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June & July 2007

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Drumming From The Heart

by Kim Massé

There is a lot going on in the world today that can make us feel angry and frustrated, such as local/federal government actions or inactions, global warming, pollution, crime, and conflict in the Middle East. We may feel angry at those we think are responsible for all the chaos, violence, death and destruction happening in the world.

We may be so angry with 'these others' that we send them angry thoughts or negative energy because we may think this is the way to deal with our anger. We may think that by being angry at those we feel are responsible, it will cause them to correct their course of action and remedy the situation. Nothing could be further from the truth.

Remember the movie *The Secret*? One of the main tenets of the movie is the principle that whatever we place our attention on will be attracted. Taking this a step further, in concentrating on something undesirable we only bring it closer, enabling it to become real. So when sitting in front of the TV watching all the bad things going on in the world, getting angry and frustrated, we are actually reinforcing the "bad things".

Turn off the TV and get out your drum, become aware of the energy you send out into the world. We are all responsible for what goes on in the world because of the energy given out. Collectively we have all created everything that exists in the world, through our thoughts and emotions whether positive or negative. Emotional energy is the engine that drives the thought into being. If you want to improve the world, envision how you want it to be, not as you don't want it to be. You may help the World in sending love as opposed to anger. Send this love with joyful emotions to help it manifest.

So I ask you, who is reading this right now, to close your eyes for one minute and send love to a situation/people/government/country that you have felt frustration with. Just for one minute send love (positive energy) instead of negative vibrations. This will help the earth and her inhabitants in more positive ways than you can imagine.

If you have a drum you can generate some great vibes in your body, and when you feel tingly all over and good inside - send this feeling to some troubled area or group of people that you want to help in the World. Anger begets anger. Love begets love and healing.

Learn to clear and cleanse your body so you can begin to feel love instead of anger. Be the love and peace you want to see in others. You'll feel so much better doing this than by hindering the world through being angry at it. Can one person change the world and make it a better place? You bet!

On Tuesday night we are going to use our drum circle group to send love to all the situations in the World that we desire to improve by seeing and singing the Dream of Love...

Kim has a weekly Drum Circle near Nelson and is teaching at the Johnson's Landing Retreat Center Drum Camp.

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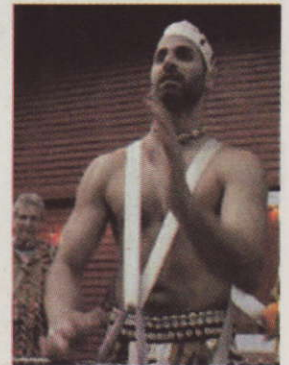
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Musing

with *Angèle*, the publisher

The front cover introduces you the Clear Sky Meditation and Study Center, near Fort Steele, which opened its doors in the summer of 2005. Details are on page 14. This is the second spiritual organization that has built in the Cranbrook area and now the Ishaya's are developing land on the East Shore of Kootenay Lake. I have not found the time to visit either of these new Centers but I hope to when I travel in that direction. It is great to see so many Light Centers popping up all over the land.

My spare time lately has been taken up with planting the garden and organizing the Spring Festival of Awareness. Being of service is something I enjoy, for it gives me a deep sense of satisfaction. It weaves my personal life into the work I do for the world and brings a sense of the Divine into it. It is interesting for me to reflect on my progress as I step forward into the gifts I have acquired over many lifetimes, fine-tuning them with each new volunteer or community member and whatever needs doing in each new project. Other people seem to recognize the amount of energy and talent my work takes more than I do. For me, it is another day doing what my angels ask. . . .

I seem to be good at organizing, whether it be an event or the environment I live in, for it comes easily and naturally. Balancing all that needs doing with what I can actually do seems to be my life's lesson. I thrive in organized chaos yet I find it easy to over-extend myself. This, I believe, is a positive quality. Otherwise, I might not have agreed to organize the Spring Festival of Awareness, help Richard with the Retreat Center, or endeavor to co-create community.

These days I feel pulled in different directions. I want to be in the garden as growing our food is important, even magical, yet new volunteers need guidance, the meals need to be readied, cookies baked, clothes washed and then... the magazine has this deadline. It seems to be separate from the community ... yet provides an income to help make the community happen. I would prefer to be outside doing physical work rather than sitting and writing but here I sit, typing my column, creating ads and answering emails and feeling a bit frustrated that I can't do it all.

When I ask myself why I take on so much, my best answer is "Why not?" When I take the time to feel my frustration, I come to appreciate my ability to keep on task, knowing the magazine has a magic of its own and always gets to print. I have purchased another Mac hoping that some of the computer work will soon be shared and then it will feel more like a community project. Now the trick is to prioritize my time to bring my vision to fruition.

Once I am on the road doing the magazine distribution, I arrange to take some time off and visit my sons and grandchildren as well as the many advertisers who have become friends or associates. I also book a Rolf session and am celebrating ten years of being structurally realigned. I highly recommend rolfing as well as yoga and some breath awareness sessions if you wish to hear your body speak.

I am ever so thankful to all the volunteers who showed up at the Spring Festival to make my job easy and more volunteers and community members who have arrived to work in the gardens and help with building projects at the Retreat Center. Together we are co-creating a new world vision. This nourishes my soul as I watch the paradigm shift that is defining what wealth really is. Every dollar and every hour of my life force is spent voting for what I believe in. Creating the change that I know is possible keeps me hopeful for the future and I am glad to be part of it. I am also grateful for the support of so many advertisers and the intelligent, optimistic readers who support them so we may all continue to progress in this journey.

Angèle





Richard is driving the tractor pulling Carrie, our new wagon. Loraine is at the back and in the front corner is Win, behind Win is Ian, another community member. Owen was visiting for the day.

STEPS ALONG THE PATH

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

Recently I had the experience of one of our community members passing on. Loraine joined us just a month before she departed this plane of existence. She had spent much time at the Findhorn Foundation in Scotland and when she read in one of the past editions of ISSUES that we were starting a community here in Canada, loosely based on the Findhorn model, she responded with enthusiasm.

Loraine fit into the Retreat Center community very well and enjoyed taking on projects where she had creative license. She spent many hours re-organizing the greenhouses and getting the plants started early in preparation for the 2007 growing season.

One day while Loraine was in the upper greenhouse she suddenly became weak and felt out of breath. She sat down on a bench to rest and felt so weak that she layed down on the floor of the greenhouse. When she finally felt better she came back to the Lodge and rested. When I saw her I asked if she wanted a ride to Nelson to get medical attention, yet she assured me that she just needed to rest and she would be fine. The next morning she was feeling somewhat better and we agreed that she should just take it easy and rest until she had more energy.

I served her meals in bed, spent some time listening and talking to her. To make her feel nurtured I started to read one of C.S. Lewis' books to her as a bedtime story. When it came time to sleep I gave her a walkie-talkie to call me in the night if she needed assistance.

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The following morning she still was not feeling quite right. A call to the Nurses Help Line indicated that Loraine was having some sort of heart problem and should get to a hospital. Even though she was not very fond of doctors, she realized that this situation required medical care and agreed to go.

On the way to the hospital Loraine told me that her own mother had a reasonably healthy life until she had a heart attack. She said her Mom went into the hospital and never came out. She also said that she, herself, had led a good life and if she went into cardiac arrest she did not want to be resuscitated. From her words I sensed that she was feeling like this might possibly be her departure.

When she arrived at the hospital in Kaslo they conducted tests and confirmed that she had had a slight heart attack. The doctor decided she should be transferred to the hospital in Nelson where they could do a more in-depth diagnosis. Loraine was in good spirits, eating and laughing. She suggested that I just go back to the Center as she was feeling much better. I felt good about Loraine's improvement and the caring way she was being dealt with by the staff at the hospital, so I told her I would make arrangements to pick her up on Friday from Nelson.

Later in the afternoon while back at the Center, I received a call from a doctor in Nelson who again confirmed that Loraine had a minor heart attack and that she was resting peacefully. About three hours later I received another call from her son who, much to my shock, said that Loraine had died suddenly in the emergency room at the Nelson Hospital. I went to her bedroom and sat on the edge of the bed where I had read her a bedtime story only the night before, I could still sense her presence in the room. I was glad that Loraine went swiftly and with so little pain.

Once again it brought home to me the preciousness of the short time we have to spend on this planet. And to appreciate the opportunity to connect with others with whom I get to share a moment in time. As I said in last month's column, I often blow kisses of appreciation to the Universe for the many blessings that have come into my life and I do the same now for having experienced Loraine in my life.

We have decided to name our upper greenhouse in Loraine's honour. May we always be aware of the preciousness of life.

Namaste

Richard



Allison Tanaka

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Is Your Yoga Mat Toxic?

by Malin Christensson

Yoga is healing, inside and out, in mind, body and soul. My yoga journey has brought me an eagerness to be alive, connect with my senses and to the world. When visiting yoga ashrams, I enjoy organic vegetarian food and working in the garden, creating harmony on all levels. Yoga and ecology seem to go well together.

It is surprising and sad to hear that most yoga mats are incredibly toxic and harmful both to our selves and to the earth! The original Indian gurus practiced without any sticky plastic mat. They used the ground, a rug or a tiger skin! In Western yoga, consumerism has crept in and convinced us that we need a special mat for our balance.

Modern yoga mats are made of polyvinyl chloride (PVC), a cheap and flexible material. PVC is a known carcinogen and considered to be the most toxic of all plastics. When this material is manufactured or when it is burned, dioxins are released into the environment. As PVC is very difficult to recycle and does not biodegrade, our great-grandchildren will have to live with yoga mat dioxins leaking from the landfills. The yoga mats also contain other dangerous ingredients, such as lead and cadmium.

My relaxing shavasana pose was never the same after hearing these facts. How contradictory that the healing yoga is contributing to pollution! Luckily, I am not the only one concerned. The Green Yoga Association is spreading its way from California, and more environmentally friendly yoga mats are becoming available. These are made out of organic cotton, hemp or natural rubber yet I prefer a simple woven rug and the bare floor. In the warm season, I enjoy the lawn, the beach and the earth.

We are all connected but I don't desire to be connected to PVC and dioxins. My vision for the yoga community is to be a part of the great turning, a retreat for earth activists and pollution refugees. How beautiful it would be with yoga studios teaching reverence for the earth and preserving energy. Brushed with eco-friendly paint and selling fair trade products to form a soothing and rejuvenating oasis for our souls. Do you know many yoga studios are already like that? Now let's change the yoga mats too. Om Shanti.

*Malin merges environment and yoga teaching when she is not happily gardening in Slocan valley, the Kootenays.
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WHEN AWARENESS ISN'T ENOUGH

Is This You?

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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 important. It motivates us to keep searching for answers to our unhappiness. Core Belief Engineering accesses and aligns our negative subconscious beliefs with what we now choose as adults. Then a transformation of the old beliefs, feelings, thoughts and reactions is complete on every level, spiritual, mental, emotional and physical, down past the layer of the cells. *"At last, at 58 I have finally made it! I tried all kinds of other therapies but nothing else worked. I have solved a 5-year writing block. Negative drama has become intelligent pleasure. Life is exciting!"*

-Sharon T., Writer, Kelowna

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

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Success Pictures

by Sandra Lee

All of us desire success in life. I believe that some people have pictures that block their success from manifesting. I am here to give you hope! You can heal your pictures and create Success Pictures to bring light into your world experience.

This story illustrates how the process works. I had agreed to lead a workshop. For months, I delayed preparing for it. What stood in my way? I feared that no one wanted to hear what I had to say. As a child, I thought everything I did or said was wrong. When speaking to groups, I spoke very quickly so I wouldn't take up people's time. One day, as I was presenting The Healing Codes, the intensity of my fear disappeared. Suddenly, Success Pictures flooded into my mind for the upcoming workshop. Prior to that, I made little progress in creating images of success for the presentation. Now I clearly saw a standing-room only crowd, eagerly receiving all that I had to share.

I healed the destructive cellular memories that kept me stagnant through using The Healing Codes (THC). Next I used The Success Codes (an offshoot of THC) to instill my wonderful Success Pictures, until I really believed in them. That day I planned my presentation.

When my workshop day arrived I held my standing-room only picture in a space of love and contribution. People began arriving and they just kept coming. People participated, asked questions, and found great value in the experience. My Success Pictures became reality and it felt glorious.

I healed what was stopping me, then consciously chose to believe in my Success Pictures. I took action as required, then got out of the way and allowed success to flow.

What do you desire? All areas of life are powerfully shaped by our mental and emotional pictures. Heal your negative pictures, and free yourself to live your dreams. *see ad below*



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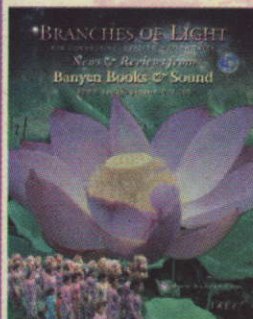
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Biggest Mistake in Nutritional Supplementation

One of the biggest mistakes in nutraceutical manufacturing today is that researchers identify a single vitamin or dietary phytochemical that seems to protect against a particular disease, and then nutraceutical manufacturers crank out supplements whose only active ingredient is that isolated substance. That's like plucking a star baseball player away from the rest of the team, putting him up against an opposing all-star team ... and expecting him to win the game single-handedly.

But baseball, real life and real health don't work that way. Biochemical processes are complex and synergistic. Take quercetin for example, the new darling of nutrition researchers. It's found in high concentrations in apples, onions, and tea, but it's also found in red grapes, broccoli, citrus, cherries and some kinds of berries. It acts as an anti-viral agent, anti-inflammatory and even an anti-cancer agent; though to bring out its superstar performance, quercetin needs the help of other dietary phytochemicals as found in its host.

In one eye-opening experiment, Dr. Rui Hai Liu, a leading nutrition researcher at Cornell University, demonstrated that as great as isolated quercetin is, it's even more effective in combination with other naturally-occurring dietary phytochemicals. Dr. Liu tested both isolated quercetin and whole-apple extract against human cancer cells. Both inhibited cancer cell growth, but the whole-apple extract was significantly more effective. In a second experiment with human liver cancer cells, Dr. Liu tested extracts from either peeled or unpeeled apples. The extract that included apple peel, where the dietary phytochemicals are much more concentrated, outperformed the peeled apple extract by 50%. That's why whole food supplements make so much more sense than isolated vitamins, minerals or phytochemicals.

A single whole food contains anywhere from dozens to hundreds of dietary phytochemicals ... most of which we haven't even identified yet! It's pretty certain though, that all these dietary phytochemicals have a synergistic effect on one another. So, the question is... ARE WE WASTING OUR MONEY ON ISOLATED VITAMIN / MINERAL SUPPLEMENTS?

Whole food supplements are not synthetic vitamins and minerals. They are "concentrated real food." They contain nutrients, living enzymes, life force energy, in the exact proportion that nature intended. As well, heat destroys nutrients. The cause of disease is because one's body is deficient in nutrients such as enzymes, raw protein, minerals, vitamins and various cofactors.

I believe this to be a fact – there is no way that you can get all the nutrients you need by eating today's food unless it is grown on fertile soil with added minerals and the food eaten in its raw form. Nutritional deficiencies cause disease. Having the proper amount of enzymes, raw protein, minerals, vitamins and co-factors allows your body to operate as it was designed and can prevent and eliminate any illness.

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EMOTIONAL FREEDOM TECHNIQUE FOR EVERY DAY

by Yvette Eastman

The Emotional Freedom Technique is so simple that I want to share it with you so you can determine its impact on you. You may use it with your kids, with the elderly, your frightened puppy and even your arrogant cat. You will be amazed at the results.

When I first sat down with a video and watched Gary Craig perform EFT on a man with a serious phobia relating to water, I decided to tap along and learn what it felt like, to familiarize myself with the points and the procedure. Within moments I had accessed a severely repressed traumatic time – the loss of my children. I touched intense pain which I had been carrying for years. I thought I had worked through all this and was horrified to learn that not even time had begun to heal it. As I released the pain through tapping, I reached a state of peace and clarity.. a state of awareness. The release was so profound that I cannot convey in words how it affected me. It was profound and powerful. It really, truly worked. Since that moment, my life has not been the same.

To begin applying the technique, decide on an issue that is meaningful and that is still impacting your life. Perhaps it is a fear of heights or of being alone, a craving for sweets or feeling reluctant to talk with your wife/husband or the pain from an old injury that still tortures you. Using this as part of a set-up phrase, you will begin to make a credible affirmation which your mind can accept. Whatever the issue, calibrate the amount of stress it causes you on a scale of 1-10. 10 means it is extreme, 1 means it is hardly there. Imagine a gauge and see where it registers. Take a few of these for example:

"Even though I am terrified of heights"

"Even though I hate being alone and must keep the TV on for company"

"Even though I crave sweets, especially when I am stressed"

"Even though I get cold feet whenever I want to talk seriously to my husband ..."

"Even though this pain is driving me up the wall ..."

The first part of the statement accepts the fact that there is a problem. Now you will finish the statement with an affirma-

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tive new choice. The following 'endings' can be used or rephrased to end any of the above statements:

"I choose to get over it."

"I am OK just the way I am."

"I deeply and completely love and accept myself."

"I want to deeply and completely accept myself."

"I choose to let it go."

"I choose to change this."

It hardly matters how you end the statement; although, it is important that you know what you mean by it, and that you say it with feeling.

As you repeat this whole statement three times, you will tap on the 'karate chop' (KC) part of your hand – either hand. Next you will pick a word or two from the first part of the statement that is a reminder word or phrase, like, "heights," "alone," "sweets," "talk to husband," or "shoulder pain."

Repeat this reminder phrase as you tap the following energy centers: inner eyebrow (IE), your outer eyebrow (OE), under eye (UE), under nose (UN), under lip (UL), below collarbone (CB), under arm (UA), (even with a man's nipple) and on top of your head (TH).

Tap each spot about seven times, saying the negative reminder phrase once, out loud, moving through the centers: 'Pain' (IE), 'Pain' (OE), 'Pain' (UE), 'Pain' (UN), 'Pain' (UL), 'Pain' (CB), 'Pain' (UA), 'Pain' (TH). Next, choose a positive reminder phrase from the end of your statement, such as: "I'm OK" "Love myself," "Let it go," "Change it" or "It's over." You will now tap and alternate the negative and positive phrases as you move along: 'Pain' (IE), 'Love myself' (OE), 'Pain' (UE), 'Love myself' (UN), 'Pain' (UL), 'Love myself' (CB), 'Pain' (UA), 'Love myself' (TH). Lastly, repeat the tapping sequence yet this time as you tap, repeat the positive phrase at each tapping spot seven times or so, out loud. "Love myself, Love myself"

Now calibrate the feeling again. If it is more than a '2', repeat the sequence starting with the Karate Chop point and a new statement like: "Even though I still have pain, fear, etc." When you tap the rest, simplify the phrase like so: "Remaining pain, fear, etc." Recalibrate until the feeling is way down to a 1 or a 0. When it is down to a 2 or 1 or 0, I often like to tap on all the points saying, "It happened. It's over. I learned from it. I am safe. I no longer need it. I let it go. I am open to the new. I am ready to go on with my life."

You will be amazed to find how great you feel, that there is no trauma in letting go of an old, deeply imbedded pain, memory, phobia or habit.

EFT is as simple as that! There's no need for you to worry about getting it wrong or if it feels as if nothing is happening or that you're doing it all wrong! Please, be calm! This is a gentle and very easy treatment procedure. It is very forgiving to inaccuracies and truly foolproof. Try it with a different statement but most of all, keep At It!

I'm still amazed sometimes just how effective it is and how versatile it is. As a practitioner I have seen miracles. Just today I worked with a man with a 30 year-old injury. A train had ripped his arm off and the resulting nerve damage was so intense that to this day, wearing clothes is painful to him as they irritate the nerves. Pain was constantly shooting from one area to another. He could not wear a prosthetic limb because

it hurt too much – not just the implement but the amount of straps and extra layers of clothing he needed in order to use it. Medications had not worked. He came with both doubt and hope. When he left, the major arm pain was totally gone! He was choked with joy. It took only an hour.

As a teacher, I have enabled my students to learn at a level they never thought possible. The results they receive are incredible, for both themselves and others. As an individual, I have gained a profound new elegance of life. I have discovered new skills and abilities which I never thought I possessed and those I already use have become supercharged. As a mother, I have been able to calm my children and grandchildren, to support them in a way that was previously unimaginable and to help them permanently overcome perceived limitations and moments of loss of faith.

Emotional Freedom Technique is an amazing self-help tool. EFT is powerful and makes changes in your body and to your thoughts. We therefore recommend strongly that anyone suffering from diagnosed psychiatric disorders, takes psychoactive medication or is under ongoing treatment with a counselor, psychologist, psychiatrist or outpatient department, should ALWAYS consult with their care providers before starting any new form of treatment, including Emotional Freedom Techniques. If in any doubt, stop and seek advice from your care provider or an experienced EFT professional or take a class in EFT to learn all its parameters.

Yvette Eastman is the director of Touchpoint and shares her knowledge in the Vancouver lower mainland, and is coming to Edmonton for the last time in 2007. please see ad below.

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Who Am I, Really?

by Laura Sinclair



Since I was a very young child I have had many questions about this life and reality we live in. Who am I?

Why am I here?

Whose version of the truth is true?

At the age of seventeen, an amazing and unusual thing happened to me. I experienced a sudden breakthrough into what I call 'living in a state of Infinite Consciousness and Knowing.' I experienced a feeling of being 'Spiritually Whole,' living in this physical reality. Being whole gave me a sense that I was all possibilities with a deep, compassionate understanding of everything and everyone. Every question I'd ever had about the mysteries of life were answered and this allowed me to feel content with just BEING in a state of KNOWING. I felt connected physically, emotionally, mentally and spiritually to everything. Instead of feeling like a separate, lonely droplet of water, I was the ocean. I discovered myself. In this state of infinite love and power I knew that EVERYTHING WAS POSSIBLE. I believe this state is lying dormant in each and every one of us just waiting to be uncovered. I feel that truly resolving our own personal issues by strengthening and aligning our inner-being sets us on the right path in the journey home. An inner home is where we remember our Innate Knowing and Wisdom while we still reside in the physical body. This has been my experience and I continue with my own journey to re-claim being whole.

Even at a very young age I found people to be exciting and fascinating. I always related to the trials and tribulations of whatever they were sharing with me regarding their personal lives. I found myself longing to help them as well as myself, truly wanting to find resolution to our problems.

Remembering and recovering the state of mind I experienced at seventeen has been my motivation to seek out a method of spiritual psychotherapy that specifically works with the mind and body. In my opinion, any therapy that excludes spirituality is incomplete. I'm fascinated with the brilliance of our minds and discovering the potential we all have. Since 1990 I seriously committed to healing myself as well as aiding others. I explored Reiki, channeling, numerous bodywork methods, a variety of spiritual healers, many self help books, cognitive therapy and native healing techniques to name a few. I applied these methods to myself and continued to study the use of supplements and nutrition.

All this has led me to the awareness that the key to truly solving my issues lies within identifying and changing limiting beliefs held within my conscious and subconscious minds. This realization led me to experience Core Belief Engineering for myself in a private session with Laara Bracken in Kelowna. The results I experienced were real and permanent with a true sense of trusting myself and owning my own authority. This led me to pursue The College of Core Belief Engineering Practitioner Training Program for the past five years where I have followed and developed my calling as a personal change specialist in the field of psychotherapy. *see ad to the left*

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The Samadi of Cats

by Kuya Minogue

Whenever I sleep through the alarm because I don't feel like getting up for my morning meditation, Tuffy, our big orange cat, makes sure that I don't miss even one precious opportunity to practice. He always seems to know when I need some prodding. Sometimes I awaken to find him sitting on my chest staring me into consciousness. At other times, when I am particularly resistant to that 6:30 a.m. sitting, he rings the awakening bell by reaching his paws under our duvet to dig his claws into my thigh. I'm convinced that, in a past life, Tuffy was the Zen monk who ran around the monastery in the morning, ringing the wake-up bells. He seems to understand that the best way to train my will is to get me to practice when I'm not in the mood.

As soon as he gets me up, he herds me down the hall to the *zendo* (meditation hall) and settles me on to my *zafu* (meditation cushion) so he can sit right in front of me. He looks straight up into my face and waits until the heart pulse of affection moves me out of the silent sitting and into the intimacy of running my fingers through his silky orange fur, down his spine and around his rump. I only have to do that once before he settles down on the edge of my *zabuton* (meditation mat) and slips effortlessly into the eternal samadi of cats. He stays there until I ring the bell to end *zazen* (sitting meditation).

After *zazen*, he really gets to work because we then do *kinhin* (walking meditation). He makes sure that I walk with awareness and in a perfectly straight line by slipping under my robe and batting at my toes as we move up and down the hallway outside the *zendo*. His real work comes when I start my writing practice. He's my consultant, and as I sit on my *zafu* doing three ten-minute writings on topics taken from the morning chants, he climbs on to my shoulder to watch my pen race across the page. Sometimes he even writes a bit himself by pawing or biting the end of the pen to make his marks on the page instead of mine.

It isn't until I've finished my sit-walk-write routine and move on to closing my morning practice by hitting the ceremony gong and chanting *The Heart Sutra* that Tuffy fully realizes his cat nature. I chant in a low rumbling voice which I am convinced, Tuffy interprets as purring. Of course he joins me and together we chant out the truth of emptiness that was taught by Siddharta of the Shakya Clan over 2500 years ago. They don't allow cats into Zen monasteries in Japan. I can't see why not. Purrrrrr. *see ad below for your chance to perfect your skills.*



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KUYA MINOGUE has received dharma transmission from Natalie Goldberg, founder of Zen Writing Practice. She has been teaching Zen since 1989 and holds a Master's Degree in Leadership and Training.

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FRONT COVER PHOTO

Clear Sky

Meditation & Study Center

by Catherine Pawasarat

At the foot of Bull Mountain, half an hour outside of Cranbrook is where the Clear Sky Meditation and Study Center is located. We opened our doors in the summer of 2005, with the goal of nurturing the Dharma (the teachings of the Buddha), as well as the students of Dharma, for generations to come. Clear Sky's interpretation of 'Dharma' is contemporary, international and wide-reaching, integrated with the wisdom of other sacred traditions, as well as ecology and psychology.

This summer we will offer a varied program consisting of weekly meditation retreats that focus on different aspects of bringing the fundamentals of Buddhist philosophy into our daily lives. We also welcome healing arts teachers from outside the Center to lead retreats.

Clear Sky serves as a base for our teacher, Doug Duncan, who is known for his energetic, insightful, humorous, and highly practical approach to teaching paths of awakening. He is Canadian-born and has been teaching around the world for the last two decades, has been based in Japan since 1998. Doug Sensei (as his Japan-based students call him - "Sensei" means "teacher" in Japanese) is well versed in traditional Buddhist teachings, as well as in Sufi, Taoist, Zen and Western mystical traditions. Decades of practice and training with Namgyal Rinpoche provides him with a comprehensive new approach to awakening.



Namgyal Rinpoche, the illustrious Canadian-born Lama, was recognized as an awakened being by the leaders of all four major schools of Tibetan Buddhism, including His Holiness the Dalai Lama. Namgyal Rinpoche was known for integrating traditional Theravadin, Mahayana and Vajrayana Buddhist teachings in an eminently practical, holistic approach that incorporates teachings of other mystical and religious traditions together with psychology, art and modern science.

Aside from necessary costs to maintain the running of the centre, all teachings are supported by the ancient practice of Dana, or anonymous donation. All sincere aspirants are invited to "come and see" in the Buddhist tradition of direct investigation and exploration, leading to personal and universal unfoldment. We welcome your participation and support. To obtain more information visit...

www.clearskycenter.org or contact us at
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THINK HEMP!

Think of hemp and many of us picture a mind-altering weed that has tarnished the reputation of this useful herb. Marijuana is the notorious cousin to hemp and is specifically cultivated for its high levels of THC (tetrahydrocannabinol) – the chemical that gives this famous weed its psychoactive properties. While hemp and marijuana originate from the same cannabis sativa species, the hemp variety produces only trace amounts of THC. Unlike marijuana, the hemp seeds are planted densely to produce thicker stalks and fewer flowers. Generally hemp is used commercially for its stalk and seed; whereas, marijuana (or cannabis) is used for its flowers or leaves. Thus, these two plants are vastly different.

For centuries, hemp has been used for food, shelter, clothing and medicine. It is re-emerging as one of nature's most useful, healthy, economically feasible and environmentally friendly herbs. It is for these reasons that hemp is worthy of attention and of redefining its true nature and use. Each part of the hemp plant (seed, oil and stalk) generates useful products. The seed is a hard-shelled nut containing protein, carbohydrates, fibre and a number of vitamins and minerals. It is one of the highest sources of essential fatty acids (EFAs), with a ratio of three to one of omega-6 linoleic acid and omega-3 linoleic acid (GLA). According to Udo Erasmus, author of *Fats that Heal, Fats that Kill*, this is the ideal ratio and hemp is the only vegetable oil available in this perfect balance.

EFA's are essential in our diets for the proper growth and functioning of the body. They aid in fat transport and metabolism, are necessary for the normal functioning of the reproductive system, for hormone regulation and for breaking up cholesterol deposits in the arteries. Recent evidence also suggests that people suffering from multiple sclerosis and attention deficit disorder may benefit from a properly balanced EFA intake. Deficiencies in EFAs can lead to changes in cell structure, resulting in slowed growth and other disorders such as brittle or dull hair, nail problems, dandruff, allergies, dermatitis and eczema. Hemp offers one of the highest sources of EFAs.

Best-selling author and a leader in health and healing, Dr. Andrew Weil, rates hemp seed oil as the #1 vegetable oil. He supports the use of hemp to lower the risk of heart attacks and to help as an anti-inflammatory for such conditions as arthritis and other auto-immune disorders.

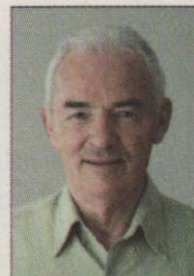
The oil produced by hemp is very fragile and should be refrigerated in a dark, airtight container to preserve its freshness and nutrient value. The oil is best used raw or uncooked. Hemp oil reaches beyond its usefulness as a food and has soothing, rejuvenating and restorative properties for the skin. For this reason it is ideal for use in body care products such as lotions, creams, lip balms, shampoos, conditioners, soaps and shaving products. Other non-food uses for hemp oil include lamp oil, paint, varnishes and lubricating substances.

The meat of the hemp seed is also highly nutritious and versatile for preparing a number of foods. Among them are healthy snack bars, cookies, porridge, nut butter, chips, pastas, tortillas, hummus, non-dairy milk, cheese, ice cream, burgers, flour, breads, and more.

The stalk of the hemp plant produces a strong and durable fibre that has been used successfully for clothing. It's insulating quality helps the wearer of the hemp clothing to stay warm in the winter and cool in the summer. It also offers UV protection. The fibre has been used in the manufacturing of twine, cord, textiles, paper, building materials and household goods.

To add to its multitude of uses, hemp is considered to be an environmentally friendly crop. It is a natural herbicide that rapidly outgrows competing weeds by smothering them and blocking out the light, and requires no other herbicides or pesticides. It has lower nutrient requirements than most other crops and it thrives in Canada's cool climate. In fact, the hemp crop cleans the soil and adds nutrients when it is allowed to dry in the fields. The deep roots of the hemp plant help to prevent erosion of the soil and provide aeration for future crops.

Fortunately in the past decade, hemp for commercial or industrial use has been legal in Canada, unlike other countries such as the U.S. which still prohibit its cultivation. The benefits of this plant to our health and to our environment cannot be understated. We may only be chipping away at the tip of the iceberg when it comes to exploring the potential of hemp.



by Klaus Ferlow

Hemp for Health, Chris Conrad

The Cultivation of Hemp, Dr. Ivan Bosca, Michael Karus

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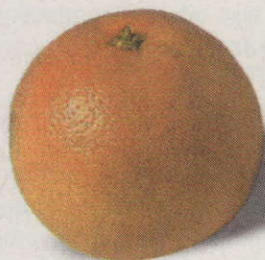
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by Angele

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Nature's Ultimate is a natural alternative that works on just about any job imaginable, and is sold at a reasonable price. I met the creators of this product at a booth where they gave demos at the Kelowna Health Show. They also have an organic version of WD 40 and a Stainless Steel Clean Scrub for your pots.

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The Buddha

To Taoists, there was an intrinsic relationship between man and the environment. They saw the natural features of the planet as having their counterparts in the human body; rivers, mountains, lakes, etc. Likewise, the unifying, health-giving energy, Chi, follows its course in the waterways of the planet as it does in those of the body and its meridians. Blockages, diversions, weaknesses, deficiencies, pollution and unnatural accumulations in both systems create disease. Water in the average adult body, like that on the surface of the Earth amounts to about 75% of the whole. The sensitivity of water to outside influence was demonstrated in Masuro Emoto's book *The Hidden Messages in Water*. His experiments showed that water not only has memory but also responds to emotions and intention from external sources. According to Oriental medicine, the kidney is connected to the life essence, memory, bone, marrow and water. The sensory organ of the kidney is the ear. It gives sound its passage and its contact to water, its ideal vehicle, being that sound travels four times faster through water than through air.

To understand more of the importance of sound as vibration and its relation to the body, we might turn to Dr. Bruce Lipton's book *The Biology of Belief*, in which he explains how the cell's perception of external influences is fundamental to its developing optimal DNA response to these outside stimuli. Working together in sympathy, the input of sound as vibration (energy), together with the good intentions of the honourable healer, as directed through the meridians, produce positive results in the consciousness of the cell.

Sound is a vibratory motion and has its parallels and origins in the universe. The galaxies, solar systems and their planets, humble structures like the dandelion seed head, and every organ of our bodies move in their unique, lively vibrations. We may not be able to hear these resonant frequencies but they make up a composite frequency, a "harmonic signature" singular to each of us; our own personal vibrational resonance. If one places a vibrating tuning fork close to one which is static the second one will vibrate in sympathy. And so it is possible for a vibrating body to reach out and set another one in motion. Sound resonance can be applied through carefully registered tuning forks to an ailing body in order to help it in its transfor-

Stephen Austen

Clairvoyant Medium • Healer
Medical Intuitive
Author & Metaphysical Lecturer



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mation to its optimal health.

Sound has been a powerful tool since the beginning of civilization in its ability to facilitate healing. The response of the fetus to music and sound is an indicator of the body's resonant powers. The various sacred and classical traditions of the world help us to restore the body to that still point which renders healing possible. These compositions return us to that place in the psyche from we begin to recover from stress related disorders such as nervous damage, high blood pressure, hyperactivity, anxiety and depression.

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submitted by Ibolya Sihelnik

written by Donna Carey and Marjorie de Muynck
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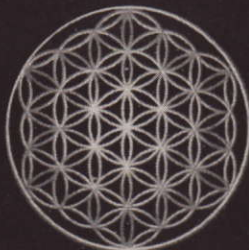
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A Cat Called Moose

by Moneca Litton

Getting married was one thing but sharing my betrothed with a cat was quite another. It wasn't that I didn't like cats. The truth of the matter was that I'd had dogs all my life. I liked canines and felt any person worthy of our company, (mine and my dog's) had a similar mindset. That bias was about to be challenged. After many dates with Donald providing weak excuses involving his cat's need to spend time with him, I simply had to meet my four-pawed competition. According to his calling card, "da Moose E. Hamilton, Gentleman Consulting Cat - by Appointment Only," this feline was known from coast to coast. As my husband-to-be's business took him right across the country, his carefully scripted weekly answering machine message included activities of the cat. It seems people would call expressly to hear such recordings such as "Moose can't come to the phone right now; he's busy teaching cats to skateboard or mice to meditate!" It seems he had quite a fan club. On occasion people would call, leaving no message and it was quite clear that they dialed only to hear what da Moose was up to that particular week. After hearing a dozen or so of these goofy messages, I was beginning to seriously reconsider my relationship with the man. I simply had to meet this cat! Sorting through the question of why the cat isn't a dog, I curiously approached the front door. Behold the Moose! Prejudice aside, he was one handsome fellow. A little droopy around the middle, but then so was my fiancé! The cat was large and stocky with magnificent, almost round, sky blue eyes. His full body, brown, with a hint of gold, was supported by four fine feet wearing matched white glove-like markings. It seems he was part Burman, the ancient sacred cat of Burma. Legend has it that the breed's blue eyes came from instant re-colouring the minute the head priest of the temple was slain. In this instant, his cat, Sinh, gazed upon the golden goddess Tsun-Kyan-Kse at which time he was given her blue eyes and his fur was tinged with gold. As he touched his beloved master, all four paws turned white reflecting the purity of his master's soul. One week later when Sinh too had died, he was able to take the priest's soul to Paradise. Just what I needed - competition with spiritual lineage!

Being 'between dogs' there was some availability in my heart, and during the first year of our acquaintance, da Moose and I developed an understanding so that by the time his person and I were married, I genuinely liked the little fellow. He was handsome, clean, and very affectionate - a lot like Donald! My relationship with this cat shocked me. Shortly before our nuptials, Donald's son suddenly died. I took on the pain of the death and managed to get a horrific case of shingles. For several weeks I was bedridden or running off for acupuncture. Those long days and nights were not spent alone. Moose was there, right in bed with me. He would jump down and back up again, depending on his meals and calls from Mother Nature. His loving attention and role of "kitty feel good" was greatly appreciated. Truly he was a Florence Nightening Moose! I was converted. I now had kitty con-

sciousness and life would never be the same.

Two years later, somehow poisoned while on holiday in Barbados, my body awoke one morning with every joint and muscle screaming. A full lecture circuit booked, cities to visit, tapes to sell, people counting on me, and I couldn't function. Once home in Vancouver, I spent upwards of sixteen hours a day sleeping, for almost two years. Not alone though 'Kitty Feel-Good' was there, either on my chest or curled up in my hair. I could no longer imagine life without him. Throughout the years we accommodated the aging feline with little acts of kindness such as pushing the couch closer to the kitchen island so he wouldn't have as far to jump, reserving a chair in the sun where only he could sit, and providing a kitty hammock for lazy summer evenings. Never tired of telling stories of his exploits from attacking Raccoons head first, to running down the hall with a piece of broccoli mistaken for turkey, we kept his persona vibrant. This cat had a wonderful life of being loved, watching birds, eating well, being warm and protected. Most of all, he had lived out what many cats are assigned to as missions in their life, which is to convert as many people as possible into cat lovers. He had taken his Karma seriously.

On a bright July day with skies the colour of his eyes, da Moose died. I thought I would too. Thoughts of joining him and the Burman goddess were not out of the question. Spirit told me to go out onto the deck. Blindly with eyes so saturated in tears, I obeyed. Laying down on the deck couch I took off my glasses, placing them carefully on the table and looked up into the Moose blue sky. There it was, a perfect heart-shaped cloud. Returning my glasses to my face, I looked again, and there it was. This time from its very center, one perfect white wing appeared on each side of the heart as if to say: "Oh, Moosie, I heart you too," Then the wings recessed back, the heart faded away and I fell asleep. Was the symbol real or a manifestation of my grief? Months later I realized that it didn't matter and I understood, as did the goddess Tsyn-Kyan-Kse so long ago, that death is no finality, but is a continuum of all we have known and loved. Thank you, Moosie.

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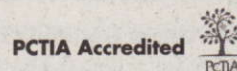
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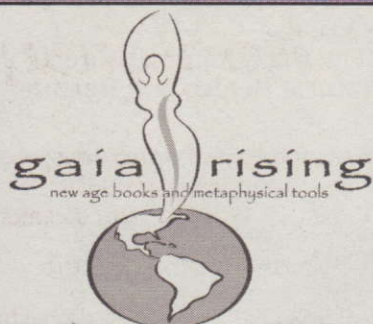
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Fire the Grid

July 17, 2007 at 11:11 am Greenwich Mean Time

by Shelley Yates

For the past two and a half years light beings have been communicating with me frequently. There are other dimensions that are just as real as ours and there are forces of good that truly want to help us. The light beings have explained to me that we are all connected by Source energy. This connection has a grid-type configuration so to make things simple, I will call it 'The Grid.' There are small grids connected to the large grid. For instance, each species of animal has it's own grid. This allows easy communication between animals. I'm sure you've wondered how salmon know when to travel upriver to spawn, or how monarch butterflies instinctively fly to Mexico, or geese fly in perfect formations. The connection to their grid allows them to know where and when to go. In the Asian tsunami very few animals died. That is because they were informed through their grids that danger was coming.

Human beings chose many thousands of years ago to disconnect themselves from a collective grid so that they could have free will. This severance has allowed us to make our own decisions and be independent yet it has also allowed us to make many mistakes which have adversely affected this planet. It has made our direct communication with The Source more difficult.

To help remedy the situation in which we find ourselves I have been given a plan which will allow us to more fully connect to the earth grid and begin the healing of this planet. Together we will reset Mother Earth with a bio-electric SURGE OF LOVE from humanity. When we sit in meditation simultaneously and fire the Grid for one hour, we will unite the globe and connect all the regions of the earth simultaneously. In the process, we will unite our souls in love, peace, harmony and collective cooperation to create a better world for our people, today and in the future.

They say firing the grid will pulse healing energy into the center of the earth and regenerate the core. They told me humans are like little lightening rods, channelling God's energy to the planet. If we choose to come together to rebuild our grid, then the natural flow of energy will be restored.

How do we accomplish this you ask? The time has been set for July 17, 2007, at 11:11 am Greenwich Mean Time. I have been asked to bring together as many humans as possible, throughout the world from every corner of the globe, to simply sit and pray or meditate for one hour during that time. Please join us.

For more details visit... <http://firethegrid.com/eng/home-fr-eng.htm>



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Transmutation... shed the negative

by Sharon Carne

What do you do when an archangel barges into your meditation? It was about two years ago that a golden glow appeared during a meditation and as it drew closer, turned into the most beautiful being I had ever seen. He/she sat down beside me and said, "I am Gabriel. I have come to help you with your next CD. It is to be called ***Transmutation*** and it's intent is to transmute negative thought form energy."

I was deeply moved and honoured by the gift of assistance. Some of the sounds for this CD had already been forming in my inner ear but were not clear enough to record yet. I renewed my efforts to find that inner sound but nothing new appeared.

What I hadn't expected was that for the next year, lessons in negative thought form energy just showed up in my life. The first one made me furious until I realized that it was a lesson and so my education in negative energy began. I had not really thought about or had conscious experience with how thought takes form.

With each new experience, I learned that a different intention was often needed as clouds of negative energy were dissolved. An angry ghost that appeared to my son (and who we helped move on to the light) taught me to hold an intention so that any confused spirit(s) within range of this sound could receive assistance if they chose to accept it. Some of the lessons came from my own negative thoughts.

Today there is much information available about how our thoughts create our reality. We are learning that thoughts are real, magnetic, sendable and receivable waves of energy. They can manifest the career of your dreams, wonderful people in your life, a cloud over your head or disease in your body. Thoughts are most powerful when they are combined with feelings.

One of my own experiences with the power of thought was a result of experimenting with sending out specific thoughts while I was performing. (I play classical guitar.) It astounded me when my thoughts which I sent out with the sound, came back to me in comments from the audience. My commitment became more profound when I realized that people were actually receiving them.

Part of our growth as individuals is becoming more responsible for the energy our thoughts create. As we learn to monitor them, we become able to choose the thoughts that serve us. What about the negative and dark thoughts that escape our good intentions? Many of these thoughts are accompanied with strong feelings of anger, resentment, frustration, etc. We need to express these feelings for it is part of being emotionally healthy. We need to be aware of the energy and find appropriate ways to express them and to clean up our past imperfections.

Transmutation, shed the negative, was created to transform negative thought forms in the body, auric field and environment. This CD is not intended to be easy listening music. It is a powerful sonic tool to help you dissolve any negative energy that is ready to go. As the sound begins to work on this energy, you may feel it move in your body or auric field or appear more clearly in your conscious mind. This can be uncomfortable for some people and for others it is very gentle. It doesn't always feel good looking at our negative thoughts and patterns and that is why we keep many of them buried in our subconscious mind. By getting a clear look we can choose to let them go. The more you do this, the lighter you become and the more you embody your spirit and true essence. The sounds on this CD are designed to work with this process. The drum is the heartbeat, slowing down your heart and brain wave patterns. The guitar carries the tones for the seven major chakras to keep the listener balanced and grounded. The movers and shakers in the first section are two singing crystal bowls, a 300-year old Tibetan bowl, a rainstick and a rather insistent wind. The vocals and bowls in the middle section focus on transmuting the energy and moving it out. The last section calms, relaxes and fills you with pure light.

Working with an archangel is challenging and unpredictable – or maybe that's just me being challenging and unpredictable. It certainly makes life interesting. Mostly, I am grateful for being part of the creation of such a powerful sonic tool that can assist others in their healing journey.

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MY STORY

by Wayne Still

The first time I heard of Rolfing® was in 1971 at the rather exotic location of Jog Falls in western India. A young woman traveler from California described it to me as a form of body work that changed your personality. Scary thought, that! Over the years I would occasionally see the Rolf Institute logo but never considered having the work done. That changed about 12 years ago when an energy rebalancer told me that he couldn't do much more for me and that I should get rolfed.

Chronic pain related to serious injuries I had sustained at ages 13 and 20 had me looking for relief. Regular exercise and yoga had kept me functional over the years but the demands put on my body by my work as an organic orchardist and beekeeper were taking their toll. I made arrangements to have a ten series.

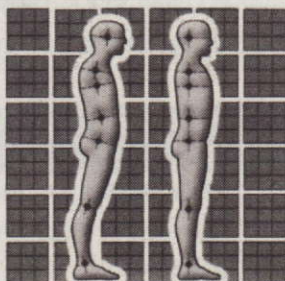
That first ten series delivered on its promise to make me more comfortable in my body though I didn't notice any particular personality changes at the time. Since then I have realized that my tendency to respond to stress by becoming depressed was gone. Several months after the ten series I began to experience a different kind of discomfort in my upper back and sought out another practitioner for advanced work. I was struck immediately by how different her approach to the work was from the first practitioner. Working deeper, she was able to deal with some of the underlying issues that were causing discomfort. At one point I experienced a deep release in my neck which left me feeling high for days. I continued to receive the work from a couple of different practitioners over the next couple of years, with my interest in the work growing, until I decided to learn to do the work myself. I applied to the Guild for Structural Integration in Boulder, Colorado, and was accepted into their training program.

Learning human anatomy, physiology, bodywork ethics and how to 'see' a clients, body were in themselves rewarding, but it was when I first started to apply the ten series recipe to human bodies that the work really came to life for me. My basic training at the Guild, with the late Peter Melchoir, as my main instructor launched me into the wonderful world of bodywork. Since my graduation five years ago, I have had the privilege of working with many clients, applying the principles of the work that are the legacy of Dr Rolf. Whenever I feel the fascia move, releasing a holding pattern which has restricted a clients, range of motion, causing them to lose function and experience pain, it is a vindication both of Ida Rolf's insights and my decision to learn and apply them.

Through continuing education workshops and my practice, I continue to refine my skills. My own body improves with the work I receive, reversing the ravages of the aging process. I don't like to even contemplate what my life would be like today if I hadn't gotten involved with Structural Integration work when I did.

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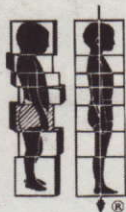
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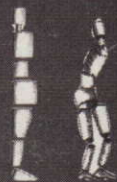
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MUNAY-KI

by Jane Hutchins

Munay-Ki, a strange name - what is it? It is rites and initiations from the Inca medicine people. These rites are put into the Luminous Energy Field (LEF, Aura) and through their growth change our energy fields so that we can live without fear, in our own power and dream the world into being. For many thousands of years the indigenous people of the Americas prophesied that a new human would appear on the earth at this time - *homo luminous* it is now called. This human will appear in what we call the West, and will understand how to work with the light body. As we work with the rites, they change our fields to remove the sludge from our chakras and allow them to shine in their rainbow colours. We are able to become who we really are - children of God. Munay-Ki can be translated as "Be Thou As thou Art."

For me, the Munay-Ki has translated to being in complete and utter happiness - from within. It just bubbles up and stays there and I realize I am happy no matter what is going on 'out there'. I also find that I no longer react to the tests the universe throws my way - I'm able to observe and watch them go by. And the Seer Rites - well, as soon as I got that one I opened my eyes and saw a row of little elf like people - sitting on a branch above me. (Not that I announced that to the group, I have to admit.)

A member of the US Olympic ski team told me that the rites have allowed her to perform better than ever - astounding to her coach, since she is over her peak age. A psychiatrist was planning to incorporate the teachings into her practice. Yet another has found a complete change in direction.


How did I get to it? I attended a Prophet's Conference in Sedona. Dr. Alberto Villoldo (Shaman, Healer, Sage) was one of the presenters. Alberto has been working with the Inca medicine people for the past 25 years, learning as much as possible about their teachings. His work and his sincerity impressed me, so I put myself on his email list.

Last September an email from Alberto talked about receiving the Creator Rite, the ninth and final rite of the Munay-Ki. This was given out to the world for the first time in the summer of 2006. Alberto's goal is to have enough people teaching this around the world to gain a critical mass of people who are always walking in the light. The Munay-Ki spoke to me. "Come and get me," it whispered. So I did. And it was fantastic! Five intense days in April in Ireland.


The results? I find myself living in complete and utter happiness. The tests come, as they always do, but I am able to keep myself clear of reaction and just observe them go by. I was driving in my car the other day and suddenly realized how deeply and completely happy I was. No outside reason - the happiness had come from within. Things that would have been hurtful before the course I can now laugh at - truly laugh at - the deep belly laugh. I love living with the rites of the Munay-Ki and I look forward to getting them deeper and deeper. People who receive the rites are asked to pass them along to others. That is my goal. *see ad to the right*

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WILD ABOUT MARINE PHYTOPLANKTON

by Audrey and Jim Shipka

Have you ever wondered where 'Energy' comes from? It begins with the Sun, the ultimate source of energy. Plants absorb the Sun's energy through photosynthesis and store it in their cells. There is more vital energy and nutrients in the food if plants are eaten fresh, grown organically or processed in a way that stores the vital energy.

Scientists theorize that millions of years ago tiny micro-organisms, called phytoplankton, pioneered the ability to convert energy, or light from the Sun, into essential nutrients and oxygen (Photosynthesis). These unique micro-organisms provide other life forms with essential nutrients, trace elements and oxygen. Phytoplankton fuels life at all levels. In addition to being the most important superfood available in harnessing solar energy and delivering essential nutrients, phytoplankton supplies our atmosphere with up to ninety percent of its oxygen. This means that most of the world's oxygen doesn't come from forests, grasslands or lush tropical jungles, but microscopic ocean plants.

Phytoplankton lives in all the oceans of the world and thrives in the pristine waters of the Pacific Northwest. The unique temperate coastal tides carry and mix nutrients from deep ocean water through upwellings, back eddies, and fjords creating the world's most diverse and nutrient rich blend of phytoplankton.

The micronutrients and perfect pH balance found in phytoplankton are exactly what our cells need to function at optimal levels. Delivering such a high density of nutrients to our cells will enhance and improve the structure and function of all the organs in our bodies. Conversely, a diet lacking in these micronutrients challenges cellular integrity resulting in dysfunction and increased disease. The words of Jacques Cousteau begin to ring in our ears: *"The future of nutrition is found in the ocean."*

The following stories are examples of how the body can heal physically, mentally and emotionally when given bio-available nutrition that includes food from the base of the food chain.

"I've come back to life thanks to the continuing support of several caring people and a healthcare provider who introduced me to FrequenSea. In the spring of 2006 she was treating me for a whiplash injury from a car accident. A series of traumas in my life left me with chronic anxiety and moderate depression. There was always something wrong with me. I had trouble sleeping, healing, coping and digesting foods, just to name a few. Doctors tried to help, but most tired of me when my tenacity to heal out-distanced any long lasting solutions. Over the years, I sought solace by medicating myself with alcohol, drugs and food, particularly sugar. Joy was fleeting and illusive.

Since taking FrequenSea I've experienced wonderful changes, some subtle and some dramatic. In a short time my sleep became deep and restful. I went from two good sleeps a week to five. My mood brightened and I am no longer an exhausted grump. A chronic sinus infection disappeared. It took only a few therapy sessions of discussing the car accident to trigger an emotional release that melted the painful football which had taken up residence in my back. It was then that the world took on a new hue, as if I popped out of a gopher hole. I believe, given the dramatic shift in my being, that FrequenSea nourished me out of chronic post traumatic stress. I am managing with ease while doing so much more. I have, literally, come back to life; dreaming of the possibilities." B.H.

"At the age of 17, I was taking cortisone shots in my shoulders and neck and seeing chiropractors often. At age 30, I was diagnosed with rheumatoid arthritis. I've had three knee replacements, a shoulder replacement and a right foot rebuilt with pins and plates. My wrist was deformed, swollen to almost the width of my hand. A friend called and said "I have something that might help your wife." I didn't have much faith in drinking

another tonic as I had tried a lot of herbs and vitamins and so far nothing helped my pain except Tylenol. Three days after starting FrequenSea I began to notice my pain going away. I went without Tylenol for 36 hours, then 56 hours, then 72 hours until I stopped using it completely. Some people were calling me 'The plankton lady.' They were giving me compliments like..."Do you ever look good. You're not limping!" Now I sleep like a baby and my husband says I quit snoring. On March 2 it snowed. When my husband came home from work he asked "Who shoveled the snow?" I said "I did." He was amazed. In the past I could not even lift the shovel because my back hurt so much. I cut our grass twice last summer with a push lawn mower. I hadn't cut the grass for six years. Now I vacuum and run up and down the stairs. I am now 55 and have my life back." D.O.

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SEABUCKTHORN

by Gladys Brown

About 10 years ago, I heard about Seabuckthorn on CBC Radio at my home in Midway, BC. Right away I bought 750 seeds for \$750.⁰⁰ The first year or two, I thought I wasted my time and money. I now see what a marvelous tree they truly are, even though the berries tasted like unsweetened cranberries. The leaves I used right away and found they really gave me the energy to keep farming.

The trees grew like weeds, giving me a nice wind shelter, as well as protecting the soil from erosion. About four and half years ago I went to Russia and Germany for 16 days, visiting the Seabuckthorn areas to learn more about its value. This trip was put on by the Canadian National Research Council. We visited a number of farms, a vodka and wine factory, juice and drug companies, and several Farmers Markets. I found out that over 400 products are made from Seabuckthorn. At the University of Berlin, I had the opportunity to speak with three medical doctors for an entire day. They told me that they advise every sick patient to stop at the local grocery store on the way home and purchase some Seabuckthorn. They stated that this berry heals the body from the inside out.

In clinical studies it was shown to reduce inflammation by retarding the growth of bacteria, aiding in the healing of burns and skin grafts. It also reduces signs of aging as it promotes skin regeneration and is high in antioxidants. I am told it supports respiratory function and heals gastric ulcers.

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About four years ago, I got another 1000 trees from the fruit runners, so I now have about 1700 thriving healthy trees. This year looks very promising for a fantastic crop. I am still figuring out the best way to detach the berries from the branches as they are difficult to harvest.

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Why We Put on a Music Festival

by
Devaki
Thomas

The first time I set foot on the Pow Wow Grounds of the Okanagan Indian Band, Komasket Park, in Vernon, was in the Spring of 2002. My husband and I were full-time touring musicians with our band Samsara and we'd taken a morning off for a school field trip with our third son Mathew. We started with a friendship circle inside a giant log arbor, listening to prayers by a few elders when a local native band member and friend, Mollie Bono, whispered to us: "You should play a show here." At that point we were unaware that this piece of land had been a traditional gathering place for the Okanagan people for thousands of years. Almost a decade ago, the Arbor was constructed with the intention of encouraging pow wows and gatherings to happen and a no drug and alcohol policy was set in place. No wonder a collective shiver went down our spines when we were offered the land to play our music. For the next 24 hours we couldn't stop talking about the idea.



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The idea of a summer concert for our fans in this historically and spiritually rich land on Okanagan Lake developed into a Festival pretty fast. We recruited fellow musicians we'd met on the road and local art enthusiasts. The shiver spread as the ideas grew into The Komasket Music Festival (KMF) and six weeks later nearly 1,000 people showed up and history was made.

One of the goals I constantly aim for as a musician is finding that zone where the magic takes hold and fills me with a sense of excitement, release, joy and creativity. The first Komasket Music Festival, and each one since, has been full of magic moments and a realization that we were being guided to create this event.....since then and through the ups and downs we've come to make the KMF the highlight of our year and our group stays focused for six months, planning, organizing and making it happen.

Over a year ago, my partner in life who helped set up this Festival, decided to move to London, England, to pursue his music and so the Festival has fallen on my shoulders. As a mother of four, a performing/recording artist and teacher, I often question my sanity in undertaking an annual project as massive as the Komasket Music Festival! A friend asked me recently why I do this, I responded that: "I love people, I love great music and dance, I love community, I love gatherings that bring all these things together." Of course there are challenges, I am an artist/musician first and being a festival director sometimes clouds that, especially when I have to book or schedule other artists like an agent; although, I do like the dualities in life and find it a great opportunity for personal growth.

This whole festival thing is in my blood; I grew up with a father who spearheaded and lead a spiritual community in Vancouver known for their celebrations and festivals. My family left that community in 1987 but it seems some of the best things stayed with us. After relocating to the Okanagan my father and his partner co-founded the Cherryville Festival of the Arts.

Organizing the Komasket Music Festival is a life dream in the making. When I get to spend a huge portion of my day scouting and communicating with some unbelievable artists, when I get to include my children in the planning process, when I get to see lasting friendships made, when I feel a part of creating a vehicle for positive change, and when I see the healing and personal growth that surrounds this festival, it all feels so worth it!

What Makes Healing Happen?

by Pascal Salesses and Jon Scott

Healing happens when we are open to a larger frame of reference, a bigger container that holds us and frees us from a contraction (smaller frame of reference) such as a limiting perspective, a defensive posture, or a fear. Expansion can be a heart-felt opening, a greater understanding, a deeper sense of comfort in our body, a fuller breath, acceptance, a creative decision, the empathy of a caring other, etc ... all these make for openings that allow us to let go into an experience of freedom, mystery, enlivenment and connectedness.

We are always contracting and expanding. Some phases of our lives have more contraction or expansion than others. Moments of expansion and relief are the ones we are naturally drawn to, we want more of, we pine for. We often recoil in the face of contraction, rejecting it. We struggle as if we could push it away. We spend a lot of energy trying not to feel discomfort, but pain and disappointment are unavoidable and are necessary aspects of maturing. They are gateways for change and serve as powerful catalysts for growth that we wouldn't otherwise undertake.

Expansion and relief can also be found in the midst of contraction. As we welcome and befriend the discomfort of our contraction and make room for it, new containers are created. Some openings feel bigger than others and still there are always bigger containers that free up even more energy.

Some of our personal examples of openings and expansion that happened in the midst of our discomfort are...

Recently I (Jon) found myself triggered when I walked in the living room and Pascal was being frantic about some business dealing she was involved in. I noticed that I was judgmental of her, I felt tense inside. I started pacifying myself by trying to be understanding of her but more judgments kept surfacing and I was feeling resentful that my space was being intruded by her agitated state.

Out of self-preservation I became interested in what was happening. I asked her what she needed. Fortunately I had an easy solution to solve her dilemma and that was the end of our challenge. She sweetly expressed her gratitude for thinking of what to do in the situation.

In this example the bigger frame of reference or container was my interest and the opening it created in me. I was able to listen to her from a place of being curious, from there it was easy to see what was needed.

Last winter when it was twenty below at Halcyon Hot Springs, Pascal and I were enjoying a sensuous and nurturing soak alone in the hot pool. I found myself feeling vulnerable and highly sensitized from the quality of our connection. Suddenly Pascal splashed water in my face in a playful and energetic gesture. The gesture was innocent but the feeling that got triggered in me was shock from an unpredictable assault. I quietly moved to the other side of the pool. I breathed deep, slow, long breaths to soothe myself. I felt violated and distrustful of her. After a while Pascal came looking for me and was surprised when she found me withdrawn, hurt and in shock. When she inquired into my state, I expressed my hurt and blame toward her. I could hear I was speaking from a young place in me. Her response was disarming, she apologized for the hurt her actions had precipitated. She focused completely on my needs, encouraging me to express all the feelings that were coming up. She demonstrated a sincere interest and compassion for my painful reality. Slowly I let myself melt as I regressed into feelings of being traumatized as a little boy. She kept attending my inner child with care and sensitivity until I felt safe. Afterwards I integrated back into my full self. What a journey that was!

Pascal now speaking... In this last example, my caring and attention for Jon was the bigger container that allowed his trauma to unfold further than he could have done on his own. That is how healing happens. The experience of smaller to bigger container is simple, even subtle, at times. Our conscious participation with them can take us deeper into the mechanics of our ongoing fluctuating energetic shapes. We both enjoy and appreciate how they work.

Jon and I enjoy supporting each other, serving as bigger containers in our and your healing journey. Both of us wish you the best adventure as you travel from smaller to bigger containers. *see ad below*

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HEALTH CANADA

is RESTRICTING YOUR OPTIONS

by Klaus Ferlow



Traditional medicine, which prevents dis-ease by determining the cause of the imbalance, has been used for centuries. Ayurvedic Medicine from India and Traditional Chinese Medicine have a history of thousands of years, as does Aboriginal Medicine (the medicine man). According to Chris Kilham, the medicine hunter, over five billion people around the globe are using herbal remedies for healing. www.medicinehunter.com

More people today visit holistic practitioners as opposed to allopathic (conventional) doctors because they have lost confidence in the system that only treats the symptoms and not the cause of the disease. The latest survey showed that 71% of Canadians, that is a total of 22,452,000, regularly take vitamins, minerals, herbal products, homeopathy and the like. The pharmaceutical industry has watched this trend over the years and influenced Health Canada to come up with some rules and regulations under the former Health Minister Alan Rock of the Liberal government. The notion was defeated due to an injunction by some very knowledgeable individuals from the natural health industry. However, Health Canada came back six years ago with the argument that the public wanted natural health products to be regulated to ensure their safety and efficacy. When I asked Health Canada officials at their hearings how much it will cost the industry to set up a new Agency called *The Natural Health Product Directorate* there was silence.

Natural health products were always regulated under 'food' and there they should stay, but some stakeholders agreed to put the health products into a third category and later the government put them as a sub-category of drugs! The new rules and regulations started Jan. 1, 2004, and they now have a backlog of two and half years for applications of Natural Health Product numbers (NPN). Finally they came out of the closet, asking the industry to pay \$3,600.⁰⁰ for each and every product applications and \$ 920.⁰⁰ for every product every year afterwards and gave us a very short time to respond ...by May 15, then extended it to May 25, 2007. As a result, the cost of doing business for small and medium sized companies will increase, product margins will decrease, retail prices will dra-

matically increase to a point that many people won't be able to afford them, product innovation will decline, product quality will be compromised and access to products drastically reduced. Basically it puts small and medium sized companies on 'death row' and many of them will disappear along with thousands of safe, natural health products that the consumer has relied on for many years.

Our Health Care system is on the brink of collapsing since it cannot financially be sustained, as Rafe Mair, former Health Minister in the B.C. government, wrote in one of his articles: *"The Verdict is In! Canada's Healthcare is Broken. We moved so far from the original intent of Medicare that we've forgotten what it should be."*

Is this what the public wants? If not, then get involved. Call your local MP, sign petitions in health food stores, tell your relatives, friends, neighbours and colleges. Act Now by writing letters to Health Canada, with your suggestions. What is important to you? Then work collectively for change, voting with your money, choosing to support what you believe in.

I shall close with these wise words of wisdom from Dr. Martin Luther King Jr.: "Our lives begin to end the day we become silent about things that matter." "The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."

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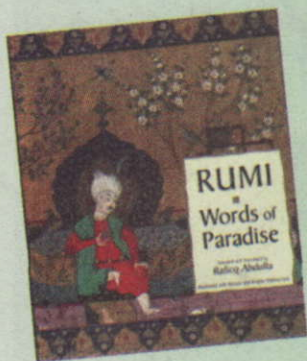


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RUMI

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ISBN 0-7112-2651-2

Maulana Jalaluddin Rumi was a 13th century Sufi mystic,

Islamic scholar and founder of the Whirling Dervishes, who wrote words of great beauty and spiritual depth. In a poem written as a tribute to Rumi, the book's translator Rafiq Abdulla writes: "Poet - first a seeker of Truth, then a lover torn from the glove of your passion; you learnt to speak from the heart, your voice like the unlettered prophet intoned Miracles." When you read the rest of that poem, along with the introduction and information on Rumi's poetry, you will have little concern about the translator's ability to bring Rumi's words to glorious life from the original Persian. The text on each page is set within a colourful frame, and many pages contain illustrations from Persian and Islamic manuscripts, so the book is visually beautiful as well as being filled with words of passion, wisdom, love and - Abdulla's words - erotic energy. If you've never read poetry before, or developed an aversion to it at school, I urge you to allow yourself to be drawn into the intensity and beauty of Rumi's language and imagery, and be transformed as he intended.



Book Reviews by Christina

Western Herbs

for Eastern Meridians & Five Element Theory

Evelyn Mulders • ISBN 0-9738354-0-0

Evelyn is passionate about her work, and it shows in this comprehensive manual which is suitable for anyone to use, practitioners and clients alike. She states that the aim of the manual is "...to assist those who wish to support their understanding of

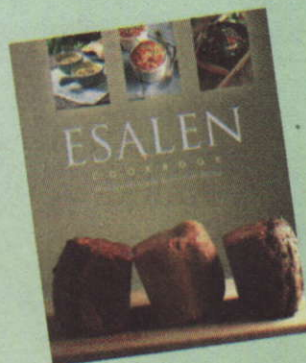


the meridian energy system of the body and the Five Element concept with common Western herbs." The herbs are organized into the five elements, with a page dedicated to each herb - there is a clear colour photograph of each one, and you learn the uses, attitude, habitat and cautions relating to each, along with where they are grown, which parts are used, and when they are harvested. You can also learn how to gather, harvest, dry, and store herbs, and how to make teas and tinctures. There are sections on East vs West health approaches, restoring vitality, kinesiology, the aura and the chakras, colourful charts, as well as tables which provide mental, emotional and physical associations. This is an excellent resource, no matter how involved with the use of herbs you wish to be - it is, as Evelyn says in her acknowledgements, "a work from the heart."

ESALEN COOKBOOK

Healthy and Organic
Recipes from Big Sur

Charlie Cascio
Gibbs Smith, Publisher,
courtesy of Raincoast Books
ISBN 1-58685-852-1



Esalen is a world-renowned institute in California, a retreat centre where people live and work in a communal setting, whose food comes from Esalen's own organic farm. It takes its name from the Esselen Indians, who believed that the place on which the institute is built is an energy confluence of earth, mountain, sky and sea, and thousands of people go there each year to learn, teach, talk, think, seek, find, heal....and cook. The kitchen serves 750 meals a day, 360 days of each



year, but don't worry, you don't have to be that ambitious or capable to venture into this book for some marvellous recipes. The emphasis is on healthy, fresh and organic, as well as delicious of course, and there is plenty of choice for vegetarians and vegans. You'll find not just scrumptious recipes to keep you browsing through this book for quite some time, but also full-page colour photographs of local scenery as well as food, the origins of the recipes, and information with photographs of some of the people responsible for them. Try Sponges of Love Pancakes, Enlightened Balsamic Salad Dressing, Maple Pecan Apple Crumb Pie, Marion's Living Muesli, Smoked Salmon Spanakopita, Asparagus and Shiitake Mushroom Strudel. It's always hard when looking through a new cookbook to decide what to make first, that is until I came across the Chocolate Tantric Pie.....

Book Reviews

The Fungal Pharmacy Medicinal Mushrooms of Western Canada

ISBN 0-9781358-1-4

Robert Dale Rodgers

Self Heal Distributing: fax 1-780-439-9540

Not the most useful book I have read, but since moving to the Kootenays and eating a few wild mushrooms, my interest has piqued. Chinese herbalists and Terry Willard expound on the virtues of Reishi mushrooms to boost the immune system, so when this book arrived in my mail box I said thank you to my angels and decided it was about time I learned more. Robert, a herbalist for 18 years who used aromatherapy and vibrational essences as healing tools has written twelve other books during his 35 years of being interested in native plants, fungi and herbs. His love of nature and spirituality shines through lots of technical terminology as the book twists and turns through folk lore, Greek mythology and Native legends.

I was amazed at the variety of shapes and colors in the one hundred colored photographs and enjoyed the history lessons. I believe he is on the right track when he says "The role of Fungi will be to clean up our increasingly toxic planet and optimize Gaia's immune system."

GUERRILLA GARDENING A Manualfesto

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with or without Permission

ISBN 978-1-86571-583-7

David Tracey • New Society Publishers
www.newsociety.com

It seems as though everything needs a title. Several years ago it was *Lasagna Gardening*, which is a way of mulching land like they do in the Permaculture books and something I have done naturally for years. My friend June grew lots of veggies and flowers in the back alley of her apartment building for the past twenty years. This book encourages you to get involved and make your city greener. *Guerrilla Gardening* is full of practical tips with short stories from successful Guerilla Gardeners and a few pictures illustrating the transformation of landscapes.

Bravo for those already doing it already and may this book encourage more people to get their hands into the soil. I liked their reference... 'random acts of gardening', and I am sure it will put a smile on some faces, especially if it comes as a surprise along one of your walks in an unexpected area of town. Doing it just for the love of it is the basis of the book.

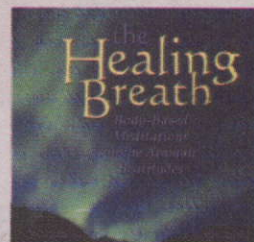


the Healing Breath

Body-Based Meditations
on the Aramaic Beatitudes

by Neil Douglas-Klotz

Sounds True • www.soundstrue.com



In Jesus' Middle Eastern culture the breath was reconized as the ultimate power behind the cosmos. Central to the healing process, it was seen as our first and last possession, the natural rhythm of life and our link to the Divine.

By listening to these CDs you come to 'find your home in the breath' and the connection to the spirit of the one who shared these 'living feelings' so long ago. We can still tap into the healing energy that comes through Jesus by learning any of the 24 body prayers that Neil teaches, by singing them for about five minutes with the rhythm of a guitar. The resonance and feelings of surrender it leaves is a gift to the listener.

I first heard Neil about seven years ago and was so impressed with his decoding of the Aramaic language and its simplicity of what was really said by Jesus that I mailed a copy to my brother for a Christmas gift. He was not as understanding as I would have liked, as his Biblical knowledge is different than mine but perhaps seeds of change were planted.

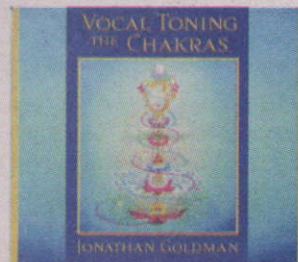
One of my favorite translations of Neil's work is that their is no word for 'evil'... the word that Jesus uses is 'ripe'... either you were ripe or ready for the experience or you were unripe. Simple, no judgments, no right or wrong... just encouragement to bring yourself back to the breath. I liked the way Neil guides a listener into the heart of Jesus' language, insights and culture so we may access the path to wholeness and fulfillment. Neil encourages us to explore what has become lost or ignored in ourselves by opening up with our breath and releasing fear through chanting.

VOCAL TONING THE CHAKRAS

Jonathan Goldman

ISBN 1-59179-282-7

www.soundstrue.com



Listening to these CDs while driving is not the best way to absorb the vibrational experience intended, but I figured the energy shift would be good for me and my van.

Listening to the sacred vowel sounds and toning with Jonathan's voice helped stimulate my focus on the various energetic centers. As he says, "Everything is in a state of vibration." and "When the right vibrations are matched with the right intent there is no limit to the healing power of sound." One day I will give it a 'good listen' so I can harmonize the energy centers within and heighten my state of awareness without the added distraction of driving and feeling the vibes of the engine.



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