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# ISSUES

for **EMPOWERMENT**

Magazine established 1990

**Resources for Connecting,  
Healing & Awakening**

**February & March 2006**

**Crop Circles**

details page 31





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# What Is Zen Writing Practice?

by Kuya Minogue



Imagine, if you will, sitting still for 30 minutes doing nothing but observing how images of the past, plans for the future, the emotions these images and plans evoke and the stories we tell ourselves about those emotions, appear and disappear in your mind like clouds appear and disappear in the sky. Imagine noticing what arises in your mind, letting it go and then bringing your attention back to your sitting posture, to your breath. When sitting, the sage knows, I am sitting.

Imagine standing up, stretching, and then walking or trotting along a forest trail where the sun speckles the path with light and a redheaded woodpecker tap-a-tap taps on a crusty old pine. Imagine noticing what arises in your mind and letting it go, bringing your awareness back to the motion of walking, the alignment of your spine. When walking, the sage knows, I am walking.

Now imagine coming back from that walk to sit down in a dimly lit room where incense is burning, opening a spiral notebook and letting your pen go, without stopping, as fast as you can, without going back to dot an "i" or cross a "t", for three ten-minute sessions in a row. Topic, "hot and cold", 10 minutes, go. Imagine noticing your inner critic, your inner editor, begin to nag you about what you are writing, letting those voices go and then returning your attention to your grip on the pen, the movement of your wrist, the words that are spilling across the page.. When writing, the sage knows, I am writing.

It doesn't sound like much, I know; but the practice is magical. The writing that flows in those thirty minutes flows from a place that is far below the messages of pop culture, family dynamics, education and an array of other social conditioning. Zen Writing Practice (sitting, walking and writing together in silence), takes us below the ideas that others have instilled in us: ideas about who we are and about what we want to do with this miniscule flash of human life. In writing practice, we meet our true selves, unfettered by conditioning.

Zen Writing Practice also releases talent, which is something like a water table that is always there, under habitual thinking. Once we tap into that talent through writing practice, it flows through us. That's when the magic starts; when we open ourselves to a unique expression of our completely unique selves and sparkling original language flows effortlessly from an inexhaustible source through our pen and on to the page. Some have called this "the awakening of the muse."

*Kuya will be presenting*

*at the Spring Festival, April 28-30  
and*

*at the Johnson's Landing Retreat Center  
June 19-25, a 6 day Zen Writing Practice.*



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# STEPS ALONG THE PATH

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

At a Spring Festival of Awareness about eight years ago, I took a short introductory Breathwork workshop called 'Men and Mother' that was facilitated by Jon Scott. I had always felt a certain distance or lack of understanding about my connection with my mother. I related very well with my father but something was missing with Mom. When I was around her the conversation was usually shallow and when I gave her a hug it seemed like she wanted to pull away. She was never very big on affection. In order to move into the actual breathwork Jon gave the twelve of us a crash course that included the timetable for the next three hours, some possible outcomes that might occur plus teach us the actual breathing technique. Well off we went into the abyss of the unknown at full speed. Within half of an hour, with Jon coaching and key pieces of music prompting us, I dropped from a state of everyday consciousness into a whirlpool of emotions. When I connected with my feeling regarding my mother, I was swept with sadness and a sea of tears flowed out of me. As we came to the end of the workshop I could sense and feel that almost every man in the room had been profoundly effected. For me the release was so cleansing that I felt as if a great weight had been lifted from me and I left that experience a lighter man. This was another one of those footsteps along the path of my growth, another one of those events that helped form the person I was becoming.

In our new 2006 Retreat Center Events Calendar and on our website, you will see Jon Scott facilitating a variety of our workshops, including two different breathwork workshops. Jon just seems to get better with each season, assisting people in their emotional and spiritual development.

Here at the Retreat Center snow keeps coming and going, giving us a glimpse of the landscape and our garden, which can be seen from the windows of the lodge. We have been communicating with the spirits of the land, similar to what they do at Findhorn in Scotland. Since Dorothy Maclean's visits and our own growing awareness of the spirit in all things, we are learning to integrate our humanness with the Spirit of the Land, feeling more connected each time we interact.

Regarding our 'Community' project, we now have evening meetings with affirmations and group meditations. Our vision is slowly developing as more folks come forward. The array of skills that they are arriving with is amazing... it is as if they have each been trained most of their lives to be here at this point in time. At the Retreat Center we always have a wonderful variety of new things going ... so boredom is a non-existent word in the dynamic world we live in. If you like the idea of developing a Light Center and want a supportive environment to learn, teach and grow, give us a call.

Love and Light, *Richard*

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# Musing

with

Angèle publisher

This month's front cover features three different Yin Yang formations in a crop circle that appeared in 2003 at Hackpen Hill near Winterbourne Bassett, Wiltshire, England. The photograph is courtesy of Robert Nichol, a film maker who lives at Gibsons Landing near Vancouver, and Lucy Pringle who has a website with hundreds of crop circle images. One evening I spent several hours surfing the net staring at the amazing images that are created when wheat is bent at 90 degrees. Mostly they are photographed in England but several years ago a few crop circles were recorded in a field near Vanderhoof, BC and now ice circles are appearing on frozen lakes. The buzz is that this magical energy will help us with the transformation that we are about to go through on our planet.

I choose this image for the cover because I like the Star Dreams video that Robert Nichol has just re-created into a CD. He will be at the Spring Festival of Awareness in April to show it and answer questions. There, I assume, he will be talking to the converted, so the discussions can go deep. When my son Keith was here at Christmas, we watched the original Star Dreams video which I love. He said that he had heard crop circles were fake but took the time to watch. It made me wonder why he believes the crazy newspaper stories that Dave and Doug are making them with planks and tape measures? I did a bit of research and one report said that 77% of the US population believe crop circles are made by aliens and 80% believe the government is covering up the evidence. Once again, it is the grass roots movement that is taking the time to record and make them legit.

Some of these crop circles are only available for a few days and are destroyed when the wheat is harvested. I learned that 'croppies' hire planes and take photographs, researchers measure them for size and electrical frequency, Tai Chi masters and healers meditate in them, and they have changed more than one person's life. One of the film clips on the CD was taken inside of a crop circle and showed hundreds of orbs surrounding a child who looked like he was playing with bubbles.

On re-reading *The Findhorn Garden* book I also noticed that a picture taken inside their garden has little circles in it. Now that I have photographed orbs with my camera I am starting to notice them more and believe they are elemental energies allowing themselves to be seen. On page 36 of this *Issues* are some book reviews on the subject of devas and intuition. These books literally fell into my hands, for as the old saying goes "when the student is ready the teacher will appear." I'll assume they want more of my help with the garden.

Over the last two years I have taken on the task to have all the grass removed from inside the garden. It had grown through the sawdust in the walking paths. In the southern portion we brought in windfall trees to make raised beds. In the northern portion we have large rocks that make three circles. The garden was re-designed in 1993 by the owner, in the shape of an Ankh, an ancient Egyptian symbol for life, to attract the elementals.

Looking back I can see how, once again, I was set-up to do my angel's bidding. On several occasions I actually sensed the energy-beings who lived near my building in Penticton and know for a fact that if it wasn't for their help, I never would have had it as easy as I did. Once it was decided that I was moving to Johnson's Landing one of the first things we did was haul out three and a half years worth of composted carrot pulp, made at the Juicy Carrot, to which a bucket of Red Wiggler worms had been added for good measure. Our garden did very well last year and I believe we are in for a mild spring, so I hope to start planting early. Many thanks to RainGrow organic fertilizers and WOW worm casting who both have been very generous with supplies to help build the rocky soil and clay dirt into what we hope will be a magical garden co-created with the nature deva's. I do love being in the garden and prefer it to doing computer time. My hope is that someone will become part of our community that either likes computer work or gardening so that both *Issues Magazine* and the garden will continue to flourish.

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

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

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# Soy Diet Worsens Heart Disease...

Heart conditions became worse in male mice carrying a genetic mutation for heart disease when they were fed a soy diet, showed a study published January 4, 2006.

Male mice carrying the mutation for hypertrophic cardiomyopathy or HCM, were severely affected by the soy diet, showing enlarged heart muscles and eventual heart failure, according to the University of Colorado study published in the Clinical Investigation. HCM is the leading cause of death in young athletes and affects about one in 500 people.

When the mice in the study were switched to a diet of a milk protein, their condition improved markedly. Female mice carrying the mutation for HCM were relatively unaffected by the soy diet, according to the study. That led the Colorado research team to believe that heart deterioration in male mice was due at least in part to plant-based estrogens in the soy food diet.

"To our knowledge, this is the first report of significant differences in cardiac muscle adaptation due to dietary manipulation," researchers wrote. "But we are seeing more cautionary reactions from the medical community in recent years regarding the ingestion of huge quantities of dietary supplements, including soy phytoestrogens."

Soy foods and diet supplements are perceived to be a huge health benefit to humans. Consumers spent an estimated \$4.7 billion on them in 2005. And yet, much more research to the detrimental effects of soy goes unreported. As stated on the [www.soyonlineservice.co.nz](http://www.soyonlineservice.co.nz) website: "Have you ever wondered about soy? It's promoted as the miracle food that will feed the world while at the same time prevent and cure all manner of diseases. But what if all you've read about soy is nothing but a multi-million dollar marketing strategy based on scanty facts, half-truths and lies?"

And from the: [www.mercola.com/2002/jun/8/soy.htm](http://www.mercola.com/2002/jun/8/soy.htm) website: "Soy formula is one of the worst foods that you could feed your child. Not only does it have profoundly adverse hormonal effects as discussed above, but it also has over 1000% more aluminum than conventional milk based formulas."

Research shows that, soy weakens your immune system. Soy blocks vitamin and mineral absorption. Soy has not, does not and will not prevent cancer. In fact, research shows that soy causes tumors in mice. Soy damages the myelin sheath around the nerves, spinal cord, brain tissue... and the list goes on and on.

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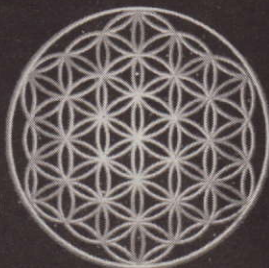
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# Soul Travel

by Catherine Owens

Have you ever been awake in a dream? Have you ever had an out-of-body experience? And, of course, we all go to sleep! Then, you have had a Soul Travel experience.

In Eckankar, we believe our true identity is Soul, a spiritual being, a divine spark of God. Eckankar is a path of personal experience. The Holy Spirit's presence and direction in our life becomes a daily reality. The Spiritual Leader of Eckankar, the Mahanta, the Living ECK Master teaches us how to recognize this and to look at life from this spiritual perspective. Karma and reincarnation are basic tenets of Eckankar, teaching that Soul's spiritual training occurs over many life times.

Soul Travel helps us recognize ourselves as Soul. It proves survival after the death of the human body. My first Soul Travel experience was unexpected. I had just gone to bed and was practicing a spiritual exercise. I suddenly found myself standing at the foot of the bed looking at Me in bed. The Me at the end of the bed thought this was just wonderful, but a part of Me was afraid for Me in the bed. This fear put me right back into my body. It wasn't a very exciting out-of-body adventure, but it was definitely enough for me at the time.

Soul Travel, whether to worlds beyond this physical plane of existence or to the 'foot of the bed,' are simply an experience that changes your perspective on life (an expansion of consciousness), helping you to become aware of yourself as Soul. Eckankar believes that our soul travels while the human body rests. It leaves the body for experiences in the other worlds of God. We remember them as dreams.

The many challenges of everyday living can cause us to forget that we have a spiritual purpose in life. Soul Travel helps us regain our true spiritual perspective. Having a practice of spiritual exercises also helps. One exercise you might want to try uses an ancient name for God, HU. Simply close your eyes, open your heart and sing HU (pronounced 'hue') for twenty minutes a day, then watch for more love, happiness and spiritual insight to enter your life.

The book *Past Lives, Dreams and Soul Travel* by Harold Klemp offers more information on Soul Travel and many more spiritual exercises to try. See ad below or *Spiritual Groups* at back.

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# International Celebration Comes to the Kootenays!

by Cathrine Leighland and JoAnn Lowell

For the first time, Canada has won the bid to host the International Breathwork Foundation's annual Global Inspiration Conference (GIC) to be held July 14 to 21. Local leaders in the field of wellness bid for the conference under the theme of the Hopi Prophecy that says "It is time to speak your truth. Create your community. Be good to each other. And do not look outside yourself for the leader.... All that we do now must be done in a sacred manner and in celebration. We are the ones we've been waiting for."

The purpose of the International Breathwork Foundation is to promote a heart-centered approach to Breathwork, its theory and practice, for the expansion of consciousness and for personal and global transformation. This gathering offers a unique opportunity to people dedicated to the evolution of human consciousness to come together in celebration of the breath and life. It is an incredible opportunity for those of us in the Kootenay and Interior regions of BC to exchange views, to teach, learn and receive inspiration from like-minded colleagues from all corners of the globe. The GIC is dedicated to bringing together the ancient power of the breath, the honoring of our Earth and the transformational and magnified power of a unified group when it collectively holds a quantum vision.

This 13th annual conference will feature inspired speakers, dynamic workshops, spiritual teachers, dance leaders, entertainment, artists and healers from over 25 countries along with time-honored ceremonies led by inspired Indigenous teachers. Confirmed presenters to date include Andrew Harvey, Master Ou, Amit Goswami, Duncan Grady, Dr. PMH Atwater, Karuna Erickson, the Canadian film premiere of Sacred Activism and more!

Equal time will be devoted to lectures, discussions, experiential workshops, movement practices and entertainment. Part of the daily program is fixed in advance while the rest is left open to be scheduled on a daily basis during the week.

The open program includes proposals put forward by participants at the conference for presentations, workshops, discussion topics and other activities related to the Conference Theme "We are the ones we've been waiting for: A Time for Quantum Change". All of these activities will be offered in a spirit of peer-group exchange and inspiration. All the international workshop presenters offer their sessions free of charge, in order to emphasize the equality of giving and receiving.

Our hope is that all presenters are conference participants and all participants are potential presenters. We seek everyone who wish to make themselves and our world a better place to join us. This one week event is happening as the result of the input of over 60 volunteers. We are a non-profit organization and volunteers are essential so if you would like to help, we welcome your energy. Let's join our hearts, our hands, our minds and spirit, and make the quantum leap together. We are the ones we've been waiting for. It is up to us.

Please see ad page 27 or visit [www.gic2006.com](http://www.gic2006.com)



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## A View Point from the End of the Road with Daniel



There is no way to peace...peace is the way. The only way we can be at peace with the world is to be at peace with ourselves. I have been spirit conscious all of my life. My earliest recollection of spirit was at about four years of age. My life however could not be characterized as a mountain top experience. Indeed the deep, rugged, lonely valleys that surround the peaks have often been my trail.

The poem I share this time was written in one of those valleys. This poem, as with all of my poetry, just 'comes on me'. It usually takes only 20-30 minutes to create, even the long ones, and I never edit them. *The Way Through* came to me at the beginning of a long descent into 'the valley.'

I had always worked for myself. When I turned 50 I closed down my business, took a year off, then looked around for something new to do. I ended up taking an apprenticeship to install, finish and refurbish hardwood floors. I was working with this older journeyman who probably had every woodworking tool known to man. Many of these tools were 20-30 years old but always-maintained in top condition. "They were his money makers," he said. The first job we did together was installing an exotic Brazilian hardwood, very heavy, very dense, and very tough. Working in my usual fashion I was drilling some holes with his 30-year-old drill. He stopped me to explain that I was forcing the bit through the wood. His concern was that I would burn out his drill and overheat his drill bit, turning it blue, an indication that I had compromised its usefulness. Later in the day I was jigsawing a rather complicated piece, totally concentrating on the job. I was, sort of, spread eagle across the top of the workbench, working in my usual intense fashion. He came into the room and exclaimed, Whoa! Stop! Stop! and this is what he said, "You are cutting one of the hardest woods on the planet. I'm sure that the makers of that old jigsaw never intended for it to be used by a 220 lb. man leaning over the bench trying to force it through the wood." He went on to explain, "that there were three things at work here. One, the jigsaw motor was exactly the right size for the saw to do its intended job. Two, the set of the teeth on the blade were exactly machined to cut the wood. Three, that as the teeth penetrated the wood they created a kerf, a channel for the blade to run through. These three components worked in complete harmony. The motor driving the blade creating the kerf actually drew the jigsaw through the wood. My job, my only job, was to guide the saw along the intended path, gently not with force, through the wood."

Early next morning I reflected on this. I also pondered the state of my latest relationship, which, I could tell, had begun the slow spiral downward to what would be its eventual demise. It was in this context that *The Way Through* was created.

Thank you for letting me share some of my journey with you and if you gain any insight from it then I am indeed doubly blessed. Namaste Please see poem to the right

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And just like the drill bit, the jigsaw, my wife  
Each contains a lesson I've learned in this life  
That it's not about brute force it's not about go  
It's about being gentle and letting the flow do the flow.

 K   
In Health

A collage of 12 small photographs arranged in a grid-like fashion. The photos depict various people engaged in different activities: a person working at a desk, a person with a surfboard, a person holding a baby, a person on a bicycle, a person holding a large knife, a person in a red shirt, a person in a blue shirt, a person in a green shirt, a person in a red shirt, a person in a blue shirt, a person in a green shirt, and a person in a red shirt. The photos are of various sizes and are overlapping, creating a dynamic and colorful visual representation of the members' diverse interests.

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# BOTHERED BY LIGHT?

by Bonnie Williams

I consider myself the luckiest person in the world. I love my job. Teaching since 1963, I thought I "knew it all," and had found the perfect answer to teaching and learning—Montessori education. However, two years ago, because of one little girl who was NOT learning, I discovered the missing piece. Irlen Syndrome. What a blessing!!

I am now a certified Irlen Screener, and I offer an option to people with sensitivity to light, which manifests itself with different symptoms in different people. Symptoms can be as mild as irritation with a certain light, mainly fluorescent lights, or black print on white paper, or as severe as migraines, nausea, and/or inability to read or write. The Irlen Method of testing has no side effects, no drugs, no mind-altering, just true amazement. If you are tested and you do indeed have Irlen Syndrome, a certified Irlen Diagnostician will help you choose tinted lenses. These tints filter and remove the specific light waves which are offensive. They are not sunglasses, they can be worn at night, but they look as cool as sunglasses.

Studies released says that Irlen Syndrome accounts for 65% of Dyslexia, 50% of Learning Disabilities, 33% of ADHD, and a large percentage of Autism. It is not new, it was discovered in 1982 by Helen Irlen who has a website [www.irlen.com](http://www.irlen.com) Which includes an indepth history as well as a self-test to see if you have it.

When I first learned of it I got hung up in thinking this only affected people who can't read or write. Since then I've discovered family members with university degrees who have Irlen Syndrome, and friends with Doctorates and Masters' degrees with Irlen Syndrome—and headaches!! I discovered a woman who is a lawyer and obviously reads and writes but always suffered with migraines and with her tinted lenses, she does not.

Apparently it is not an factor of aging to see huge headlights at night, as if everyone has their high beams on!! Irlen tinted glasses corrected this for me. If any of these symptoms sound familiar contact the Irlen Learning Society, a nonprofit group with the aim of spreading the word and assisting people to be screened and assessed. You either have it, or you don't—no maybe's. The screening takes about an hour, and is fascinating. See the ad below.



**Bonnie will be presenting at the Spring Festival of Awareness  
April 28-30 at Naramata Center.  
Please see back section for details.**

## Irlen Syndrome



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If you are bothered by fluorescent lights,  
If you are bothered by headlights at night,  
If you are bothered by black print on white paper,  
If you are bothered by overheads, and computer screens,  
If you prefer to read and write in darker places, with less light,  
If you have been diagnosed with Dyslexia, ADHD, Learning Difficulties,  
Disabilities, or Autism

You could have Irlen Syndrome, which is easily identified by a certified Irlen Screener, and easily treated with Irlen tinted glasses.

**For more info: visit [www.irlen.com](http://www.irlen.com) and do their self-test**

**or call Bonnie Williams, Certified Irlen Screener, 250-862-6192**

## Angel of Lessons



*To experience life means to experience ups and downs. The key is to make the downs as few as possible, with the least amount of disturbance. The more balanced we become, the more we have consistent happiness and hope.*

*The trying times may last an hour, day, week, month or years. You have the choice to decide how long. You have your path and your lessons to learn. Some lessons are more difficult than other lessons. Some souls have developed more wisdom and can see more clearly.*

*Have faith: The seed has been planted in you. Now let it grow and blossom into that beautiful flower that you are. It takes both rain and sun to provide the nutrients you need.*

*Feel the presence of God surround and engulf you. With each bloom there is new awareness. Rise above the challenges and blossom. Put your mind toward reaching the summit. As you set your goals and standards, ask God to lead you on your path for your highest good. The earth needs your unique qualities and gifts. Bless others with your soul and your contributions. Appreciate life's lessons. The seed you were born of was a seed from God. Let all your blossoms bloom into their full magnificence.*

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**Angel Prayers**  
by Samara Anjelae





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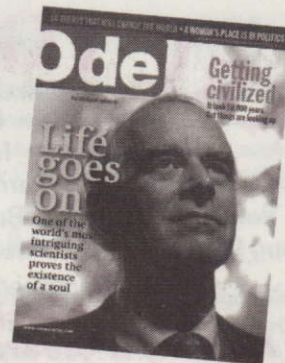


# Life goes on

by Tijn Toubert

This article is a reprint from Ode issue 29

*I received this article via the internet and enjoyed reading it. I went to their website and Ode means 'to sing praise.'*  
*The founders of Ode wanted a magazine that they would enjoy reading, so 'Ode' to them for all their inspirational stories.*  
*Ode was founded over ten years ago and now prints 100,000 copies worldwide.*  
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*The italicized segments of this article were taken from interviews Pim van Lommel and his research team conducted with people who have had a near-death experience.*

Cardiologist Pim van Lommel did a monumental study of near-death experiences-which raises fascinating questions about life after death, DNA, the collective unconscious, and everyone's karma.

When the *The Lancet* published his study of near-death experiences, Dutch cardiologist Pim van Lommel couldn't have known it would make him into one of the world's most-talked-about scientists. It seems everyone wants to know about the man who managed to get his study of this controversial topic published in one of the leading journals of medical research. Yet it's not really surprising that its publication in 2001 created a stir. Never before had such a systematic study been conducted into the experiences of people who were declared dead and then came back to life. And never before have we seen such a clear illustration of how these people's stories could affect our way of thinking about life and death.

Van Lommel, 63, isn't one to seek name and fame. On this lovely summer day in his garden near the Dutch city of Arnhem, he displays more interest in what's going on at Ode magazine than in his own story. That same deep curiosity was at work 35 years ago when Van Lommel, working as a physician's assistant in a hospital, listened intently to a patient talk about her near-death experience. He was immediately fascinated. But it wasn't until years later, as he read the book *Return from Tomorrow* in which the American doctor George Ritchie describes his own near-death experience in detail, that Van Lommel wondered if there were many other people who had undergone similar experiences.

Van Lommel decided from then on to ask all his patients whether they remembered anything that had happened during their cardiac arrests. "The answer was usually 'no' but sometimes 'why?' When I heard the latter, I extended the office visit." Over two years he heard stories from 12 patients and his scientific curiosity was piqued. Those stories were the beginning of a years-long study.

*I was looking down at my own body from up above and saw doctors and nurses fighting for my life. I could hear what they were saying. Then I got a warm feeling and I was in a tunnel. At the end of that tunnel was a bright, warm, white, vibrating light. It was beautiful. It gave me a feeling of peace and confidence. I floated towards it. The warm feeling became stronger and stronger. I felt at home, loved, nearly ecstatic. I saw my life flash before me. Suddenly I felt the pain of the accident once again and shot back into my body. I was furious that the doctors had brought me back.*

Just about every description of a near-death experience is this beautiful. People feel connected and supported. They grasp how the universe works. They experience unconditional love. They feel free of the pressing concerns of earthly existence. Who wouldn't want such an experience? "It sounds fantastic, doesn't it?" Van Lommel laughs. "But it's not always easy to deal with. When people come back, they often have the feeling they're being imprisoned. And it can take years before they are able or have the courage to integrate the insights they've gained into their everyday life."

Still, a majority of people who have had a near-death experience describe it as magnificent and say it enriched their lives. Van Lommel explains, "The most important thing people

*continues to page 18*

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## Life goes on ... continues from page 17

are left with is that they are no longer afraid of death. This is because they have experienced that their consciousness lives on, that there is continuity. Their life and their identity don't end when the body dies. They simply have the feeling they're taking off their coat."

That may sound like it's coming from someone who's spent a little too much time hanging around New Age bookstores. But from what Van Lommel has seen, near-death experiences are not at all limited to members of the "spiritual" community. They are just as prevalent among people who were extremely skeptical about the topic beforehand.

*I became "detached" from the body and hovered within and around it. It was possible to see the surrounding bedroom and my body even though my eyes were closed. I was suddenly able to 'think' hundreds or thousands of times faster and with greater clarity than is humanly normal or possible. At this point I realized and accepted that I had died. It was time to move on. It was a feeling of total peace completely without fear or pain, and didn't involve any emotions at all.*

The most remarkable thing, Van Lommel says, is that his patients have such consciousness-expanding experiences while their brains register no activity. But that's impossible, according to the current level of medical knowledge. Because most scientists believe that consciousness occurs in the brain, this creates a mystery: How can people experience consciousness while they are unconscious during a cardiac arrest (a clinical death)?

After all those years of intensive study, Van Lommel still speaks with reverence about the miracle of the near-death experience. "At that moment these people are not only conscious; their consciousness is even more expansive than ever. They can think extremely clearly, have memories going back to their earliest childhood and experience an intense connection with everything and everyone around them. And yet the brain shows no activity at all!"

This has raised a number of large questions for Van Lommel: "What is consciousness and where is it located? What is my identity? Who is doing the observing when I see my body down there on the operating table? What is life? What is death?"

*The body I observed laying in bed was mine, but I knew it wasn't time to leave. My time on earth wasn't up yet; there was still a purpose.*

In order to convince his colleagues of the validity of these new insights, Van Lommel first had to demonstrate that this expansion of the consciousness occurred, in fact, during the period of brain death. It was not difficult to prove. Patients were often able to describe precisely what had happened during their cardiac arrest. They knew, for example, exactly where the nurse put their dentures or what doctors and family members had said. How would someone whose brain wasn't active know these things?

Nevertheless, some scientists continue to assert that these experiences must happen at a time when there is still

*continues to the right*



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some brain function going on. Van Lommel is crystal clear in his response: "When the heart stops beating, blood flow stops within a second. Then, 6.5 seconds later, EEG activity starts to change due to the shortage of oxygen. After 15 seconds there is a straight, flat line and the electrical activity in the cerebral cortex has disappeared completely. We cannot measure the brain stem, but testing on animals has demonstrated that activity has ceased there as well. Moreover, you can prove that the brain stem is no longer functioning because it regulates our basic reflexes, such as the pupil response and swallowing reflex, which no longer respond. So you can easily stick a tube down someone's throat. The respiratory centre also shuts down. If the individual is not reanimated within five to 10 minutes, their brain cells are irreversibly damaged." He is aware that his findings on consciousness fly in face of orthodox scientific thinking. It is remarkable that an authoritative science journal like *The Lancet* was willing to publish his article. But it wasn't without a struggle. Van Lommel recalls with a smile, "It took months before I got the green light. And then they suddenly wanted it finished, within a day."

Van Lommel's work raises profound questions about what "death" actually means: "Up to now, 'death' simply meant the end of consciousness, of identity, of life," he notes. But his study topples that concept, along with the prevailing medical myths about who has near-death experiences. "In the past, these experiences were attributed to physiological, psychological, pharmacological or religious reasons. So to a shortage of oxygen, the release of endorphins, receptor blockages,

fear of death, hallucinations, religious expectations or a combination of all these factors. But our research indicates that none of these factors determine whether or not someone has a near-death experience."

*This experience is a blessing for me, for now I know for sure that body and soul are separated, and that there is life after death. It has convinced me that consciousness lives on beyond the grave. Death is not death, but another form of life.*

Van Lommel contends that the brain does not produce consciousness or store memories. He points out that American computer science expert Simon Berkovich and Dutch brain researcher Herms Romijn, working independently of one another, came to the same conclusion: that it is impossible for the brain to store everything you think and experience in your life. This would require a processing speed of 1024 bits per second. Simply watching an hour of television would already be too much for our brains. "If you want to store that amount of information—along with the associative thoughts produced—your brain would be pretty much full," Van Lommel says. "Anatomically and functionally, it is simply impossible for the brain to have this level of speed."

So this would mean that the brain is actually a receiver and transmitter of information. "You could compare the brain to a television set that tunes into specific electromagnetic waves and converts them into image and sound.

"Our waking consciousness, the consciousness we have during our daily activities," Van Lommel continues, "reduces all

*continues to page 26*



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# Still-off Centered in the Dao

by Hajime Harold Naka

It's been some time since I last disgraced the pages of Issues, so I'm making amends by sharing more of my irreverent crazy wisdom. After years of asking myself the BIG QUESTIONS, such as "Who the bleep am I?" and "What the bleep am I doing here?" I am starting to wonder if anyone gives a 'bleep' about what I think or say. But there is one thing that I know for certain. No, I didn't become enlightened, nor did I ascend into the Fifth Dimension. No nothing so cosmic shaking. On Dec 6, 2005, I quietly turned 65 and I feel younger, healthier and more confused than I did 25 years ago, thanks to Qi gong - Tai chi. Now my mantra is 'Feeling youthful' aging gracefully and growing foolishly wise! Yep, I'm still crazy after all these years (maybe even more). I've come to accept and even like my wrinkles, blemishes and white hairs. After all, I worked hard for them. I have learned that it's more important how I feel about myself than how I look to others.

We live in a society where people are judged and valued by how they look, how much wealth they have. Beauty, youth and sex still sells. With the aging population growing older, it is not surprising that advertising and articles abound on how cosmetic surgery, drugs and products can make you appear younger and more attractive and even reverse the aging process. Bring on the Botox. It is sad but true, that image is so important in our material consumer driven superficial society. Behind the beautiful smiles and perfect bodies which are exposed on the covers of tabloids, newspapers and T.V.... are often unhappy, insecure and dysfunctional people, just like you are me. Makes me feel glad that I am not that famous yet, although I am a legend in my own mind and will do anything for attention.

It just goes to show you how disillusional we are. Wouldn't it be healthier if we lived in a world that did not treat us like an object or product to be packaged, marketed and sold or used, abused and junked when your 'Function' (to make money) is no longer useful? Don't give up your power to the corporate money mongers or those in authority that want to make you feel helpless and powerless. Before you begin to feel depressed, remember there is a way out. I suggest unplugging from the stresses of one's busy, competitive, materialist consuming world of the techno-slaves and plugging into nature... and take time to slow down, relax and breathe.

Last summer I did just that. I went to Johnson's Landing Retreat Center which is situated in a pristine natural environment overlooking Kootenay Lake. I was there with Kea (Karen E. Angle) and Bryon Miki to lead a weekend workshop focusing on healing, empowering and liberating body, mind and voice. Thank you Richard and Angele for creating the space and putting up with us. Other special places that promote a space for self-discovery, self-healing and sharing and learning ways to become whole in Body, Mind and Spirit include the Spring Festival of Awareness at the Naramata Center and the Kootenay Lake Tai Chi Retreat (which will no longer be happening, but the spirit lives on, thanks to Eric Eastman.) Thank you to all the radical visionaries who are making a difference in the world.

And, what did I do on my 65 birthday? Well, besides teaching my regular Qi gong Tai chi classes and eating my cake, I went to the Kelowna Secondary School Dance Class Fund Raising Show, where I was invited to perform in their opening number. I was nervous dancing alongside thirty teenagers, trying to follow their funky jazzy moves, and at the same time watching for the cue that my solo piece, using double fans was about to start. After the show my sixteen year old daughter who was watching from the stands, came down and gave me a hug. How cool is that? Thanks Crystal for making my day. And finally, before you start sending your letters asking me for advice, as I am still computer challenged, remember, that I know everything about nothing and nothing about everything. See you at the Spring Festival.

**Hajime will be presenting at the Spring Festival, April 28-30.**

**Hajime, KEA and Bryon will present another workshop this summer at the Johnson's Landing Retreat Center.**





# Soul Searching

by Julian Perry from England, UK

One fine day I overheard a conversation between two people who were saying that they wished there was some way that holistically and spiritually oriented people could share their ideas and experiences and meet others similarly engaged on the spiritual path. A light glowed bright in my mind and heart, bells rang the way they do when your Higher Self discovers a channel in the mind through which it can at last bring through a good idea to express and realize. In a matter of hours the name of the web site I had to create was there SouLinks. All sorts of aspects seems to arise out of this inner excitement and energy to express this idea. The visual style and sense of ambience that I wanted to experience while using this tool seemed eminently clear to me and, if to me, then to others too.

From late 2004 until its launch in the second half of 2005 I drew into my experience the right people to put my vision into a tangible reality and to take my designs and expressed them in digital language and code. Seeing a vision take shape is awesome, exciting, fulfilling, and frustrating. A tangible reality takes time to come to be, whereas the vision exists already completed in the timeless now.

The vision of SouLinks is to provide a comfortable and sacred space to meet other souls, not just in a romantic context but to make connections based on a resonance of point of view or life experience or to find skills and an accompaniment to the often lonely journey. Such connections help remind us of who we truly are and who we might become.

For some it will be a move or leap from one way of looking at others and the world, to a different way, to acknowledge more of the depth to our natures. Using the comprehensive Forums will allow the voice of the few to be heard by the many and to participate in expanded communications. We don't have to hide the sacred parts of our lives from the mainstream any more. Humanity's voice is rising up to challenge the status quo and the entrenched ways of thinking and acting that are threatening our very existence. Soul Searching, as both the inner quest and as the search for meaningful connections expressed through loving communication, is to the soul what healthy food is to the body. SouLinks is an online community and connection site for the holistically and spiritually minded individual and is based at: [www.soulinks.org](http://www.soulinks.org). (An International website for holistic seekers)



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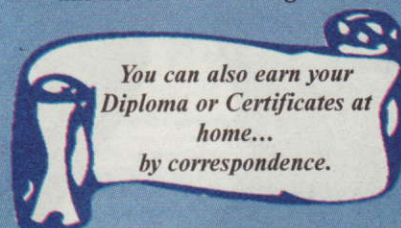
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# A Direct Encounter with Love and Joy

by Bob Farmer

Little did I know or even expect the life-changing experience I was embarking on when I went to the Enlightenment Intensive. I had experienced some spiritual phenomena before and one of the 'Graces' that I experienced, was a kind of 'anointing,' a wave of energy that washed over my body, making a tingling sensation with varying degrees of intensity.

As I was walking out in the field during the first day of the Intensive, I had a wonderful little 'anointing' which washed through me in a gentle but very poignant wave. I didn't pay a lot of attention to this comfortable little embrace, as I was so delighted to be there, basking in all the love and practicing the technique. On the second day, as I was out walking, I had another 'anointing.' This time it was a little stronger and longer. Recognizing that it was the same spot where I had experienced it the day before, the thought crossed my mind, that perhaps there was energy vortex or grid here. I looked around and noticed a cross on the hill above, which I hadn't seen before. I realized that the energy from geometrical designs used in spiritual practice transcends time and space and the politics of organized religion. I felt comforted with this little insight as I continued walking, feeling very peaceful and energized while focusing on the technique.

That evening during the last dyad I was with someone who experienced a very powerful energy opening. I was thankful the facilitator was right there to assist her. I don't think I slept more than two hours that night, because the energy was so strong. My energy stayed high until I went for an evening walk. I felt drawn to the same area. As I walked, I began to tremble as if I were chilled and felt exhausted. As I approached the spot where I had the earlier 'anointing' I began to stagger. The closer I got, the more I lost control of my muscles and had difficulty breathing. I remember standing still for fear I would fall if I moved. My body started convulsing with spasms and my breathing came out in loud gasps. I lost all control of my physical being. The only thing I could do was focus my intention on the technique. When I did this, I immediately had a direct encounter with a formless expression of the most high. A most sacred sense of love and joy, to which I felt intrinsically connected. Even though the vessel I was currently inhabiting (my physical body) was in the throes of the biggest storm it had encountered to date, I was completely at peace. When I eventually got back to the hall, (thanks to the staff) I felt as though I was in a state of bliss with some new found re-design and re-alignment of the heart and soul.

When one has a direct experience, there is no need for validation, it simply is. There are no words that can explain the experience. This is my feeble attempt to put words forth, where there are simply no words to explain it. I thank Josephine for the great work she is doing. I feel there is such a need for seekers to have an opportunity to realize that the truth lies within, as so many are looking outside of themselves for a quick fix. *see ad to the right*

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## Calendar

**February 14**  
Inner Peace Movement • Coquitlam, p.38

**February 16**  
Vajrayogini Practice • Kelowna, p.11

**February 23**  
The Untold Truth • Penticton, p. 2  
Intelligent Design Science • Vernon, p. 29

**February 24 - 26**  
Spiritual Intensive • Westbank, p.15

**March 3 - 5**  
Flower of Life Wksp. • Penticton, p. 25

**March 4 - 5**  
Health Show • Kelowna, p.8

**March 10 - 12**  
Flower of Life Wksp • Port Alberni, p. 25

**March 11**  
Healing Arts Fair • Keremeos, p. 28

**March 17**  
Beyond 'What the 'Bleep' Victoria, BC  
Center for Self Awareness, p.26

**March 18**  
Orca Institute Hypnosis Course  
Kelowna, p.29

**Colour Therapy • Armstrong, p.42**

**March 26**  
Ramatha School of Enlightenment  
Penticton, p.35

**March 30 - April 3**  
Enlightenment Intensive  
Peachland, p.23

**April 7 - 9**  
Body, Soul, Spirit Expo • Edmonton, p. 22

**Four Pillars of Conscious Partnership**  
Blanche and Harreson - Cherryville, p.18

**April 13 - 17**  
Touch for Health • Vancouver, p.3

## MORE ORBS

Photo by Angèle at the  
Johnson's Landing Retreat Center.  
Daniel working on a cabin at dusk.

**April 21 - 23**  
Body, Soul, Spirit Expo • Calgary, p.22

**April 28 - 30**  
Spring Festival of Awareness  
Naramata, Back Section

**May 3**  
Live Animal Communication  
Kamloops, p.38

**May 06**  
Healing Arts Fair • Kelowna, p.28

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# Astrological Line-up

for February and March by Michael O'Connor

The time period between February 1st and April 1st hosts a very dynamic display of planetary aspects and their consequent stimulation of energy patterns. The following outline is a snapshot of these patterns. I will shed light on the most important news during this time-period including Pluto conjunct the Galactic Center. This alignment will continue throughout the year and into 2007, yet begins now. The next two months is full of power and potential, yet also intensity and confusion. Navigating through any given time period can be made easier and more interesting when the Astrological patterns are clarified. In the following outline you will read a good deal of Astrological terminology, yet I offer brief interpretations of what they mean; brief, again due to limited space. To read more in-depth analysis on any of the following points, I invite you to visit my website at [www.sunstarastronomy.com](http://www.sunstarastronomy.com).

Mars will complete its journey in mid-February after 6.5 months in Taurus, due to its retrograde motion, motivating ambitions of every kind, yet potentially slowing actual production. In Gemini in mid-February it will aim for high gear by fuelling energies, yet could be delayed by the deluge of Mercury in Pisces starting in mid February. Mercury will turn retrograde while still in Pisces on Thursday March 2 at 12:29 PST. This will delay Mercury in Pisces for 2 months as opposed to its regular three weeks! This influence stands to create perceptual distortions and miscommunications of all kinds and could easily disrupt a smooth flow of operations especially in March. Plan in advance as much as you can before then. Persons born in March should take note of this pattern and seek council.

Venus in Capricorn has been setting the pace this year with more sober attitudes causing people to get down to business right away in the New Year. Those who did will have a good stride to prevail through the Mercury/Pisces/retrograde period which could prove 'foggy'. If you do not yet have a grounded momentum, get going! The best way to have fun with the Venus in Capricorn influence is to gather new tools, techniques and methods for more realistic approaches and to be disciplined. Intend to climb a few mountains – literally and figuratively. Venus will be retrograde in Capricorn until Friday, February 3 and will signify a strong orientation to materiality. Given the Mercury/Pisces period coming, this might prove to be a good thing. However, when Venus turns direct, again on February 3, the material focus will alleviate, yet Venus in Capricorn will direct us to a deeper sense of security and a decidedly business like approach. Venus will enter Aquarius on Sunday March 5 at 12:39 a.m. When in Aquarius she will form a Conjunction (0 degrees = seed event, like New Moon) with Neptune on Saturday, March 25 at 10:31 pm at the end of a very dynamic day in terms of direct aspects between planets. The line-up includes Venus Conjunct Neptune and in exact Square (90 degrees = challenging) to Jupiter. Meanwhile, Mars in exact Trine (120 degrees = harmonious) to Neptune and to Venus the following day, Mercury turning direct after three weeks of retrograde motion and the Moon making four exact aspects throughout the day. This constitutes a very active day, astrologically speaking. Overall, this energy pattern is very romantic and exciting – if fantasy prone, and right at the onset of spring.

The really big news over the course of the next couple of months is Pluto conjoining the Galactic Center at approximately 26.5 – 27 degrees of Sagittarius in the Tropical Zodiac (Western Astrology). Since Pluto was only discovered in 1930, this is the first time it will align with this spiritually sensitive point. Pluto transforms and purifies whatever it touches. Persons born on approximately December 17th to 20th or with planets or angles in their birth chart will likely experience this Pluto purge in the personal life. The Galactic Center is not actually a planet and we have never consciously experienced this conjunction because the last time it occurred was 248 years ago, the duration of the cycle of Pluto. In any case, most Astrologers agree that it stands to have a very definite impact. In this case, Pluto stands to assist us in breaking free of inherited limiting beliefs and awaken us to new illuminating truths. May it do so effectively and peacefully! [www.sunstarastronomy.com](http://www.sunstarastronomy.com)

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## **Life goes on ... continues from page 19**

the information there is to a single truth that we experience as 'reality.' During near-death experiences, however, people are not limited to their bodies or their waking consciousness, which means they experience many more realities."

This explains why people who have a near-death experience sometimes have great difficulty functioning in their daily lives afterwards. They retain the sensitivity that enables them to tune into different channels simultaneously, making a cocktail party or bus ride an overwhelming experience as all the information from people around them comes in on all channels.

*I saw a man who looked at me lovingly, but whom I did not know. At my mother's deathbed, she confessed to me that I had been borne out of an extramarital relationship, my father being a Jewish man who had been deported and killed during the Second World War, and my mother showed me his picture. The unknown man that I had seen years before during my near-death experience turned out to be my biological father.*

According to Van Lommel, near-death experiences can only be explained if you assume that consciousness, along with all our experiences and memories, is located outside the brain. When asked where that consciousness is located, Van Lommel can only speculate. "I suspect there is a dimension where this information is stored—a kind of collective consciousness we tune into to gain access to our identity and our memories."

By means of this collective information field, we are not only connected to our own information, but also that of others and even the information from the past and future. "There are people who see the future during a near-death experience," Van Lommel says. "For example, there was a man who saw his future family. Years later, he found himself in a situation he had already seen during his near-death experience. I suspect this is also the way déjà vu works." According to Van Lommel's research, during a near-death experience, people can also make contact with the dead, even if they don't know them.

But how does the brain "know" what information to tune into? How can someone tune into his own memories and not those of other people? Van Lommel's answer is surprisingly short and simple: "DNA. And primarily the so-called 'junk DNA,' which accounts for around 95 percent of the total, whose function we don't understand." He suspects that the DNA, unique to every person and every organism, works like a receptor mechanism, a kind of simultaneous translator between the information fields and the organism.

The idea that DNA works as a receptor mechanism to attune people to their specific consciousness fields sheds new light on the discussion of organ transplantation. Imagine you get a new heart. The DNA of that heart will gear itself to the consciousness field of the donor, not the recipient. Does this mean you suddenly get different information? Yes, Van Lommel says: "There are stories of people who developed radically different desires and lifestyles after an organ transplant. For example, there's a story of a ballet dancer who suddenly wanted to drive a motorcycle and eat junk food."

*continues to the right*



*I perceived not only what I had done, but even in what way it had influenced others.*

The cliché is true: People see their lives flash before them at the time of death. And people gain insight into the consequences of their actions. They might see themselves as at 4 years old, taking away their sister's toys, and feel her pain. Van Lommel comments, "At that moment it's as if you have the thoughts of someone else inside you. You are given insight into the impact of your thoughts, words and deeds on yourself and others. So it appears that every thought we have is a form of energy that continues to exist forever."

People who have experienced such a "life review" say it's not so much about what you do as the intention behind it. "It is extremely intense to experience that everything that goes around comes around." Van Lommel leans forward to be sure his words come across. "No one avoids the consequences of their thoughts. That's very confrontational. Some people discover there's something they can never put right. Others come back and immediately start calling people to apologize for something they did 20 years ago."

So is there a Last Judgment after all? Van Lommel is clear: "Absolutely not. No one is judged. It's an insight experience. Most people go through this flashback in the presence of a being made of light. That being is entirely loving, absolutely accepting, without judgment, but has complete insight. The flashback changes people's understanding of life. They adopt other values. They feel they are one with nature and the planet. There is no longer any difference between themselves and others. It's not about power, appearance, nice cars, clothes, a young body. It's about completely different things: love for yourself, for nature, for your fellow human beings. The message is as old as time, but now they've experienced it themselves and they have to live by it."

Then, after a short silence, he says, thoughtfully: "It's almost scary to realize that every thought has a consequence. If you let that sink in, every thought we have, positive or negative, has an impact on us, each other and nature."

Do you have to nearly die to learn these life lessons? No, says Van Lommel, who has never had a near-death experience himself. Thanks to his research, he learned so many valuable lessons that he decided to abandon his career in cardiology in 1992 and dedicate himself fully to further research, publishing and lecturing on the subject of near-death experiences. He founded the Merkawah Foundation in the Hague, the Dutch department for the International Association for Near-Death Studies, which offers information and guidance to Dutch people who have had near-death experiences.

"Working with it and being open to it have changed my life," Van Lommel says. "I now see that everything stems from consciousness. I better understand that you create your own reality based on the consciousness you have and the intention from which you live. I understand that consciousness is the basis of life, and that life is principally about compassion, empathy and love."

*More information on International Association for Near-Death Studies: [www.iands.org](http://www.iands.org).*

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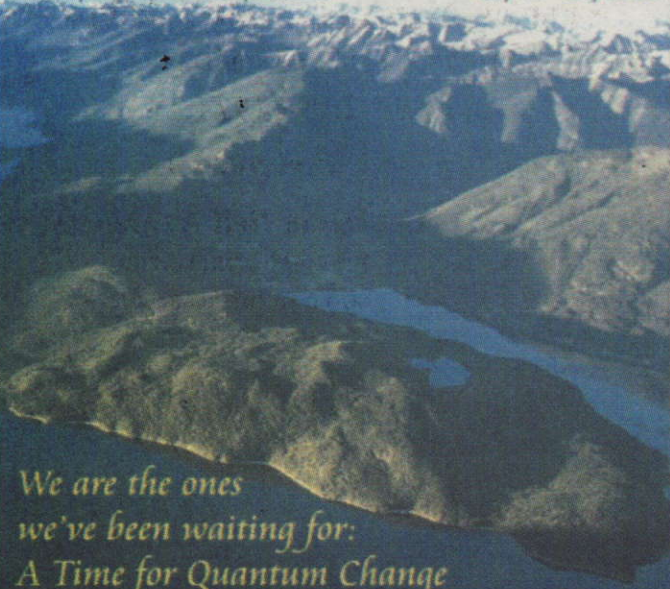


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"A state of health is more than the absence of illness," says H.A.A.O. Vice President, Wayne Still adding, "Many of the practitioners are locally based small businesses contributing to the local economy." Pat Everatt, a Director of Similkameen Country explains, "The healing arts focus on optimizing function of the whole being; physical, mental, emotional and spiritual." Alternative therapies and products are generally non invasive and actively involve the client in their process of wellness. Supplements and herbal remedies can effectively deal with underlying conditions and promote the overall health of the client.

Chiropractic may be a familiar term while others, such as energy kinesiology, may be new. There will be short presentations from a range of speakers for those who wish to learn the background and theory behind alternative treatments.

*For further information see the ad to the left.*

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# Intelligent Design (ID)

by William Brookfield

I am a scientist, a 'Noetic scientist.' ID combines information science, biology and physics. If you saw the movie *What the Bleep or Unlocking the Mystery of Life* then you have had an encounter with ID science.

According to orthodox materialist scientists (such as Mel D. Faber, UBC professor and author of the book *New Age Thinking*) the New Age movement is pathologically 'regressive' and 'infantile.' Any belief in God or spirituality is seen by these devout materialists as equivalent to a child believing in the tooth fairy.

But before shutting the entire new age movement down and sending all its participants to the loony bin, serious questions need be asked. ID and Noetic scientists are asking these questions. Unlike materialists, ID and Noetic scientists acknowledge the sacredness of existence, humanity, and the scientific reality of 'spirit.' Both are challenging material science, seeing it — not as wrong — but instead incomplete and challenging material-ism (the soulless ideology) as just plain wrong.

These sciences use the rigorous methods of science (observation, experiment, mathematics, logic, etc.). ID science is also challenging Darwin's mechanism of speciation (natural selective destruction) and proposing instead a consciousness-based, holistic form of bio-technological evolution.

Supporters of ID and the Noetic sciences see spirituality as good and wish to see the scientific case for the reality of spirit brought forward to increase its global efficacy.

The Internet based hub of ID science is the *International Society for Complexity, Information and Design* ([www.iscid.org](http://www.iscid.org)).

The Internet based hub of Noetic science is the *Institute of Noetic Science* ([www.noeticscience.com](http://www.noeticscience.com)).

For anyone who is new to ID science, *Access Research Network* ([www.arn.org](http://www.arn.org)) is a good resource.

see ad to the right

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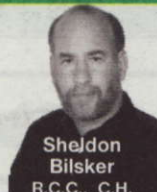
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# Star Dreams

Exploring the Mystery of Crop Circles

by Robert Nichol

*What are they telling us?*  
*Where are they from?*  
*How are they created?*



When the Crop Circle phenomena first came to public attention, much was made of the uniqueness and individual interpretations of the circles. What were these beautiful patterns appearing on flattened fields of grain? Explanations varied, ranging from man-made hoaxes to extra-terrestrial creations, from fairy rings, whirlwinds and plasma vortexes to hedgehogs and other mundane explanations. Today, after decades of hard research and a great deal of 'in the field' experience, it is generally concluded that these highly evolved symbols are from extra-terrestrial sources. What has not been ruled out, however, is direct human to Earth Mother contact. That is, perhaps the planetary logos herself is presenting thought forms to humanity.

Crop Circles have appeared on earth since ancient times. References to the circles appear throughout history as far back as the 8th century and possibly as far back as the bible. Also, many human megaliths, monuments and momentous ceremonies have arisen surrounding them. Stone circles (such as the famous Stonehenge) were attempts by early humans to honor the connection between the cosmic and divine forces at work in their lives. Most recently, there is an acceleration and increased sophistication of these formations, with some of the circles coming in a three dimensional form (perhaps drawing our attention to a dimensional shift?).

Star Dreams, a 90-minute documentary, presents images of the major crop circles, along with interviews with top researchers and a narrative line dealing with the mystical aspects of the phenomenon. Also investigated is this remarkable system of communication, not only for earth to human contact, but also extra-terrestrial to human contact. The film additionally explores Crop Circles as the realization of a higher consciousness presented to humanity at this time to aid in a universal awakening to higher dimensions of being.

In truth, profound communications are now being made to Earth peoples from sources in the universe that seek to awake human consciousness to the peril of earth-damaging and ecosystem destruction. Many people are now coming to the conclusion that the exquisite designs in fields of grain and elsewhere are here to remind us of our higher natures and bring us to the realization of our home in nature. Many now believe these mysterious symbols, appearing all over the planet (more than 11,000 since 1980), are a communiqué to humankind offering an opportunity for expanded consciousness and an understanding of how the world works in the larger context of the inter-galactic community.

**Robert will be presenting at the Spring Festival. Please see back section for details.**





# PREVENTION IS KEY TO PROSTATE HEALTH

by Klaus Ferlow

Infection, enlargement and cancer are three common problems that challenge prostate health. According to the Canadian Cancer Society, prostate cancer is the most frequently diagnosed cancer in Canadian men and it accounts for almost one in four cancer diagnoses. In 2002, an estimated 18,200 men were diagnosed with prostate cancer; 4,300 died from it. On average, 350 Canadian men will be diagnosed with prostate cancer every week. Of those diagnosed, 83 will die each week. Further, statistics reveal that one in eight men will develop prostate cancer during his lifetime after age 70 and one in 28 will die from it.

Symptoms of an enlarged prostate typically appear in men after 50 years of age, in many cases even earlier. An enlarged prostate does not necessarily indicate cancer, but it is a symptom that should not be ignored. It is not uncommon for the prostate gland to become enlarged as a man ages. This condition is referred to as benign prostatic hyperplasia (BPH). The exact cause of this condition is not known. Prostate enlargement and cancer are both linked to hormonal changes that occur as men get older which is similar to the menopausal changes that occur in women. Statistics show that approximately 75% of males between the ages of 30 to 40 will develop enlargement of the prostate. This increases to 90% of men over the age of 65 years.

Here are some signs to watch out for. Your health care practitioner or physician should check out any of these symptoms.

- a weak, hesitant or interrupted flow of urine
- difficulty controlling the flow of urine
- pain or straining to maintain a stream of urine
- blood in the urine or semen
- a sensation of incomplete emptying of the bladder
- frequent urination, especially during the night
- infection of the bladder
- pain or stiffness in the hips, thighs and lower back
- cystitis and kidney failure

Prevention is key to prostate health. Good dietary habits and supplementation can help to prevent most problems associated with the prostate. The following offers some simple guidelines to clean up your diet and environment, and to enrich your nutrition and supplementation. It may not be possible to follow each of these recommendations, but a few alterations to your current practices can make a significant difference.

## RECOMMENDATIONS:

### Try to Avoid

- daily consumption of red meats
- refined sugar, alcohol, caffeine, tobacco, white flour hydrogenated fats (deep fried vegetable oils), margarine, processed peanut butter.
- chemicals added to food (artificial preservatives such as BHA, BHT, MSG, nitrates, nitrites, sodium benzoates, processed meats and sausages, artificial colouring and flavouring, sweeteners (like Aspartame, NutraSweet or Equal) and saccharine (like Sweet 'n Low) found in diet

- sodas, diabetic foods and processed low calorie foods
- fluoride, chlorine, aluminum and Teflon cookware, amalgam (mercury) dental fillings

### Try to include

- zinc: the single most important nutrient for a healthy prostate (pumpkin seeds are an excellent source)
- other nutrient rich seeds include hemp, flax, sunflower, sesame seeds along with unrefined cold pressed nut and seed oils, evening primrose, fish oil
- organic and fresh, green vegetables and whole grains
- chickpeas, pistachios, almonds, brazil nuts, hazel, walnuts, lentils, beans, cabbage, spinach, Swiss chard, oatmeal
- apples, onions, tomatoes, watermelon, grapefruit, papaya, carrots, sweet potatoes, turnip, corn, whole grain cereals
- Nutritional supplements like Vit C, B6, B complex, bee pollen, caprylic acid, digestive enzymes, lactobacillus acidophilus
- beneficial herbal remedies like saw palmetto, an herb that studies have shown shrink the prostate. Many men notice an improvement in symptoms within six weeks.

### References and further readings:

The Natural Way of a Healthy Prostate  
The Men's Essential Guide to Prostate Health  
Benign Prostatic Hypertrophy and Prostate Cancer  
The Prostate, Everything You Need to Know  
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# A Personal Story

by Mahat Ishaya

When I was in my teens and twenties, I felt that there was more to life than having a good job, a family, a car, and a house. I felt a deep awareness that there was more to this picture, something more important to accomplish in life. I felt that the most important part of me was missing. I felt a deep longing to know more about myself and life in general. I knew I wanted to change my fear-based beliefs and ideas. Even my successful career as a software analyst and designer didn't make me feel like my life had purpose. But it was a starting point. Eventually I got to know myself fully as I reconnected with my True Self through meditation.

Six years ago I decided to learn meditation, then three years ago I took the teacher's course called *Mastery of the Self*. The meditation techniques helped to reduce my stress and to expand my consciousness. In fact, the techniques are designed to reconnect us with our with our True Nature. The techniques are simple and easy, and can be done with the eyes opened or closed. They are mechanical process's and require no beliefs.

I have been using the techniques extensively during the last three years and feel more peaceful and much happier. My mind is calmer, I sleep better, I feel more healthy, and I have a sense of accomplishment in my life. I turned 59 years old this year and am really enjoying teaching meditation. My form is called the Ishayas' Ascension and it helps people live a better life based on praise, gratitude, love, and compassion. The Ishaya tradition has its roots in Christ's teachings and the masters before Him. Ishaya means...to have full human consciousness and Ascension means...to rise beyond our limitations. I am affiliated with the International Society of Ascension based in Salmon Arm and teach classes in the Central and South Okanagan.

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Profile

## UNIVERSAL WHITE TIME HEALING

by Jean Cryderman

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# Tensegrity

by Wayne Still

Ten what!!!? I hear you say. Tensegrity is one of those composed words which are created to describe an idea or concept that is new and unfamiliar. In this case it is a combination of 'tension' and 'integrity.' It describes a structure whose integrity is maintained by balanced tensions. Perhaps the best known of these is the geodesic dome designed by Buckminster Fuller. If you want to see some examples of other tensegrity structures check [www.kenethsnelson.net](http://www.kenethsnelson.net). There you will see structures that seem to defy the laws of gravity but which are in fact supported by gravitational forces.

Structural Integrators are taught to see the human body as a tensegrity structure whose integrity is maintained by the bony spacers of the skeletal system bound together by soft tissues known as connective tissue, fascia or the myofascial system. Ida Rolf referred to fascia as the organ of form and developed her bodywork modality so as to be able to use its features to maintain and restore optimal function to the organism.

The human body, like any vertical structure, must obey the laws of gravity which demand that its components be oriented one on top of the other. Then gravitational forces are balanced as they flow through the structure and in fact support it. When you stand a pencil on end you make use of this principle. We refer to this situation as being 'in gravity.' Take a structure out of gravity and gravity will see to it that it falls over with sometimes disastrous consequences. Because the human body is a movable structure and is constantly moving in and out of its precise alignment with gravity, extra demands are placed on the components which maintain its balance. It is the balanced tensions within the organ of form which enable the body to do this while participating in all the many activities which make up our daily lives.

But it is also these daily activities which can disturb the balanced tensions within our bodies. Whether through a misadventure which produces an immediate injury or a habitual pattern of movement which over time creates an imbalance within the tensions, the end result is an impairment of function. Fascia responds to stress by shortening, then dehydrating itself to maintain its shortened state by adhering to itself. Range of motion in the affected area is reduced and the body has to compensate for this by rotating some of its components at the joints. Chronic pain is often the unhappy consequence.

It is usually functional impairment and chronic pain which bring a person to a Structural Integrators work table. By analyzing the clients history and its consequences on their body the practitioner is able to strategise a course of treatment to restore the dynamic tensions. This is possible because fascia responds to directed pressure by opening its adhesions and lengthening. While the course of treatment will usually be based on the 10 series recipe given to us by Dr. Ida Rolf the specific needs of the client will be addressed. The principles of tensegrity are restored and the client returns to optimal function.



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*by Christina Ince*

## Book Reviews

### BEING ONE

**Finding Our Self  
in Relationship**

Steven Harrison  
Sentient Publications  
ISBN 0-9710786-5-3



In the Introduction, the author states "This book has no answers in it and that is entirely deliberate. Instead, the book is a broad outline of a large question, the answer to which we will each need to live in our lives." (You may all recognize the desire at times for self-help books to be like the perfect recipe: choose the best ingredients, follow the directions implicitly, and you will achieve perfect results, no soggy middle, burnt edges or unsavoury leftovers that you hesitate to waste). Considering life and relationships, Steven Harrison wants you to use the book's reflections and meditations to trigger your communing with the world, value your connections as much as your separations, and to stop running hard from what you already know. He challenges you to stop, look, listen; to think; to accept that you are already in relationship with everything and everyone; and to truly live.

### Reiki Healing Touch and THE WAY OF JESUS

Bruce G. Epperly, PhD, and  
Katherine Gould Epperly, DMin

Northstone Publishing  
ISBN 1-896836-75-5



The first words I read on picking up this book were: "Authentic healers and genuine healing occur in every spiritual tradition, and any religion that claims a monopoly does a disservice to this universal gift." The writers are ordained ministers as well as Reiki master/teachers and have other designations and many books to their credit. Their ecumenical approach has a solid fundament that embraces all healing. Their heartening news is that with the modern rediscovery of Jesus as healer, there is growing interest in spiritual practices which before were seen as outside mainstream acceptability. They point out that Jesus' compassion, hands-on healing and commitment to justice, have provided a spiritual foundation for the increasing interest in complementary modalities and spiritual formation. The final chapter contains meditations, contemplations, other practices for The Way, and these beautiful thoughts: that on the path of healing we are the people of light, we are the light of the world and "we embody the energy of love in everything we do."





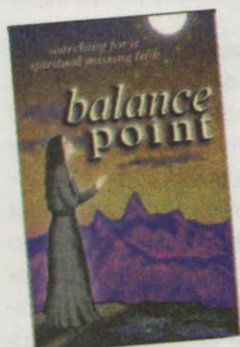
## CELTIC PARABLES

Stories, Poems & Prayers

Robert Van De Weyer  
Northstone Publishing  
ISBN 1-896836-25-9

Many years ago I heard someone mention that a particular writer's words 'feed the soul,' and instantly felt so much fall into place - recognizing on a conscious level what I already knew on a spiritual level: the value of words as vehicles of the miraculous, the sacred and the ordinary. Because of their turbulent history, parables are particularly important to the Celts - the passing on of allegorical stories to educate, encourage and inform when the written word and their own languages were forbidden. Who has not used the parable when trying to explain something to a child, or to someone unacquainted with the subject? So, this little book of stories, poems and prayers is filled with simple wisdom, gentle inspiration and spiritual abundance - food for the soul indeed.

## Book Reviews by Daniel



### balance point

Searching for the  
spiritual missing link

Joseph Jenkins  
ISBN 0-9644258-5-8

This book quickly grabbed my attention. Written in a style reminiscent of the Celestine Prophecy, *balance point* challenges us to consider the ecological impact humankind is having on our planet. The quest begins in a Wiccan ceremony and journeys the reader through university and medical research to finally conclude with a Shamanic revelation in the jungles of Peru. The author develops the main character into someone we can relate to as he follows a set of mysterious instructions left to him by his recently deceased eccentric Aunt. Currently topical and refreshing I found this easy read hard to put down but there is more here than a good story. The message is timely and the conclusion as challenging as the latest newscast. Written by the award winning author of the *Humanure Book*, this novel is not only entertaining but may even cause the reader to examine his or her own impact on the planet.

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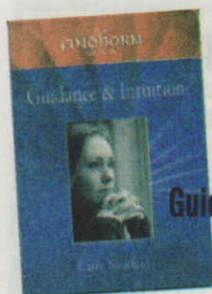
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## Book Reviews by Angèle

The  
Findhorn  
Book of

### Guidance and Intuition

Carly Newfeld  
ISBN 1-84409-008-6

This is one in a series of books that is published by the Findhorn Press to satisfy the 40,000 annual visitors who ask questions. Others include *Building Trust in Groups*, *Forgiveness*, *Vegetarian Recipes*, *Unconditional Love*, *Practical Spirituality* and *Connecting with Nature*. I chose to read this book to see how it was presented and to give me clues as to how the 'big guys' do it. I have always been intuitive but seldom speak of it for I thought everybody was. Carly agrees most people are intuitive but prefer to second guess themselves and don't always follow their guidance.

In the beginning she talks about Peter and Eileen Caddy and their version of receiving guidance. Then she got to know Dorothy Maclean a bit better and finds out how her method of connecting with the devas. Carly continues to interview lots of people and explains how each feels their guidance.

Halfway through the book is an email from her friend Maggie Caffery: "There is an inner voice that dares me to go into the unfamiliar amid the voices of fear and protest. You can recognize it because it wants the best for you. That voice wants you to speak up when you need to and stand up for what you love. It can never be silenced because it is the real you. It tastes like adventure. It's usually accompanied by exhilaration. The body signal is that it gives energy rather than taking it away."

There are more gems of wisdom in every chapter which are quite enjoyable and reinforced my own knowingness. After finishing the book I decided to email Carly. She replied saying that she was planning a trip to Canada this summer and if we had time, perhaps we could meet. Since then we have made arrangements for her to teach a workshop at the Johnson's Landing Retreat Center. *Details on page 05.*

Choices of Love Dorothy Maclean  
Lindisfarne Books • ISBN 0-940262-90-8

I chose to read Dorothy's book because she has taught several times at the Johnson's Landing Retreat Center and is returning again this summer. I found her to be a delightful person and wanted to understand what makes her tick and how she started the Findhorn Community.

In this book, one of five that she has written, she tells how she learned to choose love whenever she did anything and how it always turned out better when she did. She believes that by connecting at a soul level, instead of the ego,

we can change how we view the world. She talks about God, which she believes is the life force in everything, the part of us that is closest in consciousness to our inner divinity. To her the soul is the angel in each of us and everything has a soul including a city, a country, a person or the building you live in. She says when speaking to the angels she came to understand more clearly the polarities of good and evil and in each of them is an aspect of love. She continues .. "Without polarities or gradations there would be no choice. Conflict gives us choices. Through tension between opposites we realize imbalance, which produces an opportunity to choose to accept the tension and gives love a chance. Most of us still behave automatically, according to our upbringing. In some cultures patterns are so deeply ingrained we do not realize that choice exists. Without choice, without judgement, in perfect conditions, there would be nothing to learn, nothing to create, nothing to do. Perhaps the world exists to give us the choices from which we learn to love." She then goes into looking at good and evil from a new perspective helping us to understand our fears and our disconnection with God. I loved the chapter where she connects with the different qualities of the national angels who are each very unique. She concludes this thoughtful book with a chapter about Love and what it means and how to start being it instead of talking about it.

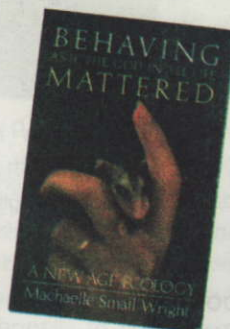


## BEHAVING AS IF THE GOD IN ALL LIFE MATTERED

A New Age  
Ecology

Machaele  
Small Wright

ISBN  
0-9617713-0-5



This book was loaned to me because I told Nora Jukes I was reading the Perelandra Garden Workbook. She said 'Good, then you will enjoy her first book and handed it to me.' It was an easy read as I groaned, giggled and awed my way through her life journey. She helped me to understand Alateen, an organization that helps young people when their parents can no longer care for them because of addictions.

Halfway through the book she touches on her real purpose in life as she begins to understand energy and co-creates her first garden with the devas and nature spirits. She tells stories similar to Dorothy Macleans about asking the worms and small animals to leave her garden space and what happens. The last chapter has several discussions with the Overlighting Deva's as they explain to her the essence of light and how the plants absorb it into themselves so that when it is eaten by humans we absorb it as energy. She goes on to say the animals understand their role as well and choose how they can best serve the light. She says that the life process does not end with the 'harvest.' As there is no death - only transition. Energy is never destroyed only transformed.

She was told by many of the nature spirits that they are choosing to no longer work alongside humans because of our ignorance and the use of chemical sprays. The deva's say that together we are a much stronger team and could heal this planet, everyone as an equal partner. If we can understand our motivations then we can shift our attitude and live our life differently, in tune with nature.



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