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MAUDE BARLOW & THE RAGING GRANNIES

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Musing

with *Angèle*, the publisher

On the front cover is Maude Barlow, chairperson of the Council of Canadians, and Bob Ages, treasurer, enjoying the presentation *Troops out of Afghanistan* along with approximately 200 people, including the Raging Grannies of Kelowna, on Saturday, October 27. Maude learned early in life to empower herself, and now she is empowering many people to speak clearly to our government about our rights.

I drove to Kelowna on Friday, October 26, to listen to her speak and joined a conference room filled with social justice activists from across Canada, the United States and Mexico. It is great and important that she travels around the world exposing the secrecy of the World Bank/WTO and multi-national corporations.

I was delighted Maude's group chose Kelowna as the site for their 22nd annual AGM. Maude was joined by Wenona Hauter, Executive Director of Food and Water Watch in Washington, DC and Claudia Campero Arena, founding member of COMDA (the Mexican Committee for the Defense of Water Rights). They took turns explaining the harmful effects of continental integration on water a



time giving examples of how President Bush's deregulation policies are affecting the food they ship to Canada. She had lists of toxic chemicals and the irradiation used to preserve food so that when it arrives it is considered "safe" for us to eat.

Towards the end of the evening, Maude answered questions about the SPP, the Security and Prosperity Partnership of North America, and the negative impacts of this proposed deal, so that we can develop strategies for resistance. Maude believes the SPP is a threat to our environment, our civil liberties and our social programs, and she is making sure it does not move ahead without public discussion or parliamentary debate. Maude also told us how North America's richest corporations would like us to believe that it is in our best interest to trust them and become locked into an undemocratic move towards continental economic and social integration that is aimed at establishing common policies between Canada, the United States and Mexico. The 300 policy areas include Energy, Security, Food and Health Standards, Foreign Affairs, the Military and Immigration.

The sole advisory body to the SPP process is the North American Competitiveness Council (NACC), an elite body of 33 corporate giants, comprised of ten from each country with three extra from the US. For regular updates about what is happening with the SPP, please visit www.integratethis.ca or www.canadians.org.

After the meeting, Maude autographed her new book, *Blue Covenant: The Global Water Crisis and the Coming Battle for the Right to Water*, which outlines a bold new solution to address the water crisis threatening Canada and the world. Details about the book are on page 22 and an article about Maude on page 08.

For me, life is exciting as we turn the corner to 2008 ... only four years left before 2012. With the vortex of change rapidly approaching, this energy will force us to get off the fence or get sucked into the mechanized world where corporations rule. Movie series like *The Matrix*, *The Lord of the Rings* and even *Harry Potter* hint at the coming upheavals of duality, a reflection of what "Oneness" means.

Musing continues on page 6



STEPS ALONG THE PATH

by Richard of the
Johnson's Landing Retreat Center

Home of Issues Magazine

The other morning I woke up with a stiff middle back from cutting and hauling firewood. I did some stretches in bed as I reflected on my physical body. It occurred to me that perhaps I could not do the same physical activity I did during the previous year's firewood gathering. The idea of aging was never a serious thought for me as I have been blessed with an abundance of good health for most of my life (...kisses to the Universe).

Most of the Spiritual readings that I have done usually mention the impermanence of everything. Reflecting back on history, most great civilizations eventually crumble, as will the work that I have done, only to be lost in time. Just to the South of us I can see the most powerful nation on the planet starting to crumble, as did the Mayans, the Romans, and other past civilizations.

At one time this seemingly unalterable pattern of beginnings and ends made me wonder, why bother at all if the end result will eventually crumble only to be forgotten? Finding an answer to this dilemma was a matter of changing my perspective from a mental one to a heart-centered one.

When I think of various cultures and civilizations that have lived in the past, it is the knowledge and influences they left behind that really affect my life. This belief gives me the strength to continue building a light centre in hope that the love and knowledge that people gain here will eventually leave a better world for our children.

I can still remember our very first retreat in the Fall of 1998. At one point during the thirteen-day event we were having a silent meal. I distinctly remember leaning back from the table in my chair and looking up at the beautiful wood ceiling above me. Into my head came the thought that I love every board and nail in the entire building ...and if it were all to burn down tomorrow I would still know that I tried my best to make a difference in the world.

My hope for the Johnson's Landing Retreat Center is for it to grow as new folks arrive with ideas to support the vision. I dream of the day that we will have an hexagonal shaped meditation space. We are also dreaming of building an energy-efficient main building that uses geo-thermal energy for heating, instead of gathering firewood every year. It will include a new kitchen, a registration area with store space, another meeting room, all with solar-powered lighting. We have been inspired by the Findhorn Foundation in Scotland to eventually build a Living Earth Machine to deal with sewage. We are also planning a large bath house that has all the amenities needed for campers, tree house and cabin dwellers. As long as the list is,

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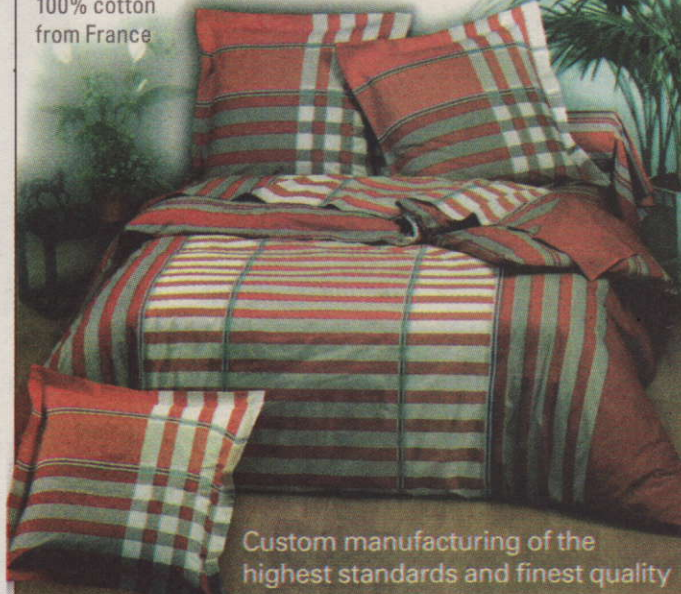
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Namaste
Richard

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Musing continued from page 4

Either an internal connection to the Divine and our knowingness of what feels right, or the external control of logic as the "One World Government" tells us what we can and cannot do. This yin/yang shift of energy shift-shapes as each one of us inputs our thoughts, feelings and actions into the giant computer database in the ethers. It is important that each of us becomes aware of how we spend the life force that we are graced with when we are born. We *do* make a difference and we must become the change we wish to see in the world.

Many movies today depict similar scenarios with the same message. I believe we are given choices to make in life about how to use this power, and that we need to use our will power to make good, clear choices about love and loyalty so that we can overcome the monster (corporations) we have created through our ignorance or innocence. We have been trained by society and by our school system to be seen and not heard, to use the logical brain and succeed above all else.

Now is the time to 'feel the fear and do it anyway,' to be seen and heard, to become conscious of our ability to shape our future or die doing it, only to be born again with the energy of our presence still intact. The opportunities we are given today represent many lifetimes with many choices, often called Karma. With so many good books, people and organizations around to help the shift happen in a way that does not infringe on our free will, I encourage you to get involved and support people like Maude and the Council of Canadians. The choice is yours.



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-Sharon T., Writer, Kelowna

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Canada's Immovable Maude

by Jodie Lindley

Passionate, opinionated, driven, committed and ... immovable, Maude Barlow is one of Canada's strongest voices protecting and promoting national sovereignty and democracy. Currently, she is the head of the Council of Canadians, a citizens' watchdog group fighting against questionable government policy. Her views are strong, and her dedication is stronger. Recently, Maude was in the frontlines at the Quebec Summit protesting for Canadian water rights and even withstood an assault of tear-gas.

Maude's childhood was spent in a middle-class neighbourhood in Ottawa, and she experienced a happy and traditional upbringing. She learned about social activism at an early age from her father, Bill McGrath, who was an advocate for the reform of Canada's prison system. Bill had witnessed wartime carnage, and upon returning home vowed to make changes so that his children would not have the same experience. This undeniably inspired Maude to fight for major social issues affecting her generation.

The women's movement of the seventies captured Maude's attention, and as a middle-class housewife, she threw herself into the most exciting social revolution of her time. To be at the ground level of change was integral to Maude, so she ran the Office of Equal Opportunity in Ottawa. From there, at age 36, Maude went national, consulting on women's issues for Prime Minister Pierre Trudeau.

Maude also experienced a short stint in politics, running for the Liberal nomination. After her defeat, she decided to work outside the system, independent of the government. It



was in 1985 that Maude and a group of other prominent Canadians formed the Council of Canadians, or CoC, which twenty years later she leads fearlessly. The CoC was formed to share concerns over the Mulroney government's policy directives, and to endorse the right of Canadian citizens to have a distinctive and progressive political culture, universal social programs and an independent foreign policy promoting social justice and peacekeeping. The CoC has made its presence known, in organizing protests and pressuring the government to be accountable to its people.

In 1987, Maude led the CoC in cultivating opposition to the Free Trade Agreement, which threatened to weaken and eliminate Canadian culture, social security and stewardship over our natural resources. Exposing the intent of the corporate elite in "the sell-out of Canada" by destroying our distinct economy, was an important goal of the CoC.

By the mid-90's, the CoC aimed to battle the consequences of trade deals and the impact on social programs, natural resources, culture, health, environmental and safety standards. Campaigns against bovine growth hormones, bank mergers, Conrad Black and media concentration, pension grabs, the MAI, and genetically engineered foods were fought and often successful. The CoC also expanded its reach internationally, building alliances with countries having common interests, to express the belief that as citizens, our basic rights are not to be sold as a commodity.

Currently, the CoC is working for protection of 'the commons' like food, water, social security, human and animal life...there are global corporations that actually want to buy our national resources. Organizations wanting closer ties to the U.S. are promoting a deep integration of Canada and the U.S., creating economic union and a common dollar. The CoC sees the importance of defending Canada's sovereignty from the

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globalization threat.

A recent success is the challenge against the Security and Prosperity Partnership of North America (SPP), an executive-level pact between the governments and corporate sectors of Canada, the U.S. and Mexico. The SPP has over 300 initiatives aimed at harmonizing North American policies on food, drugs, security, immigration, refugees, manufacturing, the environment and public health. Maude believes if people knew about the content of the SPP, they would be concerned and appalled ...plus these issues have never been publicly debated or voted on in any of the three countries. This summer, the CoC made the SPP a household name, and continues to gather support against it.

Maude has been fighting the good fight for over 20 years, and her tenacity for truth is what fires her battle for human rights. Her list of credentials is quite impressive. She has received six honorary doctorates, the 2005 Right Livelihood Award (known as the 'Alternative Nobel,') and the Cultural Freedom Fellowship in recognition of her work on fighting the threat of globalization. She serves on the boards of the International Forum on Globalization and Food and Water Watch, and is a Councillor with the Hamburg-based World Future Council. Maude has written, co-authored and contributed to well over 28 books and reports. In 2005 she wrote *Too Close for Comfort: Canada's Future Within Fortress North America*, warning about the upcoming SPP. Most recently, she has written *Blue Covenant: The Global Water Crisis and the Fight for the Right to Water*, detailing the alarming future of our planet's water, unless we change course.

To help us better understand the good work that Maude and her peers are doing, below is the Vision Statement that was adopted by the Board of Directors of the Council of Canadians at the 18th Annual General Meeting in Vancouver, October 26, 2003. *It opens with*

Our work at this political moment has three goals:

1. To help Canadians define ourselves and our understanding of sovereignty and democracy in relation to the rest of the world in an era of increased U.S.-Canada tensions and increased pressure for deeper continental integration.
2. To work with Canadians and people around the world to reclaim the global and local commons which are the shared heritage of humanity and of the earth.
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P.S.just in case you wanted to know ...

Pierre Burton was a long-time member of the CoC Advisory Board who supported its formation.

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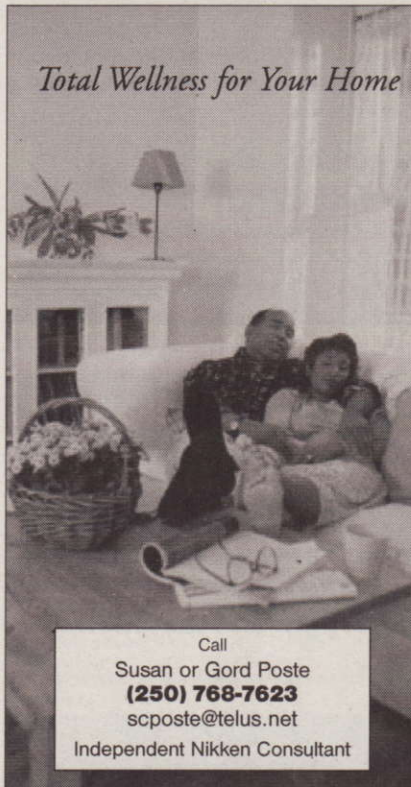
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The Ascension Teachings of the Munay-Ki

by Jane Hutchins

When I first saw the above headline on Susan Sahadi's web-site, I thought it was a bit presumptuous. Ascension teachings? Really? Now, I have gone deeper into these teachings and have given several workshops and each time the wonder grows. I started to think about the word 'ascension.' What does it mean? I think in this context it means an increase in vibrations. The electro-magnetic fields that surround the body vibrate at a faster level. And that takes us into higher emotions – like happiness, joy and bliss. Hmmm... if this is ascension, I really like it. Susan is right.

The last workshop was truly magical. Our hostess Pat, had arranged for me to spend three days doing readings and past life regressions and then a three-day Munay-Ki workshop. A jam-packed six days, and as I looked at the schedule I gulped. Could I do all this, or would I collapse like a pricked balloon half way through the proceedings? I called in all the helpers, gave the workshop over to the Laika, the Incan medicine people who have carried these teachings for so long, and stepped into trust. Now you have to understand that this sort of complete trust is a new way of being for me. I seem to think that if I can't produce the lesson plan then I'm in trouble with 'Big Daddy' upstairs.

Seven marvellous people joined together to participate in the Munay-Ki workshop. Each person was already on a spiritual path – all were healers, two were shamans, one inspirational artist and even a horse whisperer. How lucky could I get? The setting overlooked a lake. The Rockies rose to the East, the Purcells to the West, and a beautiful valley nestled between. The place was perfect. A medicine wheel and a sweat lodge on the grounds invited us to make use of them. Our host and hostess were casual and delightful – a more perfect site would be hard to find.

The workshop was full of magical moments. Sight, healing, leaving the past behind, reversing the aging process, and then on the final day, the Creator Rite took us all to such heights that we clung to each other in tears, not wanting to end the time together in such love.

Then we did the final fire ceremony at the medicine wheel. There was a fire ban so we used candles and the wind blew the candles out. Now what? Our artist, Karla, said, "I can hear the sun singing. Can we use the sun as fire?" Of course. The perfect fire. We turned to the sun and the wind dropped. It was still, quiet, and we faced the sun and took the fire into our chakras to grow the rites. It was perfect. When we were finished the wind blew a strong, loud gust over us. And the sun and the wind joined in the singing. Wow!

It's all love. It transcends everyday life and makes our hearts and the sun sing.

Please see ad to the left

GROUND SUBSTANCE

by Wayne Still



When Dr. Ida P. Rolf was developing her bodywork modality of Structural Integration she focused her research scientists attention on the body's system of connective tissue. She called it the "organ of support." Indeed it does support the whole body, not just in keeping it upright and moving but also in its functions of repair and service to the whole body down to the cellular level.

Part of the function of service is provided by a material called ground substance, which is found everywhere in the body where there is connective tissue. In other words, everywhere in the body!! As the embryo develops, one of the first specialized cells to emerge is called a fibroblast. Ground substance is produced by these cells. It is a clear viscous liquid consisting of a carbohydrate combined with a protein chain, a mucopolysaccharide, chemically speaking. Its exact chemical composition varies from place to place in the body depending upon its particular function in the tissue matrix. Every cell in the body functions in the environment of these ground substances where the material facilitates all extra cellular activity such as the passage of nutrients, wastes, gases and antibodies between the cells and capillaries which supply them. Healthy ground substance works to maintain a supportive equilibrium within all the body's tissues.

Ground substance has the ability to change its viscosity from liquid, or sol, to gel a more viscous form. When connective tissue is subjected to stress, it always responds by getting shorter, in effect it accords in on itself. If the stress is chronic and the body needs to support or brace itself, these folds become stuck together to create adhesions. The tissue does this by dehydrating itself as the ground substance becomes more gel.

Adhesions in the connective tissue often occur in the areas where two muscle bodies are adjacent to one another, causing chronic pain in that area because neither muscle is able to fully contract or relax. It is this chronic pain which usually brings a client to my work table. Ground substance responds to applied pressure and the heat of my hands to become more sol, or liquid. It can then flow back into the area of adhesion, loosening and releasing tissue which has folded in on itself. There will often be a burning sensation associated with the release as freshly exposed tissue is bathed in ground substance. The area will feel warmer and the pain will be gone. Thank you, ground substance.

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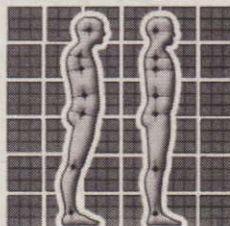
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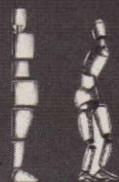
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Ad
Profile

Retreating in Daily Life

by Kuya Minogue

The cyber temple doors have closed behind us and we begin our online retreat, a three-month practice of holding our minds beyond the world. That's exactly what the closing verse of the Zen mealtime ceremony tells us to do. It says, "Like a lotus blossom above muddy waters, pure and beyond the world is the mind of the trainee." Imagine! After the earth-animal intimacy of mashing a potato or crunching a walnut between our teeth, we are told to live beyond the world. At the same time, three hours later, midday service tells us that "To live by Zen is to live an ordinary daily life." How can we fully meet ordinary daily life and live "beyond the world?" That is what this online retreat is about. That is what we are training our minds to do: to live beyond the world in the world.

In a face-to-face retreat, we physically leave the world behind and enter another time, another culture. We enter Zen monastic culture where we coexist in silence, meditate four times daily, chant sutras that are 800-2000 years old. We enter a culture in which every detail points us back to our own minds. We are constantly training to notice when the mind wanders into the past, the future, or into discursive thought and then bringing the mind home to the present moment. In a monastic retreat, our surroundings support our effort. But in an online retreat, we don't have that support. During an online kessei (three-month retreat) we live in the midst of family, work, community, recreation and entertainment. We are in the world, not beyond the world. How can we organize 'ordinary daily life' so it too points us back to mind?

The Mahamudra, a text in Tibetan Buddhism, tells us that the first requirement for practice is to find a place that is neither too hot nor too cold and that is free of wild beasts and insects. Only then do we set out our meditation mats. In daily life, this might mean a small corner in your house. Right now, my meditation mat is in a closet in the office of our new home while the renovation crew is in the basement preparing the zendo. But it is not just physical space that we need for a retreat in daily life. We also need agreements from our families and roommates that, unless the house is on fire, they will not interrupt us when we are doing formal practice. That can sometimes be harder than finding a zendo, a space in which nobody does anything other than meditate and/or chant.

Once you have a zendo in your home, you are well on the way to living beyond the world in the world. You don't have to meditate four times a day, like they do in Zen monasteries, but a commitment to do zazen (meditation) once a week on the same day at the same time NO MATTER WHAT (barring medical emergency) will remind you to pay attention to what your mind is doing for the rest of that day. Chanting the teachings once a week will point you back to mind. Picking one daily activity (washing dishes) in which to practice samu (work meditation) will point you back to mind. Reading and dialoguing about teachings like *The Dhammapada* will increase your understanding of mind.

But why all this emphasis on understanding mind? *The Dhammapada*, a distillation of the Buddhist teachings into 423 verses, is all about understanding mind. The opening verse tells it all. "Preceded by mind are phenomena, led by mind, formed by mind. If with mind polluted one speaks or acts, pain follows. If with mind pure, one speaks or acts ease follows." (Condensed from original.)

But daily life is daily life is daily life. We live in a world where interactions with others are desirable, necessary and sometimes disturbing. Birth, learning, careers, marriage, aging, accident, disease and death are real. Online kessei is not about turning our backs on the ups and downs of daily life; it's about training our minds to meet everything that arises with equanimity instead of letting the events of our worlds plunge us into despair or catapult us into ecstasy. Beneath those extremes we find humour, kindness, compassion, and a joy that is dependent on no external conditions. *This is Kuya's opening Dharma Talk at www.zenwords.ca*

TOMORROW YOU WILL HAVE WINGS

My Journey From A Caterpillar to a Butterfly

by Marie-Jean Fenton


Most days I feel like a joyous Butterfly and enjoy a state of well-being that is like a tangible vibration, a colour, a deep seated contentment. I have more than enough physical and emotional energy for a busy and active life-style, plus a reserve that is available for use at any time.

When I was a Caterpillar I suffered almost daily from headaches, with intermittent migraines, neck, spinal and hip joint pain, hot flashes, swollen ankles and facial puffiness, severe endometriosis, dysmenorrhea, constipation, and would often wake up during the night. Although for 20 years I practiced what most would consider a healthy lifestyle and eating habits, sought various natural therapies and used supplementation and would sometimes find progress, I was still living with pain, stress and toxicity from prescription meds that I was hoping would help.

Always, I would wonder: "Wouldn't it be nice to have one practitioner with all the answers? With all the different healing modalities available which one is suitable for me? How can I find out what is really causing my body's stress, and which therapy would work best for me right now?" One day someone suggested that I try Biofeedback for my headaches and that was the beginning of my metamorphosis. There is an advanced biofeedback system designed to detect stress in the body. Everyone's body is different; therefore, everyone could quite possibly require different forms of healing modalities. The system has hundreds of therapy options ranging from electro-acupuncture, homeopathy, nutrition, chiropractic, herbology, color, chakra, vitamin and mineral analysis, brain harmonics, lymph stimulation, hormone, pain reduction, full-body detox, and emotional profiling to name only a few. The system scans the body for their individual reaction to thousands of compounds in a matter of minutes and then provides corrective feedback to bring the body back into balance.

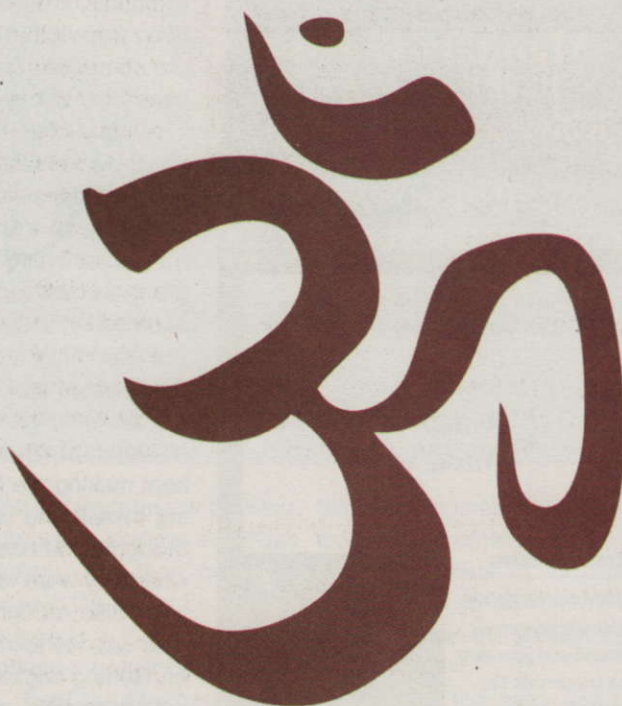
Biofeedback uses the basic principles of energetic management from ancient Chinese traditions, to the emerging fields of Quantum dynamics. This gave way to a perspective that a river of energy connects every organ, every thought and every emotion. The flow or blockage of energy reflects a profound system of communication that demonstrates the body/mind intelligence. The system seeks to create and integrate an environment of wellness, balance and harmony. The entire process is safe, gentle and non-invasive. It works by reducing the stresses on the body at the electro-magnetic level caused by food, toxins, environment, genetics, and lifestyle. The system then feeds back the appropriate frequencies using nano second computer speeds to ensure safety.

For over a year, I have been free of my health complaints and no longer require the five prescription medications that I was using to cope. *See Market Place ads on page 21*

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Welcome to the Throat Chakra

by Sharon Carne

Even in the midst of all the chaos surrounding us right now, have you noticed how many people have been opening their hearts and becoming more compassionate? Remember the outpouring of compassion for the victims of the Tsunami a few years ago? As we open our hearts, we deepen our experience and perception of compassion.

In our evolution as spiritual beings, opening the heart allows us to access the energy of the throat chakra at a higher level. I have noticed that many people being drawn to my workshops are beginning to open their throat chakra and explore some of the issues and opportunities for growth this presents to them.

The throat chakra represents how we communicate our truth, our integrity, our will and willpower; how we make our choices and their consequences; even understand the consequences of our thoughts and beliefs. It is also the home of some of our greatest fears and the place of surrender from personal will to your higher purpose. Because it is the home of surrender, it is also the home of control. Quite a mouthful, isn't it?

One of the greatest fears most people have is speaking (or performing) in front of others. It pushes major buttons like: What if I screw up? What will they think? I don't want to make a fool of myself in front of others, so I just won't do it. What if I say something they don't like? I might get fired. God forbid if they know what I really think. And this is just the short list.

Many of us have a bucket-full of these 'what ifs.' My journey with my own personal bucket-full has brought some valuable experience. Teaching and performing the classical guitar has given me the opportunity to be in front of others for about 30 years. Being a good organizer, I have also been asked to serve on the executive of a number of organizations throughout my life and that meant being in front of the group as their representative. You wouldn't believe the number of times one or more of these 'what ifs' in my bucket broadsided me with feelings of humiliation or failure. But even after feeling broadsided, something within me was driving me to get back up on stage and do it again.

So I started to take a closer look at my bucket of 'what ifs'. Avoidance sure wasn't working. Where did all this stuff come from anyway? And what is it within me that kept making me get up to do this over and over again? After a few years of observing myself and stirring up this bucket, I ended up staring at a bunch of negative thoughts that had been repeated so many times in my mind I was actually believing what they were telling me. The next question I asked was: Is all this stuff really true?

I also recognized that the inner drive sending me back up on stage over and over was my spiritual essence giving me a kick in the butt. Ok, so I am a slow learner. Getting back up on stage kept the big fears right in my face. When I quit kicking and screaming and decided to face the fear with the intent of understanding its source, I was amazed at the crazy logic behind it. How could I have even considered that some of this drivel I was thinking was actually true?

Choosing to take responsibility for your thinking is a huge step towards integrity. As you change your mind, you change your life and begin to live with higher purpose. It certainly gave me a different perspective on my bucket-full of 'what ifs.' As I become more committed to understanding my purpose a lot of these old beliefs get examined with the following questions: Does this really serve me? Where does it come from? And from a deeper understanding I choose to behave from a place that empowers what is really important to me.

Truth, to me, is looking deep into another person's eyes and recognizing the amazing soul that lives there. Encouraged by this, I learned to use my intent and will to take a good look at all of these deep fears, one by one. Now, when I look deep into the eyes of the person in the mirror each morning, I recognize the amazing soul that lives in there. *see ad to the left*

Hot Tub Grieving

by Ian B. Fraser



It was a dark, cold, rainy night...how many stories has that line started? As it rained outside, I sat most of the day indoors at the retreat center lodge, doing paperwork. The weather is changing, getting colder, darker. The retreat season has ended, and having been a part of the spring exhale and all the set

up, I was now experiencing the fall inhale of the closing up and literally retreating back into the lodge for the upcoming winter. After a full season of sun, warmth, ever-changing people and outdoor activities, there is a sadness in me, and I allow the weather to resonate and validate my feelings.

As night fell so dark and as the rain fell so hard, I headed outside and stood naked on the deck, breathless from the cold. I stepped into the hot tub and allowed the warmth to prick my feet and engulf me, sending a shiver through my body. I felt a sense of grief, least of which being the hot tub would soon be closed up and covered with snow. I relived the many experiences in the hot tub this year, all the times in solitude staring up into the Milky Way or a star-studded blackness, sharing the awe of a shooting star with staff and guests, wonderful conversations and underwater foot massages. Becoming comfortable enough with myself to go naked into the hot tub with others, and having compassion and understanding for those not yet free of whatever need they have to still cover up aspects of themselves. I thought of the hundreds who have come to this property this year, how I have viewed them all as God coming up this mountain road, and how I have strived to serve them all from a place of reverence and respect. I remember all the smiles, hugs and warm goodbyes, and the reality that in some cases I may never experience that person again. It reinforced my belief in how precious every moment is.

Then came silence, then peace, then the next thought. I really think all my dysfunctional behaviours stem from my ungrieved losses. As I sat up in the hot tub, my upper body was exposed to the cold rain, my lower body still submerged in the warm water. In and out, up and down, cold and hot, happy and sad, yin and yang, at this moment I was both and therefore one. Heaven and hell, I was able to create either, had done it most of my life unconsciously, and now I was in a community that strives to live consciously. I was living in heaven and sometimes I still found myself in hell. Thoughts of what I consider the two bugaboos of this world of human interaction, fear of abandonment and fear of rejection, hit my consciousness like every driving drop of rain that hit the hot tub water. Yet underlying it all, had I not abandoned or rejected myself so many times, long before others had? And could I not, right now, like the hot tub absorbing every rain drop, absolve myself, cleanse myself, accept myself, find myself?

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I lost track of whether it was tears or rain falling down my face. I grieved every loss I could remember as the night became misty and closed in around me. I sank back into the warmth of the hot tub, and floated on my back with only my face out of the water and the raindrops keeping my eyes closed, making sure I looked within. And then it came, not as a sense but as a knowing, a completion, a movement of my spirit forward, into light, into truth. That I have been created out of love, my creator has never left me, and has been waiting all my life for this moment, when I would accept myself as it always has. Realizing every pushing away or negation of another was rejecting and abandoning an aspect of myself, an aspect of our common source, an aspect of love itself. I rose out of the hot tub like the phoenix out of the ashes. Yes, it was a dark, cold and rainy night, yet I had never felt so warm and bright.

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It's like a bomb went off in my brain

by Craig Harte as told to Shari Montgomery

More people are poisoned by accidental exposure to carbon monoxide than all other chemical poisonings combined.

As with many healing journeys, mine started with a crisis, a near fatal dose of carbon monoxide poisoning caused by a faulty furnace in my home in Kelowna. What followed that fateful night in November 2003 catapulted me into an unknown complex world of health issues and brain injury – and a journey of discovery – and a battle to regain brain function, and to simply live a life like I once had.

Rather than injure a specific area of the brain, carbon monoxide exposure starves the entire body, brain, and nervous system of oxygen. It is also toxic. 'Acute' carbon monoxide poisoning occurs when a person has a one-time exposure to a large amount of carbon monoxide. 'Low level' carbon monoxide poisoning occurs when a person is repeatedly exposed to a smaller amount of carbon monoxide over a longer period of time which could be caused by a crack in a chimney, leak in a furnace vent, or hole in a car exhaust. Most people with 'low-level' poisoning do not realize they have been poisoned, and that it is affecting them. Once exposed to this invisible, colourless, odourless gas, people experience an endless list of flu-like symptoms including, nausea, headaches, chronic fatigue, brain fog, mood swings, reduced ability to focus, memory problems, feelings of anxiety/dread, subtle personality changes, high incidence of miscarriages, and more. Mild exposure to carbon monoxide causes slight headaches, nausea, fatigue, flu-like symptoms. Medium exposure causes severe headache, drowsiness, confusion, vomiting, fast heart-rate. Extreme exposure causes unconsciousness, convulsions, cardio-respiratory failure, death.

I was found inches from death by the downstairs tenant in my home, who had woken in the middle of the night by loud banging noises caused by my convulsions as I slipped into unconsciousness. After a night in emergency, and an unfortunate delay in receiving proper treatment due to misdiagnosis of a drug overdose, I was sent home to sleep it off. This turned out to be only the beginning of a long painful journey of sickness, inability to function, and loss.

Since western medicine was not very helpful, out of necessity, I decided to take full responsibility for my recovery. It was overwhelming, as the absolute worst time to learn about brain injury is when you have one. Over the last four years I have tried a wide spectrum of healing modalities including Chinese, Ayurvedic and Naturopathic medicines, nutritional supplementation, detoxification, and Brain State Technologies, a cutting edge technology which assists the brain to rewire itself at a higher level of functioning.

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Most helpful to healing was Brain State Technologies in Scottsdale, Arizona. Their technology helped fix the damaged wiring in my brain and all of a sudden, for the first time in years, I could think straight. The brain fog, anxiety, depression, insomnia, chronic fatigue, memory problems, and perpetual feeling of being broken, all went away within a week of doing sessions. Suddenly, I had a real shot at life again.

Since then, I have learned that each year in North America about 40,000 thousand cases of carbon monoxide poisoning are diagnosed in emergency rooms. But experts agree, for each case accurately diagnosed there are a large number that are not. Experts say for each diagnosed case there are at least 10 or 20 that go unrecognized. How many people are affected? How deep does the iceberg go? Nobody really knows. Because the symptoms of prolonged, low-level carbon monoxide poisoning closely mimic the symptoms of common winter ailments (headaches, nausea, dizziness, fatigue, brain fog, and seasonal depression), many cases are not detected until damage to the brain, heart and other organs has occurred.

Since my accident, I have seen there can be gifts in any tragedy - and I choose to see it that way - this experience has forever changed my outlook on life, consciousness, and what it means to be alive. Although not completely healed, I am so thankful to be so much better - and that I have another chance at life and I would like to help others understand the health and functioning of their brain.

Our brains are exposed to, and receive, thousands of times more information than people received only a generation ago. The ever-increasing load on our brains wears on us, pushes brain function off-balance, and is at the root of many health, relationship, and social issues. Over time, humans will evolve to better filter and deal with the growing tidal wave of information overload. Until then, our brains will be increasingly taxed by the ever-growing stimuli. Brain activity creates electromagnetic energy - which is captured and observed as brain waves using EEG amplifiers and computers - brain waves indicate how the brain is functioning. If certain brain waves are encouraged and others are discouraged the brain begins to function differently - to create a balanced condition.

During this time I have seen dozens of people visit Brain State Technologies to help balance their brain function and learned that it is helping thousands of people worldwide with all kinds of conditions including depression, insomnia, brain injury, addictions, sports performance and more. Although Brain State Technologies has locations throughout the world, I am please to have played a role in helping one of the first Canadian locations to open in Nelson. Our team has had some stunning successes working with people of all types, helping balance brain function in a very measurable way.

And lastly... have your furnace serviced each year. I also recommend you have two properly installed carbon monoxide detectors in your home. It would be good to notice if you have certain symptoms that seem to show up only in the cold weather months... and if so, perhaps have your furnace and other flame-burning appliances tested for carbon monoxide leaks.

see ad to the right

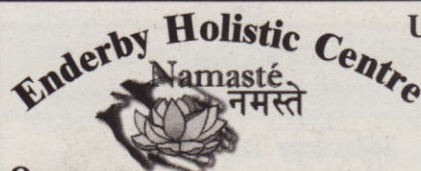
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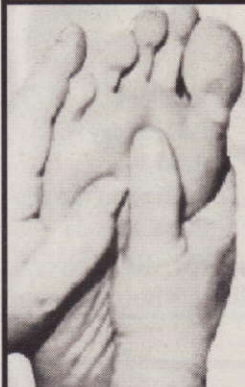
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Do You Usually Get a Flu Vaccine?

New research questions its effectiveness

by Michelle Hancock

What winter season would be complete without chilly weather, hot tea, and... flu vaccines? Vaccination against the flu (influenza) is perhaps conventional medicine's most common weapon against misery-causing viruses that usually strike between January and March and can result in acute fever, cough, chills, tiredness, body aches and sweats. New research suggests they're not as effective as claimed.

A September 2007 study in *The Lancet* said the flu vaccine benefit in reducing deaths amongst people in their 70s is "greatly exaggerated."¹ Researchers at George Washington University pointed out that although flu vaccine coverage rose in the United States from 15 to 65 percent since the 1980s, flu-related mortality rates in the winter actually increased during the 1980s and 1990s.

This isn't the first time flu vaccine hype has been questioned. In 2006, in the *British Medical Journal*² researchers who analyzed flu vaccine clinical trials said that the majority of published flu vaccine studies are flawed, and that too few clinical trials have been conducted to prove vaccine safety.

In Canada, it's believed that more than 4,000 people die from the flu or flu-related complications each year.³ Related to this kind of figure, the *BMJ* report said that death and illness statistics attributed to flu viruses may be grossly over-estimated due to virus confusion and misdiagnosis, and that current evidence indicates that flu vaccines have only a modest or no effect on preventing flu in children or in the elderly.

"There is a big gap between policies promoting annual influenza vaccinations for most children and adults, and supporting scientific evidence," said co-author Tom Jefferson, an Italian epidemiologist.

Still, in Canada, the National Advisory Committee on Immunization recommends that everyone six months and older get an annual flu jab⁴ and national flu immunization rates have reached 34 percent.⁵ One problem with flu vaccines, notes Lorna R. Vanderhaeghe, is that flu viruses keep mutating, and for maximum effect the virus in the vaccine has to be the same virus as the one we're exposed to in the environment. For the 2007/2008 flu season, it's already been reported that two of the three chosen flu viruses in this year's vaccine have mutated,⁶ raising additional questions of effectiveness that public health officials dismiss.

As many naturopathic physicians agree, the best line of defence for keeping the immune system strong is to eat healthy foods, limit sugar intake (because sugar suppresses the immune system) and drink plenty of water. Homeopathic and herbal remedies provide additional alternatives to flu vaccines, whose greatest benefits may prove to be the financial—for vaccine manufacturers. See foot notes to the right

Publishers note....

Michelle, who wrote the article on Flu Vaccines, is the daughter of Lorna Hancock who started the Health Action Network Society 23 years ago. Lorna believes the public deserves to have 'freedom of choice' in health care.

I agree. I want choice in my health care. I want to choose if I wish to take herbal supplements or pharmaceutical drugs. I also want the government to support our choice of health care providers such as Traditional Chinese Medicine practitioners, Naturopaths, Homeopaths, Bodyworkers and Rolfers.

Twenty years ago I visited Lorna in her office and enjoyed her enthusiasm as well as her perseverance. I have supported and encouraged them to speak on my behalf at government presentations. I like their Vision Statement which says... *The Health Action Network Society is to facilitate delivery of integrated healthcare to enable individuals to make informed decisions and be accountable for their health.*

This is something they have done faithfully for over twenty years, alerting and educating their members to the facts behind the stories. If you would like to help strengthen their voice, I encourage you to check out their website, subscribe to their magazine and even attend some of their public forums.

See HANS ad to far left

FOOT NOTES FOR FLU VACCINES

¹ 'Proof still needed' for flu jab BBC 25 Sept 07
<http://news.bbc.co.uk/2/hi/health/7010717.stm>

² Influenza vaccination: policy versus evidence - BMJ 2006;333:912-915 (28 Oct.)
<http://www.bmj.com/cgi/content/full/333/7574/912>

³ Influenza and the influenza vaccine
CMAJ Public Health Fact Sheet
CMAJ • October 23, 2007; 177 (9)
<http://www.cmaj.ca/cgi/content/full/177/9/1028?etoc>

⁴ Release of the statement on influenza for the 2007-2008 season from the National Advisory Committee on Immunization
<http://www.cmaj.ca/cgi/content/full/177/9/1025?etoc>
CMAJ • October 23, 2007; 177 (9)

⁵ Study: Trends in influenza vaccination in Canada, 96/97 to 2005, The Daily, Statistics Canada Oct 2, 2007
<http://www.statcan.ca/Daily/English/071002/d071002a.htm>

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T'ai Chi in the Shuswap

by Kim and Heather Arnold



Forty years ago, Kim started Tai Chi instructions with Grand Master Raymond Chung in Vancouver. Master Chung was the first teacher to open his classes to non-Chinese in Vancouver, Victoria and Seattle. Heather started taking instructions with Master Chung in 1982. In the late sixties, the class was mostly Chinese and it was an introduction into another society. Master Chung fled China when the Communists came to power, as he had been a fighter pilot with the Chinese Republican Army and was a Christian. Then, it was one of the few clubs that accepted and crossed all genders, age, nationalities and religion.

Tai Chi is a martial art, the original form being the "Chen" style, which was started by the Chen family village in the 1500's; "Chen" was a very fast and explosive style. Later in the 1800's "Chen" style was taught to the Yang family who created their own "Yang" style and this was also practiced very fast. Yang's famous grandson, Yang Cheng Fu (with whom our teacher was a student for a while) slowed the style down (as it is done today) and "Yang" style became the most widely practiced style in the world.

Not all students want to practice Tai Chi as a martial art, but by staying with the original principles they obtain the higher benefits for which it was made famous. If the martial arts principles are taken out of the moves, then it is no longer Tai Chi but just an exercise. As a martial art, Tai Chi is practiced softly (but not like a wet noodle) and for a brief second becomes hard (the softness allows you to get in close to another person). Tai Chi uses and develops your natural internal energy through deep breathing, which is good for the lungs. Tai Chi is performed in a much centered fashion with the weight kept low and uses the whole body in a balanced unison to perform the moves.

Tai Chi can enhance many sports such as horseback riding, skiing, snowboarding, golf and tennis to name a few, on which numerous books and articles have been written. (Kim finds Tai Chi helps his snowboarding). Our more senior students use "Tai Chi Principles" to avoid trips and falls, especially in the winter. Tai Chi has helped bad backs, and if done properly is one of the few exercises to give some of your internal organs a massage. The internal energy that Tai Chi uses has been known to help boost the immune system and is used for alternative medicine - Tai Chi is a moving meditation.

Double Winds Tai Chi also teaches weaponry such as swords, which helps strengthen ligaments, tendons and grips, etc. In the picture above, our senior students are learning to do a cane form, which they had a lot of fun learning.

For more info see ad in the Natural Yellow Pages under T'ai Chi



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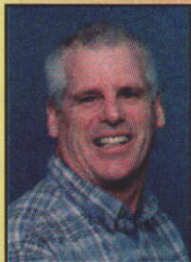
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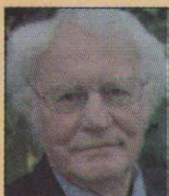
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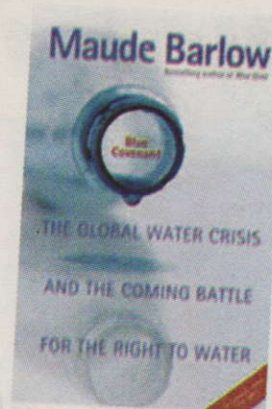
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Blue Covenant

The Global Water Crisis
and the Coming Battle
for the Right to Water

by Maude Barlow

McClelland & Stewart
ISBN: 978-0-7710-1072-9



An Inconvenient Truth of Water.

"Imagine a world in twenty years, in which no substantive progress has been made to provide basic wastewater service in the Third World, or to force industry and industrial agriculture production to stop polluting water systems, or to curb the mass movement of water by pipeline, tanker and other diversions, which will have created huge new swaths of desert."

"Desalination plants will ring the world's oceans, many of them run by nuclear power; corporate nanotechnology will clean up sewage water and sell it to private utilities who will sell it back to us at a huge profit; the rich will drink only bottled water found in the few remote parts of the world left or sucked from the clouds by machines, while the poor die in increasing numbers. This is not science fiction. This is where the world is headed unless we change course."

"Every day more and more people are living without access to clean water. Every eight seconds a child dies from drinking dirty water," says the national chairperson of the Council of Canadians. "Meanwhile, a powerful corporate water cartel has emerged to seize control of every aspect of water for its own profit."

What Barlow refers to as the "blue covenant" is a specific set of policy changes to address the global water crisis at national and international levels. Five years after the release of her international bestseller *Blue Gold*, her new book provides empirical evidence that the global crisis has worsened significantly. It outlines the impacts this crisis has had on international politics and highlights the role Canada has played in preventing the recognition of the right to water in international law.

The Canadian edition also debunks the myth of Canada's abundant water supplies and exposes the inadequacy of existing legislation in a climate of growing pressure to export water to the United States. "Canada – and we as citizens – must act now if we are to carve out a coherent set of rules governing our water resources," says Barlow. "Our country is in urgent need of a national water policy and strategy to protect its water ecologically and politically."

Understanding Kinesiology

by Evelyn Mulders

Energetic Kinesiology is derived from the chiropractic techniques of Applied Kinesiology. Kinesiology is defined primarily as the use of muscle checking to identify imbalances in the body's structural, chemical, emotional or other energy systems, to establish the body's priority healing needs, and to evaluate energy changes brought about by a broad spectrum of therapeutic techniques. A fundamental premise of Energy Kinesiology is that the body has the innate healing energy and is at all times doing its best to care for itself, but that sometimes it needs to be helped into a better position to achieve this care.

Energy Kinesiology practitioners also recognize that there are flows of energy within the body that relate not only to the muscles but to every tissue and organ that go to make the body a living, feeling being. These energy flows can be evaluated by testing the function of the muscles, which in turn reflect the body's overall state of structural, chemical, or emotional balance.

In this way Energy Kinesiology taps into energies that the more conventional modalities do not assess. Energy Kinesiology looks beyond symptoms and does not treat named diseases, nor does it diagnose them. Kinesiology is concerned with correcting imbalances in the body's energy.

What is Energy Balancing - The art and science of energy balancing brings a person closer to achieving any goal of their choice - in sports, relationships, learning or coping with life in general. It taps into energies that the more conventional modalities overlook. Energy Balancing looks beyond symptoms; it is concerned with imbalance in the body's energy on the mental, physical, emotional and spiritual levels. It addresses scores of different imbalances, everything from a stiff neck, frozen shoulder, poor bladder function, learning disabilities, self-defeating beliefs/habits and poor co-ordination. It is the most modern of the natural therapies.

How Does My Energy become Unbalanced

- Poor alignment or physical posture
- Stress (mental or emotional)
- Shock, trauma, pain or accidents
- Challenges with learning or co-ordination
- Nutritional lack or sabotaging behaviors
- Harmful emotional experiences

How Does my Energy get Balanced

Balancing techniques would include

- Muscle integration
- Hypertonic muscle release
- Nutritional analysis
- Awareness of personality traits and release
- Balancing for past, present and stressful events
- Lymphatic rubbing
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- Scar reintegration
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BKP Course Content - The certificate in BKP is taught over 10 Diploma Registration Units (DRU's), accumulating 300 hours of kinesiology studies - 150 hours in class and 150 hours of self and peer directed study. For each DRU, the student has a training manual and assessment journal. There are 15 hours in the classroom for each unit and 15-20 hours of self and peer review and practice.

The Kinesiology College of Canada is an ICPKP accredited college offering BKP, PKP, TFH and other related workshops.

Evelyn Mulders is an accredited senior faculty member of the ICPKP. Her enthusiasm and passion continually intrigues students with many choosing the four-year programme.

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NVC AND MY JOURNEY AS A COUNSELLOR

by Mary Ellen
McNaughton

When I received my degree in counselling psychology in 1997, I had learned about the essence of many different theories of counselling and considered myself to be most closely aligned with the theories of Carl Rogers (empathy) and Viktor Frankl (meaning). I was convinced that empathy was a healing force and meaning was very important to me.

It was not until 2001 that I discovered the book, *Nonviolent Communication, A Language of Life* by Marshall Rosenberg. It seemed that Marshall had put these two concepts together in a cognitive model. I was so excited! Now I had found a model which I likened to a map. This map could facilitate my journey to the territory or consciousness of compassion and empathy!

The question then became, how do I integrate Nonviolent Communication, or NVC, into my practice? Do I just continue to use empathy, expanded to this new dimension? Do I teach it? Can you teach empathy? What about the rest of the model?

For several years I think that I became quite preoccupied with the map, and although I learned and integrated the cognitive ideas, I actually spent very little time in the territory. I became a cartographer and often found my practice of NVC to be stressful and wrought with performance anxiety, as I struggled to follow that map. I also began to notice that there were denizens of the territory that had no understanding of the map; they just lived in the territory.

There are three areas to focus on when you work with the model of NVC. There is expressing with honesty, receiving with empathy, and connecting to self with empathy. I had been focusing my learning almost exclusively on expressing with honesty. Maybe it was because I so craved the opportunity to express fully and authentically, something not particularly encouraged in our socialization process. I then made valiant attempts at NVC empathy, where I tried to separate and distinguish it from the Rogerian empathy I had been trained in. There was something that was just not satisfying about what I was doing.

I decided to loosen my grip on the map and just allow myself to experience the territory. Maybe I was missing a step. Before I could teach people to receive empathically and express authentically, maybe more skill connecting authentically and empathically with myself using NVC would help.

I started to focus on self empathy. I worked with a format developed by Penny Wassman (my NVC mentor) and continued to refine it with a colleague, Katrina Kaneda. An 'aha' moment occurred when I began to notice that often I was unaware that I was triggered and in dire need of empathy. Recognizing the cues that I was triggered became a valuable learning. The more I could connect with myself authentically and empathetically, the easier it was to extend that to others. I also noticed that my expression of honesty shifted as I integrated my awareness of empathy.

However, the dilemma still existed around teaching a cognitive model and facilitating the experience of connection with self and others that is available with empathy (the magic show, as Marshall calls it). Cognitive learning occurs in a different

part of the brain than experiencing the safe and nurturing experience of empathy.

Recently, I taught the NVC model to camp counsellors, restorative justice volunteers, drug and alcohol counsellors, nursing students and Yoga students. The challenge is always to find a way to present a cognitive model and at the same time demonstrate a radical thinking shift to a paradigm that is so very different from the one most of us have been raised in. The power-over paradigm is so integrated into the fabric of our thinking that it is not easy to trust and allow a shift into a paradigm of restoration, equality and partnership. It's the paradigm shift that is often overlooked when we become preoccupied with the model itself, as I did in my early days.

I experienced another 'aha' when I finished my class with the Yoga group. They simply said, "Oh ya I see, it's a practice, like yoga." Yes, I think it is! What I am noticing is that if I can demonstrate how to connect with empathy to self, the rest of the learning and integration comes slowly over time and with practice, like yoga, improves over time as we learn, providing amazing benefit in the moment even as we learn!

So, as I begin to see this learning as an ongoing lifetime process, I realize that for me, learning is easiest in a context of lightness and laughter, not cognitive heaviness.

I have recently discovered a communication manual called *Communication FUNDamentals*, by Jean Morrison and Christine King, which is based entirely on Marshall's work. It contains cartoons and VERY few words. There are sound bytes that are small and manageable and can be learned in a context of fun and laughter. I do a Learning Series now, that is focused on empathy (both self-empathy and empathy for others) with a few sound bytes of the model from this book thrown in each week. To facilitate the learning of these small sound bytes, I also use an NVC interactive game called GROK, both the book and the game are available at www.nvcproducts.com.

What motivates me to counsel and teach, besides my desire to contribute, is to accelerate my own learning and growth. This series has been most successful in producing results for me.

Last spring I went to a retreat for therapists put on by Miki Kashtan in San Francisco. It was an amazing experience to sit in a room of therapists of different stripes...psychiatrists, clinical psychologists and counsellors. It was interesting to see how each theory of counselling could be understood within the context of NVC. However, all of us had one thing in common...empathy and a desire to connect more fully with it, for ourselves and in our practices. It was magical and healing to enhance our ability to experience the nurturing and healing benefits of empathy under Miki's guidance. I would love to see NVC become the model of choice for communication in every avenue of life, but in counselling in particular. For me the more I connect to the essence available with this practice, the more I feel like I am coming home.

See her ad in the Natural YellowPages under Counselling
She will be presenting the 'Laughter and Learning Series'
starting in January 2008 .. in Kelowna

Ascension

It's Not What You Think!

by Tammie O'Rielly

When I first 'woke up' twenty-eight years ago and started attending spiritual gatherings, I remember when the topic turned to this idea of 'ascension.' Many people thought that when they were totally enlightened they would leave their bodies and Earth behind to go to a higher dimension. Others thought that the 'ET's' and space ships would rescue them from this 3D reality! There were certainly days when I silently wished, "beam me outta here!" I had always wondered why I had chosen to come back and do it all over again – not an easy gig this earth trip! Does the cycle of reincarnation ever end, and what does it take to get it right? Easy for the angels on the other side to offer their sage advice – "come on down and try it on yourself," I'd mutter to myself on those more difficult days!

My spiritual quest finally led me home to *The Crimson Circle*, a classroom for teachers of the new spiritual energy and guided by a celestial teaching order that includes Tobias, Adamus Saint-Germain, Kuthumi and other angels channeled since 1999 through Geoffrey Hoppe. 'With a free monthly channel, they offer a variety of programs and information to assist us on our spiritual journey and attract over 100,000 people from around the world monthly to the website - www.crimsoncircle.com

We were fortunate in Kelowna last year to have hosted the first *DreamWalker Transitions Ascension School* in the world, with students from twelve countries. I am now certified to teach the full program along with Faye Stroo. The workshop experience includes eight channeled sessions with Adamus Saint-Germain through Geoffrey Hoppe on DVDs and instructor-led group discussions, personal contemplations and home work assignments.

I now understand that Ascension is NOT about rising up in a flurry of flames and light! Nor is it about becoming superhuman with psychic powers, attaining human 'perfection' or being a martyr. It is truly about accepting all we have been and all that we are right now and allowing all those past aspects of ourselves to reintegrate for this final journey. For many of us this IS our final lifetime and we chose to be here as the 'designated ascende' of every of our 1,400 (on average) lifetimes! It is the final transition, and unlike birth and death, it is helpful to understand the stages along a way we've never traveled before.

Presented by the Ascended Master Adamus Saint-Germain who has "been there, done that," the process is taught in a powerful and profound way! He helps us understand why certain events have happened in our lives and how to cope with the sometimes chaotic and contradictory experiences we are having. In this intensive three-day school, →

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Saint-Germain will discuss the process of going through an 'in-body ascension.' This occurs when a human gives permission to reunite with their divine wholeness while staying on Earth in a physical body, rather than going through the death and reincarnation process. Adamus says this is the most difficult process a human will ever encounter, and the most sacred.

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Compassionate Communication: An Inside Job

by Eric Bowers

The more I study and practice Compassionate Communication, the more I come to see that the key to this practice is the work we do in ourselves. I hear people express their frustration when they are not able to get someone to behave the way they want them to, and I hear others pronounce that someone they are in disagreement with will never want to connect. Evaluating another as unwilling to connect is in fact an alienating thought itself. It is so familiar to look outside of ourselves for the reason for our problems. We think that if only another person would change, then everything would be alright. The inner work of Compassionate Communication involves transforming our evaluations and judgments again and again until we are left with a connection to our common human needs.

Last summer, my beloved and I had a Union Ceremony, our version of a wedding. Surrounded by the support of family and friends, we celebrated our love and deepened our commitment to growing and loving together. In the weeks after our celebration, instead of a gloriously connected honeymoon phase, I was withdrawing and wanting more space. I didn't know how to balance a deeper union with my partner while still keeping a sense of freedom and individuality in myself. I don't know any easy answers to finding this balance. My beloved and I keep returning to a practice of taking responsibility for our inner work, and then deepening our connection together.

How do I know when it is time for inner work? When I'm not able to connect to and care about another's needs equally with mine; when I have a story of judgments and blaming about someone; when I find myself avoiding or pulling away from someone without being connected to my needs, and without some understanding that the other person's behaviour is the best way they know how to meet some of their needs.

When I'm attached to someone changing, I know I need some change in myself. Making clear requests of others to meet our needs is a very important part of relationship to be sure, but when they are subtle demands disguised as requests, we are unlikely to invite or deepen connection. I know I am making a request and inviting connection when I can hear a "no" from someone and my appreciation for them does not diminish, and when my intention continues to be connection - having both of our needs equally understood and valued. When deeper, core needs are involved, it can take some real effort and determination to get back to an intention of connection. I may need some time to myself or some support from an empathy buddy to help me to find connection to my needs and then with the needs of another.

→

When learning Compassionate Communication there can be a real focus on feelings and needs. Many of us have not had much education with feelings and needs and need to develop our awareness and fluency of them. Also, because we all share the same feelings and needs, focusing on them when relating to another is where we find heartfelt connection. Because we all see the world differently, it can be difficult to find agreement and connection when expressing our judgments, opinions, perspectives and beliefs. Therefore, in my experience, the 'outer' work of finding connection with another comes in putting my attention on feelings and needs.

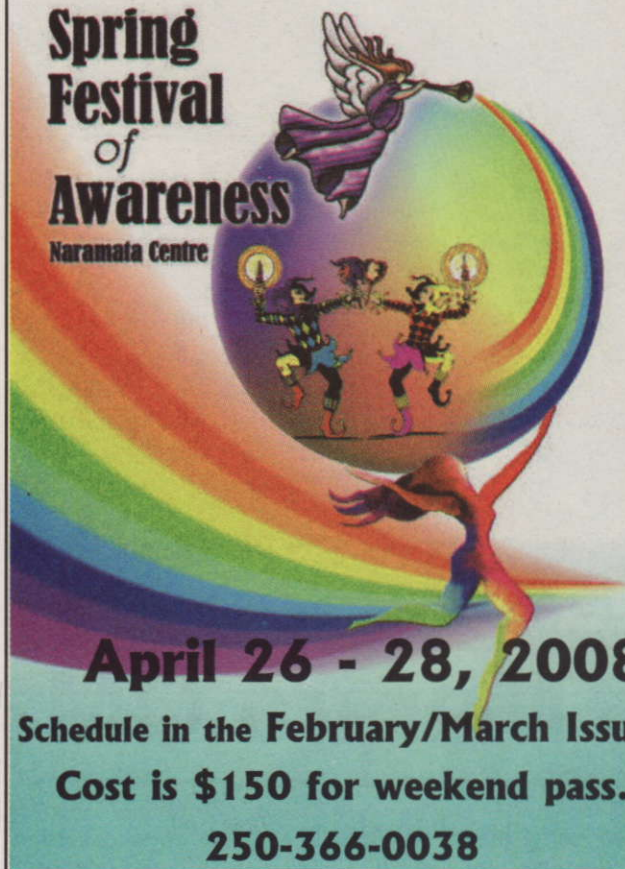
The 'inner' work of Compassionate Communication involves transforming my judgments, opinions, perspectives and beliefs into feelings and needs, and from this self-connection looking past the judgments of others to their feelings and needs. Because we come from a culture of right/wrong, good/bad thinking, it can be easy to see feelings and needs as right or good and judgments and blaming as wrong or bad. So, in doing our inner work, we might want to go straight to exploring our feelings and needs and put aside any judgments we might have. If we remember that judgments and blaming are expressions of unmet needs, then we can see the value of paying attention to our judgments and blaming when we are trying to find inner connection.

If I have the inner space to witness my judgmental thoughts while in communication with another, then I pay attention to what needs these thoughts are pointing to. Once connected to my needs, I see if I can connect to the needs that are presently alive for whomever I am relating to. Other times, I need physical space in order to do my inner work because I have too much charge in me to witness and differentiate from my thinking: I don't want to connect; I want to be right or get my way; I've forgotten that we are all connected. When I am in this state, it can be very helpful to give expression to my judgments by voicing them or writing them down. When I do this, I release some of the energy of holding them in, and I can look more closely at what needs they are trying to express. And hopefully I can see that none of my judgments are true, they are a story I am telling myself. After deepening my commitment with my beloved, a story that I had begun long before we met became stronger and more stuck in my thinking: "I'm going to lose myself in relationship. There isn't space for me to be me. She wants to control me. She thinks her needs are more important. Relationships don't work. Love doesn't last. I want to run and be alone." If I'm really stuck in believing this story, then saying the story again starting each sentence with, "I'm telling myself...", can help me differentiate from my story. This is a helpful tool I learned from NVC Trainer Robert Gonzales (www.nvctraininginstitute.com). If I look at my needs before differentiating from my story, then part of me will probably still believe the story and I won't fully connect with my needs; my deep needs for individuality, autonomy, freedom, to know I matter, and to trust in loving another. So often, the story we are telling ourselves and the feelings connected to that story come from unmet needs from our past, especially if we are too charged to witness and differentiate from our thinking. Still, we just keep looking at

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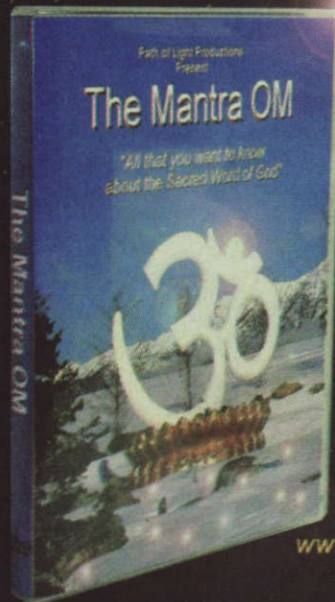
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differentiate from our thinking. Still, we just keep looking at the story we are telling ourselves, looking with curiosity and compassion, and then connecting in the present to the needs beneath the story. Look closely, the mind is so clever it will add the needs to the story. Put your attention on the sensations of that need in your body.

Feelings attached to a story is suffering that helps keep me stuck as a victim waiting for the outside world to change. When I am able to be present with the feelings and sensations coming from my needs without any story, I am connected to my needs. There is an opening into the feelings instead of a tightening. They may be painful feelings, but it is pain connected to life, a sweet, spacious pain. This is mourning that helps me heal, connect to my wholeness, and create inner space - the inner space of compassion. Then I can ask myself, "How am I attending to these needs that are so precious to me? Am I giving myself what I am wanting from others?" It is wonderful how my outer world changes once I have done my inner work even when I have resistance to doing it. When I am connected to all the needs that are met by this inner 'work' then it becomes inner 'play' and I want to do it because I enjoy life more. *see ad to the far left*

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The Mantra OM


by Marelou Bjorkaes

This wonderful breakthrough DVD is for those who seek a direct, effective and uncomplicated path to self-realization. Guruji Hamsah Nandatha is the spiritual leader of the Adi Vajra Shambhalasalem Ashram in Wasa, BC, near Cranbrook. Professionally filmed amid and around the stunning scenery of the Ashram, Guruji quietly reveals the profound meanings of chanting the sound OM.

The mantra OM is deceptively simple and easy to dismiss if one has not experienced its true power. It is the sacred name of the Divine, and chanting it with devotion allows the spiritual seeker to reach ever closer to the frequency of Divine Energy. Guruji uses *The Mantra OM* to teach a path of spiritual evolution that has a universal appeal. Repeating a name of God in a sacred practice is a devotion that can be welcomed by anyone who sincerely intends to deepen this relationship.

Guruji clearly describes the benefits of daily practice of the mantra OM, the qualities necessary to make it an effective spiritual practice and potential pitfalls created by our scattered minds. He also describes the various methods of chanting OM and what specific effect each method produces. Adding to the reverential quality of this DVD, Ashram members have been filmed as they practice a variety of yogas, from the softest internal meditation to hatha yoga to martial arts which foster focus and undivided attention.





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Invoking The Light

by C. F. Reynolds

This revolutionary new book contains simple yet powerful 'Light Insights' to help you achieve your highest potential. Inspired by a profound spiritual experience, including numerous visions, Ms Reynolds intuited a series of divine insights. They revealed higher knowledge, answering questions that have puzzled humanity about the truth of our existence. *Invoking The Light* shares these truths and many others in a universal way.

Consider for a moment the idea you do not have to 'work on yourself' or 'resolve your issues'! In truth, we are not here 'to learn in order to grow.' We are here to live life fully aware. To become fully aware, all you need to know is The Light. When invoked, The Light does all of the work for you, even uncovering blocks buried deep in your subconscious or at a cellular level, finally enabling you to enter a state of wellbeing, fulfillment and empowerment. In truth, when it comes to our enlightenment, we need only raise our awareness. When invoked, The Light elevates our Light Frequency, along with our awareness. It lifts the 'Veil of Illusion' to reveal the illusory nature of an earthly world. When you enter a dark room you do not peer into every shadowy corner to find your way, you simply turn on The Light! The Light harmonizes all your beliefs and spiritual practices and works even if you do not believe in it! Best of all, it offers a practical tool you can use at any time to empower your life—it takes only seconds! *see ad above*

**It is not our situation in
life, but our attitude
towards life that makes us
happy or unhappy.**

The Mantra OM is a relaxed yet powerful DVD that invites the viewer to discover for themselves the spiritual adventure of chanting OM in a daily practice. Watching it evoked for me the peace and spiritual energy that permeates the Ashram itself. It is a teaching DVD that I feel very lucky to have, and I will be watching it again and again, to keep myself on the path of OM. I can highly recommend it. *see ad - upper left*

Miracle Cure for Malaria



by Jodie Lindley

It all started in 1996, deep in the jungle in Guyana, a country on the east coast of South America. An

American, Jim V. Humble, who for 25 years worked as a research engineer in the Aerospace industry, setting up tests for A-bombs no less...discovered a cure for the number one killer of mankind in the world: malaria.

Malaria is a parasite that invades the body, transmitted to humans by a mosquito bite. In countries like Africa, Asia and South Africa, mortality rate is very high from this disease. There are preventative medicines available but most locals cannot afford to take these drugs and they have side-effects. Many wait until they contract malaria before seeking treatment, and often die because the disease has developed resistance to the medicines.

So how was this miracle discovered in the middle of the jungle? Jim was part of a gold mining team, and brought several bottles of Stabilized Oxygen with him, due to the fact that jungle water is unsafe to drink. Jim had been told that it would purify the water by killing all pathogens. While traveling, two of the workers came down with malaria. Jim thought maybe the liquid he brought might help kill the parasites in the men's blood, so he made what he termed a 'health drink' using water and the Stabilized Oxygen. Four hours later the men were walking around, cured by Jim's drink.

After that incident, Jim spent the next ten years refining his 'health drink,' now called the Miracle Mineral Supplement (MMS), and assisted in curing more than 75,000 malaria victims throughout Africa. What is even more amazing, is that MMS also cured people with AIDS and hepatitis. Jim even used it to successfully treat a dog poisoned by a rattlesnake bite! Unlike pharmaceutical drugs, MMS has no side effects, as it targets diseased cells, not healthy ones. MMS is essentially an aid for the immune system to fight bacteria and virus.

Since then, Jim has written and self-published a book called *Breakthrough: The Miracle Mineral Supplement of the 21st Century*, in hopes of spreading information to the world about MMS. In it he explains his discovery of MMS, how it works in the body, and how to treat disease using it. Jim wants the world to know about this mineral, so that diseased people can be cured effectively and inexpensively.

Despite the fact that Jim had so much success personally treating malaria and AIDS with MMS, he has experienced frustration trying to convince organizations to support him. He

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writes "so long as one is using a mineral supplement attempting to make people healthier, there is no criticism, but the minute one attempts to treat someone for some specific condition with the same supplement that has been used for 80 years, then that is a different story. You must be a doctor, and you must do clinical trials, and you must have 100 million dollars for double blind tests and triple blind tests, and dozens of other requirements. No one offers to furnish the money; they just tell you what you are required to do. How dare you try to treat someone for a disease! That's for doctors and pharmaceutical companies only."

Jim even contacted big-name philanthropists like Bill Gates to help finance his mission. Gates replied he would not support MMS unless it was FDA (Food and Drug Assoc) approved...and since Gates donates millions to big pharmaceutical labs, supporting a supplement that could put those labs out of business, it was out of the question. The FDA has powerful friends in congress, and a new law enacted gives the FDA permission to require all supplements be tested to prove their efficacy...essentially the FDA intends to shut down approximately half of all alternative medical businesses. That means supplements like MMS have only word of mouth and independent supporters to ensure its spread around the world.

Today is Jim is 75 years young and still fighting for MMS to achieve world recognition. In the copyright page of his book, it states that in the event of Jim's death, the book becomes public domain. This honorable cause is his 'Mission in Life' as he wants all Africans to live a better life, free of the fear that contracting malaria brings. The website www.miracleminal.org offers a free download of Part 1 of Jim's book, and provides information on how to obtain MMS in Canada and the US. Part 2 of Jim's book is available for \$10, and any profit beyond the cost of producing the book will be spent in helping to eliminate malaria in Africa.



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Discover Three Simple and Easy Ways to Enhance Your Intuition

by Elizabeth Manuel

I didn't really believe in intuition until four years ago. It really hit home for me the day my car was stolen. I woke up in the morning with the recollection of a dream about my car being stolen. I drove to work and kept "hearing" the message.

So what did I do? I ignored it, of course! I was receiving a very loud and clear message to move my car and not to park it in the parking lot. As I parked and locked my car, I was urged very strongly to move my car to a different spot. I said to myself, "They won't take my car—it's old. They'll take this nice Jimmy next to mine, and besides, it's raining, and I'm running late." So, I went into work and forgot all about the car.

After work I came out, and surprise . . . no car! I was stunned into disbelief. I walked back to my office, turned around, and came back to the parking lot, hoping for a different result. My car was definitely gone. What happened then? Police reports, phone calls, insurance, car rentals, paper work . . . hours of time and money spent on making arrangements to get a vehicle.

Then reality hit me hard. Initially, I went into victim mode. What did I do wrong? Why me? Why now? The answer is that I had failed to listen. I had ignored my intuition. I could have saved enormous amounts of stress, time, and money by listening to it. So why didn't I listen? Because it would have been silly—I had no rational reason to move my car to a different spot. If there had been a security officer at the parking lot verbally asking me to move my car to a safer location, I would have moved my car. But because it was internal guidance, my "gut," my intuition, I ignored it!

This was a turning point for me. I now rely on my intuition to provide me with the truth about situations, events, people, and places. I encourage you to recognize times when you wished you would have listened. How much heartache and struggle would you have avoided?

Unfortunately, we have been taught in the modern Western world that intuition is invalid, unusual, or perhaps even freaky. We have come to rely extensively on our five senses, although we are all gifted with a sixth sense. Since that fateful day, I have studied and learned a tremendous amount about intuition and God. After all, where does our intuition come from? The source of all there is supplies us with all we need if we would just heed our inner voices. We are all connected to this energy force, the creator, God, the Source, whatever you call it. The same force that beats our hearts rotates planets and turns a seed into a plant. We are all part of this energy. No one is exempt.

→

Intuition is a natural, normal, wonderful daily occurrence. I have mastered three joyful ways to enhance my intuition, and I am delighted to share them with you.

DECIDE... Decision is very powerful and sets into motion a wide range of energy. Absolutely everything in your life results from decision. Think about it—you make a myriad of decisions every day, and everything in your life is the result of making a decision. When you decide to “listen” to your inner voice, you will hear this voice every single day. Decide, and it is done unto you.

Deciding to really listen will increase your awareness of the times when you are following or ignoring your soul's guidance. Think about ‘gut decisions.’ The ‘gut’ speaks from your soul. The mind gets caught up in stinky garbage. The ‘gut’ knows before your mind can work it out. The gut does not reason, it simply knows, and herein lies the magic of it. Deciding to listen is the first step. Today, make it a habit to be conscious of your decisions.

JOURNAL... Journaling is amazing. You get the opportunity to record the synchronicity, serendipity, and wonder of life. Journaling allows you to remember the greatest things that happen in your day. The more you acknowledge and appreciate the synchronicities, the more they happen. Every time you think something is a coincidence, think again. Write it down; read it over. You will be astounded at what is happening in your life. The answers are everywhere. The proof is right in front of you. Write it down, and you will see it! You are receiving messages—journaling is like putting them in a decoder to reveal the meaning. It's really easy! There are no hard and fast rules. You can type, write, or use a tape recorder and talk. This way, you can capture what you are saying (or thinking) to yourself and with it, the voice of your intuition.

LAUGH... Laughter will tap into your inner guidance faster than any other technique. Laughter performs miracles every day. Physically, psychologically, and emotionally, laughter is fun. Laughter releases mighty endorphins in our bodies, which feel great. Laughter changes our body chemistry in a wonderful way. When we feel great, we are not resisting the flow of life. When we feel great, we are literally in the flow. When you are in the flow, everything goes smoothly, and you are on top of the world. Why? Because you become open and receptive to receiving your guidance. You listen and act with confidence, without second-guessing yourself. Life really isn't so serious. Look around you and see what could possibly be funny. Choose to laugh today! Life really is funny when you stop to look at it. God really does have a sense of humor. Laugh out loud—it's a real crowd pleaser.

Decide to laugh every day, and remember to journal your experiences. Then prepare to live an incredible life filled with abundance and joy. The river of life is designed by your choices. You can begin this minute to improve your life, no matter where you are right now. It all begins with your next decision. Joy now fills my life. I rely on my intuition every day to make my life more joyful and easy. I now listen with full faith for my messages, and you can too! Join me in sharing a magnificent, beautiful life. *see ad to the right*

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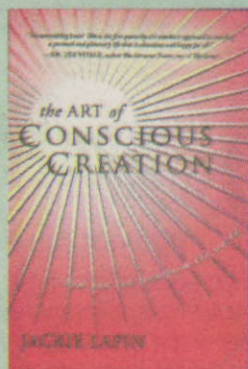
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Book Reviews by Christina

In the foreword the author declares this book to be "...a manual for empowerment...a wake-up call for those who have spent their lives feeling powerless, victimized, or buffeted by life's challenges." You are reminded that you are not alone, that we are all on the way to a new awareness and higher consciousness, with a greater inner desire for a rich spiritual life, and that we all have "...a need to do something to fix a skewed world." The author encourages you to apply the techniques in the book, first of all close to home, and then, in the co-creation of a new world - a world of peace and abundance dominated by love, honour and respect. For example, Chapter Three, "How the Universe Works," contains twenty-five Universal Guiding Principles which the author likens to a computer operating system defining the way things work - these principles are guidelines and not rules, for our path to a transformed world is one of benevolence, joy, and love. Universal Guiding Principle 5 is "The Universe is Knocking. Open the Door!" - the universe wants to give you everything you desire, so think positive thoughts, let go of control, and become the co-creator of your own universe; the global aspect being that there is, indeed, a better world out there waiting. As you learn to create for yourself a happier, more satisfying and abundant life, you also learn about your power to change the world.



ONE

Essential Writings
on Nonduality

Edited by Jerry Katz
Sentient Publications
ISBN
978-1-59181-053-7

For anyone pondering the question of nonduality, this collection of essential writings is an excellent place to start. What is nonduality?

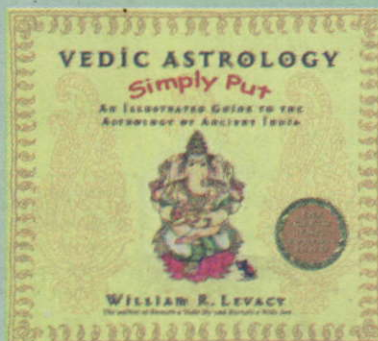
The book gives several answers which can

open the door for you in your exploration: the experience of our true nature, the taste of being, the non-separation from truth, the singular wholeness of existence; it is the basis of ancient Eastern thought. The offerings in this book are diverse and come from, among many others, Steven Harrison, Jerry Wennstrom (both of whom have been reviewed in *Issues*), Lao Tzu and Wei Wu Wei. Whether your primary focus is culture, education, art, psychotherapy, spirituality, philosophy, or religion (Buddhism, Christianity, Hinduism, Islam, Judaism, or Taoism), you will find it explored. The editor states that both the impossible and the worthwhile are contained in this book, and that while we may not fully understand all that is said at this time, we can still acquire some good out of what we read and learn - indeed, sometimes a concept seems so simple, yet the more we delve into it, the more complex it becomes. This is not a book to be read in one sitting, nor even just once, for it is a book of profound layers and perspectives. The publicist, Connie Shaw, comforts us with this presage: "In gaining an understanding of the nondual nature of life, one can live with greater integrity and joy, because the truth of existence is seen and lived." The editor lives in Nova Scotia and welcomes you to his website. www.nonduality.com

VEDIC ASTROLOGY Simply Put

An illustrated guide to the astrology
of Ancient India

William R. Levacy
Hay House, courtesy of Raincoast Books
ISBN 978-1-4019-0718-1



I was delighted on opening the book at random to have it confirmed that I am loving, imaginative, creative, intuitive, a spiritual teacher, with writing and speaking skills, yet reckless with blessings! Yes, there are unfavourable aspects too, but I like to see those as guides to help me in achieving balance and caution on my path. This is a beautifully illustrated book, colourful throughout, and so packed with information →

that it really doesn't do to just dip into it. At the beginning you will find a comparison of Vedic and Western systems, along with the foundations of Vedic philosophy and the fundamentals of Vedic astrology. At the back you will find a short chapter on Vastu, which is a system of placement, somewhat similar to Feng Shui - Vastu is connected to the Vedic system, and the doctrines of Vedic

philosophy are incorporated in Vastu. You will also learn about the Vedic zodiac, moon signs, Vedic houses and planetary rulerships, and Chapter 9 contains keys to Vedic chart forecasting. This would make a delightful gift if you have someone on your Christmas list who is interested in astrology, and the accompanying CD will soon have them on their way to calculating their own Vedic astrology chart.

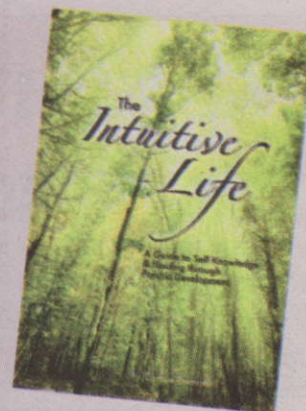


Book Review *by Angèle*

The Intuitive Life

A Guide to Self Knowledge and
Healing through Psychic Development

Connie Brummet
ISBN 978-0-9783005-0-0



I like the variety of tools that Connie teaches in her book, and I enjoyed reading her personal insights as she grew and developed her skills as an intuitive and teacher. I think it is great to have a local author who empowers others to discover their own gifts of intuition. Often the best way to teach is through storytelling, sharing what we have understood to be truth.

She has an honest approach that I assume follows the format of the classes she teaches. First she explains what energy is, then gives the reader some clues so they may discover for themselves what is truth. Becoming a reader/healer has steps to it, as does the book. At the end of the book she has suggestions on how to put it all together and start practicing.

If you are looking for an interesting book for someone you think is a little crazy because they can sense answers before you ask the question, then this book might be the perfect holiday gift for them. I can already think of a few people who would appreciate Connie's knowledge and exercises.

I have known Connie for almost twenty years, and I am glad she has put into words her years of figuring out how to work with the negative and positive forces that shape our world. I enjoyed her explanations of the strange experiences that happen that scientists can't, nor want to explain. Her encouraging words will assist many who do want to understand this unseen energy force that shapes us and our world. Our society beliefs are shifting, and she explains in her prologue that these outcasts of society were often sought by kings and queens to gain an upper hand over their enemies, and if their power was misunderstood they were accused of heresy and killed. Today people want to develop these gifts and as the scales tip and people accept it as normal, movies and books like the *Harry Potter* series will flourish. Hurray for Connie, that she followed her inner guidance, for I know a few students who are appreciative they can learn locally what many of the far-away schools teach. *Connie has an ad for the book on page 10*



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the Angel Within



For some it is difficult to look in the mirror and see themselves. Until acceptance comes from within, the soul remains stagnant in development. When love and understanding are attained by the soul, a deeper understanding occurs. The world seems different. The mind opens up to new avenues. Progress is made when the mind leaves one stage and ascends gracefully to the next. Spiritual guidance is available for those wanting and waiting to take the journey. Guidance that is soft and loving, not harsh or dogmatic, can lead you to your answers. Beliefs and opinions can be so strong that we put up a wall to shield us from any truth or wisdom which we do not understand. Each being has the choice in what direction to take. Sometimes we learn by taking the challenging direction. The important part is that we learn by doing. The way to recognize the higher path is by listening to the voice inside, the voice that speaks when respect is given. If we do not treat our own thoughts as valid information, we discredit ourselves. The beauty of life is having the choice to change what is not working and try something that does work. There are many ways to take you where you are going, some are just more graceful than others. Walk openly to new beginnings.

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