

ISSUES

for EMPOWERMENT

Magazine established 1990

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**Dorothy
Maclean**

founder of the
Findhorn Foundation
in Scotland at the
Johnson's Landing Retreat Center

**April & May
2008**

Kootenay Columbia Seniors Housing Cooperative Update

An Exercise in Cooperative Living

by Nora and Harry Jukes

In the August / September 2006 edition of Issues Magazine an article about the Kootenay Columbia Seniors Housing Cooperative was featured. We have decided it was time for an update outlining the progress and to remind other seniors that we still have room for a few more members. Our concept is unique and since there is no 'road map' to follow we hope our development will provide a Mecca for seniors in this region of BC. As mentioned in the original article, 60 acres of land was purchased and became known as Grandview Housing and is partitioned into:

Grandview Estates - this portion of the property is subdivided into fully serviced residential lots which are being sold to the general public. Proceeds from the sale of these lots fund the infrastructure for the project.

Grandview Manor - is the cornerstone of this project, and is planned to be a multi-level seniors care complex of 120 life lease units. Within this complex may be recreational facilities, a meeting room, a clinic, a small convenience shop, etc. And above this complex, commanding a fantastic view of the valley, we envision 40 penthouse life lease apartments.

Grandview Heights - this portion of the development consists of 59 seniors friendly ground floor, life lease units (bungalows, duplexes and triplexes) which will essentially surround the care complex of Grandview Manor.

Today we have grown to 190 members (most of whom are couples - so we have about 340 individuals as members). Along with a large and very active membership comes many challenges, as most of you might suspect. These challenges have been, essentially, twofold. Firstly, there were (and still



are) challenges with the bureaucracy found in the various levels of government that have slowed us down and proven to be more costly than expected.

Secondly, the challenges associated with decision making when three hundred plus individuals need to come to an agreement on a topic. To say it is exciting to see this process in action would be a major understatement. Although there are many different opinions, when 'push came to shove' the cooperative spirit came to the fore and progress is continually happening.


To date, no money has been borrowed from any credit union or bank, either for the purchase of the

60 acres, or for clearing the land, or for the installation of the infrastructure (sewer lines, water lines, etc), which is currently almost complete, nor for the many incidental expenses involved (amounting to many thousands of dollars).

At the present time, our building contractor is planning to begin construction of the Grandview Heights units on April 2 with 'move in' time scheduled for this coming Fall. Also, tenders for conceptual plans for Grandview Manor have been returned and we expect to meet with the selected architects within the next few weeks.

As the project moves forward there will be more challenges for sure - or would it be more appropriate to call them opportunities. For us, this is what it is all about! Dealing with opportunities in a cooperative manner for the benefit of all... practicing practical spirituality and seeing the results.

Have a look at our website (www.grandviewhousing.ca) to see a photo history of what has been happening.



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THE LOVE CODE SEMINAR: MUSICAL HEALING CELEBRATION

by Dr. Len Horowitz

Did you know there really is a secret sacred Da Vinci code that inspires creative genius, prophetic vision, health, and even Divine-human communion? Dr. Horowitz spent more than a quarter century researching healthy human development. His latest book was prompted by his discovery of a "Perfect Circle of Sound" hidden within Da Vinci's famous drawing "The Vitruvian Man." This drawing, the world's icon for natural living and holistic healing, is actually a cryptograph. "The image projects your perfect self in universal balance and harmony with Heaven and Earth. It bridges all religious and cultural divides."

The Vitruvian Man, Dr. Horowitz reveals, is really a 'Wo/Man.' There is a woman standing behind the man. Magnify his face and you see the poor fellow is angry being stuck in the box of earthly limitation, stress, and conflict. The more creative sex, the female, has stepped 'out of the box' and into the blissful cosmic circle which is composed of nine core creative musical tones. These include the ancient Solfeggio musical scale that Levi priests in days-of-old used to produce miracles. Dr. Horowitz discovered these relate to three additional frequencies that complete the magical circle. Da Vinci's philosophical and theological teachers were Plato, Pythagoras, and Vitruvius, each a master of musical-mathematics. From their research, Dr. Horowitz explains, Leonardo tapped into the core creative sounds of nature, or the 'Master Matrix.' This is called the 'Kingdom of Heaven' in the religious world. Playing this music and applying its mathematical scale in everything from art and architecture to anatomy and science inspired Da Vinci's creative genius, prophetic vision, and advanced technologies.

The implications for securing a massive awakening of consciousness worldwide with this knowledge are awesome. Currently, people use less than five percent of their brains. This pea-brained mentality is responsible for most problems in life including current geopolitical troubles. Imagine an easy-to-use technology that could eliminate such ignorance making knowledge, even wisdom, readily and intuitively accessible. To prove it, he has teamed up with genius solo guitarist, Scott Huckabay, who translates this code into concert performances that many say cause miraculous healings. The streaming sounds automatically balance human energy fields and spinning energy centers called chakras helping people relax and breathe easier.

At a seminar, people will learn that language is foremost a creative technology. All languages, and the sounds of music, are based on math. Hebrew and English, for instance, have letter/number equivalents or an alpha-numeric code. Da Vinci is known to have written backwards, or encoded many manuscripts with reversed writings. He did this, according to Horowitz's new evidence, to compensate for the strict Dark Ages mentality that stifled creativity and compelled the Renaissance. Today there is a Spiritual Renaissance accelerating exponentially, this knowledge and creative technology is more urgent than ever for a planet imperiled on many fronts. Civilization is in desperate need of remedies.

LOVE the real Da Vinci Code shares Da Vinci's greatest secrets and provides simple exercises to expand brain balance and 'heart-mind' connection to empower future vision, spark creative talents, and generate genius in the arts and sciences. This knowledge provides the wisdom with which to optimize and fully engage 'grand unification,' the cosmic balance and communion with nature.

"This opportunity is much like the one Bill Gates had before the beginning of Microsoft," Dr. Horowitz says. "Gates's exclusive knowledge keyed a revolution in communications and computer science. *The LOVE CODE* puts you on the ground floor of revolutionizing everything 'on Earth as it is in Heaven' using the creative intelligence now available to us."

Dr. Horowitz believes this blessing is so important and empowering it demands an alternative form of distribution, which is why he placed the book in a freely downloadable file on the website www.lovethealdavincicode.com.

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Musing

with *Angèle*, the publisher



This month's front cover is dedicated to a special woman who, through her trust in the Divine, let go of her ego and co-created a community that continues to flourish today and set new standards for what it means to 'be in community.' Many of you know of the Findhorn Foundation in Scotland and the social and ecological work it is doing world-wide. If you want to know more, go to www.findhorn.org.

Dorothy Maclean has written many books detailing her knowledge of the devic realm, and her ability to trust the messages she hears. She now lives in the United States and, at the age of 87, travels world-wide with her assistant Freya Secrest, sharing her knowledge and encouraging us to connect with our inner knowingness. One of her recent book focuses on trees. Her article about them is on page 24-25. If you wish to learn from Nature, you need to take time to be in it, and if you are interested in joining Dorothy, she will once again present at the Johnson's Landing Retreat Center this summer. Visit www.JohnsonsLandingRetreat.bc.ca for details.

Recently, I watched the movie *Sicko* by Michael Moore, which reminded me of the children's story, *The Emperor's New Clothes*. So many good people are now waking up to the knowledge that multi-nationals and Big Pharm are greedy organizations. Like the tailors who diverted the money that was supposed to be woven into fine clothing, the corporations have left Americans naked. Why is it so difficult for the majority of Americans to accept the fact that they have been taken to the cleaners and now have to figure out how to have a health care system that works for their benefit? Throughout the movie, Michael interviews citizens in France, England and Norway who live a comfortable lifestyle and have a health care system that takes care of its citizens. Even Cuba does a better job, selling inhalers for only twenty-five cents compared to the hundreds of times that amount that Americans are being charged.

I am thankful the Canadian government has universal health care as a human right, but that may change soon: the *Food and Drug Act* is being challenged, Big Pharm is lobbying hard to change the rules, and rumours of privatization talks are creeping into the media. Soon we may lose our right to buy easily accessible, reasonably-priced herbal supplements. My hope is that Canadians realize that our health care system may become the property of the vested interests of the corporations and their shareholders and if you believe their propaganda, it would be "for your own good." Which reminds me of the book by Alice Miller, *For Your Own Good*, one of the most illuminating and life-view-changing books I have ever read. Alice studied philosophy, sociology and psychology and took her doctorate in 1953 in Zurich, Switzerland. As a researcher on childhood, she is the author of 13 books translated into thirty languages. In *For Your Own Good*, she profiles the life of Hitler, to show why he did what he did, and goes on to discuss prisoners who had brutally murdered children. Her thesis is that once we injure the integrity and dignity of a child, and even if the consequences are not visible right away, as adults, this dynamic violence can deform some victims who take revenge on whole nations and become willing executors for dictators and other cruel leaders.

In later books, Miller explains that society's ignorance remains immovable and that most people tolerate human violence because of the way they were forced to obey as children. If no bonding happened when they were a newborn, or if they were hurt as a baby, the psyche has to act out the pain because the body cannot put it into words. In her more recent book, *The Body Never Lies*, Alice writes about the importance of feeling our feelings and re-parenting ourselves so we can live a better life. Alice Miller thinks that once we become aware of this dynamic, genetic conditioning, the chain of violence against humanity can stop, and she devotes her life-work to this enlightenment.

Musing continues on page 6

STEPS ALONG THE PATH



by Richard of the
Johnson's Landing Retreat Center
Home of Issues Magazine

Patches of snow are melting and green stuff is starting to appear. I am getting that wanting to dig in the soil feeling again. It must be some primal instinct or some joyful recollection of my childhood days in the sandbox. Growing things, including myself, seems to be a basic theme that permeates my thoughts these days. Like the plants, I also have been growing, sometimes painfully and sometimes joyfully.

I was reflecting on the change and how it fits into my life. 'Change is the only constant' seems to apply to most living things. Every day I wake up I am a little bit older. I'd like to think that as each day passes I also get a little bit wiser, but I am not so sure about that one.

I remember going through the phase, 'if I only did this' my life would be perfect. Little did I realize that today's perfection does not necessarily apply tomorrow. So who was responsible for this inconsistency? Change of course.

During the past nine plus years of running this Retreat Center I have experienced a lot of people coming and going. At first I felt a bit of sadness as people with whom I had developed a relationship would leave to continue on their journey. I finally came to the realization that I was the one meant to hold the energy for the Centre. Others would come and go and we would learn from each other as our paths crossed. So now I try and look upon each encounter as another opportunity for growth and another lesson during my lifetime.

Growth is the order of the day when living in a retreat centre with a group of enthusiastic people. One team re-organizes the workshop, Angele re-organizes the kitchen drawers and Richard cannot find things any more! Organization improves, and my efficiency declines while I am in 'where did it go?' mode. Amidst my frustration I can see that everyone does these changes from a place of love, so I can assume that they are not deliberately trying to make me go crazy. And so I remind myself that it only gets better. Hummm...maybe change is synonymous with growth after all. I think I will go out to the greenhouse and dig in the dirt for a while ...if they haven't moved the greenhouse on me!

Continuing on the topic of growing things, it was about eleven years ago I stumbled across the property that was to become the Johnson's Landing Retreat Center. Around June 21st of 1998 the purchase was completed and the Retreat Center legally came into existence. When I look back over these past ten years they seem to have gone by so quickly. The weekend of June 21st has been reserved for a joint Tenth Anniversary and Summer Solstice Celebration. And so the journey of change continues. May we all, in our own ways, make the World a better place. Blessings on your journey,

Namaste

Richard



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Musing *continued from page 4*

Many of us are learning to reprogram/reparent ourselves and today there are literally hundreds of ways to start that process... which seems never ending to me. There is meditation, yoga, breath-work, tapping, life coaching, rolfing, counselling and/or non-violent communication training, to name a few. It is best to have guidance when first stepping onto the path of awareness, but how do we reach the ones who need it the most, and from their point of view, need it the least? Isn't it wonderful to have both the freedom to choose and the opportunities to choose from.


On March 1st and 2nd, Richard and I added Dynamic Governance to our understanding of how a society can operate, as taught by John Buck from Maryland, USA. Sociocracy, we learned, was developed from the Quaker principles by Kees Boeke of Denmark, who was an internationally known peace activist and educator. During WW II, he was arrested for helping Jews travel to safety. In his pocket they found a declaration that said "No Dictatorship," which almost cost him his life. Kees had analyzed the weaknesses in the democratic system, such as endless debates in parliament, mass meetings where the most primitive of passions are aroused, over-rulings by the majority, unreliable election results and government actions that were rendered inefficient by the minority's persistent opposition. He saw strange abuses creep in and dictators winning elections through intimidation. In his teachings, Kees reminds us that we have taken for granted for too long our present system and that we do not realize that the party system and majority rule are not an essential part of democracy. If we really wish to care for each other's welfare, we must set aside quantitative principles and find another way to organize ourselves. He advocates a kind of democracy that does not depend on power but cooperation.

Kees Boeke is perhaps best known outside the Netherlands for his book, *The Cosmic View: The Universe in 40 Jumps* (1957), which served as the basis for a movie called *The Power of 10* and an interactive website, www.powersof10.com that was created so that children can realize their relationship to the world, and feel connected as a whole. In 1926, he founded the Children's Community Workshop where he implemented the values he felt would lead to a peaceful society. After World War II, Queen Juliana of the Netherlands chose his school, for she liked the idea that her children would learn with other children, and together they created a self-governing community of over four hundred students and teachers that promoted respect for all.

During the workshop we practiced Circle Meetings, which is used to reach agreements. One person presented a request, then everyone in the group said what they thought of the idea, then the facilitator condensed it into a motion. If need be, the motion would go around a second or third time with amendments so that everyone felt heard and was part of the agreement. This process activated a common search that brought our group closer together as we looked for ways to get everyone's needs met. Rather than the expected stalemates, we experienced mutual trust and a desire to act in the best interest of the group.

If you are interested in learning more about this useable system of governance that has proven its effectiveness in the workplace and beyond, then please read John Buck's book, *We the People, Consenting to a Deeper Democracy* or visit www.sociocracy.info. Eric Bowers who organized and co-presented the workshop in Nelson, BC will present this topic at the upcoming Spring Festival of Awareness.

To end, I would like everyone to know that I am going back to my original publishing schedule of five times a year. This will allow me time off in July for a family reunion and for visiting with the many guests that arrive at the Retreat Center during the summer. The next edition of *Issues* will appear June 1 for June, July and August, then a September and October edition, followed by a November, December and January Issues. This schedule will also allow me time to resume hosting the Wise Woman Festival in September at Naramata. Christina Ince and Marion Desborough will be my partners in this endeavour as Laurel, Samarpan and Urmi have decided not to continue. I am also excited to announce that Lori Ann said she will be joining us next month to help with publishing. Yeah!

 *Anzile*

THE DRUM MAKER

by Colleen Nicklassen

After taking the Chartered Herbalist program through Dominion College in Vancouver, I went on to finish my studies at the School of Holistic Principles in New York. In 1993, at the age of 29, I received my Masters degree in Herbalism, and started on my path of natural healing. My parents, John and Patricia Nicklassen, owned a health store in Kelowna which I managed for many years until they retired. Twelve years ago I moved to Oliver and opened a health store called RowanBerry, and have enjoyed serving the community with many healthy alternatives. As a Holistic Health Practitioner, I often recommend herbs and supplements for better health.

My fascination with drums started when I was young, for somehow I knew they could be used as a healing tool so I took workshops and researched Shamanism. One of my teachers was a Pipe Carrier who studied under the famous shaman, Sun Bear.

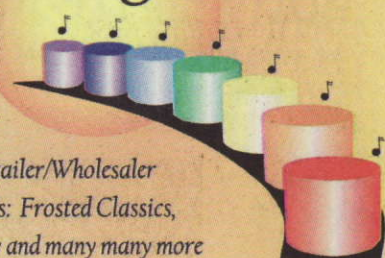
A book that really impressed me was titled *When the Drummers Were Women* by Layne Redmond. Layne writes, "Handheld frame drums are among the oldest known musical instruments. In prehistoric times, their rhythms helped shamans and seers attain the sacred trance state necessary for healing and prophecy. The rituals of the earliest known religions evolved around the beat of the frame drum." I agree with Layne and believe that drumming is once again becoming a tool for individual and cultural healing and transformation.

My Viking blood from past generations encourages me to pursue a heritage grounded in the spiritual realm, and I believe "the drum allows me to connect with the wisdom of my Danish Ancestors."

I love making drums and enjoy perfecting my craft as I experiment with different materials, styles, techniques, and sounds. After several years of practice I am now ready to offer my wisdom to others. My eight-sided, or octagon drum is made of a pine or spruce frame which is laced together with waxed cotton sinew. In numerology the vibration of the number eight manifests the wisdom of Heaven on Earth, hence the saying, "As Above, So Below." Pine or spruce is used because it is light and resonates sound better than any other wood. which is why guitars are often made from spruce. The raw hide used is bovine (cow) because it is extremely durable, will last a life time, does not split, and has amazing reverberation when struck by the beater. I experimented with an assortment of different drum sizes from ten to thirty inches and found the fifteen inch to be the best.

There is a wonderful feeling of accomplishment when a drum is complete, for it not only connects us to our ancestors, but also connects us to Mother Earth, helping us to become more aware of our deep responsibility towards this beautiful planet that we inhabit. As well, the powerful cleansing affect that a drum has on our bodies helps to release present and past life trauma, enabling us to move forward and fulfill our chosen destiny. May you 'Drum to Health!' see ad

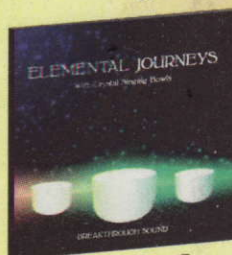
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Water, Water Everywhere

by Ian Fraser

I was sitting beside Gar Creek, which runs alongside the Johnson's Landing Retreat property, watching the cold, crystal clear water tumble down from the ice and snow melting off Kootenay Joe Mountain. As I dipped my cupped hands into the fresh water and took a drink, I felt the water permeate my body, such a refreshing and enlivening sensation. I was overcome with the knowing that, in that moment, hundreds if not thousands had just perished because they had no access to water. It was a sobering moment.

It's amazing how much our existence depends upon one particular substance. Yes, other elements are involved, but water remains the source of all life. It is also increasingly the source of many disputes. Imagine if one company, organization or government controlled our fresh water supply – talk about powerlessness. Yet the truth is, I am the governor of my body, I run this organization called me and I do have power. Yes, maybe more so than other areas of the world because we as Canadians are blessed in so many ways, including an abundance of water. I am becoming increasingly aware of taking our natural resources for granted. I am even more aware of neglecting my health due to my habits and trusting my healing process to forces outside myself.

I have reflected on how my ministerial training in the Science of Mind always spoke of the metaphysical trinity – seed, soil, plant – the seed being the thought or idea, the soil being the creative substance of the universe, the formlessness that makes all form and the plant the manifestation or outcome. This is a very powerful analogy, but one I have found to be incomplete. Try growing anything without water! Water is the emotional aspect, the energy (E) in motion that moves the thought. Maybe water is the consciousness that takes us beyond three dimensions and into the forth dimension? So much teaching is based on changing our thinking but neglects to delve in to the emotional work involved. Emotions, the actual physical embodiment of the chemical reactions that come about when ideas permeate every cell of my body. The metaphysical ripples that touch every shore and move upon the waters. If my body is over 80% water, then it's the major component of every cell, muscle, tissue, bone, fiber and gland of my body. It stands to reason that at least 80% of everything that's happening to me is connected to water. It makes sense to concentrate my healing on this main aspect. Every dis-ease or dysfunction must have as a major part of its cause some inharmonious association with water, some dis-association between my thoughts and emotions. Imagine your life improving 80% by simply changing your relationship to water – both literally and figuratively. I have been studying Masuru Emoto's



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Evelyn Mulders is creator of the **Chakra Sound Essences**

author of *Western Herbs for Eastern Meridians and the Five Element Theory*

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many books on the messages and power of water and this is what has been happening for me. I now look forward to every bath and find my healing in water.

I firmly believe that thought is the vehicle and emotion is the fuel. If our bodies are the earth vehicle that moves our universal energy, then water is our fuel. Think of the processed, additive substances we put into water daily, weakening the quality of our fuel, like caffeine, sugar, sodium, sweeteners, soda pop, alcohol, etc. Or worse, going through the day neglecting to put any water into our bodies. Try running the best engineered car in the world on faulty fuel or when the tank is empty. So, I decided it was time for a tune-up and created a program of healing focused on water. If our depleted bodies are allowed to release toxins, then our emotional dramas will be allowed to heal and a new belief system will be created about ourselves that will allow the flow of life to happen more efficiently and we will operate much cleaner.

As long as I live only in my head, I have limited myself, I am not complete and I have not utilized all my capacity for growth, expansion and fulfillment. At times, my mind wants to take me out of my body, away from my emotions, but my emotions reverberate up my spine, pound in my head, wrench my gut, burst my heart, and thus cannot be ignored. Neither can my relationship with water if I want to be the greatest creative expression of Love. "Water, water everywhere and nary a drop to drink... when I shut down my emotions and only try to think." Maybe that's what Samuel Taylor Coleridge was really talking about. See workshop opportunity below.

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A-GATE-WAY to Healing

by Irene Reese

I have studied several natural healing modalities throughout my life and will likely continue until I leave this earthly realm and then beyond..... About two years ago, after wondering many times where it was all heading and how I could bring healing for myself and others, in a way that was unique to me and resonated with all of the things that I gravitated to, I became inspired. Thoughts of color and light, auras and chakras filled my mind and I thought that there must be a way of focusing energy on the chakras so that the healing would benefit all levels. I searched and found things that were *sort of similar*, but not quite what I had in mind. Through all my searching many synchronistic events took place and I met some kind, inspiring and interesting healers; each enticing me forward in my journey. In the end I followed my heart's guidance and jumped in with both feet, trusting my intuition and angels and designed what I had felt guided to do for so long. Fear had held me back for quite some time as I felt that someone else could create what I was thinking and do it even better than I could. Finally, I enlisted or should I say coerced my husband's know-how and skill and together we built the first Crystal Light Station.

Agate is basically a quartz crystal formation inside of stone. It is a variegated, multicoloured class of chalcedony, and a member of the quartz family. The crystallized quartz can form in and around rock, and fossilized wood and bone. Quartz is proven to have properties which can affect physical bodies. It has many uses in modern technology to run watches, radios, computers and other electronic components. Agate has many beneficial healing qualities and there is much lore surrounding its use. It is one of nature's most creatively decorated gemstones with all of its different bands, patterns and colours. It is sometimes artificially stained to accent and bring out its natural hues. When agate is used therapeutically, healing is dependent on colour and crystal formations, which relate to and affect the different chakras (energy centers) in the body. All agate has certain characteristics in common: it enhances healing on all levels by opening and cleansing each chakra, it strengthens the aura and acts as a protective shield, thereby bringing harmony, health and balance to the entire being. In the heart center, it facilitates emotional healing and assists in discovering insights and solutions to seemingly complex issues. It promotes spiritual growth and perceptiveness, and helps one to awaken to their talents, abilities, creativity and inner knowing. It can facilitate connecting to angels, spirit guides and helpers in other dimensions and helps to raise consciousness and access the Universal or Collective Consciousness. Agate was used as a sacred stone by many cultures and ancient civilizations, as well as the American Native Indians, as it promotes stability during ceremonial activities. It is said to balance the energies of the body,

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mind, emotions and spirit and encourages brother and sisterhood among all people. The stone carries nurturing energies within it and exudes benevolence and good will.

The agate used in the Crystal Light Station has been carefully selected for its specific properties, including grounding, energizing, powerful, and yet soothing and gentle. It helps to bring strength and vitality back to the system. The multiple layers of the agate can help in bringing hidden information to the surface enabling one to see what is holding them back or interfering with their progress or well-being.


Sessions are generally one hour long; at this time a person sets their intent or focus or simply allows Spirit to dictate the outcome. During the session, the client has time to examine and take in the different colors and patterns of the agate crystals, befriend them and see what images may be brought forth. The client then closes his/her eyes and lets the Crystal Light Station do the rest. After the session, time is taken to discuss any insights, revelations, concerns or anything that may have come up for the client. As with all energy work, sometimes it has an immediate result and at other times it may come as a new thought pattern, a state of well being, or insight in your dreams. At times, the result can be so subtle, that one may not notice anything in particular other than a better state of mind, or one may suddenly come to the realization, that ever since using a specific treatment, certain issues have gradually disappeared and wellness is restored. Regardless, indications are that you find yourself more relaxed, balanced and have more productive energy.

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Inspired Guidance Received for Lightworkers

I sit back and I am excited! I am excited to see so many people beginning their journey of awakening. And, of course, there are also the old hats everywhere that are well on their way to full enlightenment. You might be one of them!

So many light workers are hungry for the next step in their service orientation and in their enlightenment journey. But there are illusions to break through: those that seem to keep us so caught in 3D reality when we are trying to function far more from 4th or 5th dimensional levels. With this in mind, I invoked the power of Spirit to guide and inspire me as to the classes that would address these needs.

As is the Law, I asked and I was given: I have been guided to create three new projects or workshops that would beautifully meet these needs. The first to 'pop' into my consciousness was the *Enlightenment Series*, next came *The Spiritual Apprenticeship Program*, and lastly came *Ascension*. Let's take a look at each.

The Enlightenment Series is a set of workshops that will delve into topics and concepts taught in my published books. Copies of my books will be available at each workshop and will be personally autographed for you. These books build one upon the other, and therefore, the enlightenment series of workshops will also build one upon the other. Level 1 will be a prerequisite to Level 2, etc. There will be four levels overall. These workshops have the aim of taking you from accessing foundational spiritual knowledge through regular means (meditation, spirit guides and angels, animal communications, intuitive training, etc.) to more intermediate knowledge, such as working with the Ascended Host and other Light Beings, right on through to advanced knowledge such as working with illusions of time and space, and becoming the Self.

Level 1 - Art of Going Within - June 7 & 8 OR September 6 & 7 - 10 to 3 - Cost \$160

Level 2 - Freeing the Soul - July 5 & 6 OR September 13 & 14 - 10 to 3 - Cost \$160

Level 3 - The Victorious Life - October 25 & 26 - 10 to 3 - Cost - \$160

Level 4 - Living Higher Realities - in winter 2009

The Spiritual Apprenticeship Program is geared towards assisting you to discover, develop and expand your own spiritual gifts and talents in order to get you out there in the world performing your very own unique world service. Even if you do have a certain talent (Reiki, etc.), it might be time to branch out and transform it into something even greater. This will be a certificate course which will run over 6 or 7 months (you will have to commit to 5 weekends overall). There will be lots of time for practicing a variety of spiritual venues as well as 'assignment' exercises to do on your own. Topics covered (and fully explored) will be: doing a variety of readings, psychometry, pendulums, mediumship, past life regression, reading energy in a variety of ways, crystal work, channeling, and reading the Akashic records. You may be surprised as what emerges as your own gifts!

Level 1 - April 12 & 13 - 10 am to 4 pm - Cost \$200

Level 2 - May 31 & June 1 - 10 am to 4 pm - Cost \$200

Level 3 - August 16 & 17 - 11 am to 4 pm - Cost \$200

Level 4 - October 4 & 5 - 10 am to 4 pm - Cost \$200

Level 5 - November 29 & 30 - 10 am to 3 pm - Cost \$200

Ascension is a two weekend course. We will be looking at a variety of issues regarding the ascension process. We will cover topics dealing with our spiritual history (Lemuria and Atlantis, etc.) and our present energetic makeup. We will discuss our Families of Light and their return. We will explore energetic exercises that clear and increase our atomic light. We will look at what makes up Christ Consciousness (or Mastery) and how to embody this Self, as well as divine laws of success. Other fun topics will be working with the Great Rays; Higher Level meditation techniques; accessing portals and celestial cities of light; grids; and of course - what happens at ascension (info gathered from those who have been fully liberated)..

Ascension I - July 12 & 13 OR September 27 & 28 - 10 am to 4 pm - \$180

Ascension II - August 9 & 10 OR November 22 & 23 - 10 am to 4 pm - \$180

Coming in April: I AM Teachings (April 19/20) In May: Tarot Fun (May 3/4); Working with Crystal Skulls (May 10)

I'm looking forward to working with you wonderful light carriers!

For more info about Denise and The Eclectic Spirit Metaphysical Centre, visit

www.enlightenedtransformation.com or call Denise at 860-5529.

WHEN AWARENESS ISN'T ENOUGH

Is This You?

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

Awareness Alone Is Not Enough

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

An Important First Step

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

-Sharon T., Writer, Kelowna

When thorough and complete transformation occurs, you need much less time to resolve long-standing issues. As well, changes last and grow stronger over time. *"Laara's gentle non-leading approach resulted in creativity and organization in my work. A year later I am even more creative and organized, I continue to prioritize more clearly and to trust my way of doing things."* - Alan J., Chiropractor, Kelowna

What Happens In A Session?

Laara uses Core Belief Engineering as a powerful, yet gentle way of guiding you into creating a partnership between your conscious, aware self and your subconscious core belief systems. You are fully conscious, and there is no need to relieve painful experiences. You create a feeling of expanded harmony, respect and well being within yourself.

You work in partnership with Laara who acts as a facilitator, helping you to determine your goals and access answers and resources from within, so they are real to you. *"Laara helped me to change my life completely. I speak up for myself diplomatically, I know who I am and what direction my career should take and I have the courage to follow through."*

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

As one of only three Master Practitioners in North America, Laara Bracken is highly respected and trusted. She maintains absolute confidentiality.

Laara originally experienced Core Belief Engineering to solve her own problems. She was so impressed with her results she decided to make it her life's work. She has 22 years experience. *"I have solved the problems within myself that you may be having in your life. I know what it's like to be on your side of the problem as well as mine."* - Laara

"Time and cost efficient," "gentle," and "lasting," are just a few of the words that have been used to describe Laara's work.

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Day 2: Demonstration and exchange of Benefit Structure process and detailed explanation of the CBE model.

Day 3: Live demonstration of the CBE Basic Belief Change Process.

Day 4 & 5: One-on-one, supervised exchange of the Basic Belief Change Process.

This course, while complete within itself, gives you the foundation for further, more advanced courses in Core Belief Engineering that follow. All Core Belief Engineering processes are copyrighted and unique. You cannot get this depth of instruction or effectiveness elsewhere.

Who would benefit from a CBE course and why?

If you want a thorough understanding of how CBE achieves lasting change, strengthen your communication with yourself;
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If you want to improve your communication skills;

If you want to experience guiding and to receive a full CBE belief change process;

If you wish to learn an effective tool for working with yourself and friends;

If you are investigating CBE as a potential new career;

If you are already a professional psychotherapist and want to explore the potential for developing a new approach.

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OUR EXPANDED SELF

by Pascal Salesses

Recently I read a book that inspired me in an amazing way. A friend of mine said, "I know the title is not one you would be drawn to (it's a business book) but it has some brilliance!" and she handed me a copy.

I am now reading it for the eighth time and the amazing thing that has happened is that it has given me permission to consciously open to and engage my infinite nature or expanded self as the author calls it. I had discovered my expanded self quite directly years ago as it had blown me open and radically shifted my perspective on things. After one and half years of total bliss and inner freedom, life forced me to explore my shadow self intensely for a long time through some challenging events. As time went by I noticed that my expanded self brought me greater ease to be with the dark stuff.

While I was down and under and getting better acquainted with the scary, challenging inner world I trained in Somatic Experiencing (cutting edge trauma healing work) and Core Energetics (body & spirit based psychotherapy). These hands-on teachings also supported me to deepen my relationship and understanding of my expanded nature too, through precise practices, although they didn't call it that.

After learning to develop a new relationship and way of being with the valid but limited perspective of my shadow, life invited me again to open to my expanded self in a big way through this book.

To briefly clarify what I mean by my expanded self/nature and what it means to me, I will tell you how I experience it. My expanded self is the part of me that opens to a larger dimension of being, freed up and untouched by limiting thoughts and conditioned patterns of being. I can experience that opening as feeling spacious, or one with all that exists, or infinite creative potential, love, warmth for all creation, profound clarity, deeply relaxed, happy, held by a greater reality, ease of being even in the midst of difficulties.

We all have an expanded self as well as a limited self and there is a variety of flavors and range of intensity we go through as we experience them. Expansion/ infinity/ vastness of being is also who we truly are, although for most of us we haven't been taught to recognize and get to know ourselves in that way.

In our own inner work and counseling work that Jon Scott my partner and I do, we support ourselves, each other and clients in noticing the small and easily dismissable openings into our expanded self, we also make use of it to face our shadow aspects in a more effective way. Our shadow is where much of our creative power is tied up, into disempowering states, misconceptions and entanglements with ourselves, each other and the world. As we all disentangle from these conditioned limitations we get ourselves back, including our energy, our heart, our enlivenment, our creative power back and discover new possibilities for happiness and co creation of a new order.

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OFF-CENTERED IN THE DAO

*'Young at Heart, aging gracefully
and growing foolishly wise'*

by Hajime Harold Naka



You would think that after 27 years of practicing, studying, meditating and teaching Qigong-Taiji (Tai Chi), that I would be enlightened by now. Not so! I wonder if it has anything to do with having a big ego and loving it too? The longer that I travel on the healing, spiritual path, the harder it is to take myself seriously, although, I am a legend in my own mind and nobody special in other people's minds. It is interesting to be living in a society that is dysfunctional and in denial, trying to impose its will on us, making us feel powerless, unsatisfied, unhappy and unhealthy and then labeled 'normal'. Don't worry folks, I'm not normal...I'm perfectly imperfect. The pressure to conform to the whims of the corporate/bureaucratic power mongers is great. It's bad enough that we are being legislated and regulated to death. The real crime is how willing we are to give our power to them. Enough is enough! It is time to take a stand, fight back! With loving kindness, of course. You might see my face on a 'Wanted Alive' poster. I am a social, institutional terrorist, spreading weapons of mass Healing and Peace and fighting the axis of evil (a sick Healthcare system in crisis and the pharmaceutical industry). I have been healing, empowering, transforming and liberating society, one cell at a time, since 1983.

Practicing Qigong-Taiji is like putting Health Care back in to your hands. This summer I will be back at Johnson's Landing Retreat Center leading a Qigong-Taiji Retreat with Sana Shanti, Arnold Porter and Bryan Knack. If you are considering attending a Retreat, or looking for a change in your life, this might just be what you are looking for. After all, change is the name of the game. Qigong-Taiji is a gentle practice with profound benefits to your well-being. It can transform how you live in your body and in the world. You have nothing to lose but your tensions, frustrations, unhappiness, illness and a feeling of helplessness. You will feel more relaxed, balanced, grounded, rejuvenated and at ease in your body (your home). You will feel body, heart, mind, spirit moving in wholeness. It is easy to be hard, but hard to be soft. Qigong-Taiji is not a quick fix, rather it is a process of letting go (picture a fist unclenching) of old patterning and habitual ways of holding tension in the body. Think of this practice as giving yourself a gift, investing in your future health. Now. I know, after 27 years of Qigong-Taiji practice, I have healed my body, found peace of mind, and purpose for my life. I hope you will join us in the Qi-Revolution at Johnson's Landing Retreat in the beautiful Kootenays.

*Hajime will be one of 40 presenters at the
Spring Festival of Awareness, April 25-27 at
Naramata Centre.*



THE WEB OF LIFE

by Wayne Still

I recently purchased a three DVD set called the *Integral Anatomy Series*. Put together by Gil Hedley, who calls himself a somanaut, they give a whole different perspective on our understanding of human anatomy. A typical book of anatomical drawings shows us the various structures either in isolation from their neighbours or as though they were independently functioning. Gil comes at the description of the body from the opposite direction, that is that the body is, and functions as, a unified whole system. The DVD set shows the dissection of cadavers from this perspective. What Gil unravels as he opens and displays the various parts of the body is the web which unites all the parts that make up the body. This web of life is the bodys system of connective tissue and fascia.

There is a distinction between connective tissue and fascia. While all fascia is connective tissue, not all connective tissue is fascia. Fascia is one of many special types of connective tissue the body uses to hold itself together as it goes about its business of living. The job of fascia is to create a matrix through which individual structures can grow and function. The first fascial layer we encounter in life and in the dissection is superficial fascia. This structure underlies the skin and is readily felt if you gently pinch the flesh of your forearm and lift you will see the layer as it creates a tent shape. Move your finger and thumb in opposition and you will feel the soft layer sliding over itself. If you pinch a bit harder at the top of the tent you will feel the change to the tougher texture of the skin. The superficial fascia adheres to and forms a substrate for the skin. It is found everywhere on the body and varies in thickness from a millimeter or two to fifteen centimeters or more. One of the tasks of the superficial fascia is to store fat cells. The dissection shows a superficial fascia which was removed in one piece laying on a table beside the rest of the cadaver. It looks amazingly like a whole body.

Press on your forearm with the tip of a finger and you will feel it sink through that first soft layer to encounter a distinctly firm layer. This is the deep fascia. Deep fascia encases muscle bodies like saran wrap helping them to maintain their integrity as they expand in flexion. It also creates a smooth surface which allows muscles to slide over each other as they do their job. Muscles almost always work as a system with each component complementing the work of the others in the system. It is the deep fascia which binds the systems together at the same time as it gives them flexibility. It is truly remarkable stuff and it along with the superficial fascia is the stuff that we work with as structural integrators. When we apply pressure to a client's body we are stretching and balancing the tensions found in these systems which Ida Rolf called the organ of form.

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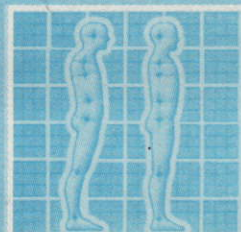
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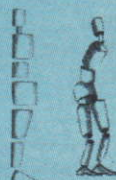
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Green, Ecological Living

by Gregoire Lamoureux

My Permaculture journey started many years ago. I grew up on a small mixed dairy farm but it eventually took a different direction than what I was interested in. My dad sold the horses and bought a tractor. Then he sold the cows and started growing a large monoculture of corn using pesticides and chemical fertilizers. Not quite what I was interested in doing, so I started to travel and eventually came to the Okanagan to work in the orchards and harvest fruits in the Summer and Fall. After the harvest I would move to the Coast for the Winter season. In early Spring I would start a garden on the Coast, planting a diversity of seeds, tending, watering and protecting the small plants with a good layer of mulch. Many vegetables started growing but soon it was time to pick fruit and I would leave for the Okanagan. After the picking season was over, I would go back to the Coast to see my garden. Of course most things didn't survive, but some of the plants did and either got harvested by the neighbours or by the birds, either way was great! I learned that certain plants could be grown with a very minimal amount of maintenance. Over the years, I learned more about organic gardening and farming and eventually took a Permaculture Design Course and from that time onwards, it was clear to me what I wanted to do with my time and energy.

One day I found a piece of land, or rather it found me, in the Kootenays and I started the project that I had dreamt about. Back in the early 90s, there were very few people or places using Permaculture principles in Canada so I started the Kootenay Permaculture Institute so others could learn more about the possibilities of using these principles and techniques to grow a diversity of plants producing food, medicine, fibres, etc. The idea was to research what plants and especially what combination of plants (called guilds) could be grown in this climate. I documented the information and shared it with others so more permaculture systems would be created.

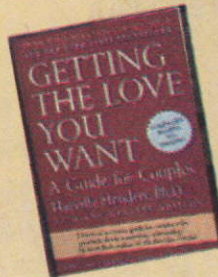
Seven years ago, I offered the first annual *Permaculture Design Course* from our farm in Winlaw, BC. The participants differed in ages (one year we had participants from 22 to 72 years old), backgrounds and experiences, and they often come from many directions from Eastern Canada to the West Coast and from as far north as Alaska and sometimes as far south as Australia and Brazil! The diversity of the participants creates some very stimulating conversations and exchanges. The course combines the theory of permaculture design with practical hands-on activities.

There are three important areas to consider when using permaculture principles and adapting them to many aspects of life, which includes Food, Shelter and Transportation. The permaculture approach is to grow a diversity of food plants such as veggies, herbs, medicinal plants, berries, fruit and nut trees as close as possible to your house. Although it might not be as easy for people who live in the city and have a small backyard but here are some ideas. Grow some edible greens, lettuces or hardy greens in a garden bed near the house. You can plant some fruit trees or berry bushes in your front or back

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yard. Or you can grow tomato plants or some fresh greens in pots if you only have a balcony or grow some herbs on your window sill & some sprouts in a jar if you don't have a balcony.

For shelter, we need to learn how to live with less. By buying and owning less material we'll also need a smaller house. (I'm still working on that one!) If you're planning to build a house, build it as small as you think you will be able to live in comfortably. If your house is small, you might end up spending more time outside (in the garden!). Build it as much as possible with non-toxic, local organic material or try to recycle & reuse as much building material as you can. Study ecological building, strawbale houses, cob houses and other natural building methods.

Transportation can be very challenging! Reduce and minimize these needs. Stay home, grow a garden, play music, visit your neighbours, buy locally, etc. Walk, bike, canoe, kayak and use public transportation. *see ad below*

Permaculture Design Course

May 25th - June 7th in Winlaw

A week-end "Introduction to Permaculture" is planned for this Spring in the Okanagan.

For more info: Kootenay Permaculture Institute

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SPIRITUAL WISDOM on RELATIONSHIPS

by **Harold Klemp**, spiritual leader of Eckankar,
is the leading authority on past lives, dreams, and Soul Travel.

Soul yearns to return home to God. Home to God means the area of supreme divine love that has no conditions attached to it: unconditional love.

So often when we speak of love in a human sense, we don't see the difference. Sometimes our parents say they love us, and then if we don't do things exactly their way, they'll give us the cold shoulder. Or our mate might do this, or we might do this to our mate.

Giving someone the cold shoulder is not unconditional love. It's conditional. And it's a form of control. It's not true love at all. It's saying, "I want to do it this way, and you're not doing it my way. So until you do it my way, I'm not going to love you. I'm not going to talk to you." It's conditional love. It's human love, not divine love. And human love is people's attempt to be godlike, whether or not they're conscious of it.

I think it is very important in this life to learn to love someone more than yourself—whether it's another person or a pet. And before you can love someone else more than yourself, you begin by first loving yourself. Even Christ said, "Love thy neighbor as thyself." Right away some people think this means love your neighbor and forget all about yourself. Loving yourself doesn't mean to have a high, egotistical regard for yourself or go strutting around like some dictator. It means to have respect for yourself as Soul, as a child of God—or as we say in ECK, as a light of God. Because once you recognize yourself as Soul, as one of these beings of God, you've made an important step in your spiritual unfoldment.

The next important step is to know and recognize that other people are also Soul, lights of God.

Love is the goal, then, of our spiritual search. The way to God is ever within the heart, within the loving heart.

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Be patient. Do this exercise for several weeks, for a limit of twenty minutes each time. Sit, sing, and wait. God speaks to you only when you are able to listen.
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Don Ginn found ECK in 1970. He worked for several years at the ECKANKAR Spiritual Center and for 17 years was the RESA of California. He now lives in Chanhassen, Minnesota, where he is a writer and business consultant. Don has been a guest speaker at ECKANKAR seminars in many countries around the world.

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Good news for food security

January 7, 2008

Dear RightOnCanada.ca supporter

Good news for the planet's biodiversity, people's food security and the right of farmers to save seeds. In a blow to biotech agribusiness, the U.S. Patent Office has upheld a challenge by the Public Patent Foundation and invalidated four of Monsanto's key patents for genetically engineered food plants. Monsanto's "ruthless persecutions (of farmers) have fundamentally changed farming," says PUBPAT. "The result has been nothing less than an assault on the foundations of farming practices and traditions that have endured for centuries in this country and millennia around the world, including one of the oldest, the right to save and replant crop seeds."

PUBPAT filed the legal challenge after Monsanto forced Saskatchewan farmers Percy and Louise Schmeiser to destroy all the seeds they were saving for the following year because, against their wishes, some Monsanto-patented GMO seeds had spread from neighbouring farms into their fields and seed supply. For more information, see article by Helke Ferrie in the December 2007 Monitor of the Canadian Centre for Policy Alternatives.

And on a further sweet note, Percy and Louise Schmeiser were awarded the 2007 Right Livelihood Award (sometimes called the "Alternative Nobel Prize") for "their courage in defending biodiversity and farmers' rights, and challenging the environmental and moral perversity of current interpretations of patent laws."

The Canadian farm couple, said the Jury, had given the world a wake-up call about the dangers to farmers and biodiversity everywhere from the growing dominance and market aggression of companies such as Monsanto engaged in the genetic engineering of crops. (www.rightlivelihood.org)

Meanwhile, Monsanto holds a patent in Canada for Terminator seed technology, which causes seeds to become sterile after one harvest. If you haven't already done so, please send your letter to Prime Minister Harper calling for a ban on Terminator technology. And please ask all your friends to do the same. Thank you! In solidarity, Kathleen, Peggy, Pauline and Becky for RightOnCanada.ca

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How do we know if we are contributing to life?

by Eric Bowers

Compassionate Communication is a powerful tool for bringing about understanding, connection, and peace when there is conflict. Conversely, when we do work together and give to each other, Compassionate Communication is a powerful tool for expressing full appreciation for the contributions and gifts we receive.

Many of us are familiar with receiving praise for our contributions. However, I see praise as just another form of judgement: "Good work," "You are wonderful," "You're the best," "You're brilliant," "Amazing," "Such a good girl/boy". Some people would say these are positive judgements that encourage others to feel good about themselves. Although the intention behind the praise might come from the heart, what praise really does is support people to look outside of themselves to measure their self-worth. When this happens, we lose connection to our innate sense of self-acceptance, and to our intrinsic motivation, which comes from our powerful need to contribute to life. Tragically, we often become motivated by trying to please others. This extrinsic motivation does not truly support us to keep growing and contributing in a fulfilling way. If you want to know more about the damaging effects of praise, I suggest you read *Punished by Rewards*, by Alfie Kohn.

One of our most potent needs is to contribute to life, to give to others from our hearts just because it feels wonderful, not because we are hoping for praise, approval or some other reward. We feel a lot of joy when we meet this need, so it is vital to get feedback that lets us know how we have contributed to life. When someone tells me exactly what I did, and what need of theirs was met by what I did, then I have clear information about how I have contributed. For example, I might ask someone, "How are you doing," and then take time to listen and give my full attention to what is going on for them. They could praise me by saying, "You are a great listener," or they could express full appreciation by saying, "When you ask me how I'm doing and then take the time to listen, I feel deeply grateful because it meets my need for empathy and to know that I matter." Full appreciation may be awkward and even vulnerable at first because we are more familiar with expressing praise and others are more familiar with hearing it. However, in my experience, it becomes enjoyable to practice Compassionate Communication in a way that fuels others by letting them know how they are making a difference in the world.

Sometimes a heartfelt thank you says it all, and I also believe people are hungry to know more specifically how they are contributing to life. Praise does not satiate this hunger; praise is like addictive empty calories that leave us craving for something more substantial. We can help feed others by expressing full appreciation. We can even feed ourselves by spending some time appreciating the things we do each day



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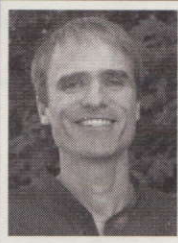
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*Eric will be one of 40 presenters at the Spring Festival of Awareness, April 25-27 at Naramata Centre.
www.issuesmagazine.net*

that contribute to life. This is a wonderful, and much needed break from believing we need to strive to do more and be enough in order to be accepted and gain approval.

I would love to hear from you if you have needs that are met or unmet by my writing. I really appreciate learning how I can better contribute to life.

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The Call of the Trees

by Dorothy Mclean

In the last year or so the threat of global warming has become common front page news. The evidence is building to link the impact of western industrial attitudes and methods to the breakdown of the delicate balance of nature that our lives depend upon. For example, some of the customary assumptions of our view of nature are being proved incorrect, for it turns out that forests hundreds of years old can continue to actively absorb carbon, holding great quantities in storage, while re-sprouting clear-cuts, on the other hand, often emit carbon for years despite the rapid growth rate of young trees. Thus, protecting ancient trees can be an important new strategy in the fight against global warming.

This particular new scientific knowledge, and any truth, can be given to us humans directly from the intelligence of Nature. Fifty years ago during our Findhorn Garden experiments I was told by the tree devas "We need a fully grown tree for our real influence - a child cannot do what an adult can do..." and "You have touched on still another reason for the need for large trees. We channel a type of force that has a steadying influence on Life..." Such wisdom, just now being verified by human science such as the studies referenced above, is available from within nature whenever we take the time to stop and deeply listen.

Beginning in 1954 Peter and Eileen Caddy and I, through individual events in our lives, had been led to make conscious contact with our inner divinity, the God within (and my definition of God is as the life force in everything). We spent almost ten years working with and proving the worth of that inner contact before we arrived at Findhorn. When we started a garden on an unused plot of sand in the Findhorn caravan park in 1963 to supplement our diet, I was led to contact the soul intelligence of Nature. As the garden developed, we built a cooperative partnership with these beings of nature, which I called devas or angels. As our story became known, others came to join us; a community was born. Today the Findhorn Foundation is a thriving center for innovative work in environmental and human cooperation continuing to explore the principles of communion and cooperation that Peter, Eileen and I began. It is with these principles that today's environmental concerns can be met and resolved.

Let me share with you a message that came to me from God in the early days: *The balance of nature, My child, is a most marvelous thing and was originally planned with humans to play a full and active part in the harmony. Every conceivable need of humanity was foreseen and taken care of and you were to come in, use, and then contribute to the whole. You are learning a little of what that contribution is and it is a vast one which can be given to no other creature for only mankind on earth is developed enough to see the larger picture and give forth the higher qualities like gratitude to Nature, active and outgoing love, creative thought, etc. No wonder the world is in its present state with mankind perverting his role and*

→



attempting to contribute only to the false self.

You are pioneering in the true attitude to nature, to the one life and for this attitude it behooves you to think of everything in terms of life force – not merely an impersonal force like electricity but as a manifestation of some being. Not only life force because the beings behind the various manifestations are conscious representatives of me. They can teach you and help you, though what you see of them outwardly may be a

lowly bee, a leaf, or a stone. Behind all is a great chain of life, leading to Me. Mankind on earth has been given dominion over all these on earth, but only as they too fit into the great chain of life.

It is for you to stretch out and learn how to fit in, to use all of the gifts that I have given mankind for the advancement of all life according to My purposes. Humans are elastic enough, if they will, to touch and enter My many realms and it is up to you to do so with Me. Extend your own nature; be open and feel out, in the fullness of the love I give you; and help to make My one life become reality on all levels.

October 2, 1963

This 1963 message from my contact with the God within, speaks to the deeper connections that humanity was meant to have with its world. It helped introduce me to the wider implications of the experiment in cooperation that we had begun that summer in the Findhorn garden. Much has been written about that garden and the connections that developed with the devas or angels of the nature kingdom. Our cooperation with those inner nature beings created a vibrant garden and similar collaboration in gardens around the world can offer vital possibilities for healing our planet.

At the core of my connection to the nature kingdom was the deep and trusting connection to the God within me that was, and continues to be, the guiding core of my life. I now travel extensively, offering workshops to share my experience of the inner connection with God that allowed me to make the connection with the devic kingdom. All of us have the capacity to make that connection directly. The lessons we learned at Findhorn as we sought to cooperate in growing our garden were lessons of deepening into the divine in all of life. They can be applied anywhere. Individually we can each choose to step into the love and joy of God's life and bring healing to our world.

Dorothy Maclean and Freya Secrest will be at Johnson's Landing in July 25-30 offering a 5 day retreat "Learning to Listen" focusing on strengthening our awareness of the divinity within us. Dorothy will share stories of her personal journey and offer practices to help develop and strengthen each person's inner links.

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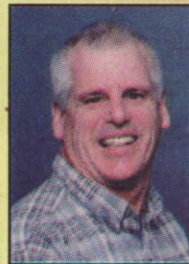
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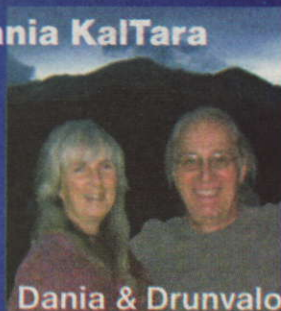
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Spring Time Cleansing

by Alara Serait

As I sit outside my home by the lake, I'm feeling so thankful for the returning spring sunlight. I'm in day two of a spring cleanse program, and already am feeling my body waking up, beginning its return to 'lighter' days. In recent years, I've experienced downright low bouts of S.A.D. complete with weight gain and sluggish body. Through this, though, I've come to know my body better. What do I need to feel perpetually energized, and in a state of good health? Memories of my different studies from years gone past, flash through my mind. Deepak Chopra's Ayurvedic wisdom in keeping a timeless body, Barry Sears with his enlightening studies on glycemic index. Books from my hard-earned home library, teaching me so much about herbs and botanicals. And another favourite author of mine, Ann Louise Gittleman, with her Fat Flush series; she speaks about the importance of cleansing and in restoring proper liver function to aid in metabolism.

My need for sunlight is also my reflection to understanding that I need the full spectrum of colour and light in my life. It reminds me that there is a force that's beyond our sight and senses that keeps us alive, even as the earth ebbs and flows in her journey from darkness into light again.

I've learned too, how delicate our hormonal systems are, and that we need the balance in our nutrition and in our personal lives to keep them in check. For me, both nutrition and realizing higher aspects of self are needed to maintain true youthfulness and optimum health. I'm a communicator, a server, and a sharer of information. Saying yes to these parts of myself is all a part of my bigger picture.

I've discovered the ultimate 'light' food for helping me resonate with my higher truths. This nutritional cleansing program has helping bring my hormones into check, maintain a 'self-cleaning' body and stay slim and 'light.' It's called the *Isagenix Total Health and Wellness* system, and contains the proprietary Isalite complex of ionic trace minerals that actually comes off a quartz crystal mine in Arkansas! Talk about light-body building food! It's truly amazing. So now I have my shakes, full of high quality protein, enzymes, amino acids, (for brain health) and trace minerals, along with the Ionix Supreme. Incorporating this most wonderful and easy cleanse into my regular routine helps me feel so light, and I now look it too! Isagenix is the most effective system I've ever tried. I'm so thankful for being introduced to it.

Spring is the perfect time for cleansing, weight loss and bringing your body back into tune with nature and the increasing light. I would like to share these products with you and look forward to helping you activate your 'Light Body!'



Alara Serait
Isagenix Team Builder

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Glutathione (GSH)

The Body's Antioxidant

by Dr.Shannon

Glutathione or GSH is the body's own antioxidant and is also part of numerous cellular functions. Several doctors who have studied the growing research, have stated it is the single most important find of their career. I also share this view. More important than the findings about GSH is the fact that medical researchers have developed an effective supplement to restore GSH levels.

GSH is made up of three amino acids: cysteine, glutamine and glycine. Once these enter the cell they are assembled and form GSH which functions to remove free radicals, detoxify drugs, regulate gene expression, participates in cell proliferation and cell survival. Ascorbate or Vitamin C has been shown to assist in the production of GSH.

It is a common finding, that in many disease states, GSH is depleted. GSH starts to decrease at age 20 and falls 10-12% each decade after. Other factors such as genetics, diet, exposure to chemicals, toxins, heavy metals and pollutants can all increase the rate of depletion.

Glutathione is produced in all the cells but is found most in the liver and lung tissues. High glucose levels, smoking and alcohol decrease the GSH levels in the body. As GSH levels are depleted there is a build up of free radicals, toxins, cellular debris and damaged DNA. If GSH becomes too low and the toxins too high, the cell will die through a complex system called apoptosis. When this occurs in a specific organ then that organ will cease to function normally, e.g. liver disease (cirrhosis), lung disease (cystic fibrosis).

Low levels of GSH have been a common feature of many diseases such as; diabetes, cancer, AIDS, neurodegenerative diseases and liver diseases. Moderate deficiency of the enzyme which form GSH can elevate blood acidity. Severe deficiency causes recurrent bacterial infections, the slowing of body reactions either through mental retardation or loss of physical co-ordination. Not surprisingly Acetaminophen and other pharmaceuticals lower GSH in the body.

An important recent study has suggested a critical role of nuclear GSH in protecting DNA from damage which affects the efficiency of the DNA repair machinery. I find it exciting and encouraging as researchers have noted that cancer, AIDS, aging, cystic fibrosis, liver disease, heart disease, ischemia, stroke, seizures, sickle cell anemia, diabetes and obesity all have one thing in common - low GSH. The knowledge to raise GSH levels offers a measure of help and more research for specific diseases is under way.

Treatment with GSH has been tried intravenously and orally but with limited success. When taken orally, it is broken down by stomach acids and can cause nausea and vomiting. The most efficient way to raise GSH levels in all cells seems to be by supplementing with its amino acid precursors which pass more easily into cells and through the blood-brain barrier. Other ingredients such as ascorbic acid (Vitamin C) assist by preventing oxidation.

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Before embarking on any course of supplementation you should consult a qualified health practitioner. GSH is not recommended for children or those undergoing treatment for cancer. This article is a summary of a research paper published in the Archives of Physiology and Biochemistry, Oct 2007 titled *The Central Role of Glutathione in the Pathophysiology of Human Disease* written by R. Franco, O.J. Schonoveld, A. Pappa and M.I. Panayiotidis.

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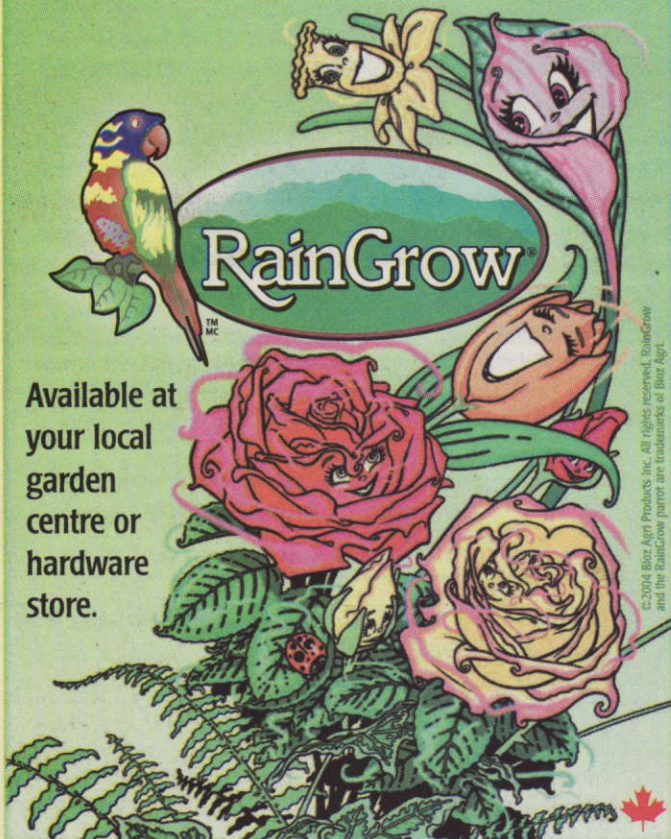


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The Empowerment of Retreats

by Brian Olynek

More than ever we have the opportunity to seek safe sanctuaries in which to recharge our batteries from the hypnotic, daily grind of our everyday reality. To take a retreat is to step into a peaceful ambience within a tranquil setting in which to rejuvenate your various 'bodies.' These include the mental body, the physical body, relational body, emotional body, and spiritual body. Each body is connected and therefore affected by whatever type/modality of retreat you decide to take part in.

The empowerment of a retreat comes in various forms. For example, walking along a wilderness river you may realize that you no longer need to try to change the outer 'things.' They are simply a reflection. When we change our inner perceptions, the outer reveals the beauty so long obscured by our own attitudes. When we concentrate on our inner vision we find our outer view transformed.

Being on a retreat is also great for networking and connecting with 'others' (other reflections of me). New acquaintances and friends provide an opportunity to see ourselves in new ways. Some examples are:

I am okay and so is everyone else.

Everyone likes me.

I speak only the truth.

Everything is interconnected.

This is a friendly and empowering world.

The world is rich with interesting people, and some of them are seeking retreat as well. Be open and embrace them all. You may meet a CEO 'Chief Energy Officer,' or a lionized athlete racing for the laurels of compassionate wisdom, or a metaphysician with her finger on the pulse of bliss, or a kosher meditator with a computer chip memory, or perhaps, a maverick scholar with an Irish cop's morality! Remember, who we meet is often simply perfect for what we need at the time.

Being on retreat is also an opportunity to let go, to unlearn some of the things we have been programmed to believe, such as: human beings are separate from each other, there is not enough for all human beings to be happy, we must compete with each other, some humans are better than others.

The true power of a retreat, the reason to go, may only be shown to you when you arrive back home to your everyday life. When you begin to integrate the learnings and unlearning from a retreat, there lies the true purpose: *to make true and lasting changes and to create a more peaceful, enriching, and healthy life.*

More than ever before, we have the opportunity to seek out sanctuaries for inner and outer explorations. Cultivate some breathing space and remember who you are. Play big and go deep! Find your retreat.

Brian has been "retreating" all over the world, from California to India, to hosting Retreats at his place, the Quantum Leaps Lodge, in Golden, BC. (see NYP ad)

Signature Cell Healing

by Sharon Taphorn

I was first introduced to Signature Cell Healing at a week-long workshop in Kona, Hawaii in 2005. One of the participants in the workshop was going to have to leave and fly back to California as her 2 or 3 year-old daughter was very sick. Kahu, which means Spiritual Leader in Hawaiian, Fred Sterling was presenting a portion of the workshop. When he heard the news he stopped his presentation, and had all of us (approx. 150 people) send distance healing to this little girl. The child was at the hotel with her father, who had no idea we were sending healing thoughts to his daughter. Afterwards, Andrea called her husband who reported that she was suddenly doing better, her fever was down, she wanted something to eat and drink and was able to keep it down. I found it so amazing. Two days later the husband brought her to the workshop to share with us the change in her and to thank everyone for this 'miracle'. I knew then that I wanted to learn more about Signature Cell Healing.

I had been working in alternative healing for a number of years. I remember 'practicing it' as a child... I just had no idea what I was actually doing. As a Licensed Practical Nurse at St. Paul's Hospital my patients would tell me that they felt better when I was working with them. That awakened my need to take charge of my abilities to use energy, colour and light to heal. In 2003 I took my first 'hands on healing' course, then Reiki, and since then my own personal healing journey took on an entirely new dimension. Each workshop expounded on the next one. I took my first Signature Cell Healing Level One in Edmonton in May 2006. I've since taken two more Level one's and a Level two. The workshop allowed me to expand my understanding of healing on all four levels, the physical, emotional, mental, and spiritual.

The Signature Cell is housed within the Pineal gland, (located near the center of the brain between the two hemispheres); it is formed when the female egg and the male sperm unite. The Signature Cell begins as one cell, and then it breaks itself into the different cells that make up the body. Every cell in the body is replicated from the Signature Cell, and each cell has a memory of its perfection, which it never forgets.

Signature Cell Healing Level One Osoyoos • May 16-18th Sharon Taphorn

Learn to incorporate these healing techniques into your daily life and/or healing practice, and awaken to your cellular consciousness.

For info Michele Matthews: 250-495-4501.



Sharon will be one of 40 presenters at the Spring Festival of Awareness, April 25-27 at Naramata Centre.

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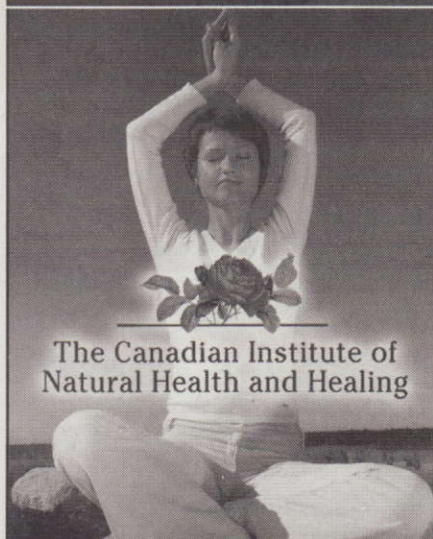


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- The body cannot absorb a vitamin without a mineral, a mineral without a protein and protein without enzymes.
- Toxemia (self-poisoning) is one true cause of disease — 98% of all disease starts in the bowel.
- The body only requires trace amounts of calcium daily. When taken in excess, calcium is not properly absorbed and treated as a toxin by the body. If it is stored in the bone marrow or muscle tissue it leads to osteoporosis, fibromyalgia, muscle cramps and spasms, and if stored between the joints it's called... arthritis.
- Magnesium in an ionic form is highly absorbable and the body will convert magnesium to meet the body's need for calcium.
- Soy is not a miracle food, as researched by the Weston Price Foundation. Soybeans are high in phytic acid which can reduce assimilation of calcium, magnesium, copper, iron and zinc, it also contains substances called goitrogens that depress thyroid function. Soy products have been found to contain high levels of aluminum due to the processing methods and chemicals used. Fragile proteins are also denatured during high temperature processing to make soy protein isolate and textured vegetable protein. Free glutamic acid or MSG, a potent neurotoxin, is formed during soy food processing and additional amounts are added to many soy foods. Vitamin B12 analogs in soy are not absorbed and actually increase the body's requirement for B12. If you want more details go to www.WestonAPrice.org
- Typical protein powders on the market are comprised mostly of whey or soy and are said to be highly non-absorbable forms of protein. Long term use is reported to cause serious liver and kidney damage. Raw plant protein feeds the body best.
- Taking too many synergistically incompatible supplements and/or working with too many different symptoms at the same time can squash your best attempts and compromise healing while you are trying to reclaim your health.
- Cold-expeller pressed organic hemp seed oil is the perfect source of Omega 3, 6 & 9 essential fatty acids in perfectly balanced ratios and is safe for long term use, whereas flax seed oil taken long-term can actually lead to dry skin because of the imbalances in the essential fatty acids.
- Ascorbic acid, typically labeled as Vitamin C is not the complete profile of Vitamin C. A complete package Vitamin C, as found in nature, is composed of naturally occurring bioflavonoids, electrolytes, tyrosinase, zinc, potassium, K, P & J factors.
- Finally and of most importance, there are only two things that do the 'work' in the body, and they are enzymes and friendly flora (probiotics). So, if you want your body to 'work' effectively, be sure to supplement with these daily! For people with life-threatening diseases, there is usually a lot of clean-up work that your body has to do, so the more of these 'workers' you put in, the better... it's that simple!

With over a hundred trillion cells in our body, taking a holistic health or whole body approach is our best investment. Ensure that the supplements you take feed the 'whole' body. The world's leading researchers are stressing the importance of maintaining a healthy environment for our cells, as the health of our body is largely tied to the health of our cells — and not our DNA! The DNA is merely a blueprint. It does not build nor does it destroy. We do not catch disease, but rather, we create disease through the way we eat, drink, think and live. Remember, health is NOT a matter of CHANCE, but rather, HEALTH IS A MATTER OF CHOICE!

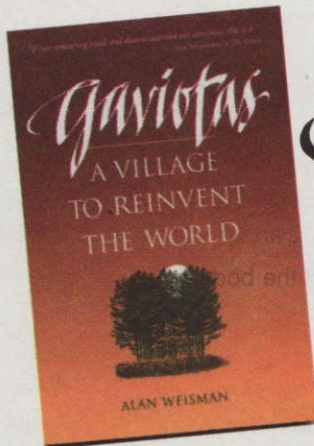
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Book Review

Richard Ortega



Gaviotas

A VILLAGE TO REINVENT THE WORLD

written by Alan Weisman
Chelsea Green Publishing

www.chelseagreen.com

ISBN 978-1-890-13226

In 1971 a visionary named Paulo Lugari started a experimental project, called *Graviotas* in the barren grasslands of Columbia. This is a story about a small group of people that has succeeded in improving the quality of life for people of Columbia and others around the planet. For decades they have been developing simple village level technology for both urban and rural applications. These include inexpensive and easy to maintain pumps, windmills, micro-hydro and a variety of other alternative energy projects. They also started the process of re-establishing the rain forest on the barren grasslands.

Even more to their credit, this little group of people have managed to work with the homeless street children in the cities improving the quality of their lives. and due to this caring energy, they were recognized as being neutral by the warring factions of the army, the various guerrilla groups and the para-military and the village was kept out of all the conflict that was happening around them.

In these days of increasing confrontation around the world I found this book to be up-lifting, inspiring and refreshing. Technology that will benefit the planet is being applied in one of the most brutal environments imaginable by a group of visionaries and technicians. This success story deserves recognition as it offers hope for the developing world.

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B.A.L.A.N.C.E.

...nature's way
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Susan Manion MacDonald
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Joseph Seller is a one-to-one life coach, leading people through an observation that personal clarity, self-confidence, resolve and successful action are connected, in order to show them their own natural edge. This book comes with a code providing you with free access to a web-based workbook so that you may continue to research and work your way along your path. What is the natural edge? It is "the place in each of us where we achieve the 'flow' of the Olympic athlete - 'I am doing what I am supposed to be doing and it is just natural for me. I am 'in the zone'." As the author states, the book is to be experienced, not merely read, and you are encouraged to take your time, pause, consider, and 'be with' the questions. Taking your time is important and you are encouraged to ponder the questions, find the answers, and continue the work at your own pace, not rushing to finish the book, and the work, simply to get through it. You are encouraged to observe yourself, find and understand your values, discover your own natural edge, as well as use tools such as meditation, visualization, affirming and journaling. As the author points out, growth is an act of nature, and he provides his life-long skills here to aid you in that growth.

Apart from balance itself being an important foundation for life, the letters in Susan Manion MacDonald's title stand for Body, Alkalinity and pH, the Lymphatic system, Additives and more, Nutrition, Coping skills, and Exercise. There are chapters on each, providing you with extensive (sometimes fascinating, sometimes alarming) information. You will find ideas for healthy eating along with juice recipes, a good resource section, information on amalgam fillings, bottled water, and so much more. What sets this book apart is that the author was told in 2002 that she had terminal cancer. You may at times hear someone say that their illness turned out to be a gift, and Susan states that she ultimately came to accept her illness as such. She set out to research the disease, using her instincts and intuition as much as her other abilities, and produced this book as a gift to others. Gifts such as this have a way of finding a path of their own - someone who knows the author was on holiday from Nova Scotia, called in to my office in Penticton and in the course of our conversation she told me about the book, whereupon I promptly obtained a copy from the publisher. Susan states, "Each person we meet along the road of life is there for a reason. It is our responsibility to determine those reasons and to complete the journey with the required knowledge and fortitude." How's she doing? In 2006 Susan became a certified naturotherapist, the cancer is gone, and finds herself to be truly healthy for the first time in her adult life. I would recommend this excellent book to anyone, well or unwell, practitioner or patient - it's a great resource and a great story.



Beyond the Secret

The definitive
authorized guide
to *The Secret*

Alexandra Bruce

The Disinformation
Company Limited

ISBN

978-1932857-93-1

Faithful readers of this page (bless you!) will have no doubt noticed that I didn't review *The Secret* - it exploded in popularity and it seemed to me more important to devote space to a worthy book which may not otherwise have attracted your attention. *The Secret* seemed to be everywhere, in book or DVD form, and only after the initial furor died down did people begin to question the excitement. It reminded me of the advent of the Beatles, where it was hard to find someone who hadn't heard of them, or Monica Lewinsky, where many were caught up in the hype, and then found that there was an emptiness in the aftermath, with not much substance to retain their ongoing interest....much like Monica..... *The Secret* did bring the Law of Attraction to the attention of a lot of people who had not otherwise known about it, yet, as Alexandra Bruce points out, it did so with relentless materialism, and there is the big question as to what wealth coaches have to do with spirituality. *The Secret* was inspired by Wallace D.

Wattles, book, *The Science of Getting Rich* - the complete text of which you will find included in *Beyond the Secret*, and Alexandra Bruce describes it as an extraordinary book, with virtually no hard financial or business advice, certainly not a get-rich-quick book at all. Alexander Bruce admits having "eagerly unleashed" criticism upon *The Secret* because of how "confronting and threatening the teachings of this film can be to our self-image and to our feelings about the choices we have made in our lives. People will sabotage *The Secret's* message, it's messengers (and themselves) until they are at peace with the knowledge that it is a matter of their own personal choice." Apparently about 10% of self-help books are damaging and *The Secret* has been included in that 10%. The essential message is that not every self-help book indeed helps, and we need to call upon our own intelligence and discernment to use the messages therein to help ourselves access self-empowerment, and integrate the practice of gratitude, clarity of purpose and maintenance of a positive outlook to transform our lives.



Angèle

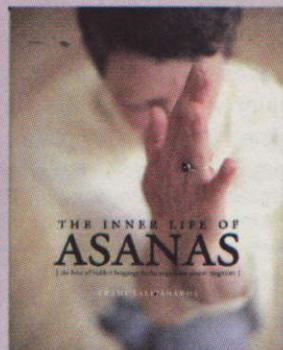
Book Reviews

THE INNER LIFE OF ASANAS

[the best of hidden language
hatha yoga from ascent magazine]

written by Swami Lalitananda
Courtesy of Timeless Books

ISBN 978-1-932018-19-6



It does not seem like it has been eight years since *ascent magazine* started being published? Swami Lalitanda, has an ongoing column that is featured in the magazine which is now synthesized into this book. Featuring her honest and engaging reflections, philosophy and wisdom that arises when a soul dedicates their life to spirit and selfless service, it is a joy to get to know her through her reflections. She believes that each yoga pose is a catalyst for contemplation and each time you do it, your understanding deepens and widens your perspective. By discovering your own secrets and knowing how we make choices we get to take more responsibility for our lives and as we do we gain access to wisdom that is accessible only inside of ourselves.

The poses are not about performing physically but on expanding our minds so we step outside the habitual ways of ignoring the body or driving it without compassion. As we learn to listen to the body we find places where we hold tension and we learn ways to release it and discover the renewing energy that happens when we do. Are you ready for your next step into the light of awareness? Then check out www.yasodhara.com

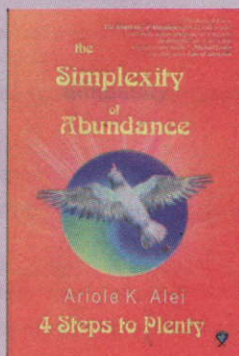
the Simplicity of Abundance

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Ariole K. Alei

www.HeartSongSolutions.ca

ISBN 978-1-4304-2902-2



As the title indicated life should be simple so why do we make it so complex? This book may help you to understand some of the reasons.

Step 1... Do you know what you want in life? If not she has an exercise that has you writing in three columns... What I don't want, what I do want, and details of what I want.. Sounds easy... give it a try!

Step 2... Focus your attention on them!
She offers some exercises to give you insights.

Step 3 ... Be aware of how you feel.
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A simple book with lots of ideas. She also offers tela-classes. Details on their website.

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Tapping In

A Step-by-Step Guide to Activating Your Healing
Resources Through Bilateral Stimulation

written by Laurel Parnell, Ph.D.
Courtesy of Sounds True

ISBN 978-1-59179-788-3



The front cover claims this book will help you to
Reduce Anxiety, Sleep Better and Overcome
Trauma and I believe that is possible if you are

ready to accept Laurel's guidance and try it for yourself... Laurel is a psychologist who trained thousands in the EMDR technique or Eye Movement Desensitization and Reprocessing. This technique was originally developed to help Vietnam soldiers cope with the horrors of wars and reoccurring nightmares. Combining EMDR with 'resource tapping' techniques strengthens and integrates our internal resources so they are available when we need them. Laurel is a long time Buddhist practitioner who has spent time with Lama Yeshe, Jack Kornfield, Jack Klein and Joseph Goldstein. She says they helped her unfold spiritually and claims that *Resource Tapping* echoes the spiritual technology of Tibetan and other meditative traditions that harness the power of the resources within us so we may accomplish our goals.

She has six basic principles that form the foundation of her work and says that once you experience them for yourself your creativity will expand and healing will happen. Principle #1 - Essentially we are whole. #2 - We each have the potential to realize it. #3 - Within us are positive resources. #4 - When we become unhappy we can't access our wholeness and become out of balance. #5 - Tapping can restore this balance. #6 - Imagination and visualization are powerful allies to heal psychological and physical problems.

She gives the reader many working example of how this art can be applied to situations that will boost your energy, help you develop a gratitude practice so your spirits are lifted when you go through the more difficult times, essentially overcoming trauma, past or present.

Colony Collapse Disorder

by Michelle Hancock,
HANS staff writer

The bumble bees hated me, or so I thought in the early days of volunteering on an organic farm. They dive bombed me when I worked the potato patch next to their hive on the Saanich, BC, property—always buzzing around my head to test whether I was a threat. These days, there's a new threat to our bumble bees that they may not be able to protect themselves against as effectively.

Colony Collapse Disorder (CCD), otherwise known as the missing bee phenomenon, has affected several countries to date, most notably the US, and has put bee researchers on alert. In an affected colony, although there can be plenty of food stores, the adult bees seem to disappear, leaving behind a few young ones and sometimes a queen.

The Canadian Association of Professional Apiculturalists said that Canada suffered bee losses of almost double the norm, at 29 percent, in 2006. Experts say, however, that what we have so far experienced isn't confirmed as CCD but is partly the result of a steadily decline over the past 20 years. In particular, parasitic mites did a number on the honeybee population in the 1980s and 1990s.

What's a few less bees, one might ask? Actually, a lot. They're workhorses, accounting for the pollination of one in three bites of food. According to the Canadian Honey Council, they're worth \$1 billion to Canada's horticulture industry. Without honeybees and other natural pollinators, who would play their essential role in supplying our daily bread?

This question is on the minds of the US Working Group on CCD, which has been researching the issue for the past couple of years. The general consensus is that nature's pollinators are influenced by a variety of stressors that are making them increasingly vulnerable to mites, fungi, viruses and bee diseases. Modern agricultural and beekeeping practices are often far from the family farm methods of old. Due to the practice of monoculture agriculture, bees must travel farther than ever to achieve a nutritionally diverse diet that supports their immunity.

Pesticides and other agrochemicals are another issue, as bees are exposed to them as part of their food supply, not to mention during their daily lives of flight. In industrial beekeeping, hives are trucked long distances, which can overstress the bees and push them to fatigue.

Genetically modified (GM) crops are an ongoing concern, as a three-year field study in Britain found that GM crops combined with strong agrochemicals harmed bees, butterflies and birds. The effects of electromagnetic radiation should also be considered as a factor according to wireless technology expert George Carlo, PhD. While the US Working Group on CCD continues their work, so do beekeepers who are keeping a watchful eye on their hives.

Gus Axen of Arila Apiary in Coquitlam, BC, is one of them. Arila Apiary's 180 hives on a blueberry farms have suffered up to 35 percent bee loss, which Axen says was unusual until very recently. "Am I concerned that we'll lose the honey bee?" he says. "No, I'm not. But I'm concerned that this industry

can't stay alive the way it's set up right now. It's a lot of work." It is a lot of work—for beekeepers and the bees, too. Considering that many contributing factors being considered are man-made, perhaps it's time to question how healthy and sustainable our conventional growing systems are. Is Colony Collapse Disorder a warning sign, a symptom of agricultural collapse disorder?

Although the bees on that organic farm never failed to test my patience, we eventually made peace. My memories of that summer wouldn't be the same without them. Nor would, I imagine, what's on my plate.

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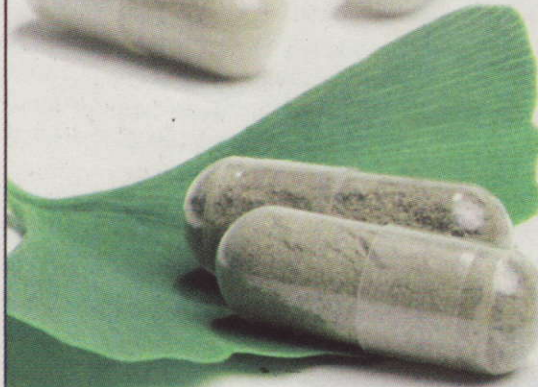
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Facial Massage

A Chinese Medicine Perspective

by Harold Siebert

The development of facial massage is a centuries old process, dating back to the Han Dynasties (221 BC - 264 AD) when a system of schooling in Traditional Chinese Medicine was established. A little later, Ge Hong, a great Daoist practitioner of the healing arts, developed unique formulas of herbal masks to rejuvenate and treat aesthetic problems.

Perhaps the most important medical discovery from ancient China is the concept and manipulations of Qi (energy - pronounced Chi). Qi is the core of Chinese medicine. It is considered the basis of medicine as well as the basis of life itself. The face is one of the primary parts of the body used for diagnosis. In this way, facial problems can reveal particular Qi imbalances. These imbalances can be linked to three factors - genetic factors, outside factors eg. extremes of heat or cold, dryness, diet and internal factors eg. psychological or emotional.

Traditional Chinese Medicine views organs as integrated systems that disperse the Qi they generate via channel or meridian flow. In this way, even distant organs play an important part in facial beauty. Various massage techniques such as kneading, vibration and pressure can stimulate acupoints on the meridians of the face, addressing any of the factors contributing to Qi imbalance, restoring harmony and rejuvenating the face.

Over-stimulating the face can have negative results so most treatments are about 45 - 75 minutes. Frequency is also important and is chosen as a result of what client and therapist are trying to achieve. Short facials on a regular basis often prove more beneficial than a longer one once a month.

The development of facial rejuvenation has drawn upon the cumulative experience and wisdom of many great practitioners. Today's practitioner acknowledges this foundation and utilizes the vast knowledge to continue to offer the beauty of this craft.

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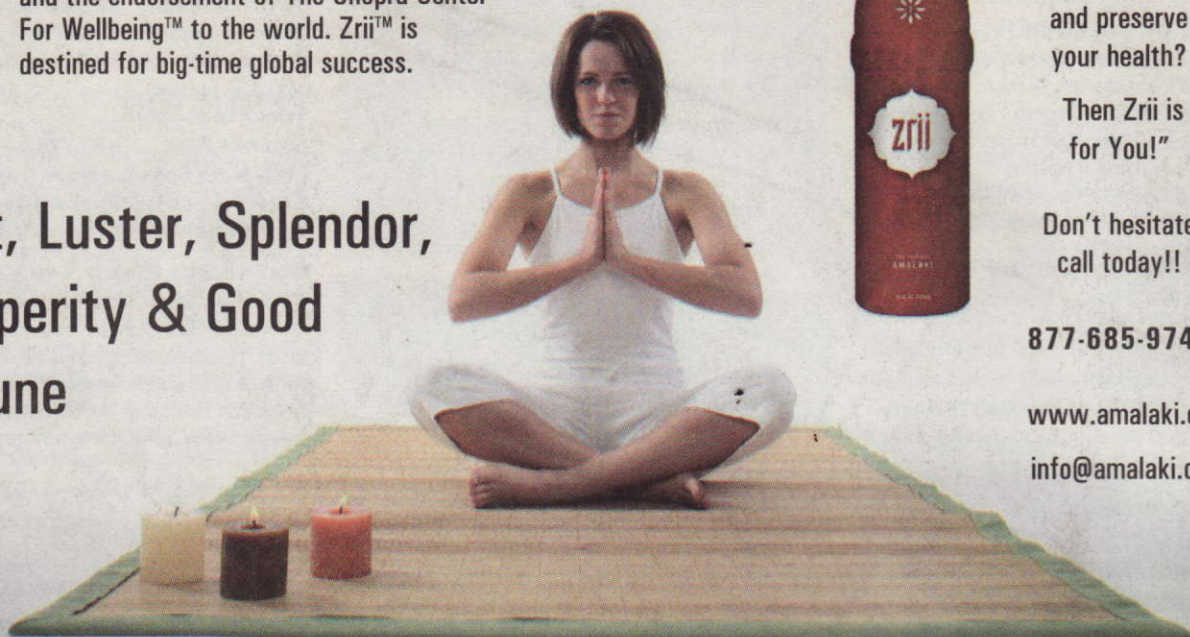
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May

- 2 - 9 Organic Gardening
- 9 - 16 Building Sacred Space
- 16 - 19 Opening The Season
- 19 - 29 Cabin Building
- 23-25 Nonviolent Communication
- 31-June 5 Meditation Retreat

June

- 6 - 8 Reiki Gathering
- 13 - 17 The Majesty of Water
- 13 - 17 Shamanic Healing
- 20 - 22 Solstice Ceremony & JLRC 10th Anniversary
- 27 - 29 Couples' Renewal
- 30 - July 2 Tantra
- 27 - 29 Alternative Energy #1 & 27 - July 3

July

- 4 - 9 Family Festival
- 11 - 23 12 day Buddhist Retreat
- 25 - 30 Dorothy Maclean

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- 1 - 6 Tai Chi Summer Camp
- 7 - 13 Zen Writing Practice
- 7 - 15 Enlightenment Intensive
- 16 - 19 Women of Spirit Festival
- 22 - 24 Intimate Relationship
- 25 - 27 Sacred Sex
- 22 - 24 Alternative Energy #2 & 22 - 28
- 29 - 31 Couples Compassionate Communication

September

- 5 - 11 Fulfillment
- 5 - 7 Embodying Eden
- 11 - 18 Intuitive Painting
- 12 - 14 Sacred Circle Dance
- 19 - 21 Hakomi Workshop
- 26 - 28 Meeting Ourselves
- 26 - 28 Alternative Energy #3 & 26 - Oct 2

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