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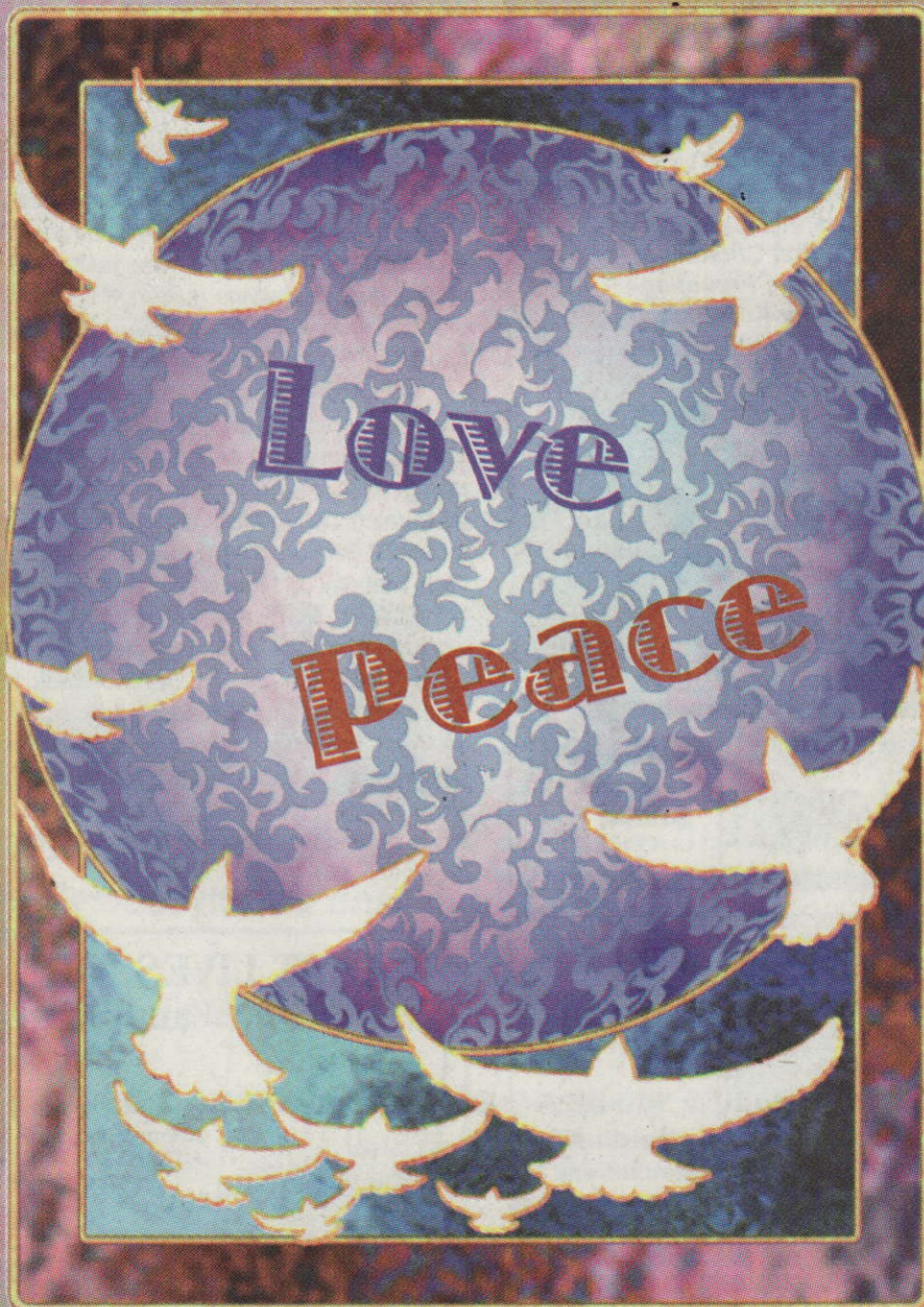
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Ad
Profile

How to Get Help From your Dreams

by James P. Bauman

I had been having a memory problem. Not a serious problem, it nevertheless had serious consequences. Although I would remember most things I would often forget to do the most important one. One day it happened again. An urgent task required a trip to another town. Seldom one to waste time or money I combined as many errands as possible into the trip. With all objectives apparently accomplished I drove home feeling satisfied until I realized I'd neglected the urgent task that had originally prompted the trip!

Concerned I took the matter into contemplation, a spiritual exercise of ECK. I asked the Mahanta my inner spiritual guide what the matter was. I had not caught on yet but the Mahanta had already been trying to tell me.

There had been a dream in which company had come for dinner. But after searching the cupboards we had found nothing to eat except salmon. Mistaking the dream as symbolic I had missed its true intent. I also realized I had also been given a waking dream, divine guidance in waking life. At my recent birthday party salmon had been served plus one of my gifts had been two jars of smoked salmon.

After my spiritual exercise that evening, I had a third dream. Canoeing a river I met some natives in another canoe. They pushed a third canoe piled high with dried salmon over to me. With large handfuls I ate as though I were starving. Awakening, I suddenly understood. "Fish is brain food," I thought. "Salmon is what I need to improve my memory!" From that day on I made salmon a regular part of my diet.

Dreams are a source of divine communication. If you would like help in your daily life from your dreams here are some simple tips: Sing HU (pronounced 'hue'), a love song to God for a few minutes before bedtime. As soon as you awaken from a dream write it down in your 'dream journal.' Contemplate on your dream for an insight into its meaning. Once a month review your dreams and see how you are growing in awareness. Guaranteed that you will be amazed. Sweet dreams!

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STEPS ALONG THE PATH

with Richard of Johnson's Landing Retreat Center,
home of Issues Magazine

A blanket of light snow has come to grace the landscape at the Retreat Center. We have put the garden to bed for the Winter and brought in the flower pots. The 2005 season will be finished after our Holiday Yoga/Meditation Retreat which starts on December 21st, the Winter Solstice. Folks ask us if we go on holidays in the winter when things are slow. I love that question because our lives are so full with developing our vision of a Light Centre and a holistic community that we are always engaged in some aspect of its development. Whether we are building, planning, cleaning, publishing or doing yoga it is all 'Love in Action'. The time I spend on a project is not as important to me as much as accomplishing a goal which is directed by Spirit.

Very recently I came across an interview with Brandi and Joshua Key, two people that fled to Canada to avoid having to return to fight in the U.S. military in Iraq. Apparently there is a possibility that Canada may deport them back to the U.S. to face charges because he refuses to return to Iraq to continue killing people. As a conscious objector, I came to Canada in 1972 to live in a land where aggression was not a standard part of life. This article stirred up feelings in my heart and I hope the Canadian government allows them to stay. If you have the time you may wish to visit the website www.resisters.ca. As Bob Dylan wrote back in the sixties "How many times can a man turn his head and pretend that he just doesn't see." Awareness is the first step to changing our consciousness.

Here at the Retreat Center I often find myself in times of stillness, a deep stretch in a yoga pose, the time of quiet reflection between projects or the moments before dream time. There is a comfortable flow that I sense when I am engaged in things that are greater than myself.

We have started programming our 2006 season and there are plans afoot to build a small meditation sanctuary on the hillside that faces Kootenay Lake. Our dear friend Eleanor, hand painted a new batch of signs to help guide people around the site and we will be installing oval logos along the road so that people can find the Retreat Center easier.

During one of our fall retreats Daniel walked into the kitchen and said, "I have come to join community," I welcomed him with a hug and told him to wander around and get acquainted with the place. It turns out that Daniel is a poet and a seeker of wisdom. He and Zen, his trusty canine companion, are now a part of our community.

We have a few folks planning to live at the Retreat Centre and others that have initiated the initial steps for a first visit. If you feel that you have skills to contribute to a Centre dedicated to advancing consciousness please contact us and we can start a dialogue. 1-877-366-4402 or email Richard@JohnsonsLandingRetreat.bc.ca

Life is wonderful, I send you Blessings for a wonderful Holiday season and a pleasant winter.

Namaste *Richard*

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The front cover image is my Christmas greeting to readers and advertisers. The card was designed by David Balcolme of Nelson, BC which is one of many beautiful images he receives in a meditative state. I choose to put the words Love and Peace on top of his image to convey a sincere message of what the Christmas season means to me.

The image on the card is a sphere without boundaries and now that I have discovered the weather websites I go there often to view the earth via the satellite images and smile as I blow her a kiss. I have been told that one of the astronauts wept after seeing the earth from this larger perspective. A planet that was alive with clouds swirling impacted him deeply as he saw his home from this larger perspective for the first time.

I also liked the images of the white doves encircling the earth, symbolizing the love that surrounds us and the peace we all long for and which starts within us. The lace reminds me of the delicate beauty we are surrounded by. It is a pretty picture but I believe the lace is ragged and torn as the earth shudders under the weight of our collective foot print.

We have become a mechanized society that is losing its instinctual side. In the film Mondo Cane it showed 400 year old turtles climbing the sand dunes after laying their eggs and dying because they didn't know the way back to the ocean. This happened in 1945 when the USA tested the atomic bomb in the middle of the ocean unaware of what it would do to the sea creatures. Since then we have continued with more environmental damage than most of us can imagine. We need to ask ourselves "Why are so many humans sick and why is the auto-immune function of our body turning on itself. Why does our body become its own enemy?" What is the bigger picture that we are failing to notice?

I believe that each of us reflects back the health of the planet, for she is entwined within us, for better or for worse. Like the turtles, whose internal compass's went haywire we too, as a society, are losing our connection to the Earth. If things go wrong we just adapt and buy filters for our water or air and barely think about our tinkered with tomatoes. As each of us hunkers down and buys vitamins for our denatured foods we forget the bigger picture. We may feel safe but we are creating personal prisons. If we don't relate to the cancer that is affecting so many, as a reflection of the health of our planet, then all may be lost but I am an optimist and hope that more awareness will bring more change.

The sun and the seasonal changes are a natural process that should slow us down as we turn inward to sort through our experiences and lessons of the past year. The solstice was meant as a time of healing, the darkest hour before the sun changed its course.

When I want to bring peace to myself, because I feel hurt or get caught up in some old programming, I take some quiet time, usually a walk in nature and meditate. I ask my head and my heart what they both want. Deep honesty within myself usually works wonders. Once I understand why I am not at peace with the situation, I find the courage to speak my truth and trust my angels will help us find the solution. Compared to thirty years ago when I could barely find a book on self-empowerment, now they are published by the thousands, each with a unique understanding that we are all One, and that God is within each of us, and that together we create the tapestry of life. I also believe that we will have to learn to communicate our differences and discuss solutions in a fair manner as we learn to harmonize the masculine and feminine principles, first within ourselves and then as concerns to the greater whole.

I have also learned that the voice of my spirit and soul speak as loudly as my willingness to listen. I now know that I have a choice; either to open my heart to the love that holds this planet together or reject it and believe that I have no power to change myself, let alone the world. May this season give you the grace to continue your journey inward.

Angèle



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Mid-week Inspiration

by Rev. Dale Jukes

Sometimes we miss it. The most obvious thing is overlooked; daily viewed until it becomes a blind spot in our eye. It is accepted, taken for granted and forgotten. Last Sunday I was asked to speak in Red Deer. While I was there my eye was drawn again and again to a mural on the wall. I found upon mentioning it, the regular patrons had become blind to this incredible work of art. I arrived home the next day to find my house had been broken into; things were stolen.

I noticed the cash, some obvious items that I use daily, the chaos of the intrusion but my eyes were blind to all else. I had become so accustomed to my environment that I could not see all the things that were missing. Often in our lives we take for granted things and people very dear to us. They start to simply take up space on our mental shelves.

Sometimes we forget feelings of joy, love and peace. We might take them for granted and not notice when they go missing either. It's easy to think that such feelings are the result of our environment and friends but they are not. They are the result of choices. It is a decision to be happy; it is a decision to see goodness in events unfolding around us, it is a decision to appreciate each moment as it unfolds.

Decisions are made easier when they are habits yet we must still remember, it is a decision to be who we want to be; it is a decision to remember who we have chosen to be. We can so easily lose what we forget about. The universe builds for us what we think about and removes what we forget.

The things in my life that were stolen can be easily replaced if I want them again or they can be released if I am done with them. How I feel is a choice. Today I choose to appreciate life, I also choose joy. What do you choose?



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A View Point from the End of the Road

by Daniel

For most of my life I have taken a combative stance. I thought life was something to wrestle, to overcome, to reshape. A preacher, a teacher, a bodybuilder, a martial artist, a drug addict. Each of these selves was driven by a discontent with how things were and a compulsion to make change happen. Finally in 1991 I found myself painted into a corner. Alone and frightened I had to ask for help. It was at that point that my present journey began.

I have recently come to join the community at J.L.R.C. In this gentle place I have found a space I can relax. I am coming to realize that life is not something to overcome, it is something to experience. My poetry, for me, is a conduit out of my head into my heart. When I come from my heart I am gentle, when I come from my head I am not.

This poem speaks to a new vision, it suggests an alternate view. If it resonates with you I am honored, if not, let it flow by.

WHAT IF

What if this planet is the only place with puppy dogs and kisses
Of hot days and cool nights, the only place with Mr. and Mrs.
What if this planet were not tainted, the physical pure and good
Would it make a difference how we treat our home,
of course it would

What if this planet were the reward
Heaven, Nirvana, House of the Lord
What if the touch and the smell, the fear and the love
The hate, the killing, the gentle white dove
What if all of these things, the here and the now
The streams, the forest, the mooing of cow
What if all of these things, this place was the gift
What if between heaven and hell there was no rift

For so goes it below, so goes it above
And if we live in fear of the Father of Love
Then our vision will be slanted, our perspective skewed
Our view of life distorted, if through this portal it is viewed

So throw off that vision, make clear the sky
Be angry, be happy, and don't forget to cry
For all of these things, the highs and the lows
Make this third planet as pure as Himalayan snows

The choices are mine, the decisions to make
I choose the gentle breeze, or the violent earthquake
The probabilities exist, the opportunities are there
The choices are simple ... say like choosing clean air

What if this planet were the only place with puppy dogs and kisses
Of hot days and cool nights, the only place with Mr. and Mrs.
What if this planet were not tainted, the physical pure and good
Would it make a difference how we treat our home,
ourselves, of course it would.

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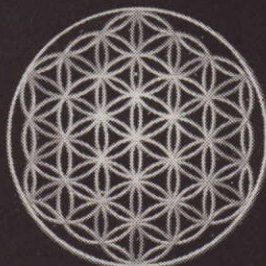
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Avatar Adi Da Samraj

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.

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The Soul of Business

by Bob Switzer

Karma: Becoming the Victor, Not the Victim

What is karma anyway? It's simply the old axiom, what you do comes back to you, or "As ye sow, so shall ye reap." For every action there is a reaction, as any physicist will tell you. Principles like integrity and accepting responsibility for events and circumstances that come our way help us stay on the good side of karma. There is a recognition that we have created our life through all of our thoughts, words and deeds.

Having a greater awareness of the Principle of Cause and Effect empowers us to move forward, taking responsibility for our circumstances and attitudes, behaviors and relationships. For many individuals, as their work and lifestyles begin to follow these values, the emphasis becomes more a search for how they wish to feel, and money becomes more of a tool than a goal.

Doug Marman, Chief Technology Officer of a Fortune 500 company, could have 'sunk into the victim consciousness at one point, but he didn't. He took responsibility for his life and emerged the victor, instead. I'll let him tell the story he told me in an interview in his own words:

"When I was just out of school, I had a job managing a shipping department for a small company. The general manager called me into his office one day to find out some personal information about another employee. He wanted to know what was going on, but since I had been asked to keep it private by the other employee, I told the general manager I could not share what I knew. He told me if I didn't give him the information he wanted, he would fire me. "There was no choice as far as I was concerned. I had to keep my promise not to share it. So I was fired on the spot. The next week, however, when word got around about what had happened, I got a call from the general manager's boss. I was offered a much better position working directly for him! The general manager, however, was soon on the street looking for work.

"I still remember that experience because it taught me how simple it is to do the right thing. *If I'm willing to walk away from my job to stand up for a higher principle, the reward is always much greater than money.* It's also shown me that my purpose in a job is more than just the work I do, no matter how important the work might seem. However, it's not always easy to know when to take a stand. I first had to learn to detach myself and try to see it fairly from all sides. I ask myself if I have something to give in the situation and whether the company and the people involved are worth supporting."

Like Mr. Marman, there's a significant group in our society learning they can take control of their lives. No longer are they locked into the old patterns out of fear. They're being drawn up into a greater vision of what they can be and achieve that comes from loving themselves, taking care of themselves and the love of helping others. The victim consciousness that has been so pervasive in our society is now giving way to a new sense of empowerment when facing challenges, contributing to the greater feeling of freedom for all who choose the victor (as opposed to the victim) consciousness.

Flower Essences

by Pat Everett

"In the world of vibrational medicine, illness is thought to be caused not only by germs, chemical toxins and physical trauma - but also by chronic dysfunctional emotional-energy patterns and unhealthy ways of relating to ourselves and other people. Rather than relying on drugs and scalpels to treat illnesses, the vibrational approach employs different forms of energy to bring about healing changes in the mind, body, and spirit of the sick." - Richard Gerber.

In the words of Richard Gerber, who wrote the book *Vibrational Medicine* we are all just vibrational energy walking around and intermingling. If we are stressed, overworked, tired, using a computer, talking on cell phones or working through changes in our lives our vibrational levels can become so low that dis-ease can enter our energy field.

If we were to compare the human body, with its light bodies, chakra system and meridian system to our homes, with its transformer, junction boxes, circuit breakers, fuses and electric wires, the similarities may be easier to understand.

The goal of essences is to raise our vibrations to a high enough level so dis-ease is not able to penetrate the energy that surrounds our body. The essences help facilitate change in people as they reawaken to their emotions and start to clear the hurts of their past. The essences work on an electro-magnetic level, feeding the meridian's which provide the energy to the organs. By fueling our light bodies with vibrational energy, we raise our vibrations so that we can withstand the stress of being human while having a divine experience.

Flower essences are recognized thanks to the work of Dr. Bach who popularized them in England in the 1930s. He theorized that people fell into seven groups, based on their reactions to illness. The groups are fear, uncertainty, loneliness, over-sensitivity, lack of interest in present circumstances, despondency, and over-concern for others. He determined that to treat illness, one had to address patients' emotional and mental states. Following the principles of homeopathy, he devised the flower essences for that purpose.

Since the 1930's a few more have been developed including the California, Australian Bush, The Alaskan and even Findhorn. I live in Keremeos and have developed a set called the Okanagan Flower Essences. I carefully chose the blossom from a variety of habitats including:

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The Okanagan Flower Essences are the energies of nature, transferred to water and preserved in alcohol. Because the Okanagan is a desert area and has an abundance of sunshine it makes the Okanagan Flower Essences vibrationally powerful, ideal for animals and humans alike.

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Ad
Profile

Stu was lying on the floor, writhing in pain, telling his wife that he wanted to die rather than continue living with the constant back pain that he had been enduring for the last three years. He had been diagnosed with having Ankylosing Spondylosis, a debilitating form of arthritis that attacks the back. Heavy duty narcotics and a chemotherapy drug were ineffective in relieving the pain and the doctors had told him that he would be in a wheelchair in a couple of years.

In desperation he agreed to go to Prince Rupert and begin an intensive rehab program at Cornerstones Wellness and Rehab Centre. For the next two weeks, he attended a morning stretch class, went to the gym under the guidance of a physiotherapist and lifted weights, walked on the treadmill and increased his fitness level for four hours every morning. He learned to listen to his body and when the discomfort began, he would stretch his tight muscles over a stability ball, use the stationary bike or the treadmill to minimize the pain. "Every time I bent over wrong or used improper body mechanics, it was pointed out to me," said Stu, "And I started to see how often I was irritating my back without knowing it."

In the afternoons, he received Chiropractic sessions, in addition to craniosacral therapy and was encouraged to use insoles and proper shoes to better support his spine. The Naturopath assessed his medical and personal history, food choices and lifestyle patterns in order to design a personalized treatment regime to support his body's ability to heal itself. The Acupuncturist used very fine acupuncture needles to open the blocks that were present in his meridian system to bring his body back into balance.

Stu went into the Far Infrared Sauna daily to sweat out the toxins that had accumulated from long term use of pain killers and the chemotherapy. The Far Infrared Sauna doesn't heat the air like a normal sauna, but only heats the body of the person, enabling people with asthma and lung disorders to be more comfortable. Massage sessions helped unlock tight muscles and an energy therapist boosted the energy running thru his system. A Personal Coach helped Stu look at the emotional aspects of his back pain, enabling him to see where he had used fear to sabotage his business and had stored old guilt in his tissues. Group workshops helped to release his old patterns of beliefs that showed up in his biological systems.

After two weeks, Stu was feeling one hundred percent better and returned home. At the end of three months, he called to state that he was still pain-free, has more energy than ever and had doubled his income! "I feel like a totally different person and I think it was the integration of the whole team at Cornerstones Wellness and Rehab Centre that shifted me. I feel like I have got my life back and can't say enough good things about the team," he added enthusiastically.

If you are feeling hopeless and are losing the ability to enjoy life due to chronic pain or disability, call the team at Cornerstones Wellness and Rehab Centre and reclaim your power. *see ad to the left*



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Love and harmony equal peace. Peace starts with you. Do you have peace within? The first place to make peace is within your soul. Then you will carry peace whenever you go. Peace is the result of trusting in our Creator. When the mind and body are calm, vibrations of love and harmony touch the hearts of others. Go spread your peace and watch your life change.

We were born to love one another. To love another we must love ourselves. In order to grow we have to come back to love. You don't grow by hating yourself, your neighbor, or the world. Love starts within and grows outward. When we go against our natural rhythm of love, we are out of balance. The universe is constantly showing us how to get back to love. Listen and see your voyage with clarity. Find the love in heart and share it.

Trust that you will see love as the foundation of all. It is the breathe of life. As we breathe with life, we act with love. Believe in your heart and soul that we are all made in the likeness of God. Make peace with all with whom you come in contact. Forgive the wrongs of others as you try to better your own thoughts and actions. Go spread love to yourself and others. The rewards are measureless.

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Hidden Dangers Lurking In Your Personal Care Products

by Klaus Ferlow who is a life-long herbalist, innovator, lecturer, researcher and writer, and founder and co-owner of FERLOW BOTANICALS, a Division of Ferlow Brothers Ltd, Vancouver, a 100% Canadian owned and operated family business manufacturing and distributing toxin free natural medicinal herbal and personal care products since 1993. In 1994, Ferlow Botanicals was the first company introducing successfully Ayurvedic Neem Tree herbal products to the Canadian market.

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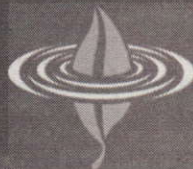
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The personal care product industry in North America is big business with flowery advertising that is often misleading and tells you very little about the actual effectiveness. In Canada there is no labeling laws so manufacturers can deceive the consumer. In the U.S. the law provides for mandatory labeling of ingredients, but only chemists understand their purpose and dermatologists their problems. It seems that a large percentage of the population is suffering adverse consequences when using cosmetic products that contain many harmful chemicals and synthetic ingredients.

The purpose of this article is to educate you about the dangers and to let you know we are actively involved in the manufacturing truly natural herbal creams, lotions and shampoos with premium quality botanical herbal extracts which are certified organic, organic, or wild-crafted without synthetics, artificial colour, scents or preservatives.

Because of intense competition in the industry, if a company believes it uses an ingredient that is relatively new to the industry or makes their product unique, it can petition the FDA (in Canada the HPB - Health Protection Branch) to prevent disclosure of that ingredient by granting trade secret status.

Many cosmetic products are formulated for a shelf life of over three years, therefore it contains a large amount (usually four synthetic parabens) of preservatives to prevent spoilage. They penetrate the skin to a certain extent and many of them have been shown to cause allergic reactions and dermatitis! Over 90% of all ingredients in commercially available cosmetic products are of synthetic origin

One of the most widespread chemicals is Sodium Lauryl Sulfate (SLS). Manufacturers primarily use it because it is inexpensive and readily available. Some products that can contain SLS are: shampoo, soap, toothpaste and lotions.

Did you know that some mouthwash contains higher concentrations of alcohol than beer, wine and liquor. According to the National Cancer Institute, mouthwash with over 25% alcohol concentration increases the risk of oral and throat cancer.

Another dangerous product is propylene glycol, an ingredient that is commonly used as a humectant (additive to keep products moist). It is an inexpensive glycerine substitute. Propylene glycol is bad enough for your skin but has also been seen in commercially made baked goods such as muffins to keep them moist for a long time. Consumers beware.

When young women start using makeup the synthetics in the products are absorbed into their skin. This dries the skin and changes the pH level (pH refers to the acid or alkaline level of a product which is determined by the amount of hydrogen in various ingredients). Synthetic cosmetic products can change the pH allowing secondary infections.

Have you ever wondered why we have a higher percentage of brain tumors among the population in North America

continues to the right

SAVING MONEY with CLEANER AIR

Every year, the average car on the road today belches over four tons of exhaust pollutants into our atmosphere. The EPA estimates that cars produce 45% of all air pollution. The smog that blankets our cities today is getting worse. The 'Asian Brown Cloud' across southern Asia is three km. thick and is responsible for hundreds of thousands of deaths a year from respiratory disease says the UN Environmental report. The Kyoto protocol reports: 'Enough children to fill a jumbo jet die every 45 minutes because of air pollution.' CNN estimates that: 'In Los Angeles, children breathe a lifetime worth of polluted air every two weeks.'

With the help of Bi-Tron products, we believe we are helping to clean up the environment and improve the quality of the air we breath, because it reduces emissions up to 95%. We have serviced both of our vehicles with Bi-Tron products. The 1992 Subaru gets up to 100 km. more per tank (40 liter tank) and has extra power. We estimate that every fifth or sixth fill up is free. We figure after four months we will have gotten the cost of the initial servicing back in savings. The 1985 Subaru gets an extra 50 km. per tank but the power has greatly improved and on the hills we are not shifting down to lower gears as much. Not only do we get better mileage and extra power but these products serve as a maintenance program. It is a 100% petroleum product that has a positive charge that helps clean, lubricate and reduce friction in the engine and gears. Because it bonds to metals it leaves a thin coating that protects against metal wear. I've used these products in my chain saw oil and gas mix, which help it to start easier and run cooler. These products have been around since the 90's and if you would like to start saving give us a call.

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Hidden Dangers *continued from page 14*

than elsewhere in the world. Scientific studies have proven that Sodium Lauryl Sulfate (SLS) found in most shampoos damages protein formation in the eyes. SLS can lead to cataract formation and eventually blindness. Not only from direct eye contact but through skin absorption. Shampoos that are designed to treat dandruff often contain coal tar. You won't find it on the label, however, it is listed as FD&C or D&C colour.

Shampoo sales are now over 2 billion dollars in North America each year. Recently I checked some of the large chain and drug stores and found that approximately 70-80% of the shampoos and conditioners had no ingredients listing (in the U.S. the law mandates an accurate ingredient listing). It seems that most of the products on Canadian store shelves (without proper labeling) are from the U.S

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Don't Go To The Cosmetic Counter Without Me, Paula Begouni • 1-877988-23-5

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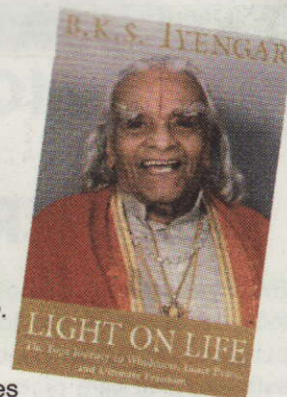
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*Yoga, I often say, is like music. The rhythm of the mind,
and the harmony of the soul create the symphony of life.*

-BKS Iyengar



It was a pleasure to read his words of wisdom as he takes the reader on a journey of understanding ourselves. It is book about life, a lamp post for spiritual seekers looking for transformation. He says "Yoga does not change the way we see, it changes the person who sees." The book describes his journey inward, through his physical body he came to understand his energy body, where his breath and emotions resided; then his mental body, where thoughts and obsessions could be mastered; followed by his intellectual body, where intelligence and wisdom was found and finally the Divine body where he glimpsed his Universal Soul.

Born in India in 1918 at the time of the Influenza Epidemic, his mother had the disease and thus bore a sickly child who was not expected to live. He did and then survived malaria, typhoid and tuberculosis. Because he was sick so often it made him wonder if life was worth living. When he was 14 years old his brother-in-law suggested a stiff regime of yoga practice so he could become strong enough to handle manhood. As his body became fit he came to realize that his heart and mind also benefitted. At 18 he was sent to Pune to teach yoga and like a man with a ship he could barely sail, he clung to it for dear life, taking solace only in the stars. In time he learned to better handle his ship and then went on to explore perilous territory as he charted new discoveries using his body as the instrument. Eventually he created a framework so that new comers to the yoga could have a map to navigate the ocean of life, by being in their bodies and opening up the channels to allow energy to flow.

It is a book about innovation within traditional boundaries and tells of his triumphs and his sorrows. His depth and perception on the journey inward is well thought out and worth the time, even if you do not practice yoga. This book shall become another timeless classic, as did his previous book *Light on Yoga*. Shine on B.K.S.



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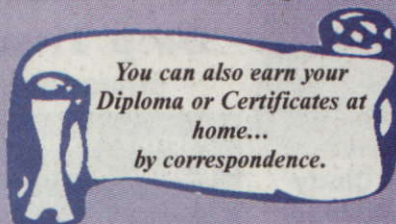
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Integrating the Structure

by Wayne Still



In mid October 360 structural integrators representing 12 countries and as many schools gathered in Seattle for the first symposium of the International Association of Structural Integrators (IASI). IASI was formed four years ago to create a professional organization which could deal with legislative issues and to address the need to raise the profile of SI work. The sense of unity and common purpose which characterized the gathering was in sharp contrast to the divisiveness which has been all too evident over the past twenty years. Old friendships were renewed while new friendships and alliances were formed. It was a feel good, let's roll up our sleeves and get to work gathering.

We had a number of high profile speakers to remind us of where we came from and where we are going as a profession engaged in Complementary and Alternative Health Care. As heirs of Dr. Ida P Rolf we were reminded that it was she who challenged the conventional wisdom of the time that soft tissue would not absorb and hold change for therapeutic purposes. Rosemary Feitis, who worked closely with Ida Rolf, explained that Dr Rolf introduced the idea that change takes place not only on the table but will continue for several days after the session as the body integrates the changes which have been introduced during the session.

James Oschman Ph.D., author of Energy Medicine, in an entertaining and informative presentation gave us valuable insights as to why connective tissue behaves as it does. Beginning with the statement that "mental floss prevents truth decay" he lead us through the emerging understanding that neural stimuli have little to do with the functioning of the myofascial system which makes up so much of our body. This living matrix is the stage upon which the drama of life unfolds. It is the body's operating system which goes about its business of maintaining and repairing itself largely as a self regulating organism. Information travels through the semiconductor collagen much faster than through the neural network so when action is needed it can take place on the spot. The body has only one part, our job as bodyworkers is to help it to do its job when life experiences create imbalances in some of its pieces. Check out Dr Oschman's web site: www.energyresearch.us for more of his thinking in this fascinating and ground breaking field.

Apart from the speakers there were numerous workshops dealing with subjects as diverse as the ethics of practice through various permutations of SI work to my own presentation on working with post event athletes which was well attended and featured an authentic hot and sweaty model for the demonstration of the technique. I left the meeting feeling uplifted and inspired by the energy and enthusiasm of my colleagues which will continue to work toward the integration of the professional structure of our modality. For more information on the symposium and the IASI go to our web site www.theiasi.org.



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Did you know that over 300 people die daily in North America from medical mistakes? Nothing cures any illness. Only the body will heal itself once it is supplied the proper tools (nutrients).

In the last issue of *ISSUES*, was an excerpt by George Cairns who told his story of how he cured his cancer with the use of dandelion root. His story showed that any illness can be eliminated by natural or *Nature's* methods. Many others have eliminated their most dreadful illness with natural means. Here are some examples.

Doctor Lorraine Day, a surgeon for eighteen years, developed a tumor the size of a grapefruit in her breast. She decided not go the medical route. She tried 64 different alternative methods before she went on a raw juice diet. The tumor started to recede and within a year and half she was cancer-free!

Recently, Doctor Bernard Jensen was given only several days to live. He had cancer in every part of his body. All they had to do was pull his support system. When visited by his good friend, Doctor Michael O'Brien, he was given the will to live and put on specialized enzymes, probiotics and a nutritional supplement. Sixty days later, Bernard Jensen was pronounced cancer-free!

A gentleman had Multiple Myeloma, a form of leukemia. His doctor told him it was incurable. He also was diabetic, had high blood pressure, an enlarged prostate and cataracts. He went on a program of whole food supplements and all of his health challenges disappeared!

A lady in her forties was treated for breast cancer with chemo and radiation. She was given 18 months to live. Her cancer reoccurred with a vengeance four years later and more chemo and drugs were administered. A stroke landed her in the hospital with severe pain. After a two months hospital stay and a severely damaged body, her husband brought her home and she survived for thirty days with no pain because of a whole food supplement regimen!

What did all of these people have in common? Their immune system was enhanced with enzymes, probiotics and whole food supplements!

Here is part of the story by George Cairns. "Five people who took the dandelion root powder for lung cancer are now cured. Once their immune system got healthy it took back control over the cancer cells. The dandelion root powder has something in it that builds up the blood and the immune system. You must have a fair appetite so your body can rebuild itself and assist your immune system to be strong. Doctors prefer to blast the cancer out of your body with chemo or radiation which hurts your immune system and causes loss of appetite. Cancer operations makes the immune system go haywire. This is why people that have operations for cancer find that a short time later it has spread somewhere else. To take back control of the cancer cells and get them to stop spreading usually takes three days to three weeks. If you had pain in the back, like I did, then most of it should be gone within a month. If you have bone cancer in the spine, it will take three months. It took a while for my body to get into this condition and it will take a while for my body to heal. This is not an overnight cure.

When children go outside to play they come in, dirtiest around the mouth and hands. Their hands go in their mouths no matter how dirty they are. Many diseases and bacteria live in the ground, but they don't seem to cause trouble. This helps to build the immune system. Some animals can't live if they don't eat a certain amount of soil. If you read this article over, you will see it all goes back to common sense. I wish all of you people with cancer and other problems the best."

Not all supplements mentioned above are created equally. To attain the highest benefit, we must seek out supplements that have the 'life force' intact. It is that 'life force' that is beneficial or, "Electrically Available" to the cells of the body. Request our Health Education package with the full stories mentioned in the above article

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Calendar

The calendar image this month was taken by Marina T. at the recent Halloween bonfire, in Grand Forks. She figures these wisps are a reflective energy. Her many photographs include orbs in busy downtown Kelowna.

My apologies to Mikeal Koch for not mentioning that it was he who submitted the October image. The many orbs were above his sacred geometric crystalline energy grid (which was not shown) and photographed in the summer of 2005.

December 10 & 11

Reiki Level I & II in Kelowna with Pamela
861-9087 (Reiki Master for 10 years). p.13

December 16

Christmas Concert, Vernon p.5

December 22 - 28

Yoga & Meditation Retreat, JLRC p.3

January 3

Canadian Institute of Natural Healing
next program starts in Kelowna, p.17

January 13

Ascension Meditation Class classes
starts in Kelowna, p.14

January 16

Empower Yourself classes starts in
Kelowna, p.14

February 3 - 6

Feng Shui Modules Vernon p.20

February 5

BCIHS Enhanced Holisitic Program
starts in Chilliwack p. 19

February 10 - 12

Reflexology for Animals Vancouver, p. 3

March 3 - 5

Flower of Life wksp. Penticton, p. 21

March 4 - 5

Health Show • Kelowna, last page

March 10 - 12

Flower of Life wksp. Port Alberni, p. 21

March 13

Orca Institute Hypnosis Course
Kelowna, p.17

April 7 - 9

Body, Soul, Spirit Expo Edmonton, p. 25

April 21 - 23

Body, Soul, Spirit Expo Calgary, p. 25

April 28 - 30

Spring Festival of Awareness
Naramata, p. 23

ONGOING EVENTS

MONDAYS - Last Monday of the month
**THE ACADEMY FOR HIGHER
CONSCIOUSNESS RESEARCH AND
EDUCATION** - Study group: 7 to 9 pm
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SUNDAY CELEBRATIONS

PENTICTON: The Celebration Centre and
Metaphysical Society presents **Sunday
Service** 10:30-11:45 am at the **Leir House**,
220 Manor Park Ave.. Info: Loro 496-0083,
email: celebrationcentre@telus.net

**NELSON: UNITY CENTRE OF THE
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COSMIC TRENDS

December & January

by Khoji Lang

December is the last month of this seven year cycle of initiation. 2004 was year six and was about cultivating inner balance. During this time a mysterious labyrinth is revealing itself; and 2008 is about bringing the different pieces of the puzzle together. Initiation has taken us to new levels of awareness. A spiritual experience as such, we're taken by surprise, left speechless, forced to adapt to new paradigms.

Up to December 10, planet Mars moves backwards. For this, the last two months haven't been easy. All kinds of difficult situations came up, challenging us to develop inner strength and determination. Weak spots got exposed, urging us to correct and improve. It's about reorganizing our toolbox, about redefining goals and intentions.

December is the month of many celebrations. A time of reflecting of what has been - of rejoicing and celebrating unfathomable complexity within this fleeting moment - and of opening ourselves to the challenges and miracles about to unfold. Every year, on December 18, as seen from Earth, the Sun aligns with the Galactic Center (GC), setting the stage for the next twelve months. The GC, a relatively recent addition to our cosmic map was discovered in the 1960's. Powerful streams of electro-magnetic frequencies are emerging from the hub of our local universe. The center of our galaxy resonates with our own innermost center. So the Sun's alignment with the Milky Way's core tells the story of our journey towards cosmic consciousness, revealing tasks and blessings in the context of spiritual growth. The cosmic geometry of this moment sets the stage for the next level of evolution. All big themes are anchored, of what the year's challenges and potentials are going to be, shedding light on the search for our 'original face', of who we really are. As mentioned in an earlier edition of this column, the most particular signature of the two years ahead is Pluto's alignment with the GC - promising metamorphosis and transformation.

Yes, we're at the center of the cyclone, at the core of unprecedented changes. Immense energies are at hand, both for good and for bad. We shouldn't forget Pluto's connection with limitless power, releasing when matter is transformed to pure energy. Pluto rules nuclear fission, and on conscious levels the generation of pure and piercing intention. For a moment I like to talk about some new planets: UB313, Asbolus, Pholus, Nessus and Chiron. UB313, supposedly bigger than Pluto, was first announced on July 29, 2005. With every new planet discovered, a new aspect of our psyche comes to light. UB313 (in Aries since 1920) seems to be a great catalyst, triggering confidence and courage. UB313 was closely aligned with the Solar eclipse on April 8, 2004. In the wake of this event, a great many people have taken decisive steps, starting to connect with their inherent potentials. Ever more individuals are realizing that really there's nothing to lose, all that matters is being true to oneself, to dare listening to the core of one's being. Then, Chiron brings its light to Nessus, a dark, reactive, sad and resentful fellow, representing regression and denial. Chiron and Nessus, now - and for the coming several years - are in the humanitarian sign of Aquarius. Venus joins the two for several weeks to come, accentuating compassion, but also strongly exposing the root causes of humanity's present suffering: ongoing suppression and exploitation of women and children by a male dominated society. On December 18, when the Sun aligns with the GC, the Moon is in Leo, exactly opposed to Venus in Aquarius, indicating great potential for a breakthrough in this matter. Pholus, determined and wise, at present is in early Sagittarius; and Asbolus, witty and deep in the first degree of Aries. Together with the Moon in Leo they form a grand fire-trine, encouraging profound change with enthusiasm and initiative.

2006 is an 8-year. Eight stands for inner power, and the potential for abundance. Look at the 8 - it's the infinity sign - composed of two circles, one moving clockwise, the other counter-clockwise, an inherent balance of Yin and Yang, the two basic principles the universe is built upon. Indeed, we're on to something extraordinary! Wishing you all the very best for 2006! www.thecosmoswithin.com

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MEDITATING WITH MANDALAS

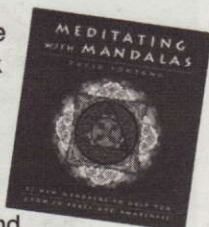
52 New Mandalas to Help You Grow in Peace and Awareness

David Fontana

Duncan Baird Publishers,
courtesy of Raincoast Books

ISBN 1-84483-054-3 - \$29.95

A mere glance through this book made me wish I had another copy, from which I could tear out the pages and decorate my home and office - each mandala is unique and gorgeous with colour and meaning. David Fontana has been a practitioner of meditation for over thirty years, and - among other credentials - is a professor at Liverpool John Moores University and Distinguished Visiting Fellow at Cardiff University, both in the U.K., an author of several books including *Meditation Week by Week* and *Learn to Meditate*. The book opens with a chapter introducing mandalas, how they work, how to use them, and how to make your own. We are reminded that mandalas from the Eastern tradition can be complex and at times impenetrable, and with this in mind the mandalas contained in this book were designed to appeal to the meditating Westerner, some based on traditional Tibetan designs, and others inspired by nature and other cultures. There is one mandala for each week of the year, along with explanation of the design, instructions on how to meditate with each particular one, and insightful quotes to consider. As the author points out, "All the mandalas are, at the deepest level, a reflection of the self, the cosmos and the love that binds everything together."



KABBALAH INSPIRATIONS

Mystic Themes, Texts and Symbols

Jeremy Rosen

Duncan Baird Publishers,
courtesy of Raincoast Books

ISBN 1-84483-160-4 - \$19.95

Between the red and gold covers of this imaginative book there is an abundance of gorgeous illustrations and photographs. To many people Kabbalah is still a mystery, so an attractive publication such as this is a pleasurable way to begin the demystification and explore this intriguing system of ideas and practices. Kabbalah is a Hebrew word which means "tradition," and, as we are informed in the Introduction, on a general level refers to Jewish mysticism dating back to Biblical times, while in a technical sense is a body of esoteric literature originating in the 12th century. As you browse each softly-coloured and decorated page, read about the history, the ancient sacred writings, themes and symbols, and the beliefs around such subjects as amulets, sexuality, worship, and spiritual perfection. There are prayers and meditations, along with a Table of Important Dates, a Glossary, and a list of further reading for those wishing to learn more. Rabbi Jeremy Rosen has produced an estimable book and trusts that you will be "...inspired by the profound truths and poetic beauties of mysticism."



DISCOVERING ANGELS

Wisdom, Healing, Destiny

Christine Ansell

Blue Heron Books,

courtesy of Raincoast Books

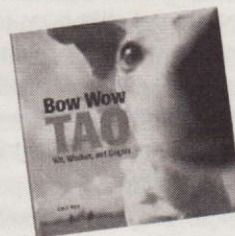
ISBN 1-897035-26-8 - \$19.95

While this is an obvious choice for the angel aficionado on your gift list, I highly recommend it for anyone with a keen interest in art and art history - a splendid array of artwork gathered from paintings, frescoes, mosaics, mediaeval manuscripts, stained glass windows, and the drawings of the inimitable William Blake, grace this sumptuous book.

Christine Ansell is working towards a Ph.D. on angelic

Book Reviews by Christina Ince

This past year has made many people feel that there is not enough beauty in the world; with that in mind I chose these books, all highly recommended as the gift of beauty for yourself and those on your gift list.



Bow Wow TAO

Wit,
Wisdom and Dogma

Chu Toy

Voyageur Press, courtesy of Raincoast Books ISBN 0-89658-713-4 - \$16.95

I make no secret of being unabashedly and unconditionally mad about dogs, but you don't have to be that enamored to appreciate this delightful little book. It is filled with photographs and artwork (cute, humorous, kitschy, touching) ranging back over several decades; each accompanied by a matching snippet of wisdom, some of which have been "canine-ized" to suit: "Cleanliness is next to dogliness" accompanies a 1930's colliie being bathed by his serious little owner, "To err is human, to forgive, canine" shows a 1940's magazine cover illustration of a naughty dog getting into the clean laundry, and a sweet timeless picture of a little girl with her Collie pup tells us "The reason a dog has so many friends is that he wags his tail instead of his tongue." The author declares in the preface, "There is perhaps no creature in the world that embodies the Taoist philosophy more than the dog. Dogs have an innate ability to ignore time, exist in the moment, go with the flow, and just "be." We can learn so much from these humble loving companions as we follow the "path of the pooch" and fuss over fuzzy puppies, and the dog-fancier on your gift list will no doubt be delighted with this little book full of wit, wisdom, humour.....and enlightenment.

continues to the right

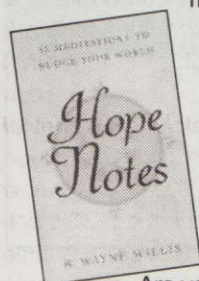
WITH SACRED THREADS

Quilting and the Spiritual Life

Susan Towner-Larsen and Barbara Brewer Davis
The Pilgrim Press - ISBN 0-8298-1384-5 - \$26.95

Most people appreciate the time and patience and love that go into a hand-made quilt, the beauty as well as the warmth, comfort and sense of safety. Quilting, even when it is a craft necessitated by economy, is a work of art, a social enjoyment, an exercise in beauty, a means of therapy, and the book is, as the authors state, "an attempt to reflect on the endless ways that quilting is a context for the spiritual journey."

Each chapter has a simple title (for example, Creativity, Mystery, Healing, Forgiveness, Compassion, Grief, Joy); features a beautiful unique quilt (a portion of that for Art is shown on the book cover, reproduced here); and contains stories and observations under sections titled of Threads of Tradition, Threads of Our Souls, and Threads of Reflection. This book will speak to the artist in all of you, even if your creativity is only in your imagination. There is high beauty in such hand-work, and in these words which have come down to us from an early quilter (pioneer, immigrant, slave?): "We made them fast to keep our families warm and we made them beautiful so our hearts wouldn't break."



HOPE NOTES

52 Meditations to Nudge Your World

R. Wayne Willis

Westminster John Knox Press

ISBN 0-664-22700-7 - \$19.50

Are you looking for a gift of encouragement for someone, which could serve as a journal if need be, can be carried with them and re-used, and doesn't have to begin with the new year? Wayne Willis' slim simple volume will meet those requirements - each chapter contains a story on which to ponder and from which to learn. They begin with a symbol of hope and an intriguing quotation and ends with undaunting space for readers to record their own thoughts and reflections. Several years ago during a photography trip, the author asked his companions to describe the images that came to their minds on hearing the word hope - they came up with over fifty, and it is these, in small illustrations, that precede each chapter. I chose Chapter Nineteen at random and found the Red Cross, the meaning of which is explained as "people of good will have pooled their resources - help is here" - timely in these days of world disasters; and the hope quote for that date is from Albert Camus, "In the midst of winter I finally learned there was within me an invincible summer." The beauty of this book is in the author's sincerity and gentle writing, and his humour, for he states, "...years ago I decided that my task on earth is to earn the epitaph HERE LIES A HOPE DOPE." He has been through two near-death experiences, was a Director of Pastoral Care, and holds the degrees of Master of Divinity and Doctor of Ministry, as well as being the author of other worthy books, so no doubt he is well-versed in the ministry of hope, and wisdom.

DISCOVERING ANGELS *continues from previous page*

encounters, having already acquired a BA in Comparative Religions including Angelology and Mysticism, and shares her knowledge and wisdom with this offering of art, guidance on visualization and meditation, and a comprehensive history of angels. From the gold and jewel-tones of Fra Angelico, the drama of Sebastiano Ricci, the reverence of Botticelli, and the glorious pre-Raphaelites, to the offerings of meditation and prayer, this is quite simply an astoundingly beautiful book.



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The NATURAL YELLOW PAGES

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She remembered that the Oleo Mentha had worked very well on her finger when some arthritis had set in so she called her daughter to come over and muscle test the two remedies. Oleo Mentha won so she put some on a cotton swap and put in her mouth.

When her daughter enquired how she was doing several hours later, Kay said, "It worked, I have no pain, and I really liked taking responsibility for my body."

Kay is in her mid-forties and is basically a healthy person. When minor pains occur she relies on her Grandma's remedies and uses teas, roots and essential oils to fix most ailments for herself and her family.

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APPOINTMENT



The Board of Trustees, members, family and friends of the Kelowna Centre for Positive Living would like to congratulate its pastor

Kenn Gordon for receiving an honorary doctorate from Religious Science International (RSI).

Dr. Kenn Gordon grew up in Kelowna, and after receiving ministerial training in California returned home in 1993 to start his own Religious Science church. Since that time, Dr. Kenn and his wife and co-pastor Rev. Deborah Gordon have built up the Kelowna Centre for Positive Living to more than 250 members today. Along with his local service, Dr. Kenn has also served for the last five years as vice-president of the RSI board of directors, as well as chair of personnel and policy and bylaws.

"He has gone so far above and beyond the call of duty," said Dr. Candace Becket, president of Religious Science International regarding the board's decision to bestow him with the honorary Doctorate. "He's proven himself over and over again."

Kenn Gordon received his honorary degree at a special ceremony which took place Oct. 14 at the Kelowna Community Theatre. *see ad below*

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