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Adi Vajra Shambhasalem Ashram

Near Cranbrook, BC... details page 10

February & March 2007

Refresh & Rejuvenate your Body and Mind with our 21-DAY WHOLE BODY Detoxification Program



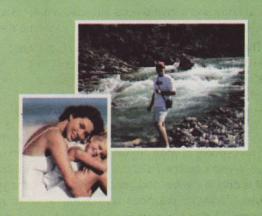


WHY DETOXIFY?

- The average person eats about 124 POUNDS of chemicals per year!
- · More sugar and processed foods than ever before in history
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Finding your Centre in Yoga

by Jeff Harshad and Sonya Thomlinson

With soft music plying in the background, people are seated on the floor, with a blanket or mat under them. An instructor guides them in to silence, and a palpable calm falls over the room. For the next hour or so, the group is led through a series of movements and breathing exercises, finally ending up lying on the floor for a little 'nap'. Afterwards, it is all smiles and contentment, as the group disperses...

Sound familiar, it's a yoga class. A popular discipline in fitness and health. However, it remains a mystery to many, a secret brought over from the 'East.' Let's take a moment to shed light on this ancient practice. Yoga, by definition, means - union, to yoke. Simply defined as the bringing together of body and mind. The benefits are a healthy, balanced, physical body and a calmer-less stressed mind. The specific benefits vary depending on the type of yoga and the consistency.

There are different branches of yoga, such as; Hatha Yoga - the yoga of physical postures Karma Yoga - the yoga of selfless service Bhakti Yoga - the yoga of devotion Raja Yoga - the yoga of knowledge and study

All of these branches have 'schools' of yoga within them. The schools of yoga are rather new phenomena. Traditionally, yoga was practiced and taught one to one, teacher to student. It is only in the last 100 years we've see Hatha yoga, in particular, codify its practices and divide up in to many different forms of physical practice. Many of the forms you hear of today can range from very vigorous and intense practices, to, a quiet meditative style. In Kelowna, you will find a variety of these schools of yoga.

You may want to begin to explore a style of yoga that will compliment your lifestyle. Remember that the practice is an individual choice. It is an exploration into the relationship and essence of body and mind, even a sense of something deeper. The practice of yoga is often described as a 'science of the body.' It does not have to conflict with a belief system or faith, but can simply be used as a tool for self-exploration. Ultimately, the practice of yoga allows a deeper connection to your particular faith or belief system. Yoga began on the Indian subcontinent, where Hinduism is the primary religious practice but that association is an option.

You can expect much more than simply 'stretching' in a classic yoga experience. You may find the mind becomes irritated, judging, comparing, basically not at peace. worry, it means the practice is working! The ego becomes threatened as you move deeper into being/feeling versus our usual mode of doing/achieving. Eventually you may begin to



Elder Tree Events Presents

An evening Satsang with Neale Donald Walsch



Satsang (in sanskrit sat = true, sanga = company) the "highest truth". Satsangs also may contain elements like lectures, meditations, or recitations. The purpose of a satsang is not primarily to be found in the transmission of a mental teaching, but in the experience of the presence of an "awakened" or "enlightened" being, in which students are meant to come to the same level of inner freedom

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notice the effects of this practice showing up in your life. You may show a little more patience, not react as quickly, or, find yourself making healthier choices. You may see your relationships change in a positive way. Even stress doesn't seem to phase you.

Finding a yoga teacher, or studio, can be a daunting task. As mentioned earlier, there are quite a variety of styles. Try a few out, and make sure you are taking classes from a qualified teacher. Also, trust your instincts, if you try a type of yoga, or a teacher, and it does not 'feel' right to you, move on. Lastly, when you ask "Which yoga type is the right one for me?" The answer is "The one you will practice!"

See ad below.



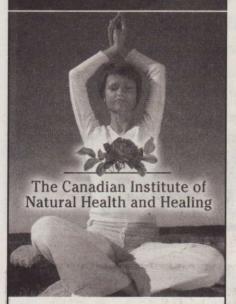
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Raw Food vs Cooked Food

by Louis Hoolaeff

"The research of Paul Kouchakoff, M.D. documents how digestive leukocytosis occurs from the ingestion of manufactured and cooked foods (foods void of enzymes with high acid ash values) and how raw food produced no increase in white blood cell count. Leukocytes, rich in enzymes are transported to the stomach and other areas of the digestive system to aid the digestive process. As a result, the body's immune response is mobilized to effectively compensate for the lack of naturally occurring food enzymes. The health consequences of this drain on the body's enzyme reserves are staggering and lead to the depletion of the body's antioxidant enzymes designed to remove free radicals before they have a chance to do their damage."

In 1930, research was conducted at the Institute of Clinical Chemistry. The effect of food (cooked and processed versus raw and natural) on the immune system was tested and documented. It was found that after a person eats cooked food, blood responds immediately by increasing the number of white blood cells. This is a well-known phenomenon called 'digestive leukocytosis', in which there is a rise in the number of leukocytes (white blood cells). Since digestive leukocytosis was always observed after a meal, it was considered to be a normal physiological response to eating. No one knew why the number of white cells rises after eating, since this appeared to be a stress response, as if the body was somehow reacting to something harmful such as infection, exposure to toxic chemicals or trauma.

Around the same time Swiss researchers found that eating raw, unaltered food did not cause a reaction in the blood. In addition, they found that if a food had been heated beyond a certain temperature, or if the food was processed (refined, chemicalized, etc.), this always caused a rise in the number of white cells in the blood. The researchers renamed this reaction 'pathological leukocytosis', since the body was reacting to highly altered food. They tested many different types of foods and found that if the foods were not refined or overheated, they caused no reaction. The body saw them as 'friendly foods'. However, these same foods, if heated at too high a temperature, caused a negative reaction in the blood, a reaction found only when the body is invaded by a dangerous pathogen or trauma.

Imagine an immune response every time we eat cooked food - a process normally reserved for response to bacteria, viruses, pathogens etc. No wonder the standard American diet creates so much sickness! It is also interesting that certain professionals call this "digestive leukocytosis," a misleading label which suggests a "normal" process. The researchers correctly call the response "pathological," and I don't think it's much of a stretch to say eating cooked food is also pathological.

What keeps food alive? Enzymes - energy rich enzymes are "the SPARK of life"! Enzymes are essential to health and vital to life. No person, plant or animal would exist without them, yet most people have never heard about enzymes. Vitamins, minerals and hormones can do nothing without enzymes—because a vitamin cannot be absorbed without a mineral and a mineral cannot be absorbed without a protein and protein cannot be absorbed without enzymes! Yes, "in today's world, most people are supplementing at the wrong end of the scale ... it all begins with enzymes!

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The Kindness Rocks objective is to promote world kindness, teach kids social responsibility and to help prevent violence, crime and bullying in schools and communities. Kindness Rocks teaches children how to gain positive personal power and to feel 'in-charge' of their life, without having to hurt themselves or anyone else in the process. At the end of every program, children are asked if they would like to make a commitment towards a kinder world. Each child is given a 'Ring of Kindness,' which is placed on their left hand. When the child does a kind act, they move the ring to their right hand. The ring serves as a reminder of the experience and keeps the message of kind action alive in their hearts and minds long after the show is over. The ring also helps to create dialogue and communication with parents, siblings, teachers and other students.

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DEADLINE

for April & May 2007 starts on March 5

Ads are accepted until the 15th if space is available.



Musing

with Angèle, the publisher

Meditation places are appearing around BC and each group, in its own special way, contributes to the feeling of oneness so that peace can prevail on the planet. This month's front cover introduces the Adi Vajra Shambhasalem Ashram in the

Cranbrook area. For more information, please read page 10.

In honor of Eileen Caddy, who died peacefully in her home at the Findhorn Community in Scotland on December 13, 2006 at the age of 89, I would like to continue telling the story of the community she founded because of her trust in the Divine. To celebrate her passing into the light, let me start with one her many quotes from one of her many books: "You have a tremendous work to do. It is the silent work of creating more love in the world."

I am still reading the books I acquired at Findhorn, and even re-reading others now that I have a better understanding of the people, place and dynamics involved. Richard and I are endeavoring to create a spiritual community at Johnson's Landing, so it is good for me to understand why people came and/or what they learned while staying at this famous successful community.

In the various reading materials, it says that many felt drawn like a magnet or had some direct guidance, since they had asked, that this is where they were to be. Many stayed because they wanted to be part of the New Age awakening process. David Spangler describes the New Age as an awareness of the oneness of all life and the creative divinity inherent in that life which is taking form within us and about us. The role of Findhorn, since its inception, has been to demonstrate communion and cooperation with nature based on a vision that life has a purposeful intelligence.

I thought I would start with a little history of Findhorn. For the first nine years, Eileen Caddy received guidance directly from God which was manifested outwardly thanks to Peter Caddy's willingness to be of service. Their vision of co-operation with the nature devas was channelled though Dorothy Mclean and reflected in their surroundings by the growing of large cabbages. Then came the learning ... live in a new way that was more in harmony with their ideals and nature.

As more people became attracted to the energy, the flow of leadership changed. David Spangler 'democratized' the vision so the level of co-creation between founder-leaders of the community and its members could go beyond the obedience that had started the process. Eileen was told by her guide to stop channelling guidance for other people: they had to learn to receive their own guidance. Decisions were now made through group attunements.

As the decentralization process continued, focalizers learned to reflect clearly the vision of a new way of living together. They learned how much to give and receive by trusting their instincts, all the while listening to the needs of the community. With continued growth, Findhorn had approximately 260 people wanting to live better — using fewer resources and creating less environmental damage while at the same time having more freedom to co-create with Spirit. They found middle ground between self-sufficiency and interdependence. One of the short stories mentioned that there were often a dozen meetings a week that an individual could choose to attend that would help the community and the individual to grow.

I enjoyed an article from a 'doer' who came from the business world where meetings were considered a waste of time. At Findhorn, he discovered that meetings were different, that they helped to create a tangible unity as people reined in their rational minds and tuned into Divine Will and came up with answers that felt intuitively right. He writes, "No one left a meeting feeling resentful and there was no sense of pressure that they must decide today. There were lots of laughs and lots of synergy. My rational mind calls it unnatural but it feels strangely satisfying. Each group meeting finds me ever so slightly less fond of speed, efficiency and decisiveness."

Continues on page 8



STEPS ALONG THE PATH

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

Creating the Events Calendar for the Retreat Centre is such a wonderful experience. I consider it an honour to connect with such a vast array of amazingly talented people. Organizing over thirty events, some of which are running concurrently, to fit comfortably into the window of time that is the retreat season is fun and I enjoy the juggling. Each presenter seems to embody a sense of service, spreading knowledge, creativity and/or spiritual grounding. Of course programming for the new season is interspersed with carrying firewood, cooking, cleaning, plowing snow and connecting with others in our small group. 'Work is Love in Action' around here, so in my mind and in my heart I am being of service, and do not feel like I am working.

Most mornings I spend time on the running machine keeping my heart rate up while listening to Marshall Rosenberg talk about Nonviolent Communication on the CD player. It makes the twenty minutes go by so quickly that sometimes I just keep running to finish a section of his talk. I like multi-tasking... developing both physically and mentally at the same time.

With all of the snow this winter we have been able to ski right out the front door of the Lodge. The sunlight on the snow gives me the sense of a warm summer afternoon when I am gliding on my skis. It gives me such joy just to be alive. I delight in the different seasons and most of the time I am quite ok with the unpredictability of the weather. I find my world to be an endless Mystery ...and I would not want it any other way.

The other day I was thinking about how some things seem not to be what they appear to be. A van had parked on the road across from the end of our driveway apparently so they could go skiing up the mountain behind us. They had parked right where the Highways plow truck turns around. Upon seeing this vehicle the plow truck would not even come up our road to plow it! I was feeling angry that someone could be so inconsiderate. A lot of negative thoughts went through my mind. Two days later there was a person in our yard, I went to see who it was and there was a guy from Spain who I had the pleasure of dining with at the Argenta Holiday dinner in December. It was good to see him again. Then he asked if I could jump start his van, the battery was dead. Of course I was happy to assist him and at the same time it was a good lesson to me not to judge things before I have all the facts. And of course he had no idea he was preventing the plow truck from turning around. He did the best he could with the information he had at the time.

My mind seems to be trained to make assumptions based

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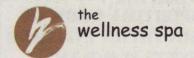
on past experiences. If I can manage to quiet my mind long enough to observe the outcome, the lessons are usually not what I thought they would be. And as I have come to frequently observe, I am usually pleasantly surprised at the outcome. How to reprogram the mind is still a great challenge for me. I have noticed that having a regular meditation practice keeps me aware that I am not my mind. As I finally calm down to a space of stillness, I can focus on the thoughts as they pass by. From my observations I can see the long term residual effects of meditation in the group of Tai Chi teachers that I have been working with for the revival of the Kootenay Lake Tai Chi Summer Camp to be held at the Center this summer. Each of these teachers reflect a quality of stillness and being in the moment that I do not find in a lot of people. Along with this quality seems to come a sense of openness, an ease with life and a sense of joy. Even with these good examples to follow the path requires concentration, some days I do better than others, for me it is still the Dance of Life, some steps forward, some steps backwards ... just one step at a time.

We were recently gifted with the arrival of a Native Shaman who is working his way through some major challenges in his life. We have been giving him encouragement and support during his journey. As he moves back and forth between who he is and who he is becoming I see his potential shining out from his soul like a brilliant light and look forward to his spirit blossoming so that he may bring his gifts to the world. I tell you this as a way to express the power of potential. I feel we have each been given gifts that we can bring forth for the benefit of the world. It is my hope that I can leave enough positive accomplishments behind that my time here makes the world an even better place for those that come after me. If we can each work on leaving a better world behind us we can't help but succeed.

Namaste

(the highest in me, honours the highest in you)

Richard



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Musing continued from page 6

Another writer describes the lessons of Findhorn as uncatalogued, unrequired and yet unavoidable. No one's spiritual progress is graded and no bells go off when the lessons are done. A young woman describes her gifts as more self-confidence, deeper self-knowledge and acceptance of her limitations, a broader understanding and acceptance of others, better listening skills, scores of practical and group skills, more joy in the simpler things that happen, hope, inner peace and a commitment to live more lightly on the Earth.

An older lady said that after creating several expensive errors, it slowly dawned on her that we are here to learn to live with others, and to be responsible for our communal as well as individual lives. A long-term resident added that Findhorn is primarily a group experience. This is not group conformity, where everyone acts and thinks the same, but rather group consciousness. We are here to learn how we can uniquely contribute in balance with the whole and at the same time further our spiritual growth.

The Magic of Findhorn as I am coming to know it is essentially an experiment in consciousness, in creating an ideal environment in which education, in its truest sense, becomes the essential work of grounding their spiritual vision by living and putting into practice their Common Ground ideals (which were printed in the last edition and are available on their website, www.findhorn.org). Their basic aspiration is to demonstrate to a skeptical world that living in harmony while speaking their truth and earning a living is indeed possible. Community members choose to serve from an inner center of peace, love and joy, knowing it will make a difference in their lives and to the world.

And closer to home, I would like to remind you that magic will again be happening at the Spring Festival of Awareness at Naramata Centre this April 27-29. For those of you who have admired the new poster, which is also the back cover, I would like to explain the symbolism. The second year we hosted the event, it happened on April Fool's Day, so a jester was chosen for the poster. The artist captured the light-heartedness of the Festival Deva while at the same time reminding us to use light as a reflection to see ourselves.

I feel connected to the essence of the jester and like the fact that he was able to amuse kings while speaking the truth and keeping his head and could even juggle if need be. I also like color so I created a thirty-foot rainbow as the backdrop for the stage, and I own a print of a rainbow woman that I think represents me running through life. I like rainbows because of the harmony and magic they create, each color magnifying the group effort... just like people when they work together. I told the graphic designer I wanted an angel blended with all these images as well as the feminine and masculine jesters dancing in celebration. I was delighted with his creative efforts.

And lastly, many thanks for all the wonderful comments and cards we received about the pictures and editorials on our wedding and honeymoon. I am so delighted that you appreciated my sharing for it was a wonderful time and you folks are like family to me. You make this magazine possible.



WHEN AWARENESS ISN'T ENOUGH

Is This You?

Are books, workshops, affirmations, and analyzing your issues, not creating the results you want? Do you keep repeating unwanted thoughts and reactions even though a part of you knows better?

Awareness Alone Is Not Enough

Our subconscious mind is made up of parts, all based on core beliefs. Some are positive and life enhancing, and some are not. Most were created in early childhood to help and protect us to the best of our understanding at the time. These parts, the core beliefs, the thoughts, emotions, and behaviours accompanying them, are firmly imbedded in our subconscious. When, as adults, we choose to believe something in opposition to these original beliefs, there is a feeling of being pulled in two directions at once or being "stuck." The old core beliefs can limit our choices, happiness and success. We must transform beliefs at our deep core level if positive changes are to last.

An Important First Step

While conscious awareness is not enough, it is a good beginning. To recognize our lives are off track and some thoughts and behaviours are not producing the hoped for results is important. It motivates us to keep searching for answers to our unhappiness. Core Belief Engineering accesses and aligns our negative subconscious beliefs with what we now choose as adults. Then a transformation of the old beliefs, feelings, thoughts and reactions is complete on every level, spiritual, mental, emotional and physical, down past the layer of the cells. "At last, at 58 I have finally made it! I tried all kinds of other therapies but nothing else worked. I have solved a 5-year writing block. Negative drama has become intelligent pleasure. Life is exciting!"

-Sharon T., Writer, Kelowna

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

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FRONT COVER ARTICLE....

Adi Vajra Shambhasalem Ashram

by Marelone Bjorkaes

Nestled against the Rocky Mountains, just south of Wasa, near Cranbrook, BC, an ashram is being created. Members have already transformed a former ranch property into a spiritual haven, complete with their own man-made waterfall. Giant statues, literally handmade, which represent Buddha, Christ and the



Guruji Hamsah Nandatha

ashram's spiritual teacher, His Holiness Hamsah Manarah, dominate the hill above the waterfall, silent watchers which emanate remarkable peace and power.

The ashram is the home of an initiatic order called *The Order of the Knights of the Golden Lotus*. Led by their dynamic guru, Guruji Hamsah Nandatha, members work and pray surrounded by pasture dotted with something totally unexpected in a sacred setting: horses. "We like horses here," comments Guruji. The Order practices two little known forms of yoga with the horses. One is a demanding form of archery on horseback, the other is the practice of military-type drills. Like all yogas, these practices require the development of great self-awareness and self-discipline, for horses have an exceptional ability to expose their rider's fears, weaknesses and self-deceptions! A rider who has achieved a good degree of self-mastery will be reflected in a quiet, relaxed and willing horse.

Ashram members practice many other forms of yoga. Several members offer Hatha Yoga classes in Wasa and in nearby Cranbrook. Martial arts are a part of life at the ashram. Also at the Ashram, Guruji conducts weekly classes in mantra and meditation which are open to the public for a nominal fee. On the first Friday of most months, Guruji also offers fascinating and in-depth public teachings on many different aspects of spiritual growth. Guruji studied with H.H. Hamsah Manarah in France for over twenty-give years before coming to Canada to start up this new ashram.

Members of the Order mainly follow the Boddhisatva path, the path of 'making others happy.' There are Vedic and Buddhist symbols everywhere but the ashram is a place for people of any religion. Small areas for private prayer have been created and all religions are honored. The Order emphasizes the practice of the repetition of the sacred sound 'Om' or 'Aum.' It is promoted as a sacred practice in its own right, but also as a practice that can be accepted by anyone of any religion that is dedicated to spiritual growth: the repetition of the Name of God.

The ashram is not open to 'drop-ins' but visitors are welcome. If you are interested, simply call ahead to find out when someone will be available to greet you.

The ashram can be contacted at 250-422-9327 or by email at adivajra@xplornet.com

Zen Writing

by Kuya Minogue

If you google 'health + meditation' you'll get over seven and a half million hits. Brain researchers, heart health experts, psychiatrists will tell you that meditation calms you down, improves your digestion, lowers your stress threshold and makes you a kinder person. To read online health news these days, you'd think that the medical profession had just discovered meditation as an aid to health and contentment. Everything they say is true, but it's not news.

Many think that Siddharta of the Shakya Clan first discovered meditation in 452 BC. But meditation was around long before the historical Buddha sat under the Banyan tree to realize innate enlightenment. Yogis from several different Hindu Sects had touted the health benefits of meditation years before Siddharta left his father's palace, crossed his legs and relaxed into self-realization.

Siddharta, however, was among the first meditator to realize that meditation can dissolve ill will, tame inappropriate desire, and bring us closer to the realization that we are all connected, that we are not separate from each other, that what we do to others, we do to ourselves. Brain researchers like James (2000)Austin have confirmed Siddharta's teachings. They are discovering that meditation increases activity in those sections of the brain responsible for developing patience, kindness, generosity, discipline and the art of joyful exertion. But, I repeat, these research findings are not 'discoveries;' they are nothing more than affirmations of some very old teachings.

North Americans have been sitting quietly and attending to their breath in Zen mediation retreats since 1905, when Soyen Shaku was first invited to stay in the United States and set up a temple in San Francisco. Since then, Zen has exploded in the west; there are over five thousand Zen Centres in the United States, and many of them have small splinter groups. The numbers in Canada are growing as well. Many North

Americans have been meditating over the last hundred years, but it is only recently that anyone has joined meditation and writing.

Natalie Goldberg invented Zen Writing Practice. She studied with Katagiri Roshi for six years and then, after much soul searching, decided that she could not give up her first love writing. After six years of practice, she also knew the value of Zen Meditation, and would not give that up either. Instead, she found a way to bring the two together in Zen Writing Practice. The combination of Zen practice and writing has proven to have as many, if not more benefits than simply sitting. To sit, walk, and write for a week, or even for one session, is to enter a state of mind that brings both physical and mental health. When will the medical establishment discover that? see ad below

In December 2006, Kuya received dharma transmission from Natalie Goldberg, author of **Writing Down the Bones** and is the first Canadian Dharma Heir of Zen Writing Practice.

Kuya will be offering workshops at the Spring Festival of Awareness and at the Johnson's Landing Retreat Center.





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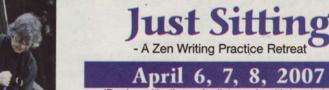
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Kuya Minogue has just received dharma transmission from Natalie Goldberg, founder of Zen Writing Practice.

She has been teaching Zen since 1989 and holds a Master's Degree in Leadership and Training.

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- Lao Tzu

THE 200-MILE CONSUMER

by Rob Matthies

Some seven winters ago, in a very small town in cold, cold northern Michigan where furnaces run most of the year, I huddled by the fire in the library reading a stack of magazines. It was amazing to see nearly 75 different magazines available in a library of an American town with a population of 1,500.

The main story in an obscure magazine's back issue was about how the magazine contracted one of this planet's super-geniuses to devise an action plan by which any person (not just governments or corporations) could make a really big impact on global warming, and save the environment. One result of his research, oddly enough, was many recipes for novel dishes, mainly vegetarian. The magazine article told of a very simple way to save the planet: 'Eat nothing grown outside of a 200-mile radius of your home, and you will help put an end to increasing greenhouse gasses, wars, and even pollution-caused cancers.' Wow.

The 200-mile diet advocated by this magazine claimed the power put an end to many of mankind's ills. For example, it would make nuclear power plants, wind turbines, protests over coal-burning and highway expansion, largely unnecessary. The author/genius lived in a desert area. Therefore, he had to prove that he could do it himself with his dishes of cactus and succulents. Hence, he had to publish his recipes, as proof. However, to myself, the 'pill' prescribed by the research seemed too hard to swallow: I imagined being in a dietary jail, committed to a diet of plum ginger chicken salad, poached pears, honey-sweetened apple tarts, and salmon on a bed of wild rice pilaf. Who could possibly live with that?

However, there would be benefits, too. With so much petroleum saved by the 200-mile diet, I could trade in my electric bike for a fire-breathing Tesla electric car. Why, the world would be so different that we'd hardly recognize it: our soldiers would be repairing leaky condos instead of doing battle with the Taliban; Trout Lake's farmers market would be bigger than Oakridge Mall and Metrotown combined; Granville Island's brewery would need Annacis Island just for itself; oil refineries around the Fraser's riverbanks would be replaced by hemp fields; gas prices would be 20 cents a litre; Greenpeace activists would be protesting about bottled water instead of climate change.

For that, and more, all I'd have to do is buy nothing grown outside of my 200-mile zone. The magazine's researcher/genius managed to figure out a world citi-

continues page 15

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MIND OR GENES

WHAT CONTROLS YOUR LIFE?

by Carol Tatham

The current dogma concerning the role of genes is the scientifically accepted Darwinian view. 'Survival of the Fittest' states that life is a result of random genetic mechanisms evolving and competing for survival. Genes rule! As victims of heredity, we attribute our limitations to less than satisfactory genes and their consequent effect upon the body's physical and behavioral mechanisms. Kind of a gloomy perspective isn't it. Now for the good news!

It is perception that controls the expression of our genes, not any inherent quality in the genes themselves. Frontier research in cell biology has finally acknowledged the mechanisms by which perception controls behavior, selects genes and even rewrites the genes. In other words, genes can't turn themselves 'on' or 'off' to cause cancer, arthritis, heart disease or any other so-called, genetically inherited maladies without something signaling them to do so. The signal to activate or suppress a cell comes from outside the cell. It is our perception that controls our biology, directs our behaviors, and profoundly influences our health.

During the first six years of life a child unconsciously acquires the behavioral repertoire needed to become a functional member of society. Remarks our parents made about us in regard to our personal traits are often downloaded as facts. i.e. stored in the subconscious mind for future reference. These 'facts' become our perceptual filters (software) for reality. They define us as worthy or worthless, powerful or powerless, masters of our destiny or victims of our circumstances.

Unfortunately, the subconscious behaviors are programmed to engage without the control of, nor the observation by the conscious self. So, the question is: Can outdated parental and societal software be changed? The answer is an unambiguous YES!

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It has proven successes with phobias, stress, anxiety, depression, procrastination, health problems, weight problems, and much much more! Thousands of people world-wide have now experienced how to connect with their goals and dreams by creating meaningful, noticeable and on-going change. That includes my seventeen year old son who took the workshop because he had so many positive changes from doing the PSYCH-K™ techniques with me.

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Success: Believe in What You Do...and keep doing it!

by Kelly Oswald, BSc Metaphysics

You know the amazing stories of victory and success that resonate to our human soul. Everything from childhood fantasies such as *The Little Engine That Could* and *Free Willy* to the real-life success stories of people including Wayne Dyer and Deepak Chopra. The common thread that runs within this theme is usually a character or person who is willing to work hard, won't quit and truly believes in what they do. They are motivated and they persevere – even in times of difficulty.

Imagine what could happen if you applied that same focus and determination to your personal relationships, your spiritual development and your career. Dr. Robert Schuller said "What would you attempt to do if you knew you could not fail?"

Below are some tips and ideas from the Association of Holistic Practitioners that can help you to ensure success whether you are cleaning your house, lunching with friends or engaged in a long day at work.

Go ahead... make your day!

- Plan your day and set your intention: Attitude is everything... especially in the morning!
- Create a list of things to do. Refresh this list at the end of each day, carrying forward any unfinished business.
- Allow time for unexpected events. Pace your day, but leave some room for traffic jams.
- Stay focused on the 'big picture.' As soon as you change your mind, quit or give up it's over. In the words of Thomas Edison "Many of life's failures are caused by people who did not realize how close they were to success when they gave up." Goal setting, Mission Statements and Vision Statements help you stay on track. (See past issue of Issues Magazine)
- Push through procrastination. (I think I can, I think I can)
- · Be responsible for your mistakes.
- When energy shifts adapt. Blaming changing energy dis-empowers you. Stay with your intention and shift the energy back to where you want it - even if Mercury is retrograde!
- · Keep positive. Surround yourself with positive people.
- Never say anything about someone that you wouldn't say directly to them - this includes emails.
- · Avoid gossip.
- · Defend those who are not present.
- · Don't take things personally. (Read the Four Agreements
- · If you can't do something, say no.
- Plan ahead but stay flexible in the present.
 continues to the right.

THE 200-MILE CONSUMER

continues from page 12

zen's action plan to Save The Earth, nothing less. What about essential, everyday stuff that they can't possibly make in BC? Like great-looking cowboy boots, skunk-blinding flashlights, and super-long-range WiFi adapters? Oops, I recently learned I was misinformed - yes, we do make those products locally, too. Encouraged by this new information, and strengthened by the diet of local seaweed, fire mushrooms, and free-range salmon, I eagerly agreed to help Silbury School (that's silbury.ca) students take the 200-mile consumption plan one step further: revive single-use batteries that the battery manufacturers say 'should not' be recharged. But why pick on these little harmless batteries, you ask? Well, according to a Mountain Equipment Coop blurb, these little harmless household batteries allegedly comprise up to 70% of all heavy metals in landfills. And landfills will eventually leach their contents to the water supply. The alternate route for dead batteries is a battery cemetery: BC's dead singleuse household batteries are usually trucked to a state, like Texas, where they are buried, at a cost of up to six loonies per kilo just for the burial privilege. And you thought that pet cemeteries were ridiculous, eh? The co-op's members are paying for this battery-burial privilege, along with several other greater Vancouver municipalities, happily subsidized by taxpayers, like you.

Now that we know the cost, and where, our little alkaline batteries end up, let's hope the Silbury School's students succeed where we grown-ups have failed to act more responsibly. Basically, us grownups have had the knowledge for awhile and prefer to pay the higher price, and, an even higher price, tomorrow. So, you're asking, just where are the great boots made in Vancouver? At Rino's, almost right across from Mountain Equipment Coop, on Broadway in Vancouver. I got a pair of boots for just over a hundred bucks.

Rob Matthies is a presenter with Solar Power Roadshow, an NGO educating kids from ages 5 to 75 in a fun way, and dedicated to the proposition that 'Anybody Can Make Energy.' He travels on an electric bike that will soon be charged with solar panels.

robert04mat@yahoo.com more info... http://tinyurl.com/pd8pt

SUCCESS.. continues from page 14

Prioritize your goals; which are of greatest importance, then arrange them a second time to see which goals can be achieved most quickly. Set out to work on the grander ideals first, and if you get stuck or procrastinate you can do one of the easier ones to get your momentum back. Some people prefer to work through one or two goals at a time; yet still keeping all goals in mind, in a methodical and focused way: while others like to multi-task and work on all the goals at

once. There is no 'right' or 'wrong' way to achieve goals; you need to suit your personality and work habits for the best results. The key to achieving those goals with success... is to listen to your heart, and never, ever give

> Kelly is a presenter at the Spring Festival of Awareness

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Choosing God First

Early in my life I made the choice to put God first. To me putting God first is not just following guidance or commandments, though this is an invaluable stage. Instead, putting God first means that one enters into a closer relationship with the love

within, choosing to love rather than to act from simple obedience. The Findhorn Foundation community developed out of the commitment of Eileen and Peter Caddy and myself to put God first and do what we called God's will. Each of us had experiences of the sacred and attempted to live according to inner guidance. We found that inner contact was relevant at all levels of our lives; the brilliant and unusual garden growth that Findhorn became known for was just one example of the practical evidence of that relevance. We sought to choose love in everything we did. I certainly found that when I followed my constant inner reminders to do everything with love, I felt better, things worked out, relationships with others improved.

The wonderful experiences that have clarified my being have stemmed from 'listening' to my inner knowing, to God the Beloved. I grew up in Guelph, Ontario, and in my teens wondered about the purpose of life, but my church gave me no satisfying answers. I finished college in 1940 and volunteered for war work in New York. My job was with the British Secret Intelligence Service in North and South America, and after about a year in New York I moved to work in Panama. There I met, and following a deep intuition, married an Englishman, who was the first person to give me answers about life's purpose that did make sense to me. He was a member of the Sufi order, who like me accepted that all religions led to the same God within, and studying the different religions was mind broadening. In 1943 he and I went to England, where I met Peter and Eileen Caddy and with a small group of other like-minded spiritual seekers we began to meet and study together.

All the teaching that I received led me to believe that acting with love was the ultimate truth, and in London I received the choice of an inner test to commit myself to act in a very loving way. I believe my adherence to this commitment led me to experience the divine, God, as within me, not just as a belief but as a knowing. This changed me completely, and led to a long period of making that inner connection three times a day, and writing down the meaning of what I received in my own words, as I do not hear or see anything at those times. Since then I have lived my life by my guidance, proving its validity in all areas of my life.

Through the years I have found that people are open to finding enlightenment from many outer sources which can be helpful and which, if genuine, lead us to seek our own inner wisdom. Our backgrounds have blocked our minds from gaining access to the one source that is behind all life. Over the years in my workshops, I have begun to share more deeply the marvelous care and training that I have received and that all of

us can receive when we turn to that source. For years I chose to begin the day by attuning to and wrapping myself in that great love that is at the core of us all. Gradually, through the years, my very personality became more loving, more amenable. I was learning from within that all situations are helped by love and that following such inward requests from God as "Wash the dishes with me" made my work and myself much more efficient and enjoyable. I know myself to be a very ordinary person with normal faults and failings, and if I can touch something divine - and I did - then anyone can.

Some people have said to me that they can't communicate with God or with angels, or have asked me how to know what they are connecting with. One answer is that whether we are conscious of it or not, we are always attuning to these energies, for our core is a spark of divinity and our soul functions in the same realm as the angels. We have angelic qualities. If we had no connection with divinity, we would not be alive. However, most of us do not tend to feel very angelic or even want to! But we do have a divine essence, and we might as well admit it and live with it, for it is not going to go away. When we feel elements of wholeness, lightness, upliftment, nonjudgment, or joy, we are in contact with the sacred. Conversely, if in our attunement we feel criticism, condemnation, or blame, we are connecting to personal beliefs or prejudices that divide us from others.

Touching the sacred is not a duty, it is a joy. Looking back, I realize with what incredible wisdom my being was met. What had meaning to me, what was dear to me, was highlighted, emphasized, made strong. God meets us at our vulnerable points and draws out our uniqueness. What was imparted to me was that I was to put love, God, first in my life; this theme was repeated in many different and engaging ways, always delighting me with its touch of beauty.

The astounding love of the Beloved is the core of each one of us, no matter how we denigrate ourselves. Only from that core of ourselves can we fulfill our function in and for the world. That divine area in us is always unfolding. It never gives up. It is important for us to realize that we are surrounded on all sides by God, by love, and that where we are is where we are meant to be. All our senses, visible and invisible, are our God-given faculties for full awareness in action. When we are in a loving state, the love shines through all our actions and influences everything around us, and we have the choice whether or not to love.

The key is love, the action is service, and the joy is knowing the grandeur that is God is in us and in everything. As we love, we are connecting with our core, and at some point we become aware of that inner love. We are here to walk the earth in love and to have a conscious connection with our inner divinity. Joy follows, for serving is a deeply intrinsic characteristic within us as human beings. When we serve, we are loving, wise, light-filled, peaceful and creative.

Dorothy is returning to JLRC this summer, see pages 28 & 29

REFLEXOLOGY FOR ANIMALS

by Yvette Eastman

Animals need Reflexology as much as everyone else! They live in the same stressful environment as we do. They walk and live in our traffic sitting in our cars, walking at exhaust level. They patiently wait for hours until we return from work, waiting to relieve themselves, exercising too little, socializing less than they wish. They get diseases like arthritis, diabetes, heart problems, seizures, strokes, even their form of AIDS, and they can all benefit from Reflexology just as we can.

Almost everyone knows about the magic of Reflexology. If you have had your feet worked on, you know how relaxing it is. You may also know the benefits as it relieves symptoms of pain and dis-ease.

Many people who work on their dog's or cat's feet tell me that their friend gets irritated when they work on them. They are right! So would you if someone only worked on your fingers! Most of an animal's foot/hand does not touch the ground. Animals stand on their toes and fingers and on the ball of their hands and feet. So the areas to be worked are far more extensive. Working on toes and fingers affects the head. Working on the larger pad affects lungs and shoulders. Working in the webbing influences lymph and back muscles.

When you first work on an animal, you need to relax them with little moves that treat the foot gently eliciting sigh of pleasure. Just as in humans, you start with 'treats' and relaxation exercises then move into specific reflexes.

Reflexology techniques also involve the ears. Stroke and manipulate them both inside and outside paying specific attention to the very point of the ear which calms any animal and even brings them out of shock.

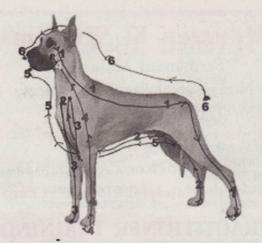
Animal Reflexology gives pleasure. For you and the animal because you are touching, healing and bonding. The stroking and gentle pressing will comfort and calm your friend. Often the results of a Reflexology session will clear up some physical concerns and you will be amazed at the behavioural and even emotional changes.

I worked on a racehorse recently. She was a 'bleeder' and she would weave back and forth in her stall. I concluded that she had bad migraines. Two sessions had her placing fourth after a bad start, no more bleeding, or weaving.

Then there is the three year-old Rottweiler, whose front paws would suddenly buckle and he'd fall. He couldn't climb stairs, or play. He was in such pain that he would bump into things. I gave him a session and then gave his family homework. Now he can play, climb and even lift his leg and balance for the first time.

Enjoy the results of these techniques. Share them with your friends!

Yvette Eastman is the director of Touchpoint Canadian Institute of Reflexology & Kinesthetics. She is coming to Edmonton, for the last time in 2007. Please see ad to the right.



Quick Meridian Massage for Your Dog

Start by (1) performing long strokes along the top of the body from the head to the back feet which brings awareness to the back legs, then (2) stroke from the inside legs up the belly to the chest, then (3) stroke from chest to the inner arms and to the fingers then (4) up the outside of the arms to the cheeks. Repeat the procedure 2 more times. Finish by (5) stroking on the center line of the belly from below the tail to the lower lip and (6) from the tip of the tail over the top of the animal to the upper lip. Make sure that both sides are done except for the last step which is in the centre. Enjoy this quick meridian massage that relaxes and quickly balances the system while bringing attention and focus to all parts.

Touchpoint Institute of Reflexology & Kinesthetics with Yvette Eastman



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A Leader Needs to Let Go of Being Right

by Brita Adkinson

One of the hardest things for a leader to let go of, is the sense that he or she is right. Of course I think that I am right. Otherwise, how could I be confident, and how could I be a strong leader? You probably remember some moment when you were convinced you were right, and didn't really listen to the other side of the argument. You were just waiting for the other person to finish his sentence, so you could burst forth with another way to try to persuade him to accept your view.

In a workptace we may think we have hardly any chance to put forth our ideas, for fear of upsetting the boss. Because, the boss doesn't tolerate opposing views. We may carry this concept into our sports clubs, community organizations, and spiritual networks. Who is right? Is it always the person who seems to exude most personal power or has been there longer than anyone else?

When we give up our notion that we are right, we open ourselves to surprises and new possibilities. During the 80s and 90s, the Findhorn community went through unexpected changes that upset some people and delighted others. Let me tell you a story. Many years ago, Cornelia, a German physician, joined the community. Cornelia was bursting with energy and creative ideas. She created a health department, a real company clinic. All members and visitors now had a place to go when they felt sick or had had an accident. We were all excited to have our own health service, one that combined the skills of a medical doctor with the knowledge of healing herbs.

Cornelia's ingenuity was amazing. She organized successful health conferences, called 'Medical Marriage,' where local doctors had useful discussions with natural health care practitioners. She offered presentations on integrative medicine in the local area. The health department's activities kept growing. Then, one day, we had an all-member community meeting, where some staff members expressed their anger. One said: "We are in the midst of a busy visitor season. The Healthcare department expects too much of us. We cannot provide staffing and time to all the activities Cornelia is planning." Another person said: "Yeah, we were all fine, before Cornelia came. This is a spiritual community, and we should focus on meditation and spiritual education. We're not a hospital!" Arguments went back and forth.

Cornelia felt severely criticized. All she wanted to do was to help people, and yet, many staff members were angry with her. For weeks, we saw arguments, tears, and people falling out with each other over the issue. Then, one day, in a community meeting, Cornelia announced she was leaving, but not really leaving. She told us: "I am now creating an independent

continues to the right

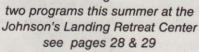
health care organization. I've set up an agreement to provide healthcare for staff and visitors at the Findhorn Foundation."

This was a departure from our original way of running our spiritual community. Traditionally, there was no exchange of money for services between any parts of the community. Cornelia broke away from tradition, causing confusion and upset with some people, however, as time passed, emotions calmed down and the new arrangement began working smoothly.

Recruiting her own staff, Cornelia continued to offer conferences, workshops, and presentations both inside and beyond the Findhorn community. She could fulfill her vision and we could all continue to enjoy quality healthcare right on our doorstep.

During the 80s and 90s, various functions of the community 'broke away' in a similar manner and became independent ventures. A breakaway that caused as much arguments and emotional upsets as the healthcare venture was when our food supply moved from being kept in the 'foodshed' where we all helped ourselves to groceries, to becoming a bona fide health food store. For some people this was seen as a betrayal of the true principles of a spiritual community. It was wrong! But it happened. We learned that solutions may be neither right nor wrong, just different from what we expect; a step into the unknown. One great benefit from creating a regular health food store is, today, thousands of local people enjoy the community food, and in this way the community has expanded far beyond its previously assumed boundaries.

Brita led workshops at the Findhorn Foundation in Scotland for 14 years and will be offering



She will also be presenting at the Spring Festival of Awareness.

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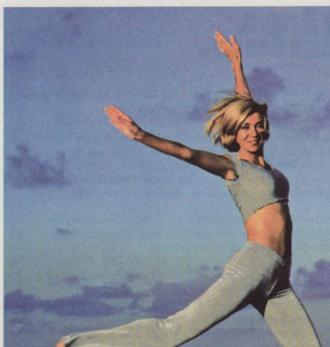
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Lose Weight, Cancel Cravings and Build Muscle and Bone

by Donalda Fredeen as told by Vaidya Mishra

Weight problems? Not me. I could eat what I wanted when I wanted. Then, I turned forty and had my third child. The cravings began and I started to gain pounds a week. It doesn't take rocket science to see I was in trouble. Luckily, Vaidya Mishra suggested a few simple herbs, a customized tea and the cravings disappeared. I have to be careful, but by following his suggestions, I have maintained a normal weight. Sounds miraculous? It is, but there is an explanation. To address weight loss cravings, improved metabolism and detoxification must be addressed. Vaidya Mishra has developed an effective weight loss program with herbs from India that are new to North America. They not only facilitate weight loss but build stronger muscle and bone.

Shudh (pure) Ayurved approaches weight loss from the foundation of a balanced metabolism originating in the liver. Efficient metabolism of good quality food by the liver creates strong, healthy blood. Ayurved describes a cascade of metabolic transformations from healthy blood to the formation of muscle to fat, bone to bone marrow, which includes nerve tissue, its myelin sheath and healthy reproductive tissue. Fat is in middle of this cascade. It is difficult to lose because it is a storehouse of modern day pollutants known as Garvisha in Shudh Ayurved. If the fat did not hold the toxins they would then move into the bone which would lead to osteoporosis and other bone disorders. It is important that detoxification procedures of the fat tissue protect the bone and bone marrow.

My experience with Vaidya Mishra taught me the importance of having a good guide to oversee detoxification procedures and weight loss programs. Now when I think of weight loss, I also consider strengthening metabolism. When the metabolism is strengthened, all the tissues become healthier. Then our cravings disappear along with cellulite and we build strong muscle and bone. see ad below

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Winds of Change

by Sandra Kriese

I've never been much of a wind girl. I know many people love the wild sound of a fierce storm, but not me - I just get more and more anxious. Like a wild animal's, my instincts tell me something is coming so I had better hunker down and stay safe. It's not rational, but there it is.

The wind is a powerful symbol of the endless changes in our lives. Gentle days of sunshine, grey clouds bursting with rain, and unpredictable icy blizzards mark our lives. Within the regular passage of seasons, months and days, we live in a constant state of flux.

I think that people who work closely with animals and the land have a better understanding of this paradox. The most healing experience I had after my divorce was sitting at the farm table with my relatives, telling my story and crying with them. At the end of it all we wiped our tears away. Uncle Ozzie put his hands on the table and said, "Well. Now, let's go pick Saskatoon berries!" He understood that bad weather comes, crops are ruined, feelings are felt, and things move on. It's just how life is.

Maybe, as we have moved further away from our connection with the rhythm and chaos of nature, we have lost touch with our ability to accept, adapt and revise our lives in response to change. As modern society has become more and more ordered and predictable, we are convinced that that is how life should be.

We are lulled into believing that the chaos of living can be held back with a marriage contract, the right medication or a good pension. If we try really hard to do everything the "right" way, there will be enough controls in place to assure a happy life. But, be really honest with yourselves now—it just doesn't happen that way, does it?

Medications can suppress all of one's emotions, not just the 'bad' ones. The promise of a pension can kill a desire to develop a new direction in life. The anger and bitterness at the end of a marriage can poison all other relationships.

So rather than being afraid of this wild, uncontrolled part of living, I think we have to remember how to live with it. These times are calling us to understand that an unexpected event—of any kind—offers us the opportunity for powerful growth and transformation.

In the Chinese language, the character for the word 'change' is the same as the character for 'opportunity.' The changes that blow into your life, whether on a soft wind or a fierce storm, are what Life is asking you to embrace. We have the opportunity to let these times temper, soften and deepen our hearts.

Sandra Kriese works as a massage and cranial-sacral therapist and consulting astrologer. She now lives in Salmon Arm, BC, and has an ad under Astrologer in the Natural Yellow Pages

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Aromatic Gifts from Nature

by Patricia Fentie

In ancient times, burning hand-blended incense was a daily ritual. Loose incense or granules were burned for spiritual and healing purposes. The fragrant smoke exhaled from these special plants was considered the most precious gift one could offer to the gods. This is why at one time, frankincense and myrrh were considered as valuable as gold.

In modern times, we are familiar with incense sticks, which are often made from sawdust, glue and synthetic fragrance, but few people are familiar with hand blended incense. Plant resins, barks and herbs are burned on a charcoal disk to release their fragrant smoke. As the plants exhale their perfume, one can imagine how our ancestors believed their prayers would be answered when this gift was offered to the gods. The practice of burning hand-blended incense encourages us to slow down and brings a deep connection to nature.

Perfume comes from the Latin word per fumum which means 'through smoke'. The Latin word incensum means to 'set on fire' or 'to arouse passion and emotion'. Scent does have a powerful effect on emotions and burning various blends of incense can alter one's level of consciousness. It can heighten the senses, create a peaceful state of mind and even reduce stress, anxiety and physical pain. In the past, incense was used for medicinal purposes as well. Myrrh was commonly used for its anti-inflammatory properties, frankincense for its antiseptic properties, and cedar was used for purification and protection.

It is a shame when such beautiful practices are forgotten or lost. There are however, some wise keepers of this knowledge, one of which is Scott Cunningham. He has written *The Complete Book of Incense, Oils and Brews* as well as several books on herbalism and aromatherapy. Using these natural aromatic gifts from nature is a truly magical experience. It is a beautiful and sacred practice worth exploring as there is something about this ancient ritual that evokes memories from somewhere deep within. see Market Place ad to the right.

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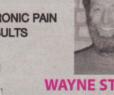


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The human body is mostly composed of a fibrous matrix of connective tissue. Among its many other functions this organ acts as a shock absorber, dissipating the shocks to which our bodies are subjected in the normal course of our lives. Generally the energy is absorbed by the mostly vertically oriented muscle fibres in our bodies without incident.

The dynamic becomes more complicated when the body is subjected to uncontrolled forces moving toward each other from opposite directions. Where the energy vectors meet they are forced to change direction laterally at high speed while being dissipated in the surrounding connective tissue. This is known as a whiplash

In the classic case of whiplash where a vehicle is rear-ended, energy vectors are generated as the hips and lower back are suddenly thrust forward sending a tsunami like shock wave upward through the matrix. Simultaneously the head and shoulders are being thrown back, sending a shock wave downward through the matrix. Where the waves meet the dissipation of their kinetic energy compromises the integrity of muscle tissue in the area restricting its range of motion. Pain is experienced from the injured tissue as well as from chronically stressed muscles sometimes far from the whiplash injury itself. The injured tissue has a particular texture, different from other adhesions which can cause similar symptoms.

Structural Integration work can be quite effective in dealing with the condition. Sometimes the energy will release quickly and dramatically. In other cases, particularly if the injury is an old one, it must be revisited repeatedly before the trapped energy is finally released. I recently experienced the release of a fifty-year old whiplash on the left side of my neck while receiving the work. The range of motion in my neck was immediately increased with further releases happening in my right shoulder and hip over the next few days. There was an emotional component to the release too as I relived the traumatic circumstances surrounding the injury.

If you are experiencing what seems to be unexplained pain in a part of your body which you do not remember injuring, think back to other traumas you have experienced. Perhaps there was a whiplash producing incident you have forgotten about because it doesn't hurt any more. Describe this to your bodyworker next time you have a session. It may be the key to the relief you seek.



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Creating It All - Really

by Sandra Lee

Time and time again, I've heard and read the same statements. I imagine that you have too. 'You are an Infinite Being' and 'You are the creator of everything around you.' You are probably familiar with the Law of Attraction, the power of positive thinking, and other similar concepts. Personally, I found that in my years of personal development, I spent a lot of time and money learning and studying these teachings. My life was certainly better as a result of the skills and knowledge I gained for managing my physical, mental, emotional, and spiritual well being. And my healing methodologies are most definitely effective tools which I use regularly.

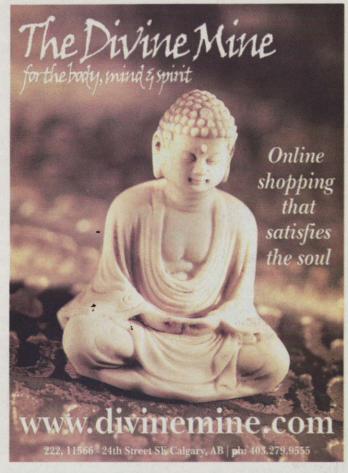
However, I continued to find myself stuck when it came to consciously manifesting. Intend for some object or situation to appear in my life, and . . . Well, so where is it? In my life, much of 'Creating It All' was still happening by default, and therefore not necessarily always 100% to my liking. Can you relate to this? Just this week, I discovered a teaching that goes several levels deeper than anything I've previous studied. As I learned this new process, I found a gaping hole in my foundation for consciously creating. I still believed that everything around me, all the situations of my life are REAL. Which doesn't mesh well with being an Infinite Being who can create through their thoughts. The process I am experimenting with enables me to take my power back from everything that has me deeply and thoroughly believing what I think of as reality is real.

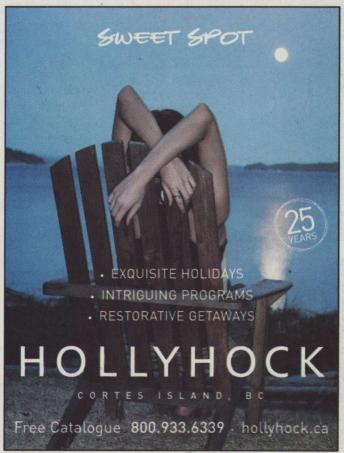
I am quite amazed at how simple it is. What makes it more effective than all the other stuff? It dissolves your belief that things are REAL. It is a step-by-step method for use in your life every day. The friend who introduced me to this has some amazing stories. I look forward to creating my own wonders and miracles.

See Sandra's ad in the Natural Yellow Pages under Bodywork

Sandra will be a presenter at the Spring Festival of Awareness, April 27-29









Experience Johnson's Landi

May 2007

4 - 13 Building a Cabin • JLRC Building Team

12 - 18 Building Sacred Space • JLRC Building Team

18 - 21 Opening The Season • Our Spring Work/Party

25 - 27 N.V.C. for Couples • Eric Bowers and Melody Greger

25 - 29 Awakening Spirit • Jana Harmon

28 - June 2 The Way of the Tipi • JLRC Building Team

June

2 - 7 Buddhism • Don McEachern

8 - 14 Finishing a Cabin • JLRC Building Team

8 - 14 Community Experience • Brita Adkinson and Richard

15 - 20 Co-Creative Healing • Sasha Cuff

16 - 21 Leadership Training • Brita Adkinson

22 - 24 Couple's Retreat • Jon Scott and Pascal Salesses

25 - 27 Welcome to Tantra • Jon Scott and Pascal Salesses

29 - July 1 Breathwork • Jon Scott and Pascal Salesses

July

2-5 Kootenay Lake Drumn
6-8 Nonviolent Communic

6 - 12 Zen Writing Practice

13 - 18 Tai Chi Summer Camp
20 - 25 Falling in Love • Dorott

27 - 29 Divorcing Your Parent

30 - August 11 Buddhism · Robe

August

12 - 15 Leading with Heart • .

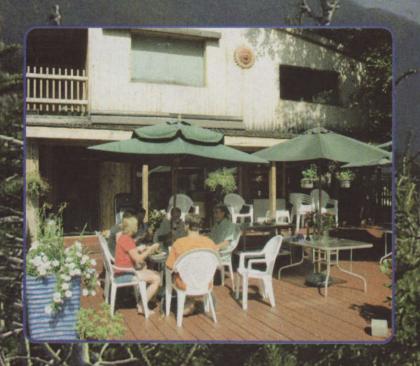
16 - 20 Women of Spirit' Fest

24 - 30 Fulfillment • Jon Scott a

24 - 30 A Week with Angéle •

31 - Sept. 2 Nonviolent Commu

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d Shannon Anima

Angéle - JLRC staff

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otenay Joe Mountain, enter overlooking Kootenay Lake

September

7 - 12 Sacred Sex • Jon Scott and Pascal Salesses

12 - 19 Intuitive Painting • Ted Wallace

14 - 16 Mask Making • Penny Tanner

14 - 16 Family Constellations • Bryce and Julie-Ann Hyatt

21 - 23 Vibrational Medicine • Sasha Cuff

29 - Oct 4 Creation • Lynne Gordon-Mündell

October

5 - 7 Sacred Circle Dance • Rose Stapenhurst

6th Thanksgiving Event • Open House and Potluck

12 - 14 Men's Gathering • Work in Progress... Want to help out?





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Lyn's 2007 Winter/Spring schedule:

Canmore, AB - Available for private readings
February 19 - 22, March 19 - 24, April 23 - 28 and June 19 - 23
(Phone Karen at (403) 609 3323 to book an appointment)

Calgary, AB - Available for private readings at
Calgary First Spiritualist Church
February 15 - 18, March 25 - 28 and June 24 - 27

February 17 - 'Automatic Writing' workshop (Phone Carol (403) 283 1102 to book an appt or register for workshop)

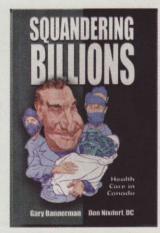
April 1 - 6 • Vancouver Island (Nanoose Bay)

'Demonstration' of Mediumship - April 1
Available for private readings - April 2 - 6
(Phone Gail (250) 468-5966 after March 6 to book appt or register for demo.)

Please visit Lyn's website for further details and additions to her Winter/Spring 2007 schedule.

www.lyninglis.com. • Email: asklyn@lyninglis.com.

Phone (250) 837 5630 or Fax (250) 837 5620



SQUANDERING BILLIONS

Health Care in Canada

by Gary Bannerman & Don Nixdorf, DC.

published by Hancock House ISBN 0-88839-602-3

A brutally frank indictment of health spending. The book demonstrates that the absolute power of medical doctors, pharmaceutical companies, health bureaucrats and hospital administrators, enshrines mediocrity at the expense of patients.

Mistakes, inefficiency and malpractice in the Canadian health system may be causing ten times or more unnecessary death a year than the toll from traffic accidents (3000) and crime (500). Some acute care hospitals seem to have become disease factories. Why do health care tragedies not face the scrutiny typically focused upon other accidental and wrongful death? Canadian Medicare was designed to insure the patient, not the practitioner! Why, then, are medical doctors and hospitals exempted from competition?

Evidence show conclusively that expanded use of community health centres, nurse practitioners, doctors of chiropractic and others can be more effective and less expensive within their area of expertise. This book goes where official commissions have been afraid to travel!

Thanks to Klaus Ferlow for recommending this insightful book that looks at the Medicare system. May we become educated enough to help change it.



My Journey

I sit at my writing desk this last day of 2006 and muse over the year. My thoughts turn to opportunities past, some seized, some not. I smile over new friends found and sigh over new friends lost. I am humbled by new insights gained and am perplexed over old patterns revisited. I reflect on the intricate weaving of life. As I pen these lines the sun bursts over the hilltop and glistens off the winterscape here in Johnson's Landing and the deep snow that cocoons us in its cool cottony embrace. I am reminded that the Great Mother loves me and that it is my responsibility to be here in this time and this space. For me this past year has been about seeing me. Who am I? What am I about? What am I to do? I must confess that there are times on the 'great circle of life' that I feel less of the circle and more of me 'chasing my own tail!'

The mystics would tell us that we will repeat life lessons until we learn them. I personally believe that 'these lessons' are not foisted upon us by some god, but are, in the words of Caroline Myss, sacred contracts we agree to prior to incarnating in this life. As such, the power is mine to create and live out the woof and warp of my life. I hold all the keys to my life... I pray that I have the courage to open all the doors!

I look out my window and see Zen sprawled on a snow bank in the sun (he loves the snow!) In my relationship with him I see all the qualities I would aspire too; unconditional love, unquestioning loyalty, a zest and a love of life, the exuberance of play and the ability to be exactly who he is...no questions asked. Oh that my life could be that simple, that complete!

As is my tradition I will spend the next couple of days reflecting on the year past, setting goals for the years ahead. Working through fear and self-pity, speaking my truth, living in the present, these will be my focus in 2007. To all of you who took the time this past year to express appreciation at this 'baring of my soul,' I am truly humbled. My wish for each one reading these words is that the coming year will be the best ever! I pray that each one of us will see the face of the Great Mother, see the compassion in her eyes, the laughter in her smile.

My poem is self-explanatory. I selected it because it reflects one of my New Year goals. I too have been transfixed by the paralysis fear. Let us stand together brothers and sisters and give fear what it deserves...the light of love! May the Goddess bless you.

Daniel-ohm@hotmail.com.

Namaste

Daniel



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FEAR

Fear is like prayer in reverse And it forever the small man's curse It stalks through his world both by day and by night Capturing this man and his mind in its fright

Fear is an evil taskmaster Ever cracking the whip, go slower, go faster

It will suck out your joy, it will suck out your life It will overwhelm you with panic, overwhelm you with strife First on the left and then on the right

It will pursue you to the depth and then to the height

But there is a secret that will save your life Remove all the fear, remove all the strife So when your backs to the wall and your deep in the hole The secret is that over your mind you have total control Let me say it again in case you've not heard Not one thought, not one impulse, not one hunch, not one word Over your mind you have total control

It is a gift from your God and it will free your soul!



Cheryl Forrest (Grismer)

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Intermediate Meditation

Feeling a little 'stuck' in your meditation? This workshop will lead you out of your meditation doldrums. You will experience new ways to use meditation to obtain guidance and direction for your daily life. We will explore and learn to identify the various levels experienced in the meditation world. Please wear comfortable clothes, bring a sleeping blanket or bag.

Westbank • January 26, 27, 28 • Investment \$225

Spiritual Intensive

If you are committed to turning your life in a new direction that is closer to your heart's truth and your soul's path, then this class is for you. This is more than an instructional course; it becomes a place in time where the world stops and the miracle of you emerges. We start with the basic tools of meditation, parapsychology, metaphysics and healing, designed to improve your personal and professional lives. This four weekend course provides a uniquely graduated program where your heart and vision are opened to the presence and nurturance of love. Class size is limited to 10. Investment \$875

Westbank • February 2, 3, 4 & 23, 24, 25 • March 16, 17, 18, • April 21, 21, 22.

An Overview of World Religions

Do you want to know more about the similarities and differences in our World Religions? In this class we are going to explore a number of Worlds Faiths, looking at their background principles, practices and peculiarities. Participants will require a notebook. comfortable clothes and sleeping gear.

Westbank • March 2, 3, 4 • Investment \$225

Advanced Easter Meditation Retreat

This is a live-in retreat - You will expand and deepen your meditation experience. Your meditation then becomes truly a transformational path of the heart and mind, allowing you to heal and open to your love, compassion, courage and expansiveness leading you to your "God Within." Participants will require a notebook, comfortable clothes and sleeping gear.

Westbank • March 30, 31, April 1 • Investment \$200

Waking Up

Most of us spend a great deal of our lives in a sleep state. Enlightenment requires a waking state - this class will focus on techniques and understandings that will help you to achieve that waking state. The spiritual path requires us to open OURSELVES, not just our eyes to the sacredness of each spoken word we speak, each person we meet, each action we take. We can transform!

Westbank • April 28, 29 • Investment \$225

Tarot

For centuries the Tarot has been a central tool of the mystic path. Come and spend a fun and informative Weekend exploring the traditional and non-traditional approaches to using the Tarot. Come and grow though this ancient tool.

Westbank • May 12, 13 • Investment \$160

Please register with Cheryl (250) 768-2217 for the above classes.

THE GAME OF LOVE

by Bobby J. O'Neal

It's a game, the game of love and we are all players. It is probably the most important game we will ever play. Some of us might not realize that we are actually playing this game. We might need to be reminded that all of our experiences in life are part of a bigger game plan to learn about love.

The rules for this game are simple. Every day we make choices and our score in this game of love is based on the choices we make. Our score gets higher and the game gets easier when we choose love. Yes we have to choose love if we want to win this game. We are not in this game alone as we have lots of help along the way. It seems that the right players show up when we need to learn a new lesson. The lessons of love may include patience, compassion, honesty, integrity, kindness and understanding. What lessons are you learning right now?

If the game is played right, it will be fun, exciting, rewarding and effortless. The unique aspect of this game, is that we keep our own score. However, if we try and cheat in the game of love, our experiences will come back and haunt us. Honesty is the cornerstone for this game. When we are angry, vengeful, or mean our score is lower and our experiences are more difficult. When we express kindness, compassion, or caring our score is higher and our experiences are more pleasing.

Our intimate partners are usually our most important teammates, because they always reflect back the love that we give them. If you are not in a relationship now, then you might be learning lessons about self-love or love for those around you. Other players may include family members, neighbours, co-workers or the homeless person on the street corner. We are all on the same team and there is no opponent. Players from other countries, those with different ethnic backgrounds, religious beliefs or philosophies, are all on the same team. We play this game about love together whether we like it or not. We don't have to agree with how others are playing the game. Their own experiences will reflect the choices they have made. Sometimes innocent players are caught up in negative experiences, due to some bad choices made by other players. Those innocent players might be making the greatest sacrifices of all in order to teach others an important lesson about love.

It is our responsibility to help each other learn about love. The easiest way to teach others about love is to be a good role model. We can do this by making choices based on love and expressing our love for others in thoughts, words and actions. We must also love ourselves unconditionally first and then we can spread our love to those closest to us. Soon our love will overflow to reach other players in the game. It is contagious really, love catches on quickly like a windy day on a grassy plain, where all the grasses dance together as the rhythm of the wind sings along.

So how does this game work? If we are keeping track of our own score who is keeping score for the team? Is it God, our inner spirit, mother earth, a universal energy, a collective consciousness or is it some funny looking aliens placing bets on the outcome? Does it really matter? If enough of our personal scores start to improve, wouldn't the team's score also rise? In other words if each of us make choices based on love, then more love should naturally flow within the team. We either all win, or we all lose. How will you play the game this year, will you choose more love? The key is to take action. I created a relationship game about love! What can you do?

Bobby J. O'Neal is the Creator of Syncrohearts

"The game you love to play and play to love"

Bobby lives in Mission, BC and
is married and has a 16 year old son.

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ONGOING EVENTS

MONDAYS - Last Monday of the month

THEOBALD ACADEMY FOR HIGHER CONSCIOUSNESS RESEARCH AND EDUCATION - Study group: 7 to 9 pm
Penticton: 493-4317 • www.th-academy.com

WEDNESDAYS

NEVER ON A SUNDAY with Yvonne Davidson (Spiritual Growth Services) 7-9 pm at Infinite Serenity, 2476 Main St, Westbank: 768-8876 • www.infiniteserenity.ca

MEDITATION - Preben • 1st & 3rd Wed. 7 pm #33 - 2070 Harvey Ave., Kelowna 712-9295

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Kamloops: Call Terez for info 374-8672

UNI CIRCLE Infinite Serenity, 2476 Main St, Westbank or 768-8876 NEW GUEST SPEAKER every week. See schedule at www.infiniteserenity.ca

SUNDAY CELEBRATIONS

PENTICTON: The Celebration Centre and Metaphysical Society presents Sunday Service 10:30-Noon. L Smith and Co. Cafe. 215 Winnipeg St. Info: Loro 496-0083, email: celebrationcentre@telus.net

There's Always Help; There's Always Hope

An award-winning psychiatrist shows you how to heal your body, mind, and spirit

Eve A. Wood, M.D. Hay House, courtesy of Raincoast Books ISBN 978-1-4019-1119-5

The author is Clinical Associate Professor

of Medicine at the University of Arizona Program in Integrative Medicine, and among her other credentials is known for her work in integrative psychiatry. She states that 'our systems of care are broken,' so has produced this book, an endeavour in being open-minded, creative, and 'willing to do whatever it takes,' to show that miraculous journeys are possible, that the discouraged and the lost can find fulfilment and inner peace. There is a myriad of self-help books available, and it can be difficult for someone who is troubled and in one sort of pain or another to find authentic help - this books seems to me to be a worthy read, not only for the one seeking help, but for those in the healing and caring professions.

There are stories about real people, their challenges and triumphs; there are lessons, morals, steps to take, others' reflections and experiences from which to draw; but I thought you might particularly enjoy the author's Closing Blessing: May you rise to face each day with hope, may you cherish your accomplishments however small, may you share of your gifts however humble, and accept your limitations however huge. May you strive to grow and help others to do so, may you ask for help more often than before, may you offer assistance more freely than you used to, and relish the pleasure that comes from shared lives. May you cultivate your capacity to give and receive love, and nurture the pleasure you experience in small gifts, may you ever choose life, and never give up growing. May you experience fulfilment, and live a life of peace. Amen.

Jude

My Reincarnation From Auschwitz

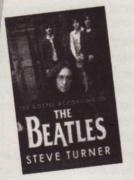
Jewelle St. James St. James Publishing ISBN 13: 978-0-9732752-1-6

After being thoroughly taken with Jewelle's last book,

All You Need Is Love (in which she tells of her past life with the soul that became John Lennon), I looked forward to her new offering with great anticipation - and I was most certainly not disappointed. My father was an R.A.F policeman, and I have his photographs of Bergen-Belsen taken during the post-war four-nation occupation of Germany, so I am particularly intrigued with what Jewelle has to say as she faces the darkness, and faces her fears. It's understating it to say that the

Book Reviews

by Christina



There's Always Help;

There's Always Hope

Jude



The Gospel According To

The Beatles

Steve Turner Westminster John Knox Press, courtesy of Wood Lake Publishing Inc. ISBN 978-0-664-22983-2

A well-written and well-researched book from an intelligent, insightful, time-honoured writer. The apostle John said that 'God is Love,' to which John Lennon has responded, 'Love is God' - witness 'All You Need Is Love' (an appropriate pairing of this book with Jewelle's, below), altruistic universal love being our path to the Divine within and without. This wasn't always the message of the Beatles' songs, many of them reflecting reciprocal love and infatuation, but they always seemed to be striving for something better, and deeper, than what was generally on offer, and as one old fan says, 'They had a mystical substance that you couldn't guite define, as though they had a purpose beyond the norm. They made a difference in people's lives, like modern-day apostles, spreading the word that you are special, you are loved.' Even if you don't agree with that, you'll find the book intriguing, as the author pulls together the people and the events of those few short years and gives you a unique perspective on a time of great change in the 20th century. This is an appealing read for Beatles fans and non-fans alike: if you were around in those days, it will take you back to difficult yet enchanting years; if you are young, it will give you profound insight into an era which still influences us today.

Holocaust is not an easy subject to write about, let alone read about, but Jewelle has done so with truth and sensitivity - her writing style is brilliant in its simplicity, and she takes you with her effortlessly as she visits places, talks to people, searches within, suffers and loves and cries. At the end of the book she states: 'I now know that my mission in this life is to share my own healing through the written word so that others may recognize themselves and restore their souls too. If you were drawn to this book and related to my story, your soul is urging you to remember. Open your mind to your own innate guidance that is longing to help you heal. Love does not forget. Love is constant through physical lives and deaths. Your soul wants to heal and reclaim its power.'

If you are curious about past lives, I highly recommend Jewelle's books as a place to begin. They are the most authentic that I have read on reincarnation, and I hope that she continues to bring us gifts from her wondrous journey into the past.

WILD YAM

The Natural Herb for Menopause & PMS

by Klaus Ferlow

In North America, there are an estimated 30-40 million menopausal women and some 20-30 million baby boomer women on the brink of menopause. With many doctors recommending Hormone Replacement Therapy (HRT or ETR (Estrogen Replacement Therapy) and MHT (Menopausal Hormonal Therapy) some people have questioned the benefits, and more importantly the health risks of these options. An independent institution was hired to find answers, but after five years it stopped due to the negative findings, such as increased heart attacks, blood clotting and a later study found that the risk of Alzheimer's disease increased by 50% when women have been on these therapies for three years or more.

Women have also been exposed to Premarin, a preparation of conjugated estrogens (50% estrogen, 50% equilin). Estrogen is naturally occurring in humans, however, equilin is obtained from a pregnant mare's urine. Although Premarin is a combination of naturally occurring estrogen, this product would be best utilized if you are genetically modified to possess the DNA of a horse.

Naturally occurring medicines are for the public's use and so in the early 1900s pharmaceutical companies patented biochemical processes that extracted or synthetically produced a natural occurring equivalent product. With patent protection a lot of money could be made and an industry was created.

The hormone progesterone was first isolated by William Alien and George Corner in 1934. Since then, approx. 5000 plants have been identified as containing substances with progesterone-like chemistry. Russel Marker in 1943 successfully extracted a phytoestrogen from the roots of the Mexican Wild Yam plants called 'diosgenin' inexpensively, and in large quantities. The majority of this herb is purchased by pharmaceutical giants who further synthesize it into an unnatural progesterone-like compound, called 'progestins,' for use in patented medicines. Two of the most commonly prescribed progestin drugs have over thirty negative side effects and health risks, including increased risk of breast cancer and tenderness, ovarian and uterine cancers and migraines.

Mexican Wild Yam that has not been synthesized has an active phytoestrogen ingredient called 'diosgenin,' scientifically recognized to balance women's menstrual cycles and reproductive hormones rather than causing extreme changes like the HRT, ERT, MHT does. Diosgenin acts as a precursor and triggers the production of natural progesterone in the women's body that effects the estrogen levels after she applies the herbal cream to the skin. This suggests that it has the ability to 'self-adjust' according to the body's need. It balances the progesterone against the high levels of estrogen due to the environment (food, water, air) and symptoms such as hot flashes, insomnia, cramps, headaches, migraines and vaginal dryness

stop without any side effects because the ingredients in the Mexican Wild Yam cream are botanical plant derived. You should also be aware that many Wild Yam creams are using progesterone powder derived from soy beans that may be genetically engineered and/or modified. The Wild Mexican Yam cream is best applied to the largest areas of relative thin skin. The dosages suggested in the literature is a guideline and you can either increase or decrease the amount. In some cases it could take up to three months before you see any improvement in your condition, therefore please be patient. How long can you use the cream? Till you are 99 years old. It has been reported that it prevents osteoporosis and increases bone density.

According to Aeron Lifecycle Labs of California, who testing the hormone levels in women of all ages, found that more than 90% of women may be estrogen-dominant! That's why some girls start their period as early as 12 and some women start menopause as early as 35.

Historically, over thousands of years, herbs such as angelica, licorice, chaste tree (vitex), black cohosh, ginkgo biloba and wild Mexican Yam have been used to treat symptoms of this transformative time. Menopause and PMS is not a disease and women have a choice.

References:

Hormone Replacement Therapy, YES or NO? Betty Kamen, Ph.D. Your Hormoneous Life, Calvin Ross It's Not In Your Head, It's In Your Hormones, Melinda Bonk Hormone Balance, Carolyn Dean, MD, ND Natural Therapies For Menopause, Nancy Beckham Please see ad below



Book Reviews

by Daniel

INVISIBLE ACTS OF POWER

Personal Choices, That Create Miracles

Caroline Myss Free Press, ISBN 0-7432-6425-8

This book by best selling author Caroline Myss is truly a delightful read. Writing from her own experience and beliefs Myss shares her conviction that we can all become divine channels for the miraculous. Interweaving her own story with the stories of those who respond to her website we are presented the simplicity and the ordinariness of miracles. Jesus himself said that a cup of water given in compassion is a direct service to God. But, she would suggest, 'invisible acts of power' are not just cool things to read about, they are essential to our health and emotional balance! Myss lists seven practical and simple manifestations of generosity and compassion and would encourage us to seek them out. Her following quote from Confucius speaks to the essential message of her book: "the man (woman) of perfect virtue, wishing to establish himself, seeks also to establish others, wishing to be enlarged himself, also seeks to enlarge others."



A travel guide to the universe

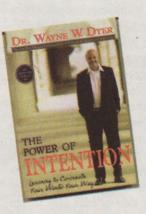
Ariole K Alei HeartSong Solutions ISBN. 13:978-4116-9043-10

I read in excess of 50 books a year but I had a unique experience as I finished this one...I wept. Vancouver-born and based author Ariole K Alie shares the story of her personal unfolding. With courage and tenacity she exposes her

soul and herself to the world. She shares her joys, her pain, her triumphs and her 'failures.' From a secluded cabin in the Shuswap to the snow capped mountains of Dharamasals and audiences with the Dali Lama, this writer weaves a truly remarkable story. But there is more here than a personal journey...there is a message and an understanding for us all. Most of you reading these lines are aware of the pivotal time in which we live, Ariole's book speaks to that time. If you believe in a spirit lead life, if you believe in a universal plan, if you believe in honesty, humility and courage, then this book is for you! 10 out of 10







THE POWER OF INTENTION

Learning to Co-create Your World Your Way

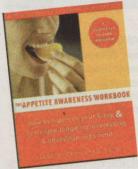
Dr. Wayne Dyer Hav House • ISBN 1-4019-0216-2

"Self realization means that we have been consciously connected with our source of being. Once

we have made this connection nothing can go wrong." Written in his own personable style Wayne Dyer has crafted another powerful book. Suggesting that the tapping into the power of intention often requires less of personal willpower and more of being in the universal flow, Dyer articulates a new paradigm. The first six chapters speak to a new definition of intention, the last eight give practical and powerful examples of how to walk in this new light. The message of the book is very clear...both the power and the choice are mine! The universe herself, Dyer writes, reflects the simplicity of this intricate dance with self. This book is an excellent read especially at this time of the year when our thoughts naturally turn to new goals and new resolutions and our ability to carry them Out

Book Reviews

by Angèle





The Appetite Awareness Workbook

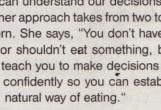
how to listen to your body & overcome binging, overeating & obsession with food

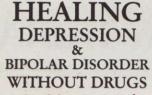
> Linda W. Craighead, Ph.D www.newharbinger.com Courtesy Raincoast Books

Just how aware are you of your body's natural clues of being moderately hungry and moderately full? By listening to our stomach instead of the taste in our mouth, we learn the quickest way to make conscious decisions regarding the reasons we overeat. Learning to eat from within is the first step in this well written book that suggests monitoring feelings and fullness to increase mindful eating. Identifying underlying emotional issues often helps us to make choices and not give away our power.

The book asks many questions and offers many options to help one understand the basic urge of eating. I liked the workbook aspect with the simple graphs recording our feelings that surface with each decision to start and stop eating. No rules attached other than being honest with oneself. Ten years of research shows that eighty percent of her clients were successful in losing weight by changing their disordered eating habits. Generally speaking our culture tends to overeat because we are conditioned not to listen to our body. By middle age the pattern is set and this important pleasure of life often manifests in weight gain that we seem to have no control over. AAT or appetite awareness training identifies seven important intervention points so we can understand our decisions to eat, one meal at a time. Linda says her approach takes from two to six months to change a life time pattern. She says, "You don't have to agonize over whether you should or shouldn't eat something, because we

teach you to make decisions quickly and confidently so you can establish a more

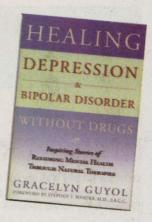




Inspiring Stories of Restoring Mental Health through Natural Therapies

GRACELYN GUYOL

Walker & Company www.walkerbooks.com Courtesy Raincoast Books



I choose to read this book because I know a number of people who have Depression and/or Bipolar Disorder and I wanted to know more. Gracelyn answered many of those questions. After reading about her personal struggles one gets the feeling if she can do it, anyone can. She starts with changing her diet, eliminating processed foods and switching to organics. Next she cleans her cupboards of toxic household cleaners, shampoos and cosmetics. She exercised, meditated, took herbal remedies and did energy balancing but nothing seemed to help until she learned about high doses of fish oils. Within 48 hours her depression lifted as if a switch was flipped. She says she learned that high quality nutrients are vital so that genetic weaknesses do not cause mood swings.

Part of her process was being tested for celiac. She discovered she couldn't digest wheat and her body has no acidophilus in the gut. She muses about the absorption of nutrients which is the hallmark of mental disease and wonders why she could get free drugs but no assistance for supplements. There is so much information in this book, and it is very technical, so I had reread many sections. She blames much of depression on environmental toxins along with a genetic weakness. If you want to learn the facts and make conscious choices this is a well researched book with real case histories of people learning to help themselves.

What a pleasure, reading a woman's journal of thirty years. Snippets of her dreams interspersed with life as she finds her inner calling to become a disciple of Swami Radha. A journey motivated by listening to her inner whispering rather than intellect. It was an honour hanging out in her shadow as she journeyed from the suburbs of Philadelphia to the mountains of BC.

I met Swami Durganada many years ago when I attended one of the Yasodhara Ashram's programs and wondered how she and the other swamis had arrived at their decision to be of service. I admired the tenacity and the work it took to build the Ashram, so I read a few of Swami Radha's books. I liked her determination and the fact that she was a woman who didn't give up easily.

Swami Durganada gave me an insider's view into the difficulties and joys that happen when a person surrenders their will to a representative of the divine. Their magnificent temple, bookstore, kitchen, workshop and living space is proof that guidance was given and continues to help others on their journey. Each chapter brings more clarity as she matures and Swami Radha transitions onward. I enjoyed seeing through her eyes, hearing her needs and that of her teacher as they lived their lives in a meaningful way. If you have ever wondered what the journey is really like, this gentle book will shed some light so you may also choose your path.



In DURGA'S **EMBRACE** - A Disciple's Diary

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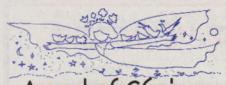
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Beliefs and opinions can be so strong that we put up a wall to shield us from any truth or wisdom which we do not understand. Each being has the choice in what direction to take. Sometimes we learn by taking the challenging direction. The important 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.

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