it very clear that the only way to become a Shiatsu practitioner, is to fully integrate the therapy into every aspect of my being. Living as a Shiatsu practitioner has greatly improved my quality of life for I now have the tools to look after myself and my clients and I feel so thankful that I took that first step to help myself feel well.

see ad to the right

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Kim, Vancouver

I have blood that is very thick, resulting in poor circulation in my hands and feet. I was paying \$140 a month for a prescription. After becoming the owner of a spa in Kelowna, I bought a sauna for my clients. Using the sauna three times a week has improved my circulation and I no longer need medication. *Bettina, The Purple Cactus Spa, Kelowna*

I am very active but suffer from fibromyalgia. Since using the sauna I have noticed that my pain level has decreased.

Crystal, Penticton

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What Is PSYCH-K?

by Sheila Wright

PSYCH-K is a safe, non-invasive, and effective way to dissolve resistance to change at the habitual level of the mind known as the subconscious.

As Henry Ford once said, "If you believe you can or if you believe you can't, you're right!" This is especially true when the beliefs are subconscious. Most of us agree, and behavioral scientists confirm, that our behaviors are a direct reflection of our beliefs, perceptions and values, generated from past experiences. However, the difficulty seems to be in knowing how to identify and change old negative beliefs, perceptions and values into new positive ones.

PSYCH-K helps you communicate directly with the subconscious mind, so you can change old beliefs and habits that sabotage you - into new positive ones that support you, quickly and easily. This unique technology is a blend of various tools for change, some contemporary and some ancient.

It was originated in 1988 by Robert M. Williams, and has touched thousands of people by helping them make positive and lasting changes. PSYCH-K helps you re-write the software of your mind to change the print out of your life!

see ad above



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Too good to be true

by Wolfgang Schmidt

I am a skeptic from way back and the adage, 'If it sounds too good to be true it probably is,' is close to my heart. When I first heard about clay as a natural medicine, my mind went right, another money maker. I decided to do some research and prove to myself why the advertised clay products could not do what they claimed.

I went to the library and read some old books in German that told me about clay baths, face masks, diets and poultices. They lauded the healing power of French Clay, Essigsäure Tonerde, Gruene Heilerde and Persian Clay.

The more modern authors wrote about the Montmorillonite variety, which can be taken internally. There were so many ailments mentioned that it was hard to believe but I read the letters from people who had actually experienced healing through clay and I was convinced enough to try it on myself.

Then I found the books *The Healing Clay* by Michel Abehsera, and *More precious than Gold* which tells the story about Ray Pendergraft, a Wyoming miner, was one of the early heralds in America of the many good things clay can do. He learned first hand about it in the late 30s high up in the Big Horn Mountains. He convinced the local folks to try it for skin problems, ulcers, bee stings and gangrene. There are so many amazing cures in those books it makes one suspicious but I am now a believer.

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SHIFT HAPPENS

by Peter Matheson

It is fairly common for an enthusiastic couple or individual to call and enquire about a workshop, and then suddenly lose that enthusiasm as soon as they realize it won't start tomorrow. They are in the midst of their issue right now and they know from experience that in a few weeks or months their issue will be faded or gone.

Consider this - our issues don't go away!

The time of our deepest despair is not usually the time of our most open reflection. It is often far more productive to work through our destructive patterns, automatic behaviours and outdated coping strategies when they are not driving our whole lives. When we are enmeshed in our issues it is often much more difficult to make them visible, and we are usually much more guarded and self-righteous when we are so afraid of change.

In my experience, it is the workshop participants who have made room for some perspective, who have had time to stand apart from their issues, who have created some distance from the searing pain ...these are the ones who consistently allow themselves the most insights and personal growth. Our groupwork is primarily designed for the joy and the excitement of transformation, the beauty of connection and self-compassion. I am sad when I think of the potential of relationships that could be so much more fulfilling with only a few hours of training in compassionate and responsible communication skills. I hurt when I see people stuck in their childhood patterns of coping. It takes courage to appear at a workshop, it takes intelligence to know that we need help to grow, it takes maturity to know that in another month we will only be that much more ready and able. I urge you to follow the voice of your inner wisdom and trust that the universe knows when the time is right for you to take a workshop.
see ad below

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Vocation, Passion & Integrity

by Shayla Wright

"In times of change, the learners will inhabit the earth, while the knowers will find themselves beautifully equipped to deal with a world that no longer exists." Fred Kofman

Do you feel overwhelmed sometimes, by the ever increasing rate of change and complexity in today's highly unstable world? There's a joke about how ordering a cup of coffee today (decaf soy vanilla latté) involves more choices than our grandparents made in a month!

The answer to our collective dilemma does not lie in the mind, which is already overloaded with vast amounts of information. It lies in the heart, the spiritual heart, the radiant core of our being. When last year's tsunami moved across the Indian Ocean there were scuba divers in the depths of the sea who emerged at the surface thirty minutes later, totally unhurt. What a perfect metaphor for the difference between living in the silent depths of the heart, and being tossed about by the waves of the mind.

The willingness to learn who we really are, what our real vocation is, and how to practice genuine integrity comes from the depths of our being. It is a readiness to embrace a new way of living, to relax into a basic trust that life brings us exactly what we need in each moment, regardless of what our mind believes. This kind of learning is dynamic, transformative and mysterious. It opens us up to the voice of our own truth, and asks us to ponder some life-changing, fundamental questions, such as, "Who am I really?" "What do I really want?" "What matters most to me?"

The process of inner enquiry is one that calls forth and embodies the deep inner qualities of the soul: courage, curiosity, compassion, determination, and joy. It's a voyage into the mystery of our being, and it asks us to see clearly what is really working in our lives, and what is not.

The wonderful thing about integrity, kindness and truth is that they work! They are not just lofty abstract concepts that we can aspire to reach when we are purified or holy enough. No! We need to begin living a life of full integrity, right now, because it works in relation to all the nitty-gritty details of our everyday lives. This is our next evolutionary step. Don't wait until your mind and ego tell you that you are ready. As Martha Graham said, "There is only one you. You will never come again. If you do not express yourself as you are, that chance will be lost forever." *see ad below*



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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.

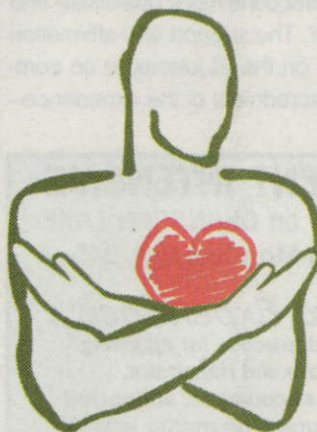
"I came to Greg for treatment of allergies I had when I moved into my new house. Although there was no apparent cause for the allergies, the reactions I was having were so severe I thought we would have to sell our new home! There were rooms in the house that I could only be in for a few minutes before suffering uncontrollable sneezing and swelling and itching of the eyes. After my first treatment with Greg, I stayed in one of those rooms for four hours without a reaction! I got more treatments and my reactions continued to decrease until they disappeared altogether. Greg was patient and kind, explaining as we went, and I was impressed by his thoroughness and commitment to his practice. I have since taken my son for treatment (also with great results) and recommended NMT to several friends. It seems to me to be a new approach to dealing with allergies, an approach that works with supporting the body to cope with the irritants in a truly healing way. Thanks Greg!"

Further information may be obtained at:

www.neuromodulationtechnique.com

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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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Enlightenment Experience

by Angela Holland

It's very difficult to put into words one of the most (if not THE most) profound experiences that I've ever known - but I'll try to capture the essence of what I've experienced and continue to experience as a result of the Enlightenment Intensive with Josephine that I attended this spring. The connection that I made with God and ultimately with myself was life-giving and life-altering. The most descriptive words I could use for the experience are complete love, joy, peace, support, acknowledgement, gratitude and awakening. The interesting thing as well about the experience was that at the very same moment that I was raptured in these feelings, I felt an immense sense that I needed to share this with someone - everyone!

That I have a responsibility to share myself with the world. That was the "fine print" for me that I didn't expect from the EI. The result of my experience was; **a clarity and confidence in who I am that I have absolutely everything that I need to live a full life and that I'm so supported by God to live this life to its fullest.** I don't have all of the answers, but I feel as though I don't need to - I have a compass now to guide me - I don't necessarily need a map to get to my destination.

Since the EI, the confidence that I have has rippled to affect the people that are closest to me...for example I have noticed my daughter who is two is also more confident in response to me. My words are more purposeful with her and for the time that I spend with her I am more present - she's less stressed and more okay with even being disciplined because I'm okay and confident in my ability to be a good parent. I am more fearless as a result of this confidence as well, I can trust myself to make decisions.

Life since the EI still has the stressors, pressures, busyness, etc. to it that it did before I attended, but the difference is 'me' - I'm not taking all of the stuff on that clouded and diminished 'me' in the equation of life. I can see these distractions more objectively and deal with them and still maintain 'me'. The support and affirmation that Josephine brings as the guide on the EI journey is so comforting and an integral part of the sacredness of the experience - thank you from 'me'.

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An Expensive Lesson

by Pamela Shelly

Last summer my car battery died, then the hard drive in my computer stopped, both stereos started to act up, then the tape recorder quit working. The last straw was when my TV would go off for no reason. I asked myself, "Why are my electrical devices quitting or giving me problems? What is the lesson?" The answer came as I realized my energy was feeling drained. As a healer and a person who has the "need to please" disease, my learning was to find balance. I had a good look at where and to whom my energy was going and I began to set firm boundaries. This has always been a challenge for me as I was not always willing to risk relationships with friends and family and "speak my truth" to look after my needs.

I began noticing when my energy was feeling drained and whom I was around. I noticed after talking to my mother I would reach for food even though I wasn't hungry. Setting boundaries with her was a most difficult task but each time I do it, it gets easier. I know we are all constantly exchanging energy and there needs to be the balance of give and take. I have noticed many of my girlfriends and clients are becoming aware of their need to set firmer boundaries in their lives as well. I remember years ago when I was raising my children I actually felt guilty each time I sat on the couch to read or relax. I now realize the value of just 'being' and taking that much needed time to meditate or reflect on my life. I set aside my mornings to allow time for exercise, meditation and reading inspirational books and it has made a huge difference in how I feel. I am fortunate to work for myself and have the flexibility to do this and it still requires discipline and commitment to stick to my schedule.

I found it interesting that the person I gave my stereo to has not had any problems with it! After experiencing so many problems with my electrical items and learning the critical lesson of maintaining balance in my life, I know this was a lesson that I will not soon forget!

see ad below

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Why Connective Tissue?

by Wayne Still

Often when I begin to talk with people about Structural Integration work they ask me what the work is about and why it is effective. My response is that I work with the whole body by lengthening and opening its connective tissue. The next question is usually some variation of "why connective tissue?"

Perhaps the easiest answer is "Because there is so much of it." Dr Ida Rolf, the founder of SI work, was interested in how the function of the human body could be improved by changing its form. Because much of the body's form is created by fascia or connective tissue, and because it is a plastic medium which can be molded she chose to develop a system of work which focussed on connective tissue.

Just how much of the body is composed of connective tissue and why is it so important? Next to water, the long chain protein molecule collagen is the most abundant substance in the body. This liquid crystal substance forms itself into a tough fibrous network which literally connects all parts of the body into the cohesive and recognizable form we know. It occurs as the ligaments which bind our bones together at the joints. Each muscle fibre is enclosed in a sheath of connective tissue which transfers the energy created by the fibres contraction to movement of a bone or other body part through another of its manifestations called tendons. Sheets of fascia line the body's cavities and enclose its organs. There is a layer which lies just beneath the skin, pinch your skin and lift, the little "tent" you form is that subcutaneous layer. But it goes further and deeper. Individual cells are held together by this ubiquitous material meaning that it pervades every nook and cranny of the body from the microscopic to the readily tangible.

The importance of using connective tissue to change the body's shape to enhance function lies in its being a largely self regulating system. What this means in practical terms is that it will respond to a stimulus or series of stimuli in a predictable manner. This takes place whether the stimulus is accidental as in an injury or deliberate as in receiving SI bodywork. In the case of an injury the system responds by creating scar tissue and/or shortening to address the issue at hand. Minor injuries such as cuts and scratches generally heal quickly with no lasting effects but in the case of larger traumas such as surgery or broken bones the effects of the healing process may impair the body's function for a long time. In the same manner, the shortening which occurs when the body is compensating for a postural quirk which results in the body being out of balance can result in loss of range of motion. What Dr Rolf learned and passed on to her students is that connective tissue which is so compromised will open and regain its length when carefully applied and directed pressure is applied. The 10 series recipe which she developed uses these predictable results to work through the body in a methodical sequence to restore range of motion which reduces the pain from muscles being unable to move in their full range. *see the two ads to the right*

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T'ai Chi Awareness

by Sana Shanti

Tai Chi is an ancient oriental martial art that has become popular as an integral health practice. The slow graceful movements relax, stretch and strengthen the body as the mind settles into a peaceful, alert state.

It focuses on relaxation and balance, allowing students to explore deeper levels of awareness. It's a tool for self-exploration and cultivation; physically, mentally, emotionally, and spiritually. Emphasis is placed on body alignment and structure, with discussions on integrating the philosophy and principles into everyday life.

Tai chi partner work is used for exploring interpersonal dynamics. Through physical and energetic connection, practitioners learn more about themselves, others, and the interactions of relationships. The physical pushhand's skills of connecting, listening and understanding another person are the same skills required in our verbal and emotional connections. The real gift of this art is to be able to integrate the principles into all aspects of one's life; work, play and relationships.

see ad to right



August 6 & 7

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August 12

The Angelic Realm with Pamela, p. 18

August 16

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Intensive Reiki Weekends
Westbank, p. 19

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Strawbale & Earth Plaster Workshop
Nelson, p. 22

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ONGOING EVENTS

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Penticton: 493-4317 • Kaleden: 497-8307
www.SpiritualUniversity.org

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SUNDAY CELEBRATIONS

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NELSON: UNITY CENTRE OF THE KOOTENAYS, 905 Gordon Road, 352-3715
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COSMIC TRENDS

August & September

by Khoji Lang

The big news of this summer is planet Saturn's entry into Tropical Leo. After having cruised through Cancer since June 2003, finally the 'Guardian of the Threshold' has moved on to the next celestial house - the fifth one from Aries. At Spring Equinox when the year begins, the Sun returns, delivering its energy to Earth's Northern Hemisphere, reawakening nature. So Aries is the first of twelve archetypes within the twelve-fold mandala segmenting the space surrounding our planet. Spring starts off the vegetation cycle, owning the magical power to bring dead and barren nature back to life, initiating yet another cycle of growth - shooting fresh green leaves, followed by flowering, peaking in fruition and finally the generating of seeds.

Yes, the phenomenal world of nature is the backbone of astrology. Life is based on cosmic cycles - be it the year, that basic and ever reliable dial of seasonal change, caused by Earth's journey around the Sun, the certainly more subtle dynamic cycle of the Moon, and the ethereal overtones and spicy scents each and every star or planet adds to the celestial symphony. Okay, Saturn has entered Leo, the fifth sign of the zodiac. Not by surprise, the mid summer sign Leo is ruled by the Sun; representing primary life energy; individuality, radiance, charisma and royalty, and also creativity and self-expression. Above all Leo is about celebrating life's abundance, enjoying oneself and having fun. Planets in this sign want us to shine, to stand out, to be seen - and most of all to give birth to something tangible and real that carries our flavor - leaving our marks behind.

However, with planet Saturn in there, in order to succeed we have to give it all. We're meant to work hard. At times it will be demanding; making us sweat, leaving us breathless, pushing us to our very limits. But no doubt it's worth going there! There's the real chance to make things happen, conquering our own weaknesses, reaching our highest summits. There's great promise of joy and pride, glory and contentment. Taking on the challenge we've crossed the threshold of transformation, started turning baser metals into gold. Leo energy sets the sparks, lightens the fire of enthusiasm, spurring us to realize our dreams. Thus strive toward manifesting your passions, get started on realizing your most utopian dreams and visions! Now is the time to act, to truly give birth to new realities, turning yourself inside out.

Saturn is a great teacher, revealing the hidden mechanics of life. Saturn is the also called the 'gate keeper', or 'Chronos', the Lord of Time. This means, Saturn is the main interface between the spirit plane and this densely material world.

Leo energy wants us to be true to our core self. It's about listening to the tiny inner voice within, and acting according to it. Leo energy urges us to draw clear lines. At times to others our acts might appear unpopular and egotistical. However there's a blind spot in our Christian culture. We are taught to help others, to the point of neglecting our most basic needs. In a sane world you're your own best friend, naturally caring for yourself first. Then giving has a totally different quality to it, no more being a bargain. Rather like a flower spreading its fragrance into the winds, whoever comes close to you will be showered by love and contentment.

Mercury is retrograde until August 15, asking us to tie up loose ends and deal with unfinished business, to get ready for new and exciting enterprises to come. The days before and around New Moon in Leo (August 4, 8:05 p.m.) are particularly intense. We should remember, Summer solstice coincided with a Full Moon, planting seeds for many highly energetic events to unfold. For some people the time has come to implement new insights, taking initial steps to changing their lives. Full Moon in Aquarius on August 19, 10:53 a.m. could be a wildcard, rewarding the risk-taking.

The Sun's entry into the Tropical sign of Virgo on August 23 and the following Virgo New Moon of September 3 will be a time to reconcile, wanting us to focus on all the small details accompanying big changes. Full Moon on September 17, 7:01 p.m., and Fall equinox of September 22, 3:23 p.m. invite us to celebrate all the many mysteries of existence.

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The 5 'M's to a Strawbale Round House

by Dania KalTara

For two decades I've held a dream in my heart of building and living in a round home with a circular sky-light opening to the stars. My dream home is made of natural



materials, using minimal machinery, and is 100% non-toxic. Co-created with other open-hearted humans, as well as with the Nature Spirits, it is low-cost, fire-proof, fuel efficient and lasts for centuries.

Being in my mid-fifties, I've experienced a number of beginnings building stone/rock foundations for a cob cottage (cob is made of clay, sand and straw). I soon found out that a woman needs four out of five 'M's' to fulfill this dream. I've always been open to Magic and Miracles. But that's only two out of five 'M's'. The other three were not always present: Money, Machinery and/or a Man!

This summer I have the first four out of five 'M's' and there seems to be no holding back anymore. It's happening! The "Circle of Habondia Women's Lending Society" is supporting this octagonal, low-cost home and sponsoring the Strawbale Workshop, (see ad below) to help others learn about environmentally and ecologically sound building style. As I have learned in our 'Non-violent Communication Group', it also meets my need for being a part of something greater. It may just become the first of many small homes for mothers and children (called "Habondia Habitat" project).

Our experienced strawbale builder/instructor/artist, Rah Rysiek, has built seven small buildings of natural materials, all unique, beautiful and built to last for centuries. Our team of builders is not only skilled, but also open-hearted.

So my twenty year old dream is unfolding this summer! I give special thanks to my parents, Tom and Bunny Edwards "on the other side" for their gift of the third 'M', as well as for their wisdom, inspiration and love. (Thanks, Mum and Dad!)

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THAI MASSAGE is poetry in motion

by Paul Butte

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Thailand Medical Massage is based on the theory that the human body has a field of energy within it composed of 72,000 Sen lines of which 10 hold top priority. This sacred philosophy was taken directly from the teaching of Yoga. The ancient wisdom of Yoga holds true that all of our functions are properly controlled by a natural vital energy within the body. This energy runs through us in a network of 72,000 unseen nerves or "nadis." The gross nervous system operates in the physical body and the subtle nervous system in the astral body. When this exalted system is blocked, disharmony of the body takes place. The practitioners of Thai massage help remove those blockages.

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Book Reviews

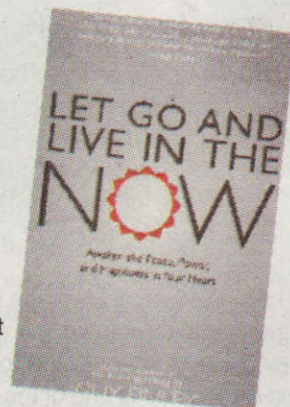
by Christina Ince

Let Go and Live in the Now

Awaken the Peace, Power, and Happiness in your Heart

Guy Finley
Red Wheel/Weiser, LLC
ISBN 1-59003-070-2 - \$19.95

From the introduction, "Making Friends with the Mystery of Ourselves," to the final chapter, "Awaken the Will and Wisdom to Enlighten Your World," Guy Finley offers us the hidden power, promise and freedom of becoming a conscious participant in our quest for self-realization. We journey through stories, ancient truths and principles, questions and answers with the Masters (St. Augustine, Meister Eckhart, Krishnamurti and Thomas Carlyle, to name some at random), and key lessons to review. If this sounds like another dry "How to..." book, bear with me - it is beautifully written, laden with encouragement and inspiration, and is an erudite yet easy read. There are many enticing headings: What Your Hidden Heart Really Wants; Five Ways to Raise Your Level of Spiritual Freedom; Unmask the Three Thieves of Peace; Six Eye-Opening Insights to Start True Self-Healing; Knowledge to Be Stronger Than Whatever Shakes You; Let Go and Live the Extraordinary Life; and much more. An excellent book from a prolific writer.

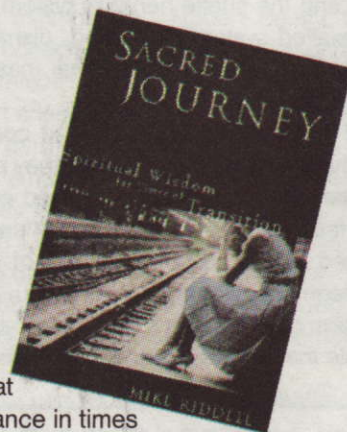


Sacred Journey

Spiritual Wisdom for Times of Transition

Mike Riddell
The Pilgrim Press
ISBN 0-8298-1456-6 - \$26.00

Mike Riddell points out that of all the questions and challenges we will face, "surely that of the significance of our existence is the most important of them all." We would all agree with him that many of us only pause to ponder on that significance in times of transition, or when we find ourselves in the midst of tragedy - and then we are often afraid of the depth of clarity to the answer. An excellent read for anyone facing transition (and isn't that all of us?), as the writer gently and insightfully offers personal experiences, profound reflections and excerpts from such worthy writers as Robert Frost, Thomas Merton and Kahlil Gibran. He talks about the power of grace, rediscovering love, meeting the challenges to spiritual growth, our "last leaving." This would be an ideal book to take along on your travels, as the chapters are relatively self-contained, totally absorbing, and written in an easy style with intelligence and perception (.....and so much more than the author endearing himself to me by referring to his dog as a "generous spiritual director" makes me highly recommend this book!)



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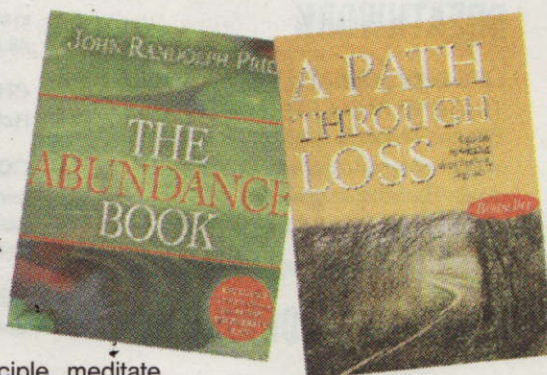
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The Abundance Book

John Randolph Price
Hay House
ISBN 1-4019-0475-0 - \$24.95

The core of this small gift-like book is a 40-Day Prosperity Plan, which you begin by writing out a given statement in your spiritual journal, each day read a Statement of Principle, meditate on it for at least fifteen minutes, then journal the thoughts that came to you. There is also a prosperity checklist, a chapter tracing the principle of all-sufficiency, a thought form for abundance, excerpts from the author's other publications as well as several pages of praise from letters of people who worked through the plan, along with a CD containing the Prosperity Plan. John Randolph Price urges us to move from a consciousness of materiality to a consciousness of spirituality, thereby unblocking the flow of abundance which is constantly radiating from the Source. In the introduction he states: "...lack is simply the outpicturing of false beliefs...know that as you make the correction in consciousness, you will become a channel for the activity of ever-expanding affluence in your life." I found several intelligent reviews on the internet, offering wide-ranging opinions as the efficacy of the plan, but as the author points out, "What one has done, all can do," and we all need to be reminded that our greatest limitations are self-imposed - John Randolph Price does this in an effective enticing way.



A Path Through Loss

A guide to writing your healing & growth

Nancy Reeves PHD
Northstone Publishing
ISBN1-896836-48-8 - \$19.95

Many people believe that grief is only appropriate after the death of someone we love, and that the experience of loss is tied to that death. Nancy Reeves has

produced an exceptionally useful book which deals with so much more than a death: situations such as the end of a relationship, illness, trauma, transitional times, and the loss of employment through either retirement or termination. As a counsellor, I have no hesitation in recommending this book to those whose journey will take them through the grieving process; not only for the sections on the Grieving/Adjustment Process and Issues for Healing & Growth, but also for that on journaling. Journaling can be a powerful healing tool, and the second half of this book is divided into eleven sections designed to assist you move forward through the journey of grief. Each section gives some guidance as to how to use it, then several blank pages for you to do the work, thereby taking over as your own guide as you cover Spiritual Issues, Affirmations, Blocks, and Self-Care, among others. This book may be seen as a doorway, through which you are shown the way, and the path is then yours.

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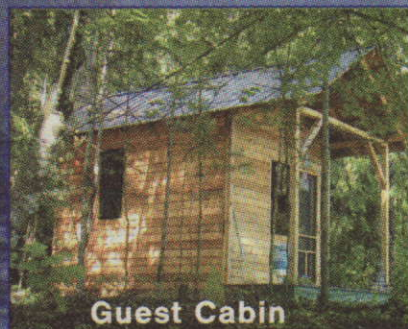
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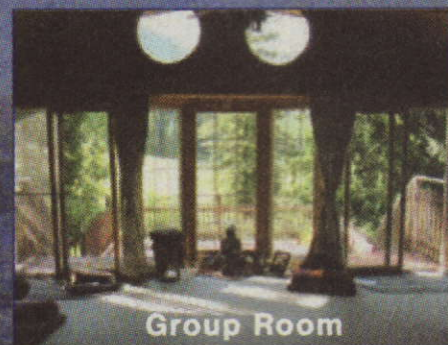


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