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JUNE & JULY 2005

ARTLINKS RANCH IN THE FOOTHILLS OF ALBERTA

SEE PAGE 6 FOR DETAILS

Energy Medicine: A Different Approach to Resolving Illness



What is it?

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

What can these Techniques be used for?

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

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

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

How do these Techniques work?

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

Treating with NMT and JMT:

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

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

Here are a few Results:

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

— Darshan N., (age 13), Nelson.

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

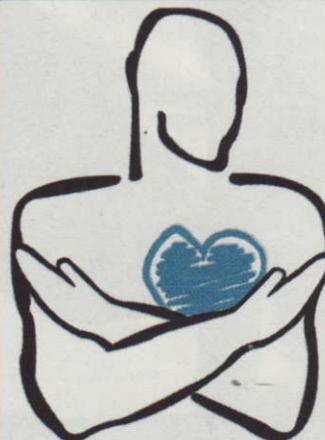
— Petra Taschner, Business owner, Nelson.

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

"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!" - L. Usiskin, Nelson, B.C.

Further information may be obtained at:
www.neuromodulationtechnique.com
www.jmttechnique.com

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



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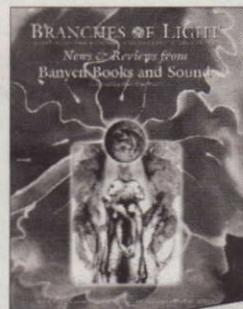
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Practicing Spirituality

by Stephen Austen

There are many religions in the world today, and countless sectarian groups amongst them, all claiming to have the one and only path to God. It has been estimated that Christianity alone has something in the region of 20,000 separate organizations! Most of them are saying that their way is the only way to God. It is very easy to become enmeshed in the creed and forget the essential core belief which should emanate from the heart of the believer. As soon as the creed takes over, the heart of the belief is lost. Jesus tells the wonderful story of the Good Samaritan, in which the beaten man is left dying by the roadside. A priest comes by and ignores him, then a Levite, but the hated Samaritan is the one who acts from the heart and helps the man, saving his life.

In Eastern mysticism, acting from the heart like this is called Bhakti which is the Sanskrit word for devotion. That devotion is principally devotion to the Godhead, but by way of inference, it equally means devotion to others. When asked by the Pharisees which were the greatest of the commandments, Jesus' response was; 1) Love God with all your heart, mind, soul and strength. 2) Love others as you love yourself. These two commandments sum up religion, spirituality and metaphysics in a nutshell.

You cannot judge and condemn everyone else for their beliefs or non-beliefs and yet claim to love God. If you do not love others, you cannot love God, for true devotion implicates both. You cannot have the one without the other. I know of two instances, in which I was directly involved, where a religious person whom I worked with did not offer assistance to a lady struck by a car, and another in which a less conventional, 'spiritual' person did not offer help to a homeless woman who merely wanted a cup of tea. Again, Jesus tells us that when we feed another, comfort them or simply give them water if they're thirsty, we are doing this for God. Loving God and others is interchangeable. The religion you subscribe to has no meaning if it lies outside of the heart of Bhakti, or devotion.

Not one of us has yet attained the perfected nature as expressed by Jesus, Buddha and Krishna for example, but we can get closer to it when we drop the petty little details of our belief systems and embrace devotion to God and mankind.

Stephen Austen

Clairvoyant Medium • Healer
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Why Feng Shui Works

by Sheila Wright

Some people have come to believe that having good feng shui in your home or business is a way to attract and have prosperity, good relationships, health, etc. This is true.

However, as you may or may not be aware, there are several different methods or schools of feng shui. Energy or chi is evaluated and interpreted differently by a feng shui practitioner, depending on the method or methods that they have learned and what they believe according to what they have been taught. Aside from Form School or Landscape Feng Shui, which is the basis of all feng shui methods, there is generally not a lot of consensus as to what is agreed upon in terms of how to analyze and interpret the energy of a place and the ways to adjust the energy of a place. If you have read more than one book on feng shui you have probably noticed some inconsistencies or conflicting information.

With so many different methods being used by practitioners with their clients, why do they all seem to get positive results for their clients when many of the methods seem to conflict with each other? The simple answer is Belief and Intention.

Everyone creates their reality based on both their conscious and unconscious beliefs. This statement is both a scientific and metaphysical fact. If you, as a client are drawn to and resonate with a practitioner who practices a particular method of feng shui, then there is an implicit agreement between the two of you, based on belief that the recommendations for adjusting the feng shui of a place will balance the energy and generate harmony and attract the things you are desiring. It is even more powerful if there is agreed upon intention behind the feng shui remedies.

Know that feng shui works. When looking for a feng shui practitioner, ask questions about what method or school of feng shui they practice. If you resonate with them and believe they can help you, then consider using their services. If not, don't. It is as simple as that. *see ad below*



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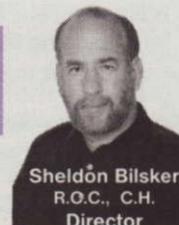
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The front cover photo shows one of four tipis that can be rented at ArtLink, a ranch in the foothills of Alberta. (See ad in the NYP under Retreats) In the summer 2003 *Issues* I featured the Tipi Camp on the north shore of Kootenay Lake, and in 2004, Quantum Leaps Lodge near Golden, BC. Tipis are becoming increasingly popular and last summer Johnson's Landing Retreat Center upgraded to a larger one. It is used for workshops or family accommodation. It has a fire pit in the middle of the plywood floor, with an air vent so that it doesn't get too smoky. Last summer we enjoyed a drumming workshop late into the night, while the fire flickered in the darkness, creating a magical atmosphere. I know a few people who have lived in a tipi all year-round. I admire their connectedness to nature and their perseverance in making it through the coldness of winter.

I tend to persevere in a different way: like getting *Issues* ready for the printers once spring has arrived and the sun shines so warmly. I love quality time in the garden, but the tasks take longer than anticipated and I end up feeling pulled in different directions. I want to make this place even more beautiful with lots of landscaping and growing vegetables. I also know the time it takes to get the magazine to print. I am sure most of you go through the same thoughts in different ways as you juggle your priority lists each day. Yet, I love that life is so full of choices.

Nurturing myself with long walks in the fresh mountain air keeps me somewhat balanced as I learn to slow down a little—enjoying life with the man of my dreams in this beautiful, serene surrounding. This is exactly what I asked for, and now I get to deal with the abundance I have created. Besides the garden, there are so many projects that I would love to do: preparing the land for a water fountain, helping build a tree house, finishing the healing room... I have to keep reminding myself though, that there is only one of me and that I have permission to slow down. So, I let things go undone knowing that things will happen in their own time.

Richard is a good example; he never gets anxious about what needs doing next. He is generous with his time and allows himself to savour the process of whatever he is creating. He also spends time preparing the meals and usually does the dishes if I need to continue editing into the evening.

Once again I am putting it out there that I am looking for help with the magazine. I've had a lot of people inquire, and some have come for a visit, but so far no takers. For the last edition, a young man stayed for three weeks and did much of the layout, but in the end decided Johnson's Landing was not where he wanted to live. Ideally, I'm looking for someone who would like to get involved in the essence of the magazine. It would be perfect if that person also wanted to help co-create a conscious community with us. We have the land and lots of ideas, but attracting like-minded souls is taking time—which we have lots of...living in the Kootenays.

Many people talk about being part of a community and they think they want to be part of a bigger 'family,' but becoming involved requires more commitment than many are willing to give. I have even spoken with people who say they have always dreamed of creating a retreat centre, but for some reason the dream never got realized. When I suggest they join us, they decline. For them the magic is in the dream.

If, however, you are a soul who would like to exchange some of your life energy for food, lodgings, and a small wage while supporting an alternative, holistic lifestyle with a spiritual component similar to that of

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Angèle

Healing Is A Choice

by Mady Rutski

As we go about our lives, processing interactions, events, personal goals, and endeavors, we each interpret these things uniquely, based on our individual character-style and bank of experiences. Generally, in each instance, we are in modes of acceptance or judgment. Judgment keeps us in feelings of separation. Initially, that state is within oneself; ultimately it is projected outwards. This is commonly known as the mirror effect. Separation keeps us in a state of suffering, which is a part of the human condition. Only fully enlightened Beings are totally exempt from it. The rest of us wade through the myriad of illusions we create, searching for ways to alleviate the pain, conscious of it or not.

Are we dealing with the symptoms or the root causes? Recognition of our patterns, which is a choice, is vital. The lessons unlearned will return again and again, though their presentations may vary in the packaging. We are all given opportunities to experience both the sorrows and the joys of life. This does not refer to merely material acquisition. The quantity, effects, and outcomes of each opportunity will vary between persons depending on our reactions, resistances, and perspectives. Again, these are all choices. Our minds are capable of limitation or freedom. As we choose to unconsciously project our pain outwardly, we harm others. In many cases, this is not blatant abuse. It can be subtle, and may be viewed by Human Law as one's rights to self-expression.

Universal Law states that there is only love or fear. When self-expression involving others is looked at in its essence, which of those is it coming from? This is a good question to ask ourselves as we go about our daily lives. Discernment as to what we choose as acceptable relationship dynamics will support our self-respect and self-esteem. It is only in choosing to learn to act or react differently, one step at a time, that we are going to find ourselves in the loving, caring, compassionately supportive world we all long for. If we viewed every unkind thought or action as a bullet, and every kindness as a flower, we could ask ourselves...What are we predominantly promoting in the world?

The Microcosm-Macrocosm Effect views the state of the world as a reflection. An amplified reflection of all thoughts of our combined minds. This demonstrates the need to begin within, to claim the darkness and the light within each of us. Acknowledgement of the pain brings forth healing... individually and collectively. Once the pain is understood and let go we become lighter and more joyous with more energy to give to everyday tasks. This process is every person's birthright, and ultimately, what we most yearn for. The outcome is up to us - we choose with every thought and action... separation or unity? *see ad below*

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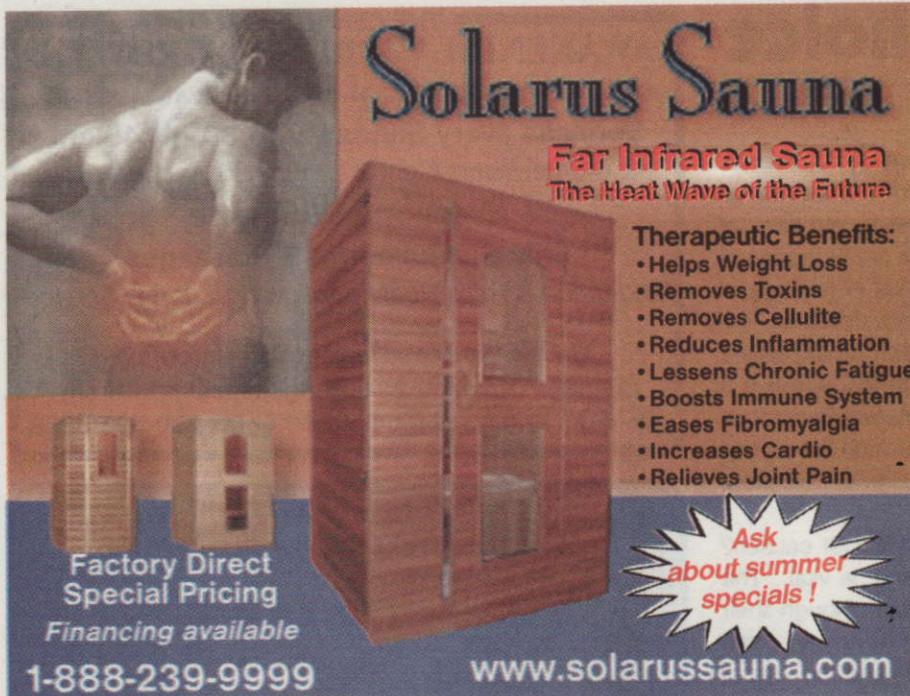
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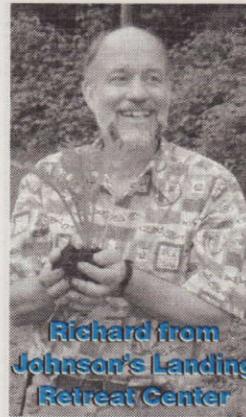
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Richard from
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STEPS ALONG THE PATH

This spring I have had the pleasure of spending a lot of time in the garden. No one has responded to our call for the position of garden focalizer, so I have been digging up beds, weeding, planting and transplanting, and replacing grass in the pathways with sawdust. At first I thought I should be putting my energy into other facets of the retreat centre, where my building skills were needed, but working with the soil has been incredibly rewarding—it consistently brings me into the present moment.

Now I realize that I needed this quality time with the land. It has helped me to bond with the earth at an even deeper level. As I lovingly tend the new seedlings, I become more in touch with the web of life and the interconnectedness of all things. I feel honoured to be able to help sustain the life energy of our retreat centre by nurturing plants that have grown in this sacred place.

The longer I work with the soil the more I get a sense that there is a deeper spiritual connection between the different levels of my perception. Dorothy Maclean, co-founder of Findhorn in Scotland, speaks of the spirits of the different realms. She has connecting with Spirit for over forty years. Unlike Dorothy, who can now see through the veil, I only have a sense of something 'else,' something other than what I can see and touch. Another footstep along the path.

As a pilgrim on a journey to awareness I have noticed a lot of the status quo is shifting. More than ever I find that things I have come to rely on as solid ground are slipping away from under my feet. It is an uncomfortable feeling and sometimes I have a desire to step back to a place I perceive as 'safe.' In my heart I know there is no turning back. I must face all of my darkness along with all of my joy in order to get further down the path. For those of you who are experiencing a similar transition, know that you are not alone.

Namaste, Richard



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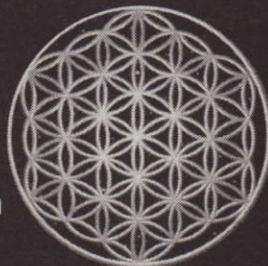
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An Important First Step

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

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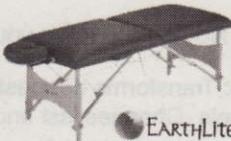


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The Death and

by Lyn Inglis

In our culture we are taught to fight death in every conceivable way. We are not taught that it is a natural and often beautiful experience. As a medium, probably eighty percent of my work is helping clients deal with death, whether it be their own personal experience or helping them get closer to someone who has just passed on.

I had the privilege of sharing some time with a client in Alberta who was dying of cancer. It was January of last year, she had just been admitted to hospital for palliative reasons as well as drug management. One of the first things I sensed around her was that she was tired and no longer wanted to play the game of make believe. Everyone around her was treating her like she was going to go home and live a normal life again. In her heart this was troubling her as she knew her journey here would soon be ending. She asked me in complete honesty to give her clarity. I sat with her and held her hand, and then tuned in to my guide's energy and asked for permission to let her know that she only had about eight weeks to go. She looked at me and said "thank you." No one else had been that honest with her. We both had a cry because her leaving this life, also meant leaving her young son and husband. I spoke to her about what would actually happen during the last couple of days of her life and how her physical energy would decrease and her spiritual frequency would increase, and what that would feel like.

This then led to a discussion of what would happen as she passed over. I was told her parents would meet her on the other side, I was able to name them even though I had never met or heard of them before. The parents also gave me information to pass on to her of other things that had happened in her life to bring her an understanding that although they had passed on, they still were a part of her life. It was a beautiful experience to see the fear shift from her. She told me she

continues to the right

Dying Experience

would let me know when she was over, which she duly did two months later. She also came through to a friend of hers a short while later, at one of my demonstrations of mediumship. Tears and laughter were shared when she wished her friend a happy birthday.

Sometimes, death comes unexpectedly, but often we have a feeling within ourselves that the end is near. To have a conscious death means to understand the changing of energy, for it is a natural occurrence that everyone get to go through. It is liberating to know we come to experience physical life in a limited environment so we can have a higher understanding of our place within the universe and return to it without fear and judgment. Never in my years as a medium have I come across a judgmental and fearful God. I have connected with many energies in spirit form and they have come from all traditions, cultures and belief systems. They all say the same thing... we get to judge ourselves and our journey through life, as we integrate our human experience into universal knowledge.. for indeed the universe is loving, kind, compassionate and abundant. If we accept our changing frequency of dimensions and find peace in doing so, it is a wonderful blessing to those left behind. *see ad to right*

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And it's not just getting off addictions. People are often thrown into a tailspin when they start a vegetarian diet, begin an exercise program or try to lose weight. And the reason is simple but commonly overlooked: **THE BODY DOES NOT LIKE RADICAL CHANGE.**

Even if that change is for the better, such as starting a nutritional program, it is important to remember that too much too fast can produce problems. Some of those problems are related to dramatic changes in nutrient levels. A body that is marginally nourished will often interpret higher nutrient delivery as a good time to detoxify, and rapid detoxification can produce gastrointestinal distress, fatigue, muscle pain and headache.

This is particularly true in regards to high quality, highly absorbable, electrically available supplements. These highly absorbable supplements have been shown to enhance nutrient delivery by as much as 300%. So please keep in mind the recommendations in the following order:

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What is Intuitive Painting?

And What Does It Have to Do with Health and Wellness?

by Annie Rousseau

Culturally we are starved for natural modes of creative expression that are integrative and healing. In many traditional cultures everyone created, danced and sang. In our North American culture, we often leave the arts to the "talented". And yet it is our birthright to create. We encourage our children to paint, to sing and to dance but often only those who are considered "talented" go on to sing, dance and paint as adults. How sad that is. And how potentially harmful it can be to our natures to thwart our natural tendencies for expression. How often are our illnesses a result of unexpressed energies of one type or another? Yet how do we know if we are holding onto harmful unexpressed energies? And what can we do about it?

There are many different approaches to health and wellness today. In fact, there is a tantalizing smorgasbord of choices out there. Everything from the mainstream allopathic medicine to the more alternative treatments of reflexology, massage, aromatherapy, herbal treatments, homeopathy and healing touch for us and our animals. All may have an important role to play in helping us find and maintain a state of wellness. But how do we choose from these diverse offerings and practitioners? How do we know which ones are for us?

Listen to our intuition. It is our only true and reliable guide. But how can we trust our intuition? How do we know if what we are listening to is our intuition? Good questions. We know we have an intuitive nature, an intuitive voice, but we tend to doubt its ability to guide us. The conscious mind always thinks it knows better. We are more secure in our minds, more supported. Our natural intuitive skills have been deadened, quieted and in some cases shamed. Our minds have been trained to value outcome, to produce a product, to accomplish a measurable task or to achieve a tangible goal.

Intuitive Painting invites us back into the life of the soul, where the goal is not a product, but the journey itself. It invites us and trains us to listen, honour, respect and use our intuitive skills. We can reclaim our connection to the language of the soul, to feel a direct knowing at our centre. We can open to our unique and personal path to wellness. Being invited to stay in the "life of the journey", the process, moment by moment, brings peace and integration to our being.

How many of us feel free to express ourselves easily and naturally, like we did when we were children? How many of us are open to the wonders of the soul? How many of us are in need of inner adventure? How many of us want to just relax and feel at home in ourselves, to rest into our bodies and feel whole?

Painting from our intuition is a way to listen in. To hear from all the divergent parts of ourselves: our child, who wants to play, be curious and full of wonder; the deep mystery of our soul's life; our desires and longings we have censored from the light and replaced with responsibility and control; our beliefs that have formed early in life and still direct our actions but are no longer useful to us.

Painting from our intuition is a door to exploring the parts of ourselves we have shut away, censored or blocked. It invites us to experience an integration of those diverse parts of ourselves that call for connection. Following our intuition with a colourful, carefree medium, in a safe environment can take us on a wonderful journey of self-discovery. The facilitator creates a respectful, non-judgemental space for exploration and assists each person in staying with his or her intuition through a process of gentle questioning. My belief is that health is a holistic and lifelong journey. To embrace the journey we must care for ourselves in many different ways and bring healing to all aspects of our self, nurturing the physical, mental, spiritual and emotional planes. The journey of painting from the intuition supports this holism by caring for the soul, our creative source, which is often neglected, and by bringing about some integration of our thoughts, feelings and beliefs. By training our minds to respect our intuitive guidance we heed the wisdom of the soul and bring healing to body, mind and spirit. *see ad to the right*

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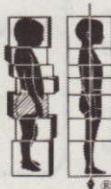
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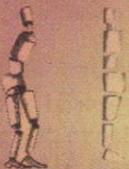
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PAIN IS INEVITABLE SUFFERING IS OPTIONAL

by Wayne Still

When I was working at the Healing Oasis at the recent Spring Festival of Awareness a couple of the clients who came to experience my modality of Structural Integration told me that some people had tried to dissuade them from trying it because it would be too painful. After the session they were pleased with the results and glad they had come. At dinner I shared a table with someone who had not come for a session because they had heard the work was very painful. I showed her a bit of what I do and she was disappointed that she had not had a full session. The public seems to be obsessed by the idea that Structural Integration work is all pain. So I will address the issue in this column.

As the title of the column suggests there is a significant difference between pain and suffering. Pain comes quickly and can leave just as fast in some cases. At other times our bodies are so traumatized that the initial pain or its consequences becomes chronic and we suffer. Ironically the suffering can be the result of the body's initial response to trauma.

When an injury occurs the body goes into emergency response mode. What this means in real terms is that the injured area is progressively immobilized through the creation of scar tissue. Tendrils of scar tissue grow in all directions from the injured area until they find a bone or ligament to which they can attach. Once the injured area is braced and immobilized, healing scar tissue forms and the immediate crisis is resolved. What is not resolved are the artifacts of the body's first response. The tendrils which braced the injury site are still there and continue to inhibit the range of motion of the immediate area and areas further away which shortened and thickened to compensate for the injured area while it healed. Chronic pain or suffering will be felt in these areas for long periods of time.

What does this have to do with the pain associated with SI work? Generally clients come to SI work after trying different modalities without lasting success. The job of the SI practitioner is to find the areas which have shortened and thickened so as to restore their length and flexibility and increase range of motion. This is achieved by the application of carefully applied and directed pressure. And yes, the process can be painful. If we imagine that the connective tissue folds upon itself as it shortens and sticks the folds together to maintain the needed bracing effect, then we can see that in order to regain length the folds need to be unstuck. The pressure needed to achieve this can be considerable if it is a long-standing condition, however, we are taught to work slowly and carefully in order to minimize the discomfort and keep the client fully engaged in the process. This is why we ask the client to make movements or breathe into the area being worked on. In addition we maintain communication with the client, checking to ensure that they are ok with what is happening at any given time. The result of this process is the elimination of long term chronic pain or suffering.

But this is only a small part of the SI experience. Much of the time the sensation being experienced is that of a pleasurable and relaxing release, much the same as with any other bodywork modality. Next time you have the opportunity to experience SI work, exercise your option, you'll be pleasantly surprised.

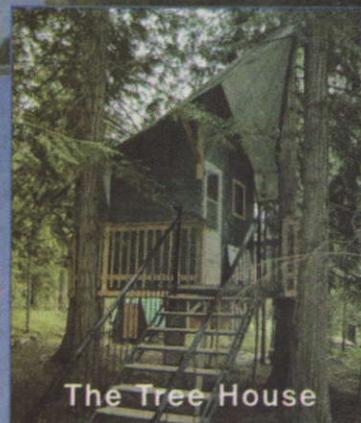
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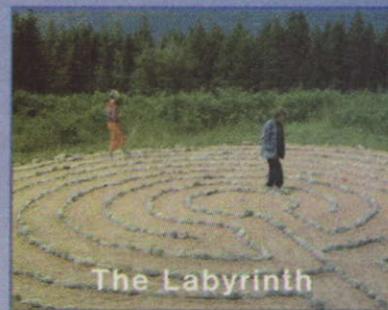
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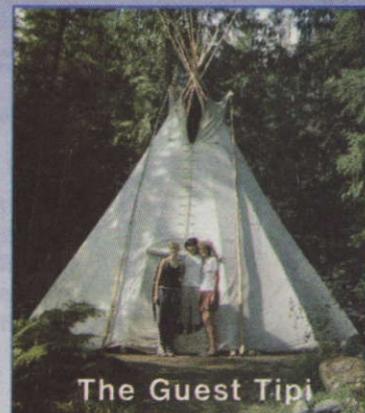
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- 10 - 20 **BUDDHISM: A Path of Love**
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- 12 - 14 **THE ANGELIC REALM**
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- 4 - 8 **SHAMANIC HEALING**
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- 16 - 23 **FULFILLMENT**
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- 23 - 25 **SUFI RETREAT**
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October 15 & 16 - 16 hours (weekend)

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Cost: \$300.00 per person

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Life Can Be A Magical Experience

by Pamela Shelly

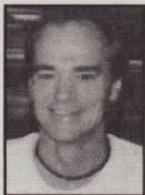
I feel I am rewarded over and over when I surrender my will and do 'thy will.' Receiving guidance and trusting it even when it makes no logical sense is something I continue to work on. I feel I am guided by my myriad of unseen helpers, which includes Angels, Archangels, Ascended Masters, and Spirit Guides.

Recently, while doing readings in Calgary, I was checking my e-mails at the library and glanced at a few shelves of books. I had brought six books with me just in case I had time but one of the books jumped out at me and so I checked it out on my daughter's card, it was titled the *The Secret Life of Nature*, and was all about the elemental kingdom, fairies, spirits etc., which I am really interested in. At the end of the book it talked about the jungles of Peru and the tea leaves that shamans use. It said people line up in a ceremony to drink this tea which can be a shortcut to enlightenment! I loved the image. Then I remembered I had been gifted with a trip to the jungles of Peru and I could ask them about this tea. The book went on to explain that many people vomit, have diarrhea, go to hell in their mind and then break through to the blissful state and a world more real than this world. I asked myself if I would be willing to do this and then realized I was already preparing myself, all I needed to do was trust. On the last day in Calgary I was buying crystals and I got the message to tell the women who was selling them about Peru. She looked at me and said, "I just got back from there and it was a life changing experience for me. I will be going back at the end of June to be in the ceremony you just talked about." Well you can imagine my excitement and surprise when she shared that!

Another magical event was when a woman gave me twelve watches including one that was never worn. It was fun gifting them to others for she had asked me to 'pay it forward.' (If you haven't see the movie with that title .. it is a story sharing stories about acts of kindness.) I love the wonderful gifts and adventures that life offers and would like to encourage you to be open to the many possibilities as well.

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Pamela will be teaching about *The Angelic Realm* at
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--Avatar Adi Da Samaraj

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ONGOING EVENTS

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COMMUNITY FOR METAPHYSICAL EDUCATION - Study group: 7 to 9 pm
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www.SpiritualUniversity.org

WEDNESDAYS

OPEN HOUSE at Praxis Spiritual Centre
 5:30-6:30 pm • Aura Healings by donation.
 Kelowna: 860-5686 • www.praxiscentre.ca

MEDITATION - Every Wed. with Preben,
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SUNDAY CELEBRATIONS

PENTICTON: The Celebration Centre and
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 email: celebrationcentre@telus.net

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June 1
Reiki Introductory including hands-on
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 Pamela 861-9087. Ad page 18

June 11 & 12
Reiki Level I & II
 with Donna Harms, Armstrong, p. 18

Chakra Power Workshop, Winfield, p. 22

June 24
Animal Communication Workshop
 with Georgia Cyr, Penticton, p. 27

June 24 - 26 or 27
Painting Journey
 with Annie Rousseau, JLRC, p. 15

4 day Shiatsu Workshop with Brenda
 Molloy p. 23

June 25 & 26
Reiki Level I and II - Pamela 861-9087
 (Reiki Master for 10 years). Ad page 18

June 26
Sacred Sound Healing Workshop
 Sequoia - Kelowna, p. 5

July 1 - 3
Wise Guys Weekend
 Johnsons Landing Retreat Center in the
 Kootenays. Details 1-877-366-4402

July 8
Pacific Academy of Thai Massage
 Wksp. with Kristie, Salt Spring Island, p. 27

July 22 - 24
Mind Power Convention
 Olds, Alberta, p. 3

July 25
Hypnotherapy Training
 with Sheldon Bilsker, Chase, p. 5

August 12
The Angelic Realm
 with Pamela Shelley JLRC, p. 18

August 13 & 14
What Your Feet Say
 with Chris Stormer, Penticton, p. 22

October 8 - 23
Thai Massage Immersion
 with Paul Butte, JLRC p. 23

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COSMIC TRENDS

June & July

by Khoji Lang

During the present two-month period the one single orbiter demanding our attention is Chiron. Discovered in 1977, this first-of-its-kind celestial object caused great commotion amongst astronomers, and later on astrologers. Classified as a cross between a planet and a comet, the mythological tribe of Centaurs - half horse - half man - was chosen to allegorically describe its double nature. And indeed, there's this mysterious synchronicity of planetary name giving! Although Chiron got its name on barely factual objectives (size and high eccentricity), later on it proved unbelievably meaningful: Chiron's mythological ancestor personifies exceptional compassion and profound inner wisdom. Much like precious wine, these qualities only mature and come to blossom after a long and intense process. Compassion and wisdom are pure essences, distilled from loving acceptance of all kinds of challenges, refined and multiplied by sweetly embracing pain and suffering.

By calculating the earlier cosmic movement of Chiron it was discovered that between 1952 and 1989, it would have see-sawed through a series of forty oppositions with planet Uranus. These decades stand out as human arrogance went totally out of bounds, marking a huge turnaround in human history. It was during this period that it became evident that we're on the verge of destroying this wonderful planet. Because of this looming scenario great demands for existential wisdom arose. New values emerged, consciousness expanded, life's spiritual dimensions became obvious, there was waking up to synchronicity, many began intuiting the invisible web which pervades throughout the infinite cosmos, holding everything together.

Then in 1986, Chiron started a new series of contact, this time testing the ground with the planet Saturn, which opposes material identification, density, ambition and separation. Focussing its torch on the ringed planet which also is known as 'Lord of Karma', Chiron peels off layer after layer, dismantling attachments and identities, forcing us to face truth in its

utter nakedness. In 1986, after the initial opposition, Chernobyl, the first major meltdown of an atomic reactor, shook humanity. Many disasters have stricken since, each one carrying great potentials for spiritual growth. Grief and loss aren't ends to themselves, but sacred experiences leading towards greater compassion and wisdom. Chiron is the torch, burning the sins of our past, consuming our limiting beliefs, giving the opportunity of starting up fresh, with a new sense of responsibility and inner discipline.

In these two months ahead there are several powerful alignments, inviting us to celebrate the mystery of our existence. The New Moon of June 6, (2:55 p.m.) is aligned with Rigel, the bright star in Orion's right foot, bringing knowledge and understanding. The Full Moon of June 21 coincides with Summer Solstice (June 20, 11:46 p.m.), evoking/reviving the powerful energies of the June 20, 2001 Solar Eclipse, which preceded the enigmatic events of 9/11. And then, the last days of June give stage to a whole series of subtle, yet radical energy shifts: as seen from a Sun centered perspective, on June 25, Chiron ingresses Tropical Aquarius. On its heels comes Saturn, moving from Cancer to Leo. And finally, on June 30 these two bodies are exactly 180 degrees apart - on either side of the Sun. New Moon of July 6 (5:02 a.m.) is aligned with two luminous fixed stars: Sirius (the mundane becoming sacred, brilliance) and Canopus (pathfinder). On July 16, Saturn leaves Cancer heading into the realms of Leo, where it will reside for the next two years. On July 17, Mars has its closest approach to the Sun in its two year orbit (watch for the bright red planet rising in the East after midnight). And finally, on July 21, Full Moon, Chiron and Saturn are at exactly opposite ends of the zodiac, as seen from Earth, intimately aligned with Sun and Moon. This will be a Super Full Moon, because the Moon is full during its closest monthly approach to Earth. We should be ready for high tides, meaning life will be there with great intensity, awakening us to yet another challenging facet of reality. Visit Khoji's website ..www.thecosmoswithin.com.

SOLE TO SOUL

by Chris Stormer

Not so long ago I was an overweight, manic depressive with suicidal tendencies. I was also a total skeptic of reflexology and all the mumbo jumbo that seemed to go with it. Today, I travel the world, write books and share this remarkable, natural gift so that others too can help themselves to a more fulfilling and rewarding way of life.

It was my medical background along with my logical, intellectual, conditioned mind that initially blinded me to the tremendous potential of reflexology and the feet. My research revealed there is more to the feet than first meets the eye. Taking this a step further it became apparent that the feet revealed the innermost needs of individuals through the soles, by mirroring the thoughts and feelings that tipped the balance between ease or dis-ease of the soul. It is not by accident that S-O-L-E and S-O-U-L sound the same.

When we blame the physical world and others for our misfortune and dis-ease we give away our strength and power. We perceive that we live in a stressful society and start blaming our circumstances and environment for our current situation. Yet it is our accumulated volatile temperaments and heated emotions that raise the temperatures.

I'm sure you have noticed that when we receive good news, not even the weather will dampen our spirits, whereas no amount of sunshine will lift us from traumatic or distressing news. The truth is that we are very privileged, lucky souls living in an exciting time of change and opportunity. If we look at things differently we will appreciate that modern inventions such as cars, aeroplanes, computers, fax machines, washing machines, telephones etc. help us to communicate and facilitate progress by freeing us from mundane tasks such as having to scrub floors and so on! We've never had it so good and yet there is more dis-ease today than ever before! Why? It's because dis-ease arises from uneasiness from within. From pretending to be the person that we are not and from trying to fit in and please others, instead of being our gorgeous talented selves. This is where the feet step in to show us the way

- The feet display the workings of the subconscious mind so accurately that confusion and inner turmoil which radiate from the soul onto the soles can be detected long before manifesting as physical uneasiness and dis-ease.

- Foot disorders reveal the dis-comfort and pain of having to bend and fit into belief systems that do not suit the individual and the difficulty of trying to follow in the footsteps of others. Feet are truly remarkable in providing us with valuable clues as to how we can help ourselves. Shapes, colouring, skin conditions, and the angles of feet when walking, standing, sitting or lying all provide valuable clues as to the feelings behind thoughts of ease or dis-ease.

So it is that feet can

change dramatically within a fraction of a second as thoughts and feelings swing from one extreme to another. Toes reflect the brain reflexes to reveal thoughts. The shape of the toes show how concepts take shape, whilst the stature displays the confidence in facing the world and standing up to personal ideas.

- The soles of the feet reveal how these ideas are put into practice.

- Each pair of toes signify a particular thought regarding a specific aspect of the self which effects the condition of the related part of the feet.

- Big toes reveal intellectual and intuitive capacity, the expression of which can be detected on the necks of the toes.

- Second toes display thoughts regarding feelings of self worth and self esteem which are related to the respiratory and circulatory systems influencing the balls of the feet.

- Third toes reflect thoughts regarding activity manifested on the upper half of the fleshy instep where the reflexes of the upper digestive tract, liver, pancreas and spleen are situated to reveal the enthusiasm with which activities are pursued.

- Fourth toes are related to communication and relationships. Overwhelming concern in this area can be detected by wrinkles and lines on the lower half of the fleshy insteps, which contain the lower digestive tract reflexes, and the kidney reflexes which determine those substances that are beneficial for wellbeing and those which are a threat to self development.

- Little toes think about security, personal growth, progress through life and expansive concepts, which are greatly influenced by family and social conditioning. It is related to the skeletal structure which provides a firm foundation and support as well as the muscular system which provides flexibility and the ability to put ideas into practice. If we believe that we are being pressured into having to conform to strict and often outdated social and family belief systems, the little toe is squashed or anchored or insignificant. The resulting insecurity and uncertainty limits personal development and growth, as mirrored in the condition of the heels.

However, all detrimental influences, once understood, can be altered advantageously so that instead of being soul destroyed, a worthwhile direction can be discovered through the feet.

Recognition and utilization of unique qualities releases pent-up anger and frustration at the emptiness and artificiality of life. Wasted emotions can be replaced with a sense of purpose, usefulness and well being.

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My Journey to Wellness

by Paul Butte

My healing journey started with what I call a fracturing of my physic. I owned a successful business in Whitehorse, in the Yukon. As the busyiness and pressure increased I became mentally unstable. During this difficult time of my life I sold the business and moved to the Okanagan Valley. Looking for a more holistic approach to life I signed up for something called PD Seminars, on Gabriola Island, BC. That was my first introduction to Chinese Medicine and Western Physiology. This new way of viewing ourselves intrigued me and I started on my journey to exploring alternative forms of healing.

In 1995 I decided to attend the Canadian Acupressure Institute in Victoria. Wonderful teachers that invited me to go deeper into the mystery of how the chi flows in the body. In 1998 I graduated from the Institute with a Diploma in Jin Shin Do Acupressure and stayed for an extra year to assist with teaching the new students and practice what I learned.

Then one of my daughters decided to study in Thailand. Since I wasn't working, I decided to visit her and have an extended holiday. A seed that was planted a long time ago began to grow as I remembered one of my leaders at the PD Seminars suggested that I learn Thai Massage. I had no idea what he was talking about at the time since I had only had three or four massages in my life but thought I would check it out since I was going to Thailand.

My daughter lived in the northeast part of Thailand. After being there for about a week I arranged for a massage from a Thai woman who could not speak English. Even though I could not speak Thai I left the place four hours later feeling amazingly grounded, centered and more flexible than I could ever remember. I decided to stay in Thailand to study this wonderful healing art. I signed up at the Wat Po Traditional Medical School. I loved it so much I continued with the Advanced Thai Medical Massage Therapy and then continued my studies at ITM, Chaing Mai, also in Thailand. I graduated with certificates in Thai Massage, Thai Medical Massage, and the Teacher Training. I feel very fortunate to have had such quality time with some very understanding and wonderful teachers. Now that I am back in Canada I am learning the promotional aspect of working for the Healing Arts Communities because I enjoy sharing my knowledge of this wonderful healing art. See ad below....

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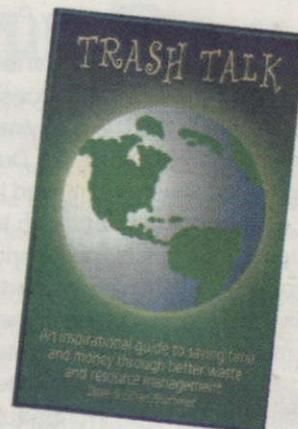
Book Reviews

by Christina Ince

Trash Talk

An inspirational guide to saving time and money through better waste and resource management

Dave & Lillian Brummet
PublishAmerica - ISBN 1-4137-2518-X

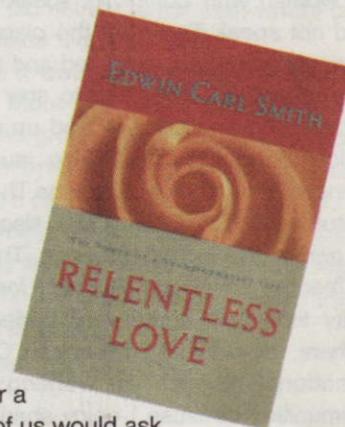


This is a book to be applauded on many levels: from the succinct subtitle to the comprehensive resource section at the end. You'll like the chapter called "Trashy Bits" which gives re-use ideas for a variety of common items, such as watch bands, computer disks, shakers, telephone wires, and even old swing-sets! What can you do with an old teapot, those little bits of leftover soap, banana peels, and cardboard tubes? You'll find out, and you'll also find out how to shop more effectively, as well as reduce both consumption and energy. The authors state that many years of research, experimentation and interviewing individuals have gone into this book - and they have proved it with excellence. A great book to keep on the shelf with - for instance - *Superwoman*, *How to Clean Almost Anything* and *Roget's Thesaurus*. But don't let it gather dust; this is a book for everyday life, to inspire and encourage each of us to make our own contribution, no matter how small, to conserve energy and help to protect our environment.

Relentless Love

The Power of a Transformative Life

Edwin Carl Smith
Sentient Publications
ISBN 1-59181-021-3 - \$19.95



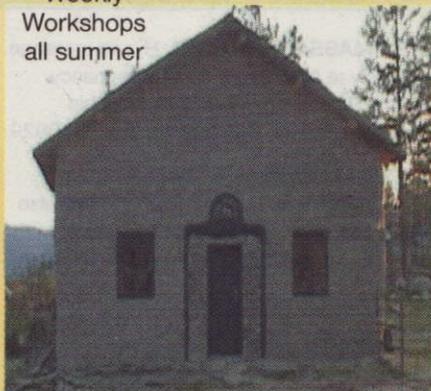
This book fell open at the page on which the heading read "Love Is Your Guide and Teacher." Stop and breathe in that thought for a few moments - isn't that something so many of us would ask for on any journey? The author begins by stating "This book is about personal and global transformation," and goes on to suggest that you can connect the ideas in the book to personal life experiences and thereby "become aware of, and so overcome, the mythic archetypes of thought, feeling and experience that create your identity and organize your life." I followed his suggestion and turned the pages at random, to find all sorts of thought-, heart- and spirit-provoking statements which will no doubt bring to the surface so many different responses in each of us. Reading the book from cover to cover begins with the discovery of a beautifully written and inspiring introduction and ends thus: "The way to this enchantment of life...is contained in a single and simple strategy: a relentless intent to dream a world in love. What are you willing to risk to live your dream of love?" If love is indeed life's strategy for personal and global transformation, then what are you willing to risk?

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Debi Morigeau

For the past ten years, Debi Morigeau, BA has provided management and human resource services to government, business and non profit organizations.

Debi, a diversity consultant and inspirational trainer, helps individuals discover their strengths, increase personal and workplace satisfaction and productivity, and understand and appreciate all members of the human family.

Debi is also the author of Jeremiah's Journal, a new age spiritual novel.

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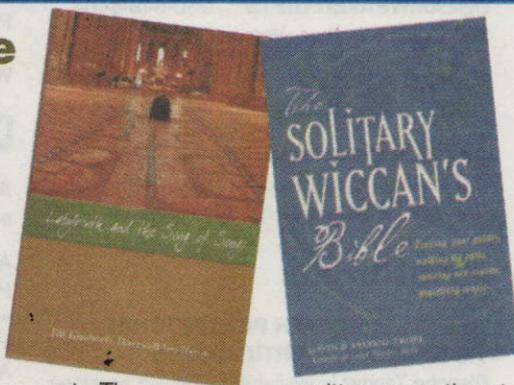
Seating is limited. Some accommodation available.

For workshop dates... call Debi @ **250-492-6869**, or email - hground@telus.net

Labyrinth and the Song of Songs

Jill Kimberly Hartwell Geoffrion
The Pilgrim Press
ISBN 0-8298-1539-2 - \$19.00

Having read the Hebrew scriptures love poem "Song of Songs" - in private and public(!) - I found the idea of combining it with the Labyrinth to be a highly unusual and yet powerful concept. The poem is earthy and sensual, the Labyrinth mystical and at times hallowed, yet both can be deeply spiritual experiences, evoking strong emotional and physical sensations and reactions, both stirring in their own unique ways. This slim, simple volume is the author's fourth book on the Labyrinth, and she offers herein the biblical love story and her own love story as mirrors. The words are spoken in three voices: the Lover, the Beloved, and Friends, contained in forty-four reflections. She suggests: "As my words and the words of the Song of Songs rest side by side, may they lead your thinking, praying, and experiencing toward the Centre." She believes that using the language of the *Song* has helped her to know God as Lover, and to be known by God as Beloved. Although there is a statement on the cover to the effect that this book "...is for the seasoned labyrinth aficionado who wants to take the next step..." it seems to me that the parallel love stories are still inspirational and may in fact lead you to pursuing your own experience of the Labyrinth.



The Solitary Wiccan's Bible

Finding your guides, walking the paths, entering new realms, practicing magic

Gavin & Yvonne Frost • Weiser Books
ISBN 1-57863-313-3 - \$27.95

Gavin and Yvonne Frost are Wiccan elders and teachers, and have together written more than twenty books, including *The Witch's Guide to Psychic Healing*, which was reviewed here last year. This book will serve both novice and experienced practitioner, being a Pilgrimage of Wicca designed so that anyone may understand the path and discover the natural and spiritual truths on the journey. Why Solitary? It is the Frosts' experience that most seekers of Wicca learning are indeed solitary, for a variety of reasons; and they go on to say that Wicca is in fact a solitary path, for "the awareness and growth that you experience are inside you...entirely personal, entirely empirical...the seeker on a pilgrim path treads it alone." Opened at random, the book offers Active Meditation, Ceremonial Magic, the Ethics of Prediction, Charging Tamulets, the Web of the Wyrd, Geomancy, and the Pilgrimage to Awareness. The authors stress that the purpose of this book "...is not to enlist but to inform," and along with comprehensive charts and illustrations they have certainly produced an extensively eclectic selection of information.

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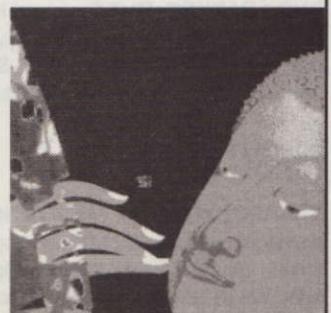
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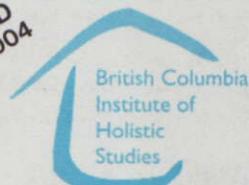
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Dear Spiritual Student or Spiritual Seeker,

It's natural to have some confusion about what an enlightened Master/Teacher is, so I'm going to give you a few guidelines so that you can better recognize such an embodiment.

- *An enlightened Master possesses inherent knowledge (rather than learned knowledge); that is, He or She literally knows everything of the natural world and how inventions arise from that. He or She knows how the universe is formed—past, present and future, and how the karma of all life forms are intertwined within it. Beyond, such a Master, if God-Realized, has conscious access to the Void. Such a Master in this present life is one who attained enlightenment in a previous life, which is why the knowledge they possess now is inherent (realized), rather than newly acquired.*
- *An enlightened spiritual Master/Teacher is virtuous, meaning without the mind poisons of anger, lust, greed or vanity.*
- *A trait, if you want to call it that, of a realized or truly enlightened spiritual Master is detachment, meaning non-clinging; and it is detachment that makes Him or Her fearless.*
- *An enlightened Master always works to empower their students, not hold them under the thumb. He or She is selfless; that is, their attention is always on the good of the whole. Therefore, their students are harmonious, reflecting the love of the Master.*
- *A Wisdom Master is God/Void Realized. There are others on the planet but not many. Some of those whom you witness may be Self-Realized. However, a Self-Realized individual is as rare as finding an emerald in an ocean.*

So you can see, there are few spiritual teachers who are actually enlightened. I hope this helps you.

With Divine Love,

Maticintin

Wisdom Master Maticintin

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