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Three Steps To Creating A New Health Reality

by Ean Langille, B.Ed., CCII, MH, CNHP, NHC

Are you 'reliving' or 'reviving' your health? It is possible to eliminate your health conditions, have more energy, and feel better than you ever have before.

Reliving your health is an automatic thought process based on the past as to what you believe should make you healthy. These form the habits that create your life, that are assumed to be true, but often need more careful investigation. I used to relive my health by eating the same things and thinking the same way, expecting a different result, but still ending up with chronic knee pain and congestion. I revived my health by changing my outlook as to what it takes to not only eliminate knee pain, but to have a high quality of life.

It takes awareness to believe something more is possible and it takes courage to consider and try other approaches. Reviving your health involves facing any fear based programming that is not allowing you to see a new reality. It means having a vision of your health, in the now, that creates a future that is different from anything that you have ever experienced.

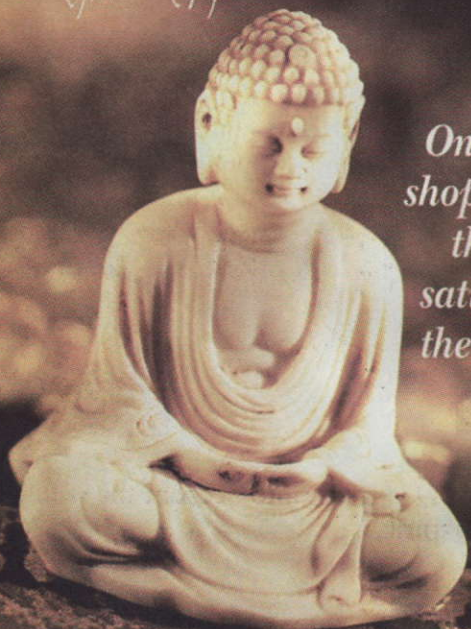
The first step to creating a new health reality—whether its to have more energy and feel better, or eliminate a serious condition—is to consciously accept your situation as it is. Denying that something is happening within you or your body is not fooling anyone. It just prolongs suffering and keeps you stuck in the past. Release the need to blame yourself or anyone else for what is occurring within you. This emotional honesty will bring a flood of healing energy through your body that you can use to create your new health reality.

The second step is to visualize the type of health you desire. Allow yourself to detach from your current health situation and imagine what it would be like to have perfect health. Visualize yourself feeling great and having an abundance of energy. See yourself interacting with others while feeling good about yourself and your body. What kinds of new people do you attract? What new opportunities show up in your life? Give yourself this freedom to visualize each day and watch it begin to manifest in your reality.

The third step is to begin to see everything as energy and insist on bringing the highest energies into your body. Increasing the amount of organic fruits and vegetables and decreasing the amount of white sugars/carbohydrates is often not enough. You need higher energies that will disperse the negative and stagnant energies that you have stored physically and emotionally in the cells of your body. I have seen how the energetics in herbal/nutritional based programs have made all the difference, and supplied the energy to reverse even the most difficult health situations. This is what eliminated my health conditions and motivated me to support others with their health journey. The right nutritional program, with the highest energy vibrations, will awaken the innate healing intelligence of the body to begin to heal itself. Give yourself permission to create the health reality that you desire.

see ad on back page

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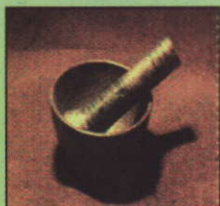
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Full Spectrum Healing

Joshua Ruan

Hospitals for me were very familiar places as a child. I spent many of my early childhood years in hospitals due to illness. The doctors thought that I had Cystic Fibrosis but in fact I did not, I had a strange allergy to some form of dust particle which took years of testing to figure out. The end result was that I spent many years in an oxygen tent in various clinics.

Many of my earliest childhood friends died before they reached the age of six or seven and that left an indelible impression upon me. These experiences remained with me even when I completed post-graduate studies in Spirituality at the Angelicum in Rome, Italy. I specialized in *Fear of Death and Dying* and in particular the work of Elizabeth Kubler-Ross. Previously I had studied Biology at the University of Sussex with John Maynard-Smith and already begun to realize the links between Medicine, Healing and Spirituality.

I came to regard the body as an organic whole, but more than that... that it exists within an aura which is in a permanent state of interaction. Since then I have read and talked with more people who are also aware of this corporeal envelope. This eventually lead me to studying with those proficient in working with the Human Aura and Energy Field.

I learned that a biological reality is created from an energy template and that psychological and physiological anomalies and defects could be corrected biologically by focussing on and working with the frequencies contained within this energy template. This template, which can be regarded as the higher levels of the aura, lead me to Full Spectrum Healing or Auric Healing. With these many techniques I can create real biological improvements for illnesses by actually working within the Human Energy Field.

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SACRED TANTRA FAQ

by Alexandria

1. What is Tantra?

First of all there are many different sectors of Tantric practice. The Ancients originally lived their lives with the knowledge that our bodies are Sacred. Ritual is a necessary element to bring us back to our Spirit. Acknowledging the Goddess and God within us lets us look inside ourselves, for the mysteries of our sexuality. Sacred Tantra is a healing practice. Holistic in nature soothing the body, calming the mind, opening the Spirit.

2. Can I practice Tantra without a partner?

Tantra means weaving energy. We are all made up from the exact same energy system. Using the breath and visualization anyone can learn to move their energy at will. The skill to be developed is to direct your energy flow at will. Allowing your Aura to expand and pull in as you go through your daily life. These skills can also be developed through Meditation, Yoga, and being out in Nature.

3. What is a Tantric Relationship?

All relationships are important. The life partner we choose is your support system and family. In a Tantric relationship the souls meet, balancing each other out. When one is low the other gives energy and comfort, compassion. In this way the relationship moves through troubled times and sustains its strength. Radiating out to the circle of friends and family. Out into the Community then out to our Country and our planet.

4. Is it true Tantra Sessions last for hours?

Yes, because the man and women's energy opens up at different speeds. We need to slow down and spend time embracing, nourishing and replenishing our mind, body and spirit. The effects of these sessions can last for at least a week until the couple can schedule another day together.

5. Why is interest so popular in Tantra right now?

People of all ages are seeking meaning in their lives. When we are ready the teacher appears, as will our partner for life. You may have met in a past-life and when the time is right the Universe brings you back together. This has been made particularly easy these days with technological advancements. As more people share what they have learned, the energy will open up as in nature, and then we can transform our communities, eventually spreading over the planet. Bringing peace and harmony from within, each of us taking responsibility for our behavior, for what we give out comes back to us triplefold.

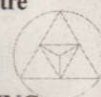
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Musing with Angèle, the publisher



This month's cover photo was taken at our wedding which took place on September 3 on the lawn in front of the Retreat Center at Johnson's Landing. Richard organized the ceremony starting Saturday with non-competitive games, circle dancing and then an after dinner a sing-a-long followed by fireworks. After breakfast on Sunday, the women had time to get dressed as the men practiced drumming down at the Group Room. They drummed their way up the hill and into the center of the women dancing on the lawn, a joining of the masculine and feminine forces. Afterwards we danced to one of my favorite circle dances entitled 'As One.' The words are so lovely I will share them...*As One we walk this Earth together, As One we sing to her our song, As One we love her, As One we heal her. Her heart beats with our own As One.*

The Wedding Dance (picture to far right) was lead by Britta Adkinson and following her guidance, we intertwined ourselves and ducked under the many hands that created a long arch for the finale. Dale Jukes was the minister who united us with our chosen vows. Our rings were passed around the circle of friends allowing each person to add their special blessings. We then slipped them on each other's fingers after my four-year-old grand-daughter, Isabella, delivered them. She was dressed like a fairy.

You will find some of the images in the centerfold because many readers and friends asked to see them. After the ceremony, we had veggie paté and cheese cake and Richard brought forth a large present. I was speechless as I unwrapped an original painting by David Balcombe called 'The Angel.' We both fell in love with it when we first saw it. It was five years in the making and has hundreds of layers of paint and shellac, created in the tradition of the old masters of Europe. It has a three-dimensional quality to it which brings the angel to life.

In answer to a question that is often asked, we then told the story of how we met. My version is a bit long for our meeting happened at a time of many changes when I was letting go of my plans once again. So I started with the joke, "How do you make God laugh? Tell him your plans."

I thought I was doing what God wanted because my angels talk to me a lot. They asked that I slow down and when I didn't, I broke my hip, which forced me to re-think what I was doing. I remember lying there and thinking it would be nice to have a guy in my life to take care of me if this ever happened again. After the fall, I heard more clearly that I was to publish less often and when I responded, "I can't afford to do that," they repeated their request, which is something they seldom do. Since I didn't believe that by publishing less I could pay all the bills, I compromised and said, "I will speak to the staff." When Marcel and Samarpan came in the next morning, they suggested that we all take two weeks off every two months with no pay. This was something I hadn't thought of but it sure excited them.

Several months later, my angel suggested that a man was coming into my life. My response was, "Then drop him in my lap," meaning, "I am busy and don't have time for dating, but if this is important, I will make the time." Another four months passed and I was starting to wonder if I had heard right, so I figured I should put in a little effort. That night as Samarpan was leaving, she said, "What do you want to do with the Soul Mates column? No one has put in an ad." I said "Leave it. I will figure it out later." About 11 pm, I found myself staring at this small empty space where I could easily have put in a filler, but I was reminded that to manifest anything, it is easier if one puts it in writing, so I typed ...*"I am interested in meeting a spiritual man who is holistically minded, aged 45-55. Hopefully he will like to cook, live simply, enjoy meditating and yoga. Write c/o Box 2."* That was published in the February/March 2002 edition of *Issues*.

I got a few responses that I ignored for they didn't fit my idea of what I was looking for. I needed someone to help run the place, someone who could help out with the bookstore or teach yoga and become involved in all that I was doing. At the beginning

continues on page 8

STEPS ALONG THE PATH

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



At the beginning of September Angèle and I had a weekend wedding celebration filled with Sacred Circle Dancing, Non-competitive Games, a Sing-along, Wedding Dances, Blessings, a Fireworks display, Story telling and times of connecting with Mother Earth. It was a very participatory wedding; everyone that attended was actively involved in the event.

In my 'collectibles file' I have a list of the most stressful events in a person's life and getting married is on that list. For me there were some moments of stress but



I am still getting used to having a band of gold around one of my fingers. My thumb keeps unconsciously wandering over to touch the ring and fingers on either side and squeezes them together to feel this new object that has become a part of the my being. When I call Angèle by her new last name she breaks out into this beautiful smile. All of this reinforces my sense that ceremony is much deeper than a momentary experience. I get the feeling that ceremony in the presence of loving and supportive people somehow seems to strengthen the process on a non-physical level. I feel very honoured to have this amazing person as my partner at this point in my journey, the timing is superb ...there are no coincidences!

When you read these words Angèle and I will either be in or recently returned from our Honeymoon to Scotland where we are visiting the Findhorn Foundation, which is a holistic educational centre that has been in operation for over forty years. Findhorn has long been an inspiration to me as an ecological and spiritually-minded community. It is our intent to learn as much as we can about the functioning of Findhorn in relations to community organization, ecological infrastructure and spiritual aspects. I am sure it will be a very busy and interesting three-week journey. You will probably get some of the highlights in the December/January copy of ISSUES magazine.

Among other wonderful things that are occurring in my life is the return of Linda Hall, who completed a three year Holistic Practitioners course with Langara College in the Lower Mainland. She brings with her an array of healing tools and her wonderful enthusiasm. We have also been blessed with the return of my brother Daniel. He was whisked off by a damsel for most of July and August and now returns with many new experiences and insights as a part of his journey. I feel very blessed to have these two wonderful souls as a part of the ever-evolving vision of a Light Centre and holistic community.

Richard



Bootsie...The Best Man

Adding to the element of unusual was that our beloved cat, Swami Bootsie Ananda, was the best man, he even signed the wedding register with his paw print. And ...he was the best-dressed being at the wedding; a friend had sent a

tuxedo and top hat for him to wear, which he managed to tolerate with much dignity. And fortunately for Bootsie, he only had to wear the tuxedo for the actual ceremony then he was relieved of his classy duds.



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Musings *continued from page 6*

of March, I got a call from Richard. Webco had printed his Retreat Center brochures and he could not get to Penticton before they closed and was wondering if I had space to keep them. When he arrived in town, we went out for dinner and caught up with what was happening in our lives, for I enjoy getting to know my advertisers. I knew his wife Carol Ann had left the summer before and I was wondering how the Retreat Center had fared. After dinner, we returned to my office and he asked if I had a copy of *Issues*. I remember thinking, "What a strange question," for they were everywhere, and I handed him one. He flipped through the pages and finally pointed to the Soul Mate ad and said, "Is that you?" I was speechless and I wanted to say "no" but thought I should check in with my angels first. They said, "Speak the truth." So I said "yes" and he asked me for a date. I said, "I'm pretty busy and will think about it." As we loaded the calendars into his truck my mind reminded me of getting lost finding his place and my conversations with his wife, Carol Ann, several years earlier.

The next day my mind was saying "no" and my body was saying "yes." I knew I had enough work if he wanted to move to Penticton. With his management and computer skills, we would make a good team, so I agreed to our first date. Towards the end of it, I asked if it would be all right to have an astrology reading done. The astrologer said there was enough 'glue' in the chart depending on our level of maturity. She said our biggest challenge would be in 'steering the boat' as we both had strong personalities, and if we fought over the steering wheel, we would surely sink.

Richard helped with the Spring Festival of Awareness and I travelled to Midway where he was working as a teacher to earn money to keep the Retreat Center afloat. Our connection deepened and as summer approached, I decided I would spend my vacation time at the Retreat Center to get a feel for it. At the end of the summer I was tired, Marcel was grumpy with me for being away so much and Gerry, my other business partner, was feeling the call to sell the Juicy Carrot and move on. I was feeling frustrated and almost shouted as I asked my angels, "Where do you want me... I can't be in both places."

There was no response but several weeks later a woman called and said, "Are you selling your old building?" I said, "I guess I am," and as I hung up, I said "Dam it." This was not what I wanted. I loved my life in Penticton and I loved Richard. We talked, but there was no way he was selling the Retreat Center, so it was up to me to make the move.

I felt deep into my bones and cried at the thought of letting go of all that I had worked for for the last ten years. I then felt an ease in my body as I thought of going with the flow. That evening while I was meditating, the building gave me a big hug and whispered that it was letting me go and I knew it was time to move on. It took a year before I felt settled at Johnson's Landing but as life moves forward, my commitment is deepening as I help Richard develop a Light Centre. I am sure God is still smiling at my resistance to change, even though I feel I am very flexible.

Angie ♥

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

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

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

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Please see article on page 14**



ARCH-ANGEL INTERVENTION

by Carelyn Hales

What is Carelyn all about?

She's always had exceptional intuitive powers, but for many years, they've only burst forth under certain circumstances, not consciously directed.

Many years ago, in Victoria, she went to a seminar designed to test an individual's psychic ability.

Over a hundred people were there, and she scored the highest in the room. She was told she would never be truly happy and fulfilled until she 'used' her ability in a positive way. After that point, she

went through years of illness, searching, learning, and meditation, 'doing the work' getting her through to 'now'. Among many other disciplines, she obtained advanced accreditation in a new healing modality, called Psych-K. It uses muscle testing and more for answers.

She soon noticed she often didn't need to muscle test the individual to get the body's answer, she would silently ask and receive the answer from a higher power.

Over time, with prayer, soul searching, and revelation, she has come to understand her gift. She has a group of arch-angels whom she can ask direct questions of, and receive clear answers from. She can ask for direct help and intervention from them for someone, and they will respond. They don't always say yes, but if the purpose is worthy and within their scope of action, they act.

Certain among them have the power to clear an individual's past karma, and open up a clear path for them to overcome related struggles in their current lives. Over time, more and more gather around her. She has come to know this is her work, her purpose and her joy



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1. After my session with Carelyn, I felt a shift immediately and after many months, new attitudes and behaviors kept showing up. One hour with Carelyn, saved me years on the Doctor's couch.

Janice M Reed, Mt. Vernon. WA.

2. Today, I now sit here, a confident, happy, very in love with life, woman. I have gone through many struggles and personal growth in my life, then, I met Carelyn. Meeting and working with her has been life changing. I have also been able to have Carelyn work on my son, using me as a surrogate for him. His life now has done a 180 degree turn around for the better. I have done sessions with her on the phone as well as group, with the same results as I would have gotten if done privately with her. Thanks to this lady, I now call My Angel. Gayle P, Kelowna

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We are trapped on a wild 'merry-go-round'. The news media teaches us how to become sick. We then rely on the medical system to get us healthy. When that does not work.... well, only the few that take health into their own hands attain victory over their illnesses.

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(References to the above article are available.)

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Angel of Mission

To find your mission is to find enlightenment. Many know their missions, as they know their names, others struggle and never know their missions. When the mind is clear and the body is in balance, clarity comes. An inner voice is heard.

Many along the path get sidetracked and through their own free will ignore their true calling. Do not settle for anything less than what you want. Harmony is yours if you want it. Be willing to let go and give up what is not working so you can let new opportunities present themselves.

Strength comes from being open-minded. Broaden your horizons and see that there are no limits, except the ones you make.

Discover your gifts and carry the strength of the universe within you. When you follow God's will for you, you will find the highest achievement of peace and serenity you have ever experienced. New and exciting vistas will open for you. Your gifts will expand to added dimensions. You will experience a deeper standard of excitement. This will be your passion.

Appreciate who you are and face life with an energy of love. The more you radiate with a desire for life, the more life will treat you with the love you want. Unlock the potential you have inside and take the risks to find who you are.

Serenity comes when we stay on course with our mission. When others see the serenity we have by being steadfast to our mission, we bring hope to them. May you take hold of your mission. God is with you all the way.

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WHAT ARE YOU SEARCHING FOR?

by Laara Bracken

Like many of us, I arrived at a point in my life when it was time to make changes. I felt empty, sad and in pain. That didn't make sense because I had material comforts, friends, an income and people who cared deeply about me including two caring, supportive sons.

But still there was an aching, empty place inside and a feeling of not doing what I was meant to do. Very caring counselors pointed out that a strong inner critic, a self saboteur, a strong drive and unrealistic expectations of myself were creating a "never good enough" feeling, which was the core of the emptiness. But in spite of this awareness I kept falling back into the same old patterns, and was still stuck.

Then in 1986 I read about a method that promised deep, lasting results. In spite of a well-developed inner skeptic who said "nothing has worked, so this won't either," I experienced a session. Instead of advice, there were questions that helped me to find my own answers, talents and abilities. Instead of one hour, the practitioner stayed with me for as long as it took to completely transform unproductive core beliefs, emotions and behaviour right down past my cells. The fears that we worked with never did come back. This is what I had been searching for. I was so impressed I decided to make this method my life's work.

That was 20 years ago, and enthusiasm is still high. I am not patient enough to watch my clients take years to change. Longer sessions allow my clients to go deeper, so changes happen in every session, creating deep permanent change more quickly than anything I had ever heard of or experienced. Going back into the emotional trauma is not necessary; my clients leave feeling calm, empowered and grounded. It is exciting and rewarding beyond words and it sets my heart on fire.

I discovered to my delight that other people were also just waiting for a method that took them beyond the limitations of one-hour sessions. Wherever I open a practice whether it be in Whitehorse, Yukon, Toronto, Ontario or here in Kelowna, I have been steadily busy.

Within the organization, practitioners feel like a family. We refer people to each other, are there for advice and help or to just listen if one of us is feeling discouraged. We sincerely wish each other success, and share business and marketing techniques. We have a telephone conference every month with the creator of the process in which all ideas are welcome as a part of the path and growth of the organization. But we are still our own bosses; we choose our own hours and fees.

Being part of a supportive family of practitioners, using a method that is unlike any other, that is the most effective and thorough method I have ever heard of or experienced, working in partnership with my clients and guiding them to finding answers and strengths within themselves and completing a lasting transformation of painful issues into new life enhancing ones is so deeply satisfying, I don't plan on retiring, I will do this work for as long as I can talk and hold a pen.

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My Journey



As I sit with my morning tea and compose my thoughts for this brief article I am conscious of the fact that it is exactly one year tomorrow that I first arrived at J.L.R.C. At that time Richard had ended his *Footsteps on the Path* in *Issues* saying that "If you are a person of skill and enthusiasm and are interested in community, come check us out." So I came, unannounced. I walked into the lodge, and introduced myself to Richard by saying, "Hi, my name is Daniel, and I am a man of skill and enthusiasm and I have come to check out community!" Richard paused for a moment, offered a kiss to the universe and asked if I would like hug, to which I responded, "I'd liked that very much!" In that moment, for that is all it was, something significant was birthed, a relationship to a people and a place, and over the ensuing year those relationships would change, mature and continue.

I was flipping through my journal earlier this morning and I came across these lines I wrote last May...enlightenment is not a matter of trying to reach??? it is a matter of allowing oneself to be where one already is! When we are able to be in the moment, to be in the present now, then we can truly embrace life. There is a great deal of pressure in our society to conform, to do the expected thing, to stand in a straight-line and not push! I am not that man! I have always pushed my boundaries, I have always taken life 'head on', I have always endeavored to savor the full sweetness of it. I will admit that there are times when this approach to life produces a soufflé and sometimes you simply end up with egg on your face...but none the less I will continue to fully embrace the adventure!!

Zen and I had fun posing for this picture with Richard. Zen with his best going to town scarf and me with my walking staff and sack. Zen and I spent the summer travelling in the motor home from Nakusp to Creston with a new love, looking for a new home. We could find nothing that seemed to fit us both. Finally the pressure of life on the road and not finding a home caused my love and I to part. So... sitting on the side of the road Zen and I considered our next move. I recalled Richard and Angele's last words to me as I left J.L.R.C, "If it doesn't work out Daniel we'd love to have you back." So I called and got Angele and said, 'I'd like to talk to you and Richard about coming home.' We've been back nearly a month, Zen and I rented a small house from Angele and I've been busy scrubbing and painting and Zen's been busy getting all the squirrel's in line! I renegotiated my work commitment with J.L.R.C. to allow more time for myself. I learned many things this summer and have a full personal growth agenda for the coming year. I look forward to sharing my journey with you as well as my poetry. I'll close with a few lines from a poem I wrote some years back entitled *Who?*

Who am I this man who says me?

Is it the man in the mirror, the one I can see?

Or is there something more, something beyond substance and form?

Something beyond my individuality, something beyond the norm?

How would I know, how would I touch this thing?

How would I stand in its presence, to know the peace it would bring?

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Leadership in the New Age

by Brita Adkinson

"Spiritual leadership, what is that?" my friend Howard asked, when I told him I lead workshops on the theme. "Did you learn it in an ashram?" We were sitting in his garden in Bellingham, Washington, sipping tea, one afternoon back in August. "To me, spiritual leadership is about guiding and facilitating groups of people with the awareness that everyone is led by their own inner spirit," I replied. "What do you mean by that?" asked Howard. "I believe we live in a time when we no longer need to follow rules laid down by a spiritual leader, such as a priest, or guru," I continued. "We cannot rely on preconceived ideas or standard solutions to questions and problems. Each individual needs to develop his or her intuition and trust in his or her own inner guidance, moment to moment."

In these times, a spiritual leader works with the understanding that the individual members of a team tap into their own inspiration and find innovative solutions while they work. The leader is not there to dictate to them what they should do. The leader works as a coordinator and a source of information. People enjoy their work more and grow more when they can organize the work themselves.

As a spiritual leader, I remind myself that I am not doing a job in order to earn loads of money, become famous, or attract lots of people who admire me and regard me as their spiritual guide. I do a job because my intuition tells me it is the right thing to do; and it contributes something positive to my community. I enjoy serving others. I know that as I lead others, they also teach and lead me."

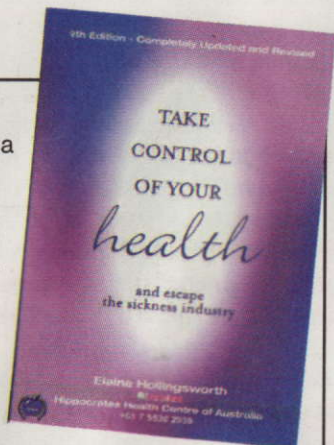
"Okay, however, that is nothing new," Howard mused.

"When we start working, as a spiritual leader, I take a moment to connect with my own inner spirit," I responded. "Then I may also engage the group, to consciously connect with the inner energies of a place, or a project. We may stand

continues to the right

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in a circle and invoke the assistance of the intelligences in nature – the angelic or devic forces. We work with the awareness that many unseen forces are influencing our life in a city or factory, just as well as in a garden or forest. We communicate with these forces. By consciously acknowledging their presence, we can receive their help, and the work goes more smoothly."

"All that is great stuff, but so-called spiritual people get into conflicts with each other, just like any other people," Howard quipped. "How, then, does a spiritual leader deal with conflicts between people?"

"You are right, Howard. Spiritually oriented people are in no way exempted from troubles and trials.

In the 1990s I worked as conference organizer in Findhorn, Scotland. Once, a very stressful conflict arose. One person on my work team, let's call her Annie, said to me one day: 'I don't think you have enough experience to head our work team. I am a lot more experienced in organizing events. I believe I need to take over the job as organizer.' I was shocked. I struggled with feelings of rejection and self-doubt. Was she right? I decided to take the issue to the education board. The board members listened to our discussion. I said to the board: 'For me the most important thing is that the conference will become successful, not who is the leader. If you decide that Annie is a more suitable leader, I will step down.'

The committee declared their decision: 'We think it's best to leave things as they are and we ask you to stay on the job.' Now Annie was frustrated and felt defeated. Our whole work team of eight people had a shaking up. We sat down in a meeting. We joined in a silent attunement to Spirit, and then everyone aired their feelings. Calling on Spirit, and having an honest and open sharing cleared the air. I was relieved to discover that the team members were understanding and supportive of both Annie and myself. We could continue working together. The conference became a great success.

At the end of the conference, Annie and I asked a friend, John, to assist us in fully clearing and healing our relationship. John suggested we should play The Transformation Game, a board game which works as a divination tool. He led an attunement to Spirit. He encouraged us to trust in our own inner guidance as he guided us through the Game. In the process, Annie and I learned a great deal about ourselves and each other, and both of us felt that a deep healing occurred. We could forgive all that happened and became close friends. In fact, even some 15 years later, she and I are still enjoying our email connection!"

"Well, Brita," Howard said, "such conflicts surely often end in bitter resentment. But the two of you trusted in the value of turning to inner spiritual guidance. It seems all people involved saw each other as equals. I, too, see other people as friends on the path. No one is a spiritual authority above anyone else. When we all are willing to listen to each other, we constantly learn from one other and lead and follow as needed."

Britta led workshops at the Findhorn Foundation in Scotland for 14 years and now teaches them at the Johnson's Landing Retreat Centre most summers.



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Challenged by your relationships?

Good!

by Andrew Schneider

Why are our relationships such a challenge?

By their very nature, relationships always push us toward duality, toward the opposites. They take us into both the light of our souls *and* the darkness of our subconscious. They force us to look at the-light *and* experience the shadows.

If we deny the light of either ourselves or the other person, we relate to each other in conflict. If we deny the shadows of either ourselves or the other, we relate in illusion. Only by accepting both do we truly face reality and experience harmony.

Relationships also challenge us to accept the unknown of both ourselves and the other, and this is never easy. Meeting this challenge must be founded on trust. You need to trust that the other will get whatever they need from you. You also need to trust that you will get whatever you need from them.

The key word is NEED, not desire. We are not in relationships to have our desires fulfilled. It is up to us to fulfill our own desires and stop demanding that they be fulfilled by others. For example, if you have the desire to be loved, you must not demand it from someone else. You fulfill your need for love by expressing it, and no one can prevent you from doing that.

We usually create difficulties in our relationships when we let our desires get in the way of the needs. When we don't get our desires met – and that includes things like getting our way, getting what we want, getting love and attention, being made to feel important, being shown respect and honour, and so on – we usually get angry, sad, resentful or revengeful. When that happens we need to stop and ask ourselves what we really need, and then give it to ourselves rather than demanding it from others.

It's not always easy to know what we need. While we are conscious of our desires, our needs are usually related to what we are unconscious of. That's why intimacy is an important aspect of all relationships. Intimacy exposes the unconscious and teaches us trust. Intimacy helps us to recognize needs and awakens the love to respond to those needs. It especially empowers us to meet our own needs. Intimacy says: you are acceptable and lovable just as you are.

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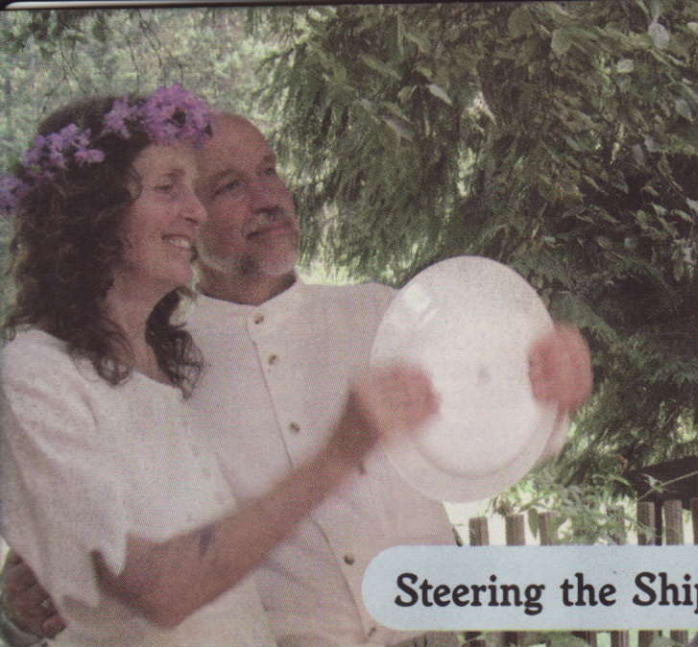
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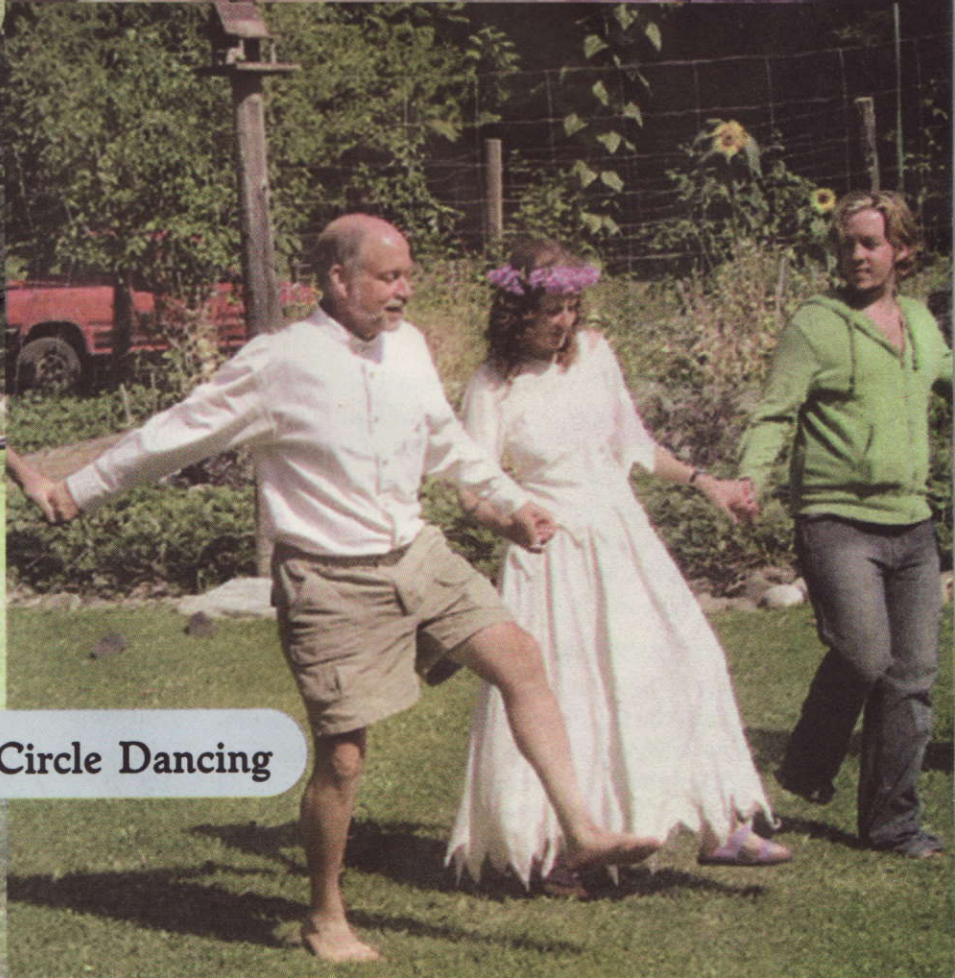
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Over the past seven years Bonnaie Bauer (left) has had her share of health challenges. The Kelowna resident is winning the battle against cancer. Doctor's prognosis was 20% survival the first year of her second stem cell transplant. Her leukemia has been in remission for five years.



Ever since her diagnosis she began researching and investigating areas of alternative health to regain her

strength and well being. Now she feels she has found something that we have all been waiting for and is user friendly for almost everyone. A technology called "Whole Body Vibration Training." It was originally developed by the Russian Space program as a way to improve bone density and reinforce the muscles in Russian astronauts. *Whole Body Vibration Training* is not merely a training method for elite athletes, but also for individuals young and old, regardless of their physical and neurological condition, who want to live longer healthier lives.

Advanced Vibration Technology exploits the body's innate reflexive response to disruptions in stability in order to stimulate enhanced muscle strength and performance. *The Power Plate* produces a vibration through which energy is transferred to the body. This mechanical stimulus produces a stretch reflex which, depending on the frequency, results in rapid and intense muscle contractions 30-50 times per second. Vibration training on the *Power Plate* offers a host of benefits such as considerably improving muscle strength, flexibility, range of motion, bone density, stimulating blood circulation, instant lymphatic drainage, and cellulite reduction. Additionally, studies have proven *Power Plate's* ability to reduce muscle pain and soreness, and expedite the recovery of damaged muscles and tendons.

MEDICAL BENEFITS: The biomechanical aspects of vibration therapy are widely used in the medical field for the prevention and treatment of different types of illnesses and injuries. The *Power Plate's Advanced Vibration Technology* allows people with debilitating conditions such as **osteoporosis, arthritis, multiple sclerosis, fibromyalgia, Parkinson's Disease, and stroke victims** to yield the benefit of exercise while working within their personal limitations

ANTI-AGING BENEFITS: *The Power Plate* is a quintessential tool in anti-aging and for living a longer healthier life. Vibration training on the *Power Plate* creates an intense vigorous workout affecting virtually every muscle in the body without using overload, and dramatically reducing strain on joints, ligaments and tendons. The brain reacts to the intensity of the workout by producing enormous blood flow and oxygenation throughout the entire body while also causing a

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dramatic spike in Human Growth Hormone (HGH), key to the repair and regeneration of tissues. At the same time there is a rise in testosterone, a significant elevation of neurotransmitters and endorphins (providing the so called runner's "high") helping to suppress pain and elevate the users mood. In *Power Plate's* short duration training (an average of ten minutes a day,

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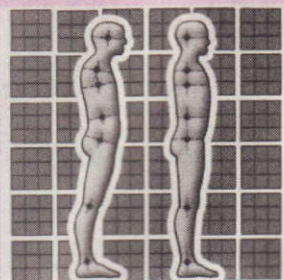
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THE RECIPE

by Wayne Still

During the 1930s and 40s Dr Ida Rolf, the founder of Structural Integration work, was seeking more effective methods to deal with chronically impaired bodies than were available in the medical model. She explored the methodologies used by Osteopaths, Chiropractors, Yoga Teachers and the Alexander Technique among others. She also challenged the existing belief that soft tissue would not hold changes put into it for therapeutic purposes. From this study and experience she developed a method of working with the body which she called Personal Structural Integration.

As her work became better known, and others wished to learn the method, she developed her recipe for a series of bodywork sessions which would bring the clients body into a more harmonious relationship with gravity and in so doing improve its overall function. The basic ten series came into being as a therapeutic process and a teaching tool.

The genius of Dr. Rolf was that she was able to create a method of working with the human body which had predictable results for any body to which it was applied. What is even more remarkable is that these results can be achieved by students doing their first ten series as well as seasoned practitioners; both of whom are following the same recipe. However, as with any recipe, experience with it will enable the user to know which ingredients can be changed to deal with any individual situation.

Each session of the ten series recipe focuses on a particular area of the body. That work is then integrated into the whole body structure creating common elements in each of the sessions. The work is cumulative, each session builds on the work done in previous sessions and prepares the body for work to come. It is not unusual for a client to come to a session complaining of discomfort in the area to be worked on in that session! The first three sessions are superficial or sleeve sessions where the outer layers of fascia are lengthened and opened to allow space for the deeper structures to move. Sessions four through seven focus on the core, bringing balance to the deeper structures in the hips, spine, shoulder girdle and neck. The last three sessions are integrative which use gains realized in previous work to achieve overall balance in the body. They can be likened to the cooking process which takes place after the basic ingredients are prepared and mixed.

If the proof of the pudding is in the eating then the experience of living in a flexible body free from chronic pain is the reward of a Rolf ten series.

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Remembering the Outhouse

by Xavier Kataquapit

I love visiting the wilderness as it brings back memories of when I was younger and living up north. Often in remote areas I get to use an outhouse and that is not such a good memory. I love the peace and quiet of the wilderness and have realized the in the south outhouses exist mainly at recreational cottages or in nature parks. Most are well kept, painted and not used a lot. This is a great contrast to the outhouses we had outside our homes in the north. Our outhouses were buildings that were constantly in use. We had a honey bucket indoors and Mom and Dad instructed us to use it as little as possible. As children we were exempt from this rule but after a certain age, we were expected to use the outhouse no matter how cold it was. In the evenings, the older members of our family were called to empty the honey bucket.

There has never been easy access to building materials in the north. Outhouses were more or less an after thought when constructing a new home. They were usually made of rough cuts of plywood and two by fours left over from building projects and often were thrown together as they were needed quickly. Nothing seemed to fit right and many that I used never even had a toilet seat. Most of the time there were simply two openings. One for sitting and a much larger one for dumping the honey bucket.

As a youngster I dreaded the visits to the outhouse. It was a scary experience being in that dark and dingy space. Summers were terrible due to the fact that these outhouses reeked in the warm hot weather. I often preferred using the outhouse in forty below zero weather, even though they were uninsulated and very cold, because there was no smell.

These conditions were also less than sanitary or healthy for us young children. Our backyards became cesspools in the summer heat and our drainage ditches harboured all sorts of bacteria and disease. We seldom stayed around the house or the yard to play with our friends because of the smell. Instead we headed over to the riverbank to play in the small fields by the church.

It was a relief to everyone in our community when we received running water and sewer hookups in each of our homes in Attawapiskat during the early 1990's. It was a surprise to me to find out that a good part of the rest of North America had been enjoying this luxury for almost a hundred years.

These days I have more respect for the lowly outhouse. It taught me that we human beings have to be responsible for our own waste. It is good to stay in touch with this realization. If you think about it ...what would happen if our water sources were turned off. Toilets would become a huge problem. We often take for granted luxuries such as toilets and showers but you just never know... with the way things are going. Water and water quality may be a thing of the past. If we had to survive without these services it would be a big shock for most people but not for me or for many First Nations people in this country.



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Founder and owner of the LCIHH, Alana Hicik, is a Chartered Herbalist and Clinical Herbalist Candidate, from the distinguished school of Phytotherapy, in London England. Alana is also trained in pre-hospital emergency care; she is a certified EMR and Advanced First Aid/CPR Instructor. The previous Superintendent of St. John Ambulance in Kelowna, Alana has extensive experience in providing community first aid and emergency and disaster medical aid. Her training in both botanical and western medicines gives her unique approach to natural, integrative health-care.



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Alana recalls her own story which led her to opening the LCIHH:

"Born with a severe lung disease, I spent the first five years of my life in and out of hospitals. Daily chest physiotherapy, regular doses of steroids and radical lifestyle and diet restrictions were part of childhood. After moving to Vancouver as a young adult, my condition worsened. By age 21, oral and inhaled steroids were becoming less effective, and weekly emergency visits resulting in incubation and IV steroids become routine. At this point, Medical Doctors prepared me for the worst; there was really nothing more they could offer to help control the chronic inflammation and infection. By 25, I developed osteoporosis, was told I would never have children, and would probably not live more than two years. I remember the day I was lying there in bed, thinking I have two choices; wait to die, or get up, take responsibility for my health and start looking for answers. That was the first day of my healing journey. I started studying martial arts, an integrative form that combined both mind and body work. During this time I also began to learn about herbal medicine, Acupuncture, and TCM. This was really my first exposure to any alternative form of medicine. I began to read everything I could get my hands on. I had regular visits to back alley clinics in Chinatown where I received small bags of unpleasant smelling herbs, acupuncture and moxa treatments. I saw a Naturopathic Doctor who put me on a strict vegetarian diet and prescribed nutritional supplements. I sold my house and moved to the ocean. My health was full-time job. Within one year, I was off all prescription medicines. I continued with my treatment program, getting stronger every day. Within about six months, I reduced my treatments to supplemental doses. In 2000, I completed my 1st degree black belt in the Sun Hang Do. Upon receiving that designation, my Grand Master told me that this was not the end of my journey, but just

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Please visit Lyn's website for further details and additions to her
Fall/Winter 2006 schedule. • www.lyninglis.com.
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the beginning. I realized that day that my purpose was to inspire others to take responsibility for their own lives and health. The next day I contacted Dominion Herbal College to start studying Botanical Medicine. Today, I am eight years free of taking any prescription medications and having any serious lung problems. I also have a beautiful three year old girl, Jaden, who is amazingly healthy and the joy of my life!

The process of healing is a journey that is unique to YOU. To maximize your body's amazing ability to heal, you must reclaim your own inner wisdom and feeling of control. Reclaim your responsibility. Make the choices that feel right for you. "

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It's Time for Change

by Sandra Lee

It seems like so many people's lives are a continuous succession of transitions. For years, the issue of changes that are occurring has been a frequent topic of conversation amongst my friends. Whenever the topic comes up, I inevitably reach the conclusion that the pace of change is forever accelerating.

My personal philosophy includes that spiritual growth is both an ongoing process, and an indispensable part of life. And that growth can only be experienced through change. Bruce Barton says it well.... "When you are through changing, you are through."

In a way, as each of us changes, we evolve into a new version of ourselves. Once there, we will establish a new place of relative comfort with who we are. A place that may even be a significant improvement over how we experienced ourselves and our lives before. Depending on the magnitude of the transition, there may be tremendous uncertainty about what our new experience of life will be. We may be uncomfortable with the unknowns. Letting go of where we are, so that we may move forward may require a significant amount of trust. I love how Marilyn Ferguson describes these in-between places. "It's not so much that we're afraid of change or so in love with the old ways, but it's that place in-between that we fear . . . It's like being between trapezes. It's Linus when his blanket is in the dryer. There's nothing to hold on to."

Personally, my recent life has been all about transitions. In November 2005, I married Ken, a Canadian whom I had met a year earlier. For well over a year, my life was organized around my planned immigration to B.C.. In April, I left Olympia, Washington, my home of 17 years, and moved to Oliver, then in July, to Penticton. I left the bodywork practice which I had successfully built over 13 years. Now, after working full time for over a decade, I am starting over and trying to figure out what I want to do when I grow up. All things considered, I have weathered these changes pretty smoothly. I take this as evidence that I was ready for them. Three years ago, I would never have thought of leaving Olympia.

Much of what has made my personal journey easier is that I have established an excellent support system of friends, family, and practitioners. I call upon them when I feel upset and stuck. They listen when I need to be heard. When I am at a loss, they give me new ideas for how to approach my situation. Many light bulbs of realization have gone off in conversations, leading to whole new ways of relating to myself and to others. In my bodywork and coaching practice, I have had the privilege of assisting many people in navigating the sometimes difficult processes of undergoing change. It is one of the most rewarding things I do. Whatever transitions are occurring in your life, I encourage you to rely upon your personal support system. Who are you close to? Friends, family members, a counselor, massage therapist, or personal coach?

I have one final quote to offer, from a source of true wisdom. "Deep Doo Doo," next 750 miles." Ziggy Cartoon.

See ad in NYP under Bodywork

REFLEXOLOGY

by Diane Wiebe

One of the more common and popular natural therapies today is reflexology. Although this therapy is easy to learn it is remarkable how effective it can be. Reflexology is based on the belief that there are reflex areas in the feet, hands and ears and that every part of the body corresponds to one of these areas. Application of pressure to the reflexes relieves tension, improves circulation and promotes the normal function of the body.

Although reflexologists may access sensitive reflexes it is not intended to be painful. These sensitive reflexes often reflect tension in the related area of the body. Reflexology has an accumulative effect and with successive sessions the sensitivities dissipate as does the related areas of the body!

Reflexology is a practical therapy that can be done anywhere and anytime, so it is good to learn it. You can even do it to yourself while watching TV or as a passenger in a car, or while attending meetings. Taking off your shoes and giving your feet a little rub is relaxing and revitalizing. It is also a wonderful gift to give to someone else if they are not feeling well. You don't need to wait until your feet ache or for your friend to feel unwell to give or get a session. Pro active health means taking the time to have a session so you can both keep well and walk with grace and have the energy that is needed to live life fully.

Why is reflexology usually done on the feet? The feet are very sensitive as they are well protected by shoes. There are over 7,000 nerve endings in the sole of each foot. Stimulation to these nerve endings causes a chain reaction, first the body relaxes, then circulation improves to ultimately an improvement in overall body wellness.

With history dating back to ancient Egyptian times and the pyramids and documented studies as to its effectiveness, reflexology seems to be proving itself. In many countries in Europe, South America and Asia reflexology is a common practice in the work place or health centres and is a growing field of study. In North America reflexology is an easily found therapy in spas. As well as being a very relaxing experience for both the mind and body, reflexology is recognized as an established, respected and effective therapy. See ad below

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Cosmic Trends

for October & November with Khoji

Whenever a Solar eclipse happens close to equinox and solstice points, we can be sure that strong and powerful changes are just around the corner. The axis of the equinoxes is the collective horizon; fall equinox the Descendant of the Collective. The seventh house (Libra: September 23 - October 22) is an exposed place, the space where inner conflicts are fought out in the open. We only realize and recognize who we are by relating, context is absolutely necessary. And, we attract what we're lacking and what we're denying within ourselves. The seventh house gives space for projection, offering a playground to meet and merge and fool around. However, true wisdom only arises after we have understood the world's mirror like quality- that all apparent distance is illusory; that all duality is a deception endorsed by our rudimentary senses which we've been trained to exclusively rely upon. When outgrowing this self-afflicted handicap, of exclusively believing in the superficial impressions produced by our senses, then all distinctions lose their inner emotional charge. Centered in the core of one's being, life transmutes into a play. When anchored in boundless inner spaciousness, the physical body with its senses is seen for what it truly is - a miraculous vessel, a highly evolved apparatus which permits for boundless life energies to be received and transfigured. By juggling with matter we can excel inventing yet new configurations and crystallizations, simply celebrating the unbelievable abundance, simply participating, without any particular agenda, with deep gratitude for having been invited to this most intriguing play.

From October 23 to November 21, the Sun dives into the Scorpionic depths. Was the Libran passage informally playful, now life truly is getting intense. We might have believed we're separate and independent, able to turn the curve at any time, drawing a clear line whenever we wished doing so. Not so anymore within the resonance field of the eighth sign. Here we have to give all we can, and even more, take risks, dare to get involved and be consumed by the flames of passion, awed and humbled by the supremacy of sacred intent. Sharing, yet even melting are the trademarks here. The only question is, are we strong enough to surrender? Do we have the inner grandeur to disappear as who we are, to be reborn into a new form which can't be known unless we embrace the challenge?

On November 24, only two days after the Sun, giant planet Jupiter enters its home sign Sagittarius, from where it will dominate the heavens into the end of 2007. As if energetic levels wouldn't be crackling with extensive charge already, Jupiter definitely adds fuel to the flames, causing things to accelerate and heat up. Already there's quite a remarkable group of celestial bodies assembled in fiery Sag. Aside from Sun and Venus there's Pluto, Pholus, Crantor, Ixion and Quaoar, not even mentioning all latest discoveries which yet have to be researched and named! What exciting times we're living in! Approaching the threshold of 2012, we're pushing limits, a great crescendo has begun. For now we're still around the Solar minimum. However, first reversely charged sunspots have arrived, proving that the new solar cycle is under way. And scientists predict an extremely stormy one, peaking in 2011.

Regarding worldly affairs, it's well worth keeping an eye on the hub of power. Big things are brewing down in Washington DC! The September 22 solstice-eclipse occurred right at zenith of the American chart of July 4, 1776. This could well mean that more and more bits of truth may leak to the press, slowly but surely preparing the public to see their leaders in the truth of what happened. And then, all at once things might change, fast and furiously. It still might take a few years to fully get to this place, however the course is set. The inherent dynamic of such disclosure and the consequent domino effect might be beyond our most vivid imaginations. The Uranus/Pluto square, tuning into exactness by 2012, could well be the indicator of transformation of our collective shadow, and of the impending quantum breakthrough into a new era of abundance and peace. www.thecosmoswithin.com

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Phoenix Vision's Integrative Counselling Training Program provides a springboard for those considering going into the helping professions as well as for linking selected participants into volunteer positions with a variety of organizations, both locally as well as internationally in the third world..

Workshop Dates:

- Sat and Sunday, October 28 & 29, 9 - 4:30 - for Adults,
- Sat and Sunday, November 4 & 5, 9 - 4:40 - for Teens,
- Sat and Sunday - Nov. 25 & 26: Young Adults, 9 - 4:30

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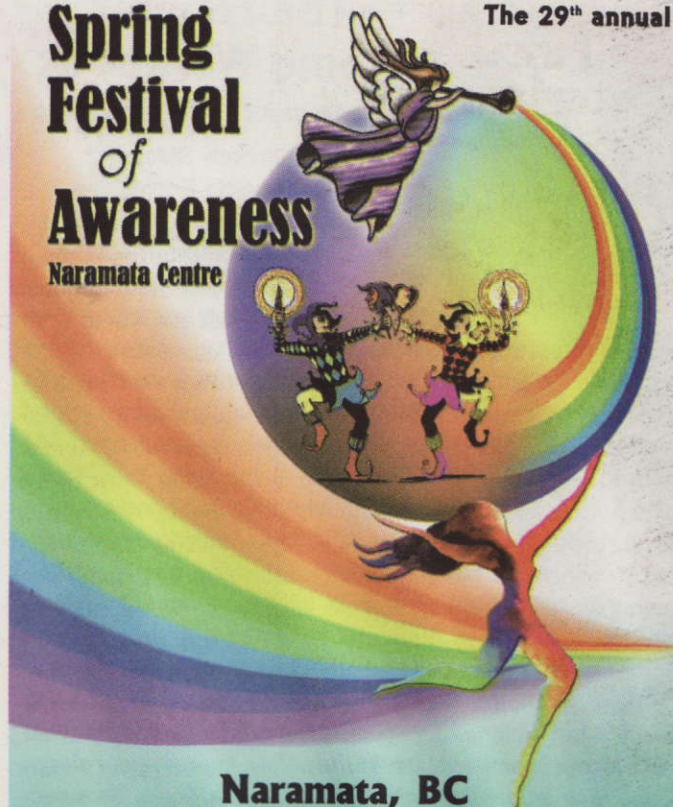
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The Healthy Home Workbook

Easy Steps for Eco-Friendly Living

Kimberly Rider
Chronicle Books,
courtesy of Raincoast Books
ISBN 0-8118-5077-3

An attractive book, with lovely photographs to inspire you - well, some of us may despair of ever having such pristine surroundings as we wonder how we managed to accumulate so much Stuff, which generates its own issues around cleaning and living well, but there is always hope and help for everyone. The dedication is a delight: "...to those who pursue a thoughtful life. A joyful spirit can bring meaning to any aspect of your home and lifestyle." Taking on any project is enhanced by a thoughtful and joyful spirit, and the author certainly reflects that in this non-threatening workbook.

The cover blurb promises that this book is your guide to "a clean, fresh, and harmonious home." You will learn how to identify and replace harmful cleaning products, care for your pet without chemicals, store food safely, improve your sleep, detox your laundry, choose sustainable materials, be selective in personal care products, and so many more ideas for your home, garden, office, and self. Tabbed chapters take you through your home area by area, giving you "simple shifts that create dramatic results." Each chapter comes with three levels of changes that may be made to get you going either right away, as soon as is feasible, and for the long-term: Instant Gratification, More Committed? And A Truly Healthy Home. This is a clever concept, as in many instances changes come about gradually, but the Instant Gratification sections give you an opportunity to see results immediately, thereby spurring you on to the other levels. In the Bathroom section there is a list of common toxins found in personal care products, so that's where I'm going to start.....



Book Reviews

by Christina

Energy Secrets

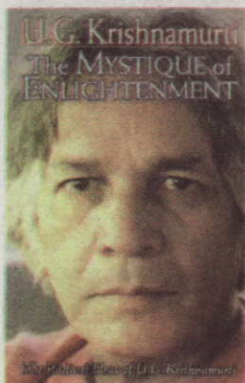
The Ultimate Well-Being Plan

Alla Svirinskaya *
Hay House, Inc.,
courtesy of Raincoast Books
ISBN 1-4109-0707-5



The author has a private practice in England, counts numerous famous people among her clients, and has the foreword to her book written by Sarah, the Duchess of York. Interesting points, but not the reasons for choosing this book to review - what is intriguing is that Alla hails from several generations of Russian healers, each passing on their wealth of knowledge to their children; as a child, Alla learned about energy work, self care and spiritual matters, and then went to medical school in Moscow. She arrived in England in the 1990s, and her holistic healing practice has been steadily successful ever since.

She begins the book by discussing energy, anatomy, the aura, chakras and meridians, then moves on to cleansing the home before cleansing of self. There are several programmes for deep-cleansing, traditional Russian healing secrets, as well as a final chapter on rejuvenation. Not everything in here is a secret, of course, and there will be many aspects of Alla's healing practices that many of you will find familiar, but the book is well-written, with good guidance, clear explanations and plenty of ideas to inspire you on your path to well-being!



The Mystique of Enlightenment

U.G. Krishnamurti
Sentient Publications
ISBN 0-9710786-1-0

An anonymous reviewer online made the following statement: "There's nothing to be said about U.G. except that he is absolutely mandatory reading for the serious seeker. This isn't warm and fuzzy spirituality, this is burning-down-the-house spirituality, and this book should have a prominent place in any thoughtfully-stocked spiritual library." The publisher states, "His message is simple: he has no message," and U.G. himself explains the purpose of the book: "To clear away the occultation and mystification in which those people in the 'holy business' have shrouded the whole thing."

It is essentially a collection of interviews from 1973 to 1980, called in the text "conversations" and like any other lengthy conversation there is some storytelling, rambling, contradiction, humour, digressing, and flashes of brilliance. From research I have gathered that this author provokes strong feelings from listeners and readers, and there wasn't much ambivalence to be found - he was either revered or admonished, and there seems to be little doubt that whichever way you think is quite okay with him. Not the easiest book for some people, but whether or not you agree with his views on spirituality and enlightenment, always interesting and worth the experience.

More Book Reviews

by Angèle

Talking with Nature

Sharing the Energies and Spirit of
Trees, Plants, Birds and Earth.

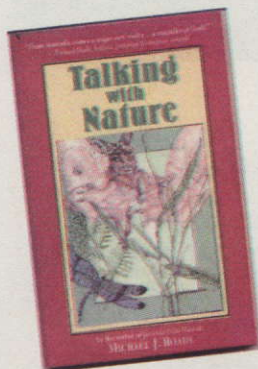
Journey Into Nature

A Spiritual Adventure

by Michael J. Roads

H.J. Kramer Inc. 1987 & 1990

ISBN 0-915811-06-5 or 19-7



These two books were inspirational

to me. I enjoyed Michael's journey into Nature as he and Pan explored his karma with the animals he cared for and how the changes in his perception came to be, through eons of time. He amplifies with many examples what the Natives teach... 'that what one does to earth, he does to himself.' I enjoyed his chats with the trees, the little people, the crystals, each time questioning his own sanity. He speaks his truth and that resonated with me and if I find the time I will read them a second time for there is much to absorb. I too believe it is time to listen to nature. Listening brings us into the moment, thinking about it takes us out of the moment. Learning to listen to our bodies or nature means letting go of our thinking and trusting the knowing.



Take Control of Your Health

and escape the sickness industry

Elaine Hollingsworth

Hippocrates Health Centre of Australia

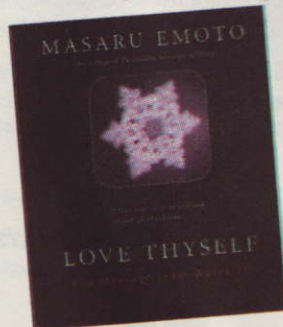
ISBN 0646402978

As she says in her introduction..

"My anger and disgust drove me to write this book, and I hope it will inspire you to join our crusade." If you haven't done much exploration into alternative health this book could be a bumpy read as she exposes ideas that refute the propaganda that the experts have been manufacturing for decades.

Many people appreciate her constant questioning of the the medical, pharmaceutical, food manufacturing and agricultural industries. It is good to know both sides of the equation and then as a consumer you can decide for yourself.

see ad page 16 for local contact data.



LOVE THYSELF

The Message from Water III

Masaru Emoto

Hay House, Inc

ISBN 1-4019-0899-3

A must have for every coffee table or library. Beautiful photos of crystallized water that are frozen after having been exposed to sounds, words or images. If the water was contaminated or lifeless that was also reflected. Emoto believes that these vibrations create the shape of the crystal to mirror the frequency felt.

He also believes that to heal the planet we need to change how we think. His research proves that negative or positive thoughts cause vibrations that effect our water, food, plants, animals and ultimately us humans. Words spoken or unspoken, with intention, has a force that is more powerful than many realize.

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