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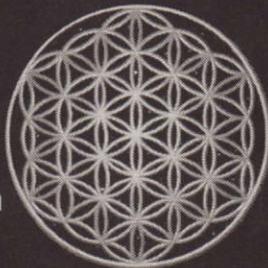
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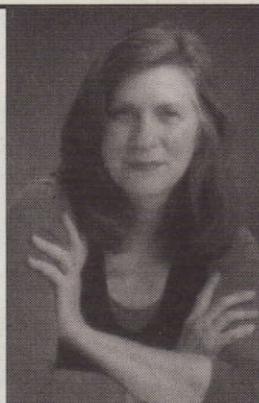
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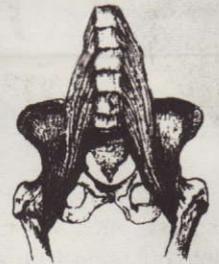
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## The PSOAS – Your Emotional Muscle

by Liz Koch



Large and powerful, the psoas muscle is your prime mover. In the face of danger it plays a major role in your survival response. Fall off a roof, propel forward in a car crash, or feel intensely frightened, your psoas rolls your body into a fetal ball of protection. Its dynamic movement helps you run for your life or stand your ground.

The psoas is your walking muscle. It supports your abdominal organs and its intimate relationship with your diaphragm allows for full body breathing. Supple moving psoas massages the digestive organs, plays a key part in a full body orgasm, and animates all emotional expression. Located deep within the physical core, your psoas is also part of the autonomic nervous system; the automatic reflective behavior that helps keep you safe and alive.

Moving quickly, hiding or rolling are all survival responses that can save your life in a blink of an eye. If you had to stop and think before jumping out of the way of a car it just might be too late. Once ignited the psoas kicks your leg high, propels you forward into a run or steels your core in time of combat.

Just as your body knows how to protect, it also knows how to recover from traumatic experiences. When the danger is past, your bio-intelligence knows how to return to normal functioning, both physically and emotionally.

The instinctual psoas muscle is not within your conscious control. Although you can suppress your feelings, you can not manipulate the psoas muscles expression. Only a gut felt sense of safety will switch your survival i.e sympathetic (flee/fight) nervous system to resolution i.e. parasympathetic (rest/digest). Unfortunately, our fast paced culture may be keeping your survival mode turned on. Your adrenal glands (which by the way sit on the kidneys and ride upon the psoas muscle) are part of the immune system and the neuropeptides essential for thriving. They can become exhausted when a life style keeps you moving too fast and too hard. Too much coffee, sugar and chemical additives signal stress to your adrenals that can keep the psoas on high alert.

Instead of sleeping deeply, digesting completely and feeling deep pleasure (all normal parasympathetic functioning) normal autonomic nervous functioning can become disrupted. To re-establish your health, show respect for the survival response. Eliminate or reduce all stimulating foods and chemicals that reek havoc on the nervous system and your emotions. Get plenty of rest. Explore non-invasive resolution. Rest on your side, roll into a fetal ball and gently rock or jiggle. Paying attention to how you feel can help you participate with, rather than try to control, your bio-intelligence. Core Awareness explorations, Continuum Movement, Brain Gym, Hanna Somatics and Feldenkrais classes all explore the art of direct sensing that nourish the parasympathetic nervous system. In any given moment let your core muscle be your guide. By listening to your gut feelings you may be pleasantly surprised.

*See ad to the left*

# Past Lives and Spiritual Healing

by James P. Bauman

Dave was bothered by claustrophobia, the fear of tight spaces. As a new member of Eckankar, he took this problem into contemplation as a spiritual exercise. In due time he saw himself in a past life in Spain, during the Inquisition, as a young man who subscribed to a spiritual teaching unauthorized by the Church. Betrayed by 'friends' to the authorities, he was sewn into a leather sack and buried alive under the floor of an abandoned building. This traumatic experience gave rise to his present-day claustrophobia.

The Spiritual Exercises of ECK provided in Eckankar had given Dave enough strength to relive this experience and to face his fear in a detached way. As a result, he was permanently healed of his malady.

Years later Dave gained the spiritual strength to accept the true cause of his claustrophobia - himself. In ancient Egypt he had been an overseer of slaves building a pyramid. One of the slaves, growing weak, was slowing down the works. Pressed for time, Dave, as overseer, had him unceremoniously buried alive under a block of stone. This spiritual debt against life had come due much later in Spain.

Why remember past lives? In short, for spiritual healing. This means to face our fears. To forgive ourselves. To dissolve old karma we no longer need, so that we can more happily and freely serve all of life. To consciously expand our awareness. To realize that we are Soul, a spark of God, and can never die. To find that we have never been lost nor forsaken.

Why are you the special way you are? Dreams are a gentle way to find out. If you would like to see a past life that influences your present, here is an exercise to try, one of many given by Harold Klemp in his amazing book *Past Lives, Dreams and Soul Travel*. Make a list of people and things you like or dislike. Also note if you feel a special attraction to some country, locale, or time period in history. There is a reason for such interest. To begin expanding your awareness, gently sing HU (pronounced "hue") at bedtime for a few minutes then pay attention to your dreams! See ad below or *Spiritual Groups* at back.

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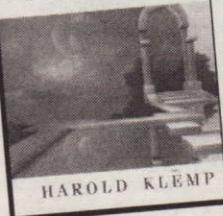
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## STEPS ALONG THE PATH

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

This summer the Retreat Centre had the honor of hosting a week long workshop with Dorothy Maclean, co-founder of the Findhorn Community in Scotland. She gave a talk on the Findhorn Foundation and how it started over forty years ago. She indicated that this thriving community of over three hundred people, did not start with an intention to build community. Its evolution started when information spread that a small group of people were communicating and working with the spirits of the land. People from all parts of the planet came to visit and some were so taken by their experience that they stayed.

Not being one with strong intuitive skills I've had to listen closely to receive information from Spirit except when I got an energy rush, the first time I saw the Retreat Center and knew this was my calling. Since that time lots of people have showed up when we needed help so I feel well supported by the universe and know we are on the right track.

So how do we develop community focused around the Retreat Center? The best we can do is to put the intention out and see who responds and how it evolves. It might not be what we expect but it will be exactly as it needs to be.

One of the Findhorn Foundation's former workshop leaders, Brita Adkinson, was also here for a five day Leadership Workshop in September. Like Dorothy, Brita was also taken by the beauty and energy of the Center and gave a discussion on developing a vision of community. She suggested several ideas.. one of which was to clarify and conduct attunements on our vision, thus using it as an affirmation.

The other day Gerry, our neighbour, was tilling the new field and I was following behind removing rocks and weeds. At one point the soil was becoming so deep that it was starting to pour into the top of my work shoes. I took them off and walked through the deep, soft, freshly tilled soil finding the rocks with my feet. The smell and feel of the earth filled my being and I was filled with a sense of joy and connection. I feel honored to be a part of the great mystery of life and interconnectedness with all things.

This season we have been blessed with a wonderful abundance of organic produce and are thankful to the many hands that helped plant the garden, weed and water it. We will miss Linda Hall who just left. She did healing sessions, lawn maintenance, housekeeping and cooking, (which included fresh bread and borscht.) She is heading back to Vancouver to finish her last year at Langara College and hopes to return next summer to be a part of the team including teaching Reiki classes and doing healing sessions.

Now we are preserving the food for the coming winter and soon it will be firewood collecting time. There are always things to do and learn here at the Centre. If you feel the call and have a sense to be of service in community, at this time of planetary change, please get in touch with us.

Namaste,

Richard



# THE SEAT OF THE SOUL

By Wayne Still

In the last column I made reference to connective tissue or fascia as being a self regulating system within the body. This time I want to explore that idea in more detail as it relates to both the physical and metaphysical aspects of our being.

At the time of conception the single cell ovum begins to divide into increasingly specialized cells, eventually becoming a complete human being. If we consider that each individual cell wall is composed of fascia, and that the cells exist in a matrix of fascia, it is apparent that the fascia must come into being before a new cell can be created. To put it another way, there is an intelligence which lays the foundation for the creation of the body. Since this intelligence is there long before the neural circuits which we normally associate with intelligence are formed, its way of knowing must come from a different source.

We are energy bodies. We differ from inanimate material in that our energies allow us the freedom to move about. Otherwise the basic building blocks of our beings are the same. The freedom which we have to move about and modify our surroundings is the life force which animates us. The stuff which holds our bodies into their recognizable, utilitarian form is connective tissue. Indeed, if everything but fascia were to be removed from the body it would not look much different than it does now. Can we then surmise that there is a connection between that which animates us and that which gives us form, strength and flexibility?

My namesake, Andrew T. Still, founded the school of medicine known as Osteopathy. Chapter 10 of his book *Philosophy of Osteopathy* is titled 'The Fascia.' Here are some of his thoughts on the subject: It carries to the mind of the philosopher the evidence, absolute, that it is the 'material man,' and the dwelling place of his spiritual being. The soul of man with all the streams of pure living water seems to dwell in the fascia of his body.

If we equate 'soul' with life force we have the problem of how the universal life force 'gets into' the body. And it is here that we move into the metaphysical aspect of our pondering on the subject of fascia. There is an energy aura associated with living beings. It can be said that the aura has a body rather than the other way around. If this is so, then the intangible energy of the aura is made manifest by transmutation into physical being. Fascia is liquid crystal which conducts electrical energy. Crystals also receive energy without the need for a physical connection to the energy source. So this ubiquitous material which invests every nook and cranny of our body to give it substance is at the same time receiving the energy which creates and sustains that substance. It is the seat of the soul.

see the two Rolf ads to the right

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## Musing

with

Angèle publisher

With so much feedback about last month's orb photo and article, I have decided to do a part two... The mists in this front cover photo are similar to those in several other photographs I have seen taken by different photographers. Perhaps the mist energy is our ancestors in the angelic realm or our thoughts floating around us. If you have a personal story or image to share about this phenomenon please phone or email me, info on the left. This month's front cover features Hope's son, who is standing in the same energy spot as her lady friend in last month's cover. On page 12, Hope's husband Randy, shares his experience with the orbs.

I believe our ability to see more now than what we could a few years ago has to do with all the Earth changes. I resonate with Gregg Braden, a retired NASA aerospace and defense worker, who says he has scientific proof that the Earth's iron core is slowing down its rotation. At the same time, there is an increase in the resonant frequency of the Earth called the Schumann Resonance. He says, "When the Earth's core stops its rotation and the resonance frequency reaches 13 cycles, we will be at a zero point magnetic field. After two or three days, it will start turning in the opposite direction. This will produce a reversal in the magnetic fields around the Earth."

The Schumann Resonance, or SR, is Earth's background base frequency or 'heart-beat,' and it is rising dramatically. For decades the overall measurement was 7.8 cycles per second. This was once thought to be so constant that military communications were developed on this frequency. Recent reports now set the rate at almost eleven cycles and climbing, possibly due to increased solar flares, all kinds of electronic equipment and the warmer weather due to the melting of the ice caps. According to scientists, the magnetic field has lost more than half its intensity in the last 4,000 years, and some believe that another reversal is due as early as 2012 as predicted by the Essenes, Hopi, Mayans and Egyptians. If you would like more data on the Earth changes, just type in Schumann Resonance or GreggBraden.com and there is lots to read.

Most of us can feel the change, and I believe that we are entering a window of opportunity where our greatest challenge will be knowing that we have arrived at the crossroads of science and spirituality and recognizing that we are all one. Allah, the old Hebrew word for God means 'The One and the All.' We are all connected, yet each of us is unique and contributes to our wholeness and our polarity.

My Catholic upbringing would have had me believe that God was separate from me. One evening when I was about five years old, my Mother sent me upstairs to say my prayers and ask forgiveness so that I would not go to hell. I remember speaking directly to God and asking Him to prove His existence to me. My windows were open, and I asked God to make the curtains move if what my Mom said was true. They didn't move so I didn't believe her. My relationship with God has been one of knowing and expectation. If He wanted me to do something He was to ask or have an angel deliver a vibration.

I remember when I was living in Terrace and dark clouds started rolling in. I started crying, knowing I would not see the sun for many months, when a voice in the ceiling said, "Sell your house when it is worth \$46,000. I cried for another five minutes, sobbing "I'll be here forever." At the time our house was worth \$26,000.

Soon the eighties arrived with increasing real estate prices. A house down the street sold for \$47,000. I put an ad in the paper and had twenty people call. An older man came back three times and finally asked, "If I pay cash can you move out in two weeks?" I nodded, shook his hand and started the process. My brother drove up with a large trailer and I shoved things into boxes. We were heading for sunshine and I was happy. My husband and I both found good jobs, our boys adapted to their schools and we settled into a new house. About six years later, I heard the voice again. My time as a lifeguard was complete, and I had other things to do. And if you have been reading Musings for a while, you may know the rest of the story.



Angèle

# WHEN AWARENESS ISN'T ENOUGH

## Is This You?

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

## Awareness Alone Is Not Enough

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

## An Important First Step

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

-Sharon T., Writer, Kelowna

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

## What Happens In A Session?

Laara uses Core Belief Engineering as a powerful, yet gentle way of guiding you into creating a partnership between your conscious, aware self and your subconscious core belief systems. You are fully conscious, and there is no need to relieve painful experiences. You create a feeling of expanded harmony, respect and well being within yourself.

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

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

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

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

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# WHAT IS NST OR NEURO SOMATIC THERAPY?

*An interview with Dr. Michael Smith (TCM), the developer of Neuro Somatic Therapy living in Nelson, BC.*

*A doctor of traditional Chinese medicine, an ordained vocational lay-priest in the Huan Yuan tradition of Daoism.*

*He is of Dine' (Navajo) and mixed European descent and follows the ways of his indigenous ancestors.*

Neuro Somatic therapy is primarily a 'hands on' form of body work and energy work. We focus on the treatment of physical pain, emotional distress and exhaustion. NST combines several of the most practical and effective approaches to tissue rehabilitation, emotional release work and some leading edge nutritional therapies along with some practices by the indigenous people of Asia and North America.

This practice is unique and effective because it is solution minded – the focus is always on practical and practicable healing methods and lifestyle solutions. On a more theoretical level, NST takes it for granted that our experience as beings (Mind) and the changes in our physiology (Bodies) are inseparable. Each of these aspects of Life has its own systems of function, communication and balance. Every tradition of medicine relies on systems in order to learn and apply what has been learned. In the West we think of a digestive system, a nervous system, and an endocrine (hormonal) system. In the East we think about systems of energetic circulation and storage, like the Five Element System and the Meridian System. In the early indigenous traditions of healing we bring attention to one's state of being, and how one is placing themselves in relationship to what is around them.

NST focuses on the systems that are most related to a person's state of being, especially the most primary and primal systems. For example, when we are treating people who are suffering from emotional distress and exhaustion, we induce a state of being called the Hypnagogic state. This is the state that our mind/body is in when we are just between being asleep and awake. In this state our beings are the most able to release emotions, recycle hormones and toxins and relax states of instinctual arousal. This state allows most adults to 'reboot' their relationship with their whole lives.

Perhaps most importantly, NST has come into being at a time when Quantum Physics, and leading edge medical research are finding themselves sounding more and more like our indigenous ancestors. Isn't it wonderful to hear mainstream science saying things like "everything is connected" or "the universe is holographic and formed by the mutual intentions of every aspect of creation" and my personal favorite, "your heart turns out to be your biggest brain." In this practice there is also a great focus on energetic healing or spiritual healing. Spiritual in the sense of having to do with the nature of existence, not with respect to any religion. The direct application of consciousness is the most effective influence I have ever seen in the process of healing.

## **How did this practice come about?**

Well, I've been interested in indigenous spiritual practices and healing methods since I was six years old. I had some pretty extensive health challenges along the way, from chronic allergies as a child to several serious injuries from crashing motorcycles and falling off of mountains. I have also been through a nearly fatal version of Crohn's disease, alcoholism and depression. I've been profoundly fortunate in my life; in that I have had the chance to study DaoYin (Daoist Yoga) Chinese medicine, nutritional medicine and several indigenous spiritual healing methods from around the world. Each of these things have come along just when they were needed. I would say that NST comes from everything that I have learned that has worked for myself and for the people I have had the honor to help find their own solutions in my ten years of clinical practice and five years of teaching Chinese medicine.

Actually, NST came about in my living room. One evening, some friends and I were talking about healing and healers, and we began talking about the essential tools and experiences a

person would need to be a competent non-specialist. Someone who would be of service to people already on a healing journey – basically medicine without diagnosis. At the end of the evening I found myself with a list of practical skills and personal experiences that would be necessary to help any sincere adult become a health care provider.

Not long after, I offered a series of classes to some very inspired people, whom had some background in healing practices. Two years later we established a school with an active student clinic. Some graduates are already using this training. We have also engaged Dan Last, an amazingly talented Registered Massage Therapist to assist in the teaching and development of this new approach to healing. *see ad to left*



## **Neuro Somatic Therapy Institute**

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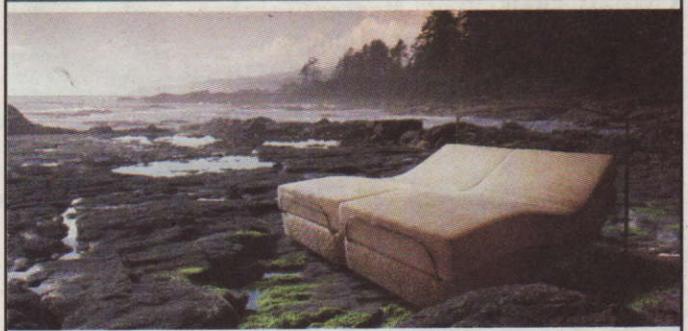
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--Avatar Adi Da Samaraj

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# Energy Medicine

by Greg Keith

Having always been interested in alternative medicine, I thought herbal supplements and acupuncture were on the leading edge of staying well. When a family member was cleared of allergies to wheat, dairy and sugar, using a newer method of alternative medicine - I was in total disbelief.

My son had borderline ADD symptoms: poor concentration, restless, poor memory. The doctor suggested that a Ritalin prescription may improve his symptoms. We read about the side effects associated with Ritalin and searched for another solution. We had heard of newer techniques called: JMT, NMT, and N.A.E.T. The one that was available near us was NAET so we called and set up the appointment.

My science background entrained my mind to believe that effort, time and complicated expensive techniques was needed to change our bodies' habituated patterns. I disbelieved that my son could be healed using this method but he improved so much that I started asking more and more questions and finally had a session for myself.

To my surprise, I found that I could not hold up my arm and resist the light pressure applied by the practitioner, while I was holding the vial containing the allergen! At first, I thought the muscle weakness was due to the power of suggestion or psychosomatic based. So I read further on the topic of Muscle Response Testing which revealed that much research was done in the 1950's-1960's by: Dr. George Goodheart, Dr. John Thie and Dr. John Diamond.

George Goodheart, D.C., was a second-generation chiropractor and was featured in Time Magazine in 2001 as one of the 100 great innovators in medicine. Forty years previously, he had published an article describing how inhibited muscles could be restored to normal function through certain procedures designed to stimulate particular sensory end organs in an effort to correct neurological control features within the muscle and to provoke a more appropriate motor output from the central nervous system.

He observed that harmful substances weakened the energy field of a person if they were holding (or even thinking about!) the substance. When our nervous system becomes confused, or stressed, it may interpret any substance as a threat to our health. Reactions may result such as: sneezing, or high mucous buildup in the sinus cavity or gastro-intestinal tract. This reaction happens when our body gets programmed with faulty information because the autonomic nervous system didn't get the correct information when the incoming data was interpreted. Once a problem is identified it can be accessed and re-modulated into normal function and the illness will disappear. For many the only problem is accessing the bio-computer. NMT can reprogram and debug that bio-computer, just as literally as you might reprogram the computer that sits on your desktop. All you need is the skills and the understanding of how it got programmed in the first place.

*please see ad to the right*

# 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.

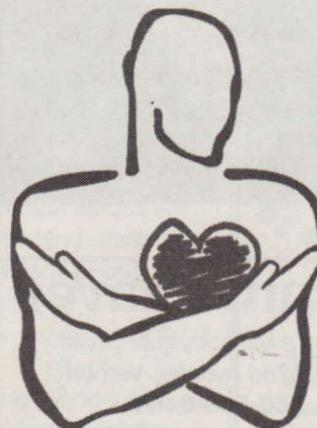
*"I came to Greg for treatment of allergies I had when I moved into my new house. Although there was no apparent cause for the allergies, the reactions I was having were so severe I thought we would have to sell our new home! There were rooms in the house that I could only be in for a few minutes before 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](http://www.neuromodulationtechnique.com)

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



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## ORB PHOTOS

with Randy Mead

These photos were taken every 3 seconds in the order shown below.

**\*1)** First I could sense their presence, coming and going. The camera confirmed what I was feeling.

**\*2)** Sometimes it is hard to differentiate between the orbs and the mist. The mist often appears to be made up of orbs.

**\*3)** *"I felt the most beautiful presence, pulsing around me, holding me in love."* When doing interdimensional photography, many people experience this type of cosmic comfort.

**\*4)** As the orbs funnelled around and above me...I received a teaching that was holographic and non-verbal in nature and continues to unfold to this day. The message was, *"Love is all, so let yourself experience it in fullness and joy"*



# The Veil Is Lifting

Hope & Randy Mead

There is a shift happening and it can be felt, measured, and seen. The planet's magnetic charge is dropping and the frequency of its internal resonance is increasing as measured by the Schumann Resonance. Chaotic weather patterns, increased volcanic activity, unusual earthquakes, all appear to be the new order. We are in a period of unprecedented solar activity and our solar system is currently passing through a photon belt of high energy gamma rays. It's no wonder that almost everyone seems to be experiencing a shift in perceptions, energy patterns and emotions.

While all this is going on, digital cameras are picking up information that was only occasionally caught on film in the past. Today we can see images beyond our normal 3-D reality, often appearing as orbs of light or mist. Quantum theory describes hidden dimensions of space and time. Some people can see orbs and/or mist with their naked eye, in the light from the camera flash, or just at the edge of their vision.

In many cultures you can find references to orbs of light and luminous mist. Native American stories tell a time when the orbs came to their camp fires before the white man were on their shores. Fairies and angels have been described historically as appearing in luminous orbs or mist. A Chi Gong master says they are balls of chi, and that if you are receptive they will give you information.

These phenomena demonstrate aspects of consciousness and can be curious, shy, or excited. They can cluster around people, attracted by human joy, celebration, laughter, and music. The mist can appear to be made of many tiny orbs, but it is often associated with a more complex being, an angelic connection, a healing, or a message.

Orbs often interact with people in a manner that effects their mood, healing process, or personal evolution and even skeptics often have an interesting shift in awareness if they allow it. Some people feel great joy, while others receive powerful messages and/or initiations when the orbs are near.

Had an interesting experience, let us know ...?

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*"I have known Troi since 1981, both as his student and client. His clarity, deep understanding of metaphysical and universal laws, and humanity continue to have a very positive effect on my life."*

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# HERBS: Vital To A Healthy Balance by Klaus Ferlow

The doctor of the future will give no medicine, but will interest his patients in care of the human frame, in diet and the cause and prevention of disease.

-Thomas Edison

Growing up in Germany 'country style,' I developed a love for Mother Nature, especially for flowers, vegetables and herbs. My family used many herbs in our daily diet, as well as for healing illnesses. One of our favourite herbs was the 'stinking rose garlic,' which we considered a wonder herb.

The value of herbs to our lives and to our health cannot be over stated. Since our ancestors first walked the earth, herbs have formed the basis of medicine chests, cosmetic bowls, culinary spice jars, perfume vials and dye pots. They have a remarkable history of healing the human body and maintaining good health when properly used. Most herbs in their natural state are safe, and do not leave a residue in the body that could produce side effects. Drugs on the other hand may be extracted from plants, but when the plants are not used in their natural state it can result in side effects. All plants have therapeutic properties as they contain a variety of biologically active substances that work synergistically in the body to promote healing. Plants undergo photosynthesis, transforming carbon dioxide into energy rich substances. The resulting carbon chains are further transformed into a variety of compounds such as lipids, alkaloids, essential oils and tannins. Through other biochemical processes, minerals and nitrates are absorbed by the roots and transformed into vitamins and trace minerals.

Herbs can affect biological systems in our bodies at the cellular and organ level. Ultimately these high levels of biologically active substances can produce pharmacological and therapeutic effects. The nutritional value of herbs is very high and organically grown herbs offer maximum benefits.

Herbs are extensively used in cosmetics, herbal creams, lotions, shampoos, soaps, toothpastes, oils, tinctures and cooking. The multitude of uses for herbs as foods, medicines and in products only emphasizes how vital plants are to our health and well being.

Unfortunately, as the pharmaceutical industry developed the ability to synthesize medicine from inert substances such as petroleum and minerals, they also developed sophisticated marketing strategies and the therapeutic use of natural herbs diminished.

Recently however, there has been a resurgence of interest in herbs. As people begin to lose faith in drugs and antibiotics they are rediscovering that herbs are an effective and comparatively inexpensive form of health care. Herbal medicine represents a particular approach to healing which differs from allopathic medicine. Rather than relieving a single symptom with a single active ingredient, herbs offer a holistic approach by striving to heal the entire system and treating the cause. Medicine can only be truly holistic if it acknowledges the social and cultural context in which the illness occurred, and then the desired healing takes place. The renewed interest in holistic herbal medicine, as well as a great number of other alternative therapies, has encouraged changes within the existing medical profession. Given the financial crisis of the medical system, it is incumbent upon us all to seek out and utilize appropriate health alternatives. It appears that these opportunities will continue to increase in the coming years.

I leave you with this quote from *The Pocket Herbal Reference Guide*, "The art of pharmacy turned to the production of drugs which could bring the quickest relief of symptoms, ignoring the reason that the symptoms appeared." As we look back, perhaps it is time to reconsider that path. The use of these substances has spawned a myriad of unexpected problems, such as suppression of the very signals that our bodies produce to alert us to a need for a change. Pain itself is a call to action - a call to remedy an imbalance in our lifestyle. The proficient use of herbal therapy is directly connected to our ability to sense that first signal and to adjust our lifestyles accordingly. It is when these signals are continually ignored that disease has a chance to seat itself more deeply within our bodies. The appropriate use of herbs is only one of many healthy alternatives to our present medical system.

*Klaus Ferlow is president and co-owner of Ferlow Botanicals in Vancouver, B.C. A Canadian-owned and operated family business that manufactures and distributes natural toxin-free herbal medicinal and cosmetic products. Please see ad to the left*



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# Website for Healthy Living

by Maria Carr

While attending a workshop in the Okanagan, a few local practitioners and myself got chatting. We wanted to know if there was an easy way to get out last minute posters or information to events in different communities. We all either had to drive the distance or mail them to friends who would help.

Together we came up with a vision or idea of having a website, so that last minute entries or changes could happen. I was asked if I would look after the website. That was two years ago when we called it the OIHIC - Okanagan Integrative Health Information Centre and last January, we shortened the name to 'OK in Health.'

The website lists information on local health care practitioners, healing articles and natural care businesses. We have specialty pages like maternity, menopause, environmental and natural animal care. Plus articles on aromatherapy, reflexology, healthy tips, book reviews and recipes. We have free listings for support groups and offer memberships for our free E- newsletter and monthly contest prizes. Today we have many listings for workshops happening throughout B.C. and we even sponsored one ourselves.

In the last two years this volunteer website has grown beyond my imagining. In August we received 100,000+ hits and 2000+ unique visits/hits. We are continuing to re-invest the profits back into better marketing and it is paying off... for the response has been fantastic, as is the community support.

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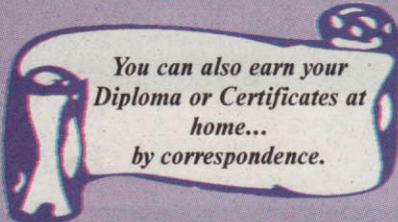
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# The Traveler

by Philip Sarsons

I was in week eight of *The Artist Way*, by Julia Cameron, a twelve week intensive self-guided course on heightening ones artistic life with ones sense of spirituality. I had just graduated from the BFA-Acting program at the University of Alberta, and was looking for some rejuvenation (not to mention sunlight) from the dark and cavernous world of "Theatre School!" Week eight is 'the heavy week' about 'Strength and Spirituality.' By the time I had worked my way through the previous seven weeks, I was feeling very prepared and very excited.

Having practiced yoga for six years, I was allowing space for serendipitous /spiritual things to bloom. This week I would confront old notions of God, the religion of my childhood, and ask the hard questions which would bring me ultimately closer into each present moment with sober honesty - a boon for any actor.

There was a series of events just prior to that week: I had at least two people ask me if I had ever studied the I Ching. 'No. What's that about?' I asked, somewhat naively. 'It's Chinese philosophy' they would answer. Like many details from day to day, these two incidents were tucked away into a pile of memory, only to surface later, inevitable and unexpected.

I took myself on my 'Artists Date:' a weekly event designed to enhance the intimate understanding of your inner life, and learning to play. To that end, I took myself bowling. Living in the small town of Kimberley, BC at the time, I was luckily the only one in the whole bowling alley, so naturally I made a few requests to make the event even more special: ABBA, for starters, and glow-in-the-dark lighting. Needless to say, I bowled some pretty spectacular games for the setting was conducive to my success. Next I went for lunch to Raspberry's for a light pasta. After the game I was relaxed and ready to eat. I brought with me some of my Artist Way supplies: 'The Tao of Pooh,' and some writing materials. I set them out before me to begin working and researching my current sense of spirituality.

The waitress came by - again, I was the only customer(!) - and she was almost doting upon me. There was a fascination coming my way from her as to what I was doing. By the end of my meal she could resist no longer. She said: "You remind

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

### The Traveller ... continued

me of the I Ching." 'Wow' - I thought. There are many power spots in the Kootenays, and I wonder if the entire region is not actually a vortex for tremendous knowledge. Certainly in this waitress's eyes came forth a lightness of being, and her saying 'You remind me of the I Ching' - combined with the fact that ABBAs 'I Believe in Angels' was playing in the restaurant in that moment - made for a very powerful experience. "What do you mean?" I asked. "You know -" she said "- the traveler. You seem like a traveler to me." Although it seems silly, the obvious serendipity of the moment during the week of Spirituality in the Artists Way made me truly STOP to appreciate the Moment. As I walked outside into the hot summer day, my mind was playing the chorus riff over and over: "...I believe in angels..." But the day was far from over...I walked over to a friends house, and as I opened the front door, immediately on the other side was none other than a copy of the I Ching(!) right on the bookshelf(!) Well: this iced the cake. It could not be ignored. I needed to study this work. From that light hearted afternoon began a two year search for the translation of the I Ching which made the most sense to me. There is a lot of what I call hocus-pokus on the I Ching (naturally, as the origin of the study has roots in Shamanism, and shamanism in Western Culture is not necessarily embraced widely) and so I needed something rather practical. At the end of the search I found Thomas Cleary's "The Taoist I Ching," and would recommend any of his writings as I have since become an avid fan. This book in particular satisfied my need for science-philosophy-poetry-and math simultaneously. Although I have been through the book several times cover to cover over the last six years, it is always new: the book is truly a great work, if not a map of the Tao itself (now that's high praise!) I have now moved on to the study of Taoism and look forward to a time when the majority of my day is spent in that study: its rich and long history, and its intricate and peace-promoting practices. In the end, the waitress is quite in the right: I have a lot of traveling ahead of me and I expect it to be a serendipitous journey. Soon I expect to arrive at Johnsons Landing Retreat Center and finish off the tree house I started this spring. We'll see what else the universe has in mind, as I pay close attention to the subtle messages I receive.

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(Excerpt from a reprint from *The Northwest Herald*) by George Cairns

Every week around 10,000 people die of cancer. Government figures show the death rate for cancer deaths has not changed in the last 10 years. Chemo and radiation only save around 10% of the people treated and the cancer usually returns with a vengeance. This shows that our doctors don't have much to work with. As this article goes on, I will explain how to prepare this plant and how much to take. There is nothing to buy. For some reason, the Lord has picked me to carry these words to you. I am only the delivery boy, and none of this is my idea. I do believe every word I write here, and I'm living proof it works. The cost of printing is my thanks to God for giving me back my life and health.

A little over three years ago I was about done in with cancer. One morning as I was waking up and hoping the end would come soon, a voice came to me and said. "You have to do something about your prostate cancer. Take the root of the dandelion. Don't expect a miracle. It took you a long time to get in this condition." The voice was gone. I thought the voice was kidding to use the dandelion. When this voice tells you to do something, you do it. It is the last thing I ever expected to do.

As soon as I got around that morning, I dug some roots and started to prepare it. I started taking it and three weeks later the pain in my back and side was gone and my bowels had improved. Five and one half months later they could find no cancer problem in me at all.

I then wanted to find someone else to try it. A friend that was dying of lung cancer. He had it in both lungs and was bed ridden. They were tapping his lungs. He had been given 4 to 6 weeks to live. After he had been on this powder about six weeks, he was up and around doing his chores and driving his car. He went to his doctor's office, and the doctors could not believe it. They took him to the hospital and gave him a CAT scan. They found no cancer lesions in his lungs and said it was a miracle.

I then put an ad in the Herald offering it for free, and four people said they would try it. There was a fair amount of people taking it for different kinds of cancer and several for other things.

The biggest enemy for this root is chemo. The stronger the chemo, the less chance the powder has to help you as chemo tears your immune system and appetite down, two of the most important things you need to cure cancer. There is only a ten percent chance chemo will cure you. With no chemo, your chances are 75 to 80% but you must take it every day. Don't let your doctor give you that old treatment, that if you turn him down, that goes, "If you want to throw your life away, I can't stop you". Just remember that 90% of the people that take his advice and take chemo are in the cemetery. Don't blame the doctor; he is doing his best with what he has to work with.

"To make the powder from the dandelion root you must follow my directions to the letter. Any changes and it won't work. The dandelion root powder you can buy at a Health Food Store is not made the same way. It is not known to help cancer...."

The dandelion root powder that you buy is not known to help? What does this mean? Does it mean that the store shelf products have been processed, irradiated, molecularly changed to the point that they become of little value? Does this mean that the life force has been removed and they are not 'Electrically Available, to the cells of our body?' Could the answer to these questions possibly be, YES?

True, not all supplements are created equally. To get the highest benefit, we must seek out supplements that do have the life force still intact. It is that life force that is the most beneficial or, 'Electrically Available, to the cells of our body.

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# Becoming Health Literate

by Rea Holly

We become literate in childhood by mastering the basics, the 26 letters of the alphabet, and use them as building blocks to gradually open our minds to the wonders of life. But how many of us are health-literate? Did anyone open our minds to the wonders of our own bodies? Did anyone teach us the building blocks of health and well-being?

According to Dr. Matthias Rath, a well known physician and researcher of cellular medicine, the answer is no. He claims that millions of westerners live in health illiteracy. We can read and write but the elementary functions of our bodies are obscure and unknown to most of us. We don't know what makes our bodies sick and what keeps us healthy. The solution is to take responsibility for our own health and learn about the 'body basics' like nutrition, supplements, water, detoxification, exercise, and restful sleep.

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# Calendar

## October 1

**Reiki Level I** in Vernon with Pamela, p. 10  
1-866-847-3454 (Reiki Master for 10 years)

## October 3

**Angel workshop** with Pamela 861-9087  
(Angel Therapy Practitioner) page 10  
www.reikikelowna.com

## October 8

**Reiki Level II** in Vernon with Pamela p.10  
1-866-847-3454 (Reiki Master for 10 years)

## October 15 & 16

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

## October 21 & 22

**Continuum Movement Workshop**  
Call Kirsten 764-0844 or Anne at 767-2103  
see ad to the left with Anne

## October 25

**Certified Hypnotherapist Course**  
in Kelowna starts p. 17

## October 27 & 28

**Emotional Freedom Technique**  
Vancouver, p. 16

## November 5

**Healing Arts Fair**, Kelowna, p.19

## November 5 & 6

**Core Awareness Workshop**  
Kelowna see ad and article p. 2

## November 12 & 13

**Tarot Classes** with Cheryl,  
Westback, p.23

## December 13 - 20

**Integrating Soul & Body**  
with Dr Troi Lenard. See profile ad page 13

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## ONGOING EVENTS

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**MONDAYS** - Last Monday of the month  
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Penticton: 493-4317 • www.SpiritualUniversity.org

## WEDNESDAYS

**OPEN HOUSE** at Praxis Spiritual Centre  
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## SUNDAY CELEBRATIONS

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Service** 10:30-11:45 am at the **Leir House**,  
220 Manor Park Ave.. Info: Loro 496-0083,  
email: celebrationcentre@telus.net

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# COSMIC TRENDS

October & November by Khoji Lang

Jupiter and Saturn are the two biggest planets in our Solar system. Because of their massive weight they not only have great influence on all planets' orbital paths, they even have the power to shift the gravitational center of the entire Solar system! Since ancient times these two giant planets' mutual 20-year cycle has been followed closely; as it indicates big sociological, economical and political changes. For the last two centuries, all of Jupiter and Saturn's meetings took place in Earth signs Taurus, Virgo and Capricorn. The beginning of a cycle is the seed, which eventually, as the cycle comes of age grows into full manifestation. All of the two giant planets' seeds in Earth signs gave rise to a predominant materialism. Then in 1980 things changed. Jupiter and Saturn had their first meeting in the Air sign of Libra, igniting 20 years of reorientation. New values arose and gained foothold: balance and equality, humanitarianism, redefined relationships and new spirituality - beautiful visions of what this world could look like.

The present 20-year cycle began in May 2000, with Jupiter and Saturn back in the Earth sign Taurus. For one more round we have to deal with muddy earth, applying of what was revealed before. Right now we're one quarter into this new cycle, and Jupiter and Saturn's waxing square is knocking on our doors. It's a rather harsh, reactive and grim-looking reality we are facing. Things are turning more impertinent and cover-ups are exposed frequently, sadly reminding us on how deceitful those in power are. However, Taurus reminds us to stay grounded in reality. So better dispel sweet dreams of divine intervention, ascension and all that other esoteric rubbish and start doing the job. If anyone can save us from annihilation it's our own inborn intelligence. Taurus is the sign of hard work, inviting us to get our hands dirty and plant new seeds. Taurus supports us with tremendous endurance, perseverance, with a practical sense of what comes first, and what is needed to follow through. Taurus is the sign of the builder, its approach is experiential. Renewal and sustainability are Taurus' core attributes.

Planet Mars is also making its presence known in the sign Taurus. In the weeks ahead, planet Earth will travel between the Sun and Mars. We are as close to the red planet as we can get, so watch for its bright orange glow in the night sky. Because planet Earth moves faster than Mars, it will appear as if it is moving backwards in the coming weeks. Mars' retreat begins October 1 and will last until December 10. It is particularly interesting to know that the planet of willful action comes to a halt in that exact same degree where Jupiter and Saturn seeded a new cycle back in the year 2000 (one most startling detail is: the very moment the two giant planets had pulled even, they were precisely in zenith position over Washington DC - a clear sign of where the hub is!) As Mars comes to a halt in that same spot on October 1, planet Venus adds to the cosmic brew, shooting her Scorpionic laser beam right across the zodiac, boosting creativity in its most primordial form. Shiva comes to mind, destructive at first, yet clearing space for the new to sprout. And as if this wasn't enough, a Solar eclipse on October 3 pushes the energetic levels even higher.

On October 26, nine days after a partial Lunar eclipse, Jupiter leaves Libra for good, entering Scorpio. The mutual reception of Jupiter and Pluto (in effect for the coming 13 months) will bring many things to their climax. Looking at our world's economy makes one wonder if trends are about to radically shift. Hiking oil prices and rising interest rates might add the last bit to burst the bubble.

Above all, during these coming times of radical transformation (in 2006 Pluto will be aligned with the Galactic Center), the best place to be is in one's heart - in loving attunement to this mysteriously unfathomable universe. Everything we claim ours is but a gift. Enjoy while you can, share your contentment. Then, when the time comes to let go you will happily move on. The most sacred expression of one's religiousness is celebration, gratefully savoring this endless moment, which never began and will never end.

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## Finding the Still Point

*A Spirituality of Balance*

Tom Harpur

Northstone Publishing

ISBN 1-896836-71-2 - \$19.95

I believe that we would all like to find ways to deal with stress in positive, natural and non-invasive ways so I chose this book to learn more. The author quotes from Allen Klein's work, *The Courage to Laugh* - "If you are currently not experiencing any stress in your life, you should immediately lie

down - it appears you may be dead."

This worthy author identifies stress as the major issue currently facing most people, identifies the



causes, and goes on to show that spirituality, along with the practice of mind/body techniques, is the key to creating balance in our lives along with finding antidotes to stress. Tom Harpur has a gift of writing, which transcends the common perception of a Rhodes scholar and Anglican priest. He speaks in a personal way, sharing his experiences on (among others) the labyrinth and spiritual meditation, and encouraging us to find the "still point of the turning world", and to seek our own spiritual responses to stress.

# Book Reviews

## Living the Qabalistic Tarot

*Applying an ancient oracle to the challenges of modern life*

Amber Jayanti • \$34.95

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by Christina Ince



## The Archidoxes of Magic

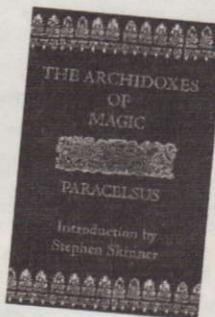
Paracelsus

Ibis Press • ISBN 0-89256-097-4 • \$23.95

This book is a reprint of the 1656 edition, in which Swiss physician Paracelsus (Auroleus Phillipus Theostratus Bombastus \* von Hohenheim, 1493-1541) gives one of the most complete known descriptions of alchemy. The original title will certainly pique the interest of diverse readers: *Of the Supreme Mysteries of Nature. Of the Spirits of the Planets. Of Occult Philosophy. The Magical, Sympathetical, and Antipathetical Cure of Wounds and Diseases. The Mysteries of the twelve Signs of the Zodiac.*

This book is not only a fascinating piece of history, it is an inimitable source

for those keenly interested in all that comes under Paracelsus' section headings: Secrets of Alchemy, Occult Philosophy, and Celestial Medicines.



When he was sixteen years old Paracelsus entered the University of Basle to study alchemy, surgery and medicine, determined to cure disease by means superior to those available at the time. Then he wandered the earth enjoying and enduring many adventures while being taught by dervishes, witches, gypsies and sorcerers. He was worshipped and he was derided, but none could deny his phenomenal brilliance of mind, nor his influence on the Western Mystery Tradition.

Amber Jayanti is the founder of the Santa Cruz School of Tarot and Qabalah Study, and the author of, among others, *Tarot for Dummies. Living the Qabalistic Tarot* is a superb book on this ancient art which will not sidetrack you with stunningly colourful pictures but will impress you with the extensive, practical, information with black line drawings of each card.



You will learn the four steps to Tarot Mastery: getting acquainted with the rules and tools of the Game of Life; taking the rules and tools and

applying them to everyday life; incorporating the teachings until they become second nature; and completely mastering the teaching, thus achieving enlightenment! Each chapter features a card and its symbolism, the gateway of life, divinatory questions, suggestions for application and integration, the author's personal experience, and her students' experiences. This highly recommended book is good for deepening your practice and understanding of Tarot for yourself or others.

## Radical Optimism

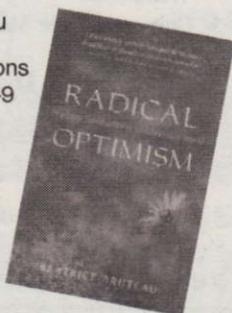
*Practical Spirituality in an Uncertain World*

Beatrice Bruteau

Sentient Publications

ISBN 1-59181-001-9

\$19.95



We can all agree with the author that the more troubled and difficult the world becomes, the more important it is to be optimistic, and the more deeply we need to root that optimism. The troubles and uncertainty in the world have greatly increased since this book was written, and therefore the author's guide to practical spirituality becomes even more valuable. If you are wondering if "practical spirituality" is an oxymoron, consider the balance achieved by acknowledging your practical side along with your spiritual side - a foot in each world, so to speak, and an acceptance of your humanness.

The purpose of this book is to inspire us to achieve optimism through contemplation. We can learn to be creative, using ancient philosophy to achieve a better place (practically and spiritually) for us all. Beatrice Bruteau urges us to use the tools she provides to work toward radical optimism - that optimism that is "rooted in deep reality" and worked out "in love by skillful means."



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Judy's message is simple and loving as she encourages each one of us on a journey of remembering..... that we are free and light-hearted... to breathe into each moment and listen to our heart's calling.

This is Judy's fourth album, three for adults and one for children, all with the same quality of a well trained singer whose parents had an option when Judy had trouble breathing as a child. She either needed to take drugs for the rest of her life or strengthen her lungs by singing. The world is a little better place as her fingers pluck the piano keys as easily as she changes notes. Judy is a regular contributor to the yearly World Congress Gathering, helping them 'hold the light' and putting words to the songs in the hearts.

**into the Heart of Sangoma**

**Ann Mortifee**

www.bongobeat.com



I am delighted Ann has released another album after a ten year sabbatical. Her exuberant style is so refreshing as is the poignant message about freedom and healing. Her unique range of styles changes with each selection as does her four octave voice in this New Age, Afro and Spiritual infusion seamlessly embedded into the message she wants her listener's to reflect upon. The beat and magic of Africa, her birthplace, becomes an empowering musical journey using African rhythms as she embodies their fight for freedom. Often times the music is so moving that I am glad she left a few numbers unsung.

She has dedicated a large portion of all sales to initiatives of Baba Mutwa who cares passionately and seeks to bring healing and relief to the people of Africa.

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## Book Review

by Angele

### The Unbroken Field

The Power of Intention in Healing

Dr. Michael Greenwood

ISBN 0-9695822-2-6 - \$20

[www.paradoxpublishing.com](http://www.paradoxpublishing.com)



*I decided to review this book rather than give it to Christina because I had a session with Michael ten years ago when he did a tour of the the Okanagan. My session gave me amazing insights into one of my early hurts. For that I am grateful and if his book helps one more person start their healing journey... blessings be.*

I want to call Michael's book *The Unified Field* but that is a scientific theory that attempts to unify all the fundamental forces and the interactions between elementary particles into a single theoretical framework. After reading this book I believe that Michael's theory is equal to Einstein's except Michael explains how the body reflects every thought and every feeling we have from birth onward.

Drawing on his skills as a medical doctor and acupuncturist he writes a mini synopsis of his patients with his understanding of what happened within the context of the Five Element theory and why they did or did not heal. Interspersing theory and patient examples helped me to understand the flow of energy easier and why it goes out of balance. He likens pain to a warning light on your car. If you cut the wire and the light goes out is your problem fixed?

He spends most of a chapter explaining why pain is our teacher and will never give up on us, always wanting us to open to the flow of energy but first we need to understand it. He says it demands our expansion of consciousness until we embrace the message with no judgments.

I also enjoyed his chapter on meditation and relaxation as he focuses on the stress of modern living and why so many people have a hard time staying alert and being relaxed at the same time. If we have much angst and we meditate, we often do so with the unconscious intention of increasing our dissociation, rather than reducing it. We must be in the body to heal it... not in our minds to transcend it.

I especially enjoyed the many chapters on the Five Element Theory and how the creative and destructive cycles interchange. He says "Difficulty arises if we cannot access the energy of one or another element when it is needed."

This book is not an easy read but Michael makes it enjoyable with all his personal insights and humanness as a healer. There are many do-it-yourself exercises included if you want to delve deeper into your pain. My first impulse was to print out a few pages every two months so you could get inspired in your healing journey but upon contemplation it would make more sense if you just bought the book yourself.

# Creating Environmental Harmony For Your Home or Business

by Lesly Nielsen

As a Classical Feng Shui and BaZi consultant, I have often heard my clients say "excuse the mess; it's just a small home or business." This always strikes a chord with me, and my clients are likely to receive a polite discourse on the minor effects of size, clutter, or decorations in comparison to the quality of environmental 'qi' they are tapped into. Basic ambience is nice but the environmental forces from the land, correct site selection and building positioning is the key.

Qi, (pronounced 'chee') has many definitions. Simply speaking, qi is energy. It exists everywhere and is the basis of all matter and motion. In Traditional Chinese Medical theory, it is often referred to as the life force in the meridians and organs of the body. Since qi is energy, it can neither be created nor destroyed; it can only be transformed without any loss in the amount. Ancient Chinese scholars described these changing phases of qi in the fundamentals of Wu-Xing, or the 'five elements'; earth, metal, water, wood and fire. Understanding the yin and yang manifestations and phases of birth and growth for each element is the basis for the practice of many oriental sciences such as Acupuncture, BaZi, and Classical Feng Shui.

Assessing environmental qi is called 'Luan Tou'. Long ago Feng Shui Masters would 'walk the mountains', sometimes for hundreds of miles, to determine if the quality of qi in the area was suitable for their client. Using a Luopan, which is a sophisticated compass, the Master would calculate the qualities of the main mountains, as well as the rivers, lakes and oceans for their qualities in relationship to the surrounding landform. Today, I use topographical maps as one of many methods to assist in assessing the greater land-form, but walking the land and nearby mountains is still important.

With an understanding of the qi of the area, I then look to use the potential energy of the chosen site by choosing the best positioning for the building. For example, the qualities of qi in the area may be good, but the building may not be aligned correctly to receive the optimum qi from the landform. Sometimes the building may be aligned correctly but the quality of qi is not suitable for the residents as determined by their

BaZi (or innate qi make up). If we think of the building as a 'body' then we see how important it is to harmonize the entering qi with the unique needs and long term plans of the occupants. Perhaps the quality of qi is more suitable for other endeavors? If the external qi is suitable, then the fine-tuning of interior feng shui will only enhance it.

A few years ago I was consulting on a home in the lower mainland. While taking Luopan readings, it was difficult to keep my eyes off the beautiful decorations, the expansiveness of the house, and the sheer magnitude of energy that had gone into creating what looked like a masterpiece. However my client was at her wits end. Since they had moved into the house serious health problems had arisen, some of the family members weren't sleeping well, and everything from the vacuum system to the plumbing kept breaking down. As well, their relationship had deteriorated to the point of divorce. No matter how beautiful and perfect the property seemed, the house had been built in contradiction to the qi of the land.

Another client was doing fantastic until the installation of a large swimming pool in their backyard. It seems that after the filling of the pool, his fortunes and family life began to deteriorate. The bickering in the house became so intense that the teenage children started to move out. The pool had created a serious imbalance in the qi of the land; activating energies that were negative. Qi 'gathers at the boundaries of water' so large water placements are often tricky.

Once the inherent energies of the location have been utilized to their optimum for the residents, I proceed to interior feng shui. Qi entering through the facing and entries of the building settles in very predictable ways, and the goal is to utilize the highest quality phases of qi to match each resident and function. Sometimes the changes might be minor, like using a different door or changing room function, and other times the changes may need to be more extensive. However, once the site is aligned with the appropriate phase of qi from the environment, the extra energy invested will pay back dividends to its owners for years to come. See ad below



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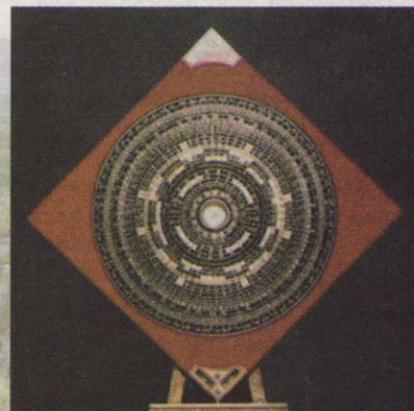
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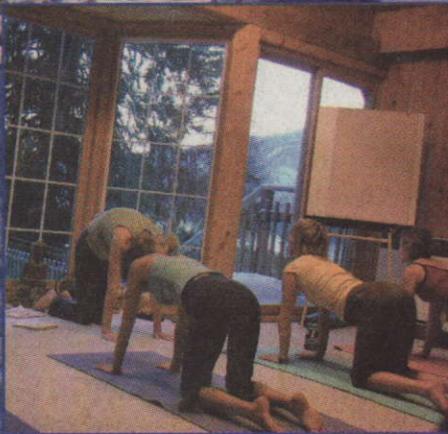
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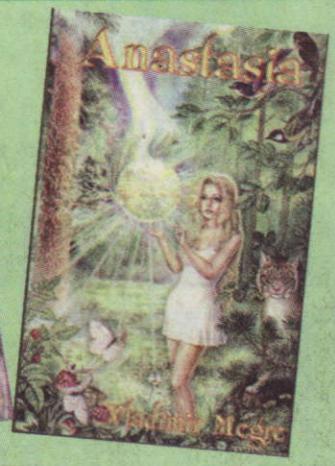
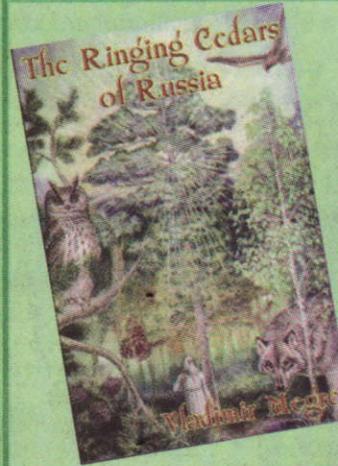


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