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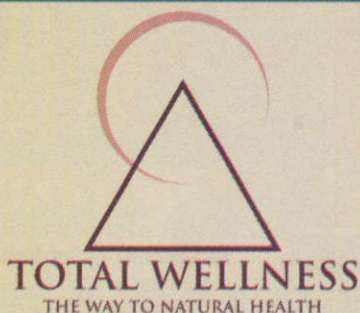
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April & May 2006

The Hümüh Monastery, near Rock Creek, BC ... details: page 6 and Back Cover



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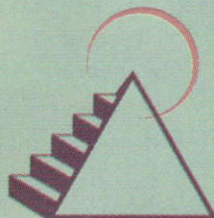
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Practicing the Basics Living Rituals: Every Breath is a Prayer

by Dan Brule

Breathwork is the art and science of breath awareness and conscious breathing. It provides techniques for health, growth and change in spirit, mind and body. The ultimate goal of this process (actually the process is the goal!) is "Oneness and Wholeness."

There are two basic aspects of Breathwork: Breath Awareness and Conscious Breathing. Breath Awareness means letting the breathing happen by itself; the breath comes and goes by itself, and we don't control it or do anything with it or to it. We simply become the watcher, the observer, the experiencer; we practice being the detached witness.

Conscious Breathing means doing something with the breath. It means breathing deliberately, with a certain intention, in a particular way, or for a particular purpose. It means consciously bringing a chosen quality or pattern to the breath.

There are countless details in the breathing that normally occur out of range of our awareness. To paraphrase one of my early teachers: "There are points in the breathing which you have never observed. And these points are doorways, the nearest doorways to you, through which you can enter into a new consciousness, a new reality. But they are very subtle."

There are so many interesting and important, even vital aspects and details in the act of breathing. Yet for the most part, they go completely unnoticed. The art of breathwork involves awakening to these details. The work includes discovering, exploring and developing these subtle yet profound aspects and levels of breath.

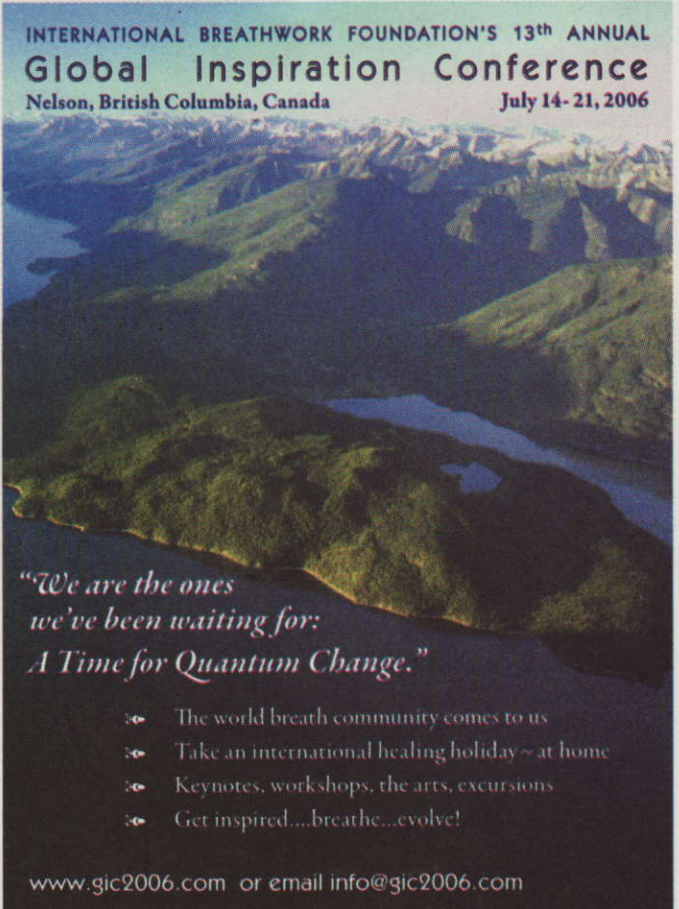
Experiment with focussing on all the ways to play or work with the breath: nose/mouth breathing, breath sounds, breathe into different parts of the body, breathe at different speeds or lengths of inbreath/outbreath, rhythmic breathing, combining breath with movement, combining breath with imagery and visualization, generating and expressing emotion with the breath. There are no limits to the uses and applications of conscious breathing. Whenever consciousness and energy come together, something is created.

What do you want to create in your life? What do you want to manifest in the world? What do you want to incorporate into your being? Every breath can be a prayer! What do you want more of? What do you need to let go of? What do you want to fill yourself with? What do you want to release into the world? The breath is waiting to support you in this! What are you waiting for? Start with this exercise. Ask yourself: "What is important?" Ask again and again. Keep digging; keep grinding away with that question. Let the process evolve into: "What is the most important thing?" "What is the most important thing in life?"

Start anywhere. Find some aspect, some point or phase or sound or pattern of breathing that you find enjoyable, interesting, or pleasurable. This will serve as a foundation for your practice; and it will evolve naturally from there. I suggest this formula: 10 + 10 + 10 x 2 (ten minutes in the morning, ten minutes at night, and ten times during the day for two minutes.

The breath is life. It has intelligence. When it notices that you are taking interest in it, it will begin to offer you many gifts. If you keep turning to the breath again and again, life will know where to meet you, how to find you. The breath of life responds to our enthusiasm. Use your breath to generate the energy of love and joy and peace, of courage and compassion and freedom, of wisdom and health and aliveness. Trust yourself, trust life, and allow the Angel of Breath—the Spirit of Breath to lift you and move you and guide you, now and forever.

The global breathwork community has chosen the West Kootenays of British Columbia for its annual summer conference. See ad below




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Introducing The **GAIDADON HEART**

by Carol Welhan

As we are completing this 26,000 year Grand Cycle of the Equinoxes, the great Shift is upon us, and we are being given the opportunity to use this portal of change to raise our vibration of love through light, ever higher, into God consciousness. As we experience this raise in frequency, our cellular structure is activated to ignite its natural metamorphic change into light body, and we begin the process of ascending back to God.

The higher vibration of this Adam Kadmon light body, is known as the Gaiadon Light Body. Gaiadon is the perfect balance of Divine masculine and feminine ... the essence of our Goddess-God Being. 'Gaia' is the sacred name of the Divine Mother, personified as the new earth star we are co-creating within the third dimension. She exists in the fifth dimension as a brilliant star of great pristine beauty, a world of peace, love, and joy. As we move toward the culmination of our ascension process, we are ready to awaken the Great Earth Mother, Gaia, to her fullest potential and glory.

Activating your light body opens the door to receiving new spiritual gifts and encodements, and not only clears cellular density, but also transforms all the bodies (physical, mental, emotional, and light body), completely elevating you into self-mastery and preparing you for ascension. As the gentle energy is encoded within the cells, the power of the Ultimate Feminine Essence completely balanced with the Ultimate Masculine Essence is felt within. Your light body becomes a shimmering brilliant 33rd degree Crystalline Holomatrix of Love. The Gaiadon Heart path is an extraordinary journey of self-awareness, leading one further into God-consciousness. In taking up this mantle of mastery, one's spiritual potential to assist others on their spiritual path is totally enhanced. *see ad above*

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Ngakpa Yeshe has trained in the various martial arts including aiki-do, ninjutsu, tae kwon do, tai chi, and qi gong. Two years ago he was introduced to Poi by Aura Star-fire of the Mystic Family Circus who shared with him the circus secrets of performance with poi, staff, and swords which he picked up quickly due to his previous martial arts experience.

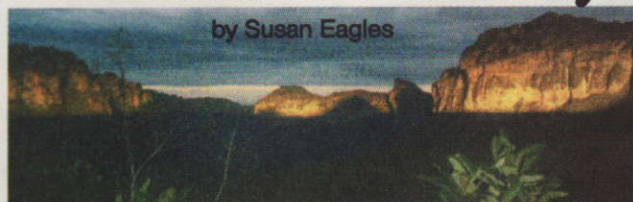
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Natural Health Care in a Brazilian Community



This Brazilian mountain valley is unusual. The Vale do Capão is an isolated area in the Chapada Diamantina, a state park in Bahia, Brazil. It is a rough, 7 hour bus ride plus an even rougher one hour jeep ride, west of the city of Salvador. Remote in Brazil often means poverty, poor education and garbage lined streets. Here, there is a brilliant health care system, no one living in poverty, seldom a candy wrapper to be found on the streets or hiking trails and many of the children schooled here have successfully passed the difficult university entrance examinations.

Here's how their effective natural health care system started: Two couples in their early twenties, residents of Salvador, came to the Vale do Capão for a vacation over 20 years ago, and decided to stay, setting up an ecovillage, called Lothlorien, based on the model of Findhorn in Scotland. One of the Lothlorien founders is a medical doctor who, dissatisfied with the effects of drugs in medical practice, traveled around South America gathering information on natural healing methods. Diet, clay and water therapies are central to his medical practice today, as they have been for the past 20 years. Emotional factors are considered basic to health and illness, and are given priority in the patient interview. These therapies have been practiced by Lothlorien community members and the local valley residents since Lothlorien's inception. Although these are very old therapies, dating back to Hippocrates, they are effective, they are free and they are simple. Most of the local valley residents are unable to pay for drugs or dietary supplements. All households in the in the Valley keep the necessities to perform clay and water therapy ready for immediate use.

Today, Lothlorien is a natural healing centre, taking guests who are interested in a healthy lifestyle and a community-style environment, and giving workshops that nourish body, mind, emotions and spirit. We feel that the "magic" of Lothlorien is that everything that we teach and recommend, we practice in our daily lives. The diet, yoga, eye exercises and meditation are practised daily. Clay therapy and water therapy are used immediately when a health problem is recognized. We love taking the time for music, dancing, artwork, crafts, bonfires and sweatlodge ceremonies. We are fully integrated into the surrounding community, and are a free source of medical, physical and emotional support to those in need in the larger community. <http://www.lothlorien.org.br/english/>

*Susan Eagles is a Canadian Medical Herbalist who lives in Lothlorien for 4 to 6 months a year. Sonia Maria Christophe, co-founder of Lothlorien will facilitate a workshop, **Brazilian Healing Experience**, at JLRC in August. See ad page 20-21*

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Kaslo, BC, V0G 1M0

♥ Issues is published with love
6 times a year from the
Johnson's Landing Retreat Center,
one hour northeast of Kaslo.

Feb/March • April/May

June/July Aug/Sept

Oct/Nov • Dec/Jan.

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Angèle publisher

This month's front cover features the Healing Stupa at the Hümüh Monastery in Westbridge, near Rock Creek, BC. It was constructed from the ground up by students and apprentices of Wisdom Master Maticintin three years ago. It contains the primordial teachings, sacred relics and the love and devotion of her students.

Some of you may remember my good friend and business partner Gerry Parent of the Juicy Carrot restaurant in Penticton. He is now the vice-abbot of the Hümüh Monastery and serves as project co-ordinator for the various building projects. Many volunteers worked long hours carrying buckets of concrete up ladders to create the soft curves of the Stupa. Then they painted the fifty-foot high structure by hand with gold leaf paint. Many statues and plants grace the perimeter and there are over a thousand prayer flags hanging from the steeple and lining the gateway that leads to this temple.

When I visited Gerry last fall, they were busy building a Meditation Hall in the nearby forest. Several men were on a scaffold using winches and ladders to lift the eight beams and create the thirty-foot octagonal-shaped roof. If you wish to see the phases of construction or know about Maticintin's teaching, please visit their comprehensive website. They also have an ad on the back cover.

Recently I attended a Kirtan, an evening of chanting and meditation in a majestic house high above the Kelowna airport. The workshop/garage was having a wood floor laid down in anticipation of becoming a meditation space. Hosts Dave and Elizabeth are a couple from Toronto that follow the teaching of Hare Krishna and invite everyone to join them. You can reach them at 250-765-4406. It seems to me that more and more folks are feeling the call to meditate and shift the energy of consciousness.

I have also noticed in the last ten years that the interior of BC has attracted people with money and resources who are creating many new sacred spots. These include the Vipassana Meditation Center near Merritt, the Birken Forest Buddhist Monastery near Kamloops, the Johnson's Landing Retreat Center near Kaslo, Quantum Leaps near Golden, a temple and an ashram near Cranbrook, and the Hümüh Monastery. I am sure there are even more such centres of light that I not aware of.

One of the first spiritual teachers in the area was Andy Schneider of Salmon Arm who recently sold his buildings to a group called the Ishayas, an International Society for Ascension. Long-time spiritual teacher Cheryl Foster built a delightful space in her home for weekend intensives and Hajime Naka keeps Tai Chi-ing his way into people's hearts. Before these three spiritual teachers arrived, there was the Yasodara Ashram. Swami Radha with the help of her Swamis invited everyone to become more aware of their divine presence through chanting and yoga workshops. Whenever I had time off I would attend one of their programs and enjoy the vegetarian cuisine and wonderful energy the land imbued. Sometimes I would hang out at the Tipi Camp just across the way and veg out listening to the waves or to Peter Duryea talk about his environmental concerns for the Earth. I feel ever so grateful to all of them, for they have inspired me to live a more authentic life, one where I feel I am of service to Gaia and closer to my inner guidance.

Starting with the Harmonic Convergence in 1986, I felt a strong need to connect with light-minded souls and got impatient waiting for someone to start things. So I organized the Metaphysical Society in Penticton, created a TV show called the *Holistic Networker* and took over organizing the Spring Festival of Awareness, all of which helped me to connect with a smorgasbord of people and healing modalities.

I let go of my good-paying job because my angels gave me the feeling it was time to do something different. With their guidance and a voice from the sky, I started this magazine. Now, eighteen years later, I get to see what it takes to create a community with a spiritual base. Gerry, Richard and I all know that "Love is work in action," and wish to create more of what makes us grow and glow. If you can come out for a visit or a workshop, or to volunteer in the garden, let us know.

Angèle



STEPS ALONG THE PATH

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



I have often wondered how sacred sites get the amazing energy that they seem to hold. Here is my personal experience of how this phenomena takes place.

When the Center first opened we hired some earth moving machinery to do some major landscaping changes. We connected with the Spirits of the Land and asked permission to clear and level certain areas. While the equipment was here we had a large flat circular area leveled off and cleared to the south of our Tipi site. Our intent for this site was rather vague, maybe it would become a native medicine wheel or a Labyrinth site. After the rocks were pushed off to the sides and a large flat area was etched we left it sit, not knowing what to do next. The seasons came and went and weeds and thistles filled the site.

When we were planning our 2004 season we received a call from a woman in Vancouver that wanted to do a workshop titled *Building a Labyrinth - Accessing the Power of Personal Ritual*. Her plans include building one onsite. It felt to me as if a Labyrinth for the Center was being birthed. Spirit had given us the ingredients that were needed to take the next step.

As the date for the workshop approached the facilitator called to say she was not going to be able to make it. I contacted all the registered participants and suggested that we work as a team and do the Labyrinth ourselves. The response was "Yes, lets continue." I did some quick reading and figured out the construction details for the project and continued with a weeks worth of site preparation, preparing a forty-two foot level circle with industrial landscaping fabric covered with a deep layer of sawdust.

After the introductory portion of the workshop we headed over to the banks of the Lardeau River, to collect river rock for the Labyrinth. The group of us held a sacred ceremony to connect with the Spirits of the Earth to ask permission to take rocks for our Labyrinth. We selected the rocks in silence and headed back to the Retreat Center when the truck box was full. The rest of the day was spent laying out the concentric circles, designing the entrance and turning points, as well as placing the rocks with sacred intent. When the day ended we had three quarters of the Labyrinth completed. The next morning we headed back to the river bank for a second batch of river rocks.

When we approached the Labyrinth to finish the pattern I ceremoniously moved the stones near the entrance, opening the gateways into the various walking paths. This was done so that we would not step over any of the rock path walls. The next three hours were spent completing the pattern. When the group of us were satisfied with the work, we all came out of the Labyrinth. Coming out last, I bent down and closed off the various gateways to complete the Labyrinth design before I exited. The group of us stood outside the Labyrinth and I felt the huge rush of energy coming up from the Earth out of the middle of the Labyrinth up into the sky. I looked to both sides and noticed the people had astonished looks on their faces as they had experienced the same energy rush.

Later in the day we held an opening ceremony where we dedicated the Labyrinth to the Spirits of the Land by conducting a smudge ceremony with sage, cedar and sweetgrass. We then presented four hand painted directional rocks that we had made as gifts to the Labyrinth and placed them in their appropriate places. Once again the overall energy of the Center increased and a sense of deep connection prevailed.

I believe that we as individuals can create sacred space simply with our intent. When the will, the mind and the heart are all focused on the same outcome miracles do happen.

Richard



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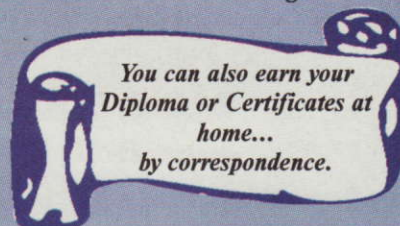
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The Big Question

by Laara Bracken

"What's wrong with this picture?" and "What do I want to do with my life?" are questions a lot of us ask ourselves. They are questions I had to ask myself in 1984. Obviously 'the picture' (my life) was not working. I was in burnout and could no longer hold a job. Long hours with nothing to do gave me a lot of time to think and to search for answers.

Through motivational speakers, self-help books, workshops and counselling I became aware of my issues and patterns but progress moving beyond them was slow. I remember realizing at this rate it would take years to create the life I wanted. And I didn't want to take that long. Shortly afterwards, I read about a method that promised rapid, gentle and lasting change. By then I was skeptical that anything would help, but decided to give it a try. I discovered that 'what was wrong with the picture' was some deeply embedded negative beliefs about myself and what was possible. Beliefs such as "I am not good enough," and "I don't deserve," carried thoughts, emotions and behaviors that created self-sabotage, and people-pleasing and over-achieving, to prove I was okay.

So with no high school biology and two children to raise by myself, I had completed a degree in Environmental Biology and when the energy crisis created loss of jobs in Biology, I switched to accounting and office management. A boom economy created more jobs than people to fill them and resulted in long hours and high pressure. Results: 1984 and burnout.

With the new method I began a road of self discovery that took me to my core. I was consciously involved in transforming the core beliefs that were keeping me stuck, along with the thoughts, emotions and behaviors attached to them. Longer sessions allowed deep exploration and facilitated change on every level, creating changes in months instead of years.

I had considered returning to Biology or office management, but my heart caught on fire over this new therapy. I was so impressed with my changes I decided to make it my life's work, and in 1986 qualified as a practitioner. I have never looked back. The need in people to go more deeply, to create change at all levels was and is urgent. Whether my practice was in Toronto or in Whitehorse I was as busy as I am here in Kelowna.

As a therapist its exciting and heart warming to guide people through their issues quickly. Transforming for example, fear into confidence, self-beating into self-acceptance, depression into a love for life, in months instead of years. To have changes last and grow stronger is so rewarding, I do not ever plan to retire. *See ad to the left.*

"If we have no peace, it is because we have forgotten that we belong to each other."

— Mother Teresa

WHEN AWARENESS ISN'T ENOUGH

Is This You?

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

Awareness Alone Is Not Enough

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

An Important First Step

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

-Sharon T., Writer, Kelowna

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

What Happens In A Session?

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

You work in partnership with Laara who acts as a facilitator, helping you to determine your goals and access answers and resources from within, so they are real to you. *"Laara helped me to change my life completely. I speak up for myself diplomatically, I know who I am and what direction my career should take and I have the courage to follow through."*

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

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

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

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

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AWAKENING ... only a BREATH away

by Jon Scott

I was listening to a CD of 60's music the other day while driving through the mountains and thought of how the song 'Downtown', which praises the myriad of ways modern culture offers to avoid uncomfortable feelings, embodied the wisdom of the culture I was raised in; a culture that from my earliest contact trained me to look outside myself for the solution to all of my internal challenges. I learned to look to professionals to tell me how to live right, how to eat right, be healthy, happy, integrated, clear, self confident, self expressed, multi-orgasmic and even how to get enlightened. As a young man my life seemed an endless search through a labyrinth of learned opinions of how to make contact with the Divine source of energy that was supposed to be within me but appeared to be hidden and illusive. By age 27 my search lead me to a community centered around a healing centre that made their living teaching workshops about yoga and higher consciousness.

Shortly after I had arrived, I was invited to participate in a smorgasbord of different practices that opened access to non-ordinary states of consciousness and the mystical worlds. One of the simplest and most profound practices was a technique introduced to me as *Innerquest Breathwork*. I was guided into a conscious-connected circular breath at a brisk cadence while lying horizontally. Within twenty minutes I found the description that I called 'myself' dissolve into a vast and powerful energy field that expelled emotional content from the body while holding me in this field of luminous stillness. Tears of delight streamed down my face for what seemed like hours as I floated in this liquid love that I recognized as my own true nature. I felt a level of integration physically, mentally, emotionally, and spiritually that I had never known was even possible and felt I was finally in the driver's seat of my own healing journey. I knew in that place that knows, that now I had the tool I needed to do deep soul work safely. I could finally access and trust my own knowing. I found that I no longer needed to seek opinions of how I might find my truer self. For weeks after that first experience, I noticed that the breath work had stripped away a wall of emotional numbness I had developed as a coping strategy to deal with the world. I felt deeply

authentic, more intimate with others, and more connected to a vision for my life work that lives strong and true in me to this day. Since this time I have had the privilege of introducing thousands of people to this truly magnificent adventure hidden within their own breath. I've come to understand that from the time of our birth, the pattern of our breath has been the template from which all other human patterns arise. Childhood trauma encodes this template with blockages that actively work against our conscious intentions as adults. *Innerquest Breathwork* facilitates the release of these traumatic blockages through a fully embodied experiential healing process, allowing us to re-experience the purity of the original template from which we came. Presently in my life, I can deeply appreciate the diverse learned opinions of others as I am not seeking to find myself in them. This poem below was born from the heart of a breathwork journey. See ad below

The Breathwork Awakening

The great mystery speaks,
The breath opens the door,
Direct access to what has been hidden,
Yet known before.

What is this love it seems I find,
That dwells beyond the grasp of time?
Its nature awakens me from a life long trance, Into the splendour of this moment in which my heart does dance.

Such a quality she brings to this day,
Head has not much to say,
As I stand awake to life's true play,
Willingness to release my suffering is the only toll I must pay.

Waves of my delight break upon this shore,
I am completely free as if never before,
Within this place it is no longer a mere belief, faith or guess.
I know that I am blessed and can bless,

True emotion fills my chest,
Tears of recognition that I am thy guest.
No longer a mere human pest,
To this life in deep gratitude I say YES!

From this splendour must I always come and go,
What does it take to defeat this illusion of foe?
Please take from me all that must be shed,
I long to be free before this body is dead.

Who is it that calls to me from the beyond,
Over and over enticing with some celestial mystic song,
I gaze for hours into the distant mountain landscape,
Claim me beloved for love's own sake.

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Soulscapes

A Journey to the Heart of our Inner Truth

by Jane Barter

"What lies behind us and what lies ahead of us are small matters to what lies within us" Ralph Waldo Emerson

What drives your life? Do you ever wonder if you are exactly where you should be on your life's path? Is there a special purpose to your life? Is there actually a reason certain things happen to us? Have you pondered the connection between your existence, life on earth and the cosmic world?

As a seeker I have been driven to discover a deeper understanding beyond the external answers I could find. Being sensitive and empathic at a young age, I was often overwhelmed and confused with the workings of this physical world. Wanting to help others I chose a career in nursing. It provided me with a platform for dealing with real life and death issues and an understanding of those in need. This left me unfulfilled and often exhausted. I was personally confronted with my own health issues, frustrations and obstacles. My life somehow didn't make sense. Seeking outside myself I lacked a sense of inner peace. It wasn't until I started learning about energy, healing and meditation that I developed a sense of that inner voice...the voice of wisdom. Then the journey began.

Where do we find that voice of wisdom, our inner truth? And what is our truth? Certainly it is not found by adopting certain beliefs or by social conditioning. Since childhood most of us have sacrificed our truth in order to fit into society or a life approved of by our families. We unconsciously live this life until we are provoked by curiosity, unease, blocks, or sometimes life's disasters. Usually we've had enough and begin questioning what lies behind the apparent reality of our life. Now we have entered new territory and in spiritual terms we come to "being on the path".

When we stop to listen to the inner voice, it is our own consciousness speaking. It flows with serenity, spaciousness and it never distorts. It is found in the recognition that love is our essential reality and with it comes that sense of inner peace. Our inner truth is the wisdom of the heart as opposed to the logical, rational fear based aspects of the mind. In this time of big world transitions we must come to the place of listening to our hearts.

These are exciting times; the planet is changing and transforming quickly, and we are being pushed to gain the awareness, clarity and tools to keep up with it. When we tap into life as energy we start to create our lives through conscious intention. We can receive that guidance, valuable insight and direction and allow ourselves to move through our lessons and obstacles with greater ease and grace.

One of the gifts that I have developed is a connection with the angelic realm and I have had the privilege of doing angel listenings for many others. The angels have consistently shown me that all souls have a purpose and that everyone has gifts and talents. When we look to the soul and recognize this in others we can allow them to also

continues to the right

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see and feel it for themselves.

The truth is apparent. We are spiritual beings first and foremost. I have been shown this over the years by working with people who have transitioned from this world. I have witnessed this in my training with energy awareness, vibrational medicine, intuitive development, healing modalities and shamanism. We have all come here with lessons to learn and Karma to resolve but as spiritual beings our true essence is love and we are meant to live a joyful, peaceful and abundant life.

See ad above

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Ad
Profile

Those Wonderful ECK Masters

by Catherine Owens

Eckankar is a path of personal spiritual experience. The spiritual leader of Eckankar is an ECK Master. Today, it is Sri Harold Klemp, the Mahanta the Living ECK Master. There have been countless ECK Masters throughout the ages. In this new book, *Those Wonderful ECK Masters* you get to meet eleven of them and read stories of how they have helped people just like you and me. For example: Gobal Das, who was the Mahanta, the Living ECK Master in ancient Egypt about 3000 BC, inspired the writing of the *Egyptian book of Dreams*.

ECK Masters are Co-Workers with God. They help anyone sincerely looking for God in their life. They teach the spiritual laws of life and spiritual exercises helping us become aware of ourselves as a spiritual being, Soul. They teach about karma and reincarnation and their influence on our lives today. They help us reach the spiritual goals we set for this lifetime. ECK means Holy Spirit. The spiritual exercises of ECK make the Holy Spirit's love and direction a reality in our life.

I have personally experienced their unconditional love, guidance, teaching, comfort, protection, healing and the great joy of their friendship. Many times we experience their presence in our dreams but also in contemplation and our outer daily life. One experience I would like to share happened in a dream. I met Paul Twitchell, an ECK Master and the modern day founder of Eckankar. We were driving in a car down a city street past a fast food restaurant named Big Boy. He pointed it out to me. "Big Boy," he said laughingly, "You are a big boy now!" We arrived at a hotel where an ECK seminar was being held. He walked to the front desk with me and explained that I must ask for a telephone each time I returned to my room. When I woke up the meaning was clear. I needed to do the spiritual exercises on a regular basis. It was like plugging in a phone line to the guidance of the Living ECK Master and the Holy Spirit.

Spiritual exercises are the basis for the awareness of the guidance from the Holy Spirit and the ECK Masters. I invite you to try the spiritual exercises in this book and meet for yourself *Those Wonderful ECK Masters*. see ad below

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.

--Avatar Adi Da Samaraj

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Those Wonderful ECK Masters

By Harold Klemp

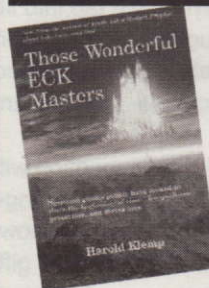
Would you like to have personal experience
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Then this book may speak to you.

Look inside.

The experience of a lifetime awaits you.



Local Bookstores

www.eckankar.org

Breast Health

Dr. Jacqui Fleury, ND

Cancer is generally the end result of a chronically stressed immune system. Here are some proactive changes.

♥ **Increase Your Veggies** – Include red, yellow, and orange veggies to increase your consumption of antioxidant compounds known to boost immune function. Oxidata is a urine test that can determine if your antioxidant levels are too low. When free radicals attack fats in cells, a compound is produced that is excreted into the urine. This compound is low when anti-oxidants are high and protecting the cells.

♥ **Eat More Broccoli** – and cabbage, brussels sprouts, kale, and collard greens. These are high in a plant compound that renders estrogen less dangerous to the body.

♥ **Eat Sea Veggies** – these grow in mineral-rich seawater and include iodine which promotes healthy thyroid function.

♥ **Include Fibre from Whole Grains, Beans, and Lentils** – fibre decreases circulating estrogen levels by binding up estrogen metabolites and preventing them from being reabsorbed.

♥ **Choose Organic Foods** – certain herbicides and pesticides on produce, as well as hormones found in conventional meats have been implicated in breast cancer.

♥ **Eliminate Hydrogenated Fats** – choose organic butter instead of margarine, and use olive oil and flax oil.

♥ **Decrease or Avoid Sugar** – as little as one tsp of sugar can depress immune function for two hours! Sugar and refined carbohydrates appear in many forms – breads, candy, desserts, fruit juices, dried fruits, and any ingredients whose name ends in “ose” (sucrose, glucose, fructose, lactose). Use only small amounts of natural sweeteners.

♥ **Improve Lymphatic Circulation** – Rebounder exercises will help your body eliminate toxins.

♥ **Drink Filtered Water** – chlorine in the water kills the good bacteria in the gut. As well, chlorine combines with organic matter in water to create cancer-causing trihalomethanes.

♥ **Take Off Your Bra** – wearing a bra for more than 12 hours increases breast cancer risk by a factor of 6. Use cotton stretchy bras without underwire to allow more movement of the breast, thus facilitating removal of breast toxins by the lymphatic system.

♥ **Know Your Breasts** – consider massaging your breasts when you apply a natural body lotion (preferably without petroleum products) after a daily bath or shower. (Even better, applying castor oil externally on the breasts will help to increase lymphatic circulation, break down adhesions, and increase immune cell activity in the tissues.) This will get you more comfortable with your breast tissue, for when you perform breast self-exams.

continues on page 33

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A View Point from the Beginning of the Road

by Daniel



Daniel & Zen

Six months ago, when I first came to live in community at Johnson's Landing Retreat Center, I was afraid that my life had run its course. Years of living with anger had left me bitter and hostile. Failures with lovers, family and friends had left me frustrated and isolated. My canine companion Zen was literally my only friend. There were moments when my concern of what would happen to him should I end my life was all that kept me going. When I sold my home and set out in my motor home there was a dark plan in the recesses of my mind. I told myself that if I could not find a home, someplace where Zen and I could belong, we would not 'do' 2006. I carried with me both the plan and the means to end our lives and it was with that sense of despair and pain that we set out on the road. But the Great Mother was not done with me; she guided us to this oasis of love and healing here in Johnson's Landing.

Where I park my motor home on the community property is at the end of the road, near the entrance to the Retreat Center. Both literally and metaphorically I was at the end of the road. So when Angele and I talked about doing a column with some poetry the byline 'A Viewpoint from the End of the Road' seemed an appropriate heading. However I arrived here not only with despair but also with a great determination to change my life. From that first day until now I have worked at the process of rebirthing myself. I am releasing my anger and the negative habits, which gave it life. I clearly set an intention each day to 'just be'. To not dwell on the past, to not fear the future, to not grasp at the present. I took off my masks and committed to being real and present in my new family. Both Richard and Angele have freely given their love and themselves to me and today I breathe the deep sigh of 'being home'.

So I've changed my byline. I no longer live at the end of the road, I live at its beginning! I have also included a picture of my 'furry brother' Zen. I am indebted to him for his unquestioning loyalty and his unconditional love. My prayer is that I too might daily live those qualities with the simplicity that he does. The two poems, both of which I wrote since I came to J.L.R.C speak to my evolution; if they speak to yours then we are kindred spirits...grace on your journey.

Namaste

The poems are to the right



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DARK FRIEND

I have just emerged from the dark night of the soul
You know you're there when you wake up screaming in a dark, dark, dark hole
Your friends are gone, your love is gone, you are empty and alone
And in that place where once beat your heart, now resides a large cold stone.

Food has no taste, the water's sour, and there's a hunger everywhere
But as you look out on the world there's not a single person who would give a care
No, you're on your own, make no mistake, no one's got your six
And for all the world you cannot figure how you got into this horrible, horrible fix.

But I was not alone, I was not alone, there is a Higher Source
It was that divine pulse of energy, my over soul of course.
And with a loving embrace that words cannot describe
She said, "Don't be frightened my love, follow me, I am your guide."

And so the journey began one step at a time, outward to the light
And it is that journey that has brought me here on this starry, starry night
And as I pen these lines I do not know what the future holds
But I know I will always be indebted, to the dark night of the soul.

AWAKENING

I feel like I've got a lotus growing in the middle of my soul
It's never happened before, so how would I know
There's no one to ask, there's no one to tell
So I'll stand on this hill and I shout and I'll yell
I'll cry out my joy, I'll cry out my pain
To the trees and the rocks and the wind and the rain
And at long last when breath finally exhausts and sweet silence is king.....
.....it won't last for long, for my soul must sing, it must sing, it must sing!

ACCREDITED
January 1, 2004



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Ad
Profile

Educate Yourself to Ideal Health

Heart disease, diabetes, fibromyalgia, cancer, stroke, arthritis, alzheimers... Do any of these words sound familiar? They should. It has been recorded that 9 out of 10 people will suffer a major illness in their lifetime. It has also been documented that the symptoms of aging and disease are really the signs of malnutrition and toxicity in the body.

Wrinkled skin, brittle bones, loss of muscle mass, lack of energy and the list could go on and on. It may surprise you, but malnutrition also comes in the form of overweight or obesity. With poor food choices and much misinformation, our future generations of children are getting weaker and weaker with illnesses occurring at very early ages.

In the World Health Organization's annual report, it warns that the conditions just mentioned, kill millions of people a year, and will impose suffering and disability on many millions of others. Are you going to be one of these statistics? No, you do not have to be!

What can we do? We may not be able to control many things in our environment, but we can start by making a conscience decision to control what we put in our body and what products we use in our home. **We must become educated!**

The following website listed below provides education as to the proper health principles of how to attain ideal health. People have experienced miraculous transformations in their lives and many have been able to eliminate their most severe health challenges.

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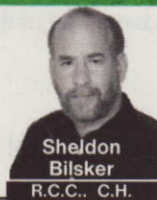
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What does Love mean?

Thanks to Sherree Walter, Ministry of Community Services.
The above question was posed to a group of 4 to 8 year olds. The answers they got were broader and deeper than anyone could have imagined. See what you think.

"When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love." *Rebecca - age 8*

"When someone loves you, the way they say your name is different. You just know that your name is safe in their mouth." *Billy - age 4*

"Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other." *Karl - age 5*

"Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs." *Chrissy - age 6*

"Love is what makes you smile when you're tired." *Terri - age 4*

"Love is when my mommy makes coffee for my daddy and she takes a sip before giving it to him, to make sure the taste is OK." *Danny - age 7*

"Love is what's in the room with you at Christmas if you stop opening presents and listen." *Bobby - age 7*

"If you want to learn to love better, you should start with a friend who you hate." *Nikka - age 6*

"Love is like a old woman and a old man who are still friends even after they know each other so well." *Tommy - age 6*

"During my piano recital, I was on a stage and I was scared. I looked at all the people watching me and saw my daddy waving and smiling. He was the only one doing that. I wasn't scared anymore." *Cindy - age 8*

"Love is when Mommy sees Daddy smelly and sweaty and still says he is handsomer than Robert Redford." *Chris - age 7*

"Love is when your puppy licks your face even after you left him alone all day." *Mary Ann - age 4*

"I know my older sister loves me because she gives me all her old clothes and has to go out and buy new ones." *Lauren - age 4*

And the final one — Author and lecturer Leo Buscaglia once talked about a contest he was asked to judge. The purpose of the contest was to find the most caring child. The winner was a four year old child whose next door neighbor was an elderly gentleman who had recently lost his wife. Upon seeing the man cry, the little boy went into the old gentleman's yard, climbed onto his lap, and just sat there. When his Mother asked what he had said to the neighbor, the little boy said, "Nothing, I just helped him cry"

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16th Immortal Rhythms • Drummer • Paul Langlois
19th Zen Writing Practice • Kuya Minogue
23rd Divorcing Your Parents • Jon Scott
30th "In - a - Sense" • Karen, Hajime & Byron
30th Fulfillment • Jon Scott

July

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21st Following our Intuiti
21st Sacred Circle Dance
28th Choices of Love • I

August

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Once called the 'religion of healthy-mindedness' by the philosopher, William James, the New Thought movement was born almost 150 years ago as a revolt against the negative dogmas so prevalent in the churches of that day. The early New Thought movement was driven by the discovery that physical healing was possible through the power of mind and spiritual awareness. As that initial idea unfolded into successful application, practitioners of New Thought began to see that the power of an uplifted consciousness could also bring healing to negative circumstances and conditions in one's personal life. As it evolves today, twenty-first century New Thought is driven by a far broader intention.

Planetary healing through self-realization is emerging as the new promise of these teachings.

We are also passionate about and believe that...There is one infinite, all-inclusive, creative, living Intelligence beyond and within the universe. Whether we call it God, Brahman, Allah, Spirit, or some other name, It is the Great All in which all things exist and of which all things have been made.

Our essential nature is spiritual. We are spiritual beings having a human experience, and as spiritual beings, we share in God's essential nature.

We have a creative relationship with our experience of life. The spiritual universe operates according to spiritual laws, which allows us to co-create our life experience consciously. Through right alignment with spiritual law and conscious contact with the Creative Intelligence within, we can achieve happiness and fulfillment.

Life is a spiritual journey toward an awareness of the true source of our being. The ultimate destiny of every individual soul is to awaken to the true source of its being—God Itself.

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- Dedicating ourselves to guaranteeing the fundamental rights of every human being to justice, equity and equality.
- Recognizing the power of the human spirit to triumph over injustice, social inequity, suffering.
- Choosing nonviolence as a way of life by practicing peace daily.
- Cultivating moral strength and courage through education and creative nonviolent action.

There are many New Thought Centers advertised in Issues if you wish to participate. These words were taken from the www.agnt.org website.

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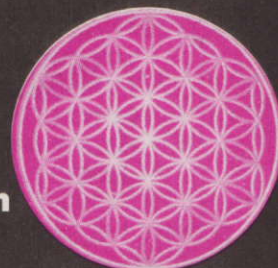
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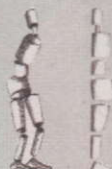
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THE PSOAS

by Wayne Still

Hands up all of you who know that you have a muscle in your body called the psoas. I thought so. Pronounced 'so-as' with the emphasis on the 'as' the psoas is arguably the most important muscle in the body next to the heart. So why don't we know about it and why is it so important?

Some of you will know it as the hip flexor, which is what it does, but that doesn't explain why it is so important. Perhaps the main reason it is not known is because it is the deepest muscle in the body. So unlike, say, the biceps which is readily visible, the psoas can't be seen and is difficult to even feel. Where is this mystery muscle? It originates on the front of the lumbar vertebrae, putting it very low on the spine just above the sacrum. From its origin it descends inside the hip bone and hip joint to attach to the inside of the femur just below the hip joint. Ok, now we know where it is, but why all the fuss, at least in this column? Well, it is the only muscle which spans the distance between the spine and the legs. Thus it creates a link between the trunk and the lower limbs which is very important to us as bipedal creatures; it allows us to stand upright and walk on two legs. When it is working properly it flexes the hip to initiate the stride. It does this by simultaneously pushing back on the lumbar and pushing forward on the femur. The hip bone then flexes on the sacroiliac joint. The hip and leg move as a unit, think of an articulated pendulum swinging from the base of the spine. The psoas also carries the nerves which stimulate sexual activity. Go figure eh?

In a Rolf ten series the fifth session is the psoas hour. Up to this point we have been bringing length to the legs and trunk in order to allow us to bring the psoas into full function. Since the psoas is the quintessential 'core' muscle this is the time when we, in essence, separate the core from the sleeve of the body. This is important if we are to fully utilize the power of our core muscles in athletic activities or just to walk with a freer gait. When the psoas is working properly there is a noticeable difference in the amount of energy needed to move the old bod around. It is also essential if we are to come into a harmonious relationship with gravity as the psoas brings the hips into their proper alignment with the body segments above and below them.

For practitioners of the art of Structural Integration the psoas is in many ways the key to realizing the overall goals of the work. We are fascinated with this mystery muscle, if you get a ten series you will find out why.

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Know Thyself

by Sherry Sweet

Last summer I was within a few kilometers of the Johnson's Landing Retreat Center. I had made up my mind that it was time to move into the bush, to get away from material greed and a fast pace. At 53 I needed time to find some peace.

Months before, I had noticed an ad in the Issues Magazine looking for like-minded souls to be involved in a community at its early stages. I had been in the publishing business for a few years so I thought I could contribute. As I got closer to the Center something was telling me to turn around. I wasn't certain if it was the fear of a new place or if my guides were trying to telling me something. So, I turned around and came back to Kamloops, got a job, and went into seclusion. I spent the winter searching for the reason I turned around.

For the past ten years I have been gathering information for a book. A book on self-discovery. In the Gospels of Thomas, Jesus said that everything we need is already inside us. Nietzsche also tells us, "One's own self is well hidden from one's own self." And Gandhi told us that WE must be the change we wish to see in the world. For six months I put the book together, 'Know Thyself.' This inscription was found over the entrance of the Temple of Apollo at Delphi in Greece. After I had completed the first draft, I gave a few copies to my friends for some feedback. I haven't heard from any of them since. I guess they were afraid to look inside. I even gave a copy to my mother not thinking for a moment she would read it. After about a week, the phone rang and my mother was on the other end beaming with pride and adulation. Once my shock had worn off, I naturally asked her about different sections. She said "Well, actually I only read the first ten pages. It was a little deep for me, and you know you can't teach an old dog new tricks."

It then became obvious that even though I had simplified the information it was still overwhelming for the average 'Joe or Josephine.' I now believe that most people read for pleasure or entertainment and the last thing they want to do after a hard days work is to take a serious look at their life. They want something fun, that takes their mind out of the real world.

We must remember there has been centuries of misleading doctrine, leaders with misguided agendas, and many engrained falsehoods that were peddled to keep the power in the hands of the greedy, and control hungry aristocrats. It is interesting how the pendulum swings. Enlightenment cannot be bought. It must be earned through courage, patience, hard work, and a willingness to be truthful with Self, and to become the person we truly are. That is why I decided not to hide myself away in the bush. I want to be out here with the ordinary 'Joes,' working, sharing and laughing with them. Helping one person at a time learn to know themselves, through the human interaction of kindness and love.

I, for one, Angele, would like to thank-you for your dedication and hard work with the magazine. It has truly been my inspiration and support in the years past and has provided me with the information necessary to know where I am supposed to be.

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The Inspired Heart

by Dr. Adrienne Ahern, PH.D

I stayed with Jerry Wennstrom, for a week, at his home on Whitby Island and was moved with how, Jerry, the author of the *Inspired Heart*, lives his life in profound simplicity filled with joy, love, playfulness, and delicious meals. Jerry says, "it's not so much about knowing, it's about living into the love we feel for other people." I love this and loved experiencing this for myself...it's not so much about knowing, it's about living into-breathing with-the love we feel for other people.

In Jerry's life, *incongruity* was experienced I believe, as a message from God - a profound message manifested over fifteen years. As his book and film portray, Jerry left his life in NY— *leaving everything he knew behind*. He burned all of his art, gave away all his possessions and spent the next fifteen years in a state of surrender. These years changed the way Jerry experienced himself, the way he experi-

Jerry Wennstrom and Marilyn Strong



enced others and the world around him. It changed the way he engaged his art, his life, and the way he began to engage his spirituality-through creating and living his art, through relationship with himself and through relationship with Marilyn, as well as through his openness to community and community with all sentient beings.

My favorite Parabola author, Helen Luke, wrote, "Each of us, as we journey through life, has the opportunity to find and to give his or her unique gift. Whether that gift is great or small in the eyes of the world does not matter at all—not at all; it is through the finding and the giving that we may come to know the joy that lies at the center of both the dark times and the light." After spending three days with Jerry, I believe that his gift to the world is himself!

Jerry Wennstrom's experience and his life are extraordinary. Jerry is capable of sustaining and living within *unconditioned* awareness - he is living and breathing with the mystery. Since my visit with Jerry, my new mantra (borrowed from him) whenever I come face to face with a challenge, a judgment, a desire, a pain, or a longing is, "This too is God." Over the entrance to my home I have a plaque quoting Jung, which reads, "Bidden or unbidden God is present."

For more information please visit his website at www.handsofalchemy.com

Book review to the right.

Jerry and his wife Marilyn will be leading a workshop at the Johnson's Landing Retreat Center, June 16-18.

Ad on page 20-21.

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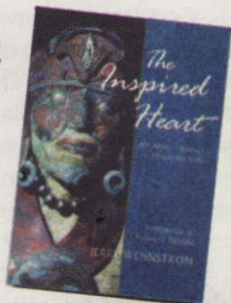


Book Review by Angèle

The Inspired Heart

An Artist's Journey of Transformation

Jerry Wennstrom
Sentient Publications
ISBN 0-9710786-9-6



I found this book truly fits its title.
It starts with a bit of Jerry's background including his feelings and insights that suggests a change is about to happen on his journey of life. He easily lets go and with no plan on how to survive he just lives each day, trusting that God will look after him.

I was amazed with his ability to put into words the voice or nudgings that guided him and felt inspired that he did it with such willingness, honesty and love.

Each chapter is a story by itself. A period of time when Jerry watches himself in his environment interact with the many strangers who seem to need contact with him. No blame, no judgements, no feeling sorry for himself. Just watching his own level of comfort while he talks or is silent.

Not much connects the book together except his wise words of being in the moment with each encounter and his growing into a more gentler, accepting human being.

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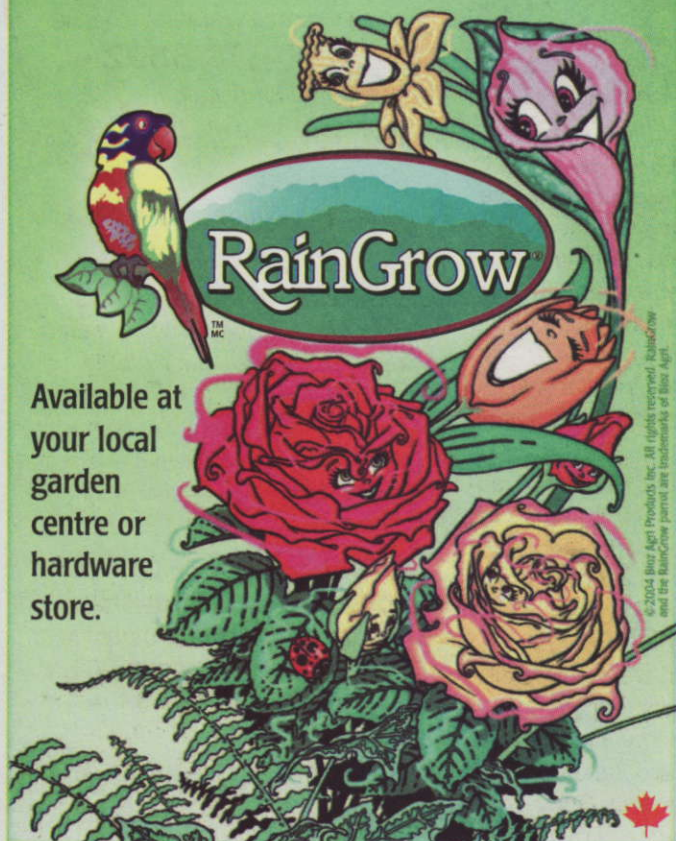
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Trusting Ourselves:

Intuition and The Sacred Rhythm of Life

by Carly Newfeld

One morning, I noticed several neighbors out in the street examining their cars. It turned out that during the night, vandals had smashed several car windows, stealing stereos and other valuables, and creating havoc to the start of everyone's day. All except for me! While I was sympathetic towards my distressed neighbors, I breathed a sigh of relief that my car appeared to be undamaged, though my glove box had been rifled, nothing appeared to be missing.

Apparently, I'd failed to lock up my car the previous evening. Impossible, I never forget to lock my car! Then I remembered that I'd left a case of bottled water on the back seat and had run back to get it. With my hands full, I must've forgotten to lock up behind me. What luck, I thought.

Luck? Maybe! Intuition? More likely. Body intuition: Yes! All of us are born with an innate inter-connectedness to the universal flow of which we are an integral part. We may call this flow God or Goddess, Spirit, the Universe, Divine Presence, or perhaps we experience it as a sense of oneness, alignment, attunement or grace.

As young children this awareness is as natural to us as breathing. Unfortunately, our cultural socialization—however well meant through parenting, education and social niceties—subtly seeps in to erode this sense of oneness and wonder, in the process eroding our innate attunement to the natural world around us and within us—for we are a part of this world, not apart from it.

Fortunately for me, a crisis when I was thirteen years old, led me to re-awaken my intuition just before it was about to be erased altogether. Of course, I had to fight to get it back, which caused a whole heap of trouble for myself and my family and my grades in school plummeted while I re-established the balance between my refined, academic mind and my instinctive knowing self. Ultimately, I had to dive deep to rediscover and trust myself.

Intuition is not of the mind, though it appears to originate from our minds, rather it is equally of the superconscious sphere and of the body, which explains why I forgot to lock my car that night—my body literally took over—perhaps sensing danger or disturbance.

Following my intuition and returning to unity, is a lifelong journey. Sometimes, I'm blessed with a powerful, clear "aha" moment and the task of trusting and following that magical, intuitive spark becomes paramount. Other times, when guidance is fuzzy and I fall into doubt, it is a key for me to remain open, perceptive and wait. Trusting myself is an ongoing, daily practice guiding and strengthening my intuition. Listening to the advice of others sometimes helps, sometimes confuses, and there too, I listen inside to know and trust what's "mine." It has an unmistakable tone.

Ultimately, recognizing and following our intuition not only grants us blessed balm to decision making—even during cri-

continued to the right

COSMIC TRENDS

for April and May 2006 by Khoji Lang

Once again we have endured the hardships of winter, passed through states of hibernation, restructuring our inner nature. Yes, spring is upon us. Already we can feel the power of the returning Sun, not only melting the ice and snow, but also setting our spirit afire. Up to April 19 the Sun is in Aries, the sign of new beginnings, individuality and courage. Not long ago, on March 29, we got energized by a Total Solar eclipse which occurred in the 9th degree of Aries. Only twice a year it happens that the Moon gets in between Earth and Sun, occulting its light. Experience shows that these celestial events are milestones; they give birth to a new evolutionary direction. This most particularly is true if one's personal astrological chart links in to the degree of the eclipse. This Solar eclipse vibrates very high, amplifying Plutonic and Uranian energies. Just hours prior to the event, Pluto had its closest approach to the center of our galaxy (GC). Because Earth is moving through space too, for the next few months Pluto appears retreating, only coming back to the Galactic center by the very end of the year. Pluto takes 247 years to travel once around the Sun, hence this alignment is very special. And since Pluto has only been known since 1930, this will be its first conscious meeting with the heart of Milky Way, our universal colony, our celestial village. It's good to remember that all the stars we can see by bare eye belong to our galaxy; hence it's fair to say, the center of this galaxy is the center of our universe. 250 million years it takes our Solar system to complete one full circle around the hub of our spiral galaxy.

All celestial manifestations are symbolical, they represent different aspects of our inner reality. Outer and inner are the two faces of the same one-existence, called universe. Our inner cosmos is resonating with the outer cosmos; the Galactic center echoes deep in our own innermost center. Pluto, the planet of transformation and rebirth sends ripples to the very core of our being, shakes us alive, makes us aware that we are unique individuals in our own right. We might have forgotten who we really are, identifying with all kinds of stuff we were told by others. Pluto reminds us that this is all fake. His energy will create situations for us; devices, so we might be able to differentiate from the mask we are wearing, realizing that we are not our thoughts and beliefs, not our name and our fame.

If there's any change going to take place on this planet then it will substantiate within the next few years. This change is not going to be of political or social nature, but purely individual. Osho, the enlightened East Indian mystic predicted a spiritual revolution. *He said that if just one percent of humanity would become meditative, wars would become impossible. Each one of us contributes to the collective mess. If we manage to transform our own inner poisons into nectar we have done all we really can. So far, all outer revolutions have failed.

No political party and no government ever will come close to solve problems. Because all outer problems are mere phantoms, reverberations of our inner insanities - be it anger, hate, fear or greed. The outer world is a mere reflection of the inner. If we start seeing our own shadows, our change will create ripples in the psychic fabric. Our very change will be infectious. Light will be generated, so those around us will get a glimpse of their original nature too. It's upon us to change the world; if we can manage to do our own tiny part everything will follow on its own accord.

During 2006 and 2007, everything accelerates and heats up. Openings will be created, for the realization that we are responsible for our lives. We will come to understand that blaming is not only futile but even reinforcing our misery - because in accusing others we give our power away. We have to get back in charge, it's our life after all. And remember, all that is difficult is the first step. So be courageous, put your little sail up into the winds of change. Existence rewards those who dare to get back on track to be themselves. As the Sufis say: take one step towards God and he will take one thousand steps towards you. *for more info. on Osho go to www.osho.org

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Trusting Ourselves: *continued from left*

sis—but brings each of us back into alignment with our place on this earth, our higher purpose and a sense of deep, profound, unshakable trust. Once established, nothing can touch our hotline to this universal flow we recognize as "intuition" and which can become for each of us the sacred rhythm of life.

Carly Newfeld is the producer and host of *Goddess Radio*, the author of *The Findhorn Book of Guidance and Intuition* (Findhorn Press, 2003) and will be presenting *Trusting Ourselves: Following our Intuition and our Heart's Calling* at Johnson's Landing Retreat Center - July 21st to 23rd.

See ad on page 20 & 21

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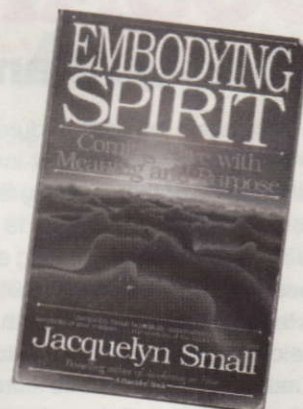
Book Review by Daniel



ENBODYING SPIRIT

Coming Alive with
Meaning and Purpose

Jacquelyn Small
1994 - A Hazelden Book
ISBN 0-89486-994-9



This book, written by Jungian psychologist and transpersonal therapist Jacquelyn Small, presents a practical and in-depth look at our inner self. Joseph Campbell, the great mythologist, defined transpersonal experience as "the ability to follow our bliss." The question "is how to do this?"

All too often we find our best intentions sabotaged by a seemingly mysterious and powerful force. An energy that seems to resonate from deep in our core, that rides on the impulses of our thought patterns and takes captive our emotions and our will. The key to dealing with this universal human experience, according to Ms. Small, is to come to an awareness and an understanding of our 'shadow side.' This real and potent force is the result of our life's trauma and experience that we have not or could not process at the time of their occurrence.

Much of our core patterning, that is the way we perceive and handle life, is imprinted when we are most vulnerable, as small children. If our families of origin or our primary caregivers were not balanced and whole, and for many of us they were not, our psyche splits off those experiences that would threaten or containerize it. These splits form our shadow side; further, these splits manifest themselves as the wounded lover, the wounded mother or father, the wounded warrior... shadows of the completed whole. These powerful and archetypal energies are evident throughout human history and human experience. Any time I find myself overreacting to a situation I can, according to Ms. Small, find a wounded shadow side of my psyche crying out for recognition and healing. How to do this? Well simply put, we must recognize these personal patterns and give them what they need, love and integration. Denial and repression of these all too often embarrassing or confusing parts of ourselves only serves to prolong our agony. Both the root of the problem and its solution lies in recognizing the divine human dilemma, namely, that we are part God and part animal. We are, each of us, God having a human experience, unique and personal. The Jungian term for this is 'antimony', "a composite of inner opposites." Our earthly natures conjoined with our heavenly desires. Until we recognize and come to terms with our dual nature, our ability to hate and love, to kill and nurture, the selfish and the unselfish, wholeness and balance is not possible. 'What we resist persists' is both a simple and metaphysical truth. The essence of this book is in the insights that would equip us to unravel this mystery.

National Vegetarian Week

May 22nd to May 28th

by Sheila Coodin

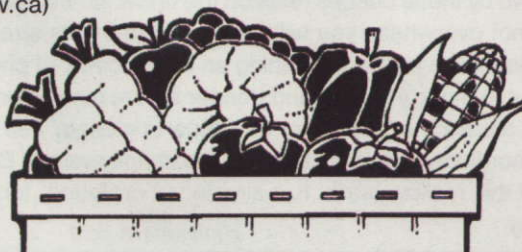
This is the 14th year it is being held, and it aims to celebrate vegetarianism in its broadest sense and prompt media discussion on the types of vegetarian food, health benefits, lifestyle and commitment.

I first started to get feelings that I wanted to stop eating meat in about 1972. There were no vegetarian restaurants in my hometown, Winnipeg, and the closest proximity to eating out vegetarian was going to Smitty's Pancake House, where at least one could order a meatless pancake. There was not much information around about vegetarianism. Being so-called vegetarian in those days came from a feeling in me that it was just plain wrong and unnecessary to consume animals. I knew there must be a better way and continued on my quasi-vegetarian diet (I did eat egg products) for many years.

In 1994 I had the great blessing to be initiated into the Quan Yin Method of Meditation (contemplation of the Inner Celestial Light and Sound) by The Supreme Master Ching Hai. In order to have direct contact with God through meditation, we must have pure bodies and minds. If we have an inner guilt (conscious or unconscious), knowing that an animal has been unnecessarily killed for our palate, we cannot meditate properly. Therefore, the first precept is "no killing," which of course means a vegetarian diet. I came to see very clearly all that I had perhaps vaguely felt for these many years, that we are on this earth to take care of and protect our younger brothers and sisters, the animals, not to kill them and eat them. I soon became clear that the animals, fish and birds are not so different than we are: they have awareness, feelings, and a great deal of sensitivity.

Of course, so much has changed in the last number of recent years. Vegetarianism is being widely embraced, not only because of all the diseases that come through the eating of animal flesh and the health benefits, but also because people are spiritually awakening to the fact that in the 21st century, it is not kind or necessary to kill our fellow beings. We have so many alternative sources for food. We can easily make sure we are getting all the nutrients that we need through vegetarian food sources or supplements. Also, we can make absolutely delicious vegetarian food, even to look or taste like meat or fish if that is what we desire.

Let us honor Vegetarian Week by eating vegetarian and letting others know the great benefit of a vegetarian diet. Then the 21st Century will really be the Golden Age!
(qysheila@shaw.ca)



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Rice	8.6 %
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Almonds, walnuts, cashews, hazel nuts, pine nuts, etc.	14 - 30 %
Pumpkin seeds, sesame seeds, sunflower seeds, etc.	18 - 24 %

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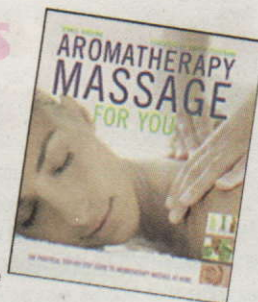
Book Reviews



by Christina Ince

AROMATHERAPY MASSAGE FOR YOU

The Practical Step-by-Step Guide
to Aromatherapy Massage at Home
Jennie Harding

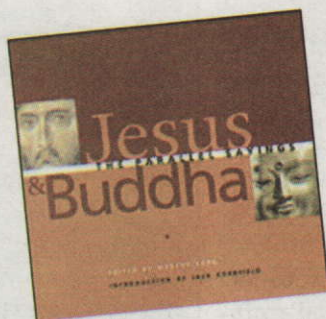


Duncan Baird Publishers, courtesy of Raincoast Books
ISBN 1-84483-144-2 • \$29.95

The foreword for this book was written by Robert Tisserand, internationally recognised for his pioneering work in many aspects of aromatherapy, who states: "I don't think I have seen a better introduction to the sensory world of aromatherapy."

Visually pleasing with gorgeous photographs of the aromatherapy ingredients along with step-by-step instructions for massage, this would make a lovely gift for someone wanting to learn massage, for the therapist considering aromatherapy as an addition to their skills, and actually for couples wanting to find ways to enhance their relationship. The instructions for massage are easy to follow, and provide a great deal of information proving the author's knowledge and experience.

The book begins with the story and principles of aromatherapy, how it affects the mind, and the body, safety issues, and the buying and storing of essential oil. There is an essential oil directory, providing forty-eight profiles, with botanical source and background, extraction and storage, physical as well as emotional and psychological effects, special blends, and safety information. There are suggested blends for various parts of the body, outlining the benefits and when to use them. It is a lovely book, and may inspire you even if aromatherapy massage wasn't in your vision of the future. Wang Wei has the final word in this review, his eighth century words found in the front of the book are so appropriate: "Look in the perfumes of flowers and of Nature for peace of mind and joy of life."



Jesus & Buddha

The Parallel Sayings

Edited by Marcus Borg

Introduction by Jack Kornfield

Ulysses Press, courtesy of Raincoast Books

ISBN 1-56975-461-6 • \$20.95

Jack Kornfield's name on any book will attract many people, including me; he says, "Jesus and

Buddha are now meeting in an encounter of the spirit. When we listen deeply to their words, we find that in many ways, they speak with one heart." Both were great spokesmen for compassion and nonviolence, and provide us with clarity, wisdom and enlightenment as we use their spiritual and ethical teachings as guidance. Kornfield tells of visiting a monastery in the Mekong Delta of Vietnam while studying Buddhism, when he was taken to an island on which stood a fifty-foot tall statue of Buddha, beside an equally tall statue of Jesus, their arms around each other, both smiling while helicopter gunships flew by and war raged around them. He felt that the bond of love shown by these statues rests on the universal wisdom of them both.

The book does not overwhelm you with text considering its size, sometimes a couple of lines to a page, the pages containing an eclectic mix of photographs and illustrations and colour to make you stop and ponder before moving on to read more. Someone who wrote a customer review for an online bookstore was critical, seeming to expect an extraordinary scholarly tone on Christianity versus Buddhism. That is not the purpose of this mellow book. It is simple yet profound, for in simplicity is often found profundity.

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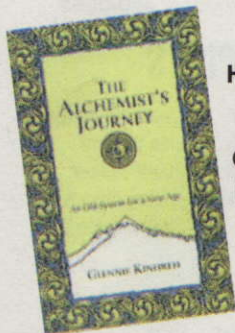
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THE ALCHEMIST'S JOURNEY

An Old System for a New Age

Glennie Kindred

Hay House, courtesy of Raincoast Books
ISBN 1-4019-0470-X • \$19.95



Glennie Kindred has written several books, none of which I have read, but I will be rectifying that situation now that I have read this thoroughly delightful and inspiring offering. I praise her not because she works with two things

close to my own heart - healing and the Celtic world - but because she shows a great love and respect for the earth, a tremendous wealth of knowledge and wisdom, and keen insight into the creativity and transformation to be found in the journey of the earth's yearly cycle.

What is alchemy? From the Introduction: "Alchemy is a journey into the Mysteries, a search for the meaning of Life. It is a journey of the Soul to find the Gold that is within us, to experience Oneness with all of Life." There are meditations, poems, history lessons, practical ideas and inspirations, along with beautiful illustrations, made more effective because they are in black and white only.

It's interesting that in the U.K., where Glennie Kindred lives, the book is subtitled "Tapping into Natural Forces for Transformation and Change," which I personally find more appealing, and which seems to describe the book in a clearer way. I found her partner, musician Brian Boothby, involved in the Big Green Gathering, held at Glastonbury in England, which is described as "a festival with a message and a mission." It would appear that they live with integrity and dedication, and this shows in her craft.

Jesus & Buddha - continues from left

Opening the book at random, I offer these parallel words in parting: Jesus said, "This is my commandment, that you love one another as I have loved you. No one has greater love than this, to lay down one's life for one's friends;" Buddha said: "Just as a mother would protect her only child at the risk of her own life, even so, cultivate a boundless heart towards all beings. Let your thoughts of boundless love pervade the whole world." Amen.

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Breast Health

continued from page 13

♥ **Limit Radiation Exposure** - repeated x-ray exposures may increase the risk of breast cancer. Women in their 20s to 40s might consider using **Infrared Thermography** as a screening tool since mammography is not seen as being accurate in detecting breast cancer in this age group.

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♥ **Practice Self-Nurturance** - the breasts symbolize nurturance. Many times women are so busy taking care of others that they forget to listen to their own needs. Common sense and the latest research confirms that we need rest and revitalization time to recreate ourselves physically, mentally, energetically, and spiritually. Without rest time, we cannot cleanse effectively internally, which depletes our immune systems and causes imbalances in our endocrine hormones.

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