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August & September 2006

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Ad
Profile

A Personal Experience with an ECK Master

by James P. Bauman

Meeting the ECK Masters, I have found, is one of the finest rewards of the Spiritual Exercises of ECK. As soon as I got into Eckankar, I began to do these amazing contemplative activities. I also began to write down my dreams in a journal as soon as I awoke. I had a strong desire to experience Soul travel, to grow in awareness in every way possible. It wasn't long before my efforts began to pay off.



Rebazar Tarzs

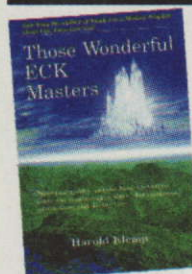
An ECK Master is one who has become one with Spirit (ECK). One of the great ECK Masters is Rebazar Tarzs, a spiritual adept living on Earth who has the ability to help anyone anywhere. The ECK Masters will appear if we but show a willingness to make a sustained effort at regular spiritual exercise.

After doing my spiritual exercises one night, I found myself in a gymnasium, a place of spiritual exercise. I saw a stack of aluminum water pipes, and knew they represented my inner workings. These pipes were all completely clogged with black mud, karma from ages past, which kept me from being an open channel of Spirit (ECK). On the floor knelt Rebazar. With a hose of running water, he was busy unclogging the muddy pipes. As I watched him work, my heart overflowed with love for him. Next thing I knew, I awoke in the physical. I recorded the experience. It was so real, so matter-of-fact, that I had no doubt at all that I had just met the great ECK Master Rebazar Tarzs in a most loving, personal, and humbling way.

I discovered that Rebazar was an old friend, one whom I had met in previous lifetimes, as though he were keeping tabs on my spiritual progress. The ECK Masters are always looking for those Souls who are ready for spiritual liberation. When a seeker is ready, he will come to recognize the Master's presence. There are a number of great ECK Masters with whom you may already have had contact. If you would like to renew friendship with one or more of them, here is a simple spiritual exercise to try. At bedtime, sing HU (pronounced "hue"), an ancient name for God, with love, for about 20 minutes. Look for inner Sound and Light. Be open to Spirit. Sweet dreams!

Those Wonderful ECK Masters

— By Harold Klemp —



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MY EXPERIENCE ON THE PATH OF SELF-ENQUIRY

by Josephine Lawless

Beginning when I was very young, I have had many powerful and life changing experiences. I've always been searching for the meaning of life, why I am here and a deeper connection with God/Goddess.

During my participation in Enlightenment Intensives over the last six years my experiences of union with the Divine have been intensifying and deepening. These experiences would leave me in profound states of love, peace and stillness for months at a time and even though these states would seem to come and go the essence of them has stayed with me. They have changed my consciousness at a very deep level.

Now I find that I'm no longer searching. I am more content to live and just be my truth. Most of my life I have always felt I wasn't good enough. This is no longer an issue for me. I have confidence in just being me. I know now that I am more than good enough. Much, much more. I know the Truth, that who and what I am, is just me, this one, this awareness, right here, right now in this precious moment, over and over again. I am what I have been searching for.

As I continue to open and surrender to each moment, whatever that is, I find that there is a sense of going deeper into my true nature. I can't even say what that is, I can only be it. It is beyond words, beyond my mind, my body, my personality and my problems. Today I feel a deep sense of inner strength and divine support and a strong sense of trust in the universe. I have conscious awareness that everything is perfect. No matter what it looks like or feels like, it is so perfect and so very precious. When I just let go of my resistance to what is and my need to want things to be different from what they are, there is no struggle within and there is peace in my life. I don't have to be in control all the time. I can just let go. I don't have to be or do anything. I have total trust that there is truly a Divine intelligence moving us to be and do whatever we need to do. Whether we are aware of this or not, believe in it or not, or think we are in control of it or not, it exists.

I want to encourage others not to give up on the Divine in these overwhelming times of great personal stress and global turmoil. I encourage you to continue to enquire into your true nature, to remember who and what you really are and to let go and trust in that essence within you that is Divine.

The Divine is real and is closer to you than you.

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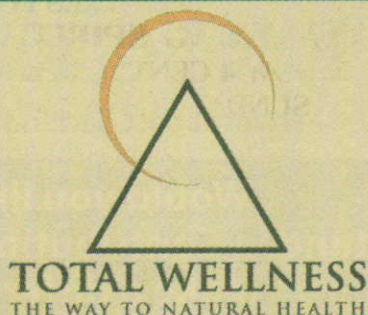
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To Be Yourself is the Highest Form of Creativity

by Stina Baschzok-Brown

To live your own life honestly, the way you truly want to create it to be, is radical. I learned this at an early age, as a boyish little girl who would rather be flying down the street on her bmx bike holding a frog in one hand with grass stains and rips on both knees of my jeans, than doing anything a 'proper' little girl would be doing. At the age of six, a child somehow feels freedom we don't afford ourselves as adults: to be radically honestly ourselves.

Now, at the age of thirty two, I feel lucky to be back at this wonderful six year old revelation, of radical honesty in the creative joy of BEING who I am. I am a Creator. To live one's life honestly, means your life is totally unique.

I grew up in a Baptist home, where absolutes were absolutes, and God was Omnipotent. Uniqueness was not encouraged, especially in belief. As a young adult, I found myself attracted to women, rather than men, and became terrified that this 'weakness' of mine would somehow spell my personal spiritual destruction. My whole life became an anti-homosexual project. The stress I experienced from this interior battle resulted in a full blown autoimmune attack in 1997. I lost the use of my arms for a year, and nearly died from the damage to my body.

When I 'came out' as gay, years later, I received amazingly negative and condemning words from dear Christian friends and family. My former Evangelical Christian community told me I am cut off from God. I felt alone and depressed, outside my own beloved community. I let that life go.

Today, I have a magical serendipitous spiritual experience of life and love that is constantly causing me to evolve, and be a more compassionate person, free of condemnation. My family embraces me and my wife wholeheartedly. I have a new community of spiritual people who add riches to my life!

This little narrative is dedicated to anyone suffering in silent fear of losing the people you love by being yourself. I know how that feels!! I am interested in reaching out with encouragement to questioning and struggling youth and others: be radically uniquely YOURSELF! The highest form of creativity is being exactly who you are.

Stina has an ad on page 32

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Musing with Angèle, the publisher



The front cover shows the Whatshan Lake Retreat near Edgewood and was suggested by David Cursons, who used to write environmental articles for Issues in the early 90's. He has a cabin near Whatshan Lake and thought they deserved some recognition for their coordinated efforts and labours of love. The Doukhobor community that lives in the Kootenays wanted to commemorate their arrival in Canada after being exiled from Russia with projects of Peace. In 1898 they refused to go to war and instead burned their guns so the Czar punished many with death and shipped the rest to Canada. I can't imagine the hardships they went through but their belief system has endured and today they use their spare energy and cash so they can attend meetings and cooperatively build a better tomorrow. Some of the same members also built the Brilliant Cultural Center and are now spearheading the Seniors Housing Cooperative. Both of these projects are in Castlegar. I was told that Elmer Verigin was on all three committee's and deserves a special mention. At the beginning of July, The Brilliant Cultural Centre hosted a *Peace Forum* dubbed *Our Way Home Reunion*. An opportunity for those who came to Canada as war resisters to the Vietnam War to meet those whom assisted them. Many famous speakers like George McGovern and Arun Gandhi spoke and singers like Buffy Sainte-Marie and Holly Near, sang to raise funds and awareness for the young people that are now resisting the war in Iraq. Data at www.ourwayhomereunion.com. David Cursons article about the Whatshan Lake Retreat is on pages 20 and 21 or go to www.whatshan.com.

There is also an article about the Seniors Housing Cooperative in Castlegar, who are fund-raising to build an eco-friendly, tiered housing system that will help people feel supported as they age gracefully on pages 16 and 17.

As I travelled around the valley distributing *Issues* this past month several people stopped me to chat, more than one wanted to know how I hear my angels and know that it is a higher wisdom? I tried to make note of what I was answering as I don't usually think about it about such things... for me it comes naturally. Here are a few ideas in case you were wondering too.

Angels usually say things only once... and often it is not congruent with the train of thought that is happening when the mind is in control. For example.. recently things happened that were unsettling to me, and I could feel the frustration that had been expressed over them swirling in my solar plexus. Once things quieted down I checked in with my angels. There was a feeling of peace and a voice said "All is well." I quieted my mind, reminding myself that life is a great mystery and I don't get to understand all of the 'why's' even though I try. My role is to accept what happens with love, for it does no one any good to point fingers or hold resentments, we are all in Schoolhouse Earth.

A few years ago at a meeting with the cocreators of the Wise Woman Weekend, a disagreement came up and I could feel my defenses starting to rise, as my ego-based self

talk increased. Once I got out of the energy field I quieted my mind and said to my angels, "This is not fun, what do you want from me?" The voice came back and said "Share!" I said "Share what?" There was no response so I started thinking of things I could share. The light bulb went on as I thought about organizing the two events and how it wasn't fun anymore. With the upcoming move to Johnson's Landing, it made sense to give the event to Samarpan, Urmi and Laurel. If you are interested in attending the tenth annual Wise Woman Weekend, Sept. 15-17 at Naramata Center, call them for details 1-888-487-1182.

If you wish to know your angels, talk to them, just like you would to your plants or pets... They are always listening and they want to help you be the best you can be. When they offer guidance don't argue with yourself by second guessing. That comes from the fear-based, mind control pattern that we know so well. Higher guidance often does not use logic and the picture is always bigger than our lower vision can see at the time.

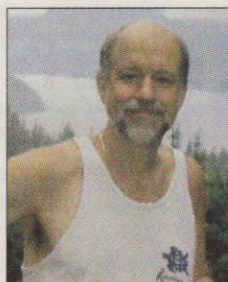
I have learned that accidents are often a wake-up call, and I have developed a code for understanding what is happening when I get cold shivers, hair standing on end, the involuntary shakes and/or bolts of energy that spike my body. When any of this happens, I stop, breath, check inside and drop down into my heart because one minute later the brain will try and figure it out and the message may get lost. Once you develop a rapport with your higher wisdom, fine tuning will happen automatically and you will be on the path, knowing that "we are all one and yet separate, like waves on the ocean."

Angèle



STEPS ALONG THE PATH

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



Recently I was looking through one of my journals to see where some of my thoughts had been in times past, when I read these words which I written in April of 2005: "I built a temple thinking it would bring inner peace and a connection with the divine. I was only to find that when I entered the doors I brought my baggage with me." It sure gave me food for thought on the rate at which change can happen. From my own experience it seems that personal development can be a very slow process!

A few weeks back, after my morning run I was in cool down mode and I crossed the field that led to the Retreat Center's forty-two foot labyrinth. The timing seemed appropriate to walk the labyrinth.

I posed a question on manifesting at the entrance to the labyrinth. I tried to clear my mind as my feet followed each other along the sawdust pathways between the rocks that defined the labyrinth. As I approached the center circle I was reminded of a time back in 2001 when a messenger was sent to the Center to, as she said, 'exchange gifts with me'. During the course of her visit I had been speaking of my vision for the Retreat Center. She listened with interest and then told me that it was important to keep my vision flexible enough to accept that what may come could be very different from the vision I carried in my mind.

She also said, 'In order to manifest, one needs to align the Heart, the Mind and the Will all with the same intent'. My understanding of her discussion was that the idea (mind) must be supported by a strong (will) drive to succeed and in your heart you must truly feel that this is a noble and just undertaking. So standing in the center of the labyrinth I was once again reminded of a gift I had been give five years ago to help me along my path. It gave me a reminder to reflect on all of the things that were supported during the past several years. I looked up into the heavens and sent love and gratitude to the divine.

This July I entered a *Twelve-day Buddhist Meditation Retreat* at our Center with the intent of obtaining clarity of action. Our teacher Robert Beatty told us that most peoples' minds are so busy thinking that they are totally unaware of what is really happening inside. Twelve days is a fairly long time to devote to the study of our internal geography, so why did I choose to do this? It seemed rather hard to believe that a perpetually busy guy such as myself could actually slow my random thought process long enough to 'observe' what was going on in there and recognize some patterns. I can not begin to tell you how amazing it is to make those first steps into Mindfulness Meditation. For my entire life I have carried around this busy mind and all of a sudden, fifty-eight years later, I am beginning to see how it operates. Once I experience a new level of awareness it becomes more difficult to go back to the old way of being...

And so once again another footstep along the path.

Richard

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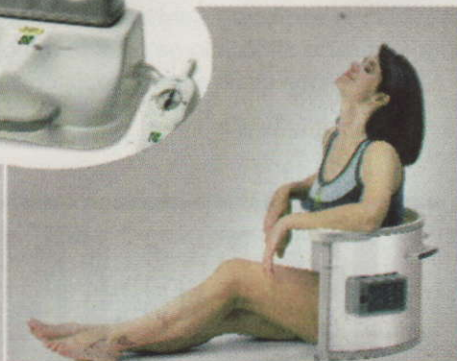
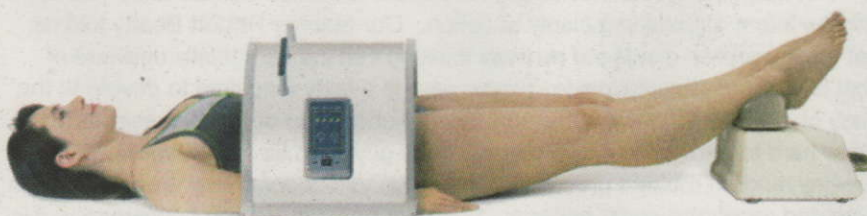
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An Important First Step

While conscious awareness is not enough, it is a good beginning. To recognize our lives are off track and some 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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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

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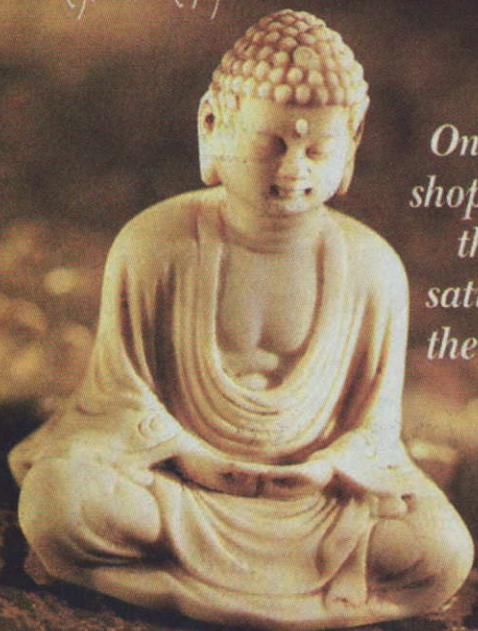
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Westbank • Dec 1-3 • Investment \$225 • Contact Cheryl (250) 768-2217

Intermediate Meditation

Feeling a little 'stuck' in your meditation? This workshop will lead you out of your meditation doldrums. You will experience new ways to use meditation to obtain guidance and direction for your daily life. We will explore and learn to identify the various levels experienced in the meditation world. Please wear comfortable clothes, bring a sleeping blanket or bag.

Westbank • Aug. 5 & 6 or 26 & 27 Investment \$225 or Vancouver • Nov 3-5 Investment \$235

Advanced Meditation Retreat

This is a live-in retreat - You will expand and deepen your meditation experience. Your meditation then becomes truly a transformational path of the heart and mind, allowing you to heal and open to your love, compassion, courage and expansiveness leading you to your "God Within." Participants will require a notebook, comfortable clothes and sleeping gear.

Sylvan Lake • September 8-10 Investment \$235 • Contact Jill (403) 887-2608 or Cheryl

Spiritual Intensive

If you are committed to turning your life in a new direction that is closer to your heart's truth and your soul's path, then this class is for you. This is more than an instructional course; it becomes a place in time where the world stops and the miracle of you emerges. We start with the basic tools of meditation, parapsychology, metaphysics and healing, designed to improve your personal and professional lives. Class size is limited to 10. Investment \$875

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 Penticton: 493-4317 • www.SpiritualUniversity.org

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 5:30-6:30 pm • Aura Healings by donation.
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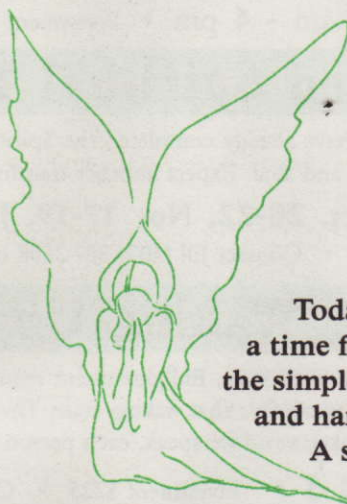


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Angel of Gratitude

Today is time for thanks. Every day is
 a time for thanks. When we can appreciate
 the simplest of gifts even in times of confusion
 and hardships, then we move forward.

A soul that appreciates the gifts of
 living, the true gifts, will reap
 rewards from being grateful and appreciative. Prayers are
 heard and answered. Prayers of thanks are highly important.
 They work with the soul for the highest good. As with any-
 thing, simply acknowledging the opportunity to experience the
 moment is of value. Be aware and respectful of all gifts
 offered to us. The wise soul can look at all situations as a way
 for personal growth and advancement.

Those who suffer must know that the grief will pass and be
 replaced with invaluable insight and softer emotions.

Go all the way and you will find what you need. You will
 find what is always there: an infinite supply of love and ener-
 gy. For God forsakes no one. Give thanks for today, give
 thanks for you. For without you, there would not be this
 moment now. As you know, there will always be you. Your
 soul will remain forever. Treat your soul right, and start by
 thanking God for your unique being, beauty and potential.

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A View Point

by Daniel



I recall the early days on my present path about 'creating my own reality' and wondering how it was done. I remember discussing it with a friend and saying "Everybody says it, but nobody's tells you how to do it!" It seemed like such a profound truth that I was expecting a profound wisdom was needed. What I came to realize in time was that I was already creating my reality.. I just didn't know it. Through the power of intention and the choices I made, my world and all of its experiences are created. I have come to believe that in those moments when my consciousness merges with my intention, than God and I are truly one! And that is a profound truth. This truth is now especially poignant as I find myself consciously engaged in some new choices. My time here at J.L.R.C. has come to an end. When I arrived here nine months ago I was in need of sanctuary, I needed a space of healing and light and the Great Mother in her wisdom brought me here. I found love, acceptance, wisdom and most important for me a family. As I prepare to leave I am taking all those things with me. I have gained confidence, I have discovered my truth, I have birthed a new me. I shall always be indebted to Richard and Angele, my brother and sister for welcoming me into their home. I shall forever be indebted to the deva's, the angel's, the elves and gnomes who create the magic of this special place. I am humbled by the friends I have made and the opportunities for service I have been given. It has been my great privilege to share my life and journey with you through this column and my poetry. To simply say thank you seems inadequate.. to say I love you expresses my heart. So as Zen and I say good bye I will share one last poem. May the Great Goddess continue to bless you and may you continue to know it.

ON BECOMING

Countless men are waiting to become gods
To break the chains, to overcome the odds
Countless gods are waiting to become men
To engage the circle of life around and around again.
Each seeks that which he lacks most
Father, Mother, the Holy Ghost.
For in the the lack lies the greatest strength
To go the distance, to go to any length.

Fire, water, earth and sky
There is magic here that is beyond the eye.
So gird up your loins, make ready the task
Put aside your fears, take off the mask
For naked we come and naked we go
and as we travel this path one thing we all know
Whether god, whether man, whether here, whether there
In the great circle called life we all are destined to share
So engage it with zeal, engage it with zest
For a life lived fully is a life lived best.

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Joining the Senior's Cooperative Housing

by Harry Jukes

I find it so interesting how things happen, especially when we allow those things to 'flow', and don't try to 'Push the River', as Barry Stevens so aptly put it.

Nora and I live on a beautiful acre and a half property along the Columbia River. It is actually a heritage home that was originally a plant nursery, dating back to 1910. Over the past twenty plus years that we have been caretaking this delightful spot, it has become a gardener's paradise. Nora is the gardener, and over the years she has brought the gardens into a state where we are constantly awed at the beauty and peace it provides for us.

But, recently, we have been finding that the upkeep of our beautiful property is becoming a bit more than the two of us want to handle. What to do?

If we were to move, where to, and if we need to sell, to whom?

We have always enjoyed the idea of community and our property is in an area where the community spirit is very evident, both within the boundaries of our garden and home, and in the surrounding area. It has provided a constant space for meditations, workshops, garden tours, etc, over the years. In the process of allowing things to 'flow', we became aware of the Kootenay Columbia Seniors Housing Cooperative - a wonderful group of people, working together to provide housing and care facilities for all those who choose to become members. What more could we ask for.

The second situation we must deal with is that of selling our property. We feel that the property needs someone who will love and care for it as much as it has loved and cared for us over the years. But that will be another story.

Please see article on the next page

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KOOTENAY COLUMBIA SENIORS HOUSING COOPERATIVE

CASTLEGAR - BRITISH COLUMBIA

In 2002 the Kootenay Columbia Senior Housing Cooperative was created because a group of individuals wanted to address their concerns for the future: Such as....

- The increasing numbers of seniors in the West Kootenay region - from 12% to 25% in the past few years, and still increasing. The increasing lengths of 'wait' lists for access to existing care facilities is 200+ in 2005
- The recent decrease and cuts in government funding for senior's housing and health care.
- The cost of care in many facilities is beyond the means of the residents and their families.
- Care facilities are often located many miles (km) from friends and family.

In seeking a solution, they envisioned a close-knit, cooperative community that would address these needs. They found and purchased a property large enough to accommodate choices of homes such as bungalows, duplexes, townhouses, an apartment block, including a recreational area, as well as a complete care centre. To help fund this project, it is intended that additional lots be set aside and sold as funds are needed to complete various aspects of the project.

By operating as a non-profit cooperative there can be many advantages that would be available to the members:

- It is felt that a reduction of about 26% in development costs over what a private developer would experience, can be realized. This savings would consist of such things as realtor commissions, mortgage and interest costs during construction, developer profits, etc
- In such a community, people could start out living independently, and, as the need arises, a complex care facility, which is now in the planning stage, would be available for receiving greater degrees of care
- Residents will have a say in their future, and become part of a community of individuals who value their freedom to make choices. This will include operation of the community itself

It is anticipated that living costs for members could be much less than in a 'for profit' based development. A membership application fee of \$250 is required by any senior 55 years or older in order to join the Housing Cooperative. (Younger individuals may join but cannot take up residence in the community until they are 55). Co-Op members are being asked to loan the Cooperative \$30,000 for 5 years at 5% interest, to

finance construction of the infrastructure, such as water, power, sewer, telephone, gas, video, etc. Some benefits of membership would be:

- Choice of accommodation suited to the member
- Provision of a unit at the lowest possible cost
- Decision in the final design
- Decision in the final construction
- Decision on final Operating policies
- Opportunity to serve on different committees and have your voice be heard

In addition, the site chosen is:

- 20 minutes from Regional Hospital in Trail
- 45 minutes from Nelson – hospital, shopping, culture
- 15 minutes from Airport
- Good shopping, restaurants, theatres in Castlegar
- Medical, Dental, Audiology, & Optometry Clinics in Castlegar
- Castlegar & District Community Health Centre (emergency services 8:00am – 8:00 pm)
- Many Alternative Health Practitioners in area
- Recreational opportunities such as skiing, hunting, fishing, tennis, golfing, etc

The proposed KCSHC project is envisioned to have: Bungalows, Duplexes, One story Townhouses (53 units in total), Apartments (41 units), Seniors Complex and Acute Care Wing (119 Units), Common Area consisting of Recreational Facilities (games rooms, hobby and craft rooms, store, doctor's offices, etc) This conceptual design can be altered as needs become known. Additional lots outside the complex area, will be offered to developers to create revenues to offset costs of the KCSHC

Current status of project:

- On September 22, 2005, the KCSHC was incorporated
- On May 12, 2006, 40 acres of land was purchased
- Building Committee is in the process of sending out plans for bungalows and duplexes for cost estimates
- City of Castlegar is considering a loan guarantee for the construction of 14th Avenue – which would run past the complex
- Rules Committee has presented a draft of operating rules for membership consideration
- The public is being invited to loan the Cooperative \$60,000 for a future choice of residential lots outside the project area
- The Care Committee is investigating different options for providing services and health care for the members
- Geo Tech report has been commissioned and should be available shortly

For further information contact:

Harry Jukes (250) 365-6753 harry@jukes.ca
 Irene Evanoff (250) 352-5686 fievanoff@shaw.ca
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Healing From Your Emotional Roots

by Sandra Lee

Do you find that you need to 'heal' the same emotional issues over and over again? No matter how many techniques you use to address those stubborn stuck places, they keep coming back. You've read books, taken workshops, and gone to therapists, healers, and readers. You have tried it all, and you're still stuck.

Are you thinking that this emotional baggage is going to be with you forever? Other people might be able to heal, but you just aren't able to do it. You keep hoping that the next thing you try will do the trick, but deep down inside you're saying to yourself, "This stuff doesn't work."

Do these emotional stuck places limit your success in achieving the life that you desire? If you are like most people, it is primarily old emotional issues that prevent you from taking action in your life—the types of action that would make a real and positive difference in your quality of life and degree of success.

Is there something that can help you heal, really heal, your emotional issues from their roots? The Healing Codes is a new method of energetic healing that is not based on any previously existing theory or technique. It works by healing the memories of events earlier in your life that were the beginning points of your emotional issues.

Here's an example. Susan is terrified of speaking before groups of people. Occasionally, she is required to speak at business meetings, and she is petrified. What is at the root of Susan's fear? She was in a school performance as a young child. She got up on stage, said her piece, and made a mistake. And the audience laughed. That experience lives on in her memory, causing her to avoid public speaking.

One day Susan starts learning The Healing Codes, in a session she focuses on that memory, and experiences a profound healing. Some time later, a meeting comes up where she is asked to give a presentation. She finds that there are no knots in her stomach, and that she is able to calmly sit and listen to the conversation before it is her turn to speak. And for the first time ever, she delivers her presentation without needing notes. She is amazed and pleased.

The Healing Codes are simple to learn and easy to do. All it takes is a few minutes a day of self treatment.

Sandra has recently moved to Penticton and has an ad in the Natural Yellow pages under Detox and BodyWork or visit her website ... MiracleInspirations.com

How to find the 'RIGHT' holistic practitioner or psychic intuitive

by Kelly Oswald, BSc Metaphysics

Whether you're seeking the services of a holistic healer, psychic intuitive or taking a workshop or retreat, you not only need to match services to your needs, but also connect on a personal level with the practitioner you are considering. That energetic connection may be the difference between making significant changes in your life or not.

Many of us feel obligated to enlist the services of someone who has given us some time for conversation or an initial meeting. If it feels good, then this is the practitioner for you, however, if there is any doubt – try someone else. A professional practitioner will understand and may even help redirect you to someone who is a better match. The ideal situation will involve someone who is competent; experienced in the field you require; and has plenty of time for you.

7 EASY STEPS TO FINDING THE HOLISTIC PRACTITIONER FOR YOU:

Identify your needs. What are your objectives and the outcome you would like to achieve as a result of your experience?

Visit an organization such as the Association of Holistic Practitioners at www.holisticassociation.org

Check credentials and expertise. Ensure that the description of the Practitioner matches your needs and their experience and education is relevant.

Avoid requirements for long term dependency. Find a practitioner that first and foremost provides an opportunity for independent healing and/or personal empowerment.

Engage in an interview. Here's where you have a chance to check out the chemistry between you and your future practitioner, intuitive or educator. You can do an interview in person or over the phone, but email is not personal enough to sense a true evaluation. Never feel obligated by this interview, if you are uncomfortable, interview someone else. You are shopping for the right person, however, don't expect a free consultation.

Ask "Do I feel respected?" Choose a practitioner who demonstrates respect by honouring your process, being present, listening, and asking only pertinent questions

Trust your intuition. Someone can be technically proficient, but if you are not comfortable with that person and don't think you can work with him/her, then this may not be the best practitioner for you.

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Other questions you can ask yourself are: Do you understand what they are saying, their terminology? Do you feel comfortable sharing personal information? Do you feel you can trust them enough to ask difficult questions and be honest and open to get you where you need to go? Members of the Association of Holistic Practitioners have a responsibility to serve the best interests of their clients, and are very happy to do so. They uphold the highest degree of personal and professional integrity and make the commitment to provide personalized care, and knowledgeable services, with sincere confidentiality, thereby ensuring the safety and well-being of their clients.

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Avatar Adi Da Samraj

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

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Toil and The Peaceful Life at Whatshan Lake Retreat

by Dave Cursons

Elmer Verigin, founding and past President of the Whatshan Lake Retreat project said. "Our Society is comprised of tradespeople, millwrights, machinists, welders and carpenters along with professionals who attend to financial and legal matters."

The crowning achievement is a two-story octagonal structure with windows and decking all around. A fascinating configuration of beams and battens employed in a modest yet artful design. It is vaulted, with a high ceiling crowned with a capella room at the peak accessed by a steep interior staircase. A great meditation room!

Some years back your writer had a special experience after a day or so at Whatshan Lodge of working with these folks. At an after-dinner round I stood, somewhat importantly, to express my profound thanks for the very special opportunity of working with such skilled and able workers. Then someone in the corner shot back "Yeah, which one of us was that!" Everyone had a good laugh.

Clearly, this is a warm-hearted, humble, hardworking bunch of people who have brought much to our communities in the generations since their arrival from Russia in 1899 and now they have expressed themselves through the Whatshan Lake Retreat.

Their retreat brochure says: "We believe that there is a lot to be gained from having a permanent facility in a quiet, country setting where all groups, regardless of affiliation can gather and share thoughts, exchange ideas, debate philosophies and enjoy the wonderful outdoors." and I agree with that. It offers a peaceful setting for public and private events.



New acoustical stage

Currently, the Grand Forks based Freedom Quest makes its youth camps at Whatshan Retreat Centre. Freedom Quest seeks to support and strengthen youth in difficulty at home and in the community with special emphasis on substance addiction problems.

Local residents at Whatshan Lake, as well as the nearby Inonoaklin Valley, Fauquier and Edgewood townships have welcomed the Doukhobor vision and, in particular, the annual Whatshan Music Festival.

Now in its fifth year they have a new main stage. It is an acoustical marvel designed by Kamloops engineer, Anton Niedersteiner. When one hears the strength and resonance of a Doukhobor Choir, especially in the outdoors, one understands why an acoustical stage is such a natural choice. At the very furthest reaches of the audience area, one can pick up the spoken word clearly.



Whatshan Lake

Cherished ideals have found another beautiful setting thanks to providence and the hard work of members of the Doukhobor Community in British Columbia.

More than twenty years ago, 15 families together put a bid on land at Whatshan Lake, just north of Edgewood, in south-central B.C. at the southern end of Whatshan Lake. Three hours east of Kelowna via Hwy 97 and Hwy 6, and 45 minutes south of Nakusp on the Upper Arrow Lake.

"Originally we thought about harvesting the timber to sell," said Elmer Verigin. "But after we looked at it and saw a waterfall and this beautiful piece of property we said, 'Oh, this is not fair. What we should do is buy it and leave it in perpetuity for the public.'"

Those families began construction of the main Retreat Building on the land in 1995. Timber cleared for the project was sawn into lumber and cedar bolts were hand split into shakes for the roof of the Whatshan Lodge. Many of the materials for the lodge were recycled or donated.



Whatshan Pond

Perhaps one of the most beautiful times of the year at Whatshan Lake is the Fall when beautiful forest ponds like the one pictured here hum with dragonflies, waterfowl and the occasional Moose or Elk. It's a short walk from the Main Hall to the shores of Whatshan Lake. The Whatshan River flows below the lodge toward the Arrow Lake where one can hike to and enjoy the beautiful Whatshan Falls.

The 100 acre site has RV, camping and cabin facilities. For day events The Whatshan Retreat Centre can accommo-

date as many as 500 people at once. The Main Building can has a commodious kitchen, fireplace, reading corner and a capacity for 100 people in a meeting or for a sit down meal. The Whispering Pines Centre has another great kitchen and sheltered seating for 35 people. There are five individual cabins that sleep ten people each. There are showers, toilet facilities, and high capacity electrical service.

Retreat Managers are Bill and Penny Penner who can be reached with inquiries at 250-269-7246.

The Doukhobor Heritage Retreat Society #1999 is a charitable society to which anyone, from any background, can belong. An offshoot of the Doukhobor Cultural Assoc. the Society was created to oversee the Whatshan Lake Retreat development. It has coordinated the collective efforts of donated services, materials, equipment, labor and funds to complete the project without incurring debt. The #1999 in the Society's name marks the 100th Anniversary of the arrival of the Doukhobors in Canada in 1899. The Whatshan Lake Retreat is dedicated to all peace-loving people in the community and is left in perpetuity for that public use.

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THE ROAD TO DEATH THROUGH THE LIGHT

by Thomas Benedict Mellen, an artist who survived a near-death experience in 1982.
He was dead for over an hour and a half

In 1982 I died from terminal cancer. My condition was non-operable. I chose not to have chemotherapy. I was given six to eight months to live. Before this time, I had become increasingly despondent over the nuclear crisis, the ecology crisis, and so forth. I came to believe that nature had made a mistake - that we were probably a cancerous organism on the planet. And that is what eventually killed me. Before my death, I tried all sorts of alternative healing methods. None helped.

So I determined that this was between me and God. I had never really considered God. Neither was I into any kind of spirituality, but my approaching death sent me on a quest for more information about spirituality and alternative healing. I read various religions and philosophies. They gave hope that there was something on the other side.

I had no medical insurance, so my life savings went overnight on tests. Unwilling to drag my family into this, I determined to handle this myself. I ended up in hospice care and was blessed with an angel for my hospice caretaker, whom I will call Anne. She stayed with me through all that was to follow. It lasted about eighteen months.

THE LIGHT OF GOD

I woke up about 4:30 am and I knew that this was it. I was going to die. I called a few friends and said good-bye. I woke up Anne and made her promise that my dead body would remain undisturbed for six hours, since I had read that all kinds of interesting things happen when you die. I went back to sleep.

The next thing I remember, I was fully aware and standing up. Yet my body was lying in the bed. I seemed to be surrounded by darkness, yet I could see every room in the house, and the roof, and even under the house.

A Light shone; I turned toward it, and was aware of its similarity to what others have described in near-death experiences. It was magnificent and tangible, alluring. I wanted to go towards that Light like I might want to go into my ideal mother's or father's arms. As I moved towards the Light, I knew that if I went into the Light, I would be dead. So I said/felt, "Please wait. I would like to talk to you before I go."

The entire experience halted. I discovered that I was in control of the entire experience. My request was honored. I had conversations with the Light. That's the best way I can describe it. The Light changed into different figures, like

continues on page 25

Stephen Austen

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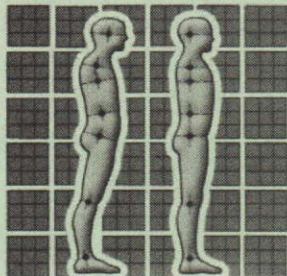
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SCAR TISSUE

by Wayne Still

The ability of the human body to heal itself and regain function after being subjected to sometimes severe trauma is truly remarkable. Broken bones become whole again while cuts, gashes and surgical incisions heal to recreate unbroken, if scarred, skin. Let's explore the nature and function of the specialized tissue which produces the scar.

When the body experiences trauma the equivalent of a fire alarm goes off and the emergency response team springs into action. A major player in the team is scar tissue. The body's first response is to stabilize and immobilize the injured area. Tendrils of scar tissue begin to grow in all directions, pushing through muscle fibers until they find something hard to attach to. Generally this means a bone, ligament or tendon. Once the site is stabilized it begins the process of healing itself through the creation of more scar tissue which slowly mends the flesh around the wound until it is whole again. This is a process with which we are all more or less familiar. What is less well known are the longer term implications of the process.

You may have noticed that the tissue around a healed wound is thicker and less mobile than the surrounding tissue. Remember those tendrils? They are still there and remain in place long after the healing is complete. Because they pass through muscle bodies they can impede the movement of the muscle and so decrease its range of motion. Where the scarring is severe it can result in long term problems.

One example of this which I have encountered in my practice is with women who have had abdominal surgery. During the healing process after a c-section or hysterectomy the scar tissue can wrap around one or both inguinal ligaments. The resulting loss of range of motion in the pelvic area leads to chronic tension and pain. Long term results can vary from a slight rotation of the hips to serious disfunction which in one case may lead to a hip replacement.

Why the body does not dissolve scar tissue on its own is something of a mystery to me, but I have found that by applying gentle, directed pressure around the scarred area the tissue will soften. This allows the region to regain its mobility and alleviate the existing problem.

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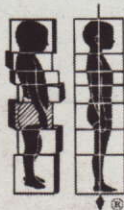
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THROUGH THE LIGHT.. continued

Jesus, Buddha, Krishna, mandalas, archetypal images and signs. I asked in a kind of telepathy, "What is going on here?"

The information transmitted was that our beliefs shape the kind of feedback we receive: If you are a Buddhist or Catholic or Fundamentalist, you get a feedback loop of your own images. I became aware of a Higher Self matrix, a conduit to the Source. We all have a Higher Self, or an oversoul part of our being, a conduit. All Higher Selves are connected as one being, all humans are connected as one being. We are literally the same being. It was the most beautiful thing I have ever seen. It was like all the love you've every wanted, and it was the kind of love that cures, heals, regenerates.

I was ready to go at that time. I said "I am ready, take me." Then the Light turned into the most beautiful thing that I have ever seen: a mandala of human souls on this planet. I saw that we are the most beautiful creations - elegant, exotic . . . everything. I just cannot say enough about how it changed my opinion of human beings in an instant.

I said/thought/felt, "Oh, God, I didn't realize." I was astonished to find that there was no evil in any soul. People may do terrible things out of ignorance and lack, but no soul is evil. What all people seek, what sustains them, is love, the Light told me. What distorts people is a lack of love.

The revelations went on and on. I asked, "Does this mean that humankind will be saved?" Like a trumpet blast with a shower of spiraling lights, the Light "spoke," saying, "You save, redeem and heal yourself. You always have and always will. You were created with the power to do so from before the beginning of the world."

In that instant I realized that WE HAVE ALREADY BEEN SAVED; this is what the "Second Coming" is about. I thanked the Light of God with all my heart. The best thing I could come up with was: "Oh dear God, dear Universe, dear Great Self, I love my Life."

The Light seemed to breathe me in even more deeply, absorbing me. I entered into another realm more profound than the last, and was aware of an enormous stream of Light, vast and full, deep. I asked what it was. The Light answered, "This is the RIVER OF LIFE. Drink of this manna water to your heart's content." I drank deeply, in ecstasy.

THE VOID OF NOTHINGNESS Suddenly I seemed to be rocketing away from the planet on this stream of Life. I saw the earth fly away. The solar system, whizzed by and disappeared. I flew through the center of the galaxy, absorbing more knowledge as I went. I learned that this galaxy, and all of the Universe, is bursting with many different varieties of life. I saw many worlds. We are not alone in this Universe.

It seemed as if all the creations in the Universe soared past me and vanished in a speck of Light. Almost immediately, a second Light appeared. As I passed into the second Light, I could perceive forever, beyond Infinity. I was in the Void, pre-Creation, the beginning of time, the first Word or vibration. I rested in the Eye of Creation and it seemed that I touched the Face of God. It was not a religious feeling. I was simply at One with Absolute Life and Consciousness.

continues on page 29

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The story told about our times will be one of praise; telling how well our generation recognized the challenge and rose to meet it, or it will be a tale of great sorrow; telling how those alive today denied that it was our task to find a stable state. Whether the story the children hear is one of triumph or of sorrow depends on how soon we recognize the challenge and accept the historic responsibility.

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Any person who recognizes the challenge and the goal can help. Each of us sees the world in a unique way and has the potential to reveal solutions that others have yet to grasp. Whether you join the Party as a statement of support, to suggest new ideas, or to help with the many programs already underway, you are needed.

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AWAKENING TO A SOUL DIRECTED LIFE

by Jon Scott

In last months edition of Issue's, I wrote an article about my journey with my mother through alzheimer's, which lead me to a significant awakening in consciousness appearing to be generated by a deep surrender in the depth of my despair. Since that time, I have found myself captured by this awakened state of consciousness that seems to arise from the heart of the moment living me in a place of deep surrender to "what is" instead of my former dream state of "what I want".

I am not aware of any doing that percipiented this shift, beyond a willingness to continue to surrender my need to know anything about the next moment. With surprising clarity I now see how the very nature of that which I have come to identify as Jon, is predominantly a contraction away from this surrendered state of none resistance to "what already is."

I find myself going thorough all these internal shifts as life realigns my system to more easily release this wanting, resistant, completely self-involved fiction that I have called myself. I now refer to this persona as my stress identity. It is difficult to put into words what is happening. It is like wakèning up from a dream and realizing it has been much more of a nightmare than was apparent before. I am finding myself embraced by this pre-existing condition of consciousness prior to thought, prior to adopting a stress identity and recognizing this as my truer nature. Words are such feeble conveyors of this vast spaciousness in which everything floats in pervasive stillness. I am often consumed by awe, deep reverence and sometimes intense fear as I find myself being reassimilated by consciousness for it's own reason and purpose while releasing my made-up reasons and purposes. My purposes have been fabricated in a sincere attempt to live a meaningful life as perceived through the filter of thought forms limiting me to a perspective of separateness. This shift has by no means been all white light and bliss. There has been and continues to be layers of intense fear, disorientation, loneliness and total disinterest in everything that is known. I find myself captured by an arising fascination with the unknown.

It feels like it could all close down any moment and I am unwilling to miss any of it whatever the price. This awakening is like a kind of madness for the moment that has possessed and fascinates me. The nature of this consciousness directs life with a soulfulness that holds a far sweeter expression of what is possible than the mind bound separate self could ever imagine. I spend hours each day by a beautiful white water mountain creek near my home. I am often in tranced by the beauty of the deep feminine that radiates through nature with an intensity that is completely fresh and new each day. Today this poem arose in honor of her.



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I stand dedicated to her in this world of storm.

Continually opening to her as the storm twists harder.

This is a journey for a lover not for a martyr.

I am courted by love herself to exalt her this day.

Release of my suffering is the price I must pay.

This self-protective with hold has determined who I am.

The beloved calls me now to play with a different friend.

How do I express this awakening to love's core?

I need a new language to describe this shore.

Love is the reason behind it all.

To be her messenger is my call.

Who am I but an ordinary man.

It is not I who has hatched this plan.

Sown in my heart is the seed of this mission.

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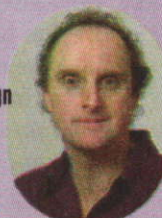
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THROUGH THE LIGHT.. continued from page 25

It would take me years to assimilate the Void experience. It was less than nothing yet greater than anything. Creation is God exploring God's Self through every way imaginable. Through every piece of hair in your head, through every leaf on every tree, through every atom, God is exploring God's Self. I saw everything as the Self of all. God is here. That's what it is all about. Everything is made of light; everything is alive.

THE LIGHT OF LOVE

I rode the stream directly into the center of the Light. I felt embraced by the Light as it took me in with its breath again. And the truth was obvious that there is no death; that nothing is born and nothing dies; that we are immortal beings, part of a natural living system that recycles itself endlessly. I was never told that I had to come back. I just knew that I would. It was only natural, from what I had seen. As I began my return to the life cycle, it never crossed my mind, nor was I told, that I would return to the same body. It did not matter. I had complete trust in the Light and the Life process. As the stream merged with the great Light, I asked never to forget the revelations and the feelings of what I had learned on the other side.

I thought of myself as a human again and I was happy to be that. From what I have seen, I would be happy to be an atom in this universe. An atom. So to be the human part of God ... this is the most fantastic blessing. It is a blessing beyond our wildest estimation of what blessing can be. For each and every one of us to be the human part of this experience is awesome, and magnificent. Each and every one of us, no matter where we are, screwed up or not, is a blessing to the planet, right where we are.

So I went through the reincarnation process expecting to be a baby somewhere. But I reincarnated back into this body. I was so surprised when I opened my eyes, to be back in this body, back in my room with someone looking over me, crying her eyes out. It was "Anne," my hospice caretaker. She had found me dead thirty minutes before. We do not know how long I was dead, only that she found me thirty minutes before. She had honored my wish to have my newly-dead body left alone. She can verify that I really was dead. It was not a near-death experience. I believe I probably experienced death itself for at least an hour and a half. When I awakened and saw the light outside. Confused, I tried to get up to go to it, but I fell out of the bed. She heard a loud "clunk", ran in and found me on the floor.

When I recovered, I was surprised and awed about what had happened, I had no memory at first of the experience. I kept slipping out of this world and kept asking, "Am I alive?" This world seemed more like a dream than that one. Within three days, I was feeling normal again, clearer, yet different than ever before. My memories of the journey came back later. But from my return I could find nothing wrong with any human being I had ever seen. Previous to my death I was judgmental, believing that people were really screwed up. Everyone but me. About three months later a friend said I should get tested for the cancer, so I got the scans and so forth. I felt healthy. I still remember the doctor at the clinic looking at the "before" and "after" scans. He said, "I can find no sign of cancer now." "A miracle?" I asked. "No," he answered. These things happen . . . spontaneous remission." He seemed unimpressed. But I was impressed, and knew it was a miracle.

LESSONS LEARNED

The Great Mystery of life has little to do with intelligence. The universe is not an intellectual process. The intellect is helpful; but our hearts are the wiser part of ourselves. Since my return I have experienced the Light spontaneously, and I have learned how to get to that space almost any time in my meditation. You can also do this. You do not have to die first. You are wired for it already. The body is the most magnificent Light being there is. The body is a universe of incredible Light. Spirit is not pushing us to dissolve this body. We don't need to commune with God; God is communing with us in every moment.

I asked God: "What is the best religion on the planet? Which one is right?" God said with great love: "I don't care." What an incredible grace. It does not matter what religion we are. Religions come and they go, they change. Buddhism has not been here forever, Catholicism has not been here forever, and they are all about to become more enlightened. More light is coming into all systems now.

continues to the right

THROUGH THE LIGHT.. continued

Many will resist and fight about it, one religion against the next, believing that only they are right. When Godhead said, "I don't care," I understood that it is for us to care about, because we are the caring beings. The Source does not care if you are Protestant, Buddhist, or Jew. Each is a reflection, a facet of the whole. I wish that all religions would realize it and let each other be. It is not the end of separate religions, but live and let live. Each has a different view. And it all adds up to the big picture.

I went over to the other side with a lot of fears about toxic waste, nuclear missiles, the population explosion, the rain forest. I came back loving every single problem. I love nuclear waste. I love the mushroom cloud; this is the holiest mandala that we have manifested to date, as an archetype. More than any religion or philosophy on earth, that terrible, wonderful cloud brought us together all of a sudden, to a new level of consciousness.

Knowing that maybe we can blow up the planet fifty times, or 500 times, we finally realize that maybe we are all here together now. For a period they had to keep setting off more bombs to get it in to us. Then we started saying, "we do not need this any more." Now we are actually in a safer world than we have ever been in, and it is going to get safer. So I came back loving toxic waste, because it brought us together. These things are so big. Clearing of the rain forest will slow down, and in fifty years there will be more trees on the planet than in a long time. If you are into ecology, go for it; you are that part of the system that is becoming aware. Go for it with all your might, but do not be depressed or disheartened. Earth is in the process of domesticating itself and we are cells on that Body.

Population increase is getting very close to the optimal range of energy to cause a shift in consciousness. That shift in consciousness will change politics, money, energy. What happens when we dream? We are multi-dimensional beings. We can access that through lucid dreaming. In fact, this universe is God's dream. One of the things that I saw is that we humans are a speck on a planet that is a speck in a galaxy that is a speck. Those are giant systems out there, and we are in sort of an average system. But human beings are already legendary throughout the cosmos of consciousness. The little bitty human being of Earth/Gaia is legendary. One of the things that we are legendary for is dreaming. We are legendary dreamers. In fact, the whole cosmos has been looking for the meaning of life, the meaning of it all. And it was the little dreamer who came up with the best answer ever. We dreamed it up. So dreams are important.

After dying and coming back, I really respect life and death. In our DNA experiments we may have opened the door to a great secret. Soon we will be able to live as long as we want to live in this body. After living 150 years or so, there will be an intuitive soul sense that you will want to change channels. Living forever in one body is not as creative as reincarnation, as transferring energy in this fantastic vortex of energy that we are in. We are actually going to see the wisdom of life and death, and enjoy it. As it is now, we have already been alive forever. Here's to life! Here's to death! Here's to it all! Harmony in our Diversity! We are One.

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Cosmic Trends

for August & September with Khoji

Solstices are key events; only twice a year does the Earth's axis falls in line with the center of the Sun. In these moments everything is redefined, a new program instigated. This solstice great potential for uncompromising clarity has been released, ultimately permitting for determined direction. Existence challenges us to take a stand, wanting us to come forth with clear decisions and nail our colors to the mast. It's time to surprise ourselves, to flow along and honor our holistic perception, which is far more profound than the linear mind can grasp. Until December 2007 the evolutionary focus is on Pisces - Neptune's realm. It's all about intuition and trust; the tenor is to align with our soul's most basic urge. If you dare to face the dangers and sail into the unknown you will be gifted with great rewards, like understanding the fine print and the hidden mechanics (Virgo).

Summer solstices marks the halfway point of the yearly cycle. Individual crystallization is accomplished, now we have to learn the knack of blending in - distributing and sharing what we've found. It's nature's exquisite design of mutually embracing polarities that at this peak of uniqueness and independence a new task is born - integrating this island of individual freedom into the fabric of existence, to marry clarity of proximity with vast infinity, to start giving back of what has been received. Maybe it's one of the most grandiose and at the same time humbling experiences to open up to the infinite night sky, allowing being dwarfed by millions and billions of stars and galaxies extending in all directions. In the light of day the world is confined, featuring the individual and the particular; night however is the threshold of the unconfined, the collective and immeasurable. So, as the forces of night slowly but surely are waxing, we are called to surrender the stature of self to greater realities, giving back from fullness of self, remembering the bigger picture and paying homage to ultimate truth.

The month of Cancer (June 21 - July 22) is about getting ready to return to the world; commitment is born, responsibility sets in. While the Sun is in Leo (July 23 - August 22) great fire of creativity wants to be released, drawing us to be generous, impelling us to give wholeheartedly. Leo is the warming fire, spurring us to take on the initiative and lead courageously, standing in our power. The Sun's passage through Virgo (August 23 - September 22) refines our intentions, implementing excellence. Virgo is the sign of harvest, deeply resourceful with loving attention for the detail; caring, and if necessary very hard working.

Coinciding with Full Moon of August 9, Saturn and Neptune emerge to full limelight. These two slow moving planets are closing in from opposing sides, taking Earth into crossfire. Into August 2007, the two will challenge us to integrate two very different realms - the densely material, and the spiritually visionary. At best, Saturn's insistence and dedicated effort will assist materializing the whimsy ideals Neptune has spurred so far during its Aquarian passage. Jupiter infuses the two with quite a bit of verve, not allowing them to fall into trench warfare or stagnant depression.

On September 4, synchronistic with Uranus' closest yearly approach to planet Earth, Pluto will change to forward motion. Having retreated through the heavens since late March, this planet of transformation and rebirth will now gear up towards its first fully conscious intermezzo with the Galactic Center, scheduled for December and January. Yet another player in the planetary circus - Centaur planet Pholus - crossing Saturn and Neptune's orbit both on its 92-year journey around the Sun, enters Sagittarius the very same day. Wise and sincere like its mythological idol, this minor planet's energy facilitates radical turns based on recognition and insight. Pholus gives the power to break free from vicious circles and addictions. The Annular Solar eclipse of September 22 (New Moon), just one day before fall equinox, is yet another powerful seed event. Occurring in the last degree of Virgo, it may initiate some sort of inner urgency - to act in accord with what we know to be true.

ELECTROMAGNETIC FIELDS

by Sheila Wright

"Electro pollution is the most dangerous threat to human health since tobacco."

- W. Dietrich, M.D.

We are constantly being bombarded by invisible, electromagnetic fields. These come from our cell phones, computers, home appliances, anything electrical and is commonly referred to as electro pollution (EMFs).

Electromagnetic fields have electric and magnetic field components. While electric fields from most devices primarily affect the surface of the body, and do not penetrate to the internal organs, magnetic fields penetrate deeply into your cells, tissues, and vital organs. They can even induce electrical currents inside the body.

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In our homes and offices we make key life decisions about family, career, finances, and much more. It has been scientifically proven that prolonged exposure to electro pollution has a disruptive effect on our decision-making capability and our physical health.

As we become aware of this ever present danger, it becomes clear that we should take all available measures to mitigate the harmful affects of EMF exposure. There are scientifically designed devices that can be worn and used in the home or workplace that do just that.

Sheila had an ad under Health Products in the Natural Yellow Pages



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is a two-session experience allowing for the exchange of light and information, the reconnection of DNA strands and the reintegration of 'strings' (simultaneously occurring or parallel planes of existence). Each session lasts about an hour and the total cost for the 2 sessions is \$333.

Who?

I was a Registered Nurse and have gradually become more and more interested in Vibrational Medicine. I am studying homeopathy which uses all manner of substances for healing but in their vibrational state. The ReConnection was something I 'just knew' I had to do.

Where?

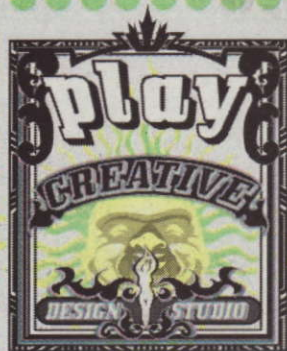
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Book Reviews

by Christina

It's Easy Being Green

A Handbook for Earth-Friendly Living

Crissy Trask
Gibbs Smith,
courtesy of Raincoast Books
ISBN 1-58685-772-X • \$16.95



A smart little book printed on recycled paper (of course!), which appeals on many levels. It's compact, therefore non-threatening to those for whom a tome-like textbook is an alarming thing; the cartoons are cute and educational; it's a small-book-but-huge-resource for those who want to get going right away on making positive changes. There are seven chapters: Green Living Myths, Making a Difference, Eco-Tips for Living Greener, Buying Green, Green Shopping Online, Getting Involved, and Resources to Help the Earth. You will have your own criteria for getting Green, but I thought it worth mentioning an eclectic selection of things to pique your interest: find where to donate items that seem useless and unsaleable but can be put to good use by certain charitable organizations; arrange an organic or vintage wedding; support an environmental or humanitarian project; find ingredients to make your own cosmetics and care products; buy dinnerware made from recycled glass; learn the questions to ask about products and manufacturers; and, find many seasonal and situational tips for living Greener. It is easy!

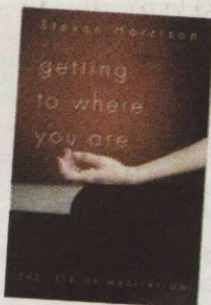


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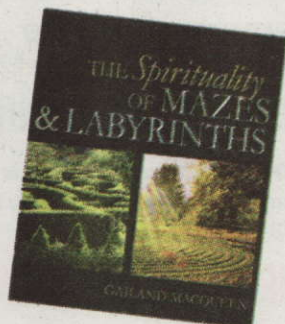
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getting to where you are

The Life of Meditation
Steven Harrison Sentient Publications
ISBN 1-59181-006-X • \$20.95

The first sentence in the Introduction reads, "One thing the world definitely does not need is another book on how to meditate." So, if you thought that's what this was, you're in for a surprise. The author states that this is not another how-to book, it is as much about what meditation is not as what it is, and it was written to "free the reader from the burdens imposed by the dogmatic structures of meditation techniques." Some research on this book and the author showed that both have stirred up quite a few people who are either scathing or enthralled by the premise of the book. Mr. Harrison is himself scathing when he refers to "self-created...instructors or imported exotic gurus" and states "For the marketers of meditation, content is less important than market share. New techniques are simply invented or old techniques repackaged to service the ever-fickle, consuming public." However, once past the Introduction (and some of you may find that difficult), he is easy to read, humorous, clever, and certainly not afraid to be unique, profound, and radical. You don't have to be as radical to give him the time it takes to read this book, to understand what he has to say, and acknowledge that at times we do have a predilection to complicate simplicity. I found the book easy to read, insightful, refreshingly direct, and containing many things that made me think, "Yes, I know that, but I just haven't given it the thought I know I should have...." As one anonymous reader stated, "A careful reading and you just might end up where you are."



The Spirituality of Mazes & Labyrinths

Gailand MacQueen
Northstone Publishing
ISBN 1-896836-69-0 • \$37.00

This isn't the first book on the labyrinth to appear in these reviews, and it won't be the last - humans have been fascinated with labyrinths and mazes for thousands of years and have put them to much use: for walking meditation, children's games, simply hiding out, prayerful passage, spiritual solitude, and lovers' trysts. The designs of most could not be seen by human eyes until recent decades, as they needed to be viewed from the air for their complex or fascinating designs to be appreciated: a maze depicting a leaping stag, labyrinths that look like line drawings of trees or faces, and those with beautiful mathematical intricacy. Within these pages you will find a lovely collection of photographs along with drawings, the history of both maze and labyrinth, and some delightful surprises: instructions on how to draw three- and seven-ringed labyrinths, steps in designing a maze, how to create a large-scale labyrinth, a letter-maze and multi-page maze for you to solve, and designs for labyrinths for those of you who love to do cross-stitch or beadwork. The book itself is a maze, so it will keep you interested far longer than it takes to read it. The author has found that his experience of the labyrinth changes, or is different, each time he walks it; he says that the most important gift it gives him is the promise of simplicity, and that it symbolizes simple faith. This is an excellent addition to the "Spirituality of...." series of Northstone Publishing.

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by Harold Siebert

I didn't start out as a Shiatsu Therapist. In fact, most of my life I was a specialized botanist – plant cultivation, research – even a scientific award nomination. But my life was not totally fulfilled and in the early 1980's I awoke from a dream with a vision to become a chiropractor. Pretty ambitious for a man in his 40's. So I went back to university and completed the pre-med sciences required and off to the chiro college. I went to study this profession and live happily ever after. Or so I thought. Two years into the program, I was diagnosed with colon cancer. This required an operation, treatment and a year of R and R.

During this time I accidentally learned about oriental medicine. WOW. So much for continuing my chiropractic studies. After Tai Chi, Chi-Gong it was acupuncture studies and Shiatsu.

Coming from a pro-western background, I had many challenges learning the eastern way. Move energy (Ki)? Blockages? Come on now. But the results I experienced and saw made me not only a believer, but an excited practitioner. By now it was the early 90's and I thought I best establish myself while I'm still young.

I moved from Toronto to Edmonton and started the first full time Shiatsu clinic there. I remember someone saying "How can you make a living doing Shiatsu here?" Everyone is wearing cowboy boots and driving a pick-up truck, heading for the rodeo! My response was, "Then I'll head for the rodeo". But I didn't need to.

My practice grew steadily and by 1993 many clients were enthusiastic about learning Shiatsu. I began offering a few evening classes. This led to longer courses, two day, week long, even a six week course.

In 1995 the Zen Shiatsu School was founded. I offered a 1000 hour course over two years, evenings and weekends. This course was recognized by the City of Edmonton. Exciting!! The

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mayor of Edmonton officially opened the school and 22 students enrolled in our first program. I taught this practitioner course until 1999 while maintaining my clinical work as well. My marriage fell apart that year. In an effort to heal, I moved to BC (I was raised in the Fraser Valley) to start over.

I felt the need to not only continue the clinical work but to teach specialized short courses. This I thought, would enable other practitioners to carry on with the work that I had learned.

I love practicing Shiatsu because of the touch involved. It seems we can't get enough of that. Today when a client says to me, "How often should I come in for treatment?", my favorite response is "We may have to grow old together". My next birthday will see me heading north of 65. Retire, you might ask? No way! I plan to grow old with my clients.

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Leadership Training with Brita Adkinson

Five days (Sept. 8th - 13th) or Two days (Sept. 8th - 10th)

A training course in practical and spiritual aspects of leadership, including planning and leading workshops, and facilitating small and large groups. The course will teach how to apply the awareness of spirit, continuously, in every aspect of leadership. These teachings are inspired by practices used in the Findhorn Community in Scotland, one of the largest spiritual communities in the world.

Two Day TUITION: \$235 • Five Day TUITION: \$425 (accom. with meals extra)

Talking Rocks and Whispering Waters

Developing your Intuition with Sue Peters

September 22nd - 26th This workshop is on the old ways that were used to develop intuitive skills. You will be shown how to use the elements of Rock/Earth to direct your energies - through earth meditations, journeying, ancient rock song, casting with shaman stones and a variety of other rock medicine techniques. Please bring a small stone to use for dreamtime. We will also connect to the flowing voice of Water to increase your perceptual abilities and invite the Spirit of Water to initiate our Souls into Her Magic. This will be done through meditations, initiations into the Spirit of Water, journeying and water scrying. **TUITION: \$275** (accommodation with meals extra)

As a child Sue Peters learned to walk easily between the spirit world and this physical existence. Her formal training in shamanism was with an eclectic group of indigenous shaman from the southwestern states. She is also a Reiki and Seichem master and teacher, Pranic Healer, Craniosacral Therapist, Kinesiologist, Emotional Release Therapist and more.



'Invest in yourself to help change the World'

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