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# ISSUES

for **EMPOWERMENT**

Magazine established 1990



**MARSHALL ROSENBERG**  
**IN NELSON, BC**

Articles on page 4, 5, 8 & 21



Richard  
Ortega



**August &  
September 2007**

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# Dreaming a 'New Reality'

*the Power of Your Mind*

by Ariole K. Alei

I was in a print shop in Vancouver, Canada, when I heard the news. There was a palpable unrest in the air - as if something tragic had just occurred which spanned more than this city - more than the people immediately around me. I looked up. The television suspended from the ceiling showed images of jets flying into office towers and exploding. 9/11 had just occurred.

People around me were obviously stunned, shocked - like time was suspended. My first, instinctual reaction was a wave of relief. I knew that this was the beginning of transparency - of the maturation of human consciousness.

In the hours and days, months and years that followed, a growing suspicion - a predominant wave of fear - swept many people in its wake. For me, the antidote to this - to not becoming caught in it myself - was to 'listen in'.

I've 'listened in' for many years now, asking a source deeper than my own awareness to 'fill me in' - to elucidate me on the deeper workings of what is taking place within and around me.

As I 'listened in' - in the print shop and in the days and weeks to come - I consistently sensed that the beginning of a mass global awakening had markedly begun.

In human history - the human 'story', just like a Shakespeare play - characters have been introduced throughout time to 'shift the plot' - to steer the course of humanity's evolution in a new way. This tragedy of 9/11 - with all the pain that those directly affected experienced, and all the fear that those afraid of repercussions were rapt in - was the mark of something great in human history - a great turning. People would begin to ask questions - the kinds of questions they'd never thought necessary to ask before. People would challenge the previously accepted machine - the story of what had happened, how and why. They would begin to see the 'back story', educating themselves on what had led up to this turning point occurrence. In short, their consciousness would begin to profoundly awaken. They would step more into responsibility for their part in the collective action - and its response. They would psychologically mature.

This is easier said for someone who was remote to the occurrences of that day. As is always the case, those of us able to see an overview - to gain a vantage - can take in more of the details. This vantage can soften the blow, and expand our understanding.

In 1992 I participated in the Global Forum - a massive conference parallel to the United Nations Earth Summit, held in Rio de Janeiro, Brazil. (I will also participate in the Live Earth

*continues to the right*

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### *Dreaming continues*

concert in New York on July 7, 2007 - this time purchasing carbon offsets that neutralize the ecological impact of air travel.)

At the time of the Earth Summit - the largest gathering of world leaders to date, convening to discuss urgent global matters of ecology and sustainability - I noticed a sudden trend in the media. There was a 'spike' - a spike which has not yet subsided - a sudden influx and volume increase in the information fed to global viewers, listeners and readers regarding all kinds of planetary crises ... ecological disasters, wars, genocide ...

What I noticed was that ... this spike of disaster-related information seemed to rise overnight in human attention yet ... it wasn't coupled with information about *what to do about it*. *How to respond. How to act in a way that would assist solutions, rather than add fear to the problems.* In the absence of the 'what to do' balance of information, I witnessed hundreds and thousands of people becoming paralyzed and, worse, closing their hearts - an inevitable effect of being overwhelmed and its result - turning a blind eye.

I realized an important detail regarding information. If we illuminate something which is of a suffering nature, *we must couple it with pro-active suggestions.* Fear leads to paralysis. Empowered action leads to innovation, a sense of self-worth and contribution, cooperation, and collective solutions.

Fifteen years later, this recognition of "underwhelming the overwhelm" - a term I coined to articulate the vital importance of 'chunking down' the crises and empowering people to discover their innate ability to respond to any situation with

creative solutions - led me to recognize another possibility *crisis = opportunity.* (The Chinese character for crisis is the same as that for opportunity - how we experience an event depends directly on how we perceive it. A crisis for one person may be a life-changing opportunity for growth for another.)

In early 2007 the launch of the DVD and subsequent book *The Secret* swept the globe. Virtually overnight thousands of people were excitedly asking their friends, "Have you seen *The Secret*?" - in was being shown in more countries than many of us have dreamed of traveling to.

What was it about *The Secret* that caught the imagination of so many people? I sensed that it was hope - the hope that arose to the surface as they became aware of a powerful principle that could "restore the years the locusts have eaten" as John Randolph Price so eloquently puts it in his mini-masterpiece *The Abundance Book*. "The Secret" could free us - each of us individually - from the lack we had experienced in various areas of our lives. It could make us 'rich' - however each of us defined this word.

I recognized a potential 'crash' - from hope to despair - hanging like death over the shoulder of thousands of people. *The Secret* was and is brilliant in exposing the powerful principles of the Law of Attraction. It gives tangible examples of its application, albeit primarily in ways of attracting material wealth into one's life.

What I sensed as a 'red flag' was the potential rapid drop from exhilarated hope to despair *if the same people inspired*

*continues on page 23*

# ISSUES

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## Musing

with *Angèle*, the publisher

This month's front cover is a picture of my husband Richard and Marshall Rosenberg, writer and creator of the NonViolent Communication Trainings. They are playing with Marshall's puppets, the jackal and the giraffe. Marshall uses these animals as a symbolic representation of two very different communication styles. The jackal is critical and antagonistic, while the giraffe brims with empathy and compassion. In his seminars and literature, Marshall teaches us how to improve communication through speaking about our needs in a gentle, non-invasive way, which promotes genuine understanding of and by our fellow human beings.

I have listened to Marshall's CD's many times and I like what he has to say. Marshall makes it clear that when we are angry, it is never the other person who makes us angry; rather this anger is a signal that some basic need of our own is not being fulfilled. Since we have only a dozen or so basic needs, we need to ask ourselves, "What do I need to say or do in this situation so that I act and not react?" As I learn to observe my reactions, I can see what he is talking about, for I often hear blame and want to defend myself with words.

Richard and I have such different personalities that we regularly get to practice Marshall's format for speaking our needs. Richard's strength is logic, which makes him an amazing technician. Troubleshooting and coming up with brilliant solutions to fix a problem is his forte. He is also a Gemini and likes to communicate. My strength lies in flexibility and going with the flow, without a plan, expecting my angels to help out. I am a Pisces: I like to observe and often do not always put my feelings into words. Over the years, I have noticed a time lag between things that were said and my reactions to them; I am guessing this is a survival technique from childhood that has served me well.

Saying no has never been easy for me, and since I don't usually have a plan, and can feel other people's 'wants,' I am easily swayed into being helpful, which is something I like doing and often use as an excuse if something goes wrong. Separating my needs from theirs is something I do once I am out of their auric field. My logical brain knows I have a choice, but sometimes my conditioning takes over and I just do as I am told. If my body reacts, I ask myself for clarity. Marshall has a list of several questions to help with that. Richard will often sense the shift in me before I do because the tone of my voice will have changed, so he will ask "Are you feeling grumpy?" To which I reply: "No, I was quite fine until you came along telling me what to do." Being aware and conscious of my behaviour helps me to change. Focusing on being positive, kind and loving helps shift my perspective when things are not to my liking, for I know that I attract to me what I need to learn. Being clear is something that Richard is good at and that I am learning; it can just feel so frustrating at times. Isn't life a paradox? Our greatest strength can often be our greatest weakness.

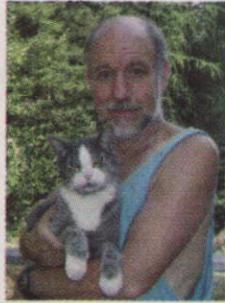
We have two new community members, Ian Fraser, who is a New Thought minister from Winnipeg, and Megan Girvin, a young woman from Kamloops. Megan is doing lots of the cooking and will slowly learn more about the computers as time allows. She has good English skills and likes to edit the articles. Ian seems to enjoy life in general and appreciates the hands-on experience of living with the land. We are glad to have two enthusiastic people helping us as they fulfill a few of their goals in life as well. Ian has an article on page 18, and Megan's picture is to the right. Eric Bowers has an article on NonViolent Communication on page 8 and will return to the Retreat Center this September for another workshop, the dates are on page 11.

Isn't life grand? I do so appreciate mine!



*Angèle*

# STEPS ALONG THE PATH



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

I find it interesting how each of us have an impact on shaping the world around us. Every conversation I have and all of my actions affect others and the world around me. I mention this because I recently had the opportunity to be at a workshop with a man whose life purpose seems to be teaching people a communication style that promotes peace and understanding. This concept is very dear to me as one of my lifelong mottos comes from the 1965 Worlds Fair, 'Peace through Understanding'. I have carried these words around in my conscious for the past forty-two years. The concept is simple. However, at times the act of following through on the obvious has been a mystery to me, as there are just some people that I can't seem to relate to.

Along comes Marshall Rosenberg, from his career as a psychologist to an advocate and teacher of 'understanding' Marshall truly lives "Peace through Understanding." He has mediated between groups of people who have a history of killing each other because they don't understand each others' needs. He also works in schools and prisons, with minority groups, families and couples.

Marshall encourages the expression of our 'needs' to others so that they can understand and relate to us. Personally, I have always had an easy time communicating my opinions to others, which I understand now is not really expressing my needs. Now I try and listen more for the needs and feelings that others have.

When I think about needs I realize that some of my basic needs are to feel safe, loved and in control of my own destiny. I imagine that many of us have similar needs. When a need comes from a place of humanity and not ego I find it easier to relate to. And conversely when I express a need that is not from ego I find myself more accepted and understood.

May we all seek 'Peace through Understanding.'

Namaste  
Richard



Megan Girvin  
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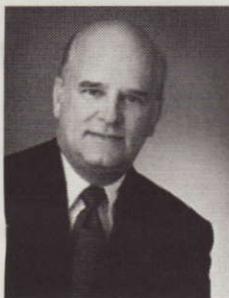
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# WHEN AWARENESS ISN'T ENOUGH

## 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.

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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.

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## Connecting with my Father

by Eric Bowers

When I was first introduced to Nonviolent Communication (NVC), I was quite reluctant to explore a 'model' of communication because I did not want to use a 'technique' to communicate with others. I thought it would be awkward and not genuine. I grew up with a father who was a counsellor and when there was conflict, I would get angry if I sensed any counselling technique being used. However, within a one-week period three people I respected and with whom I shared similar values told me about NVC, also known as Compassionate Communication, which was created by Dr. Marshall Rosenberg. One lent me a NVC book, then another invited me to join a NVC study group, which I did. I saw that it is much more than a model or technique, it is a consciousness of connection, compassion and giving from the heart.

One of the key intentions of NVC is to create authentic connection with others where the feelings and needs of each person are equally valued and given space to be heard. Needs in NVC are understood as qualities of life that are universally shared by all of humanity. We all have needs for trust, love, harmony, community, and many others, although we may prefer to have these needs met in different ways.

Although I know now that my father was doing his best to meet his need for connection with me and I'm grateful for his efforts, his strategies for creating connection didn't work for me. What I needed most was authenticity and empathy, a great deal of empathy. I'm guessing that my father was also needing more respect and harmony within our family. I wasn't able to connect to his needs because I was in pain myself from not being deeply heard. It is my experience that counseling, as an intellectual exercise of analyzing, diagnosing and solving 'problems,' does not create a genuine connection, one in which we are first met with compassion, non-judgment and presence for the feelings and needs that are alive in us.

I am finding the connection with my father now, that was missing for us then. The NVC process has supported me to heal the pain that I've carried by helping me to connect to the unmet needs I had and to the needs of my father. I am growing in my capacity to give empathy to him first, before asking to be heard and understood for my own needs. If I were to keep judging him, I would continue to stimulate anger within myself and block my connection with Dad.

I am very grateful to Marshall Rosenberg that I now have an understanding of how to ask for and create the connection I wanted. Furthermore, I have experienced more depth of connection with each member of my family, by using the tools of NVC to help put my attention on my feelings and needs. I don't try to avoid, suppress or deny thoughts that include analysis, judgment, criticism or blame; I just notice my thoughts and look for the feelings and needs that they are expressing.

For example, if my mother says to me, "Eric, don't be so controlling," I might guess that she is feeling frustrated and needing some consideration, or autonomy. Putting my attention there will give me a much greater chance of staying in

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connection with my mother than if I respond with, "I'm so controlling?!! Take a look at yourself. You are the Queen of control. Why don't you take one guess where I might have learned it!" If I have these thoughts, I don't try to push them away or judge myself as not being compassionate as that will only set up more conflict within myself. Instead, I notice I'm having these thoughts and look for my feelings and needs that these thoughts point to. Feelings of frustration and my need for a shared responsibility for how we are relating, and my need to be seen for my intentions in doing whatever it is I am doing. By empathizing with my mother's feelings and needs and honestly expressing mine, I can stay connected to our genuine humanness and have a compassionate, conscious dialogue about how both of our needs can be met.

This isn't always easy to do. Most of us have been thoroughly educated in a consciousness of judgments, which makes it very challenging to find a connection to needs, especially when old pain from our past is stimulated. We all have judgments and evaluations of ourselves or others that we are carrying from experiences we had long ago. These judgments and evaluations can solidify into beliefs, which act like filters through which we see the world. The experiences we had were very real. I have discovered that many of the beliefs we create are open to debate and tend not to serve our life. Examples of beliefs we might have: I'm not good enough; love doesn't last; men or woman can't be trusted; I'm not creative; I should take care of others and not myself; no one is going to help me, I have to do it all myself; if I speak my truth I'll get hurt.

Beneath the belief, "I'm not good enough," might be a need for self-worth, a need to contribute, or a need for belonging. NVC teaches us that our body will let us know what needs are alive beneath our beliefs. Until we understand our unmet needs beneath our beliefs and transform them into living energy, they will continue to limit and affect our reality.

We are born into this world knowing how to express how we are feeling and what we are needing. A baby feels hungry so it may cry to let its parents know it needs food. Or a baby may feel scared so it cries to let the parents know it needs security and bonding. When a baby's needs are met, it lets us know by smiling, or by just exuding a peaceful contentedness. A baby doesn't know how to judge these experiences as good or bad, right or wrong, it is simply responding from its needs and feelings. As we become socialized, we learn to think in terms of right and wrong, good and bad, from the adults in our life. We forget our natural way of relating to our feelings and needs; a way that has no judgment.

Evaluative and judgmental thinking blocks us from being completely present with what is alive in us, the way a baby is completely present with what is alive in them. Instead of letting the energy of our feelings and needs move through us naturally and compassionately, we have been educated to suppress this energy. Some may even evaluate our natural expression of feelings and needs as weak or embarrassing. Many of us may confuse strength with the suppression of feelings. This process has helped me find more connection and meaning in my day-to-day communication with others, as

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*If you have a basic understanding of NVC and would like to experience the deeper processes of Compassionate Communication, please join Eric Bowers and Melody Greger at Johnson's Landing for a two-day Compassionate Communication Retreat Aug 31 - Sept 2. See ad page 11*

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# My Experience of Enlightenment

by Lynne Holmes

The Enlightenment Intensive experience was the most profound and life changing weekend of my life. This gift has touched me in indescribable ways. This is an excerpt from my journal after I returned from a workshop facilitated by Josephine Lawless this past spring. I share this with you from my heart.

*"What an amazing, profound, beautiful experience. This has been the greatest gift I could have ever given my Self. I feel like I have given my Self back to my Self. Am I enlightened? Yes, far, far more than I was. What I realize now is that the only thing between me and Union with my beloved Self are my own thoughts of self condemnation. I do not think I have been truly aware that I actually have been condemning and criticizing my self many times each day for many, many years. So, I ask myself the question: "Tell me who you are?" I am my own beloved Self. I am me standing in the centre of me. I have a vision of my inner being standing inside of me jumping up and down yelling "yippee, yippee, she sees me! She finally sees me!" I remember that moment when I felt so completely at ease and at peace within my own self. Just me enjoying being me, boldly, deliciously ME! I remember opening my heart to longing, sadness, disappointment, love, and gratitude and letting my heart break open again and again. I remember feeling how much my beloved Self truly loves me and I realize now, how I have just hung these curtains of disappointment, sorrow, sadness and criticism of myself and my body between me and my beloved Self. I have told myself these stories for so long that I thought they were true. The stories just obscured who I really am so that I could not see. Now I realize that these curtains are insubstantial untruths that I can cast aside. The Truth is, I am ME, the same old me, the same wonderful me that has always been here, loving me and waiting for me to love myself and be fully myself. I felt myself turning within and returning to my Self and my own presence that's right here. I remember feeling my Self, my inner presence, my divinity, here, focusing in this Life, that is mine. I am this precious expression of God and Self right here. This combination of God and Self and right Now has never existed before in all of the Universe and in all of eternity and this moment is fresh and new and divine."*

My experience since then has been a continuation of the processing and purification. Although each day brings new insights and sometimes challenges there has been a profound shift in me that feels rock solid and deep. I now have a reference for some of the very profound experiences I have had in meditations both before and after the EI weekend. I now feel that I can let go and trust much more easily. I am no longer afraid of losing my Self. I feel that I can more easily let myself fall into my Self and experience greater and greater depths of my Divine Beingness. I feel truly blessed to have taken the Enlightenment Intensive. It has been a doorway for me into more joy and more acceptance of my Self and my life. *see ad*



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## “Life is either a daring adventure, or nothing”

by Kelly Oswald

The wise words of this article's title were spoken by Helen Keller, but my absolutely all-time favourite quote is by Robert Schuller. He asks “What would you attempt to do, if you knew you could not fail?” I find this the most thought-provoking, motivating and inspiring quote I've read to this point of my life. Almost as good, is Henry Ford's “Whether you believe you can or whether you believe you can't... you're right.” Whenever I am suffering from self-doubt, or have limiting thoughts dancing around in my head, I draw on Mr. Schuller's question to get me going again. Other people's words can be so much more motivating than my own thought process sometimes – so hey – if it gets my rear in gear – I will continue to draw on wisdom from those who know better than to procrastinate!

If you are living your life as a daring adventure, then you are probably taking risks, feeling fear, and running into obstacles as well as having a ton of fun. Making dreams into reality is a great deal of work. The idea and the inspiration seem like the easy parts – especially once the journey has begun. Taking things from Ether to Manifestation is the closest thing to real magic that I know. When you are clear about what you really, really, really want – and you believe that you can make it happen – then it is a matter of moving it all into reality. Edgar

Cayce said “Spirit is the life, mind is the builder and the physical is the result.” This is more than the Law of Attraction, or the Power of Intention. “Spirit is the life” speaks of the passion behind ideas and inspiration. The mind is what we use to co-create the idea and the physical is a result of our actions based on our intentions. Sounds complicated, but to simplify – “If you can dream it, you can do it” (Walt Disney).

When you are “jazzed” about life – about your hopes and dreams, then you have a great deal of energy to access to help you make those aspirations come true. It's also a good time to get grounded and look at the worst-case scenario. A little bit of fear is a healthy thing – and can stop you from making errors or taking unnecessary risks. That's why we humans (as animals) have fear: to keep us safe.

Embarking on your own venture requires your unlimited enthusiasm, but it also requires you to be grounded. Logic and intuition come together to play out success. I believe that if you know what you really, really, really want, that you have a ton of energy fueled as desire and that you absolutely believe that you can make it happen – then you will. As James Broughton said, “The only limits are, as always, those of vision”.

I wish you the absolute best on your daring adventure.

*see ad above*

# ONGOING EVENTS

## CANADIAN SOCIETY OF QUESTERS

BC & Alberta chapters - Ancient arts of Dowsing, Divining, Questing, Seeking, PSI. [www.questers.ca](http://www.questers.ca)

**MONDAYS** - Last Monday of the month  
**THEOBALD ACADEMY FOR HIGHER CONSCIOUSNESS RESEARCH AND EDUCATION** - Study group: 7 to 9 pm  
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## WEDNESDAYS

**The CENTRE for SPIRITUAL GROWTH**  
 7-9 pm • Infinite Serenity, 2476 Main St,  
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**MEDITATION** - Preben • 1<sup>st</sup> & 3<sup>rd</sup> Wed. 7 pm  
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## FRIDAYS

### KINDRED SPIRIT CIRCLE

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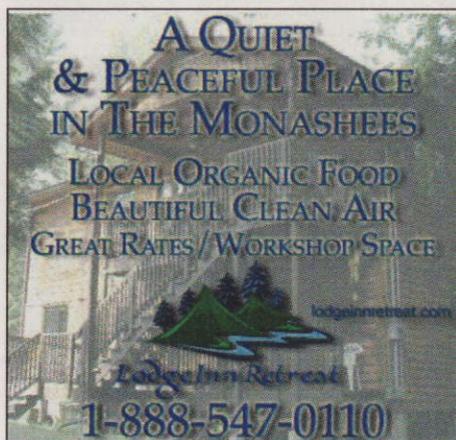
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## Masters & Money

Nov 9 - 11

Money is a powerful form of energy. Our relationship with money is often kept separate from our spiritual life. It's time to create a new spiritual relationship with your money. We will clear the blocks to 'financial wholeness' and develop new spiritual skills to Master Money. Investment: \$235

## Christmas Meditation Retreat

Dec 7 - 9

This retreat is offered to those of you who have completed the Advanced Intensive. Come prepared to share, meditate and work as a master. This is a live in - bring sleeping gear and a notebook. Investment: \$235

## Spiritual Intensive

Jan. 12-14, Feb. 9-11, March 16-18, April 13-15

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 training 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

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# Nature's Gift to your Immune System

by Anne-Marie Berukoff

We are all worthy of good health. Our bodies are designed genetically to support health. Disease is an unnatural state. Modern bioscience research relates natural biochemicals in plants as an integral part of our cellular biology. The more we understand these natural relationships with whole plants, the healthier choices we can make in our diets and supplements.

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# Raindrop Therapy

by Anne Stolk

The Raindrop Technique was first developed by Gary Young in the 1980's. The oils, which are applied to the spine area, are antiviral, antibacterial, and anti-inflammatory. In my practice as an energy practitioner, I have adapted the Raindrop Technique so that it is both a physiological treatment as well as one that promotes healing in the entire Human Energy Field. I do not approach it as a massage, per se, but rather as a relaxing energy session utilizing the vibrational therapy of essential oils to facilitate the release of stagnant energy within the body and the field, thereby creating healing that is multi-dimensional.

Raindrop therapy can help to balance electrical frequencies, deeply relax the body, increase overall health and energy, relieve pain, and release stuck emotions. Each session includes an assessment of the energy field, as well as clearing, charging and balancing the energy body. As a practitioner, I offer suggestions for continuing to keep the field balanced and flowing. The oils used in conjunction with the energy techniques applied accelerate healing on all levels: spiritual, mental, emotional, and physical. Holistic counseling is part of the session, which helps the client to investigate what the blocks are and how they can safely be released.

The most important part of any session is the client's intention. The intention creates focus. As a healer, I align my intention with that of the client. From this point, the healing continues to unfold. The client often enters an altered state of consciousness and a deep state of relaxation that allows more to happen at a deeper level. Deep releases and shifts often happen during the session and the client is able to gain insight as to what is next in their own evolution as a human being. Integration and more insight follows as the client continues to "process" the healing in the days to come. As the person becomes more aware of who they are, it is possible to become more authentic. Authenticity allows you to follow your passion in life. In fact, you become more alive. This is possible because there is more flow in the body and in the field. As the stuck or blocked places clear, there is more energy available to be creative. Try it: what have you got to lose? *see ad*

## Anne Stolk

offers her talents as both a  
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## When The Drummers Were Women

by Layne Redmond

Handheld frame drums are among the oldest known musical instruments. They are hoop-shaped drums with a diameter that is much greater than the depth of their shell. In prehistoric times, their rhythms helped shamans and seers attain the sacred trance state necessary for healing and prophecy. The rituals of the earliest known religions evolved around the beat of the frame drum.

These religions were founded on the worship of female deities - Mother Goddesses who evolved into the many goddesses of Mediterranean cultures in classical times. In the oldest times women's bodies were considered holy because they had the seemingly magical ability to give birth, to create new human beings. As a result, women became the first technicians of the sacred, performing religious functions we would today associate with the clergy or priesthood. Sacred drumming was one of their primary skills. It remained a powerful tool for communal bonding and individual transformation until the fall of the Roman Empire.

Though the existence of cultures with a goddess as their primary deity is well-documented in the last twenty-five years in popular and influential works by scholars, the role of women as custodians of the spiritual life of these cultures is not as well known. Perhaps for this reason, the significance of the frame drum as the focus of women's spiritual power has been virtually overlooked.

In modern times, drummers have been almost exclusively men, but more and more women are rediscovering their ancient birthright. Every year there are more professional women percussionists. And yet at the same time, many women are returning to the drum not for a profession but to recover an important spiritual connection to health and to one another that has been lost - a connection long buried but somehow instantly familiar. Drumming is again becoming a tool for individual and cultural healing and transformation. *see ad to the left*

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# HOOK-UP:

## THE TRAGER APPROACH

by Winnie Hunt

*"Every little movement, every bounce of the muscles, every thought approaches a feeling of freedom and creates an intimate integration of body and mind."*

These are the words of Dr. Milton Trager, a genius in the language of touch and a somatics pioneer. I first felt the Trager touch in 1979 when the sudden shock of my brother's death added a new layer of stress to my chronic tension and I went looking for help. A skilled Trager Practitioner named Marianna used gentle rhythmic movement to release and rock my body as I lay comfortably supported on a padded table. The movements included easy rolling of my neck, shortening and lengthening of joints and muscles, resulting in an overall feeling of flexibility, softening and ease. Dr. Trager discovered that the person lying passively on the table actually experiences the possibility of moving each part of the body freely, gracefully, and without effort as the practitioner works in a relaxed meditative state of consciousness that Trager calls 'Hook-up.' For me, as Marianna lightly touched my stiff shoulders and neck, I was reminded of my more playful, easy-going self that had long been forgotten.

The Trager approach continues to inspire me and others as I offer individual sessions and self care Mentastics (a Trager term for mental gymnastics) in groups called "Beyond Relaxation." Mentastics creates waves of movement shimmering throughout the body, loosening and lightening, translating into more resilience and exploration into what could be easier?...or softer? Hmmm... These questions are asked with a curious attitude, and the point is not to arrive at a specified goal, but to casually allow something new. For me, this has shed light on old patterns of daily living that are often the aftermath of physical injury, emotional trauma, or simply inefficient posture or ways of moving.

But enough about me, dear reader, what about you? Imagine slipping into an altered state of mind, where stressful thoughts and feelings and the patterns of body tension they create... release their hold. This 'good feeling' state evokes the body's healing, says Deane Juhan, author of *Job's Body: A Handbook for Bodywork*, and teacher of physiology. Similarly neurophysiologists are discovering that every mood, every feeling state, every cognitive state has its own chemistry. Cumulative life stresses create a dominant 'chemical cocktail' that serves to perpetuate patterns of tension. Trager works by reintroducing the chemistry of pleasure to the body. Dr. Milton Trager was not trying to fix this or that limb, but rather uses every thought, every movement of his hands to create a particular state of consciousness. This state is healing. *see ad*

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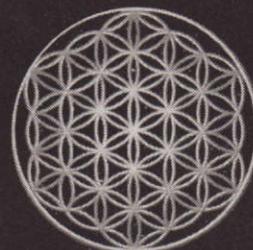
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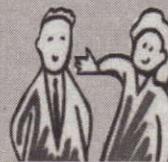
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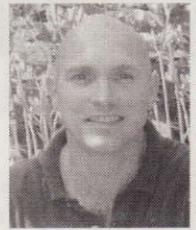
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# The Healing Fields



by Ian B. Fraser

I have had many experiences of healing in my life. The majority of those events have happened in workshops, group sessions or one-on-one encounters with various healers and energy workers. Recently I had a healing experience while working in the fields at Johnson's Landing Retreat Center. I had come to the Center to immerse myself in nature, allow nature to show me her rhythm, and move within its natural flow. Now, looking back on that day, I can see how nature helped heal me.

I was working in the potato field that needed to be weeded, hoed, and hilled. As I worked away, sometimes in friendly banter with the others and sometimes in silence, I was transported to forty years earlier and thousands of miles away. To a place where I had spent most of my summer holidays as a youth on my aunt and uncle's farm. I basically became a slave laborer. My younger sister and I would cry and beg not to go to the farm because at times it was FAR from a vacation. My uncle was particularly rough with us. Nowadays you would call it abusive. Many inappropriate things happened to us during those days, and my sister still refers to it as "the concentration camp." My main job was to plant, weed, hoe, and hill the potato field, which was hard work for a youngster of five years old.

As our group worked the field and we talked, questions were asked about how to hill the potatoes properly and I was glad to be able to be of assistance and share my knowledge of potato farming. I also started to share with them some of my other experiences. As I did, emotions would well up and I found myself dropping into silence, anger boiling in me, and negative thoughts of those summers rising up and pouring themselves out into my present state. One of the people working with me asked, "How big was the field that you had to work in as a child." I looked around and said: "Oh, way bigger than this field, probably twice the size!" Then I mentioned how nice it was to work in moist soil because as a kid I worked in "rock-hard soil" and so on and so on came the memories.

Now, memories are a tricky business, filtered through years of shifting perceptions and emotions, based on where you are at in the moment. Of course, being where I was at in the moment, everything became exaggerated. After a while of silence, and going within to check the truth, I had to admit that the field wasn't so big, and the soil wasn't so hard. Then it hit me: maybe everything else in my memory of summers on the farm weren't so bad. For one thing, I definitely had knowledge about potatoes I could pass on to others; yet again, my sadness rose up and I hoed harder and wanted a better reason for abuse than to gain knowledge. As I held the hoe the way my uncle had taught me, I began to develop blisters, just like when I was younger, that would hurt so much I cried, and my uncle would tell me the classics: "Quit being such a baby" and "You really want something to cry about!" I jammed the hoe into the earth a few more times, purposely feeling pain, on some level

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trying to prove my toughness. Then another profound thought entered...Why not just alter my hand positions? I looked at the others around me and saw there was numerous ways to hold a handle, so I shifted my hands around, found a comfortable new position and continued to work away without pain. I could change my thinking and change the outcome! I didn't have to relive the experience of blisters. I had the power to release an old pattern that didn't serve me and do it a different way.

I then began to look at all the good that had come from my youthful summers on the farm. How my uncle created a place for me to grow my independence and develop my problem solving skills by giving me a task and then leaving me to it. I remember wanting to sleep outside under the stars, so my uncle said: "Lets go!" and got me a small mat, sleeping bag and lantern. That first night I lasted about fifteen minutes, but two nights later I stayed out and awoke the next morning feeling like a great outdoor adventurer. I was taught how to ride a horse, camp, garden, and explore. There was an old buffalo jump not far from the farmhouse, where I found old arrow heads and bones and my uncle would sit and tell stories of the land. I recalled when I graduated from high school and won the Social Studies Prize with the highest combined marks in History and Geography, and I had to credit my uncle as my first teacher! He encouraged me to take risks, push my limits and expand myself. In fact, he helped shape part of who I am today.

Then came the next wave of grief, and finally a sense of what my uncle's upbringing must have been like, and how that shaped him. Could I forgive him? I didn't want to condone his actions, for at his essence he was just like me: someone who wanted to be loved. What if everyone who ever hurt me just needed my love? So I said a prayer of forgiveness and a prayer of thanks and released the need to stay in a 'justified' story of pain and regret. As I lifted my head up, tears filling my eyes, standing in the Johnson's Landing field, I was so thankful for all my summers, especially this one I was currently experiencing. I looked at the others working, realizing each of them had witnessed me by letting me tell my story. As we finished for the day and everyone

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left the field, I remained behind. I put away the tools and cleaned a few piles of weeds, remembering how my uncle always praised me for my neatness. Then I walked the rows of potatoes, knowing that just like them, I was growing.

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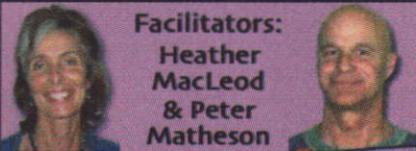
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## FRONT COVER

### Marshall Rosenberg

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Whether between individuals or nations, true lasting peace will not come until people make peace within themselves. M.K. Gandhi knew this when he shared what is now perhaps his most famous statement, "Be the change you want to see in the world."

Finding peace within oneself requires getting in touch with our feelings and needs, and responding appropriately with strategies to fulfill our needs that are not at the expense of others. Perhaps most of all, we need to learn how to put ourselves in another's role and empathize with their viewpoint. In this way, we begin to transform frustration, anger and other detrimental feelings into the positive motivating power they are meant to be.

Marshall Rosenberg has been preoccupied most of his life with two questions.  
1 - What happens to disconnect us from our compassionate nature, leading us to behave violently and exploitatively?  
2 - And conversely, what allows some people to stay connected to their compassionate nature under even the most trying circumstances?

His interest led to a doctorate in clinical psychology from the University of Wisconsin in 1961, where he studied under renowned psychologist Carl Rogers. His subsequent life experience and study of comparative religions motivated him to develop what has now become the NonViolent Communication (NVC) process. • [www.cnvc.org](http://www.cnvc.org)



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# Tune Your Body with Your Voice

by Sharon Carne

What is it about the human voice that gives it healing qualities or abilities? One is frequency and the other is intention. The smallest building blocks of matter are atoms and their parts. At this level, everything is in vibration. Vibrations occur at different frequencies, measured in Hertz. Frequency measures how quickly a vibration is moving. For example, your brainwaves are divided into different categories by frequency. All of them are present at any given moment. One of the categories will most likely be predominant depending on what you are doing. If you are busy at work, your brainwaves will register mostly in the beta range from 14 to 20 Hertz. If you close your eyes and relax for a few moments your brainwaves will slow down to predominately alpha waves from 8 to 13 Hertz.

Your entire body is a symphony of many different frequencies. Individual cells are resonators that respond to sound. The frequency of your liver is created by the group of cells that form it. When something in your body goes out of tune, dis-ease or illness settles in. There are many successful ways of treating dis-ease in the body. The one thing that carries all the frequencies of your body is your voice. So, how do you find the frequency, for example, of a tight muscle in your shoulder?

When you were a child, did you ever play with making siren sounds with your voice? From the lowest to the highest sound that you can make will create a frequency in your body. To find the frequency of the tight muscle in the shoulder, create an intention that you want to find the sound that will bring that muscle back into tune. Next, make the siren sound up and down. Listen carefully.

Is there a tone or a sound in the siren that seems louder or softer than the others? As you slide your voice up and down the scales, is there a sound that you keep returning to? Allow your intuition and body wisdom to find the sound. Once you have it, sing it to the tight muscle. You can use a vowel like ahhh or ohhh or any sound that feels appropriate. Imagine the sound massaging the muscle fibers and relaxing the tension. Combining visualization with sound is extremely effective. This combination has also been shown to complement and support many medical treatments. I invite you to explore how the sound of your voice affects your body.

My passion for healing sound has its foundation in a thirty-year career of performing and teaching classical guitar. I studied with sound pioneers Jonathan Goldman and Tom Kenyon and became a Reiki master. My inner guidance creates my music and recently I created several CD's that I hope will assist others.

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## DREAMING.. continued from p.4

by *The Secret* weren't assisted to understand it more deeply, and discover personally inspiring ways to apply it, and realize that practice, practice, practice is how anything changes. Mastery is the committed act of turning our metaphoric lead into gold.

And so, in the era since 1992, I have celebrated with gratitude all those pioneers who are forging avenues for the masses to understand the issues at stake with global warming, rapid population increase, species extinction, desertification, water supply pollution, and the myriad inter-linked aspects of our human relationship with nature, our sustainer.

And I equally express gratitude to all those consciousness pioneers who have answered their calling to assist others to understand how the mind works - how what we think is what we get. How we create our reality - individually and collectively - through the attractive magnetism of our predominant thoughts.

The mind is a spell-binding instrument. Each of us receives one at birth. And yet, so few of us ever learn how to use this magnificent instrument. How to tap its deepest potential. How to thrive, informed and awakened, through the eternal and limitless flow of its genius.

Most of us learn how to think - too much. Few of us learn how to surrender to a vision, a comprehension, an awe which only the deeper powers of the magnificent mind can reveal to us.

Here's a simple primer of how to use your mind to create a reality that you can barely dream of now. (Try this! Apply yourself to it! A new universe of experience will open to you. Your life - and your experience of Life itself - will become richer, easier, more joyous than hope could hope for.)

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ty, your country, the human family. Nothing is too large to Vision. As you re-activate your ability to Vision, include all three of your primary senses - visual, auditory, and kinesthetic. See, hear, and feel 'what it will be like when' a new state of being exists for you.

**Focus Your Attention Upon It** - Become self-aware. Notice what you are thinking. Are you primarily thinking about what you have, appreciate, and want more of? Or are you predominantly thinking about what you don't have, what is miserable, what you wish would go away? What we focus our primary attention on is what we attract to us. Our thoughts are like a magnet. Like attracts like. As you begin to master this - to notice when you are thinking about what you *don't* want, and replacing these thoughts with thoughts of what you *do* want - *your experience will begin to shift. You will begin to see, hear and feel more of what your 'I-do-want' thoughts are attracting toward you.* This is a crucial step. This is a pivot point. This is where you begin to change the course of your own story.

**Be Aware of How You Feel** - Our feelings are our compass. When we learn to 'read' the 'print out' of our feelings, we begin to recognize the direct correlation between our feelings and our thoughts. For many people, becoming self-aware of what they are feeling is actually easier than becoming self-aware of what they are thinking. Individual thoughts are more fleeting. They co-exist in a stream-like mumble-jumble in most people's minds. Feelings linger a little longer. And so it is easier to focus our attention on what we are feeling - having enough time to notice what our current feeling state is. Our feelings are like a barometer. When we are feeling good - inspired, energized, relaxed - this is a signal that our thoughts are *focused predominantly upon what we have that we appreciate, and what we want more of.* Conversely, when we are feeling bad - depleted, depressed, anxious, afraid - this is a signal that our thoughts are *focused predominantly on what we have that we don't want, or on what we want that we don't have.* Become Aware of How You Feel. And

*continued to page 25*

# DARE TO DREAM

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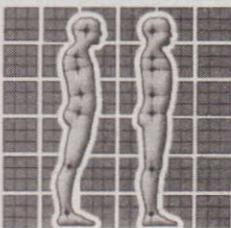
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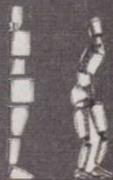
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# SCAR TISSUE REVISITED

by Wayne Still

The column I wrote on scar tissue a year or so ago generated a fair bit of interest so I am sharing with you some of the new stuff I have learned since then. A lady from the Kootenays called to tell me about her experience of using castor oil to deal with a serious scar tissue problem she had. I began to recommend this approach to my clients and one of them did a Google search which came up with some interesting how-to information which I will pass along. First, I'll do a brief review of why we need to pay attention to scar tissue in our bodies.

Scar tissue is specialized connective tissue the body creates to heal wounds in itself, whether the wound is caused by misadventure or surgical incision. When wounded, the body first takes steps to immobilize the damaged area by sending out tendrils of scar tissue which attach themselves to hard places in the body, usually a bone, ligament or tendon. Once the wounded area is so stabilized the wound is knitted together with more scar tissue until the healing is complete. This is well and good, but the problems associated with scar tissue now raise their ugly heads. Those anchoring tendrils of scar tissue which ran in all directions through the orderly strands of muscle tissue are still there, and will remain almost indefinitely unless something is done to dissolve them. They are problematic because they tend to restrict the range of motion of the body bit they are attached to. Restrictions in its range of motion can result in a muscle being chronically stressed and painful. Directed pressure on the area will dissolve the tendrils and restore range of motion. Another option is to use castor oil as directed below:

Make a pack of appropriate size from cotton or wool flannel, fold at least once and saturate it with warm castor oil. Position the pack over the scarred area and cover with a piece of plastic and a heating pad adjusted to a temperature the body can easily tolerate. Keep the pad in place for an hour or so but don't fall asleep with the heating pad on. Meditate, pray, read inspirational material and think positive thoughts while using the pack. When you are done, clean the area with a solution of baking soda in water (1 teaspoonful to a pint). When not in use, store the pack in a plastic bag or other container in a cool place. After 24 or fewer uses the pack should be either cleaned or discarded. Use 3-5 days per week for 3 weeks each month until results are obtained. The desired results are a softening of the tissue around the scar and a greater mobility of the tissue in the area.

This approach is particularly beneficial for scar tissue resulting from abdominal surgery. The effects of the oil will penetrate deeply into the body dealing with internal scarring that results from the procedure. Scar tissue in the abdominal cavity is particularly troublesome as it can seriously impact the mobility of the internal organs, lower back and hips. Combined with bodywork such as Structural Integration, managing scar tissue in this manner can reverse its negative effects.

## DREAMING.. continued from p.23

if how you feel - right now - isn't inspired, energized, or relaxed, then play with other thoughts. Try on other thoughts. Keep exploring other thoughts - until your mood shifts. For when you begin to feel inspired, energized - *good* - you can relax in knowing that you are moving towards, and opening yourself to receiving, that which you most truly want.

**Get Out of The Way** - Resistance is how we keep our foot on the brakes. It is how we negate our deepest desires. Getting Out of The Way is about learning how to receive. It is about being self-aware, able to recognize when we are in patterns of behavior, thinking and speech which repel our deepest longings. Resistance usually stems from a hidden belief that we are undeserving. This belief, over time, becomes rutted in patterns - ways of being - which disallow us from actually receiving what we truly want - even when it is sitting, patiently waiting for us outside our door. Getting Out of The Way is about dissolving our inner enemy. It is about coming to respect our self, love our self, and allow the greatest good to come to us - individually and collectively.

These are the "4 Steps to Plenty". They are the simple steps to Mastery and fulfillment - in any and all areas of our life. Learning how to create what we each want - through Visioning it, focusing our attention upon it, consistently pointing our ship in the direction of it, and allowing our respectful selves to receive it - is paramount in resolving both our personal experiences of lack and of suffering - and our collective experiences of lack and of suffering. Start small. Apply these teachings to something personal - something you feel strongly that you want to experience in your life. As you Master Creation, begin to think beyond yourself. Give the gift of your learning - your growing - to the world. Consider how you can share your increasing Mastery of the Law of Attraction to your larger ripples - your friends, your family, your workplace, your community, your culture, your humanity, your Earth.

The micro is the macro. As above, so below. We are each the uni-verse. What I discover and comprehend, embody and model, you too, can gain from. We are each a pebble in this great pond of *Life*. Our 'ahas' - our discoveries, our new experiences - create ripples in this infinite pond. Your increased freedom, joy, happiness, health, and whatever else you create ripples outward from you without even your thinking of it ... and I, and millions of others, benefit immensely from this.

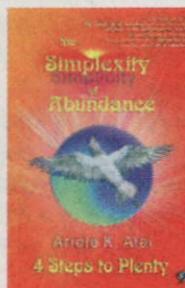
As we humans begin to grasp the meta-physics of how energy is the source of all existence, and how - as each of us becomes more conscious, more healthy, more happy, and more fulfilled, we impact each other with the selfless generosity of this gain - we lift the whole of humanity to a new day, a new dawn.

Learn how to create, with the focused power of your own mind. Vision a more positive future - for yourself and for humanity. Apply your consistent attention to this Vision. Notice your feelings, as your barometer of hope or of despair. Discipline your thoughts to lead you consistently to feeling inspiration, possibility, motivation, and joy. As you do so, allow this new uni-verse to bestow its richness upon you. You and all of humanity deserves for you to live in joy, health, enlightened consciousness, financial freedom, and all that you can dream. For what we *deeply long for* is our Soul's desire. Well beyond the intentions of our ego, our Soul can only serve the whole. It cares for our ultimate well-being - which is the well-being of the whole.



Ariole K. Alei is the author of *The Simplicity of Abundance - 4 Steps to Plenty*, available at [www.HeartSongSolutions.ca](http://www.HeartSongSolutions.ca) and bookstores.

Contact Ariole for Coaching, Healing, Keynote Speaking, Seminars, Retreats and Yoga/Meditation Classes at [info@veraxis.net](mailto:info@veraxis.net)  
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# CANCER

The Answer is Outside the Box

by Donna Roth

There are times we are required to think outside the box. In ancient times it was strongly believed that the world was flat and that to believe otherwise was foolish. However, the young courageous Christopher Columbus totally disregarded such a belief system and "in 1492 he sailed the ocean blue." Columbus reached the Americas and proved the world to be round.

Let's apply this analogy to cancer. Each year and for many years now, millions of dollars are donated to the medical establishment to fund cancer research and each year we are told that no cure for cancer has been found. Why, after so many years of dedicated research can scientists not find a cure for cancer? What if the answer to cancer exists outside the box of traditional orthodox methods?

Let's be bold and courageous and explore cancer outside the box. We know that the most common early warning signs of cancer are unexplained persistent bleeding, injuries that do not heal, and sudden changes in moles, or other growths. These observations point to the plausible conclusion that an injury is involved in cancer. The findings that cancer starts from an injury is documented in Ron Gdansk's well researched book, *Cancer, Cause, Cure, and Cover-up*. Now this injury, this break in the membrane say the lungs, colon, breast, prostate, lymphatic system, and so on, may be due to nutritional deficiencies, chemical toxins, viral growths, physical injuries, or parasites. The natural body's response to any injury is to repair the injury. Therefore the brain sets up an electrical energy response, a "current of injury" (term used by Ron Gdansk), and sends it along the autonomic nervous system to the injured site to make the DNA of the cells replicate. In a healthy body, adjacent cells of the injured cells multiply to repair the injury and stop multiplying when the injury, is repaired. Out-of-control replication occurs when the new cells fail to connect with the old cells to repair the injury.

*continues on page 38*

# Life from the Sea

Audrey and Jim Shipka

After many years as a sea farmer, Mr. Tom Harper was diagnosed with a very serious condition and was given less than nine months to live. He would never have guessed that his love of the sea and his nine years of research and development of micro sea algae, also known as Marine Phytoplankton, would be the key to resolve his health challenges.

Following a hunch that it would help, he began to instinctively eat his Marine Phytoplankton, which had been developed and grown through a proprietary patent-pending process. Within weeks his pain level had started to drop. The doctors were puzzled by the results, and to this day cannot explain this medical mystery. However, Harper is convinced that his daily doses of Marine Phytoplankton made the difference. Additional benefits he discovered through consuming Marine Phytoplankton were weight loss and the increased support of normal blood sugar levels.

Harper's sustainable farming technique returns more Marine Phytoplankton to the ocean than is withdrawn, thus enhancing this area of the Pacific Northwest coastal region of Canada. This has resulted in an increase in the wildlife and sea life population.

Because of Harper's exclusive and proprietary technology, it is now available to humans so they can receive the entire nutritional benefits of this whole food found in the ocean. Marine Phytoplankton contains a nutritional analysis second to none and supports all systems of the body.

It's no coincidence that the composition of human plasma is similar to that of seawater. Our bodies are 70 percent water and the Earth is 70 percent water, yet many people are attempting to derive 100 percent of their nutritional needs from the Earth's 30 percent land mass. Our over-reliance on land-based food sources has caused us to be deficient in some micronutrients. Our bodies need all of the elements of land and sea to perform as nature intended - balanced and vibrant.

It is important to remember that Marine Phytoplankton is a whole food and is not a cure for anything. FrequenSea™ offers us an opportunity to provide our bodies with nature's ultimate life-enhancing food so that our bodies can do what they are intended to do: regenerate healthy new cells so we can live in a higher state of awareness. Below are a few testimonials.

*"Eighteen months ago I started feeling 'blue.' Two months ago I started taking FrequenSea and noticed I have a much more positive attitude that allows me to look forward into the future. Now that my mood swings have stabilized it is much easier to think clearly as my levels of concentration have returned. In my experience it is 'food for the soul.' Knowing that FrequenSea comes from the base of the food chain and that it supports and nourishes my neurological system has made me a continued supporter... long may it continue! T.S.*

*"I was feeling great within four days of taking FrequenSea. I am about to turn 56 and was complaining of stiffness, but I notice that and other symptoms of aging are diminishing by the minute. The most amazing effect I am feeling is that my food cravings are decreasing as I continue to take FrequenSea. Thank you to those that are responsible for this amazing product." T.P.*

*"The main purpose of my testimonial is to say, that given time your body will rebuild itself by using FrequenSea. It took me four months of taking one ounce before I saw the results that are listed below. My problems were chronic and I am very grateful for the discovery and development of FrequenSea. A synopsis of my health issues follows.*

*• I had a prostrate problem for over three years with extreme swelling and a PSA of 7.1 (normal is 4.5) I deferred biopsy tests for*

*cancer opting to research for alternative answers. Nothing worked until I used Frequensea. Now I am pain free, no swelling and a normal PSA.*

*• A serious accident in 1980 left me with a frozen shoulder. Over the years I was told I had arthritis, osteoporosis and now ...that I have no cartilage, according to the x-rays that I had taken in the beginning of Feb. 2006. My knees and other joints used to ache but today I am virtually pain free in all my joints.*

*• I've also shed 30 pounds without actively dieting. I have far more energy now than I have had in years.*

*It took years for my health to deteriorate so it's pretty amazing that I have such wonderful results in just four months. I intend to take FrequenSea forever just to have optimum health and prevent disease. It is the best food I know" B.F.*

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# TO LIVE A PASSIONATE LIFE

by Laara Bracken

It seems we all wake up at different ages. A day arrives when with some surprise and dismay, we realize that things are not what we had believed, hoped, dreamed and worked hard for. For me, that day was 22 years ago. My job was boring, my life was boring, and, probably, so was I.

I wanted passion in my life and especially in my work. I wanted to make a difference somewhere, somehow and especially with people. But I didn't want to spend years and tens of thousands of dollars learning a method that - while it produced awareness (now I knew why I was boring) - didn't change much else. I briefly considered working in third world countries but knew the heat and flies would do me in. Volunteering for a worthwhile organization wasn't something I wanted to do and I felt stuck!

In December, 1985, standing in the middle of the kitchen, I said (rather emphatically) to Creator, "I may have the next ten years to figure this out, but I don't want to take the next ten years! If I don't get an answer by July 9, I quit!" (I didn't know what "quit" entailed but would figure that out on July 10.) This was met with a resounding silence. After sulking for a while, I reluctantly accepted an accounting contract in Edmonton. (Little did I know what Creator had in mind!)

One day, I wandered into a bookstore and saw a flyer about training in a method that promised fast, deep, lasting personal change. Curiosity overcame skepticism, so I experienced a session. Four hours later, my eyes were like saucers. Wow! The inner skeptic, said "Yeah, yeah, you've talked to someone for four hours, of course you feel good, but what about two weeks from now?" Four weeks later, after completing the five-day "Basic" course and learning why nothing had worked before I now knew how Core Beliefs affect thinking, emotions and behaviour in spite of awareness and good intentions. After a second session, a strange feeling consumed me, my heart had caught on fire and I was excited.

Back in Salmon Arm, friends were eager to try something new and they also experienced lasting changes after two sessions. Two friends and a couple who had attended the course together were trading sessions that solved issues and solidified their relationships. I was having so much fun I leapt off the cliff and completed the training.

Some people take the full course simply to enrich their knowledge of their own psychology. Some people want the experience and to learn to facilitate the many varied processes for their therapeutic value. I took the course and was so impressed that I decided to make it my life's work. That was 21 years ago, and I have never looked back.

Has it all been smooth sailing? No. I knew zip about marketing. Talking to and answering questions from prospective clients, creating a schedule, determining fees, self-motivating and disciplining were also some of the areas where experience was lacking.



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But Elly Roselle, who created the process, was endlessly supportive and helpful and, with the addition of some advice from the high-priced help my positive attitude finally kicked in. I knew the need was great, I knew I had a process that delivered its promise of much faster, deeper, gentler results that lasted. It didn't even occur to me that people wouldn't want appointments. Need + Answer = Success. It was the only logical outcome. Even my skeptic agreed.

Elly is a woman who doesn't know the meaning of the word "quit." She created the method when all other attempts to solve a 20-year battle with anorexia/bulimia failed. By now a therapist herself, she brainstormed for hours with her colleagues trying to find anything that would work. One day she realized she wasn't anorexic/bulimic anymore. She wasn't just coping, it was **gone**. She said, "I wonder how I did that?" and realized she had transformed some very deeply embedded core beliefs about herself and body size. She refined the process, and in 1983, at a healthy 115 lbs., she began teaching.

That was in the 80's and a process that took 4 - 6 hours was definitely not understood or accepted by the mainstream. Since then we have been funded by government agencies and insurance companies, even a few clients were referred through their doctors' prescriptions. We are now a registered federal and provincial Post Secondary Educational Institution that has accreditation as a college by the Post Secondary Regulatory Body of BC. This is unusual for a therapy where the founder is not a medical doctor, as were, for example, Jung, Erickson, and Freud.

It has been an exciting journey this past 21 years. I have received many gifts including: partnership in the transformation of my and other people's issues, compassion, understanding and a first-hand experience of our innate capacity to survive and transform negative programming into life enhancing confidence, motivation, passion and happiness. Exchanging ideas and keeping current, mentoring, and long conference calls with other practitioners feels like family. I am not quitting as long as I can talk and hold a pen.

*(See ad on page 7)*

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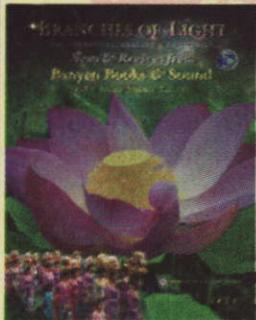
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# Unweiling

Where does Love come from?

by Lynne Gordon-Mündel

Some questions we never think to ask. Children do. One day, when my son was about four years old, I found him holding a dead bird in his hand. He asked me: "Where did the life go?" He and I talked for a while about life as an energy that moves on when the body no longer functions; he was young, interested and had his own views to add to mine. I realized that in many families such questions get put aside, perhaps because they seem unanswerable. Unanswerable they may be; still the questions themselves are important. They invite us to look to another dimension. Another question we could ask would be: "Where does love come from?"

We are beginning to realize that love is an energy. Some speak in terms of feeling energy "coming from" another person, or they say they are "sending energy". But how many look beyond the illusion of separation and ask, "but how did energy get to me or to him or her in the first place?" "Where does love come from?"

What if love does not come from the other person nor from one's self? What if love is the feeling that arises when the vibrational fields of two beings merge? What if, when two beings are undefended in relationship, truly open and honest with one another, their energetic potentials merge and both open into relationship with a greater knowledge of Life Itself, a knowledge communed not mentally but cellularly?

Could this explain why most humans are pursuing (consciously or not) the experience of merging with another being? Are they searching not for intimacy with another, not for sex, not for power, but for the experience of union with Life Force, with the Creator? What if the wondrous, flowing feelings associated with being in love are actually the experience of being closer to the creative energies that nourish all life? What if 'love' is a feeling reminding us of our relationship with God?

How would such knowledge change the way we relate to one another in our intimate personal relationships? In our careers? At our workplaces? With our friends? What if, instead of trying to figure out who is or is not caring, considerate, sensitive, understanding, instead of trying to prove ourselves worthy of love or trying to make the other into someone worthy of our love, each person in the relationship were to practice the art of remaining undefended, thus more open to life force? What if, instead of attempting to control events, instead of monitoring one another, we were to consistently practice the discipline of disarming ourselves? What if we were to allow our veils to fall gently away and give our companions a chance to relate, not to our armour, but to the life force that moves through us when we remain undefended?

Can you imagine communities, countries, worlds, built upon this practice? If you can imagine it, you may be sensing the potential future for the consciousness of humankind.

*see ad to the left*

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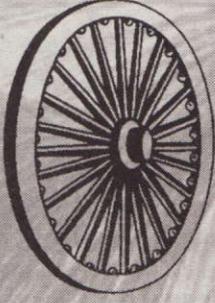
by George Christodoulou and  
Jeannine Duperron

The healing arts have been developed for thousands of years with one objective in mind: to open the areas where energy is blocked. Energy powers all our physical, mental and emotional processes which function best when the energy demand is matched by the supply. Any form of imbalance in the distribution causes pain and disease.

Imagine our energy system is like a power grid in a city. In order for lights, computers, infrastructure, electrical devices to function, electricity is needed. When there is an interruption in the electrical supply, the city no longer functions to its full capacity. Running energy through the system activates the chakras. Earth energy enters the body via the energy lines (also known as Sen or Nadis) of the legs and Cosmic energy runs parallel to the spine. When these two energies meet at the root of the spine (first chakra) they create a wonderful blend which is called Kundalini/Atapa energy. Atapa energy is deeper and becomes activated when the practitioner works in a meditative state. Thai Massage focuses on opening the leg energy to encourage its flow so that the cosmic energies can enter and cleanse the entire system just as flowing water cleanses a river.

The Kundalini/Atapa energy is in constant flow from the depths of our being to various parts of our bodies (physical and subtle/astral bodies) and into the mind and psyche. This natural flow is for the sole purpose of altering, dissipating, burning away, and removing the blocks (buried feelings and unhealthy or destructive psychic energy patterns), which are

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often repressed or locked-up in the psychosomatic systems (Nāma-Rupa in Pali). Many times during a session a receiver can experience a surge of feelings or emotional release (tears, anger, joy, connectedness, love, etc.) which are encouraged by a well trained practitioner/healer. A very important aspect of Thai Massage as Buddha himself said: "Stop yourself at feelings." He wanted his followers to pay attention to feelings at every point of contact, through their senses and with every movement of life. In our western civilization these feelings are often ignored or repressed. This is also one of the reasons the receiver feels empowered/energized after a Thai Massage session. The second reason is because the Kundalini/Atapa energy flow is often intensified afterwards.

The Kundalini/Atapa energy works in partnership with awareness and high intelligence, and it has its own schedule. It knows exactly what to do, when to do its work, and how far to go with it. There are no complications in its network unless interference comes through the subject (unaware ego). When the practitioner/healer is in a meditative state, he/she is fully aware, following the High Intelligence with his/her intuition to perform the body work. Being in a meditative state provides hospitality for the inner source of Kundalini/Atapa energy to carry out its work. When this happens the practitioner/healer is merely an instrument in the hands of the Divine Spirit or God.

Over the years of learning and practicing Thai Massage I have experienced very important changes in my own body and how it feels. For many years my body felt stiff/blocked in certain areas and I never realized that these areas were so connected with certain emotions. To be more specific, I have been suffering from lower back discomfort and sometimes pain since my earlier twenties, in spite of the fact that I was doing Yoga on a daily basis. This pain often caused me to feel angry since it does not allow me to enjoy life to the fullest. I am so aware of my painful lower back no matter where I go or what I do. When I began studying Thai Massage with our Master/Ajahn Pichet in Thailand, I felt the physical block being related to an emotional block. My anger felt like a stubborn child being held prisoner in my body. With the continual practice of Yoga I removed some of the pain, however, the anger was always there.

Now, for the first time I know that I need to give my anger the full attention he wants. Not trying to repress him, deny him or fight him. I just need to accept him as he is. When Jeannine gives me a treatment my lower back opens up a bit, and my anger dissipates and I feel happier. However, my anger still persists so I acknowledge him for being there, for I know he is telling me that I have more work to do. The more I accept his presence the more the pain eases off and I feel relieved, freer.

*Please see NYP ad under Schools...The Circle of Life, School of Thai Massage.*

# Know Thyself!

by Jon Scott & Pascal Salesses

After the initial uplifting and opening phase of romance we go through a normal deflation as we get to know each other on a daily basis. Our partner's shortcomings make us uncomfortable and grate on us. We may react inside with irritation, repulsion, anxiousness, feeling unloved, unappreciated, superior, inferior, shut down...

At first we tend toward being patient and understanding. We may even feel badly for having the reactions we have. Eventually we can't accommodate our partner any longer. We feel the need to become real. Our 'realness' can start coming out in complaints, frustration, sarcastic remarks, withdrawing, or difficult conversations that don't seem to go anywhere. At this point we think that if our partner improved, did therapy, it would all be better. If only he/she would do this I would feel loved, I would feel appreciated and I would open again. There is a spoken or unspoken demand that our partner be different for us to feel better.

What this common scenario points to is emotional enmeshment. We are caught thinking and feeling that if only our partner changed we would be happy again. We depend on them to change to ease our own inner agitation. When we are unable to accommodate our partner or take a deeper look at our part in the dynamic, we are at an impasse with each other. This place, although difficult and quite discouraging, is actually a natural phase of our evolution, both individually and together. It may be hard to believe initially because the impasse does not meet our expectations about love, intimacy and togetherness. To get out of the impasse we have to be willing to deeply look at ourselves, discover what is not obvious and see how we hold our partner and ourselves hostage. If we let go of our partner's part in how we feel, what would we face in ourselves? What is it that we want/demand from the other that we are not accessing in ourselves?

When we answer the two questions, we encounter difficult aspects of ourselves that need to be attended by ourselves not by or through our partners. They show up for healing and need our kind welcome. They need validation, curiosity, and our own care. When triggered in these difficult parts, self soothing will help us find new ground for ourselves, a new way of relating without running away from ourselves or our partners.

These challenging parts also can bring us to another form of intimacy. When we let our partner in by speaking about what we are struggling with and without placing any expectations on them to make it better, we open to what is real and vulnerable. Our partner can become an ally instead of the enemy. Self-disclosure, self-soothing and self-confronting gives us an opportunity to discover who we are and who the other is.

A snapshot illustration of this would be Christy and Peter, two clients of ours. Christy wanted Peter to work on himself so that he would be more open and intimate. Christy thought Peter had a serious intimacy issue since he was avoiding her and withdrawing. Peter thought Christy needed to relax, remember that he loved her and told her to back off from pressuring him. As we went deeper into the dynamic at play it became obvious that Christy was using the relationship and Peter to calm herself down from her anxiety and pain about her own unworthiness. She wanted Peter's physical and verbal affection to assure her that she was lovable. Peter avoided her when he felt pressured to be intimate. Christy's demands felt overwhelming and reminded him of his dominating mother. He felt like he had no room for himself, no place to simply be who he was, and so he withdrew.

We helped them see what each was dealing with and avoiding dealing with. We recommended some self-care when triggered, and also start looking at why the other is having so much control over their sense of well being. Part of their impasse was that as long as Christy wanted Peter to change she didn't have to attend to her own pain and feelings of unworthiness. As long as Peter resisted her he didn't have to attend to himself and give himself the inner space he needed. In an impasse, no one grows and no one changes as both parties wait for the other to make it better.

Jon and I also encouraged them to speak and listen to each other without expecting anything or compromising their integrity, and to just stay open to what unfolds. This example shows us how we are forced to grow, love, respect, give to ourselves and to each other, let go of distorted views we hold of ourselves and each other. When we use the self inquiry method, we enjoy each other a lot more. Time to know thyself! No kidding!

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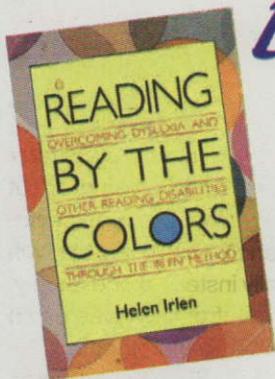
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## Book Review



### READING BY THE COLORS

Overcoming Dyslexia and other Reading Disabilities through the Irlen Method  
by Helen Irlen  
Penguin Putman Inc. 0-399-52736-2

This book has important information that I think should be passed along. After listening to Bonnie give a talk at the Spring Festival of Awareness and hearing how much of a difference it makes in someone's life... I would like to help spread the word.

Reading by the Colors tells the story of Helen Irlen, a child psychologist who after ten years of working with some students with learning difficulties, became convinced that the problem wasn't a matter of IQ- it was sensitivity to light. Helen tested her adult students first and realized the brain had trouble processing information. Often this was due to the lighting. One day, a student came into her office with a red overlay that she was using in some vision training exercises, and one of the other students gave a little scream. It was the first time she could read without the letters swaying. Helen then asked other students to try it. For most, it did not make a difference, but it planted an idea. Helen Irlen then went to the theatre department and got dozens of colored gels. She asked her students to see if it made a difference. 90 out of 100 reported improvement! Many said the colored overlays helped them

study but wondered how they could get the same help looking at chalkboards and computer screens. Some told her that when they wrote an exam they found it difficult to keep lifting the gel to write the answer. They wanted more help...so she went to an optical manufacturing laboratory and bought tinted lenses. She discovered that the students needed different colors in the glass than the overlays. Helen then started using more sophisticated instruments that calculated the amount of light transmitted by each color.

In 1985, a journalist whose daughter was dyslexic saw an article on Scotopic Sensitivity Syndrome and brought her to the States for testing. He was so pleased with the results he wanted to know how he could help spread the word. In 1988, the TV show *60 Minutes* about the Irlen Method aired, and the Irlen Institute was overwhelmed with calls and letters. Many viewers expressed frustration and gratefulness for what they perceived as an insurmountable problem with reading.

Now, twenty years later, I am hearing about it because of Bonnie Williams, an advertiser who teaches at the Montessori School in Kelowna. Bonnie is so excited and feels so grateful to have found an answer to some of her students' learning problems that she flew to the States and took the training. Now she spends most of her evenings and weekends helping adults identify reading distortions and figuring out what color

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works best to correct them. Many of her stories are inspiring. Some are hard to believe. Bonnie says, "Misdiagnoses can cause so much suffering, and some of the symptoms of this condition/sensitivity can have such serious influences on one's life." Her excitement is so contagious that I am passing it along to you. As Bonnie says: "One of the beauties of Irlen is that when you are screened, you either have it, or you don't, there are no maybe's. I know so many people that have found relief, first with the overlays and then with the Irlen tinted lenses. It is a wonderful gift that was given to me by Beverley Butt, the first screener and diagnostician in Canada. Her twenty years of service inspires me."

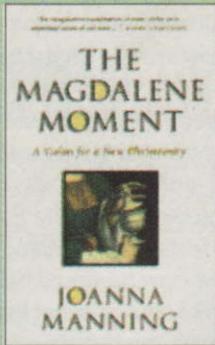
# THE MAGDALENE MOMENT

*A Vision for a New Christianity*

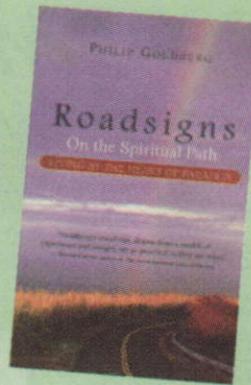
Joanna Manning  
Raincoast Books  
ISBN 978-1-55192-873-9

The title drew me to this book, probably because we have been made aware in recent years of the disservice and distortion done to Mary Magdalene over the centuries. A reviewing author describes Joanna Manning (a former nun) as "Polemicist, social activist, feminist theologian, and scourge of popes and patriarchs...."

- another good reason for finding out what she has to say. Whether or not your background is Christian, it's hard to dispute that the basic message of Jesus was compassion, tolerance and mercy, that it's what we live and not what we believe that counts in the end, and that we need a cessation of competition among religions as we seek common ground as a basis for saving this planet. The titles of her other books, *Is the Pope Catholic? A Woman Confronts her Church* and *Take Back the Truth: Confronting Papal Power and the Religious Right* left me no doubt that here is someone who should be read - she doesn't disappoint in *The Magdalene Moment* as she weaves history with her personal story, and demands the reinstatement of the feminine, acceptance of sexual diversity, integration of the sensual into the spiritual, and respect for religious pluralism. Towards the end of the book she tells of a prayer spoken during a service held in 1993 by women of various faiths, who had come together in their concern to end the rape of women as an act of war: "O flaming Spirit of Love, we cry out to you in the midst of the struggles of our lives. O Holy One, hear our cry. We offer to you our broken sisterhood. Help us to remember the wholeness that you intended." Joanna Manning then states: "For a brief moment, we were able to imagine that a different world was possible."



## Book Reviews by Christina



# Roadsigns

on the Spiritual Path  
Living at the  
Heart of Paradox

Philip Goldberg  
Sentient Publications  
ISBN 978-1-59181-050-6

The author of this book has an impressive background. He is an ordained Interfaith

Minister, founder of the Spiritual Wellness Associates Network, teacher of meditation and a variety of mind-body practices, founding director of a non-profit institution dedicated to fostering a renaissance of spiritual wisdom, director of the Forge Guild which is a consortium of spiritual leaders and teachers, as well as a lecturer, writer and workshop leader on living a 100% spiritual and 100% material life. The book itself is organized around four paradoxes: You're on your own/You can't do it alone; Lose yourself/Improve yourself; Embrace the world/Escape the world; and You're already there/There's a long way to go. Whether you are just beginning the journey on your spiritual path, or are well on your way, you will find this book to be full of wisdom and insight; it is beautifully written with compassion and humour, and has received praise from Deepak Chopra, psychotherapists, Harvard Medical School, Zen teachers, and other writers of things spiritual. Each chapter has a travel-related title, and each comes with Travel Tips to help you on your way. If you enjoy this book as much as I have, you will, like me, be keen to discover Philip Goldberg's other writings.

## Breast Chek Self-Examination Kit

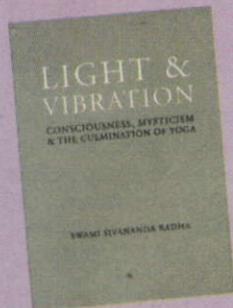
Manufactured by Plexus Worldwide, Inc.

It seems to me that everywhere we look these days, we are reminded about breast cancer, and we probably all know someone who has survived, or not survived. This kit comes with a Breast Chek aid, which is a soft ultra-thin latex-free polyurethane device, with a special lubricant sealed inside - this was designed to help women perform their own self-examinations with confidence. There is also a small booklet which explains how to perform self-examinations correctly, and includes a monthly diary for you to record your examinations along with any notes you wish to make. The Breast Chek aid has a top layer which moves while you perform the examination, while the bottom layer remains stationary - this reduces friction and



allows your fingers to concentrate on the perceived sense of shape. It can be rinsed with warm water, allowed to dry, and stored in its own pouch for future use. I've heard women say that they are scared to do these checks, in case they find something, or in case they are doing it wrong. Fear is a terrible thing, especially when it prevents you from taking charge of your own health. Many years ago I had a friend whose mother died because she was scared to have a lump checked out by her doctor "in case" it was something bad - she didn't want to hear bad news, but died a few months later, leaving her family puzzled and bereft. This made me realize that taking care of yourself is not simply a personal thing. As a famous advertisement for another form of cancer declares: "Don't be scared to death!" Good health begins with self-awareness and self-care, and an aid such as this can help you along the way by giving you confidence and peace of mind.

# Book Reviews



## LIGHT & VIBRATION

Consciousness, Mysticism  
and the Culmination of Yoga

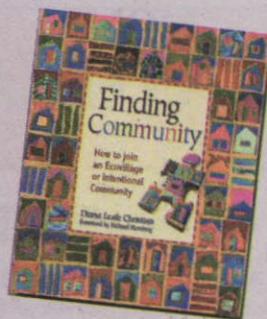
Swami Sivananda Radha  
Timeless Books  
[www.timeless.org](http://www.timeless.org)

It amazes me that ten years after her death, Swami Radha is still arranging for books to be published. *Light and Vibration* tells about her mystical experiences of light. I prefer the personal aspects rather than theoretical values, and so enjoyed her many insights... like the time she was meditating in a cave in India and was asked "How did it go?" she responded "It was perfect including the singing birds." Her teacher went on to explain that birds do not live that deep in the earth and asked if she had ever considered the possibility that rocks sing.

In the chapter on 'mantras' or 'words of power' Radha states that they can transform powerful emotions into finer feelings that fill the heart. She says that when we recite mantras with feeling and intention, it changes the vibration of our entire being. She told her story about Hari Om, my favorite mantra. Radha says "After practising it for five hours a day she saw tiny bubbles which started me asking: Once a sound is released, where does it go? What would happen if I could travel on one of those bubbles?" She concludes that: "The exploration of sound and consciousness can lead us to a whole different understanding of the world." Her hope is that we will perceive our essence, our unique mantra, and once that happens, we cannot but help let go of old patterns and enjoy the wonder of being part of the cosmic symphony.



by Angèle



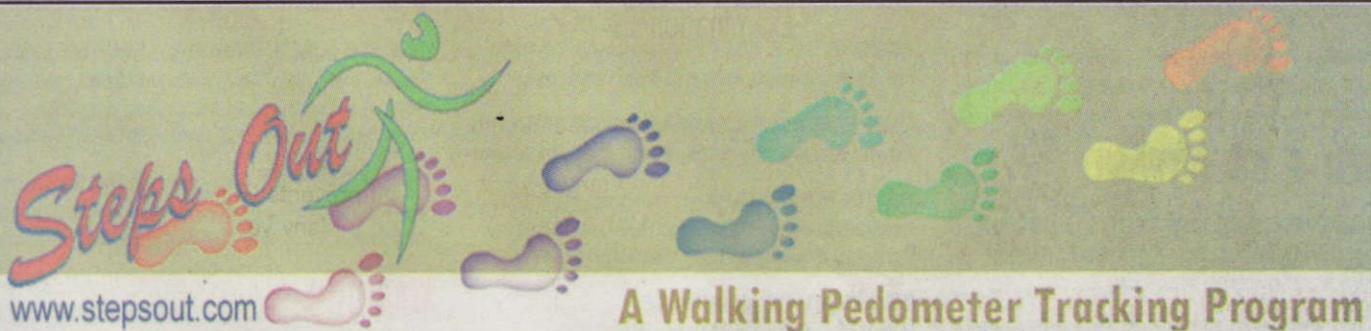
## Finding Community

How to Join an Ecovillage  
or Intentional Community

Diana Leafe Christian  
New Society Publishers  
[www.newsociety.com](http://www.newsociety.com)

Thoughtful, thorough and enlivened by stories from 'real' community life that she has been a part of for many years, Diana's sense of humour and directness kept me reading. She is editor of *Communities Magazine* and a few years ago published her first book titled *Creating a Life Together, Finding Community*, which I also read. Together they answer any questions you may have about a variety of Communities. Diana shares insights of people and their agendas that demonstrate her point of clarity. As she states: community is not for the faint of heart. While community living can be wonderfully rich and fulfilling, it takes time, and money and a willingness to learn a new way of life. It can be emotionally rewarding and also challenging.

I really liked the chapter titled *What Does It Take To Live In Community*. Diana makes a list of the kind of people who do well in community and those who do not. I smiled at her social honesty and appreciated her deep insights, for I am coming to understand this new way of living. Her review of the qualities needed most states that among them - willingness is the most crucial ... A willingness to look at oneself, and even our dark corners, a willingness to be open to new experiences, a willingness to revise many of one's lifelong habits in favor of a cooperative lifestyle with others. She concludes, "that if you feel self-confident, can be assertive when you need to, can remember to listen and learn from others, and can take delight in working to create something larger than yourself then I believe your life in community will be easy, even wonderful." If you want a no-nonsense guide to help you research, evaluate, or visit a variety of communities then this book will help you on your journey.



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## CANCER *continues from page 38*

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# A New Hope and Light has entered the world

## **Transformation**

*by the Master —, through Benjamin Creme*

It will not come as a surprise to learn that the true number of civilian dead in Iraq has now exceeded 800,000, while wounded, to a greater or lesser degree, amount to at least one million. For how much longer can the occupying powers hide these figures from their people? It goes without saying that every effort is made by these powers to hide and diminish, for their own purposes, these appalling statistics of destruction. It is no wonder, therefore, that millions of Iraqis have fled their country. Is it surprising that soon the invasion of Iraq will be recognized as the greatest disaster of recent times: unlawful, unnecessary, and arrogant in the extreme?

While the world waits, the Americans and British seek to extricate themselves from the morass which they have created, and to do so with whatever dignity and plausibility they can muster. Certainly no triumphal banners are in order. The legacy is one of death, mayhem and abuse of power.

## **Fractured walls**

Meanwhile the forces of reconstruction have set to work to mend the fractured walls, physical in Iraq and psychological elsewhere. The world awaits anxiously the unknown results stemming from this unhappy episode but the hopes of many are curiously high, some would say, without true reason. Did men but know it, the whole world is bracing itself for momentous changes, which will set to rights, not only the trauma of the Middle East, but the dangers and tragedies of Earth itself.

## **The door**

Maitreya knocks loudly at the door. The door, soon, will open and the Lord of Love will step forward into the fray. When men see Him they will be astonished by the simplicity of His words but also by the clarity of His utterance. His wisdom will baffle and delight in equal measure, drawing to Him those who are ready to follow Him and rebuild the world. His name is Valour; likewise Strength of Purpose. The Great Lord comes equipped as none before have been, ready to do battle with all that ails and belittles man.

There are many who smile at the notion of such a Presence among us, but soon all will come to know the truth of these words, and take their stand for or against Him. Thus will the Great Lord place before mankind the question of its survival. He will show that essentially men are one, no matter the colour or the creed, that the bounty of Earth belongs to all and that sharing of that bounty is the key to man's future. Only sharing, and the justice which it will bring, offers hope to man. Only justice wrought of sharing will end the plagues of war and terror. Only sharing and justice can bring men to that Brotherhood which is their true inheritance. When men see this they will rise to the challenge and tackle one by one the many problems which daunt us now.

Maitreya's Light will support and balance men in their eagerness for the changes which must ensue, and, in right order, the world will be renewed. Thus will it be.

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## **Who is Maitreya?**

Maitreya, the World Teacher, is the Head of the Spiritual Hierarchy. He is expected by the world's major religions as the Messiah, Krishna, the Imam Mahdi, Maitreya Buddha, and the Christ. He returns as the Avatar for the new age, **Teacher and guide for all humanity**. He and His group, the Masters of Wisdom, will inspire us to create a brilliant new civilisation based on justice and sharing.

He will launch a call to action to save the millions of people starving to death in a world of plenty. Maitreya will recommend a shift in social priorities so that adequate food, housing, education, and medical care become universal rights. His open mission in the world is about to begin.

**"Soon, now very soon, you will see my face and hear my words."**