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Oct.
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2007



CANADA'S ENDANGERED SPECIES NEED PROTECTED SPACES



COLLEEN MCCRORY

Valhalla Wilderness Society Co-Founder dies July 1, 2007 • A tribute on p. 16

Youth Activism Makes a Quantum Leap

An innovative company uses the power of web video to help children and youth fight social and environmental injustice in their own communities—and around the world.

Last year, Ryan Hoyer was a 17-year-old who wanted to make a difference. He was your average teenager: dealing with ordinary things like school exams, a part-time job and the pressures of day-to-day life. Like the rest of us, he was perhaps a little daunted by a world filled with challenges ranging from global warming to war, poverty and homelessness.

Still, Ryan decided to do something about it. Inspired by a teacher at his high school who had initiated a science project on environmental sustainability, he joined a team of students who raised \$40,000 and built a series of solar panels on the roof of their school gym. The solar array now provides a clean source of energy for their gym score clock, decreasing the school's reliance on fossil-fuel power sources. And for

Ryan, the project was a profound lesson on putting ideas into action on behalf of himself and others.

Ryan's story is an example of one student's ability to effect change. Starting this fall, an innovative new Web broadcaster, Quantum Shift Media Inc., is banking that a bold \$150,000 "Be the Change" School Video contest can create a thousand more stories of hope and action just like Ryan's.



The creator and CEO of Quantum Shift is Hugo Bonjean, a businessman, entrepreneur and activist. Four years ago, Bonjean was a successful 38-year-old business executive working for the Marriott International in Latin America. There, he dealt with some of the richest people in South America, while at the same time observing firsthand some of the poorest living conditions in the world. "What I saw rekindled the humanitarian values of my teens," says Bonjean, "I decided to commit the rest of my life to the integration of ethics into the economic fabric of society."

In exploring for ways to do so, Bonjean observed the profound ability of Web video to disseminate information. As made clear by the YouTube experience, streaming Web video and



related technologies were finally at the point where people could easily share their videos on the Web. For Bonjean, videos are a powerful storytelling mechanism — perfect for stories about people making a difference. In January 2007, he launched www.quantumshift.tv, a Web TV site broadcasting user-supplied programming: positive, solutions-oriented stories of men, women and children finding ways to meet the environmental and social challenges of the world.

Though QuantumShift.tv launched with content for all age groups, Bonjean and his team quickly recognized that one of their key target groups would be kids. Notes Bonjean, when it comes to environmental and social issues: "They just get it. They realize that they're the ones who will be stuck with the problems we leave behind."

So this fall, Quantum Shift launches a major contest initia-

tive called the "Be the Change" School Video Contest. It's designed to mobilize kids across North America into both performing projects of environmental and social good, and sharing the stories of their efforts with the world. The contest invites students from grades one to twelve to come up with a project of their choice, working in teams and with teachers, they are to document their progress in two short videos to be uploaded to QuantumShift.tv.

In addition to the benefit of making a difference in the world, the contest gives students the opportunity to win \$50,000 in prizes for their school. Projects can range from volunteering at a local homeless shelter, measuring a school's carbon footprint or building a school in a developing country—anything that addresses an environmental or social concern in a positive, solutions-oriented way.

To provide ideas and resources for both students and teachers, Quantum Shift has enlisted a range of high-profile partners, including organizations like UNICEF, Free the Children, Care and the Sierra Youth Coalition & Plan.

Quantum Shift is also relying on the active participation of teachers and other educational professionals. Their goal is to

continues on page 14

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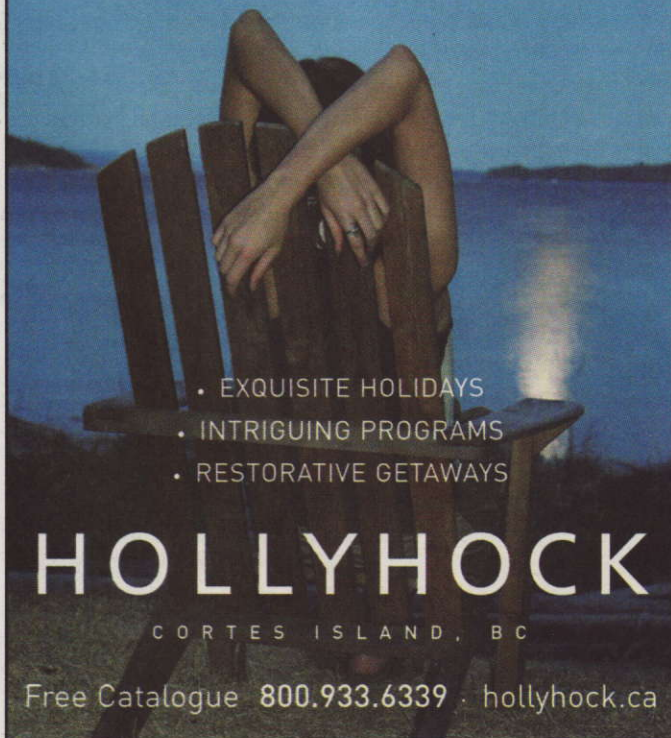
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Musing

with Angele, the publisher

After four years of introducing you to regional Retreat Centers, Ashrams and Meditation Centers – places that empower people – we are now featuring *people* ... special people who empower others to be all that they can be. Being passionate about life is the best way I know to be of service, and I am happy to be able to recognize and showcase valuable role models that we can emulate if we choose.

Marshall Rosenberg, who founded *The Center for Nonviolent Communication*, was featured last month, and Colleen McCrory is this month's inspirational person. Colleen died recently after thirty years of service as an environmentalist. She and her brother Wayne helped co-found the Valhalla Wilderness Society which has spear-headed campaigns that now protect over 1.2 million acres of land.

Colleen was 'just' a housewife living in the Kootenays. She had no training nor role models to follow ... just her heart whispering to her what felt right. She had the courage to speak her truth, and in so doing helped to convince the government to protect the old growth forests and their inhabitants from the logging interests. I chose to feature Colleen after seeing her on the front cover of *Common Ground*, a 'Get the Big Picture' magazine from Vancouver. Anne Sherrod, her assistant for twenty-five years, is so passionate about the work that Colleen did as spokesperson for the Valhalla Wilderness Society that she wrote an updated article which is on page 16.

I had heard of the good work that Colleen and her brother Wayne were doing, but I did not realize to the extent their efforts had paid off. She makes me proud to be a Canadian. Many years ago, I knew I had to make a choice about where to focus my energy. I knew it was important to protect the environment so I chose to support Greenpeace with my money. I also bought many beautiful posters from the Western Canada Wilderness Committee over the years. This month I am reprinting an article from their Summer 2007 newsletter that educates us about our water supply... please read it on page 10 and check out the various website. I feel grateful that many people are getting involved and are taking the time to speak up for what feels right. Challenging ourselves to become educated and intuitive at the same time is not an easy path. Discerning what is 'truth' in any media coverage is a good skill to develop.

Our survival as a country is now dependent on our collective vision. Margaret Mead once said, "Never doubt that a small group of committed citizens can change the world, for indeed it is the only thing that ever has." Gandhi suggested that we "Be the change you wish to see in the world." We all vote for what we want on this planet with our time or life energy. The money we make and how we spend it is a reflection of our values: Are you conscious of what your vision for this planet is?

I feel that Colleen is still with us, working on influencing others, just on a different plane of existence. Perhaps she can work even better from the other side. If you hear her whisper, "What can you do for your country?" perhaps it is time to get involved, as each of us do make a difference. Another great website is www.rightoncanada.ca

I was told by Anne that Colleen died two weeks to the day from her first headache, which reminded me of a deal that I made so many years ago with my angels: that I would be given two weeks' notice if they wanted me to work on other levels of existence. I wanted 'peace of mind,' so when I travelled, I would feel safe. I also figured I needed two weeks to get my 'papers' in order, to make life a little easier for those left behind. For me, death is a time of transition and I would like to see it celebrated the same way as when a child is born into the world. Hurray for Colleen, hurray for Canada. I wonder what kind of statement she was trying to make by choosing Canada Day as her departure date. If you would like to know some details about the death process please read Elisabeth Kübler-Ross's CD review on page 33.



Angele

STEPS ALONG THE PATH



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

This past August I was walking up Kootenay Joe Road into the Retreat Centre when I got a subtle message to make the main entrance wider. Since the Center opened in 1999 the road has been only wide enough for one vehicle to pass through.

I felt that the flow of energy would increase with less restriction at the point of entry. From my own experience, first impressions can set the tone for what is to come and I wanted people to feel welcome after having made the journey to get here. As a group we decided to make it a priority so Ian Fraser, a key member of our community, and myself had a three-day adventure of moving rocks, soil and signs. Now as vehicles turn off the main road onto Kootenay Joe Road they are waved on with a series of colorful banners as they drive up the hill. At the top they are greeted with a beautifully landscaped extra-wide entrance with flags, more banners, and a painted seven-foot sign of our logo. This large sign was a birthday gift from Angele and had been waiting for a place of honour for several years.

The Retreat Center has always seemed very beautiful to me. I am sure that it comes from being in love with this place. The feelings are similar to the feelings I have for my beloved partner Angele. There are times when she does or says some casual thing that causes me to really see her for the beautiful person that she is and that brings great joy to my heart.

These are similar to feelings I experience in regards to living and growing here at the Retreat Center. I open the window shade in the morning to a truly breath-taking view down a 100km long lake surrounded by beautiful mountains. When I walk into the Community/Group Room I sense the sacredness of what we have created with our life energy. I feel blessed to be living in this mystical land where deer, rabbits, turkeys and the occasional herd of elk wander across our lawns. Of all the places I could be, I am here!

Once we had re-configured the main entrance visitors arrived almost instantly in greater numbers than usual. I am also noticing how what I do parallels my life. The more I open myself to the flow of life, the greater ease and release I experience, one step at a time learning, un-learning and re-learning how to live.

Namaste

Richard



Celebration of the wider driveway

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Emotional Freedom Technique (EFT):

A Remarkable Healing Breakthrough

by Mariah Faye Milligan

"Imagine for a moment a healing modality that, in less than ten years, has become a highly valued method for more than five thousand medical doctors, psychiatrists, psychologists, chiropractors, acupuncturists, nurses and other members of the healing professions in dozens of countries. Further, imagine that no surgery, drugs or equipment are needed. There is such a healing modality; Emotional Freedom Techniques (EFT)." Christopher Hegarty Ph.D.

Practitioners worldwide have marvelled at EFT's simplicity, elegance and rapid means of healing. It has been clinically effective in thousands of cases for physical and emotional symptoms, phobias, trauma, stress, anxiety, fears, depression, addictive cravings, children's issues, pets, animal issues and more.

Even in the hands of most newcomers, it often achieves either noticeable improvement or complete cessation of the client's problem. For those practitioners who learn the advanced work, there are much higher success rates. Many skilled practitioners get measurable results over 80% of the time. In addition, the process is often rapid, long lasting and gentle and sometimes works when nothing else will.

What is most unique about EFT is that it can be self-applied anywhere, anytime, in the moment when it is most needed. Learning EFT creates a feeling of self empowerment and even though there are times when one needs to work with an EFT practitioner, much of the therapy can be discreetly applied in the moment of need, independent of a therapist's appointment.

Many practitioners have creatively applied EFT on their pets or used surrogate EFT on those who can't practise it on themselves; for example babies, or patients in hospital. There seems to be no end to the healing achieved through the creative adaptation of the use of EFT. It also blends well and is compatible with many other healing modalities. The potential within these procedures is so far-reaching that many believe we have reached "a new moment in the science of healing."

How does it Work?

EFT is an effective blend of Chinese Medicine and modern Psychology. It is sometimes called 'acupuncture without needles' because specific meridian points are stimulated by tapping with the fingertips while the client focuses on the issue they wish to resolve. EFT generates its results by balancing the body's energy meridians while the client 'tunes in' to their problem in a gentle, conversational manner. In this way an important link is established between mind and body. This acupuncture-based healing modality was pioneered by renowned psychologist Roger Callahan and dramatically simplified and improved by Gary Craig who made the work efficient, elegant and easily affordable. *see ad to right*

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

An Important First Step

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-Sharon T., Writer, Kelowna

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

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HEALTHY SKIN

by Klaus Ferlow

Have you ever heard the saying: "Healthy skin does not happen by chance?"

Our skin is without a doubt the largest organ of our body, and possibly the most versatile as well as being clearly visible. Recent research indicates that we know far too little of the skin's amazing capabilities, or how to keep it in good health. The skin acts as a highly sensitive antenna and the skin of an adult human harbors approx. 6 million cells, 5000 sensory nerve endings, 200 pain receptors, 100 sweat glands and 20 - 40 sebaceous glands. This three-layered miracle holds, in each sq. cm, delicate blood vessels totalling approx. 90 cm in length. Under normal circumstances, 25% of our bodies' total blood supply circulates in our skin, which acts as an outpost of our immune system.

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Traditional Medicine is gaining more and more significance in our domestic health care, as a growing number of people use herbal creams, teas, infusions, lotions, shampoos, soaps and toothpaste to prevent or heal an illness. Chris Kilham, the 'Medicine Hunter' tells people in his lecture in Health Shows, that today over five billion people on Mother Earth are still using natural herbal remedies for healing. Especially women recognize herbal medicine as an effective natural method of treatment, particularly when conventional pharmaceutical methods of healing fail. Natural therapy holds a pleasing additional benefit for women; many herbs act as beauty elixirs for skin, hair, and nails.

Klaus Ferlow is a herbalist, innovator, lecturer, researcher, writer, and co-owner of FERLOW BOTANICALS in Vancouver, B.C. A manufacturer of organic toxin free medicinal herbal and personal care products in Canada since 1993. see ad to the left



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Paradise Lost?

A message from Wade Davis

PHOTO CREDIT

Summer 2007

'Wild Rivers of Canada'

newsletter

co-published by the

Wilderness Committee

and

Rivers Without Borders.



Hailing from BC, **Wade Davis**

has worked as a park ranger, logger and big game hunting guide. He holds a degree in anthropology and biology, and received his Ph.D. in ethnobotany, all from Harvard University. He spent over three years in the Amazon and Andes, living among 15 indigenous groups. His

later work took him to Haiti, Equatorial West Africa, Tibet, Polynesia, Mali, East Africa, New Guinea, Vanuatu and the high Arctic of Nunavut and Greenland. Author of ten books, including *The Serpent and the Rainbow*, he is the recipient of numerous awards including being made Honourary Member of the Explorers Club in 2004, one of 20 named in the Club's 100-year history.

Raising our Voices

The government of British Columbia is currently entering into land use planning negotiations with Taku River Tlingit First Nation that will include the Taku watershed. Let the government know how you feel about permanently protecting wilderness values in the Taku.

Join *Rivers without Borders* in calling on our governments to represent long term public interests in the region, rather than short-sighted industrial development.

BC Premier Gordon Campbell 250-387-1715

Email: premier@gov.bc.ca

Prime Minister Stephen Harper 613-992-4211

Email: pm@pm.gc.ca

Mount Kailas in Tibet is a mountain so sacred to Buddhists and Hindus that no one is allowed to walk upon its slopes, let alone climb to its summit. From the flats at the base of the peak are born three of the greatest rivers of Asia, the Indus, Ganges and Brahmaputra, vital arteries that bring life to more than a billion people downstream. The thought of violating the sacred headwaters of these rivers with industrial development is simply inconceivable. It would represent for the people of India, Nepal and Tibet an act of desecration beyond anything they could imagine. Anyone who would dare even to propose such a deed would face the most severe of all possible sanctions, in both this world and the next.

As a Canadian I am by no means opposed to any sector of our economy. But I must confess that it leaves me astonished that we as a nation have so little reverence for our land and our rivers that we could even consider allowing the exploration and extraction of resources such as coal bed methane gas and anthracite coal from the very meadows and mountains that give birth to the salmon rivers that are the historical lifelines of some of the greatest cultural traditions ever brought into being by the human imagination. But this is precisely what is being proposed today for the headwaters of the Stikine, Nass, Skeena and Taku, the rivers of origin of a host of First Nations: Tahltan, Nishga, Gitksan Wet'suwet'en, Tsimpsonian, Carrier-Sekani, and Tlingit.

Think for a moment about the assumptions that rationalize such industrial initiatives in both Canada and the United States. We accept it as normal that people who have never been on the land, who have no stories, who have experienced neither pain nor joy in these valleys, who have never felt the winds of winter or the promise of spring, may legally secure the right to come in and by the very nature of their enterprises leave in their wake a cultural and physical landscape utterly transformed and desecrated. What's more, in granting mining concessions, often for trivial sums to speculators from distant

continues to the right

cities, companies cobbled together with less history than my dog, the governments place no cultural or market value on the land itself. The cost of destroying a natural asset, or its inherent worth if left intact, has no place in the economic calculations that support the industrialization of the wild. No company has to compensate the public for what it does to the commons, the forests, mountains and rivers, which by definition belong to everyone. It merely requires permission from a government to proceed. This is very odd, if you think about it, and surely reflects a mindset that ought no longer to have a place in a world in which wild lands are becoming increasingly rare and valuable, even as we strive as a species to live in a sustainable manner on a planet we have come to recognize as being resilient but not inviolable.

I first came to the Stikine in 1978 to work in the Spatsizi as a park ranger, and since then have returned virtually every summer. I have also come to know the Taku watershed, having paddled the river from source to mouth, and explored several of its tributaries. I find this region to be not only a sanctuary, but one of the most beautiful and wild places remaining on the entire planet.

We need to be clear in acknowledging that the industrial initiatives proposed for these watersheds will, if implemented, permanently compromise the wild character and spirit that makes this region unique in the world. This is not to suggest that none of these projects ought to be embraced, but rather to emphasize what is at stake. We are not talking about multiple use economic activity. We are contemplating the consequences of permanently transforming the Taku, the upper Stikine, and the headwaters of some of British Columbia's greatest rivers. This is a decision not to be taken lightly. It is indeed one of such national significance that all Canadians deserve to have a say in the process. The fate of this land transcends the interests of local residents, the provincial authorities, the speculative desires of a mining company or even the leadership of any one First Nation. These rivers and valleys are the embodiment and symbols of our collective geography of hope. How we chose to proceed, the decisions that we make today, will define our legacy even as they determine the character and nature of the world we will bequeath to our children. Surely this alone should give pause and encourage us to move forward with utmost care in these vital deliberations.

Please visit these websites for details

www.riverswithoutborders.org
www.wildernesscommittee.org

Online Resources

Taku River Tlingit First Nation
www.trtfn.com

Klabona Keepers Society
www.sacredheadwaters.com

Canadian Parks and Wilderness Society-BC
www.cpawsbc.org

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www.miningwatch.ca

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www.sierralegal.org



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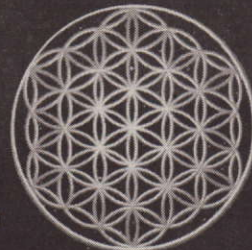
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THE ORIGINAL AMALAKI — AYURVEDA - 'THE SCIENCE OF LIFE'

Ayurveda, which translates from Sanskrit as the 'Science of Life,' is a 5,000 year old medical system from India which aims to create dynamic balance in all areas of health. As humankind's most ancient system of healthy living, Ayurveda is commonly referred to as the 'mother of all healing systems.' The ancient texts of Ayurveda focus on three primary areas: healing illnesses, preventing diseases, and promoting rejuvenation and longevity. Central to all of these areas is one simple tenet: align yourself with the wisdom of nature, and you will experience vibrant, glowing health.

Over the past two decades, Ayurveda has gained increasing popularity, through proponents such as Deepak Chopra. Similar to its sister-science of Yoga, millions of people across the globe are currently embracing this science of self-healing. At its core, Ayurveda aims to empower every individual by placing the ability to heal back into their own hands. Through the use of botanical medicines, healthy dietary practices, and daily and seasonal lifestyle routines, Ayurveda embodies an unparalleled, 'whole-health' approach to life and healing.

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Central to this vast science is one unsuspecting, little green fruit—no bigger than a golf ball but containing a nutritional profile that places it in a class of its own. Amalaki (*emblica officinalis*) grows at the base of the pristine Himalayan mountain range in northern India. In its pantheon of thousands of fruits and herbs, Ayurveda describes amalaki as the single most important botanical for promoting cellular rejuvenation, immune function, and increased vitality. Simply stated, amalaki has one of the richest and most documented legacies of any fruit known today. In fact, amalaki has been revered as the 'Nurse,' the 'Great Rejuvenator,' and the 'Fruit of Immortality' for centuries, due to its numerous healing properties and its ability to nourish the body on all levels. This little fruit even has its own holiday in which families share a meal under the tree, while giving thanks for the strength and luster promoted by the fruit.

The science of 'rejuvenation' refers to the ability of a fruit or herb to restore one's overall health, vitality, and radiance at a core level. As modern science begins to validate what ancients have known for centuries, amalaki has emerged as the world's most rejuvenating superfood.

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In addition to being heralded for its youth-promoting and rejuvenative qualities, Ayurveda describes amalaki as a potent anti-inflammatory, digestive aid, elixir for the skin and hair, and metabolic enhancer. This has been extensively validated by peer-reviewed research in the modern scientific community. Over the past 50 years, amalaki has been the subject of hundreds of scientific studies, ranging from its role in fighting cancer to its ability to increase healthy cholesterol (HDL), reduce wrinkles, and improve eyesight. These results have posed a logical question for modern science: how could one fruit be so singularly beneficial for promoting health? In peering deep into the amalaki fruit to answer this question, modern nutritional technology has come away with some remarkable discoveries.

Learn more on Amalaki and the Chopra Center, go to:

www.excel.AmalakiFreedom.com and www.amalaki-excel.blogspot.com

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Access Denied

Health Canada's future label for natural health products

by Shawn Buckley

Consumers who depend upon Natural Health Products (NHPs), I feel, have been duped by the new Natural Health Product Regulations that many believe were implemented to protect their access to NHPs. In the late '90s, Health Canada began to inform NHP manufacturers that many products would now be classified as 'drugs' and required them to obtain a Drug Identification Number (DIN). The Ministry of Health sought to implement fees that would raise their price. Alarmed that both the availability and affordability of NHPs were under attack, consumers took action to protect their access, including initiating a national petition to stop treating NHPs as drugs. A parliamentary assistant told me that it was either the largest or second largest petition drive in Canadian history. In addition to the petition, there were rallies, letter writing campaigns, and a law suit to strike down the proposed fee regulations. On the eve of the law suit, former Health Minister Allan Rock agreed to drop the fee regulations. He referred the issue to the Standing Committee of Health, which subsequently held the most comprehensive hearings in its history.

The committee included input from consumers, consumer groups, manufacturers, distributors and retailers. In conclusion, the Standing Committee made 53 recommendations, hearing the message loud and clear from consumers and manufacturers alike: Canadians wanted their access to NHPs protected. After a long delay, the new NHP regulations now mirror the chemical drug regulations. While it is true that many NHPs will be able to comply with the new regulations, and hence in theory be 'legal,' consumers do not understand that many, if not most, of the NHPs on the market before the regulations will not be able to comply because the compliance process is either too onerous or too costly. I am a lawyer who specializes in assisting natural health product manufacturers with the Food and Drug Act and regulations. Soon the only products that can afford a DIN number will be the top sellers, other products that consumers have depended on for decades will be dropped because the cost of obtaining a license will be too high.

I write this article to ask consumers to once again take action or many of the health products you depend on will be lost due to regulations that ironically are supposed to protect your access to NHPs. When the NHP regulations came into effect, Health Canada estimated there were between 40,000 to 50,000 NHPs on the market. With the rising cost of NHPs many of us may be able to pay the higher prices, but those on fixed income may not be able to, and if they are removed from the market altogether because of the high cost of the new regulations, there may be serious consequences for many.

The consumer-driven movement that led to the new regulations was aimed at protecting access to NHPs because people depended upon them for health reasons. Isn't it ironic that the new regulations which consumers believed would protect their health is now a threat? So, consumers, please keep speaking to your local politician and ask them to protect your

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I invite you to call and discuss how these powerful tools can help you make the permanent lasting changes you want.

access to NHPs. Tell them again that you want Health Canada to stop treating NHPs as 'drugs' and that you would prefer they were classified as a food. Perhaps you could encourage 'our' government to try another time to pass Bill C-420 which would have moved NHPs from the drug category into the food category. It has only died twice in committee, so perhaps a third or fourth effort is needed so that 'our' government knows we really want our rights protected and that we have easy access to 'our' food choices.

Shawn Buckley is a constitutional lawyer who specializes in the Food and Drug Act and Regulations. He acts primarily on behalf of manufacturers of natural health products.

adapted with permission from Common Ground
September 2007 edition, on web at www.commonground.ca

Note from Publisher... I have been involved in educating people about health issues since the mid 1970's when the government decided to approve the use Aspartame after many studies proved that it was not good for our health. I would like to encourage readers to get involved if you want to be able to buy health products at a reasonable cost. Health Action Network Society has a huge library and fields thousands of call in an attempt to educate the public about health concerns. www.hans.org or call with questions 604-435-0512. Many manufacturers are stressed over the proposed fees.

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Youth Activism *continues from page 2*

make the education community understand and appreciate how the 'Be the Change' contest can be a powerful project based tool for teachers and educational professionals looking to teach students about social and environmental issues within their curricula.

As well, the contest incorporates a video puzzle game where teams gain extra points by watching the videos of other teams and answering questions about them. Beyond 'checking out the competition,' this component will spur on the cross-pollination of ideas and social networking among students by adding an entertaining and educational game experience that will keep them coming back.

In May 2008, the top 25 ranked videos will be reviewed by a panel of celebrity judges, including bestselling author and environmentalist Paul Hawken, writer and magazine publisher Eric Utne, actress Pleasant Wayne, and pro-skateboarder Bob Burnquist. This jury will select the top three videos in three age categories (grades 1-6, 7-9, 10 and up), and from this group, the public will be invited to choose the winners.

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Bonjean hopes that the contest and its finale will be the good-news story of the year. More importantly, he hopes that the act of helping others will become a lifelong habit among the thousands of students, parents and teachers who will participate. "I don't think I know anyone who, once they started out on the path of helping others, just stopped," observes Bonjean.

Ryan Hoyer would agree. Now 18, he has graduated from high school and has finished his part in his high school's ongoing environmental sustainability project. He's happy that the story of him and his classmates' project is available on a site like **QuantumShift.tv**—available to inspire others like him looking for a place to start. Just as importantly, Ryan is still jazzed by the idea of helping others. He's exploring his options for the future, but is determined to do something about the environmental and social problems of the world. "My generation is the one that these issues will make the most difference to," says Ryan, "So it's our job to push the limit on everything. We need to get people to start paying attention."

To find out how you can participate in the
'Be the Change' School Video Contest,
visit www.quantumshift.tv/schools.

Every dollar you spend is a vote for what you believe !

Givers Get Back

by Sukhi and Randall Fox

Are you a giver? Does it come naturally to you? Perhaps you are a dedicated parent, teacher or health professional. So how does the giver get back?

To start with, get over the idea that it is fine to give without ever needing to receive. Yes, it's better to give than receive (as long as it's sincere) but at some point the well runs dry and needs to be replenished. How do you give back to yourself? We can all stay balanced by keeping up the basics; striving for nourishing food, water, and rest, and a habit of meditation, movement, and a personal spiritual connection.

Yet, many of us are so focused in our work and lives that we lose track of what we really need. Some suffer burnout and do not even know it, and it is a growing problem in the health care industry as well as many other service areas. The case-loads just get bigger with the time allotted getting smaller and smaller. We have seen many clients and friends come to us suffering from stress with the accompanying adverse and debilitating affects.

Spending time in nature is a powerful yet simple healing option. Those who feel stressed and disconnected due to a hectic schedule, or an indoor and urban lifestyle, can find peace by regularly seeking out a special nature spot. It is a great way to motivate yourself to find the solace and joy that always waits in beautiful natural places. This especially applies to places that we feel drawn to visit and spend time in, and it does not have to take long. Look for somewhere quiet and serene with a balance of elements; earth, green trees or vegetation, and water. Spend time breathing deeply and listening to the layers of sounds: the wind, water, insects and birds. Use all your other senses too. Lay or sit down on Mother Earth, look up at Father Sky, and feel your connection to both. Let go to the timelessness that exists inside The Moment. Such contemplation brings us the experience of a mini-retreat and grounds us, helping us get in touch with our own happiness, contentment, inner resources and connection to all. We can fill up our well with gratitude and appreciation when we take time-outs to recover and refocus our energies, and to be ready and able to give again.

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Colleen McCrory gave all of herself to pass on a legacy of untrammelled wilderness for the future of our children

by Anne Sherrod



Front cover photo: Colleen in Berlin

As Deputy Leader of the BC Green Party, Colleen McCrory helps Germany's Greens celebrate the 25th anniversary of their Party. McCrory had taken her environmental campaigns to Germany on several occasions, and lost no opportunity to tell the world about threatened wildlife and forests in BC. The German words are... "We have no voice."

Whose who in the photo below

A fierce 8-year battle to save Valhalla Provincial Park ended in a joyful ceremony in the town of New Denver.

The Ministry of Environment erected a plaque in the village park to commemorate the large new wilderness park across the lake.

From the left: Mabel McCrory (Colleen's mother), Wayne's McCrory's son Patrick, Valhalla Wilderness Society director Grant Copeland, Colleen's daughter Rory, Colleen, Minister of Environment Tony Brummett, director Wayne McCrory and director Craig Pettitt. Director Richard Caniell, who played a large role in achieving the park, was not present for the photo.



On a Sunday morning, August 26, people from many parts of BC, with a few from other provinces and the US, gathered in the small Kootenay town of Silverton, BC. They were there to celebrate the life of one of Canada's greatest environmental activists, Colleen McCrory. An estimated 500-600 people filled the old turn-of-the-century meeting hall. Many had to sit outside, where speakers had been set up so that people could hear the ceremony.

Colleen had passed away nearly two months earlier, on July 1. Her family and her colleagues at the Valhalla Wilderness Society were as shocked as the rest of the province. She was only 57 years old, and she had been carrying a heavy workload and doing it well. She died only two weeks after going to the hospital with a mysterious headache. It turned out to be a fast-moving form of brain cancer.

For weeks hundreds of people sent messages of condolence and tribute to her family and Valhalla friends by mail, telephone or e-mail. As Chair of the Society, I was one of the people who would pick up the telephone and hear someone heartbroken and crying on the other end. "She inspired me," they would say, or "She was my hero."

Colleen started out in life as one of nine children in a poor mining family living in a tiny mountain community in southeastern BC. Her brother Wayne describes how he, his brothers and sisters spent their days wandering far afield, unaccompanied by adults, into the wilderness around them. Throughout the rest of their lives, the children carried a love of wilderness.

During her teen years, Colleen was a champion athlete in track and field. Nevertheless, early adulthood found her doing what, for many women at that time, was a busy and fulfilling life in and of itself: she

became a wife and mother of three children. Photographs show a radiant response to her children. When her marriage broke up, she undertook the challenges of being a single mom.

It was the threat of logging in the Valhalla Mountains, across the lake from her home, that began to shake up Colleen's well-settled life. Biologist Ave Eweson first envisioned a park in the Valhallas. He and Wayne, who had also become a wildlife biologist, worked on it for two years before Ave died in a plane crash. Wayne, Colleen and others stepped forward to carry on his vision.

continues on page 18

Tellington TTouch Training

"The TTouch That Teaches"

- a wonderful way to work together with our companion animals -

by Verena von Eichborn

The Tellington TTouch Method was developed over thirty years ago by Canadian Linda Tellington-Jones, who brought together her love and respect of animals and her strong will to find friendlier methods of dealing with horses and all animals, domesticated or wild. She used her experience as a scholar of Moshe Feldenkrais, with equal parts of knowledge, respect and intuition. She once said: 'The angel of a horse' helped me come up with the basic TTouch, this specific, gentle movement of the skin stimulates the nervous system and feels...oh, so good. Of course there is much more to it than that. Our/my work has a holistic approach and is composed of different TTouches, roundwork and all kinds of 'attire' that we work with. The most important ingredient of our work is respect and the willingness to listen to all involved, the animals as well as their humans/owners and us, the practitioners.

My first encounter with Tellington TTouch took place in 2002 when I saw a flyer about an upcoming training. The training was fully booked, but they said I could bring in my beloved Polka-dog for two client sessions during the week. Polka was a somewhat timid dog, always tense around strangers and rather 'on guard.' To my astonishment she not only relaxed while being surrounded by all kinds of people and dogs, she even walked quite happily away with one of them. I learned a few simple things to continue helping Polka in tense situations. This wonderful experience motivated me to become more involved so in 2003 I started my training as a Tellington TTouch practitioner which I finished in the fall of 2005.

I felt at home right away with this work - the all-over deep respect and gentleness, the openness and the absence of judgments, the cooperation and communication, the importance of intention and and and, all resonated - and does so more and more - deeply with me as a spiritual being, and with my soul search to be able to help. Ever since I started to work with TTouch I had wonderful, deeply touching encounters with our animal friends and their families - be it as a volunteer in different shelters or in the more 'one-on-one' setting in private homes. To experience the building of trust and understanding that is necessary to learn new ways and overcome difficulties - such as fearful or aggressive behaviour, trauma of all kinds, anxieties, hyper activity, excessive barking, chewing, leash pulling, etc. - is always beautiful. It often feels to me as if - with basically very simple methods - doors that can lead to whole new perspectives even beyond the original problems, are opened. In this way Tellington TTouch Truly Teaches. Needless to say that, by applying some of our basic principles to myself, I learned to overcome some core difficulties in my own life story - as well as those of my canine companions and feline friends.

I am looking forward to meeting you and your dog, cat, bird, rabbit, guinea pig or whatever being from the animal realm shares your house with you! *Please see ad to the left.*

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FUTURE GENERATIONS.. continued from page 16

Forestry technician Craig Pettitt had skills that would become critical in the forestry debate that ensued. Planner Grant Copeland provided visionary park design. They all called it 'wilderness,' but artist and writer Richard Caniell called it 'wholeness in nature.' He was capable of expressing its profound importance to future generations in a way that lit a fire under all involved.

They formed the Valhalla Wilderness Society. Colleen started out as the secretary, but quickly became the leading public spokesperson. At that time, upwards of ninety percent of BC's forest was tied up in long-term legal contracts, but these six directors were determined that the park would go all the way from the mountain tops down to the shores of Slokan Lake, where there was a commercial forest held by the local mill.

It required an 8-year battle to win the park. During that time, the underlying qualities that had made Colleen a champion athlete in her teens now drove her environmental work. It was a process of the heart exceeding both the limitations of the body (for Colleen was often physically exhausted), and the fears of doing what ordinary people usually don't do. When it began, she had no experience or developed skills whatever in environmentalism. She simply threw herself into the unknown and began breaking boundaries.

There has been a lot of talk, and validly so, about Colleen's 'legacy.' Colleen herself would be quick to say that no park is the work of one individual, or even one environmental organization. Much of Colleen's work was part of a team effort with the scientists, strategists and writers at the Valhalla Wilderness Society. VWS initiated proposals to protect Valhalla and Goat Range Provincial Parks, the Khutzeymateen Grizzly Sanctuary and the Spirit Bear Conservancy, representing about 1.5 million acres of fully protected areas today. The coastal campaigns for the Khutzeymateen and the Spirit Bear were actually led by her brother Wayne. But every single park in BC today exists because it represents huge public demand for preservation.

Valhalla Park was no sooner created than Colleen, with VWS strategist Richard Caniell, began to help the Islands Protection Society in its long effort to preserve forest on South Moresby Islands. Colleen also worked with Vicky Husband and Elizabeth May of the Sierra Club, David Suzuki and others to organize massive international support. When the Haida Nation stepped in with a logging blockade in which over 60 elders were arrested, the South Moresby issue became a national crisis.

For many years, members of the Islands Protection Society had been the targets of a hate sheet that was funded by logging interests on the island and distributed all over the province. As Colleen and the Valhalla Wilderness Society became increasingly outspoken on the issue, they too became targets. Towards the end of the campaign, Colleen was losing her store (her lone financial support) due to a boycott, and a spokesperson for the Valhalla Wilderness Society was beaten up in the streets of New Denver. Beban Logging was using

continues on page 20

Finding Natures Rhythm



by Ian Fraser

As I settle into Johnson's Landing, becoming a core member of the Retreat Center Team, and living within an intentional community, I can't help but change my patterns. There are the obvious challenges that come from living in community; close proximity and constant interaction with the same group brings up every level of relationship issues. The vastness of the space and ample alone time brings me deeper into the one relationship I have always had, the one with myself. Yet for that same period I have also been in relationship to nature and the world around me. I remember as a child getting up when it was light, always playing outside and using a growing imagination to interact with all aspects of nature. Just last year I wondered how I had found myself sleeping to all hours, always working in a house, building, or office, and having narrowed my mind to completing the next task on my never ending to do list. There I was, crashing and burning out, yet again, trying to be everything to everyone and in the process losing myself. I became aware that I had lost contact with nature, mine and the earth's. Bugs were a hindrance, animals got hair on my suits, flowers came from a store and fast food had replaced any concept of healthy eating. My metaphysical teachings had been bent towards using nature as a means to an end, nature was there for me to create out of. It was the raw material to use in manifesting my dreams and goals, with no concept of its finite availability to fulfill my infinite desires. I believe not speaking more about our relationship with nature was one of the points the movie *The Secret* missed out on. Every aspect of nature relates to itself and nothing has a sense of being more important than the other. So I have now consciously moved, as Emerson so bluntly stated, "to getting my bloated nothingness out of the way," and let nature's rhythm set my pace. How can I recognize its rhythm, connect to it, work alongside it, and find my freedom within its guidelines? Well it has been a life renewing process. I have relearned much that I knew as a child and have forgotten most of what I thought was important 'adult' information. I thought of how my fears of exposing the truth of who I am leads me to continually impose my restrictions on others. Nature doesn't impose restrictions on itself, inherent in every seed is the full grown plant. Nature never imposes itself, it just exposes itself, like every bud that has ever blossomed. The tree is not imposing on the flowers, it is shading them or protecting them. The rock places no restrictions on who uses it, the bird resting on its top or the ant busy building beneath it. Nature has given me such



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a blueprint for true interdependence; not the independence that gives me the false sense of superiority nor the co-dependence that gives me the false sense of inferiority. It is a true connection to all, to serve all, to be of use to all and never doubt my importance to the whole. In allowing myself to be as a child again, full of wonder and trust, I have truly entered the kingdom of heaven. Heaven is here on earth. And my reward? The sun kisses me, the wind holds me, the rain cries to me, the birds sing to me, the rocks play with me, and the ground welcomes my every step. I am so thankful. Nature has willingly forgiven my self-centeredness and centered me back into my natural self.



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FUTURE GENERATIONS.. *continued from page 20*

spotlights to cut down trees on the Lyell Island part of the park proposal throughout the night, while the federal and provincial governments were in negotiations on a possible protected area. It was BC's biggest battle for the preservation of forest, and when it was over, Colleen's heroic efforts were quietly recognized by many people.

Thereafter, totally on her own initiative, she traveled across Canada in the middle of winter organizing Canada's Future Forest Alliance. Today it has 300,000 member groups. Then, in 1992, the world knocked on her door with the UN Global 500 Award for environmental achievement. A few weeks later came the Goldman Environmental Prize (largely regarded as the Nobel Prize of environmental activism). It was tremendously uplifting, but only those who were closest to Colleen knew that she felt every triumph and award as a duty laid upon her shoulders to use her experience and advantages to do more. I well remember the sense that, now, there was no turning back for Colleen or for those who were helping her.

At that time the destruction of the tropical rainforest in the Amazon was drawing concern from around the world. But Colleen was seeing deforestation and the destruction of aboriginal cultures that were easily the equivalent of what was happening in Brazil. BC Premier Mike Harcourt was planning a trip to Europe to head off a boycott of BC forest products related to Clayoquot Sound. Colleen, as the representative of Canada's Future Forest Alliance, was determined to be there to greet him. And so, when Harcourt began addressing the German Parliament, every MP held up a tabloid with huge headlines saying 'Brazil of the North.' Inside the cover, there were 35 pages of photographs and scathing articles on forest practices in every Canadian province. The publication represented gargantuan Canadawide networking by Colleen.

At the time of her death, she had once again been ringing alarm bells, alerting our province to danger: BC is losing over 9 million hectares of dry forest to the mountain pine beetle. The misguided effort to log as many of the dead trees as possible includes cutting down millions of living trees that could have grown to replace the dead ones. About the only live, adult forests we are going to have left in southern BC are our humid forests on the coast and in the interior. These are mostly cedar-hemlock and spruce-balsam forests.

The large old trees in the old-growth forests are still absorbing carbon from the atmosphere, but more importantly, they contain huge stores of carbon stored over hundreds of years. As the old-growth is logged, a large part of that carbon will be released back into the atmosphere, making global warming worse. Also these interior humid, temperate forests contain the habitat of the only mountain caribou in the world. They are currently the site of the discovery of many species of lichens new to science. Colleen knew it was urgent to stop logging the old growth of our humid forests.

Just after she died, many First Nations, along with BC Premier Gordon Campbell and Canada's Minister of Environment John Baird issued statements honouring Colleen. BC Parks sent a representative to make a very moving state-

continues to the right

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ment at her memorial service. Despite the responsibility of our current non-native governments in worsening the environmental crisis that has befallen our Earth, our elected representatives did the right thing to recognize her, because she stands today amongst British Columbia's and Canada's greatest heroines. But the deepest recognition — beyond words — would be to cease logging old-growth forests.

Over the past eight years, the Valhalla Wilderness Society has carried out foundational research on the state of BC's inland rainforest and near-rainforest land. It is currently developing a conservation plan for new protection areas that would help save some of the last, dwindling herds of mountain caribou whose populations have been devastated by ruthless cut-and-run logging practices. You can honour Colleen and her sacrifices by joining Valhalla Wilderness Society. To find out more about that work, including the new Selkirk Mountain Caribou Park Proposal, go to www.vws.org.

Anne Sherrod has been a director of the Valhalla Wilderness Society for 22 years and is presently Chair.



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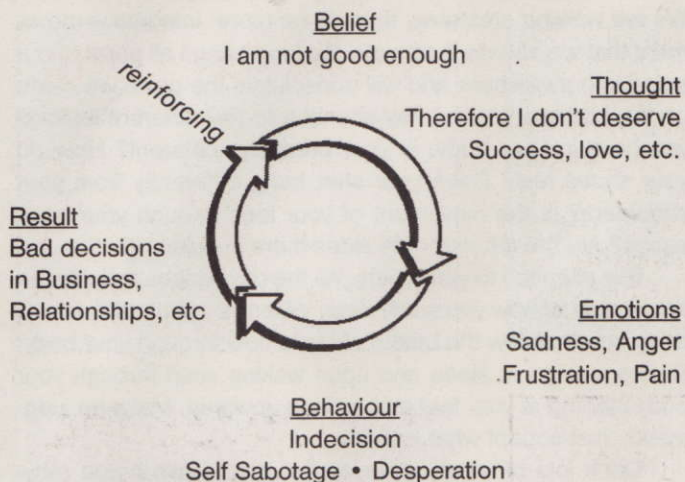
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WHY is AWARENESS not enough?

by Laara Bracken

I have been asked this question many times over the past 21 years.

The answer is that awareness is like the tip of an iceberg. The negative beliefs, thoughts, and painful emotions which create counter-productive behaviour lie beneath the surface. They are fueled by subconscious core beliefs created in early childhood by a child who was trying to make sense of his little world, or were accepted by us from our parents, or other people who had authority over us. These beliefs carry the same thoughts, reactions, emotions and behaviours as when they were first formed, creating results we do not want in our adult life. The negative core belief also creates a loop of events which reinforces the original core belief. One example is:



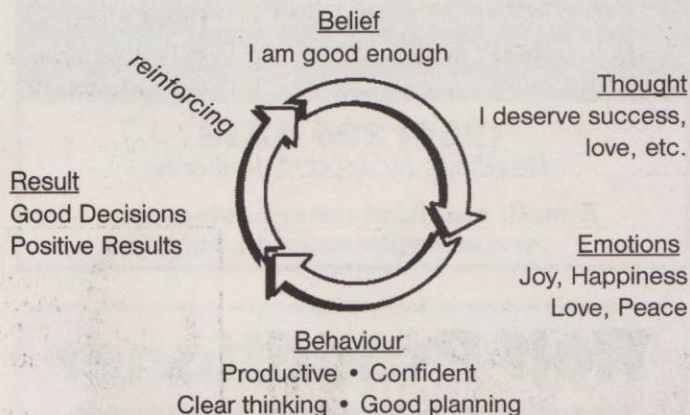
So, it's clear that changing the original core belief fueling them is mandatory to permanently changing thoughts, emotions and behaviours.

Further, each time the loop is triggered it gathers more "evidence" from its results that reinforce the original core belief creating a Self Reinforcing Loop®, or S.R.L.® Over time the loop becomes more and more deeply imbedded and more difficult to dismantle. We find this really confusing because while we may be aware of low self esteem, the rest of the loop, especially our behaviours, can be invisible to us.

Consciously willing ourselves to change only creates inner conflict. Thus we may while consciously come to believe we are good enough, and we have a list of our good points to support this belief, nothing changes in the subconscious 'part' of us that holds "I am not good enough." The inner conflict and confusion from trying to force change or to intercept the loop at thoughts, emotions or behaviours only brings more frustration and sadness, while creating more stress and draining our energy. Eventually it can affect our physical body as well, expressing as something obvious like heart disease to more subtle hard to diagnose symptoms such as exhaustion, poor memory, aches and pains, dizziness and nausea, effects which baffle us and the healing professions.

However, transforming the core belief "I am not good enough" to "I am good enough" makes it possible to also transform thoughts, emotions, behaviours, and our physical selves, down past the layer of our cells.

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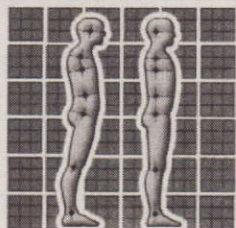
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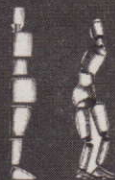
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What to do after a Bodywork Session

by Wayne Still



The experience of having a bodywork session, whether it be Structural Integration or any other modality, can take us to another realm of feeling and intensity. Coming back to the reality of the session room and the world outside can take a time of reorientation. Here are some tips to help you with that process.

Walk, perhaps stroll would be a more appropriate verb. We are walking creatures, there is no more integrative movement that we can do than walk. Walking brings all parts of our being into awareness and will consolidate the gains we made on the bodywork table. Pay attention to any different feelings you have in your body. Is your breathing different? How do your shoes feel? Does your shirt hang differently from your shoulders? Is the movement of your legs through your body easier? Are the left and right sides more in balance?

Pay attention to your being. As the day passes maintain an awareness of how you are feeling. When you think of it, take a deep breath, allow the breath of life to flow through your body. Before you go to sleep and upon waking scan through your body starting at your feet and moving upwards. Make no judgments, just accept what is there.

Drink lots of water. Work on the connective tissue rehydrates it and releases toxins that were stored in the tissue. Drinking plenty of water will help to flush toxins out of the body while maintaining a necessary level of hydration.

Physical activity. Moderation is the key. Keep up your regular exercise pattern if you have one, don't overdo it just because you feel better. Pay attention to how your body feels as you work out. Is it asking you to do something differently? What can you change?

Journal. Some find it useful to journal about a session and what came up for them. Images, memories, emotions and ideas are some of the things that may come up during or after a session that people find useful to journal about. It is also a rich time to look at your dreams and add them to your journal. Also, everyday activities that seem to spark something in you, that seem to raise your level of awareness, are good to add to the journal.

Whether you are having a ten series of Structural Integration sessions or a single visit to a chiropractor or massage therapist, following the above guidelines will help you to maximize the benefits you receive from the work. Enjoy your changing body. *see ad to the left*

www.issuesmagazine.net

Are your 'natural' products safe?

by Brian Curelle

With the increasing popularity of personal care products derived from 'natural' and 'plant derived' sources, an array of 'natural' products from hair to skin care are now available, and a growing number of companies tout how 'natural' their products are. There are now thousands of ingredients derived from plants, but just how natural and safe are they? For example: there are over 1000 ingredients derived from coconuts, and you simply don't squeeze a coconut and have it magically turn into 1000 different ingredients.

Virtually all plant/botanical-derived ingredients one sees listed on labels have gone through a process that involves the use of carcinogenic, toxic, mutagenic, and estrogenic chemicals. Ethylene oxide, a carcinogenic (cancer-causing) petroleum-derived chemical, which also contains dioxane (carcinogenic), is one of the main chemicals used to turn plants into ingredients seen on labels. Such chemicals can be absorbed by the skin, contribute to global warming where they are manufactured, and make their way into the water system through your bathtub drain. Check your shampoo label.

The following are just a few of hundreds of cleansing ingredients that are processed with carcinogenic and toxic solvents: Coco Betaine, Cocamide DEA, Cocamide, any ingredient with TEA, MEA, MIPA, PEG, Triethanolamine, Sodium Laureth Sulphate, Ammonium Myreth Sulphate, C12-15 Pareth Sulphonate, Disodium Cocoamphodiacetate, Olefin Sulfonate, Disodium Sulfosuccinate, Sodium Myreth (Sulphate), Ammonium Cocoyl Isethionate, Sodium Lauryl Sarcosinate. One of the worst ingredients found in conditioners is Stearalkonium Chloride. It is very irritating to the skin, and is also made with Ethylene Oxide.

Lotions and skin creams are mostly water, with a base added, and other ingredients comprising even a lesser % of the formula. The demand for more natural ingredients has resulted in manufacturers combining a few plant sourced bases, and giving them a new name such as 'vegetable or

plant emulsifying wax' 'emulsifying wax' 'polowax'. You may also see 'NF or 'BP.' In reality, these waxes are a combination of ingredients such as Sodium Lauryl Sulphate, Polysorbate 60, Peg 40 Castor Oil and Cetostearyl Alcohol. However, you will never see these listed. More confusing, are ingredients such as Shea Butter, for example. While nothing could sound more natural, virtually all Shea Butter has been deodorized and bleached, with Ethylene Oxide being the main chemical used in the process. Look for Shea Butter that is a bit darker and has a stronger odor to it, it has likely been processed without Ethylene Oxide.

Every water-based personal care product requires preserving, as water is the perfect host for bacteria, yeast and mold. Parabens are preservatives that are hormone disruptors, can disrupt the endocrine system and have been found attached to breast cancer tissue. With this news, manufacturers are switching to preservatives that have not had any negative media, yet, but may be just as potentially dangerous. Glycinate contains and releases formaldehyde and has been restricted in Europe. Ethyl Hexyl Glycerin, although some label it as being from vegetables to make it sound better, is actually derived from petroleum. The most widely used alternative is Grapefruit Seed Extract, however, it is not the grapefruit pulp that is the work-horse, but rather the Ammonium Chloride and Diphenol Hydroxybenzene (carcinogenic, estrogenic) that the pulp has been combined with. Grapefruit Seed extract alone is a very poor preservative and not very effective. Benzoin Gum is a skin sensitizer. A good alternative is a particular component extracted from *Lonicera Japonica*, while a milk enzyme-derived preservative Lactoperoxidase, shows promise for a few water-based personal care products.

It is wonderful that so many ingredients are now derived from plant sources, rather than synthetically, but what is more important is what has been combined with those plants that is dangerous to humans and the environment. *see ad below*



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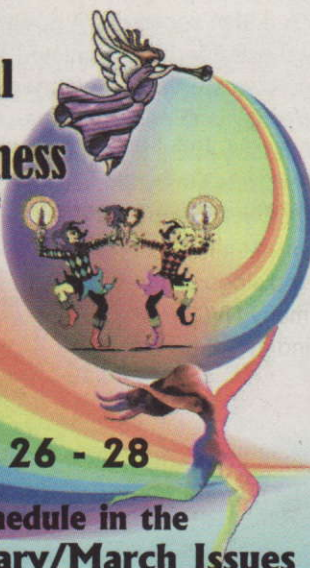
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NEEDS & REQUESTS:

The Empowerment of Compassionate Communication

by Eric Bowers

From the last edition of Issues featuring Nonviolent Communication (NVC) there was a request from a reader for some tips for practicing NVC. The specific challenge for this reader was around needs. He wrote, "I have a hard time just expressing a need. Then what results is lack and destructivity." In reading this, I'm guessing that this person has a need to trust that he will be heard and that his needs matter. It also sounds like he really wants to find a way to get his needs met in a peaceful way. It is not uncommon for many of us to have difficulty speaking about our needs. I believe this is because most of us weren't raised in families and schools where we were shown that our needs matter. We were taught that a good girl or boy is one who does what they are told and does not speak up for their needs. We have been led to believe that our needs are a nuisance, not a beautiful gift. We may come to believe that expressing our needs is weak or selfish. Then we go through life trying to be nice instead of authentic, trying to make sure others approve of us instead of taking responsibility for our needs.

I believe real strength and loving comes from being vulnerable with expressing our needs and making requests to meet our needs, while holding the intention to value another's needs and have them met as well. For example, I might say to my beloved, "I'm feeling stressed about work and really needing some caring. Would you be willing to rub my shoulders?" If she is not feeling like doing that she might respond, "Not right now. I'm tired!" If I judge and blame her for her response, our connection will deteriorate. There are two things I can do to keep us in a peaceful connection. The first is to separate my needs for caring and empathy from my strategy to get these needs met; which is to have my beloved give me a massage. This is sometimes a very challenging practice of non-attachment. If I stay connected to my needs and not attached to any particular strategy, a new idea will often arise that I hadn't thought of and my need for caring and empathy could get met in a different way than I had expected. If I am making a request and not a demand, then I won't take a "no" personally, and I will be able to listen to her needs. I might guess, "Are you feeling exhausted and need some quiet time right now? If she said 'yes' then I could ask, "Would you be willing to give me a massage later?" Or I could look for another way to meet my need for caring.

When I am in the energy of love, I want to connect to other people's needs no matter how they might be expressing them, and have their needs valued equally with mine. I want to have all our needs peacefully met; I don't want to meet my needs at the expense of another's. Sometimes, the hardest thing for me to do is to be in love energy. This is usually because I am in too much pain or fear and I need compassionate presence for my pain and fear. I may have a story of judgements going on, "She doesn't care. She is so selfish.

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Eckhart has not spoken in Vancouver for more than five years. This is a rare opportunity to see him live. Eckhart's 2007 US and European tours have both sold out months in advance. Advance purchase of tickets is highly recommended for this unique Vancouver event.

I am too needy. She can forget it the next time she needs some caring." When I connect to the needs beneath my story, I find my way back to my heart. I may need to give myself empathy or get it from a friend and I may need to mourn my unmet needs before I can connect to them in a way that is completely unattached to any strategy, outcome or judgement.

Tips on making requests:

1. Be open with expressing your feeling and need before making a request. This vulnerability will help others connect to you.
2. Make your request a specific, doable action of what you want, not what you don't want.
3. Check your intention to see if you are also interested in others getting their needs met as well.
4. After stating your observation, feeling and need, consider a connection request before an action request, such as, "Would you be willing to tell me how you're feeling about what I just said?" This will give them an opportunity to be heard and you an opportunity to connect to their feelings and needs. Connection before solution will lead to solutions that both of you enjoy.
5. If you are feeling angry or annoyed, look for your need that is not being met and think of what you could request of yourself or another to meet it, instead of focusing on what is wrong with you or another person.
6. Keep a sheet of needs and feelings handy as much as possible and connect to your needs as much as you can. We can

better know what to request when we are connected to our needs.

7. Check to see that you are keeping your need separate from your request. If I say, "I need you to rub my shoulders," I have mixed my need and request together. This will be more easily heard as a demand than a request than if I say, "I'm needing caring and empathy, would you be willing to rub my shoulders?" I'll know for certain that I am keeping my need separate from my request if I empathize when hearing a 'no' and stay open to other ways to meet my needs.

The best way for learning how NVC works is to practice with others by doing dialogue role-plays and partner exercises. There are also many NVC books to read or CD's to listen to, which you can find at www.cnvc.org. *see ad below*



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The moment my life changed

by Connie Brummet

I was born into a childhood romance; my mother small and pregnant, was married in pink when she was sixteen years old. My father, a dreamer, was always trying to be something or someone he was not - a miner, a traveling salesman. He never knew a real job.

We lived in nineteen different homes in four different towns by the time I reached eight years of age. Memories of those precious years... are terrible. Yelling, spanking, crying...being scared is what I remember most. I felt happy during the day and then walking on egg shells as soon as my Dad got home at night.

My mother did her best looking after my sister and I in trailers or one-bedroom basement suites, with minimal furniture and food. Wearing hand-me-down clothes, struggling to keep up with my education due to all the different schools I went to, never knowing how long this new friend was going to be with me, were some of my life lessons. So how did I get to now? ... I now believe that my childhood made me strong and determined to find a better way in life.

From the age of ten I helped my divorced mom (thank God!) with her businesses and by the age of twenty-five I owned my first business - an awning and canvas repair business, just like I had grown up with. When I was twenty nine, due to many years of the continuous twisting of the spinal column when sewing the enormous tarps and awnings, my lower back would go out and I would be on the floor in excruciating pain. I sold my industrial sewing business. Not wanting an operation, I looked into alternative healing for relief of the pain. I went to a couple of practitioners for sessions and studied many courses - emotional clearing, reflexology, massage and muscle testing to name a few - and they all helped heal my back. Coincidentally, these techniques became very useful in my new career as a Natural Health Practitioner.

I still can remember the moment my life changed. It was close to 10 a.m. I was just finishing up with saying goodbye to my first client when I noticed my next client. I had seen her before; she was a regular client of one of the other girls. She sat down in the recliner and I took off her socks and shoes for her Reflexology session. She was relaxing as I was about to change feet when it happened. I got this pressure in my head: it was not quite like a headache. The pressure seemed to turn into voices. This had never happened to me before. I didn't understand it at first, and then I just knew they wanted to talk to this lady. I was freaking out... quietly to myself, of course. I did not know what to do. The pressure was getting more intense and the voices louder. I was so worried that I was about to lose my job. That was all I needed... I could just imagine her getting up and running out of the room screaming. I was trying to understand what was going on. I do not do drugs, medication or smoke anything. I grew up Catholic, going to church every Sunday. This was not funny or okay! What was going on?

Finally as the pain in my head became unbearable I said out loud, "I have to tell you something." Her face went a little pale. "You have two boys that want to talk to you"...I paused, not knowing what she was going to do. She replied "Is that all...? I almost fell out of my chair! As requested, I told her what they wanted to say. She then told me that her teenage sons had passed on, one by suicide and the other in an accident. I could not believe my ears. Her husband came to visit me and I communicated for him also. The couple invited me to their home, and showed me pictures of the boys. I am still amazed at how accurate I was.

Well, from that day on, I never knew what to expect. I would think that I was going to do a massage or reflexology and once they stepped into my room, I found out differently. I always wondered how they knew I could do this for I never advertised. I guess word of mouth is all that it takes. This was definitely the turning point in my life and nothing has been normal since (whatever normal is). Oh, by the way, she told me later, that she thought I was going to tell her that she had cancer or something. Funny... thinking back on it, that would have been normal! *see ad to left*

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ThetaHealing for Empowering Your Life

by Loretta Mohl

I started on my healing journey at the age of 25, feeling so alone and helpless. I remember thinking I was going to lose my sanity. I was a college student and a single parent and had no money to pay for therapy. Mental Health was the only free resource, however when I attempted to see a counselor, I was turned down because they said there was nothing wrong with me. I was shocked, could they not see I needed help! I was in a place that was not familiar, I knew I could not go back but I could not seem to get out of the confusion and despair that encompassed me. I was mired in a sea of intense fear and helplessness. I felt so alone. However the Creator answered my prayers and guided me to a person who truly listened and understood me. After only thirty minutes of another human holding a space for me and affirming my experience I knew I was going to follow my essence and have peace in my heart.

Since that time which is about twenty years ago, I have been dancing on the edge to clear a path of grace and ease. For my own personal growth I trained with many loving teachers with many powerful healing modalities. Each teacher left me with a special gift and awakened the sunshine of my spirit that was in my soul. I found ways to heal that were simple and got to the root cause. I have made it my personal mission to create a safe place so people can journey to their full potential with comfort and integrity.

I also learned that life is an external reflection of my internal belief systems that I hold in my subconscious. Once I glimpsed what was in my subconscious and looked at my life, my relationships, my day to day experiences, I could see the physical manifestation of my belief systems.

The Buddha understood this Universal Law of Attraction when he said: "All that we are is the result of what we have thought. The mind is everything. What we think we become." But what if you don't know how to change your subconscious beliefs and therefore your life?

After working with a lot of different therapies over the years it wasn't until I found ThetaHealing that I found a therapy that could help people make dramatic changes - easily!

ThetaHealing is a healing technique that addresses the limiting subconscious beliefs that hold us back from reaching our fullest potential, our most optimal health and our deepest joy. Using ThetaHealing, limiting subconscious beliefs are instantly and permanently shifted into beliefs that are self-empowering and aligned with what we consciously desire. In order to create the lives of our dreams, all we have to do is uncover the belief systems that generate the apparent limitations in our lives and transform them! Perhaps this sounds too good to be true? If so, you have just uncovered a limiting subconscious belief! But having the life we desire really is that simple and the exciting news is that we now have the spiritual technology to easily, quickly and effectively change our beliefs and consequently change our lives!

In 1995, a naturopath named Vianna Stibal in Idaho Falls, Idaho stupefied doctors and specialists alike, by healing herself of a life threatening illness. Her miraculous recovery inspired her to bring ThetaHealing to others. She refined the technique and began teaching people all over the world how to work directly with the unconditional love of Source Energy to create instantaneous and lasting healings.

You may be wondering where subconscious beliefs come from and why they have so much power over your life. Cell biologist, Bruce Lipton, Ph.D suggests in his book, *The Biology of Belief* (Mountain of Love/Elite Books, 2005), that the best way to understand the subconscious mind is to view it as a set of recorded tapes that play around the clock on repeat. These tapes repeat the thousands of beliefs that we have accumulated from our childhood, from our genetic line, from previous lives and even from others around us. Because these tapes are always running, they are constantly sending messages to our cells, to every person with whom we interact and to every situation into which we enter. They also dictate most of our decision making and thought processes throughout our day. Of course, we assert our conscious desires and beliefs as well. In order to do this though, we must be highly focused, attentive and present - a state of consciousness few of us can maintain in our busy and fast paced lives.

How does ThetaHealing work? Practitioners are trained to quickly enter the Theta brainwave, a wavelength akin to a deep meditative state. In doing so, they access the subconscious mind and connect to the Creative Consciousness or Source Energy. Most people are actually not aware of the beliefs that exist in their subconscious so ThetaHealing employs a technique called muscle testing. At the beginning of the first session the ThetaHealing practitioner teaches the client how to muscle test herself/himself so that as the beliefs are uncovered and changed, she/he can muscle test before and after to see and feel the changes. This empowers the client as many can feel the shift.

Often people experience profound transformations in the areas of spiritual growth, chronic physical ailments and financial issues. ThetaHealing is also remarkably effective in the healing of emotional wounds, traumas and phobias, as well as knee-jerk reactions to people or situations. Once an issue is addressed at the core, it is finished and the new beliefs hold for good! ThetaHealing is inclusive of all faiths and can complement any spiritual practice. It is highly teachable. No particular experience or talent of any sort is required - only an open mind and a willingness to learn. *see ad below*

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To register www.ThinkThetaHealing.com
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Loretta Mohl is a Certified Theta Instructor and teaches ThetaHealing at the Canadian College of Healing Arts.

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Be the Change... Positively Speaking

by Kelly Oswald, BScM

I believe that if life was too easy, we wouldn't be here, because we would have nothing to learn. Our earthly experiences and the dichotomy of nature enrich our lives. Our ups and downs, our give and take, happy and sad... even the sun can help us to appreciate the rain. This summer I had a great deal of the negative side going on and was struggling under the pressure. I was attempting to change my attitude, since I wasn't able to change the circumstances that were occurring around me and adversely affecting my quality of life. Normally, I like to think of my self as a positive, up-beat and generally happy person - even living with heart disease for six years and three surgeries didn't seem to slow me down much - but this July piled one too many straws on my camel. Then two wonderful things happened (of course).



Deepak and Kelly

we align our thoughts, words and actions with what we believe to be for the good of all, and enough of us do it at a personal

level, then eventually critical mass will shift the world into a place of peace. Deepak encouraged us to "Be the Change" at a personal level, but also on a community level as well.

Then I stumbled upon an amazing silicone bracelet program called "A Complaint Free World" started by a man in the US. The idea is to get in the habit of being helpful, positive, encouraging and to move away from the habit of complaining, criticizing and negative comments. Of course, actions speak louder than words, so it's also about being kinder and more patient in our daily lives as well. It works through bringing awareness to your thoughts, words and actions by placing a bracelet on your wrist for 21 days (It takes approximately 21 days to form a new habit). If you catch yourself complaining, criticizing or being negative (yikes!) move the bracelet to the other arm and begin again.

Your bracelet is a powerful tool to help you become more conscious and aware of the energy behind your words. Mahatma Gandhi said "A man is but the product of his thoughts. What he thinks, he becomes." We know that the power of intention can help co-create our reality. If we "Think before we speak," and choose positive language, then we should be able to make a positive change at an individual, community and global level.

So I called to see if we could start the program in Canada, however, my offer to get it going above the 49th parallel was

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What is Toning?

by Sharon Carne

Toning is the natural voice of the body. It comes from the body rather than the mind. We make these sounds all the time. We just don't call it toning. A sigh is one of the body's natural ways to release negative energy or pent-up emotion it no longer wants to hang on to. A sigh is more socially acceptable in Western society than moans and groans for example, which are often discouraged. These are all natural healing sounds of the body to help bring it back into tune.

It has recently been discovered that a cat purrs as much to heal itself (or it's owner) as it does when it enjoys attention. If you have ever held a cat when it is purring you know how much the purring vibrates its body and yours while you hold it. The sound of your voice does the same with your body.

Another natural sound we use is aahhhhh. "Aahhh, isn't that cute." "Aahhh what a beautiful sight or feeling." All these aahhhs tune and tone your heart. Aahhh is a heart sound.

When we express a sound in a singing voice, we put more energy behind the sound. This energy is focused by our conscious intent. It is my belief that sound, especially our own sound, is a carrier wave for consciousness.

The following quotes are from the book *Toning* by Laurel Elizabeth Keyes and provide some interesting information about the body and sound.

The purpose of all toning is to restore the vibratory pattern of the body to its perfect electro-magnetic field, so that it will function in harmony with itself. . . (p. 10)

We create with words and sound. Almost all our actions and reactions result from words. It is generally accepted that we cannot think without words, or symbols, and that our thinking is limited to them. Words are tools. It is important to have a good selection at our command.

Beneath these words are the vibrations of the tone upon which they travel. Tone is the underlying force operating in our lives. To understand this, enhances our ability to create what we wish and to give form and substance to the ideas in our minds.

Sound is the meeting place of the abstract and manifested idea. . . (p. 10)

"Sonic oscillation, when applied to the human body, will effect a micromassage of tissues and cells which effect a balance and improve blood circulation, metabolism, and the pulsing of the nervous system and endocrine glands."

All Union Research Institute, USSR. (p. 99)

"Experimentation indicates that human beings, as all objects, are radiating sound waves, therefore their fields are sonic fields. Each individual has his own different pattern, or collection of tones just as each individual has a unique shape. We can see from this that harmony is the secret of perfect health. Within the human body any deviation from this harmony would result in ill health. This harmony of sound will only exist within the body providing that each molecule within the body plays its part in the whole. In any deviation, if the molecule is moved or displaced in any way, the general theme of the body's harmonics will be upset. We can easily see that each organ will have its own sonic (or sound) field."

Dr. Peter Guy Manners. (p. 99-100)

One thing that carries every frequency of your body is your voice. Please refer to my article, on my website www.mountainrosemusic.com titled "Tuning your Body with Your Voice" so you can learn how your voice can be used to bring harmony to your body. see ad to the right

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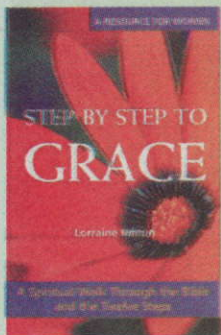
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BE THE CHANGE *continued from p. 30*

declined. At this point I was still truly inspired to "Be the Change," so a friend and I went ahead and created PositivelySpeaking.net. The same idea, but created with the intention to share it. We started the program with 1000 bracelets, and it has grown and spread to other areas where people have started their own programs in only six weeks. Port Townsend USA, Maple Ridge and Langley BC are now up and running. The only requirement to becoming a group leader for PositivelySpeaking.net is that proceeds from bracelet donations are directed to a valid charitable organization.

If you would like a bracelet, or would like to start your own group, visit www.positivelyspeaking.net or call 604-905-0084

"The difference between what we do and what we are capable of doing would suffice to solve most of the world's problems".



STEP BY STEP TO GRACE

A Spiritual Walk Through the Bible and the Twelve Steps

Lorraine Milton
Novalis

ISBN 2-89507-277-9



Book Reviews

by Christina

Lorraine Milton has worked as a chaplain consultant in the Spiritual Care Department to the Hazelden Foundation in Minnesota, and is a group facilitator and speaker on such topics as spirituality, grief, fear and forgiveness. We are happy to consider her a 'local author' as she now lives in Kelowna. Lorraine points out in her preface that while the focus of the book is women either in recovery or still struggling with addictions, it is suitable for any woman who has tried to cope with powerlessness, dysfunctional behaviour, low self-esteem, and any sort of addiction. She offers the spiritual principles of the Bible and AA to "...promote healing and reinforce honesty, forgiveness, trust and responsibility." In Part One: Recovery, Lorraine takes us through the twelve steps, speaking with tenderness and strength, telling stories and giving good guidance; in Part Two: Words of Consolation, we go through the twelve steps again, this time with words from the Bible, many taken from the book of Psalms. There is much beautiful writing to be found here, which many people don't realize comes from the Bible - for instance, the paragraph from Corinthians: "Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things." I particularly liked the lines from Proverbs: "The beginning of wisdom is this: get wisdom, and whatever else you get, get insight." Lorraine obviously got both.

a secret sadness

the hidden relationship patterns
that make women depressed

Valerie E. Whiffen, Ph.D.
New Harbinger Publications, Inc.
- courtesy of Raincoast Books
ISBN 1-57224-469-0

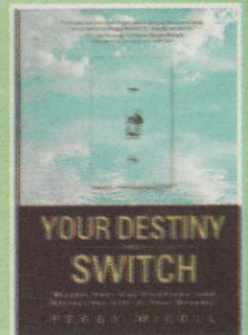


It's no surprise to read that women are twice as likely to suffer from depression as men, and that much of women's depression is caused by the inter-connection of self-esteem and personal perception with their relationships. Valerie Whiffen has used three case studies from her practice to explain how relationship problems can lead to depression, and in the course of the book she teaches the reader to explore their own relation-

YOUR DESTINY SWITCH

Master Your Key Emotions, &
Attract the Life of Your Dreams!

Peggy McColl
Hay House Inc. - courtesy
of Raincoast Books
ISBN 978-1-4019-1236-9



So many times we read how easy it is to manifest, create, change - and while it may be so for some, there are many people who can neither accept nor grasp the ease and simplicity of the concept. Perhaps the rewards are

sweeter and more appreciated if some work goes into it - 'give' to 'get.' In the foreword to this book, Neale Donald Walsch, an esteemed writer himself, states: "I am not trying to tell you that everything is going to be easy from now on. In fact, using the tools that are offered here requires discipline. It takes determination." Peggy McColl states in her introduction that as a teenager and young adult she lived in a prison of negativity, not knowing that the key to escaping was to harness the power of her emotions and use that power to create the life she truly wanted. Over time she discovered that we have what she calls a Destiny Switch which controls our emotional pairings, and it is up to us to learn how to use it. In Part I, you are helped to understand the force of your emotions, what they are and how they influence you; in Part II, you learn to understand the way positive and negative emotions interact and how to work with them; in Part III, you are given guidance and practical advice on how to use your Destiny Switch; in Part IV, you'll receive special guidance for difficult times, and will be provided with the template for a Destiny Planner. You can visit the author's website to print out a blank planner, if you wish, and even sign up for reminders to use it! As Caroline Myss states, in praise of this book: "...Destiny unfolds when you rise above the challenges of your life and use them as Divine opportunities to move forward to unlock your higher potential....Peggy McColl has created an invaluable guide to understanding how to create your best Destiny..."

ships and overcome the depression which may have resulted. Each chapter has a list of questions to ask yourself to aid the process of discovery and recovery. At the end of the book is a comprehensive section on treatment options and an excellent list of references. I would describe this as a powerful book - it is not just about your relationship with your partner, but also your parents and your children, and ultimately yourself, of course. Parts of it may be hard to read, depending on where your sensitivity or sadness lies, but that's an acceptable part of the healing process. I highly recommend this book, not just for women who suffer from depression, but who are in uneasy or difficult relationship situations, see the past repeating itself, or want to help someone who is going through a relationship ordeal.

Book & CD Reviews



Devrah Laval
Trafford Publishing
www.themagicdoorway.com

The Magic Doorway into the Divine

by Angèle



A heart-felt, personal story of one woman's journey to get to know the Oneness of God. Filled with insights that most of us can relate to she connects us to deeper wisdoms which are often quotes by a Swami or Guru. I enjoyed her conversations with God and did not take the time to read the poetry. I felt a connection as she shared her insights, making it easier for me to relate it to my life. If you are interested in understanding the stages of awakening as we journey through life then this book will provide you with many truths.

There are five parts to the book. Each part has many short chapters that express a point of view and closes with some Meditation Keys that can help you process and contemplate your next steps. Part 1 is about *Crossing the Threshold* which tells of the Awakening process. Part 2 lists many *Door Openers* that helps one to see their patterns, Part 3 describes the *Door Closers* like desire, greed, pride, etc. that separate us from God. Part 4 continues with *The Dark Night of the Soul*, and Part 5 *Closes the Circle* as we return to the garden by breaking the code of delusion and know within our hearts that we are one with God.

Reframe your BLAME

How to be Personally Accountable

Jay Fiset

www.reframeyourblame.com

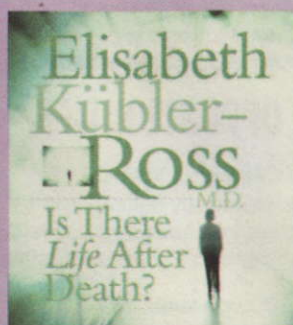


Reframe Your Blame

presents ground-breaking work on the concept of personal accountability, the fundamental prerequisite for all personal growth and evolution. Jay has discovered a model with specific steps that help to break patterns of blame and victimization, so we may experience the freedom and joy of personal accountability. As you read each chapter you will discover:

- How to recognize your victim framing and patterns.
- Your underlying payoffs and protections for your victim framing and patterns.
- How to forgive yourself and others, to truly release blame.
- How to become a generator instead of a drainer.
- Key questions and activities to reframe your experiences in life to be personally accountable.
- How to reclaim the experience of choice, power and co creation in your life.
- How your recurring victim experiences are your greatest clue to discovering and living your life mission.

I agree with Jay when he says our society teaches us to be victimized. Just look at our legal system or a TV show, whenever something goes wrong there is someone to blame or even sue.



Is There Life After Death?

2 CD's with Elisabeth Kübler-Ross, M.D.

SoundsTrue.com

When I know that a person has come from a traditionally-trained background and still offers metaphysical insights to deep questions that are asked... I give them bonus points. Elisabeth deserves lots of kudos for she was trained as a Medical Doctor some forty years ago and specialized her services by being present with her dying patients as they transitioned over. In the first CD she speaks about what she heard and saw that shaped her beliefs about life after death. It continues story after story as she tours the world convincing all that will listen that there is more to death than meets the eye. The second CD gets even better as she recounts how her 'etheral body' made itself known to her, a moment by moment experience, that she never forgot. She spends a bit of time telling stories about people who died and came back to life. Many describe in great details things they saw or heard to prove they were watching their lifeless body.

A humble and enlightening odyssey as she describes the transition time as one of letting go of this world and going back to the light that loves us. Elisabeth describes death as being as easy as taking off your coat. She says that "When we leave the physical body, we experience a physical wholeness in our 'etheral body.' This temporary body that we have when we observe the scene of our own death has no pain and no handicaps." Even if you are a skeptic this CD will help lighten your load and help you to understand death, a time of rejoicing, a going-home back into the light. I listened to the tapes several times as Elisabeth's voice takes a bit of getting used too, plus I often hear more the second time. I am grateful for all the research and books she wrote before she died in 2004. I really enjoyed hearing her voice, telling her own story, in her own words. If there had been more than 2 CD's, I would have gladly listened to them as well... I am so glad she had the courage to speak her truth... for the truth shall set us free.

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Know when the time is right success will become apparent. With persistence and a positive attitude, greatness comes. Trust your intuitive thoughts and go with them.

You are most in harmony when you know your heart. Know that you have the power within you to bring dreams to reality through your rare gifts. You are a creative spirit. You can bring solutions to your problems. Go beyond the limits. Visualize your hopes and goals. Surround yourself with the light of love, the light of direction. When you receive an idea and it feels right in your heart, then follow it. Ideas are of little value until they are put to use.

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