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# **FROM SUTRA TO SCIENCE**

by Donalda Fredeen

As a new vegetarian, I began to explore the field of Ayurveda; a prevention oriented health care system that has extolled the benefits of vegetarianism for hundreds of years. During this time, I was introduced to Vaidya (Sanskrit for "one who knows") Rama Kant Mishra. He belongs to a family of Raj Vaidyas (physicians to royalty), whose lineage and healing practices date back thousands of years. A dermatologist by specialization, he is best known for his "sutra to science" approach in which he validates Vedic knowledge through modern scientific discoveries.

What is Ayurveda? It is the indigenous health care system of India. Ayur means "life span" and Veda means "knowledge". Thousands of years ago, knowledge was passed orally and eventually it was recorded in Vedic texts. The Vedas contain knowledge of all aspects of life including spirituality, architecture, music, dance, medicine etc. I was attracted to Vaidya Mishra's courses and gentle, practical applications. Many of his Ayurvedic remedies are found in my kitchen. Gaining too much weight? Brew a pot of custom-made herbal tea, Vaidya Mishra's famous "Smart Water". Overwhelmed by emotional roller coaster rides due to hormonal fluctuations? Whip up a delicious smoothie. Suffering from frozen shoulder? Try a nasal oil. Don't know much about food and cooking? Take his fantastic Ayurvedic Cooking Class and learn about the healing qualities of items in your kitchen. Our family's favorite routine is Vaidya Mishra's Transdermal Marma Therapy. It's great to come home from a hard day at school or work, sit down on the sofa and give or receive a massage with herbal oils applied to a few marma points. This short massage is not only relaxing but also medicinal. These oils contain herbs that are directly absorbed into the bloodstream resulting in simple yet highly effective way to continually improve one's health.

I was very fortunate to attend Vaidya Mishra's retreat at Naramata Centre last spring. Physicians, pharmacists, health care professionals, vedic scholars, yoga instructors and interested people like myself, attended this extremely informational retreat. Everyone was fascinated by the sutra to science approach whereby vedic texts were read, translated and applied to daily life. An exemplary speaker, Vaidya Mishra easily demonstrated the ability to present complex knowledge in a simple, humorous way, often using vedic stories to further expand and define fine points of interest.

This spring, Vaidya Mishra will be hosting another six-day retreat. It will include his family's wealth of Ayurvedic knowledge regarding the establishment of physical well being. Closely guarded, this knowledge has not been shared with anyone outside family members and associates. Fortunately, Vaidya Mishra's family has given him permission to teach this precious knowledge to all those interested. It is very special to learn information that has not been made available to the public before. *see ad to the left*

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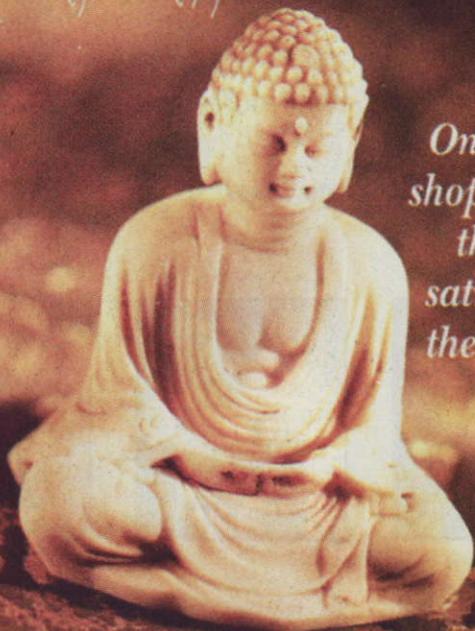
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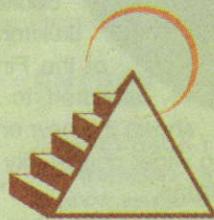
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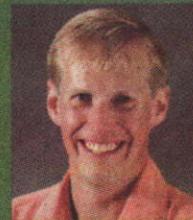
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## Musing

with *Angèle*, the publisher

The front cover photograph shows me as a tourist at the Findhorn community in Scotland, standing in front of Eileen and Peter Caddy's caravan. It is still in the same location where it was parked over forty years ago while Peter waited to return to his job at the Cluny Hill Hotel. Today, the caravan is the office of the Spiritual Practice program focalizers, but in the early years, Eileen and her friend Joan cooked meals for fifteen people out of that little kitchen. Dorothy Mclean, the third co-founder of the Findhorn Foundation, lived in the addition attached to the trailer just behind me. The insert

shows the new entrance sign leading into The Park. It represents the ever-expanding wider community that supports the ideals of the New Age movement and their EcoVillage.

The picture of me on this page was taken in front of the doors to the Universal Hall, which was built fifteen years later when the community had expanded and needed a place for the performing arts. James Hubbell, a designer from California, was inspired to create the winged doors to have the devas' presence felt. His website says he integrates art and architecture to create places for the soul, focusing on organic design solutions. His list of projects can be seen at [www.hubbellandhubbell.com](http://www.hubbellandhubbell.com).

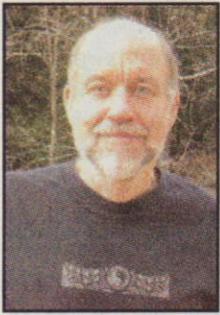
As soon as I saw the wings glowing in the stained glass doors, I asked Richard to take a picture of me. When I was ten years old, an older child had found a book with name definitions. I can still remember nodding in agreement as she read the many variations of my name and said that it means... A messenger of God. Often people compliment me on the word association and I say, "I am working on my wings ..." And now I have a picture of them. To me they were so real and fitted perfectly even matching the color of my rain jacket.

When Eileen, Peter and Dorothy moved to the trailer park next to an air force base, they grew vegetables to help make ends meet. One day, Dorothy heard the deva of the pea speak to her and was offered guidance on how to cooperate with nature. Next thing they knew, they were growing forty-pound cabbages and people from all over the world were travelling to Findhorn to see what was happening. Many came and many went, and a few decided to stay. With God's guidance and giant leaps of faith, a community was created that was based on the spiritual principles of attunement, cooperation with the deva's and each other, believing that God had a plan.

In 2003, Eileen was awarded an MBE (Member of the British Empire) in the UK New Year Honour List for 'spiritual inquiry' by the Queen's representative. Many of the sacrifices that were made are detailed in the Peter and Eileen's autobiographies which are on the book review pages. Dorothy, who is 86 years old, is still writing hers, and she travels the world teaching *Choices of Love* and *Connecting with Nature* workshops. For the last four summers, she has taught at our Retreat Center and will be returning again. She is a delightful, insightful woman who inspires us to be the best we can be.

Richard and I have hopes to create a community that supports the Johnson's Landing Retreat Center in a similar way and I wanted to learn how this large and successful spiritual community operates. What makes Findhorn so magical? Part of it, I believe, is in their Common Ground statement which is on page 20. It took many years and the input of hundreds of people to fine-tune this work of art and now it can be used by other groups as a guide to essential behaviour for getting along.

continues on page 8



# STEPS ALONG THE PATH

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

For a long time it has been a dream of mine to visit the Findhorn Foundation in Scotland. For those of you who were active in the 1960's and early 70's you may have heard of this place that grew giant vegetables in sand partially by connecting with the nature spirits of the garden. It has been a holistic community and education centre for almost forty-five years and stands as a wonderful example of working in harmony with the planet on many different levels.

Here at the Retreat Centre we have consistently tried to bring in Findhorn founders and workshop leaders to give the feeling and wisdom of Findhorn to our workshop participants and ourselves. So in October, Angèle and I decided to go to Scotland to visit Findhorn for our Honeymoon and experience it for ourselves. We stayed two weeks, then we took a side trip to visit the sacred Isle of Iona, which is deemed to be the birthplace of Celtic Christianity, and afterwards flew back to B.C. from Glasgow.

During our visit to Findhorn I was taken by the immense presence of the place. It took a while for me to become aware of this feeling that Findhorn was a huge beacon of light shining out across the planet. Now don't get me wrong, this is not paradise where everyone lives in total bliss twenty-four hours a day. After all, it is made up of people at all levels of their journey. Part of the magic was that everyone was paddling the boat in the same direction and everyone seemed aware of their own process. Everyone was welcome to express themselves at the morning and afternoon attunements in their work departments. There was a genuine sense of contentment and almost everyone I met connected from a place of being totally present.

We started our visit by taking the Experience Week Program, even though Angèle and I already had taken most of the contents of this program here at Retreat Center with Findhorn facilitators. I was looking for the 'feeling' that comes with being in a Findhorn program and I was not disappointed. I was quite taken by the wonderful level of trust and connectedness that developed in our group during this one-week program. The way the facilitators handled the group was inspiring. I was left with lots of great ideas on personal interaction dynamics that will help me to become more aware of the needs of others.

I believe that it is almost impossible to transplant a feeling from another part of the world to the place where we live. Not only can the climate, geography and culture be different, but

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the energy and the level of consciousness can vary hugely. All of this made me remember an inspiring encounter I had with a messenger that was sent to the Retreat Centre when the time was right for divine guidance. She said to me "be prepared to have flexibility with your vision of the place, for it may not turn out to be exactly what you have in your mind." With that in mind I reviewed all of the amazing things that I experienced at Findhorn and realized that we are not re-creating Findhorn, we are creating the next step in the evolution of conscious learning centres/communities.

From reading about its development and actually being at Findhorn, I have become gifted with the realization that our first and most important mission is to ground the Light ...everything else will evolve from that one action. I have great faith that our angels will continue to show us the path ...and we will have the wisdom to follow it.

Namaste, *Richard*

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## Musings *continued from page 6*

Another reason for my wanting to visit Findhorn personally is that I have been playing with the Angel Cards, which are part of the Transformation Game, that was created at Findhorn as a personal development tool. Fifteen years ago I had friends that played it, and I wanted to give it a try but nothing manifested locally until four years ago when I heard that Brita Adkinson, who had lived at Findhorn for many years was giving a workshop at Johnson's Landing. I signed up. (She has an article on page 18.) I loved the process that happened as each player got clear with their intention and voiced their frustrations. An eye-opener for many, this game provided some highly transformative moments as the answers revealed themselves with the help of the group and some universal guidance. One day, I hope to become an facilitator and I trust my angels will know when that time is right.

Richard and I both enjoyed our 'Experience Week' at Cluny Hill College, which has been part of the Findhorn Foundation since 1978. In 2005, over 3,000 visitors participated in this program which supports the Foundation, allowing people like me to see their community in action. Part of their success is that participants work three hours a day, and learn what their motto means ... *work is love in action*. As far as I was concerned, it was not work per se ... We gathered at 9 am in various work departments (I worked in homecare and Richard in maintenance) and did an attunement (checking in with the devas), followed by a sharing to see how each of us was feeling. It was emphasized that our work was to imbue the place with light and love and that the cleaning or cooking was secondary. Midway through the morning, there was a twenty-minute tea break so we could socialize, and fifteen minutes before the shift ended, we gathered again to tune out and share how the morning had gone.

The afternoons were about building trust with our original group of 13 people who were from all over the world, and in the evenings, there were so many choices of what to do ... sacred dance, yoga, videos and more.

During the second week, we helped out in The Park, which is where the caravan on the front cover is parked. It is a fifteen-minute bus ride from Cluny Hill. First I choose to weed the aquatic plants that are part of 'The Living Earth Machine.' The timing was perfect, it was a rainy day and I was inside a greenhouse. Their was two of us, prying and chopping at the roots that had overgrown their containers causing a restriction in the flow of water. Then I chose to work in the kitchen, helping cook with ten others, to get dinner ready for 140 people. It was good to see how the inner core functioned as well as the wider community by listening to as many people as possible. I really enjoyed my time helping out and being part of the process.

Each day at Findhorn starts with an early-morning option of chanting or participating in a meditation with guidance from Eileen's book entitled *God Spoke to Me*. This book has been published many times, and is now available in 27 languages. It contains the essence of Findhorn and what makes it so magical. Since my first reading of her book, which was ten or twelve years ago, I have felt a kinship with Eileen as have many others. I too believe that God speaks directly to each of us, offering guidance and at the same time allowing us free will.

One of the frequent presenters at Findhorn is Neale Donald Walsch, spiritual messenger and best-selling author of the *Conversations with God* series. As this movie circulates around the world, I am sure more people will be inspired by the guidance they hear. It *does* take practice, persistence and trust as one learns to 'tune in' and then to follow the guidance. In doing so, we also change how we use our life force and as Gandhi says, "*Become the change you wish to see in the world.*"

I feel grateful for the opportunity to have been able to travel across the world and experience the magic of Findhorn and to try on my new wings.

This winter Richard and I hope to figure out how to best incorporate what we learned into practical solutions for growing a community in Canada. If you are a dedicated soul who has ideas and wants to be of service, and maybe even has some money to invest, we are looking for help to co-create an EcoVillage with a spiritual foundation. Contact data is on page 6.

♥ *Anaile*

# 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!"*

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# Things we learn in life

by Maggy Davidson

For all of my life I have been on a spiritual path. Consciously, it began when I was eleven years old and was taught how to read palms. I remember that even before learning about palmistry, when I would speak, I would hear my parents speaking in hushed voices about how I 'knew' things. In what seemed to be a natural progression from palmistry, as I gained life experience, I studied astrology, tea leaf reading, Tarot, I Ching, playing cards, and past lives. I became a healer and metaphysician.

Now past lives were always an interesting subject for me. While others asked are they real, how do you know? I knew. I could not explain how I knew, I just knew. What does history say? Many religions support past lives. Buddhism, Judaism, and Celtic Christianity have references to past lives. In our early history, the Old and New Testaments of the Bible did have references to past lives and reincarnation. References to reincarnation were written out of the Bible during the Nicean Council meetings that began around 325 AD. The Nicean Council was comprised of the warrior priests, Roman Emperors, Western and Byzantine - in fact they were tyrants who believed they owned their subjects body and soul, and needed a way to control their lives.

There is an area of physics, called Quantum physics, which speaks of concurrencies of life times. But is there any proof? Dr. Ian Stevenson of the University of Virginia Medical School has researched 2600 cases of children's past life recall. 900 of these cases have been verified. That's one in three! Children reach the age of reason at age eight and until that age will often refer to previous lives. Many of the child subjects were from poor, underdeveloped countries where they would not have been influenced by education and outside influences such as television. Children remember, most adults in our society pooh pooh what children say and disregard it as an active imagination.

So, why now? If we look at Maslow's hierarchy of needs - at this time in our life and in our society, our primary needs of health, food, shelter, safety and love are generally met and because we are not in survival, we are able to devote time to such luxuries and 'intangibles' as philosophy. How and why could a past life help? Well, exploring past lives can explain situations that we do not understand in our current circumstances.

Let's look at a couple of case histories - from an article by a Reiki Master. She was giving a Reiki treatment to a woman who could not conceive. As she placed her hands over the client's ovaries, she sensed they were in good health and then she had a vision of a Native American woman with tears in her eyes handing her baby over to a white man. There were others present, forcing her to do this. As this scene was verbalized, the woman shouted, "I hate white men!" (The client was Caucasian in this lifetime.) This past life story allowed the woman to release her subconscious fear that her baby would have to be given up. She was now free to conceive.

For myself, from the time when I was about eight years old, I had always doodled the name 'Sam.' I never knew a Sam or a Samantha from school and there were no 'Sam's' in my family. The only Sam I had ever known of was Sam Snead who was a well-known golf player at the time. I had a fascination with the Deep South of the USA. So, when I had my first past life regression in my early 30's, I had no idea what to expect and suddenly I was catapulted into the deep South of the USA during the Civil War. I was a 14 year old girl hiding in a closet in a plantation house when the soldiers found me. Then about 15 years later I was married, living in Arizona, a long way from town. I had a son, Marc and a husband (not the son's father) whose name was Sam. Sam was missing his front teeth and I feared him - although I was grateful to him for taking me in. My lesson in that life was to learn patience. (I still haven't perfected this one!)

Also, throughout my life I had an aversion to people (particularly men) who were missing their front teeth. Anyone whose smile revealed a gap where a front tooth should be was a person that I would cross a street to avoid and wanted no contact with. This was not conscious in my thoughts at the time until after the regression. Now with all of that, what do YOU think?

*Maggy Davidson opened Spirit Quest Books in Salmon Arm seven years ago. See ad below*

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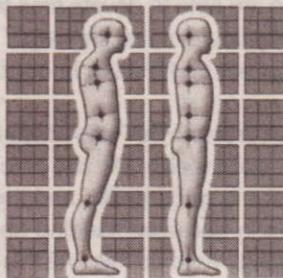
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# THE "P" WORD

The modality I practice, Structural Integration, has a reputation for being painful. There are urban myths about sound proof Rolfing® rooms. My own experience over the past decade with a dozen or so different practitioners is that the work is 80% pleasurable or neutral. The other 20% ranges from mild discomfort to unpleasurable. To understand why there is pain involved it is necessary to look at what the process is trying to achieve with the medium it works with.

The medium is connective tissue, that ubiquitous material that gives our bodies their form, strength and flexibility. Connective tissue is a largely self regulating organ which takes care of the mundane tasks associated with maintaining the structural integrity of the body. To do this it has its own communication and circulatory systems which keep the organism ticking along under normal circumstances making minor repairs as needed. When circumstances become abnormal due to stressful occurrences, whether physical or emotional, connective tissue has to react in a more protective manner. Its reaction though is something of a one trick pony; it gets shorter.

If the flesh is wounded in some way it shortens around the injury to stabilize the area and creates scar tissue to heal the wound. In other situations which can arise from emotional or physical stresses the tissue shortens on itself to brace the affected area. If the stress continues for any length of time the shortened tissue becomes increasingly dehydrated as it sticks to itself. In extreme cases the tissue can become so hard as to be brittle. The shortened state of tissue in one place has an effect on the surrounding tissue, restricting its range of motion. A muscle which has its range of motion chronically restricted cannot relax and signals its distress as pain.

In order to relieve the discomfort the tissue has to be returned to its former length and flexibility. The practitioner achieves this by directing pressure onto the affected area so as to lengthen the fibres and encourage the flow of ground substance into the stressed area. Ground substance circulates freely through healthy unstressed tissue nourishing and lubricating it. Forcing it back into the shortened area rehydrates the tissue but there is often a burning sensation as it encounters freshly opened areas. The more intense pain comes from the opening process itself as pressure is directed by the practitioner on the adhesion forcing the shortened area to open and regain its original length. Sometimes this will happen quickly, sometimes the area will be revisited on numerous occasions before it finally opens up. In all cases the pain associated with the process will cease when the pressure is released.

When you are receiving Structural Integration work it is your process and you set the boundaries around the amount of pain you are willing to experience. Your practitioner must respect those boundaries and find ways to work within them. Pain is inevitable, suffering is optional. The long term benefits realized through the work will more than offset the temporary pain you experience during the process.

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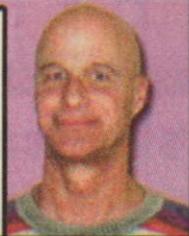
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## What is Co-creative Science?

by Daniel

We live in the bosom of the Great Mother! For too long humankind has been estranged from this consciousness. We have interacted with Nature as if it were an innate mass of unconsciousness. Co-creative Science begins with the premise that nature is alive! Not just physically alive but alive with vitality and consciousness. Co-creative Science (C-C.S.) as developed by Machalle Small Right studies the interaction of nature energy with human energy. That is not to say that humankind is not a part of nature, we are of course. But we as humans, like every other life force on the planet, make our own distinct imprint on that energy.

Co-creative Science follows the evolution of human consciousness through the Piscean Age to the Aquarian Age. The Piscean Age began with humankind relating to nature as children before this great and unknowable power. The Druids, the Wiccans and many other esoteric traditions evolved in our attempts to relate to this energy. Since the 1700's, Newton, Darwin, and the industrial revolution our view of nature changed. It shifted from us as the child, to us as the parent. Humans decided that they knew best, they would make the choices and give direction to nature. From clear cuts to strip mining, to the decimation of the rainforest and genetic manipulations, humankind set the tone. A whole new epoch of activity was spawned which not only disrespected the Great Mother but also has come to threaten our very survival as we know it!

The Aquarian Age ushers in a new level of conscious awareness that remembers our relationship to the Great Mother. We respect her right to co-exist with us. We recognize her consciousness and we enter into an equal partnership with her to work toward balance! Balance in nature, balance in ourselves, balance in our families and our society.

For too long we humans have related to this planet as a place where our souls incarnate to provide a context for personal evolution. This is only the partial path. We are also here to participate in the spiritual evolution of the entire planet and all her consciousness forms...the grass, the bugs, the dogs....

Co-creative Science is a powerful tool to assist us in remembering and connecting to this planet and to our lives. An excellent resource is Machalle's book *The MAP (The Medical Assistance Program and the White Brotherhood)* published by Perlandrea Ltd. (ISBN 0-927978-05-9)

If you have any questions or comments on this article you can connect with me at [Daniel-ohm@hotmail.com](mailto:Daniel-ohm@hotmail.com). Namaste

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## Holistic Practitioner's Share "The Secret" to Staying on Your Path

by Kelly Oswald, BSc Metaphysics

When speaking with Members of the Association of Holistic Practitioners, the common theme to their success stories is a strong sense of purpose. Living on purpose applies to all of life's arenas including both public and personal life. The major tool to staying on purpose is a Mission Statement (personal or corporate), and the greatest challenge is self-discipline.

Creating your own Mission Statement for your work or for personal endeavours clarifies where you see yourself going, how to get there and the actions you can take now to ensure you arrive on target. A Mission Statement helps you make life happen as opposed to life happening to you. It is the energy behind you, your purpose and service. It is unique to you and inspires you to act. It motivates you.

### How to Create your own Mission Statement:

Ask your self the following questions: Are you living life to its fullest? If not, what would need to change? Are you excited when you wake up each day to see what the Universe has to offer? If not, identify what stops you. Are you thrilled with your ability to make things happen? (You are the creator of your life. Your job, your relationships, your holidays, your destiny.) If not, where do you tend to procrastinate? If you had a magic wand, what would you create in your life? Define your values. What do you give worth too? Qualities such as love, kindness and integrity may come to mind as well as how you spend your time in public and private life.

List your core competencies; your unique strengths and weaknesses. Are you fast paced and prefer a great many balls in the air? Are you purposeful and deliberate and enjoy working through one thing at a time? Are you a good starter? Finisher? Both? Do you take responsibility for your mistakes? Do you stop and enjoy your successes? Can you say "no"? (If you don't have time/if you don't know how/if you don't want to)

Write a statement for each value, strength and weakness. Examples: If the value is love, the statement could be: I choose to act in a kind and loving manner. If the strength is integrity the statement could be: I will act with integrity even in challenging situations. If the weakness is you are too busy, the statement could be: I will stop and take time to be quiet once everyday.

You can combine your statements into a paragraph that expresses the essence of your purpose, or you can leave them as they are. A powerful and effective Mission Statement will cause you to feel empowered and motivated by your own words. By clarifying the choices we make each day that can move us in the direction of fulfillment and contentment. Once you have your purpose, you can reach your destination. With a Mission Statement, you'll have solid goals to aim for, strategy for reaching them and a useful understanding of the way in which your life is unfolding.

*If you are not following your heart, you are living someone else's dream. Lyn Christian see ad to left*

# Do You Believe You Can Heal?

by Sandra Lee

Most of us have areas of our lives where we would like to experience healing. As a health care provider and energetic healing practitioner for many years, I have known hundreds of people who use various healing modalities, only to get results that are disappointing. Sometimes they become extremely frustrated with the seeming lack of improvement.

I think that what each of us REALLY wants is complete healing, in each and every area of life. Well, isn't that true for you? I certainly want that myself. But most of us think that this is unrealistic to expect. We don't believe that it CAN happen, at least not for us. Especially with physical issues, which we consider too permanent to really heal. Actually, I find that most people feel resigned to experiencing gradual physical decline.

We hear stories about people who miraculously healed themselves of cancer, back pain, or other conditions. A man I know healed decades old knee injuries. He used to have knee pain even when walking stairs or standing up from a chair. Now, he does absolutely everything pain-free. An orthopedic doctor said that his knees are normal, except for minor damage from three old surgeries to his right knee. Even the surgical scars have disappeared. So I know that physical healing is possible.

I am a massage practitioner with a good background in health and nutrition knowledge. I practice numerous energetic healing methods. If anyone can heal themselves physically, I should be able to do it. I have managed back and neck pain for fifteen years. I consistently saw massage practitioners, chiropractors, and acupuncturists. I did energetic healing, exercised, and ate well. I did everything that is supposed to enable me to be physically, mentally, emotionally, and spiritually healthy. Even with my doing all these things, my back still wasn't stabilizing. If I didn't go to the chiropractor every two weeks, the muscles would tighten up, and I'd be in pain. I told myself that my back and neck were healing, and that someday the back pain would be gone forever. But deep down inside, I knew it to be a lie.

Then several weeks ago, everything changed. I attended a weekend workshop titled *The Healing Codes*. Before I left Penticton, I was in pain and went to the chiropractor. After three flights to get there all my pain was back. I sat in chairs all weekend and then three flights home. It was a recipe for physical misery. The morning after I got back, I suddenly realized that my pain was completely gone. No stiffness or muscle tightness. I could not remember EVER feeling this good physically. Having had this personal experience I now know that physical healing is possible and I am confident that I will stay that way.

Do you believe that YOU can heal yourself? I'm not saying that it is easy. It wasn't for me either, but I now know it is possible. See ad in the Natural Yellow Pages under Bodywork

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# Making Decisions in Tune With Our Divine Essence



by Brita Adkinson

It's so easy to talk about bringing spirit into all aspects of daily life, but how does one really do that? One evening, in Bellingham, I was with a group of friends, discussing these ideas. My friend Meredith wanted to know how people make decisions in the Findhorn community.

"When you say you can use an attunement process for making decisions, how would that work?" Meredith wondered, "and in what way would it be different from any regular decision-making method?" "Let me share an example," I said. "I remember a management meeting in Findhorn Foundation, where we, a group of about ten people, needed to make decisions on various financial issues. We wanted to respond to a letter we had received from The Youth Group 'a group of teenagers, most of whom lived in the Findhorn Community' asking for a loan. The Youth Group held regular meetings at the Findhorn Foundation premises. The group had great difficulty finding a place to hold their regular meetings, during the summer season and other peak periods when all available spaces were used for workshops and various programs for visitors.

The young people embarked on a project to build a small meeting place solely dedicated to young people's needs. The building would be their special house which would always be available for young people's gatherings and activities.

The Youth Group wanted to borrow \$60,000 dollars. A plan would be drawn up for repayment of the loan. The proposal was read out. Then the management committee members discussed the issue for a while. After some discussion we were ready for the attunement. We relaxed our bodies in our chairs, took a couple of deep breaths, and closed our eyes. I led an attunement which went something like this:

Let us open our hearts and minds to Spirit - the presence of the Divine within our own beings. We place, before Spirit, the question of a loan to The Youth Group. We ask if we should go ahead and lend them the entire amount of 30,000 pounds; or, a smaller portion of the money; or if the appropriate response is to not support this project. We now take a few minutes in silence, and allow Spirit to guide us in finding an answer.

Then followed a few minutes when we all sat in complete silence, each one of us asking inside ourselves what would be the right way forward.

Then I said "Thank you, and we all opened our eyes again. I continued: "We will now go around the circle and invite each person to share what your answer is." One by one, we shared our insights from the meditation. The first person who spoke, said: "In my silence, I had the sense that a loan is too much of

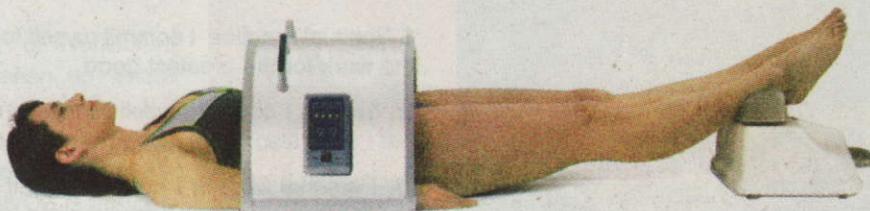
*continues to the right*

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a burden for a group of young people. I feel we should simply donate the amount of 30,000 pounds to the project." The next person said: "Wow, that's exactly what came to my mind!" As we all shared, we found that all except two people had the same insight. One person responded with "I don't know, I just had a blank," and the other person said he felt we should not provide a loan. With eight people in favor of donating the whole amount, we asked the two people who took a different stance if they were willing to support a decision to give away the money. They said yes. Our meeting took on an air of relief and exhilaration. Later that day, one member of our committee broke the news to the youth group representative.

The young people were overjoyed. They immediately pulled together the resources they needed, advisors and consultants who agreed to oversee the project. Within a few months a new building rose on our village green, a cute, ecologically designed log cabin, which became the new youth center. The young people enjoy the building so much because they actually built it themselves.

Meredith mused: "I can see how an attunement may bring a whole new perspective to a decision-making process. If you had not spent some moments in silence, inviting your inner guidance, you might not have discovered that there was an answer waiting that was entirely 'out-of-the-box' even beyond what the young people thought was possible!"

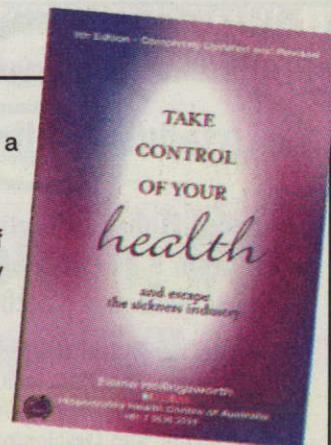
*Brita led workshops at the Findhorn Foundation in Scotland for 14 years and will be offering an extended summer program at the Johnson's Landing Retreat Center for 2007.*

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# COMMON GROUND

of the FINDHORN FOUNDATION AND COMMUNITY

(If the word "commit" is too strong for you, use the word "aspire")

1. **Spiritual Practice** I commit myself to active spiritual practice and to align with spirit to work for the greatest good.

2. **Service** I commit myself to the service of others and to our planet, recognizing that I must also serve myself in order to practise this effectively.

3. **Personal Growth** I commit myself to the expansion of human consciousness, including my own, and I recognize and change any of my personal attitudes or behaviour patterns which do not serve this aim. I take full responsibility for the spiritual, environmental and human effects of all my activities.

4. **Personal Integrity** I commit to maintain high standards of personal integrity, embodying congruence of thought, word and action.

5. **Respecting Others** I commit wholeheartedly to respect other people (their differences, their views, their origins, backgrounds and issues), other people's and the community's property, and or all forms of life, holding these all to be sacred and aspects of the divine.

6. **Direct Communication** I commit to using clear and honest communication with open-listening, heart-felt responses, loving acceptance and straightforwardness. In public and in private I will not speak in a way that maligns or demeans others. I will talk to people rather than about them. I may seek helpful advice, but will not seek to collude.

7. **Reflection** I recognize that anything I see outside myself—any criticisms, irritations or appreciations—may also be reflections of what is inside me. I commit to looking at these within-myself before reflecting them to others.

8. **Responsibility** I take responsibility for my actions and for my mistakes. I am willing to listen to constructive criticism and to offer constructive feed-back to others in a caring and appropriate fashion, to challenge and support each other to grow.

9. **Non-violence** I agree not to inflict my attitudes or desires (including sexual) on others. I agree to step in and stop, or at least say what I would like stopped, actions (including manipulation or intimidation) that I feel may be abusive to myself or others in the community.

10. **Perspective** I take responsibility to work through and put aside my personal issues for the benefit of the whole community. I will resolve all personal and business conflicts as soon as possible. I acknowledge that there may be wider perspectives than my own and deeper issues than those that may immediately concern me.

11. **Co-operation** I recognize that I live in a spiritual community and that it functions only through my co-operation and my good communication. I agree to communicate clearly my decisions. I agree to communicate with others who may be affected by my actions and decisions and to consider their views carefully and respectfully. I recognize that others may make decisions which affect me and I agree to respect the care, integrity and wisdom that they have put into their decision-making process.

12. **Resolution** I commit to make every effort to resolve disputes. At any time in a dispute I may call for an advocate, friend, independent observer or mediator to be present. In the event of a dispute continuing unresolved, I will have access to a Grievance Procedure (decided by the community), which I commit to following.

13. **Agreements** I commit to keeping agreements I have made and not to break or try to evade any laws, rules, or guidelines; to have honest dealings with all bodies and to pay all charges and dues owing.

14. **Commitment** I commit to exercising the spirit of this statement of Common Ground in all my dealings.

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Growing up in a turbulent Detroit neighborhood, Marshall Rosenberg developed a keen interest in conflict resolution and how new forms of communication could provide peaceful alternatives to the violence he encountered. His interest led to a Ph.D. in clinical psychology in 1961 from the University of Wisconsin. But he was dissatisfied with the focus on pathology he saw there, which did not help him understand the very compassionate people he had known growing up. His subsequent study of comparative religion, and his own varied life experience, convinced him that human beings are not inherently violent and motivated him to develop his process.

Today Dr. Marshall B. Rosenberg is the Founder and Director of Educational Services for the Center for Nonviolent Communication (CNVC). He has provided training and initiated peace programs in a number of war-torn areas including Rwanda, Burundi, Nigeria, Malaysia, Indonesia, Sri Lanka, Sierra Leone, the Middle East, Colombia, Serbia, Croatia, and Northern Ireland. In the former Yugoslavia, a CNVC team has trained hundreds of teachers who have reached tens of thousands of students from kindergarten through high school. NVC has been officially recognized by the government of Israel and is offered in many schools in that country.

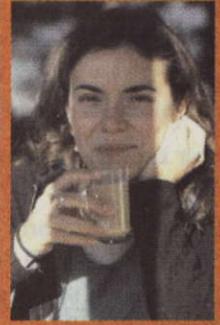
Dr. Rosenberg's teaches us about the words we use either consciously or unconsciously. Since we are either speaking or listening to ourselves or others all the time, what we say and hear can have us in heaven, or in hell. What is the key to using the mysterious power of words in a way that leads us to live lives that radiate empowerment, peace, love, and compassion? How is the practice of conscious communication grounded in the spiritual questions "Who am I?" and "How can I make life more wonderful?" Learn the answers to these questions through the simple, effective, and transformational process that he's introduced to millions of people throughout the world. NVC gently directs your awareness out of judgmental thinking and into the language of the heart, allowing you to express what's alive in a way that is both powerful and compassionate. Practicing NVC will invite you to heal from emotional pain, to create fulfilling relationships, and to live your full potential. What you say next may change your world!

Dr. Rosenberg's books are an excellent resource for teachers, educators, managers, politicians, and anyone who wants to connect with others more meaningfully.

*See ad to the right and a CD review on page 28*

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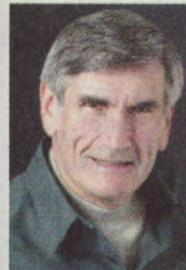
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# Horse Heart and Human Mind

by Thea Fast

Recently, a swing of my mental pendulum from entitlement to respect caused me to question if riding and training horses was 'right action'. Not that I was considering giving it up, I was simply willing to entertain the question. If I could carry loved ones with me on my shoulder like parrots on pirates, I think it would be fun. And, if as I suspect, horses are a manifestation of heart and people are a manifestation of mind especially now, we can thru joined activity offer each other balance and an experience of unity not necessarily unachievable but less accessible without each other.

I am aware of how my mind rides my heart. Sometimes I listen to my heart, most of the time I ride it hard, wanting control over it even as I seek connection with it. I diminish its importance and intelligence in the moments that I'm conscious of it. Sometimes I only pay homage to my heart in as much as it serves my ego to think of myself as more spiritual. Yet if my heart is so much bigger and more powerful than my mind, why does it let me do that? And there it is. "Let" isn't "in its vocabulary." Infinite power and wisdom don't quibble—they embrace. Now that's not to say that when I'm doing something that harms my heart that it won't speak or that when my heart knows I know something is not in our shared best interests that it won't up the ante when I go ahead and try to do it anyways.

How I relate with horses is for me a reflection of how I relate to my heart. I experience relating with them as an opportunity to paradigm shift beyond oppression and dominance. When my mustang Blue pouts in the round pen as I send him around me and relaxes when I walk with him. When my pony Chez dumps me when I'm working bareback on his whoa transitions and then crowds into me for comfort when I get up. When I feel such a visceral surge of joy and love as my standardbred Maggie whoas so softly and squarely as I release my breath and just think of stopping to see what might be possible in that moment. These are all clues to how I'm learning and have learned to ride my heart. Through Blue, where I reject myself when I'm not how I want me to be and pity party, find some compassion and move on. Through Chez where I rebel against me when I get too controlling and scare myself with the consequences. Through Maggie where I'm able to be truly present with another in a moment and experience such joy.

I feel great compassion for my mind in its struggles. I am in awe of how the universe of which my mind is part propels me through joy and agony into mystery. What a gift and martyred offering my mind bestows in what I perceive to be its lack of wisdom. And oh, the beauty and power of a heart. The unbounded goddess to my petty tyrant. A magnificent manifestation of mystery, infinitely omnipotent in its responsiveness and receptivity. How brave and imperious, and indeed necessary my oblivion, in thinking I can ride it. If I wasn't so tremendously stupid in my presumption, I might never get on. What beautiful and devious denial of intelligence I possess. What a mind, what heart.

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# Marketing for Holistic Entrepreneurs

by Wolfgang Schmidt

Having been an entrepreneur in the holistic field for many years and having taught marketing in college and instructing entrepreneurs for organizations like Community Futures I have made some observations that I would like to share with you.

Many people have great ideas, services or products that might be beneficial to others. In most cases they started off by offering their product or service to friends and relatives, through word of mouth the message spread and a business was born.

In my research I found that the people wanting to help other people are often not the 'sales type' personality. When I taught marketing I asked the question "who thinks that they are good in selling?" maybe one or two hands went up. Most in class would fiddle with their papers without looking at me. Everyone of course knows that nothing will happen in the business, unless something is being sold.

When I explored the image people had of 'salesmen' the picture of the vacuum cleaner bully, the insurance pusher or the encyclopedia salesman came to mind. No one in my class wanted to be in that category and I didn't blame them.

So how does a person market products or services in a Holistic market? Perhaps I could use my influence with the universe and let angels do the selling for me. I can meditate on customers walking in, phoning and beating a path to my door - that's one way of handling the marketing aspect of the business but maybe one should not ignore the other possibilities.

My success in teaching marketing and sales had to do with universal forces as well - but in a different way. I taught my students to re-program themselves and to think of 'selling' as a virtue. After all, if I produce and sell an herbal product, which I know is helping people, then I am obviously performing a good deed by informing persons of the product.

My explaining the value to the 'potential' customer it is now no longer a sales pitch but a desire to help that person to get well... mentally, spiritually or physically. If one feels good when spreading the message, they overcome the association of the 'pushy sales person'. In this type of marketing approach the primary question becomes, who is benefiting?

By concentrating on the benefit to the customer, the desire and motivation for profit is taken out of the thinking process and the customer gets a feeling of genuine concern. This attitude increases the chances of your product or service being accepted which ultimately benefits both parties ...a formula for success.

*Wolfgang Schmidt is an entrepreneur handling Pascalite Clay and Oleo Mentha in his Inspired Creations shop in Rock Creek. see ad page 23*

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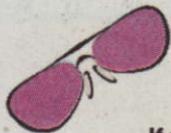
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Michelle Troughton, is a member of the Fair Trade Federation and recently purchased *A Touch of Elegance* in Castlegar. She says "More and more consumers are becoming educated in ethical buying practices and purchasing products with a social message and responsible consumerism.

Currently, most products that are sold at her store are either Canadian made or manufactured under fair labor practices. She also carries traditional Zulu hand-woven baskets and beadwork from the province of Kwazulu Natal, South Africa.

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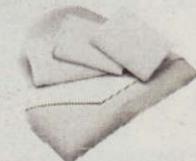
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# My Journey

A truth that has been very present to me these past couple of months is that wherever I am at my mind is with me also.

I find whether I am working on a construction site 'out in the world' or the spiritual ecosystem of Johnson's Landing Retreat Center it is critical to be aware of where my mind is.

To me, one truth has spoken so clearly; "for whatsoever a man thinketh...that he is!" Now this is an ancient truth and I have known about the power of the mind for years, but as I recently told a friend, "the true journey is not so much about distances covered as seeing with new eyes." I've just finished reading Don Migeal Ruiz book, *The Voice of Knowledge* (see book review section) in which he uses the Adam and Eve myth to show us how we have taken a false voice into our minds. It is the voice which tells you that you're not good enough, you can't do it's/he will never...His teaching is that to still the mind we must first see it, and by seeing it we can control it! An additional word to me on this came to me during meditation...what this voice needs (for it is a part of our nature which is speaking to us) is love. That the goal is not about control or banishment but to drop the voice into my heart charka and hold it there, and love it. For that part of my psyche, just like all other parts of my psyche, needs to be loved...and I am the lover! It's not the God-Goddess, it is not my partner, not my family...I am the lover. I must first love myself before I can love you. This is what Jesus meant when he said, "treat your neighbor as you would yourself...and of course we do!"

I have also been studying Co-creative Science since mid-summer. It was introduced to me by a good friend and I was instantly captivated. I shall go into some further specifics about C-C.S on page 14, suffice it to say it is an energy orientation that honors the Great Mother, Nature, Gaia..It recognizes the differing levels of 'nature intelligence' from the Deva's to the nature sprits including Pan the 'C.E.O. of the nature spirits. C-C.S. shows us how we can relate to these differing energies from a position of personal power and equity.

On a personal note, I am moving into a powerful relationship with Pan. His role is to transform action into form, intention into physical reality. I appreciate his wit and personal magnetism. I followed the path of the Druid's for several years. This Celtic based earth belief system honored Pan as the 'god of the forest'. Having just entered into the Celtic New Year and focusing our attention on the Solstice. My poem honors Pan and some of the Druid mystery teachings.

In closing I would say, "God bless you on your way!" If my journey has shed a little light on your path I am honored! If you wish to connect with me with questions or comments you can reach me via e-mail at, Daniel-ohm@hotmail.com. I will close with these words from Lao Tsu, "when you realize there is nothing lacking, the whole world belongs to you!"



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The circle is cast the stones arrayed  
Sacred verse the elements displayed  
Fire and water, earth and sky  
Breathed the 'name sacred', the angels do sigh

All is in order the preparations made  
Protected by majik, hidden by the glade  
The circle is closed, the chanting begins  
Thrice spoken 'charm making' summons the winds

The clouds hide the sun, the sun blocks the moon  
Energy bubbles there's darkness at high noon  
The majik word spoken all preparation done  
Suddenly Lord Kernunnos steps from the darkness of the sun

He of the horn and the cloven hoof standing  
Attired by the forest his presence commanding  
We stand our ground firm, by the circle protected  
We make our request by him thrice protected

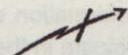
And the word doeth go out and the word doeth come back  
And whatever the word it must not come from lack  
For like attracts like and opposites collide  
And if spoken from fear we'll be consumed by the tide

And what is the word that the world would repel?  
There is no heaven, there is no hell!

All preparations made, all requests done  
The mighty Kernunnos steps back into the sun  
The ritual is over the circle uncast  
Mysteries long hidden revealed at last

And where is our Druid whose words can summon the deep... Tired from the day in his robes fast asleep!

Namaste



Daniel

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## CD Reviews

by Angèle



## Unconditional Self-Acceptance

The Do It Yourself Course

with Cheri Huber • ISBN 1-59179-237-1  
Sounds True • [www.soundstrue.com](http://www.soundstrue.com)

Some of the highlights include meditations and visualizations that bring awareness to the deeper emotional aspects of who we really are. She takes lots of time to explain the growing up process and even though our parents had good intentions we were still lovingly forced to conform so we could survive in society. She believes that this training often takes the aliveness out of us as we learn to behave differently, than what we were feeling. She offers practical examples so we can learn to witness our own consciousness, seeing knee-jerk reactions for what they are and learn to do better.

These six CD's were recorded at a workshop that Cheri conducted and I feel they would help anyone wishing to reclaim their enthusiasm for life by using self-acceptance techniques rather than self-control techniques.

I enjoyed listening to them while driving and absorbed lots of good information and now I am eager to close my eyes and participate in the meditations and visualizations.

## The Nonviolent Communications Training Course

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with Marshall Rosenberg, Ph.D  
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A step by step process of learning a new way of communicating which starts with active listening. The trick is to articulate the observation without introducing any judgment or evaluation—to simply say what people are doing or not doing that we like or don't like without a personal agenda. Sounds easy? It was not the way I was raised, but I know the truth when I hear it and this is the best advice I have heard in a long time. Listening to the tapes, over and over, I am starting to get clues as to how to implement it in my daily conversations, but it is slow going.

I probably would have been enticed to take his workshop ten years ago if he used a different title. I have never considered myself to be violent person, so why would I spend time listening to someone talk about it.

The CD's offer many examples of two disputing parties,, often married couples, that are hurting because they failed to articulate their needs. Sometimes Marshall has to repeat himself many times before they can fully understand what he is saying; then a resolution was reached. Well worth the time if communication is important to you.

# Sun *and* Stars

for December & January with Michael O'Connor



In November we experienced a host of planets gathered in the transformational sign of Scorpio. Scorpio is ruled by both Mars and Pluto. Endings, purging, eliminations, mergers, changes and transformations were coursing through our lives according to our evolutionary need, karma and destiny. The radical shift in the balance of power in the U.S. Senate is a strong popular example of this process. On a more personal level, those of us with significant planetary placements in the fixed signs of Scorpio, Taurus, Leo and Aquarius will have felt the powerful cleansing waters and it may not have been all too pleasant. However, change and transformation, death and rebirth are all part of the natural rhythm of life and as difficult as these are, we are wise to look into the deeper meaning because change does have a purpose, even though it is not always clear and can be extremely difficult to recognize when close-up.

In December, that same grouping of planets is migrating and gathering in the next sign in the zodiacal order, Sagittarius. Namely, these are the Sun, Mercury, Venus, Mars, Jupiter, and Pluto. When we speak of rebirth and resurrection after the endings of Scorpio, we can look to Jupiter which rules Sagittarius. Generally an exuberant and optimistic sign, the great archer is linked with social, cultural and religious realities. Travel, truth, philosophy, ethics and law are some of its main themes. While Scorpio is about deep inner, molecular transformational processes, Sagittarius is about expansion, risk taking and at best, good will and cheer. Jupiter is larger than all the planets in the Solar System put together. Its interest in philosophy, ethics, truth and law can reveal visionary and noble assertions at best, yet also heated debate about what is true and ethical can lead to fanaticism. In our emerging time of accountability, we will hear, see and engage in ideas, debates, reflections and postulations about what is true and good or not. People and places (Yes, countries and cities and even companies have Astrology Charts too!) with strong planetary placements in the mutable signs of Sagittarius, Gemini, Pisces and Virgo stand to be the most strongly affected by this big wave of celestial influence.

One of the most significant differences between the gathering in Scorpio in November and the gathering in Sagittarius in December is Jupiter being in its own sign, which occurs once in a 12 year cycle. This certainly is a promising sign of good will and optimism, yet as mentioned, also potentially of extremism, fanaticism and fundamentalism. I like Deepak Chopra's assertion that fundamentalism is a clear indication of hidden emotional insecurity. The other significant factor is Pluto, which has been slowly making its way through Sagittarius since 1995. Pluto is about clearing and purging and while in the sign of religions, it certainly has worked to weed out the limiting beliefs and assertions that were peaking just over a decade ago and now have fallen to whispers as the new science and penetrating historical research, as popularly exemplified in books like the DaVinci Code, sweeps away the narrow and limiting fundamentalist ideologies. Adding to this is the fact that Pluto is currently positioned at the Galactic Center which is 26-27 degrees of Sagittarius.

By late December the movement will be towards Capricorn and by January each of the planets mentioned, except Jupiter will cross the path of powerful and penetrating Pluto before entering the sign of the goat. This implies many endings and initiations as well. Capricorn holds the position of the first sign of the year for 2007. It is about duty, responsibility and authority and we gain some clear glimpses of a new guard and initial assertions of all kinds. While the planets proceed through Aquarius starting with Venus early in January, then Mercury by mid month, followed by the Sun, Mars will remain in Capricorn until late February. Mars in Capricorn is about teaching and learning new skills. With Saturn in Leo, this could be very good for the arts. I believe that the alignment of these planets in Aquarius will spark revolutionary waves and humanitarian visions and movements.

For detail on these events please visit updates ...[www.sunstarastronomy.com](http://www.sunstarastronomy.com)

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# JUDE • My Reincarnation from Auschwitz

by Jewelle St. James



I grew up in a happy place embraced by some of the most spectacular scenery on the planet. Rural British Columbia, with its lush pines poking at the azure sky, and shimmering lakes played host to endless adventures throughout my childhood. Yet at the age of ten, I read a book so scary, it rattled my idyllic world and changed my life forever.

The paperback was one of those little pocket books I loved to devour on a summer's day, lounged on a beach towel by the lake. Reading allowed me to explore other lands, times and lives while remaining safe in my beautiful slice of the world. But this book distorted that beauty and safety.

I only remember one scene. 1940s Europe. The land was flat and brown. An endless, high, slightly curved barbed wire fence enclosed stick-thin prisoners wearing striped clothing, trudging with shoulders hunched and shaved heads bent. Nearby townspeople, risking harsh punishment, tossed marmalade over the fence to the bony, out-stretched hands below. The prisoners shrieked as the marmalade sky rained gold from heaven. The scene broke my heart, and my obsession was born.

Years later, I was riveted to the television when black-and-white newsreels showed mountains of emaciated bodies bulldozed into open pits. The narrator said they were Jews. I hated watching the scenes but felt an odd connection.

Through my teens and early twenties I began noticing unfounded reactions to Jews and Germany. I was a waitress at a busy restaurant and enjoyed a co-worker named Sue. One day our boss growled at Sue to pick up her order. As she balanced plates of warm pancakes on her arm she muttered, 'Dirty Jew.' Suddenly, I felt ill and was glad our boss didn't hear her. I felt ashamed, like the words were directed at me.

I was also drawn to German foods and customs. My husband and I frequented the Blackforest Inn Restaurant near us, and the European deli in town was always a favorite. I wandered the shop breathing in the yeasty, sugary aromas, pausing to examine each European product. I reveled in the sights, sounds and feelings they evoked, filling all my senses. At Christmas, I always bought the stollen, a German fruit bread topped with white sugar. One year, the deli ran out of stollen. My heart paused and with great effort, I made it to the safety of my car where I burst into tears of frustration. I couldn't imagine Christmas without stollen.

Oddly, I also purchased the most gorgeous candlestick in the world for a friend. My husband said it was a menorah, the oldest symbol of Judaism. I never heard of a menorah, but it was the most precious gift I had ever purchased.

On Sundays, I placed Strauss, The Blue Danube on the stereo and listened to the bitter-sweet melody over and over. A friend finally suggested what I already suspected...I may be remembering a past life.

I was no stranger to past life memories. I spent twenty years researching and exploring a past life in England, and finally wrote a book about it. It was a story of passionate love

between me in a former life with a man named John Baron. I found ancient birth records and buildings in Petworth, England substantiating this life from three hundred years ago. Exploring a love story is one thing, but I was frightened out of my mind to delve into a possible life in the Holocaust.

I did consult several psychics who all picked up glimpses of a former life in the Blackforest area of Germany. They mentioned my father was involved with the underground press and was eventually hauled away and killed. This interested me, so I finally submitted to a past life regression where my own memories tumbled forward. I vividly recalled my family being loaded onto a train for the death camps. I was spared, but only for awhile. I also saw the scene of my death, shot by a teenager I once loved, who was forced to join Hitler's army.

I realized it was my destiny to once again write about my own experiences with reincarnation. Through my research, I learned six million Jews were murdered in the Holocaust and millions have reincarnated with memories and personality quirks just like mine.

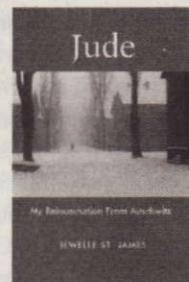
I finally closed the circle in 2005 when I visited the Nazi death camp, Auschwitz, in Poland where I died in that life. Painful memories that dogged this life spewed forth in a torrent of emotion as I toured the barrachs and viewed the Killing Wall. It took me weeks to come out of the stupor, but over time, I healed and felt tremendous joy and relief to finally understand my past and reclaim my present self.

I wrote a book about my journey back to Auschwitz titled Jude. By facing the past, I can forgive, move on and enjoy the love and safety of my current life in beautiful British Columbia. I hope my experiences will open the gates for the millions who suffered the same horrific fate by the Nazis, so all may heal and celebrate the life they have today.

## Books by Jewelle St. James

Available at:

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or on-line at Amazon.com



## Jude

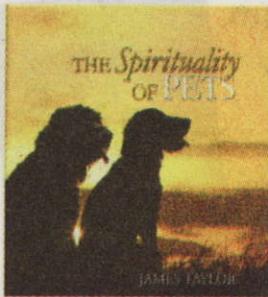
My reincarnation from Auschwitz



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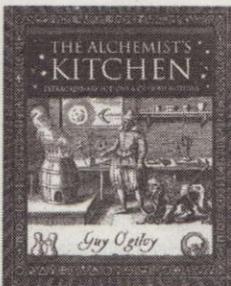
## The Spirituality of PETS

James Taylor

Northstone Publishing  
ISBN 10: 1-896836-81-X

For the animal-lover on your list, the photographs will be enough to keep them happily "aaww"-ing through the pages. This is the latest in the worthy "The Spirituality of..." series from Wood Lake Publishing Inc. in Kelowna. Opening it at random, I found this quote accompanying a photograph of a sweet Alsatian: "If having a soul means being able to feel love and loyalty and gratitude, then animals are better off than a lot of humans." A statement from James Herriot, the wise and wonderful writer who gave us the story of his life as a vet in "All Creatures Great and Small." Herriot's long and busy practice brought him close to so many pets and working animals alike, decades of experiencing their love, loyalty and gratitude, which must have proved to him that they do indeed have souls.

Personal stories, rather than a treatise on the subject, can often affect us greatly, and James Taylor tells us of his own pets, the joy and the grief intermingled. He says that much of the wisdom of his pets has sunk so deeply into his consciousness that he can no longer identify where it comes from - so he focuses on the stories rather than the research: He also points out that it is our association with the animals that affects our spirituality, and that he is still learning, that everything does not depend on him, that he can step back and let the universe unfold as it should. The stories will make you smile, sigh, blink back tears, and lead you to ponder on the spiritual depth of your experience with animals. From Albert Einstein: "Our task must be to free ourselves.....by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty."



## THE ALCHEMIST'S KITCHEN

Guy Ogilvy • Walker & Company

courtesy of Raincoast Books  
ISBN 0-8027-1540-0

No, not another cookbook, but an offering from a laboratory alchemist and researcher in which he describes some of the key concepts and practices of alchemy. While

acknowledging that alchemy in origin and definition is obscure, he explains that in China it is the quest for immortality, in India the art of making medicines, and in the West the quest for the Philosopher's Stone, which changes base metals to gold - all of these, and more. This book concerns itself primarily with the Western tradition, looking at the philosophy and principles that guide alchemists, the materials they work with, and the language and symbols used in the art. There is an abundance of illustrations, mostly old engravings which will keep you absorbed before venturing on to learn how to make your own incense, paper, perfume, soap, fabric dyes and artists' pigments. Those form the simpler side of the book, you will proceed with imagination, concentration, and an abundance of care as you walk the alchemical path.



## Book Reviews

by Christina

*Books make exceptional gifts when chosen with love and discernment - so here are my offerings for this Christmas and beyond.*



## WORLD VEGETARIAN CLASSICS

Over 250 essential international recipes for the modern kitchen

Celia Brooks Brown

Pavilion, courtesy of Raincoast Books  
ISBN 1-86205-677-3

We've all got those glossy big cookbooks, with gorgeous photographs, pristine pages, taken down and admired periodically, perhaps sighed over, but sadly often unused. This one will be different: this book is ideal for the cook on your gift list, particularly if they are an avid reader as well as an avid cook, for there is interesting information about the countries and their cuisine. The first recipe, Baked Brie with Cranberry Chutney, comes from British Columbia, which will make you feel at home before you go venturing off to Thailand, Australia, China, Iraq, England, and the U.S.....for Green Curry, Caramelized Onion and Blue Cheese Galette, Buddha's Delight, Spiced Lentils with Melting Cheese, Mrs. Myrtleberry's Roast, and Blue Corn Blueberry Pancakes.

I made the intriguing-sounding Son-in-Law Eggs, from Thailand, for my new son-in-law, Matt, who stopped eating long enough to declare, "Mmmm.....different.....but delicious!" The designer of the recipe must have been fond of their own son-in-law, because it is a bit fiddly, but obviously worth the trouble. The cover shows Crackling Rice-paper Parcels with Hoisin Tofu, hailing from Australia.

While the price-tag isn't small, this is not necessarily a book for the moneyed gourmet - many of the recipes come from countries where vegetarian is primarily a choice of economy. Because it pulls together food from around the world, some ingredients may be hard to come by, or downright expensive here in Canada, but an imaginative cook can easily omit or find substitutions. Everything I tried from this book was delicious, from the simple to the complex; there is information on the common foods of various countries, unusual ingredients are explained and demystified; and, yes, the end results did indeed resemble the photographs which will have your tummy rumbling and your lips smacking. If you look through it before getting out the gift-wrap, your recipient may be opening something else on Christmas day.....



## Book Reviews

by Angèle



### In Perfect Timing

Memoirs of a Man for the New Millennium  
**Peter Caddy**

courtesy of Findhorn Press • [www.findhornpress.com](http://www.findhornpress.com)

I found the book had a slow start because of my expectations of wanting to know how Peter Caddy started Findhorn. A quarter way into the book he meets Eileen and the next quarter is about following God's guidance. Feeling like Noah, he builds an ark while ignoring the criticisms and jeers of those around him. He talks about the disagreements in those early years and having no tools to resolve them they would meditate and confirm their love and accept the guidance that was received.

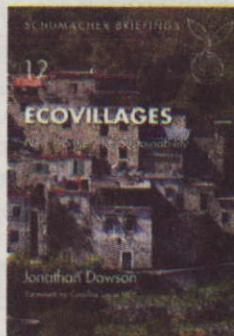
It is almost halfway through the book before Peter talks about the growing pains of the Findhorn community and the dawning of the New Age. The last quarter starts with Peter and Eileen's relationship getting rockier with each trip away. One page 373 it comes to a halt as Peter is killed in a car accident. Renata Caddy, his wife of the last seven years, went through his diaries and mountains of papers to complete his memoirs.

A fascinating read with the message of having faith in God.. absolute faith. Peter liked to think big; loved whatever he was doing, told examples of learning to be in the right place, at the right time, doing the right thing. He was fearless, had courage, was joyful and tried his best ...trusting that God would do the same. Well worth a second read if one wishes to understand the thinking/knowing process of an amazing leader.

## ECOVILLAGES

New Frontiers for Sustainability  
**Jonathan Dawson**

Published by Green Books on behalf of The Schumacher Society  
courtesy of Chelsea Green  
[www.chelseagreen.com](http://www.chelseagreen.com)



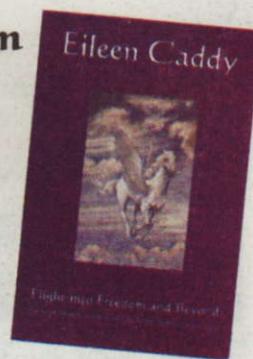
Jonathan was one of the presenters at the one month EcoVillage Training program which took place while we were at Findhorn. An activist, researcher and consultant, he has spent much time in Africa and South Asia. Today he is President of GEN (Global EcoVillage Network) and Executive Secretary to GEN-Europe.

He seems the ideal person to present an overview of what an EcoVillage is and says that Gilman's definition ...'A settlement which integrates human activities harmlessly into the natural environment, supporting healthy human development that can be continued into the indefinite future,' is aspirational but not yet achievable. EcoVillages are more complex than that simple definition.

## Flight into Freedom and Beyond

Eileen Caddy

courtesy of Findhorn Press  
[www.findhornpress.com](http://www.findhornpress.com)



This book was reprinted in 2002 just after her speech at the Peace Conference in India. 4,000 people listening as she says.. "How easy it is for each of us to say ... of course I want universal peace, but there's nothing I can do about it." She continues that it does start with-in each us, like ripples when a stone is thrown in a pond. We can listen to the news and allow the negativity to become us or we can transmute it with love. A person of peace does not resist war, but practices peace.

This is a story about Eileen's life journey; her fears and her joys are gifts to the reader. Her hope is that just as she moved through seemingly impossible situations and emerged triumphant with God's help... that you can do it too. I enjoyed her personal insights and was amazed that she survived as well as she did. Several times the fear of change was so great that she got lost in self pity. If she hadn't chose to listen to her inner guidance Findhorn may never have happened.

I am glad the ripples of peace are being felt everywhere and thanks to people like her, the struggle with the negative forces is diminishing. As God says to her several times ... the tide has turned and I believe it. This book is about living a spiritual life, day by day, moment by moment, with free will being the ultimate gift from God.

This book help us understand the damage that is done and will continue until we set some self imposed limits. He starts with some historical perspectives, then reports on the active communities from around the world, along with the challenges facing each of them. He concludes with some ideas of what the governments and people will need to do if they wish to accept the challenges and turn them into opportunities. He believes that because of the ecological crisis, EcoVillages are getting some mainstream attention. He shows us the bridge that needs to be built so that the creative and innovative initiatives that inspired some of the small groups will inspire larger groups. Citizens learning to use their energy towards sustainability rather than self serving interests that often hurt the planet.

I particularly enjoyed the chapter on Eko dollars, a third type of economic innovation that we discovered while at Findhorn; where you can trade your pounds into local currency. I was told that approx. half the wages paid to the staff are in Ekos, who spend them at the local businesses, which helps the money to stay around and creates more employment.

This brief book of less than 90 pages provides an introduction to permaculture, waste-management, small-scale energy generation, conflict resolution and so much more.



# Book Reviews

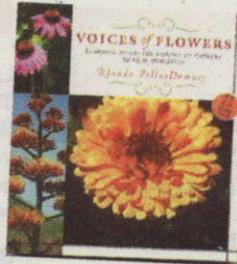
by Daniel

## VOICES of FLOWERS

Learning to Use the Essence of Flowers to Heal Ourselves

Rhonda Pallas Downey

Weiser Books ISBN 1-57863-365-6  
courtesy of Raincoat Books



A delightful little book full of natural magic. Birthed out of the author's love of the Great Mother this book contains the wisdom and power of nature. Beginning with a brief introduction to the healing qualities of plant life Rhonda explains how this natural healing can balance our chakra's. However, this book is more than just timely information, it also contains 48 detachable flower cards, each one brilliantly photographed. The flower cards each correspond to a meditation tool in the book where you will find the primary quality of the flower, a message from the flower, insight relating to the message, daily affirmation and chakra's impacted. I was immediately captivated by the nature power in this book. I use them every morning drawing three cards each matched to a specific intention. The warmth, clarity, and impact of the flower essence message both challenges and warms my heart.

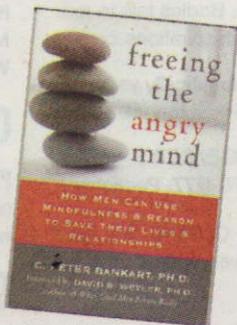
## freeing the angry mind

Peter Bankhart

ISBN 1-57224-438-0

www.newharbinger.com

courtesy of Raincoat Books



A book I nearly did not pick up because I thought I did not need it. Not that I don't have anger issues it's just that I thought I was on top of them. However I immediately recognized this book as a useful tool in my ongoing practice. The book weaves together the practice of Buddhist mindfulness with practical psychological helps. Workbook would be a better description of its format with its keen insights, practical applications, and self learning lessons. Written in a no nonsense style this book speaks to the heart of the male anger syndrome. If you are angry yourself or love someone who is this book will make an excellent resource.

## WHEN A MAN REALLY LOVES A WOMEN

Colin Hillstrom

www.HeartSongSolutions.ca

ISBN 1-4116-7109 -0



Written by Vancouver based author this is a collection of earth wisdoms, which speak to the heart. A women can only receive from a man that which he is capable of giving writes Hillstrom and as such our relationship mirror who and what we are.

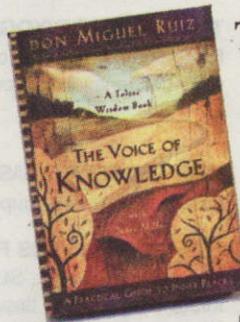
The book is divided into two sections; first, why we must love more, and second, what to do about it. Simply put, we must love more because it is the only way we can truly honor our partners. This attitude also activates the ancient truth that 'like attracts like.' I must bring to relationship those things I would take out. The book intertwines poetry, musing, and teachings into format, which both speaks and motivates the heart. I found it a delightful and penetrating read.

## THE VOICE OF KNOWLEDGE

Don Miguel Ruiz

Amber-Allen Publishing

ISBN 1-878424 -54-8



Written by the author of the Four Agreements, *Voice of Knowledge* is a continuation of Toltec wisdoms. Beginning with the myth of Adam and Eve, Don Miguel Ruiz explains how we

live much of our lives deceived by the voice in our heads. He explains that this voice is the voice of 'the liar'. The liar found its way into our minds through the natural course of growing up. The first lie fed innocently to us by our parents was that our 'goodness' or our 'badness' was dependent on what we did. This set us on a life long course of fearing the 'bad' and striving for the 'good'. It caused us to see ourselves as a human-doing, not a human-being.

The simple truth as Ruiz suggests is that we are a part of the great whole. Nothing can separate us that fact! The path to power lies in recognizing the voice in our heads for what it is, releasing ourselves from its spell, and stepping into our natural wisdom. "You are wise" he writes "when you no longer act against yourself!" "You are you when you live in harmony with yourself" I personally found the truths contained in this book extremely liberating! Out of the 15 or 20 books I've read in the last couple of months it is the only one I read twice... I highly recommend it!

# www.issuesmagazine.net

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Fear is a lack of belief in the power of God. Fear has no power against faith. Take time to calm the mind. You create your own fear by listening to outer circumstances. Turn to the Creator for the comfort and security you will need. Bring love to your body and mind by concentrating on your oneness with God. Step outside the situation and release it. Carrying around fear, anger, and resentment brings stress and sickness, emotional and physical. Let harmony flow through your body as you attract the light of hope and peace. God gives hope and you create the peace. With peace in your heart, your soul is at home. Make a home built around God and there you will find the love and faith you desire and need.



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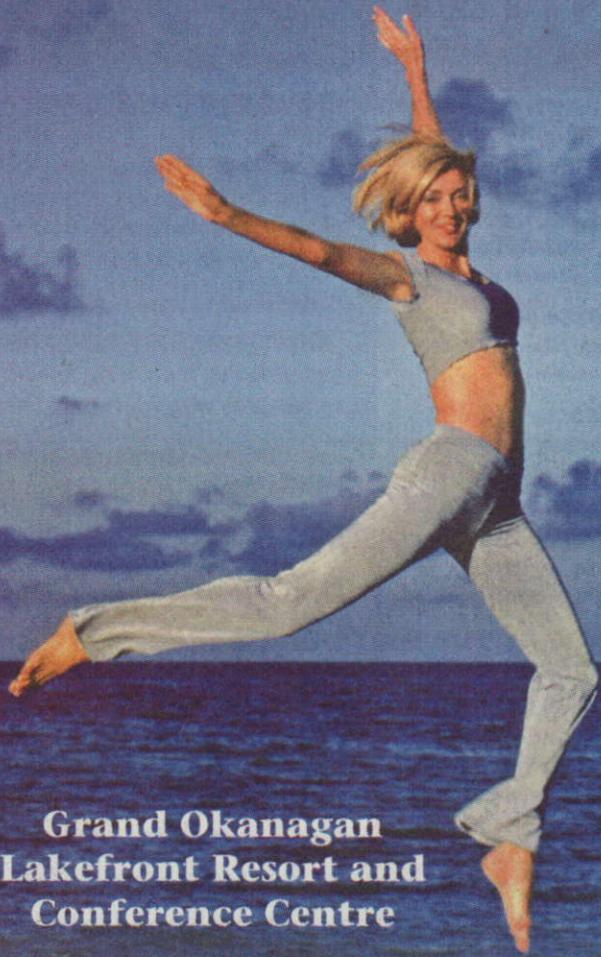
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