

# ISSUES

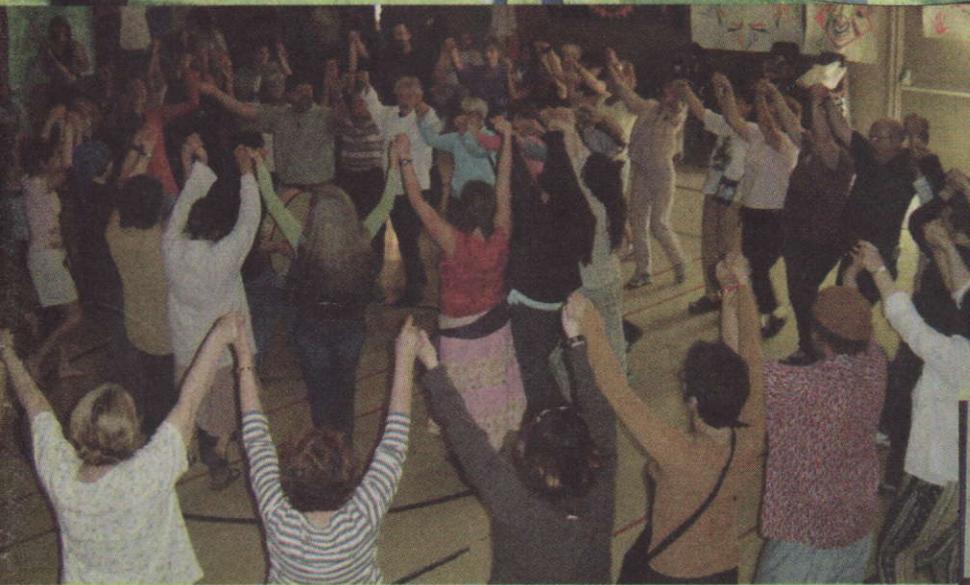
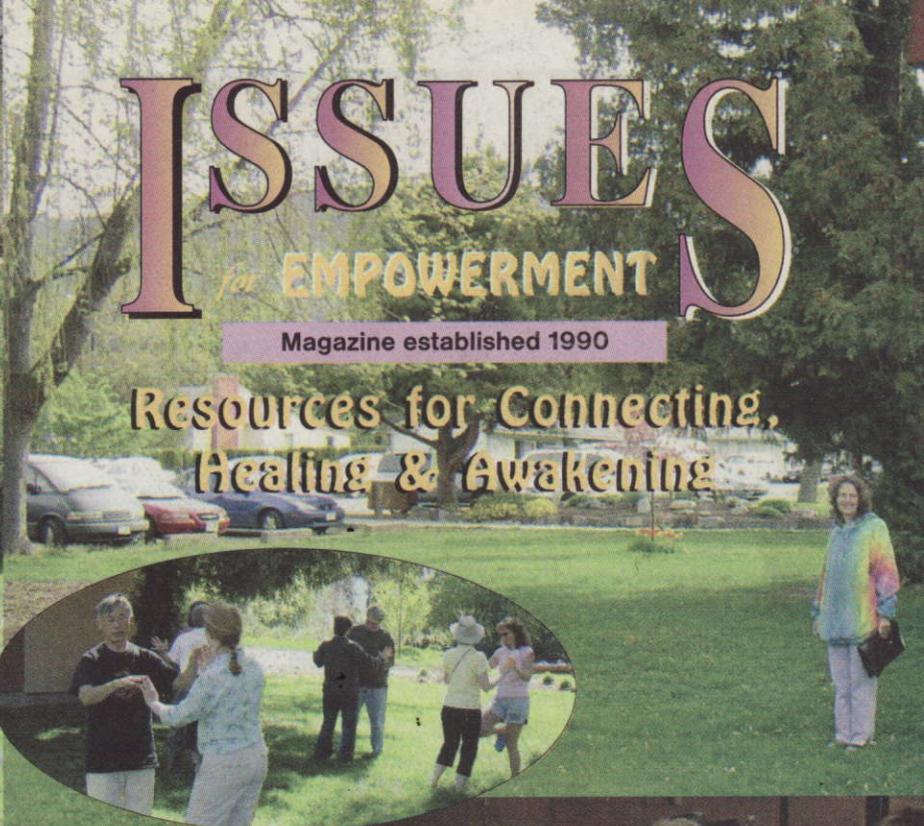
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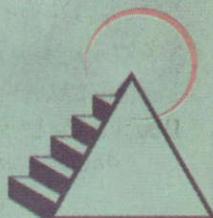
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# Revolution on the Ramp

by Thea Fast

I decided this morning to take my horse Maggie out in my new horse box and go for a ride. It was a more or less spontaneous decision. The box sits on top of the flatbed of the one-ton and has quite a steep ramp up to it. Maggie has always just loaded into whatever I put her, be it a stockbox or a variety of trailers. No matter what she goes right in, altho with a kind of thrashing quality of movement. She comes out the same way. Always a little out of control feeling and yet with little or no hesitation. Not so today. First she didn't want to step on the ramp and then she made two tries at it. On the second try her front knees were shaking and she started to go down. I honestly thought she was going to pass out. Then she tried getting away and then she tried going thru me and there was all this wild eyed thrashing and barging which is not characteristic of her. I let her know by whopping her with the whip on her shipping boots (big sound - little impact) that going thru me wasn't an option and I got harder and stronger in my actions for a while. Eventually I realised we really weren't getting anywhere, altho we were negotiating some things we've never had to before, because we have never had this kind of conflict. Somewhere along the way I clued in that the thrashing quality of movement I was seeing was dissociation. Maggie is a standardbred who was raised on the track. Quite often horses in that situation simply learn to have things done to them instead of learning how to do things because no one takes the time to teach them anything other than that resistance is futile. Thus, she had learned to tune out and get through the loading process as best she could. She still had fear around it and she had learned not to resist so her only option was to dissociate. She used to dissociate under saddle and seemed disconnected from the herd in the field as well. The ramp and my support of her being present in other areas over the years somehow upped the ante and made it possible for her to fight again. Once I made this connection I was able to shift and feel not only compassion for her in her struggle but gratitude for her fighting. So I let go of the goal of getting Maggie up the ramp and decided to teach Maggie the process of loading. My goal then was to load her as slowly as I possibly could and support her in staying present instead of personalizing it and thinking that if I was a better person/trainer/whatever that it would be quicker and easier. I paid more attention to where I was positioning my body in relation to hers instead of how far up the ramp we were getting and I asked more quietly and took longer rests between requests. Things got much more settled and quiet and we stopped fighting each other. When things escalated I didn't feel in danger. I realized that Maggie became anxious before she could reach the next level not because I upped the ante to move her along. When we were

*continues page 5*

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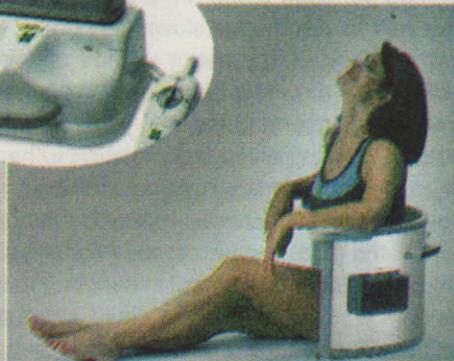
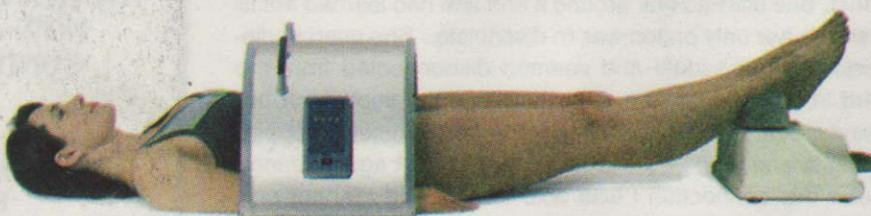
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# Revolution on the Ramp

continues from page 5

resting and rewarding she started placing her nose on my arm and nuzzling. All thru this process she pooped about 8 times. At first I thought it was because the ramp was scaring the shit out of her and later I understood it was because she was releasing. We worked everything out at the bottom of the ramp instead of halfway up in midair and she was able to stay present the whole time. She stopped banging and pawing on the ramp and careening up and down and figured out how to coordinate herself and step down off the ramp backwards instead of letting her toes slip off. There was lots of licking, chewing and blowing instead of snorting and interestingly enough the less she thrashed the quieter she became the more soaked with sweat she was. Finally, she volunteered a huge, calm and coordinated effort and actually made it to three feet on the ramp without checking out so we called it a day and quit.

I feel profoundly grateful to Maggie for the opportunity to heal another place of dissociation with her. I am busy reflecting on how many times I've forced myself through things that scare me silly and wondering how present I was when I put myself in danger. I must have some kick ass angels out there! I'm reminded of my perception of how people are giving their power away to their horses instead of over powering them. I've noticed it with our children. I did wonder at some point if I should just put her away but in the end the process was beautiful, productive and healing. I don't think we gain anything by allowing our fears to limit our experience of our lives. She loves range riding and centred riding clinics and if I can't load her we can't go. Perhaps its just the place we need to swing to before we find center after years of domination and submission. I wonder if we'll ever really learn anything thru struggle and adversity other than not to go there? The old adage that the greatest gifts come from the biggest struggles seems like a lie to me. It seems more true that the deepest wounds and biggest scars come from the greatest struggles. I understand that pain is a great motivator to change and I get that there are gifts in those places and yet I also know that fear is not conducive to learning. What if the greatest gifts and deepest healing come thru love and compassion? I sometimes ask myself the old question, "Is it really true that if we never suffer we won't grow? What if its more true that if we don't cause ourselves or others to suffer and live with reverence and honour for our connection with all life, that we stop limiting our growth. A great book called *Ishmael, An Adventure of the Mind and Spirit* by Daniel Quinn talks about this stuff. It's a novel about a gorilla teacher and a human student. The gorilla learns our language and about our culture of captivity by his experience as a captive within it and sets about teaching his human students what he's learned. This reminds me of horses as teachers and Linda Kohanov, the author of another book called *The Tao of Equus* speaking to us of our internal and cultural slavery and why finding and functioning from our authentic selves is an act of revolution.

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## Musing with Angele, the publisher

The front cover is a collage of photos that were taken at the Spring Festival of Awareness that happened the last weekend in April. This magical event is often life-changing for many, and organizing this event has certainly created a new me, one that glows from the inside. I remember hearing the expression, "You get what you ask for," and reflecting on my life, I do remember certain words I said or desires that were eventually reflected back as something I had asked for, even though at the time I didn't know it. As I wandered around the site getting it ready, people came into my mind; and there were the collages from past festivals to remind me of the folks who helped out over the years, so I thought I would muse on ... how it came about.

During the eighties, I was a lifeguard for the Summerland Recreation Department and helped organize the Giant's Head Run once a year. It was a long day and as evening approached, I was still posting the running times. I remember looking up into the clouds and saying... "Why don't you give me an event to organize that I would like to attend?"

A few years later, I got the feeling it was time to let go of my job... but what was I to do? I scanned *Shared Vision* and *Common Ground* magazines in Vancouver for options and choose Handwriting Analysis as a new career. At the time, I was organizing the speakers for the Metaphysical Society and Peter Morris was one of them. When he quizzed me about what was happening with the Spring Festival, I said I couldn't remember receiving this year's announcement, so I said I would check it out.

Peter was disappointed when I told him that that the Vernon coordinators had run out of steam. He emphatically said, "It was a good event and it needs to continue. We must find someone to take it over." We both phoned people we thought might want to do it, but no one had the time. Peter than suggested that I do it and I said, "I don't know what to do." He said, "I'll help. It will be easy." So I figured I would do it for one year and then re-write my Handwriting exam that I had just failed, and get on with what I had planned for my life.

At each bi-monthly metaphysical meeting, I would ask for helpers and one person a month responded. I travelled back and forth to Vernon learning how to operate a data base program and held meetings in my dining room. Peter stayed around just long enough to see that I could handle it and then headed back to Vancouver. Laurel Burnham said she would look after the Festival store, Marion Walters would help with registrations, Urmi Sheldon and Dave Cursons would look after the Children's Festival and Judy Byer would come along and see what needed doing. I can still see Judy sitting in a chair in the foyer waiting for me to tell her what to do next. Every time I figured out where she could help, she would leap to her feet, do the task, and then return to the same spot waiting for my next ah-ha. Smiling, I so remember my feelings of gratitude that she was there to help me look like I knew what I was doing! Noor-a-Nisa set up the Reiki House and I organized a group photo shot on the clay banks, for I had ordered 200 T-shirts, figuring that everyone would want one along with the group photo. What a learning curve that was! I didn't feel like I did a very good job but as the weekend progressed, people congratulated me on how wonderfully organized it was. At our wrap-up meeting I asked the crew if they would do it a second time, for I wanted another chance to do it better. My learning continues but the curve has lessened and I feel blessed to have what it takes to organize the event and not feel burned out. After eighteen years, I am still energized by this celebration.

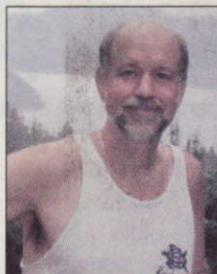
I am thankful that my husband-to-be Richard loves the event and has willingly taken over setting up the site. He also takes photographs from ladders, and offers me words of guidance as to how he would handle certain situations. He had attended years previous to my knowing him, as a scout for presenters at the Retreat Center. Blessings to all those kind souls who have helped in various ways over the many years. Special thanks to Greta and Sue who returned for their eighth year doing registration and to Eleanor and Pat who helped out till they got there. Hugs to Eleanor, Pat, Windsong, Alice, and Teal who all helped make the site look so special. The Great Hall beamed with pride as the 350 participants danced for Univeral Peace.

Angele



# STEPS ALONG THE PATH

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



As I sit on the deck looking down Kootenay Lake I hear the sounds of voices and laughter mixed with the 'tap tap' of hammers in the woods behind the Lodge. As I write there is a group of folks in our 'cabin building' class merrily working away under the guidance of Daniel, who has many wonderful talents and is a member of our staff building team. It has been a great experience for all of us. Five women ages twenty to fifty-eight registered along with one young man. They learned the safe use of tools, a sense of team work and they developed the confidence to build a ten foot by twelve foot cabin. The people who came got the calling to have a practical, experiential week of building a cabin within a community. The women said they laughed late into the night and enjoyed the communal energy of bunk house life.

Connecting with the Nature Spirits and Elementals is a daily part of our existence and our garden focalizer Windsong, has done a stunning job with organizing the garden. It is the best the garden has ever looked. With the strong connection between humans and nature spirits the garden just seems to radiate love and light. I feel a sense of fulfillment as I see my vision of a holistic retreat center unfolding, a place where people can experience an alternative lifestyle with a holistic connection to nature.

As usual time moves swiftly, especially when there are so many things to do that I enjoy. Amongst all the busyness we did manage to get our wedding invitations mailed out announcing our multi-day wedding ceremony in September. My partner, Angèle, of three years, and myself will be getting married here at the Retreat Center. I can't imagine a better place to hold the celebration of our union. We both feel we are well matched for each other.

I find it interesting that at different points in our lives we are attracted to people who will assist us in our personal development process. If I had met Angèle thirty years ago we would not have had much in common. She was a lifeguard with three kids and a house and I was a Hippie living in the woods and fixing Volkswagens for a living. We have both progressed along our paths enough to be compatible and we both want to be of service to the planet, providing a way of life that helps others along their path.

Regarding my personal development, the more I observe the way I interact with different people, the more awareness I gain of my own character facets. I feel like I am sailing on an ocean where at times I can see the distant horizon and at other times the fog sets in and limits my vision. Of course noticing these character traits and really accepting them is one thing, actually dealing with them and relearning new ways of interacting is another story.

Extending my vision to the world I see oil prices climbing and, what seems to be a mad frenzy to purchase rural property at almost any price. For me these are just more signs of a storm approaching on the horizon. My parents lived through the uncertainty of the Second World War and I feel that once again the security of our various cultures is on shaky ground. Those of us in service at the Retreat Center are providing a place for people to learn how to build a strong foundation so that they can weather the pending storm.

I leave you with the words of Bob Dylan from his song 'Forever Young'  
'... May your hands always be busy, May your feet always be swift, May you have a strong foundation when the winds of changes shift ...'

Namaste,  
Richard

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Sound has been associated with creation, what ever ancient text you look in since the beginning of time. Sound was the vehicle to what moved and created energy. The bible quotes, "In the beginning was the word". From India's Vedic scriptures comes the term Nada Brahma which means "the primal sound of being " or "being itself."

All things in life vibrate due to the movement of electrons and protons of every atom, molecule and substance. Quantum Mechanics has proven that the substance of matter is nothing more than vibration and nothing solid exists in the universe. Matter is simply a collection of vibrating waves of energy. Anything that vibrates produces a sound, audible, inaudible, and creates cyclical waves. At a cellular level, our bodies are a nucleus surrounded by endlessly rotating waves of energy. When we hear a noise in our environment, we are really experiencing these waves occurring at a certain frequency—the number of sound waves per second. Frequency is expressed in cycles per second, a measurement called Hertz. Each Hertz measurement can be thought of as pulses of sound. The higher the sound frequency, the faster the waves are moving. Sound waves are eternal.

Everything that you can physically see holds a frequency of vibration including all living beings. Some people make reference to this by stating that they feel "a good or bad vibe" about someone. Sound is food for our body and soul.

Vibration is nutrients for the brain as sounds stimulate and charges the neocortex with electrical impulses. Sound is the basis of language development and guides us in communication. But far more than that the auditory system is connected to every muscle in the body and interacts with the cranial nerves that send information to and from the brain and maintains balance. Thought follows awareness and directs the sound waves that go into the body to heal, transform, and transmute energy. Sound is a carrier wave for intentions. More people are starting to awaken and realize that their lives can be changed simply by changing their perspective which at a cellular level changes the frequency of thought. For example seeing the beauty in every day not just if the sun is shining but really appreciating the so called "bad day" for what it gives us. May it be rain, wind, snow all of the aspects that we might look at as being a "bad" thing is only from our perspective. Imagine how your perspective would change if you were told you had one day left on earth! Many would choose to see life from another view. You choose your thought every day.

Just experience for yourself as you take a few deep breaths in and repeat the word love both internally and externally; how does the whole body feel? Then try it again with the word hate repeated again internally and externally; how does that feel? The muscles constrict hearing certain words as they have a lower frequency.

Hospitals have been using scientific equipment that is based on sound vibration for years, ultra sound being one of them. Doctors are starting to implement sound tools that have not yet been scientifically verified such as when Dr. Mitch Gaynor, who is the director of the Oncology department in a New York Hospital brings his Tibetan bowls and gong to work.

Change is happening and more people are starting to know the power of choice and that by shifting our thoughts we have the power to change.

One can reform old limited belief patterns and conditioning through the use of intention, thought and sound. We create with words and sound. Almost all our actions and reactions result from words. Beneath these words are the vibration of the tone upon which they travel. Tone (a form of sound) is the underlying force operating in our lives. The choice is up to you in every thought you think, every word you speak, and how live your life.

See ad to the left

## The Power of Sound with .....Sequoia Henning



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## 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

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# The Inner and Outer Master

by James P. Bauman

In a dream, I was living in a magnificent space station high over the earth. Happy, I belonged here. But something went wrong. The station began to fall to earth. There was nothing I could do about it. The landing was gentle though, and the station docked in the storage basement of a high-rise building. I got out. On a pallet sat Wah Z, one whom I'd come to know as my Inner Master. Smiling at me, he said, "Have faith!" I filled my plate with food and began to climb a stairway to higher floors. Then I awoke. Highly anxious by nature, I'd been worrying. Because of the timely dream, I took "Have faith!" to heart, and resumed my spiritual unfoldment on a firmer foundation.

I understood faith. I had used it well through many uncertain times. Bible-reading and prayer had helped, but I needed more than blind faith. Once a follower of Jesus, a departed master, I had failed to meet him personally despite my best efforts. But now, with the Spiritual Exercises of ECK, I had direct contact with ECK (Divine Spirit), and enjoyed inner validation of my faith. Now too the Master appeared. But instead of in robes and whiskers, he wore modern clothes and glasses. A living Master of our time.

Harold Klemp, the Mahanta, the Living ECK Master lives with us today in the "real world." As the Outer Master, he is married, writes books, gives talks, feeds birds, and tries to fix his own lawn mower. He deals with the same everyday problems alongside the rest of us. He is not worshipped, but respected. How he became an ECK Master is an extraordinary story. He also has an inner side. Anyone can make personal contact with him as the Inner Master ("Wah Z"), who is also known as the Mahanta, an expression of the Holy Spirit that we can understand. A Master who is available to us on both outer and inner worlds helps us demonstrate for ourselves the spiritual teachings in a balanced way. This keeps our feet firmly on the ground while we explore spiritual worlds, helping us survive both materially and spiritually. To contact the Outer Master, one way is to read his books (see ad below). To contact the Inner Master, the Mahanta, sing HU (pronounced "hue") while keeping him in mind. Look for the Light. Listen for the Sound. And watch your dreams!

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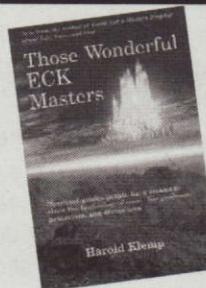


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By Harold Klemp

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As the technologies we depend on proliferate, we are bombarded by Electro Magnetic Frequencies (EMF) and there is significant scientific evidence to suggest that this is having a negative impact on our health. While some prefer not to subject themselves to using electronic devices, most of us don't have a choice. We have to use a computer, a telephone, a TV! We have to communicate. There hasn't been anything we could protect ourselves with, until now.

Cam McLeod of BIOPRO Technology Canada has the answer we have been waiting for. BIOPRO Bioenergetics Products. So what are Bioenergetics Products and what do they do? "Well, approximately 40 - 50% of the population has sensitivity to EMF radiation. When they use a Cell Phone, they can feel a burning sensation in their ear, headaches, tension, soreness behind the ear or feel less energy after long periods of time on the Cell Phone," explained Cam. "Sometimes a lack of energy can be felt after extended periods of time on a cordless home phone or after a long ride in a motor vehicle, or airplane. What occurs is a depletion of energy due to EMFs entering the human body." BIOPRO Bioenergetics Products either harmonize or shield harmful EMF's being emitted from our favorite electronic devices.

Although BIOPRO has solutions to many health concerns related to external stress sources, the two most popular products are the BIOPRO Chips and the BIOPRO QLink Pendant.

The BIOPRO Chips are made of flexible resin and are programmed to harmonize or neutralize the harmful EMF waves that enter the body. The proprietary programming process activates the chip to coincide with the specific frequency range of each particular device, i.e. cell phone, computer, motor vehicle or home phone. The activated chip creates an energy field and has the ability to take a harmful EMF wave and change it into a harmless wave.

But what about EMF pollution in public places and at work? It's extremely important that your own biofield (the energy envelope emanating from your body) be protected at all times. This is why we all should be wearing the BIOPRO QLink! As reported in dozens of newspaper and magazine reports and a growing number of scientific studies, the QLink is the premier response to general EMF environmental pollution. The BIOPRO QLink is particularly effective when paired with the BIOPRO Harmonization Chips. Doctors who tested the Sympathetic Resonance Technology (SRT) of the QLink were able to demonstrate its rapid amplification of healthful energy states resulting in a decrease of energy drains on the body's biofield. One of the key functions of the biofield is to enhance your ability to cope with stress. You need to be able to adapt to stress in a positive way, or it will have very negative consequences to your well-being and performance. Physical, emotional, mental, and environmental stress can rupture the integrity of your biofield. The weaker your biofield, the less

able it is to resist stress. When this happens, your life becomes a vicious cycle of "noise" and "static" which seriously compromises your ability to function. Many authorities, such as the Harvard Medical School, link chronic stress to a host of adverse health issues. Think of a resilient biofield as your protective force in a stressed-out world. The BIOPRO QLink restores, tunes, and maintains the integrity of your biofield. If the biofield functions as both the musical orchestra and the music of life energies, then what does the BIOPRO QLink do? Deepak Chopra, M.D. put it best when he said that the "QLink functions as the conductor of the orchestra."

Tens of thousands of people - ranging from professional athletes to home business owners - testify to the calm accomplished by wearing the BIOPRO QLink, the increased focus and sense of security.

"The BIOPRO products help the body avoid a stress response which keeps the body at a normal energy level," Cam said "Also, when we avoid stress response, we are proactive in helping our bodies fight a number of diseases. "Most of us are aware that many diseases are stress related and in some cases, diseases are caused by stress." Cam added EMFs cannot be seen, touched or felt. For that reason many people cannot feel the technology working since it affects us at the cellular level. The truth is that whether or not you feel the technology working, the EMF waves are in fact being converted from harmful to harmless waves. BIOPRO is the only company with this proprietary technology. If it plugs, plays, runs, operates on batteries or currents - play it safe with BIOPRO.

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# INDIGOS, HEALERS, AFRICA AND YOU

by Remi Thivierge

How do all these pieces of the puzzle fit together - indigos, healers, Africa and you? How can these have anything in common? Well, they're a perfect fit actually. Let me explain.

Youths have become more and more gifted over the last couple of decades. There's been lots of talk about indigos lately - they're very intelligent, intuitive, sensitive and powerful. But what are they doing with their talent? Many are just kind of floating around in limbo. Some don't see a point to it all and they withdraw into computer games, drugs, or suicide. Some are frustrated and act it out at school or in the community. Other gifted youths want to use their talents, but they don't know what direction to go in.

And what about healers? Many of us are stuck in an overly narrow perspective - just me and my clients, me and survival, me and my little community. We talk about global transformation and most of us do absolutely nothing about that. We bring light to others around us but we maintain a safe, narrow focus because the bigger picture is too overwhelming, because we don't know what to do, or because we're too busy. The only problem with this perspective is that, as with a volcano, the pain in Africa and other places blocks out a great deal of the light. Or like ignoring pain in our leg or in our wallet - it affects everything anyway.

We as a holistic healing community could do an incredible amount to help heal the world on a much broader level. Many Christians help overseas, many school kids have put efforts toward helping with the tsunami last year, and some business people help overseas too, such as Rotarians and others. But the problem in Africa needs a holistic solution - they need help to heal their soul as well as rebuild their body. Just throwing more money and traditional methods won't be enough.

Let's talk about Sierra Leone on the west coast of Africa for example. Six million people. The U.N. call them the least developed country on earth. People die at 40 on average - half our average. Many were killed during the eleven year civil war that ended in 2002. Many others had their arms cut off - just to terrify the population. Overall, people there earn \$2 a day. What about economic growth? It's getting worse and worse. The capital city, Freetown, doesn't even have electricity even though the civil war ended four years ago.

Now let's look at the fit between youths, healers and Africa. Wouldn't it be awesome if healers here were to donate a bit of their time to train youths in developing some of their healing abilities? Wouldn't it be awesome if these youths then used these abilities to provide peer counseling to other

continues on page 21

# The Body Electric

Energy has fascinated humanity for centuries. Walt Whitman created some of his most powerful imagery when he wrote; "I sing the body electric; the exquisite realization of health, with the charge of the soul." "The charge of the soul" describes ancient Chinese teachings on energy. They viewed energy as the "chi," the life force of the body. Over thousands of years, the Chinese studied the ways in which people could capture and then harness this energy. This knowledge exists today in **whole food supplements.**

When we think of energy, we think of our "outer" activities such as climbing stairs or running to catch a bus. This energy is only the end result of the workings of a miraculous power plant within the body. Traveling from cell to cell at the speed of light are pulsating currents of pure energy. These cellular power plants supply energy to organs and muscles to keep the body running efficiently. But we rarely think of this continuous activity within the body-processes that we take for granted like breathing, cleansing, elimination, fat control, and healing. They all depend on these countless cellular energy plants.

Our bodies distribute our available energy using strict priorities. Energy goes first to crucial body functions, then to muscles and organs, then to digestion, then to cleansing and elimination or healing. But there is only so much energy to go around. Because most people exist at barely half of their energy potential, the body must pick and choose. About half of these bodily functions are always being denied. Fortunately, since our body is a lot wiser than we are, it is not going to cut off the energy for breathing so it can expand the abnormal amounts of digestive energy it will need for digesting the typical North American meal. Instead, the body will wearily steal that extra digestive energy from elsewhere "less important" body processes like cleansing, elimination, fat maintenance, or organ and muscle tone.

The activity that requires the most energy, and which frequently gets none, is the natural healing processes of the body. Disease is an energy crisis of the body. Our stressful lifestyles and diets burn up so much energy that our bodies just do not have enough energy left to heal. When our energy supply runs low, all the functions of the body are impaired: digestion, absorption, assimilation and elimination. Circulation and respiration are inefficient. All the tissues and fluids of the body are sluggish. The cells are no longer nourished, and we feel un-well. Health declines. We become sick! This process is called degeneration.

We know that to recharge our energy plants of the body, we must provide our bodies with whole raw foods. Except, it is becoming more and more difficult to find pure, wholesome foods. Our produce is often force-grown in depleted soils, sprayed with toxic chemicals, placed in cold storage for months and, along with just a few hours under supermarket lighting, these so-called vegetables are depleted of

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## A View Point from the Beginning of the Road

by Daniel



Daniel & Zen

No matter how far you run in life, when you get there, there YOU are! This is an old adage that I find daily true in my life. The challenge is to honor the me that is now, all the while I am creating the me that is to be. Mythologist Joseph Campbell said that transcendence is learning to "follow our bliss while whole heartedly participating in the rapture of being alive." Or to paraphrase the words of psychologist Carl Jung; we can't just go out and save the world, we must first save the psyche that images the world.

I have been involved in some very intense shadow work these past few months. In this context the shadow refers to those fractured parts of our inner psyche. The fear driven emotions and neuroses which all too often dominate our lives: I wrote in my journal the other day about a particular issue that I was "chewing on" I am shadow locked! Perhaps you too have been there? When I can't seem to get clarity, when my emotions or my fears want to dominate my thinking, when my inner talk is blame shifting my issues onto some body else's behavior and I just can't get by it...shadow locked. At times like these I have learned to breath into the pain and perplexation, to recognize and honor that part of me that is demanding to be heard, and to above all... love myself.

For much of my life I lived in these sticking points. I thought, this is who I am and there is nothing I can do about it. With degrees in Psychology and Philosophy I knew all about the shadow and the archetypes but I had not the skill or the insight to heal those portions of myself which were so demanding. I isolated in my pain and my anger, but I never stopped studying, and I never stopped believing there was a way out, and one day, I discovered that the only way out was the way through. I came to understand that the pain and disappointment in my life were not stumbling blocks or irritants but were instead signposts on my path to healing. When I learned to honor my pain and my anger, to integrate and to interact with those portions of my inner self that were demanding attention, to give them what they needed... love and recognition, then inner healing took place. I also discovered that this inner integration generated its own momentum. Like a puzzle when suddenly all the pieces start to fit and make sense, suddenly my life began to fit and to make sense. I am no longer afraid to look inside today, to ask my self the tough questions of why and what, and to not be afraid of the answers. The poem I share this time I wrote a couple of months ago and grows out of my inner journey. If this article and poem speak to you and you find yourself on a similar path, if I might offer some encouragement... dear friend, don't give up! Please know that the Great Mother loves you and you too can learn to love yourself!

Namaste

*continues to right*

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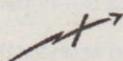
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Today I know I am in love with my life  
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To embrace myself, to hold myself dear  
To know myself, to see myself clear  
I'd always been confused by this man who called himself me  
This face in the mirror, this image that I see

How could I know this man, is the question I would ask?  
How to see behind the image, to see behind the mask?  
I would know this me so strong and unique  
I would know this me, it is he that I seek  
But how do I find, to what place must I go?  
Do I study, do I search, do I go with the flow?  
Do I question, do I probe, do I cry, do I moan?  
Do I allow my emotions to carry me as the sea with the foam?  
Or do I stop, do I stand still, or do I just wait?  
Is this the sacred space, the place before heaven's gate?

All these questions have run through my brain  
Saturated with tears, with anger, and yes, saturated with pain  
All of my life I have been on this quest  
Seeking what's right, what's true, what's best  
But now suddenly the answers I've found  
I'm no longer crashing through my life like the deer chased by the hound!  
I understand, to know myself, to see myself clear  
Is to embrace myself, to hold myself dear  
Daniel...I love you.



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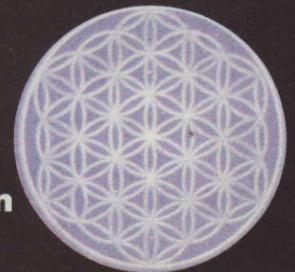
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# HEALING & HUMOUR

by Maury Fraser

Many forms of Healing & Humour styles are emerging these days and many organizations, doctors and therapists are starting to recognize humour as a possibly tool to assist healing. I am a cancer survivor and can attest to the usefulness of humour. I personally find that humour has a way of clearing the fog of fear and the fear of the unknown. In my 14 year journey with cancer, humour helped me make clearer decisions about which way I should move through the myriad of natural foods and natural healer choices. Once we have choices we get our Power back - our personal decision making Power! Too often we shuffle the responsibility off on doctors and really we should be taking control by gathering up the information about our dis-ease (take ownership), weigh the possibilities and find the best win/win solution. Kind of like buying a car! We probably spend more time with this decision than we do with health related issues. I am telling you from the perspective of a guy, who used to work construction, hang with the boys and watch football on Sunday. Having somebody hang a crystal over me or going into a dark native sweat were the furthest things from my conversation until the dis-ease changed everything.

Key word being, Change. Like it or not things change and there is no better example of this than the fast paced information super highway called, "The Internet". Years ago, finding information about natural approaches to self healing was a very long and arduous task, but nowadays it is just a click of a mouse away. There is endless amounts of information available on every type of dis-ease know to man. Good, bad or indifferent. I found the following study in the highly respected Journal of General Psychology. They report (AOTF web page) on a test called, Using humour in systematic desensitization to reduce fear. They took 40 students that were highly fearful of spiders and used a 24 behavioral approach test with a tarantula as the beast of choice. There were three treatment groups, humour desensitization, systematic desensitization and untreated controls (the two traditional approaches). Humour desensitization??? I had this vision of the participants being told "oh look at that spider he's not so scary, his legs are too skinny and look at that hairy body reminds me of a furry puppy and besides that he's so slow he couldn't catch a slug. Poor little spider wasting his time trying to scare me"! I may have called this the sticks and stones will break my bones study because it reminds me of the schoolyard. Some of you may have used this old saying when being threatened or picked on at school. The results were the same in this test. Humour showed the same good results as more traditional approaches in reducing fear.

Humour is not the answer to everything; yet, it is a vehicle for change to make it easier to overcome obstacles. As my grandfather used to say, "Stop making a mountain out of a mole hill." Good advice, since the more you think about what you don't know, the higher that mountain gets.

See ad to the left

July 7<sup>th</sup> - 16<sup>th</sup>

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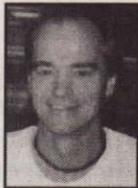
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## The Brain and the Mind: separate and distinct, yet truly connected

by Douglas De Long

*The mind of man is capable of anything - because everything is in it, all the past as well as the future'.*

Joseph Conrad, Heart of Darkness

Most people think of the brain and the mind as being one and the same thing. Doctors, scientists and other highly trained persons have the same belief regarding this. Most people use the words brain and mind, interchanging them.

In reality, they are two separate and distinct creations. The brain is a biochemical organ, a part of the human body. The mind on the other hand is a psychic organ that is attached to the human soul. Both the soul and the mind are connected to the Creator and the heavenly realms.

As human beings you are dual in nature, possessing both a physical body and a psychic body. Within the physical body are physical organs and glands. The psychic body which is contained within the physical form, has psychic organs. In other words, a person possesses a physical heart as well as a psychic heart. This is the same situation in regards to the brain and the mind, the brain being the physical organ and the mind being the psychic one.

The mind, a part of the human soul, has a profound influence upon the brain, the nervous system, the body and all organs and glands. It is the mind that gives all of you the sense of cognition and a sense of beingness. Both the physical and the psychic are linked so closely together that one does not function without the other. The physical organs and the psychic organs work together in a harmonious relationship. There is a Divine Intelligence from above that orchestrates all of this.

Now, on a physical level, the human brain consists of four principal parts, the brain stem, diencephalons (consisting of the thalamus and hypothalamus), cerebrum, and cerebellum. Although all four are important, it is the cerebrum that will be discussed as it is the largest part that forms the majority of the brain. It is the upper area directly beneath the top of the skull. The surface area of the cerebrum is known as the cerebral cortex or neo-cortex. Billions of neurons are contained here in the neo-cortex. On an evolutionary scale, this is the most recently evolved or developed area of the human brain.

On a psychic and spiritual level, the crown chakra is positioned over the top of the head and the cerebrum. It is through the crown chakra that the Divine Intelligence directs energy downwards. This energy known as chi, universal energy or god force flows from the crown and into the top of the head.

A spiritually awakened or enlightened person can work with this energy. The individual, through meditation and other techniques such as tai chi and dancing can sometimes feel this universal energy on the top of the head as a warm pleasant feeling. This means that the crown chakra or energy center has 'opened up'. As the universal energy expands downwards into the brain itself tingling sensations will be felt all over

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the head and within. This is an indication that the chi or universal energy, which is also known as divine light, has stimulated the neo-cortex causing many neurons to 'fire'. These neurons firing send electrical energy to other parts of the brain, in particularly the rest of the cerebrum. The divine light also travels to these areas of the brain during this event.

The cerebrum is considered the seat of intelligence where higher processes of human thought exist. The ability to read, write, speak, and make calculations exists in this important part of the human brain. The creation of music, works of art and philosophical thought originate from the cerebrum. In other words, some of your creative abilities are stored here. Always remember that it is the mind, as part of your eternal soul connected to the energy of the Creator above that directs and allows those abilities to manifest on the physical level via the cerebrum.

Now, as electrical energy and divine light enter these areas of the neo-cortex and cerebrum, brain cells that have lain dormant for a long time are stimulated. These cells become active and start to perform their designated functions or tasks. As a human being you only use about 10% of your potential brain capacity. When the neurons fire and these cells become activated, you start to use more of your mental or brain capacity. Thus, instead of using 10%, you increase your capacity to 20 or even 30%. There are parts of the brain that contain psychic abilities such as precognition, déjà vu, past life recall, clairaudience and clairvoyance. It is here that many of your psychic abilities are contained and merely lie dormant. The brain cells within these areas, when activated, will awaken these psychic abilities and gifts. This is partly why spiritual enlightenment and divine inspiration occur once the crown chakra is activated.

As you become more spiritually awakened or enlightened, you begin to reach your full potential as a human being. Not only will you use a greater portion of your brain capacity and increase your IQ level, you will also use many of your psychic and spiritual abilities. This is the goal that a person on a spiritual path strives to attain.

An additional benefit is that the power of the mind becomes greater. Many enlightened individuals use this enhanced power in a very positive way. The ability to manifest or create beneficial things in one's life increases. You develop the potential to direct or control more of your own life and your own destiny. Think of this example. Consider your life as a ship upon the sea of destiny. Instead of being a person aboard a wind tossed ship on a rough sea, you are a captain and pilot directing your ship to your desired destination.

Truly gifted teachers, counselors, and healers use more of their brain capacity and the power of their minds. They can influence people in a loving and beneficial way. These enlightened people use the infinite power of the human mind to help humanity. "The light of heaven and the wisdom of the Creator can be found in everyone."

Douglas De Long's books...

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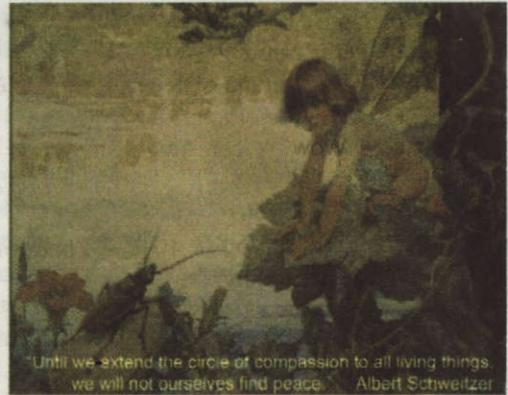
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## INDIGOS, HEALERS, AFRICA AND YOU

continues from page 12

youths? And wouldn't it be awesome if some of these healers and youths went to Sierra Leone to help at the end of this year. Or on another trip there or to India the following year? Wow - can you imagine!

But what about you - if you're not a healer or a youth? How do you fit in? Well, you could volunteer to do fund raising or provide financial support yourself to assist a youth who can't afford to go to Africa, or you could donate some of your secretarial, legal or carpentry skills for the project; or you could donate some of your time to help create a youth holistic healing centre in your town; or you could go to Africa yourself to help out.

Just maybe, if you pretended that you had more than enough and could give a bit on a broader level, you'd end up getting more from the universe. As for me, I'm going to Sierra Leone this summer to visit my wife, Maureen Thivierge who's working there for nine months, as well as to assess the needs there. I'll go again at the end of this year with a group of healers and youths. Then I'm hoping to go to India right afterwards to see what we can set up there.

Can you imagine the potential in all this? So what are we waiting for - let's just do it.

For more info about this project, go to [www.dynamicharmony.com](http://www.dynamicharmony.com) and go into the Healing Communities section. If you'd like to be kept informed or would like to be involved, send me an email. Let me know how you'd like to help and we'll find a way of connecting the dots. If you're a healer who'd like to offer some free time for training youths, we can help to connect you. Let us know if you're a youth who would like to receive some of the training.

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## Well it's about time!

by Kelly Oswald, BsMetaphysics

Believe it or not, holistic healers, psychic intuitives and esoteric educators once held the respect and reverence of the masses. The soothsayers of Mesopotamia, the Oracle at Delphi and the Aboriginal Medicine Man all held honourable positions in their communities. Things went terribly wrong during the advent of enforced religion and we lost many amazing and beneficial modalities mainly due to fear of the unknown.

It's been a long, slow journey, yet those scorned upon practices are making an earnest recovery. Thanks to Eastern philosophies and ancient healing practices that were fortunate enough to avoid the Dark Ages in the Western world, Holistic Practitioners had a foot-hold with which to begin the adventure back into the mainstream.

### Why are holistic and intuitive practices coming back?

Because they have stood the test of time... and they work, even Quantum Physics strongly indicates that there is something to these mysteries after all. As human beings, we tend to dismiss quickly things that don't work or become out-dated. Remember 8-track tapes? Beta vs. VHS? Phones with a rotating dial? If there is an easier and more effective way of doing things we move on, leaving the out-moded and less effective tools behind. Yet modalities from Acupressure, Tarot, Aromatherapy, Palmistry, Herbology, even healing prayer are still in use today. Because they work!

The pendulum is swinging back as Western medicine combines practice with alternative therapies. As more people seek Holistic Practitioners to provide assistance, guidance and spiritual healing it is not surprising to see the emergence of organizations like the Association of Holistic Practitioners. They act as a resource for clients looking for services as well as provide credibility for Practitioners who offer skills. Becoming a member of the Association of Holistic Practitioners is an inexpensive and valuable resource. Their mission is to serve and unite Holistic Practitioners in the fields of alternative healing, personal development and intuitive consulting, and, it's just the beginning. Ten years ago, it would have been difficult to find an Acupuncturist, let alone a Feng Shui Consultant in our Western Culture. Imagine ten years from now! *see ad below*

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# THE SLEEVE AND THE CORE

by Wayne Still

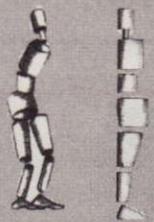
In my last column I mentioned the sleeve and core in relation to their separation in the fifth hour. Lest the reader be left with an image of their body being torn apart and left in two bleeding parts I will discuss a bit more the concept of the sleeve and core and how it relates to Structural Integration work.

The minutiae of what exactly constitutes the sleeve of the body and which bits are the core is a subject of endless debate among SI practitioners and their teachers. We won't try to resolve that issue here! For the sake of understanding the idea that the body is composed of two interacting components we will go with the obvious. That is, the sleeve is made up of the outer layers of skin, fascia and superficial muscles. Just to muddy the waters a bit we can say that the arms and legs are also part of the sleeve. Imagine a pair of coveralls. The function of the sleeve is to enclose the body and provide a place for the tensions which maintain balance within the structure to do their job. In the early sessions of a ten series the focus is on the sleeve, opening and bringing length to the superficial layers so that when, in later sessions we are addressing deeper structures, there will be space for them to move into.

The core, as its name implies, is made up of those deeper structures, mainly in the trunk, but also the deeper tissues which keep the limbs and the trunk functioning as one unit. Here you can think about the rotator cuff muscles in the shoulder girdle or the deep six which perform the same function in the hips. Other structures which make up the core are our beloved psoas and the deep muscles in and around the spine. What makes these special is that they are the muscles of movement. Not only do they initiate most of our whole body movements, they are what gives our body its strength in walking, running, skiing and other activities which require the coordinated strength of the whole body. These are usually the contra lateral movements which involve arms and legs with the movement being initiated in the core muscles to utilize the full strength of the body. In the middle four sessions of a ten series it is these structures which receive full attention and are brought into function if they are, for some reason, not doing their job. So, far from leaving the body in two bleeding pieces, the separation in the fifth hour allows each part to do its job with ease and so improves the over all function of the body.

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# Divorcing Your Parents?

by Jon Scott

I recently had the privilege of supporting my mother through her death journey into the mystery. My mother was diagnosed with Alzheimer's 6 years ago when her memory function had declined to a place where she required a live-in housekeeper to provide 24 hour care and then care in a senior's home.

It was excruciatingly painful to witness my mother's journey from a lovingly present expressive woman who would do anything she could to help anyone to an anxiety ridden, fear-filled, totally self involved individual.

These years of caring for my mother ignited in me a deep grieving, as I felt powerless to alleviate her suffering, and was challenged to the depth of my willingness to trust life.

One of the places I found gratitude in my self with this process was in noticing how complete I felt in relation to my mother, a shift that had begun 15 years earlier. At that time in my life I was painfully aware of co-dependent patterns of relating with women that came directly from my relationship with my mother in childhood. I was living in a spiritual intentional community at the time, and along with my spiritual practices, I was engaged in a style of therapy then called Innerchild Work, which is a therapeutic process for reclaiming parts of our selves that split off in childhood. Over time this re-parenting of my archetypal inner child developed in me the capacity to hold and nurture the frightened parts of myself that previously had been repressed into what I refer to as the shadow (all that is determined unacceptable to the current ego image). How this affected my relationship with my mother, and all other women for that matter, was that I was no longer unconsciously compelled to look to her, or other women (the projected mothers), to give me what the imprint from childhood imagined the feminine was supposed to provide for me in order to feel a greater sense of wholeness. Gradually I found myself in a more functional present time relationship with my mother. She had become a beloved friend that I cherished my time with, rather than an outdated authority figure that held strange powers over me. At this time in our friendship she was providing me with the opportunity to serve her in many of the same ways she had served me as a child.

I began to notice that I no longer required women to hold the more vulnerable, insecure, and frightened parts of myself which I had abandoned as a survival strategy when I was a younger less resourced being. I could feel, express, and attend my own vulnerabilities and emotions as they arose in my life. Women now were cherished mentors, championing this tender process which they celebrate seeing in a man. It was like finally being "divorced from my childhood story about my mother" freed me from the limitations of my archetypal imprint of the feminine. I believe this is one of the required shifts that births a boy into a man. What faced me now in caring for my mother as I watched her demise into a pain-filled undignified conclusion to her life called on all the man in me to stay present and open my heart in hell.

*Continues page 27*



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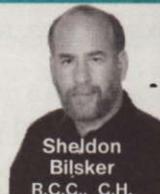
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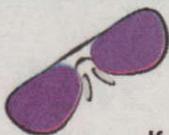


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# Garden Festival Has Good Vibrations

by Debby Johnson

Through our intentional connection to nature we can experience ourselves in "oneness." Gardens are more than an organized collection of plants; they are a melody of energies and intelligence that aligns our spirit with the universe.

Dorothy MacLean co-founder of the Findhorn Foundation lovingly introduces her workshop participants to the nature and mineral kingdoms through our god-self. She says our intimate connection with the devas and elementals raise our energy vibration. I loved the workshop with her that I took at the Johnson's Landing Retreat Center last summer. Raising my energy vibration has had a positive affect on my life. When we gather in celebration the vibration is raised thereby lifting the spirit of the entire community and beyond.

Engaging in a celebration of nature, the love of gardening and human spirit is the foundation for which the Creston Valley Garden Festival was created. Now in its sixth year it is being held July 22 and 23 at the College of the Rockies.

This Garden Festival encompasses an array of fun activities including self-guided garden tours, live entertainment and a dance with the Barley Wik Band from Victoria, humorous presentations by gardening celebrity Des Kennedy, Gardening Seminars, Theatre, Farmers and Artisan Market, kids activities, Art Umbrellas in the Garden Show and much more. To discover more about this special event go to [www.gardenfestivals.ca](http://www.gardenfestivals.ca) or phone toll-free Creston Chamber of Commerce at 1-866-528-4342.

As I sat with her in the months preceding her death, I experienced a deeper helplessness and despair than I have ever known as it appeared that even my love could no longer reach her. I wondered what kept her choosing to live in such pain. One day as I fell into the depths of my despair, arose a knowing of what needed to happen. I climbed in bed with her and lovingly embraced her withered form, and in a nose to nose communion I began to honour the profound teacher of love she was for me. I told her from a place of deep presence all the ways her love had reached me and promised I would carry on her mission of loving. I spoke to her of how completely successful she had been in her mission as a mother and that I got her transmission and no longer needed her to endure the pain of holding on to her body. I was witness to the miracle of watching my mother emerge from behind the veil of Alzheimer's and anti-psychotic drugs to re-embody before me in a state of deep presence to receive what her soul needed before she could be at peace to leave.

A few weeks later she died. My family brought her body home to our "Chuckleberry Community Home". My sister Carel and I prepared her body with oils and incense and dressed her in her Scottish Tartans. Carel and I created a service for her that was attended by our dear friends and community. The ceremony was deeply rich and magical for me as I could feel my mother's delight with how fully she was being honoured. I was surprised by how complete I felt with my mother as she passed from this world. I was surprised by a gratitude that arose out of realizing that the intensity of suffering I had been present to in myself, and my mother had broken my heart open to a deeper place of compassionate presence and acceptance of "what is." This experience has supported birth in me of a new awakened consciousness that is taking over my life, I see it everywhere that I look. A consciousness that lives me fully in the present moment in spite of myself and dissolves my hallucination of past and future into the ever present NOW. After decades of appearing to be in very dedicated pursuit of the beloved, it now appears the beloved is after me, requiring only that I give up my dream of pursuit.

I give heart-full thanks for being blessed by my mother's love and to those who mentored me through the less functional parts of this precious relationship. I offer support and guidance to all those wishing to awaken from a life authored by the pain of the past and open to the delicate art of soulful present time choosing. "I believe NOW is the time of The Great Awakening!" See ad to right

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Jon Scott

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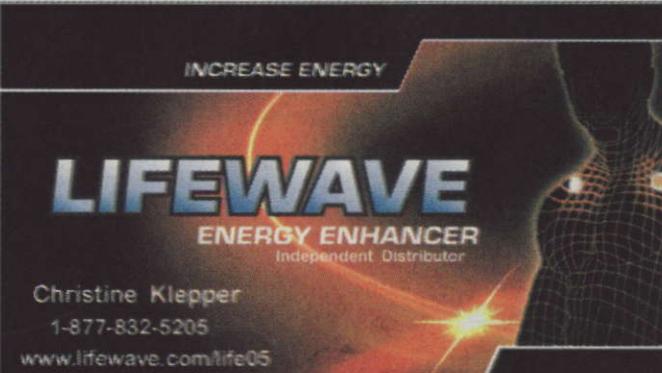
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# Searching Man

by Michael Hamm



I sit here under a Beltane moon reflecting on how disconnected from the world and the rhythms of life our society has become. We once had a comfortable relationship with nature and the cycles that are the life force of our world.

In the 1980's, poet and philosopher Robert Bly inspired a movement through which men are learning to reconnect with themselves, their companions and their world. He (and others) tell us that men can regain their connection with the world through legend and myth; and that we can regain the connection with ourselves through ritual and contemplation. Bly offers the format of the Men's Group as a tool to understand and rebuild our role as men in society.

A group of men meet regularly in Vernon to draw upon the wisdom of gathering to explore the many ways the masculine manifests in the events of our lives. We discuss the patterns we find ourselves repeating, and we laugh as we realize our paradigm has been askew. Not so much a healing circle, but a discussion group exploring paths of spiritual and personal development. As the basis for our exploration we use the imagery of the campfire and the power associated with the four directions. This imagery enables us to draw strength and understanding from each other and from mystical male powers as we meet our inner selves perhaps for the first time.

For thousands of years men have gathered around fires to share dreams, tell stories and deal with personal and community issues. The circle of stones is a symbol of strength and cooperation. Gatherings of men have existed throughout history, forming one of the cornerstones of the male archetype. These ritualized gatherings became a vehicle for leaders, kings, elders, and wise-men to share their wisdom. In addition, these gatherings offered a form of initiation for boys in their journey into manhood. In today's technological and fast-paced world we can still draw on the strength and wisdom of our forefathers as we explore our own motives and face our shadows.

We begin in the east, the realm of the Magician. This is spring, the place of beginnings. It is here we find inspiration and new ideas. We dream in the east, we find our vision and we look to the future. In the east the fire burns fast and hot, and can burn itself out if not properly tended.

We take action in the south. The field of the Warrior. The heat of summer gives us the strength to grow through action. We turn our ideas into reality. We learn through experience. It is here we add fuel to the fires of growth and change.

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In the west our attention turns inward, the home of the Lover and time of harvest. We reap what we have sown and we share our bounty with our community. A time of compassion and emotion reflecting on earlier dreams and actions. The coals burn with the comfortable even heat of a cooking fire.

In the north we meet (become) the King. The fire is glowing embers and ash. The time of conflict and turmoil are past. We can clearly see our accomplishments and the lessons learned are passed on. The elder, the wise man, the patriarch provides a heritage for the next generation . . . and the cycle begins again.

If you would like to interact with other men who are honestly working to develop their personal, emotional, and spiritual sides please join us on our path, which leads to a more satisfying and fulfilling life.

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# Astro Weather for June and July

by Michael O'Connor

The most significant change this summer is the change of the Lunar Nodes from Aries-Libra to Pisces-Virgo destined to coincide with Summer Solstice! This adds a special quality to this time honoured event when the Sun reaches its zenith. The Aries-Libra axis has a lot to do with bringing more definition to our individuality and needs for independence. The Pisces-Virgo axis brings with it another form of challenge. Aries is quite straightforward and matter-of-fact. Pisces, on the other hand, is everything but straightforward. This is one of the reasons that the Fishes are often depicted as swimming in opposite directions. It reminds us that we are both personality and soul. Pisces is about accessing the deeper reaches of our being; breaking rigid patterns and remembering that beneath the day to day drama there rests the inner being and purpose of our life. In simpler terms, this Nodal Axis shift into Pisces implies a soul searching time for us. How timely when the world is so in need of awakening to deeper truths and higher realities. Pisces is a very subtle yet challenging position for the Lunar North Node. Because Pisces symbolizes the mysteries of our deeper psyche, of our subconscious, it is tricky territory to navigate. Fortunately, Neptune's placement in Aquarius and Uranus in Pisces are currently forming an auspicious and active alignment in what is technically called 'mutual reception'. This means their energies can harmonize. This cycle began on March 21, 2003, the year the war began in the Middle East, and ends in 2011! This should alert the aware to the importance of this time of spiritual activation and awakening. To work best with this Node we need to go within, meditate, contemplate and deeply listen and feel. Learning to follow inner guidance takes practice yet is very rewarding and liberating.

On other fronts, it is worth a quick reminder that it has been 12 years since Jupiter was hit by the Comet Levy-Shoemaker 9. Few people will remember this event, yet it should be seen as a seed event of cosmic proportions. Had any one on those 21 fragments of the comet hit the Earth, it probably would have culminated in our collective annihilation. Jupiter acts as a protector and draws in many of these erratic anomalies. It is most interesting to note that Jupiter has formed a new large red spot and its appearance coincided with its anniversary.

Mercury turns retrograde in Leo on July 4<sup>th</sup>! Does that date ring any bells? Yes, it is the birthday for the people's chart in the United States. Mercury retrograde in Leo is a proud combination. It is ambitious and competitive and seeks recognition. This impulse will lead many to take a closer look at the ruling powers. Since Mercury will retrograde back into Cancer on July the 10<sup>th</sup> it will probably stir a lot of nostalgia as well as a closer enquiry into things.

Venus in Taurus in June will bring a very welcome sensual feeling overall. Getting closer to nature and to one's own body to enjoy the senses to full satisfaction will be met with success during this transit. When in Gemini June 23<sup>rd</sup> to July 18<sup>th</sup>, Venus activates a curious and flirtatious mood. When in Cancer from July 18<sup>th</sup>, she guides us to greater empathy and awareness of the quality of our home and family life and whether or not our diet is giving us the full spectrum of nutrition that we need.

Mars enters Leo in early June and will enter Virgo in late July, coinciding with the Sun entering Leo. When in Leo, Mars is bold, courageous and valorous so make the best of it and let your actor out to play, perhaps by wearing masks and costumes or simply joining the audience in appreciation of the performing arts. Later, when Mars enters Virgo, the energies will take a strong turn towards duty and work.

Finally, the New Moon in Gemini on May 27<sup>th</sup> will culminate to full moon in Sagittarius on June 11<sup>th</sup>. A Sagittarius Moon can be hot and zesty with a strong cultural attraction. On June 25<sup>th</sup> the Moon will be New again, this time in the early degrees of Cancer. This means that the Moon will be waxing for the USA birthday, implying new trends and directions at social levels. This seed will culminate on July 10<sup>th</sup> in Capricorn bringing with it a good time for business activities. Then on July 24<sup>th</sup> the Moon will be new again in early Leo. The New and Full Moons are triggers for events so it is good idea to be mindful of them. [www.sunstarastrology.com](http://www.sunstarastrology.com)

# Neem Toothpaste - The Healthy Solution For Your Teeth & Gums

by Klaus Ferlow

It seems that toothpaste is almost as old as teeth and early populations used abrasives like crushed oyster shells, bone and eggshell mixed with flavoring and powered charcoal. Later essential oils of peppermint, spearmint or cinnamon made brushing more pleasant and helped to kill bacteria and germs at the same time. Modern toothpaste has become a mix of chemicals and synthetics meant to clean, polish and maintain our teeth and gums. Are those ingredients safe or even necessary? There is a widespread concern for two groups of people in particular: young children and those who suffer from chemical sensitivity. Most commercial toothpastes have ingredients such as SLS (Sodium lauryl sulfate, fluoride, PVM/MA copolymer, sodium laureth sulfate, sodium saccharin, artificial colour FD & C blue no. 1).

*Below is a description of what these ingredients are:*

## **SODIUM LAURYL SULFATE**

It is a detergent, humectant (moisturizer), emulsifier and foaming agent. It is a combination of lauryl alcohol and mineral sodium sulfate followed by neutralization with sodium carbonate. Found also in car wash soap, engine degreaser, garage floorcleaners. It degenerates cell membrane and can change genetic information (mutagenic) in cells and damage the immune system. It is reported to cause eye irritation, skin rashes, hair loss, dandruff and allergic reactions, penetrates your eyes, brain, liver and remains there long-term.

## **FLUORIDE**

Derived from hydrofluoric acid, made by reacting sulfuric acid with fluor spar, an ore rich in calcium fluoride, a hazardous chemical. Researchers have linked it to cancer. Especially dangerous for young children who tend to swallow it after brushing their teeth. Fluoride can corrode the tooth enamel, and is linked to dental deformity, arthritis, allergic reactions.

## **PVM/MA COPOLYMER**

A thickener, dispersing agent and stabilizer. Highly irritating in the eyes, skin and mucous membranes,

## **SODIUM LAURETH SULFATE**

An ionic (negatively charged) surfactant. A compound which reduces the surface tension in water, between water and another liquid, or between liquid and a solid, classified as a wetting agent. It has ether added and is irritating and toxic.

## **SODIUM SACCHARIN**

This is an artificial sweetener (from the dangerous, hazardous Aspartame family) used in a variety of products from mouthwash to lipsticks. Carcinogenic, mutagenic, toxic, it causes adverse reactions. Tests in the 1980s on rats developed bladder cancer. Even the FDA (Federal Drug Administration in USA) list is as a possible carcinogen!

Consumers have a right, if not a responsibility, to be aware of the potential hazards that may be lurking in their personal care products.

Recommended reading: "100,000,000 Guinea Pigs - Dangers in Everyday Foods, Drugs, and Cosmetics, first published January 12, 1933 - over 73 years ago!!

Arthur Kallet claims that millions of Americans act as unwitting test animals in a gigantic experiment with poisons, conducted by the food, drug and cosmetic manufacturers.

If you would like to try a natural tooth paste try a Neem Tree product. The Neem Tree has been called a miraculous healing herb by people in India and Africa. Neem Tree twigs have been used as tooth brushes for centuries to prevent tooth decay and gum disease. The twigs contain antiseptic ingredients that help with oral hygiene.

## **References:**

100,000,000 Guinea Pigs

Dangers in Everyday Foods, Drugs, and Cosmetics, Arthur Kallet, F.J. Schlink, ISBN 0405080255

Toxic Sludge is Good for You

John Stauber, Sheldon Rampton, ISBN 1-56751-060-4

Toxic Deception

Dan Fagin, Marianne Lavelle, ISBN 1-56751-162-7

Hard To Swallow - The Truth About Food Additives  
Doris Sarjeant, Karen Evans, ISBN 0-920470-47-5

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H.J. Roberts, M.D., ISBN 0-914783-58-0

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# Book Reviews

by Christina



## Circles in the Sand

E.J. "Samadhi" Whitehouse • Trafford Publishing • ISBN 1-41204190-2 • \$31.50

On first glancing through this book you may feel some mystification as to why a woman who struggled with her identity, self-worth and a difficult past would choose to travel in the Middle East, given what we generally know about the lives of women there. When you read the book you will follow her through painful memories and extraordinary experiences, come to appreciate the mosaic as she builds it, and realize how putting the pieces together has brought her to the present.

Samadhi's story is not a litany of woes, it is a strong story, fascinating and emotional, and I will not tell you any more details for it is a book to read fresh and let the impacts fall where they may. For women readers, you may find yourself within the pages, to little or great extent; for some it will be piercingly painful, for some it will be a validation of your own story, for some it will be an extraordinary revelation of how we may travel far and wide (in the world and within ourselves), and yet come home a courageous and inspiring survivor.

## TONG SING

The Chinese Book of Wisdom

Dr. Charles Windridge, Kyle Cathie Ltd.,  
courtesy of Raincoast Books Ltd.  
ISBN 1-85626-348-7 • \$19.95



Tong Sing means "know everything book," it is based on the ancient Chinese almanac and possession of such a book is believed to bring you good fortune. Equally enticing is the wealth of information provided: Chinese Wisdom, New Year Recipes, Horoscopes and Prophecies, Health and Medicine, The Chinese Way of Life - and those are just the section headings. Most of us know a little about something Chinese, so this book is a delightful find as it is fascinating as well as fun, and does seem to do its best to live up to the "know everything" claim.

You can find out how to make Rainbow Water and Chrysanthemum Wine, check out your astrological compatibility triangle, scan the dietary remedies for common ailments, and learn about Confucianism, palmistry, herbs, moxibustion, earth magic, traditions, ancient wisdom, self-help treatments, the Art of Living..... So, check out the history and medicinal properties of tea, read the tips on how to make the perfect pot, put your feet up and enjoy, and afterwards you can learn how to read the leaves left in your cup!

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## Sanctuary

Where Heaven touches Earth  
Trisha Watts & Gabrielle Lord  
Wood Lake Books  
ISBN 1-55145-515-3 • \$19.95

Another offering of quality from Wood Lake Books in Kelowna, this book is subtitled "A Group Resource for Those Seeking Simplicity, Silence and Nurture."



It is an ideal source of inspiration offering Prayer Experiences for any gathering: workshop, weekend retreat, or any other special event. Each Experience opens with an Introduction, instructions on Setting the Space along with a list of items required for that particular event, then we move into Welcome, Invocations, Opening Prayers, Psalms, Readings, Silence, Sharing/Reflections/Stories/Meditation, Community Prayers, Songs, Music, and Closing. No matter what you are planning, the ideas and outlines in this book are sufficient to help you achieve and provide unity, sacredness, and a sense of belonging.

The Experiences are not all identical in format, depending on the purpose, and the titles include: Dreams and Visions, Thanks-giving, Blessed are the Women, Celebrating Animals, Dark Night, Letting Go, the Ocean of Love..... and there are twenty-eight in total, giving you much to choose from in your endeavour to provide a spiritual and meaningful gathering.

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# Book Reviews

by Daniel



## The Light Inside The Dark

John Tarrant • HarperPerennial, 1998  
ISBN 0-06-009311-6

"The interior life is a place of the wild-uncivilized and unpredictable, giving us fevers, symptoms, and moments of impossible beauty...the only request it makes of us is that we love it and in return it responds to our attention."

In this 'most excellent' book John Tarrant weaves an intricate tapestry of Zen teachings, Jungian psychology, and new age shamanism. Beginning with the premise that it is our soul's intent to fully interact and integrate with our human nature, with all of its proclivities and physicalness, Tarrant maps a course of the soul's descent into the very center of our lives. He writes, "as humans we are more fragile that we can bear to know, buffeted by war and earthquake and also by the endless risings from within, by obsession and longing, by fear and anger." It is this fragility that he believes the soul would know, that the soul would experience. But the soul, unlike most of us nurtured within the Western cultural milieu, is not trapped within its own individuality. The soul, like the shamans of old, seeks experience, not for itself alone, but for the benefit and education of the larger community. But what we might ask for us personally, are we mere pawns in some cosmic chess game? The challenge, for us as individuals, Tarrant would suggest, is to nurture and mature our character and integrity. To challenge life like the surfer mastering the crashing wave all the while knowing she is being driven by a force that cannot be mastered. "As we continue on our journey without end," he writes, "we no longer hold onto the light, the light adheres to us, in our weariness as well as in our joy."

## The Call

David Spangler, Riverhead Books, 1996  
New York, 1996 • ISBN 1-57322-046-9



"Who am I, why am I here, what is my life about?" Questions, which have intrigued and perplexed thinking humans since the dawn of consciousness. They are also questions that many of us in this culture are 'fast tracked' to make before we are 21 years of age! In this small, 118-page book, David Spangler encourages us to ask these questions anew, and to honor ourselves by living the answers, to not see the questions as pedantic ends in themselves but as metaphors which will serve to stimulate a "new sense of ourselves to develop and to allow something that we don't yet know about ourselves to unfold in our lives."

These questions are not meant to define who we are but to challenge who we are, to provoke us to view our lives in a larger context. He concludes his book by suggesting that unless these questions and there answers contain an opportunity for us to give back to the larger whole, our fellows and our planet, we are selling ourselves short. "The heroic quest is not fulfilled until the hero gives the gift or the wisdom back to his or her community." In this modern day of information saturation and consumerism we need heroes on a noble quest and what could be nobler or more heroic than to be all that we can become and to do so in the larger context of *our communities?*

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