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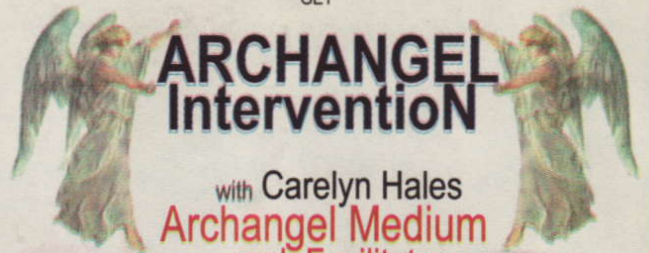
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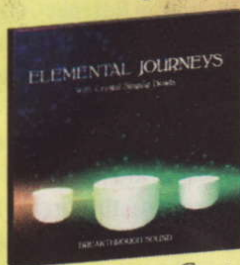
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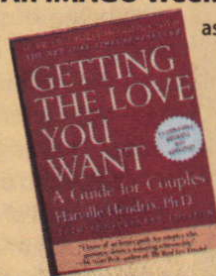
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Musing

with *Angele*, the publisher



Abundance is a feeling that has been in my awareness for some time now. Sometimes I feel there is too much abundance, too many choices in my life ... and, of course, too many things that need doing. I am grateful for my skills and the ability to stick with things. This edition of *Issues* is published with a new publishing program called InDesign, on a new computer with a mouse that has three buttons, and with a deadline that is earlier than normal. I am grateful the "Women of Spirit" event was cancelled so I have the extra time to get *Issues* to print and next year we will plan with my new schedule in mind.

I did set time aside to learn the new program but it took longer transferring files than expected. Then it was time for my family reunion and once I got back I did a bit more learning, but soon it was time to cook for lots of people and get the Retreat Center ready for their arrival. So once again, I am learning as I go ... Luckily, it is relatively easy as most short-cuts are similar and it is just a few oddities that keep slowing me down. I can see the advantages to this new and improved program.

Over the many years, I have also learned that the universe is way more intelligent than I ... and even though I sometimes react in the moment, very quickly I re-focus on my breath and think about the bright side of whatever happened, trusting in divine guidance. We indeed did get the right amount of help for all the cooking, gardening and getting the place ready and... *Issues* got to print in time.

Thirty-five years ago when I was raising young ones, my husband came home and announced he had quit his job. I remember my body stiffening as I asked how we were going to buy groceries and pay the mortgage. He reassured me there were lots of jobs to be had. One year, he had six different jobs, and several times I had to tell myself, "I have never gone hungry or without shelter and I am NOT about to start worrying." That belief system, which I adopted early in life, is now deeply embedded.

Being in the "now" is good. Trusting the universal flow and learning to listen to my breath via many years of yoga, bodywork and breathing exercises has helped me enjoy being busy and not be stressed. I enjoy most challenges and I get to practice staying centred in that busyness even if I don't have a plan, for I trust I will have one when the moment arrives. A part of me prefers working in the garden, but since I enjoy the benefits of networking and organizing festivals, here I sit typing my next edition, knowing that all will be well and look better than ever.

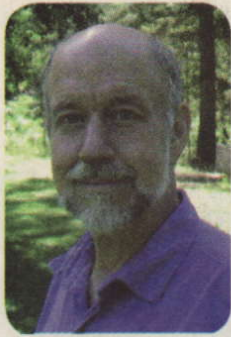
The photo on the front cover was taken with some veggies in our garden that I am ever so proud of. It has been three years since I took over responsibility for the garden, which at the time was overrun with grass. I think part of the reason the broccoli grew so large was that it was an old heritage variety, plus we added organic W.O.W. worm castings and RainGrow fertilizer as well as our own homemade compost. I am ever so grateful to the many kind souls who have volunteered to dig, plant and weed so we could have an abundant crop of organic food to serve our guests this summer.

While I was distributing the last edition of *Issues*, people asked me questions about the image of Kuan Yin, goddess of compassion, that appeared in the section about the Wise Women Festival. I forget that not everyone knows her name. Combining my love of rainbows with her presence amplifies the abundant energy that we create with our intentions. So far, Marion has had fun taking registrations and Christina is looking for a few more healers and readers. If you are interested in the event, which takes place September 19-21, please either find last month's edition or go to our website.

I feel blessed that many women have stepped forward to make the festival happen. I already feel the excitement building for I know the magic that happens as we evolve conscientiously in our already abundant world.



Angele



STEPS along the Path

by Richard of the
Johnson's Landing Retreat Center

Home of Issues Magazine

Early in August a member of our family and close companion of mine died at the Retreat Center. Angèle held him in her arms as he took his very last breath. For the next week just the very mention of his name or seeing something that reminded me of him would bring tears to my eyes and make my heart heavy with the sorrow of no longer having him in my life.

So what is it about the death thing? My parents died, all sorts of people I know have died and this process will continue to happen until my turn comes. Is it an attachment thing? Somehow I think it is even deeper than that.

Thirty years ago I was taking ambulance training and a group of us were in the ambulance when a call came in to go to a certain address and pick up a dead body. We went to the house and picked up a woman who was lying on the kitchen floor where she had died. At the time it just seemed like a solemn and respectful happening. Later that evening I was with my girlfriend, who was a nurse, and I broke down in tears, swept by some strong emotions. I did not know the dead woman personally but it was my first experience of being near death and it shook me to the core. Even though there was no emotional attachment to the person, the experience deeply affected me. Being close to death brings the magic and preciousness of being alive to the forefront. That is probably why I am a vegetarian, I try to respect the life force in all sentient beings. I remember reading a statement in one of J.R.R. Tolkien books where he said something to the effect of: I have not the power to give life, therefore I have not the right to take it away.

So here I am grieving the loss of my dear companion. He was the Guru at the Retreat Center, loved by everyone and teaching us unconditional love. He was the best man at Angèle's and my wedding, looking rather dapper in his tuxedo. His official name was 'Swami Bootsie Ananda', most of us just called him Bootsie. Yes, that is right, he was a cat and he choose his time to die. About three years ago he started to lose weight and four days before he died he stopped drinking water.

As I continue to read *A Short History of the World*, written in 1933 by H. G. Wells, it gives me a sense of the flow of life and death. As the historical figures and events of our world move in a continuing cycle, the fabric of our current existence unfolds. It is becoming apparent to me that my behaviours and actions affect generations that follow, since I am the only person I can change, I have the ability to change the flow of life for generations to come.

So one small cat giving his affection to the humans he came in contact with, for the past 16 years, has left his own print on the fabric of life. I felt honoured to be with him in his last moments on this plane of existence. Due to my deep and



loving connection with him he certainly held a place in my heart that was at least equal to any human I have ever known. May I lead by his example and may I die by his example. One step at a time ...until the dance of life is over.

Namaste

Richard

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Brock Tully's journey



In 1970, I was at UBC in Vancouver, playing Varsity Football, and in a fraternity and I was drinking a lot and dabbling in drugs! I appeared happy on the outside, but inside I was suffering from depression and had frequent thoughts of 'taking my life.' Instead, I jumped on my 10-speed bicycle and travelled all over Canada, the U.S. (over 30 States), and Mexico - 10,000 miles. At first, I thought it was about being the first person to ride across North America, but I soon discovered that it was really a 12 inch journey back to my heart from my head!

I started writing from my heart as I was 'actively meditating' while riding my bicycle! Out of it came my five 'Reflections' books of inspirational thoughts.

As I was remembering my heart, I was becoming excited about 'living' again, and I was seeing life through my inner-child's eyes (my heart) again!

I worked for many years with people in crisis - I saw my job there as a guide empowering people to move from their head (where all our fears, paranoias, judgments are) back to our heart where we are connected as 'one' with others.

I went from there to doing more preventative work and focusing more on the cause of all our challenges. I saw kindness as a profound and simple solution to our challenges.

I co-founded *KindActs Non Profit* (www.kindacts.net) and we have an amazing program in schools called 'Coin-spiracy' which is now in over 45 countries!

I was seeing that I could now 'give with my life' and thoughts of 'taking my life' were fading away.

In 2000, with an incredible support Team, I rode 18,000 km around the U.S. (33 States) and Canada (7 Provinces) on a



journey called 'Cycling for Kindness.' Many, many hearts were touched and inspired and the ripple effect of kindness, I believe, is being felt all over the world.

Each year I organize the very well attended and inspiring *World Kindness Concert* (www.worldkindnessconcert.com) in Vancouver where extremely talented and heart-centered singers and performers give freely of their time to raise awareness and funds for our programs in schools.

Now, friends and others are thinking that I've totally flipped out as I've decided to leave my very exciting, fulfilling and comfortable life in Vancouver, and venture off on a solo, 9 month, 18,000 km bicycle journey throughout southern B.C. and the Western U.S. zigzagging from community to community with a letter from the Mayor of Vancouver, challenging other towns and cities to be kind. The journey is called "*Kindness - Cycle it Forward...connecting communities one kind act at a time.*" I will be hauling a HUGE trailer full of books, kindness bracelets, and raising awareness for the importance of kindness (to stop the bullying, abuse, and violence) and I will be focusing, again, on the solution. I will be speaking at school assemblies and hoping to reach young people who have lost touch like I have and still do....to see the importance of focusing on the joy of the journey rather than the illusion of something 'out there' making us happy.

We have an AMAZING Home Team for which I am sooooo grateful! It is important for me to be clear that people know that I falter a lot and that we are on this journey together. I'm often referred to as the 'Kindness Guy' which always makes me very uncomfortable as I'm not always kind. If you take a wheel of a bicycle, the centre of the bicycle is the hub, or 'the heart' or the oneness of all of us Human Beings - I am simply one of the many, many spokes of the wheel. I now see myself as the 'Spokes' person for kindness and this 'wheely' excites me!!

I invite you to join our team and follow the journey by blogging on at www.cycleitforward.org - the road may get a little bumpy at times, but I feel it's important when we feel overwhelmed and wonder what we can do, or how can we can make a difference, that it is simply by us being the change we want to see in the world. As the Dalai Lama says "My religion is simple, my religion is kindness." While training on my bicycle yesterday, two wonderful new thoughts came through me.....

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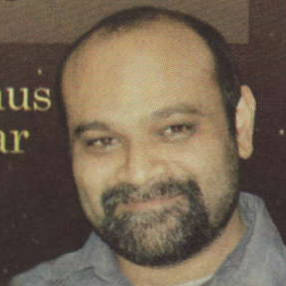
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My Love Education

by Bobby O'Neal

My wife, Nanci, and I celebrated our 20th wedding anniversary this year. Wow, we made it. The time seems to have flown by. It has been quite an education for me and I have learned a lot about love during the last twenty years. I remember standing at the altar and saying "I Do". I had no idea how important those two little words would be in our relationship. Our long-winded vows served as the verbal contract of devotion and commitment, but the "I Do" was the true seal of love.

My mother always told me that marriage was like a garden where you reap what you sow. She said that love was the best fertilizer to help grow a beautiful relationship. She also said that love was necessary to remove any unwanted weeds. From my perspective, our twenty years of marriage has not always been a bed of roses. Like most couples, we had some common weeds that we needed to pull together. Those same weeds would reappear every once in a while as a reminder that we had to get to the root of the issues. We worked together to grow our love and fortunately our relationship continues to blossom.

There were times when we drifted apart as my spiritual path was more adventurous, and at times I would venture off in a direction that made Nanci feel uncomfortable. She was always patient and I knew she was never too far away. A fire walking experience proved to be a real test of faith for our relationship. I encouraged her to join me and as we strolled across the hot coals holding hands, she whispered, "If my new dress gets any burn marks, you will be sewing me a new one".

Over the years we have witnessed so many relationship breakdowns with our family and friends and we often wondered why we were so lucky. Perhaps we were stubborn or afraid of change, or maybe we had a secret ingredient for a successful relationship, like trusting and respecting each other, knowing our times apart were opportunities for individual growth.

I feel our twenty year marriage has prepared us for the next decade as we intend to be together. I have learned there are no guarantees, only intentions and dreams to follow. The lessons I have learned about love have made me a better person, a more caring husband and a more loving father. It has been the best education that I could have ever hoped for.

There was a dark time in our marriage when we both felt that it was doomed. It was at a time when our lifestyles were in high gear and there never seemed to be enough time for each other. We were both working, raising a family, and much too busy to notice that we were growing apart. It was during this time that I was inspired during a meditation to create a Love Game. If everything happens for a reason, then I guess this relationship game was meant to bring us back together and help other couples from drifting too far apart. We look back and chuckle at how the outcome could have been different. My adventurous spiritual journey was a blessing for our marriage and I never did have to sew a new dress for Nanci.

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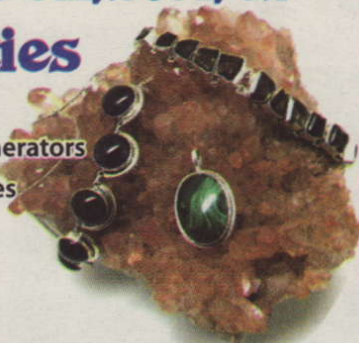
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Rocket Fuel for Transformation

by Ariole K. Alei

There are two primary rules of how humans deal with anger. We either turn it in or we throw it out. Both of these options are destructive. Yet there is another choice, there is a new way to relate to anger and here are three alternative scenarios of how you might interact with an aggressor. First, imagine a person is pushing against you and you push back. This takes a tremendous amount of energy and never directly resolves anything. This example is rampant around the world and is called 'Fighting.' Second, imagine that a person is pushing against you and you allow them to flatten you. This is called codependence, you absorbing their force so that they never need to be aware of their inappropriate and abusive behavior. This costs you – and them – enormously, and it never directly resolves anything. This is the second most common reaction we see rampant around the world. 'Passivity'. Third, imagine this same person pushes against you and you step aside. What happens to their force? It accelerates through space – meaning that by the time they hit the pavement, what began as their relatively mild exertion has become much more damaging and they feel the effect of it directly. It is up to them to deal with their anger. You could support them to heal and face their inappropriate behavior simply by stepping into the witness / observer place.

Change – true change – is effected not by interacting but rather by holding space for something new to happen. It is simply the act of breaking a pattern through nothing more than not engaging in the habitual ways that we have done before. By yielding, we allow something new – something far more healthy and empowering – to occur. We replace the dysfunction with something full of integrity and true power. Until we humans step into this third option, explore it and fully align with it, we will continue to have wars (domestic and between nations), suicide, famine, homelessness, fear, paranoia and all sorts of other forms of suffering. Why? Because we're not standing in our true power.

If this subject interests or inspires you ... I have written a book titled *The Power Of Anger – Blasting Through Your Limitations* and have Tele Classes via my website... www.ArioleAlei.com

*Ariole will be at the Wise Women Festival
as will Brenda Molloy from Studio Chi,
Her ad is the left.*

*It happens at Naramata Centre, BC
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details at ..www.issuesmagazine.net



We are ALL Healers !

by Ani McDowell

Where does the journey really start? Are we born with it? Or does something trigger the awakening? When I was in my mid twenties I read a book called *Life After Life* by Raymond A. Moody. This book gripped me and turned my mind to other related thoughts like, we exist beyond the body. This was such a profound thought back in the 1970's, but today it is a common idea. Reading that book brought me face to face with spirituality. Little did I know that I was going to lean heavily on its support in the near future.

In August of 1986 my daughter contracted meningitis and almost died. She was all of a year and half old. Have you ever looked at your child and knew you couldn't help them!! Have you ever felt useless, knowing you can't take the pain away, knowing you can't kiss it better? Helpless is an understatement. This disease, because it affects the brain, can leave the patient with many handicaps and Dee was no exception. Being like a stroke victim, her right hand was affected, she couldn't move the last three fingers of the hand. Her hearing on her left side was diminished and at age seven she developed epilepsy. Adding insult to injury she also had learning disabilities.

I started searching for answers that made sense to me. When you don't see yourself as a healer where do you go to get help? I started with a lot of reading. During that time the word 'Quantum' kept appearing and standing out in my mind. It appeared... like a carrot dangling in front of my nose and I knew it was a path I had to follow. The first 'quantum' path led me to a channelled entity called 'Ramtha.' It was there that I really opened up spiritually and connected within myself. I started to see magnificent colours and energy rising from the ground.

The second path led me to *Quantum Touch*, a powerful hands-on healing modality. I don't think I would have taken the workshop if it hadn't been for that word 'quantum' because I still did not consider myself a HEALER. You should have seen me on that first day at the workshop. The instructor was talking about feeling energy in your hands, etc. I was really out of my element because I didn't feel anything so I put out a prayer. I said "Please God let me feel the energy in my hands today." The next day I started feeling little pin pricks in my hands.

For the next three years I practiced and practiced. I'm sure people thought I was nuts because I would volunteer to help complete strangers. One such stranger became my best friend after I overheard her talking to some one about her sick dog and I said "I can help!" Later I worked on a miniature horse which was on its last leg. After two treatments the animal was running in the field. Last March I worked on my daughter's back after she was in a car accident. Because I was at the accident site I was able to give her treatment right away. Every day she improved. One night I was sending energy into her back and she started complaining that my one hand was ice cold. I then put that hand to her face and let her feel the heat. This intelligent energy knew she needed cold and provided it. WOW!!

I took three more workshops, plus an advanced class, within a three year period which then qualified me as a Quantum Touch instructor and it is with great joy that I tell as many people as will listen to me that EVERYONE CAN BE A HEALER. If I can do it, so can you.

Ani and her partner are offering workshops in BC & AB
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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 changes are to last.

An Important First Step

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

- Sharon T., Writer, Kelowna

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should take and I have the courage to follow through."
- Christina F., Psychologist - (phone client) Toronto

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- Laara

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ARE WE HAVING FUN YET?

by Laara Bracken

The dictionary defines fun as "Fun: (n): A pleasant diversion or amusement without seriousness; highly enjoyable recreation". This seems innocuous enough, but it also suggests fun is separate from our day to day living, something we set aside time to do. Most people want more fun in their lives. What are the reasons we don't have it, and how can we have more?

When we are little we hear: "sit still, be quiet, stop fidgeting, don't run, be careful, you might hurt yourself, don't do that, you will hurt yourself". Our ideas are "silly" and our reality "just your imagination". "Good" children are the ones who sit and play quietly. In school they sit still and are serious. Together with so many other messages and expectations, the general message is "You can only have fun when the work is done." The idea of work being fun is incomprehensible to many.

This programming becomes subconscious and carries on into our adult lives, reinforced by social beliefs and expectations. As adults we are expected to be careful, serious, responsible and work hard. The subtle messages are: "Life is serious, work is hard and responsibilities are heavy". Laughing, carefree people are viewed with suspicion, as being immature or irresponsible. Not many are given positions of authority.

The word fun itself has come to mean something less than moral, as in "she is a fun girl." "Do you want to have some fun?" The axiom "idle hands are the devil's workshop" and others like it are taken to be the truth.

So our natural spontaneity, imagination, laughter, curiosity, creativity, sense of adventure and freedom are gradually suppressed. Artificial stimulants, administered in safe surroundings, are needed to bring them to the surface. People are becoming impatient with the old rules and expectations. "Is this all there is?" they wonder. They are worried about making fools of themselves, or losing respect in other people's eyes.

Through the past 23 years of facilitating change in people, I've discovered that this programming and the resulting negative beliefs, feelings, and inhibitions attached to them often become deeply imbedded "core beliefs". They usually don't change in response to will power, logic, affirmations, creative visualization, knowing the benefits of change, and/or encouragement from others, except for a limited time. When asking gentle non leading questions of an "inner child", he/she usually tells me they don't want to grow up because "Grownups don't have any fun." "Grownups work hard." "Grownups worry a lot."

What core beliefs are holding you back? What would happen if they were gone, if you could create a blueprint for change that included reclaiming all your suppressed spontaneity, creativity, imagination, curiosity, sense of adventure, joy and freedom, while at the same time remaining a responsible and respected adult? What if in response to gentle non leading questions, you could transform no longer helpful core beliefs, emotions and behaviour in your conscious and subconscious, emotional and physical self, down past the layer of your cells?

What would happen if you could use your changes to create a future in line with your blueprint that is "do-able" and tailored to you as a conscious adult? *see ad left & right*



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STOP THE S.P.P.

What is the SPP?

The Security and Prosperity Partnership, or SPP, is a broad plan for continental economic and security integration. Leaders from each country agreed to the SPP, without any public debate, in March 2005.

How does the SPP affect food?

Part of the SPP agenda involves developing common North American standards on how food is produced, how it is inspected, how it is processed and how it is moved from one place to another.

Aren't common standards a good thing?

Common food safety standards developed in the public interest might be a good idea. But the SPP is not about raising food standards. It is about removing "trade irritants" and deregulating the food industries.

How can food standards be "trade irritants"?

A 2006 SPP report identified stricter pesticide residue limits in Canada as a "barrier to trade." So Canada is raising pesticide limits on hundreds of fruits and vegetables in an effort to merge its policies with the United States.

What can I do to stop the SPP?

You can tell your Member of Parliament that the quality of your food is more important than removing "trade irritants" under the Security and Prosperity Partnership! And you can join with the Council of Canadians in demanding an end to the SPP.

For more info about the Council of Canadians, or its campaign against the S.P.P., view our website www.councilofcanadians.org or call us at 1-800-387-7177.



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Profile

Fibromyalgia to Cancer... There Are Solutions

How many people in the 1950's heard of Multiple Sclerosis, Attention Deficit Disorder, Fibromyalgia, Polymyitis, Cystic Fibrosis, Candida Albicans, Alzheimer's, PMS, Aids, Multiple Chemical Sensitivity, Herpes or Autism (to name just a few)? Many of our friends and loved ones are being robbed of their quality of life! Do you think these diseases as simply 'new conditions'? They are expressions of a deteriorated organism (our body), heading towards an even more deteriorated state.

At the beginning of the twentieth century heart disease was virtually non-existent, yet today one million North Americans die from it each year. Hyperactivity was never heard of as recent as 1950, but millions of our children are needlessly suffering from A.D.D. and A.D.H.D. An estimated 61 million North Americans are more than 20% overweight. From 1960 to 1991, there has been 36% increase in obesity (obesity defined as more than 20% overweight). Today 1,150 North Americans will die of cancer. That's in just one day. Statistically, that's over 400,000 deaths this year! It took just 22 years from 1960 to 1982 to double the death rate from cancer. And these numbers will just continue to climb, day by day, year by year.

Looking at the future existence of the human race, consider the fact that one in five North American couples cannot reproduce. The sperm count of the North American male has dropped 42% since 1920. If a drop of 25% occurred in wildlife, we'd add that species to the endangered list, and expect the species to go extinct. Not what most people care to think about, but this is reality.

If someone tells you that people are living better than ever before, you must seriously consider their motivation for taking such a position in light of these facts. Yes, we have bigger houses, but smaller families; more conveniences, but less time; more degrees, but less sense; more knowledge, but less judgment; more experts, but less solutions; and ultimately, more medicine, but less wellness!

So what is the solution...? Practically every health dilemma is related to our diet. We consume an over-excess of acid-causing foods such as dairy products, meats, cooked and processed foods. An overly acidic body creates sore muscles and diminishing energy levels. This in turn can lead to further illness and disease. A deficiency in nutrients and an overload of toxins is also a serious concern.

There are many delicious alkaline foods we can eat, including vegetables, grains, legumes and fruits. The solution is not about starvation or deprivation, it's about learning a new way to eat and live in harmony with your body and have fantastic health. My motto is "Clean the Body - Feed the Body".

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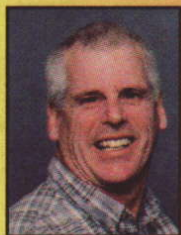
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Harnessing the Breath of the Earth

by Bob Watters

In this world of ever increasing fuel costs, the use of alternative sources of energy are making a comeback. Prior to the introduction of cheap fossil fuels, the landscape was alive with windmills used to grind grain, pump water and generate electricity.

There was a time when all ships were powered by the wind or oars. The first Persian windmills, which were used to grind grain, date from the 10th century. By the 12th century the use of windmills moved into the Eastern Mediterranean with the introduction of the Sail windmill.



By the 17th century, windmills were common and were used for grinding grain or pumping water. By the 19th century wind was used for many purposes including sawing timber and making paper.

The first practical use of windpower to generate electricity was achieved by Fridtjof Nansen in 1894 aboard the exploration ship Fram while exploring the Arctic.

The introduction of radio in the 1920s prompted rural residents to install small wind generators to charge batteries to power the radio. By the late 1930s most of the farms in rural areas used wind to power their electric needs. With the arrival of the REA (Rural Electrification Authority) the wind electric powered farm disappeared. The REA required that the wind generator be removed before they would install power from the grid.

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Data on page 33.*



Presence with Pain The Art of Empathy

by Eric Bowers

When people we are close to are going through challenges in their lives, our natural inclination is to want to support them, to help them through their pain and return to a place of peace and happiness. Before I understood empathy as I understand it now, my response to those I wanted to support was usually to suggest things I thought would make them feel better, or I might have suggested ways they could look at their issue differently and learn from their situation, or I might have shared a similar challenge I had had and how I had felt and what I had done about it. Most times these efforts to support others left them unsatisfied. They may not have expressed this verbally, but it would be clear by their energy and body language. I would be left feeling unsatisfied as well, and puzzled. My attempts to support were coming from genuine caring, and yet I was not getting the sense that I was being of much help at all. Most puzzling and frustrating were the times it seemed that those I wanted to support were feeling worse after my genuine attempts to help.

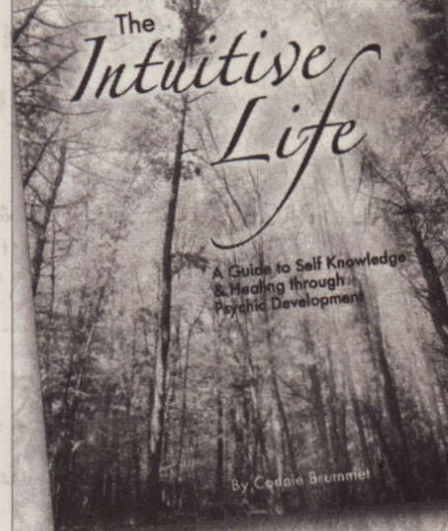
Now I see that I was missing what I experience as the fundamental piece of support for myself or someone else who is in pain. Empathic presence. I was trying to do something for others, trying to fix them instead of just Being with them. Offering strategies and solutions, stories and ideas, is an indirect way of telling someone, "This is how you could be different than you are right now." We want to help and we think that if we explain to someone how they can solve their situation, they will be happier – different than they are in that moment.

When we have strong emotions alive in us we are not able to easily use the part of our brain that analyzes and problem solves because we are using a different part of the brain that deals with emotions. Empathy gives space for someone to be with their emotions, to have acceptance in themselves for their current state, and from this acceptance of what is alive in them, emotions release and pass. Then the body relaxes, the brain returns to balance, and we can look at what we might want to do about our situation. We are in a state to receive and contemplate suggestions or, even better, access our own knowing.

So if someone comes to you wanting support with their challenging situation, I invite you to set an intention to just be present with what is alive in them. Suggest to yourself that there is nothing you need to solve. As you hear about the challenge this person is going through, put your attention on their feelings and needs. Notice what comes alive in you - your impulses to solve, educate, or share your stories, and come back to Being with the experience of the other. With a compassionate focus, follow the unfolding of their feelings and needs. When someone experiences space and presence for their initial feelings and needs, they tend to open up to deeper feelings and needs because the compassionate presence allows them to trust that there is space to continue opening. And what do we say when we are Being with another in their pain? Often, very little. Our presence is such a gift that few words are needed. When there is an intuitive sense that verbal reflection would support the empathic connection, we simply express what we sense the other is feeling and needing, which may sound like, "It sounds like you are feeling some despair because you have a deep need for the well being of the earth." Then we listen to the response and follow where their energy of feelings and needs goes from there. Perhaps it opens to more depth of feelings and needs, or maybe there is a relaxing because together you have come to Being with the essence of what is alive in them. I invite you to sit with them and let that relaxed state integrate. They will ask you for suggestions and insights if they want them; and perhaps you could invite them to first ask themselves.

see ad to far left

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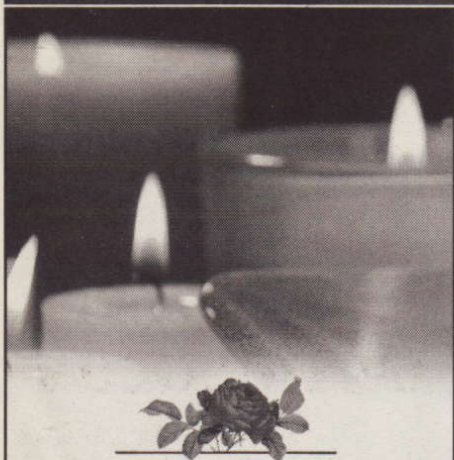
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Joining a Community

by Thomas Millard

I have many times wondered exactly where has capitalism taken us? For me it seems that it is a lot like communism, {it looked like a good idea at the time but those who wanted to control it did a very bad job of doing so.}

After many years of making money and spending money I came to the realization that I was becoming a slave to money and in doing so I became too busy to enjoy life, so I decided to change my thinking. I found that connecting with the land and living in a spiritual way increased my feeling of well-being and I thought more people should know about it. I talked to my good friend Allen, who spent fifty years making money and living in comfort, and even though he is spiritually inclined, he had no desire to return to the land. In fact when I mentioned this idea to Allen his statement to me was "If the big shutdown comes, we will come to your house, Thomas." That got me thinking ...what would happen if our system of distributing food collapses? What would happen to all the people like Allen if they could not move into my house?

In 1989 I had a rare and incredible gift given to me from the 'god within' and I wrote the *Book of the First Oracle*, which my wife, Gehdze (Jitsy) and I live our lives by. I wrote it because of the difficult time I was having believing in a 'punishing god'. I believe the words in the book were given to me because I have the desire to create a place called *Idealia* for people who think like me. People who wish to lead a simpler life and return to the land. The writings taught me to change my desire of 'self-is-ness' so that I now give more freely to others and I feel I receive back tenfold what I give out.

I also believe that egalitarianism is a must in any society. If we do not find all people within the community equal, then it is not possible to work as a group. For example a doctor is equal to the gardener who is equal to the cook who is equal to the dishwasher, etc. In the community that my wife and I are creating, called *Idealia*, we intend to use our minds and backs to create a self-sustainable community with all the knowledge that the 'god within' has given to us. Our first project was to buy the land and build a shop so we would have a place to work from. Next we will build a cord wood home and then we will build another for those wishing to join us. Our micro hydro is in the starting stages and wind power is still a strong thought.

My book has strong rules regarding morals and ethics and includes the necessary structure needed to create harmony in our surrounding. We invite you to join us for a short while so you can decide if this is the best path for your soul. We at *Idealia* wish to create a new beginning for those who so desire it. *see ad below*

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COLLAGEN & ELASTIN

by Wayne Still

Practitioners of Structural Integration work with the plasticity of connective tissue to do their work of balancing the various segments of the body. This is a quality we take for granted and usually don't ask why the tissue can be stretched or how this quality comes to be. An article in the 2008 International Association of Structural Integrators yearbook by Adjo Zorn casts some light on the subject.

Turns out that connective tissue is made up of two components (among many others) which work together to make it behave the way it does. These two materials are collagen and elastin. Let's deal with elastin first. Elastin, as the name implies, is a stretchy material which can deform easily and just as easily regain its original form when the deforming force is removed. So while elastin is strong, its willingness to stretch makes it rather unsuitable as a building material for a relatively solid structure like the human body. Here is where collagen comes in.

Collagen is a tough, glue-like material which gives material form to the tendons, ligaments and bones (in bones the addition of calcium and other minerals makes them hard) in the body. It is generally considered to be inelastic but this is misleading because it can deform and regain its original form, but has a more limited range of movement than elastin, and returns to its original form much more slowly. If you have experienced a strain or sprain which are tears to tendons or ligaments respectively, you will understand that these injuries take much longer to heal than an injury to the body of a muscle. That the injured tissue regains its original form at all is because collagen fibres are mixed with elastin fibres which work their magic to draw the ruptured tissue back together. This is why it is important not to further stress these injuries until the collagen can repair the damage to itself. If the tissue is badly stretched, collagen fibres will be laid over the damaged area resulting in a longer and weaker structure. It will be weaker and may be hyper mobile.

This healing phenomenon may also explain why an injured area which was tight and lacking range of motion prior to an injury can be looser with restored range of motion after the injury has healed. Controlled and directed, gentle stretching can facilitate the process. I have experienced this on several occasions and was always curious as to why and how an injury could actually help to restore function to the affected area. Once again nature is using opposites, yin and yang if you like, to achieve its goals of balance and stability.

Navigable Waters Protection Act about to be gutted

"As one of the oldest pieces of federal legislation, the Navigable Waters Protection Act ensures Canadians have the right to use and enjoy public waterways," said Green Party leader Elizabeth May. "It is also one of the few tools we have to protect the delicate ecosystems of these bodies of water. The proposed changes would gut the Act and threaten Canada's waterways by exempting certain major waterway developments from the approval process, meaning an environmental assessment would no longer be required. This effort has nothing to do with modernizing the Act and everything to do with facilitating projects that may harm waterways."

The proposed changes include amending the definition of "navigable waters" to exclude minor waters from the Act, excluding so-called minor development projects and exempting bridges, dams, causeways, and booms from those developments requiring approval under the Act.

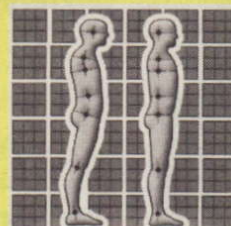
"The NWPA exists to protect the rights of those who use waterways for recreation," said Environment critic and Guelph by-election candidate Mike Nagy. "By changing the definition of 'navigable waters', the government would no longer be required to consider communities that make use of more minor waterways when considering development, nor would environmental impact be taken into account. The changes will adversely affect recreational paddlers, rafters and canoeists and could cause irreversible damage to ecosystems."

"Community interest and environmental impact should always be the primary considerations – not the interests of developers," said Ms. May. The Green Party is calling on opposition MPs to ensure the proposed amendments do not pass and denounces the lack of public involvement in this move to significantly alter key legislation."

Contact:
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HARMONIZING WITH THE U.S.

taken from the 'Council of Canadians' website
please read more at... www.canadians.org/intergratethis

The extent of Harper's current assault on Canada's food and drug inspection system is about to dwarf any previous concerns we had with the regulatory harmonization of pesticide residues. The Prime Minister is simultaneously eliminating funding for BSE testing for Canadian producers, offloading federal research facilities to the private sector and academia, and firing government scientists who dare stand up against this widespread deregulation for the sake of corporate profits. In early July, Luc Pomerleau, a biologist "with a 20-year 'unblemished record' in government," according to a CanWest news article, "was fired for 'gross misconduct' and breaching security because he sent the documents to his union."

The article stated that, "Confidential documents insecurely posted on the Canadian Food Inspection Agency's computer network laid out sensitive plans to turn over food inspections and labelling to industry and also led to the firing of the scientist who stumbled upon them."

The confidential papers "appear to involve a re-organizing of food inspection that will shift more of the onus for food safety to the suppliers that manufacture and distribute food and other products," says the article. "It's a direction in which the agency has been heading for years and the union has long voiced concerns about the impact of such a shift on jobs and the food safety of Canadians."

Several days later, following up on this story, the Calgary Herald reported that, "A government plan to transfer key parts of food inspection to industry so companies can police themselves will put the health of Canadians at risk, according to leading food safety experts who have reviewed the confidential blueprint..."

"The Canadian Food Inspection Agency is also ending funding to producers to test cattle for Bovine Spongiform Encephalopathy (BSE, or Mad Cow Disease) as part of a surveillance program, the document indicates, a move that is expected to save the agency about \$24 million over the next three years."

"They're moving towards the U.S. model, where the inspectors don't actually do the inspection, they just oversee

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Nathalie Bégin, RNCP, CCH, CCI.
Cécile Bégin, DN, CCH.

and the companies actually do the inspection. That's a really dangerous thing," Michael Hansen, a North American authority on BSE and senior scientist with the New York-based Consumers Union, told the Herald.

University of Guelph professor Ann Clark, "a specialist in risk assessment in genetically modified crops, who has testified many times before Parliament's agriculture committee about risk management and the food supply," called the Conservative move "illogical," stating that, "Companies are in business to make profit, pure and simple, and we, as a society, have fully accepted and bought into that, but with the understanding that somebody will be riding herd on them – minding the shop – to safeguard societal interests. This confirmed what we already knew was happening to Canada's food and drug safety legislation as the government strives to harmonize with U.S. policies under the Security and Prosperity Partnership. The Council of Canadians has been opposing Bill C-51 (amendments to the Food and Drug Act) for various reasons, namely because it, and a new "progressive licensing" system that the Harper government is planning on introducing, will not make Canadians safer so much as they will ease the regulatory burden on the food and drug industry. But the damage to Canada's regulatory capacity doesn't end there. It appears that Harper's deregulation agenda goes much deeper and is moving much faster.

"Within a year – slightly more than the time that has elapsed since the 2007 budget first indicated the government's interest in transferring government labs – the government would like to see 'completion of the necessary legal agreements to effect the new governance and management arrangements; the identification of the administrative and scientific leadership of the new entity, and the formulation of an integrated research program and detailed business plan.'"

The article says: "The present government is determined not simply to promote the needs of industry within government, but to restrict and reduce the capacity of government to exist independently of, and potentially to interfere with, private industry. From his days as president of the right-wing National Citizens' Coalition, Stephen Harper has slowly diminished government services, including the sale of government buildings to the \$1.3 billion Public-Private Partnerships fund created in the 2008 budget." *Want to see change please join the Council of Canadians.. www.councilofcanadians.org*



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Profile

A Living Master

James P. Bauman

Finding a spiritual master had never been a conscious goal of mine, but it happened in a wonderful way.

While growing up in the Christian faith, I had always felt a close connection with the Holy Spirit. It was alive and present. I was often amazed at the many gifts and miracles It bestowed daily. It was difficult, however, for me to relate to Jesus, for he was long-gone. Eventually I came to conclude that he was but one of many humble vehicles of Spirit.

I studied many religions and philosophies. Taoism appealed greatly because it described Tao, the Way, so well. I understood that Tao was another name for Divine Spirit. But Lao-tsu, the founder, was also gone. I wondered if there might be a spiritual teacher for our times.

Meanwhile, life carried on with its never-ending struggle for survival. Is this all there is? - I wondered. I saw no purpose in suffering daily for material things only. Inner and outer conflict drove me into depression. My marriage ended. Alone, I resumed my search for something worthwhile.

One day, a library book about Eckankar caught my attention. I began to read the works of Harold Klemp, the current spiritual leader. An ordinary-looking, plain-spoken man, he quietly explains spiritual freedom and liberation, self-responsibility, service to all life, and handling modern life with grace. He claims to be the current Living ECK Master (ECK=Spirit), and also has an inner side, known as the Inner Master, the Mahanta. Extraordinary claims! But he says don't believe him, only try the teachings to see if they work. If not, one is free to move on. Cautiously, I decided to give him a try.

I began studying the discourses, doing the spiritual exercises, and recording my dreams. To my utter amazement, it worked! I began awakening to the inner worlds, soon finding I was meeting this "Mahanta" in dreams. I began to realize I had met a Living Master. I also began to humbly realize the sacrifices of love he made. For when the student is willing to go the distance, the Master goes even further to help him. An incredible love began to envelop me. It grows daily.

I end with a quote from Sri Harold: "I have to be quite honest and say that you are not going to find God by listening to me ... I can ... give you knowledge ... such as 'Sing HU (pronounced "hue") when you're in trouble or in need; ... The rest of the time I ... encourage you to look to the inner side of the ECK teachings ... I can be there on the inner side when you cry ... and also in times of joy.'" From the book *How the Inner Master Works*, by Harold Klemp, p.77. *see ad below*

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by Andrew Schneider

Three years ago I began to lose important memories. I have been a seminar leader and lecturer most of my life, and three years ago while lecturing I found I could not remember information that I knew I had stored somewhere in my brain. I also started to notice that I often searched for words when trying to explain something. Besides these very disturbing developments, my hearing was getting worse as well.

I started lecturing about brain health almost 15 years ago, and was personally doing all the things I knew were good for the brain. I was taking a variety of supplements specific for improved brain function such as lecithin and phosphatidylserine, the powerful anti-inflammatory curcumin, and the necessary anti-oxidants. I knew that nutrition was essential as well as exercises. But I could not find specific exercises for memory, speed of mental processing and hearing until one year ago.

When I found a method that could exercise my brain and encourage it to transform itself, I was delighted. My memory was working wonderfully once again, and I could think faster and hear better.

There really is nothing more important in our body than our brain. It is in charge of everything that happens with us, even mentally and emotionally. But declining cognitive function can creep up on us as we experience stress in our lives and as we age. And often we just do not know what to do.... until now.

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According to brain scientists if we don't take care of our brain we lose about 85,000 brain cells a day (about 1 every second). That's 31 million brain cells lost over a period of a year! A vital part of keeping our brain young is to continue to challenge ourselves to learn new things, stretching our comfort zone into new areas of experience. And as we keep up the practice of focusing and paying attention to what is happening around us, we can help our brain produce the necessary brain chemicals to keep learning and staying alert.

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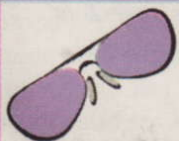
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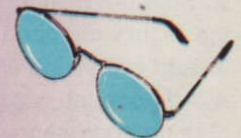
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The Cook's Corner

Vegetarian Recipes from the Johnson's Landing Retreat Center

Welcome to the second edition of our house recipes. If you collect recipes please tear this page out. My recommendation to all new cooks is that you find all the utensils and prepared ingredients before you start. You do not want to be peeling garlic while your blender is turning your olive oil into mayonnaise!

Bon Appetit,
Richard

Please email your feedback to
richard@JohnsonsLandingRetreat.bc.ca

JLRC House Dressing

Isn't it nice when a recipe is so simple to make and yet it still amazingly tasty? I am sure you could pour this dressing over sawdust and it would taste good! It is meant to go on salads but soon you will find other foods to pour it on such as steamed veggies, casseroles or grains.



Ingredients:

- 1 & 3/4 cup extra virgin cold pressed olive oil
- 1/2 cup organic apple cider vinegar
- 3 Tablespoons low-salt soy liquid.. we use Braggs
- 1/4 cup maple syrup
- 3 cloves garlic (peeled)
- 1/4 cup dried basil
- 2 Tablespoons dried oregano

Utensils:

- A blender
- Measuring spoons
- Serving bottles

HINT

If you are using fresh herbs use twice as much.

Process:

I prefer using a blender container that has measurements on the side and save washing oil from a cup.

1. Pour in the olive oil, apple cider vinegar and Braggs (a low salt soy liquid) into the blender.
2. Start the blender in medium speed and drop in the slightly chopped and peeled garlic cloves.
3. Add everything else and blend until well mixed.
4. Add enough water to thin it out to an easy pouring consistency (I sometime use a bit of whatever herbal tea is in the tea pot)

... WOW wasn't that easy?

Put it in sealed jars that you can shake before serving. It stores in the fridge for a long time. I suggest it be taken out of the fridge about 15 minutes before a meal so it will liquefy.

Super Simple Zucchini Quiche

This is a batter quiche which does not require a crust and can be made very quickly. It was given to me by a neighbour in Kaslo when I stopped to give him some of our surplus zucchinis. One quiche serves four to six people.

Ingredients:

- 4 eggs, well beaten
- 1 cup grated cheddar cheese
- 3 Tablespoons parmesan cheese
- 3 cups grated zucchini
- 1/4 cup cold pressed olive oil
- 2 Tablespoons chopped green onion
- 2 teaspoons dried parsley
- 1 cup of whole wheat flour, or for a wheat-free option, use fine ground oatmeal
- 1/2 - 3/4 teaspoon of salt
Celtic sea salt is the best
- 1 teaspoon sugar (optional)
- 1 teaspoon of baking powder
- 1/2 teaspoon baking soda



Utensils:

- 2 medium sized mixing bowls
- an egg whisk or stick blender, even a fork will do the job.
- Measuring cup
- Measuring spoons
- 1 pie plate or quiche pan

Process:

The size of the zucchini and how tender the skin is will determine if you need to peel them. Often we take off half the skin so they are striped looking. Fresh, organic zucchini is best.

Both cheese and zucchini are 'firmly packed' into measuring cups. Mix dry ingredients in one bowl and wet ingredients in another.

Then add dry ingredients to the wet ingredients and mix well. Spoon into a greased 10" pie plate.

Bake for 40 minutes @ 350 degrees.

Test with a toothpick in the center, if the toothpick comes out dry rather than sticky... it is done!

OPTIONS: You may wish to supplement the zucchini with red peppers, broccoli or other semi-tender veggies.

REMEMBER: This is 'not' a chemistry class, when it comes to measuring pour in what you guess is the right amount, you really can't make a serious mistake and you can substitute as you wish.

The World According to Monsanto

a NFB video... watch these film clips

<http://www.nfb.ca/webextension/monsanto/medias.php>



With 17,500 employees, a 2006 sales figure of \$7.5 billion and operations in 46 countries, Monsanto is the world leader in genetically modified organisms (GMOs), as well as one of the most controversial corporations in industrial history. Since its founding in 1901, the company has faced trial after trial due to the toxicity of its products, including polychlorinated biphenyls (PCBs), polystyrene, devastating herbicides like Agent Orange, used during the Vietnam war, and bovine growth hormones, which are yet unauthorised in Canada and banned in Europe.

Today, Monsanto has reinvented itself as a "life sciences" company converted to the virtues of sustainable development. Thanks to its genetically modified seeds, engineered among other things to withstand Monsanto's Roundup, the world's bestselling herbicide, the company claims it wants to solve world hunger while reducing environmental damage. Where does the truth lie?

The documentary *The World According to Monsanto* pieces together the story of the St. Louis, Missouri, corporation, calling on hitherto unpublished documents and first-hand accounts by scientists, civil society representatives, victims of the company's toxic activities, lawyers, politicians, and representatives of the U.S. Food and Drug Administration and Environmental Protection Agency. Based on a three-year investigation in North and South America, Europe and Asia, the film tells the tale of an industrial empire that, thanks in part to misleading reports, collusion with the American government, pressure tactics and attempts at corruption, has become one of the world's biggest seed manufacturers. It shows how the clean, green image conveyed by the company's advertising serves as a smoke screen for Monsanto's quest for market supremacy, to the detriment of global food security and environmental stability.



Produced by filmmaker and author Marie-Monique Robin who is the winner of the Prix Albert-Londres in 1995, and has created over 30 documentaries. A specialist in social and political issues, she has proven her investigative skills in addition to preparing numerous broadcasts and reports. *see website above for details.*



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**Kuan Yin as painted by
Daniela Schenker in the
book with the same title
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Program is online at: www.issuesmagazine.net

Shamanic Journeying and Sacred Medicine

by Dawn Dancing Otter

The first healing that we are historically aware of is Shamanism. Though it has gone by many different names, nearly every culture the world over has a version of Shamanic practice. Even considering its longevity and foundational presence in human life, this practice has remained relatively enigmatic until very recently.

As the vibration of the earth intensifies, we are experiencing a time of rapid change for ourselves and for the earth. As human beings, we are learning that we are collectively creating the reality that we see. Shamanic Sacred Medicine is all about returning to ourselves and healing our illusions of separateness. As we heal our fragmented consciousness, we expand compassion and unconditional love for all life, and this love projects outwards and transforms the world.

It is our birthright to heal ourselves, including all life here on the earth. Shamanic practice gives us the tools and direction to dynamically change ourselves from within, to raise our vibrational levels to reflect that of higher consciousness, and through this Soul Alchemy, we become the healing for the world. Anyone can learn to practice this healing, it does not require special gifting, only the desire to witness metamorphosis in yourself and others.

Shamanic Sacred Medicine is about returning to the love that is yourself, and a deep inquiry into truth. When we are fragmented, life seems confusing, unloving, and unreasonable. We suffer from the pain of separateness, and this promotes stress and illness in ourselves. We can be the change we want to see in the world when we restore our own integrity and have the courage to be present in this moment. Shamanic practice is not mystical, it has no powers. When we decide to come back to ourselves, we empower ourselves, and this is the change that we can BE in the world.

Journeying is the elevation of consciousness to a higher state of awareness via monotonous drumming. Within this higher consciousness, we experience the expansion of reality to the universal mind. With practice, anyone can learn to Journey

easily. A Shamanic Practitioner enters this elevated awareness to intermediate healing on behalf of others. The Journey is the vehicle to discover what healing is needed for the person receiving Sacred Medicine. This healing is a restoration of energy which we 'lose' due to trauma, especially early on in our lives.

Years ago, at a time in my life when I was very depressed and ill, I was recommended Shamanic Medicine by a friend. At the time, I felt an intolerable weight of stress and confusion; my 'life' had become unmanageably painful, physically and emotionally. I had many other styles of healing, at that time, supporting me - Massage, Reiki, Acupuncture, Chiropractic, and Naturopathy. These practices were extraordinary supports for my transformation, however, the big shift in my awareness and health came after my first session with Manfred Lukas, my 'Journeyman', and later, mentor, and friend.

My experience with the Shamanic Medicine was, and is, a metamorphosis. It was a surprisingly uncomplicated and very deep inquiry into my self. Over time, and further sessions, the healing unburdened me of the compulsions, negative thought processes, depression, destructive habits, and self-hatred that I had suffered through for most of my life. For me, this process was uniquely profound, and it took time for me to integrate each shift. The time was kindness, allowing me to emerge out of my woundedness like a butterfly from a cocoon.

I was inspired to learn the practice of Shamanic Sacred Medicine, and the 'journey' continues with the amazing service of helping others in the same way I was helped. I am reconnected with myself, my loved ones, nature, and a deep cellular awareness of connection with all life. I experience very little stress anymore, instead I feel a great deal of joy and radiant health. The lights are on, and now, I am home! *see ad below*

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- Journeying to consciously reconnect with our Power Animals
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For more information, visit www.dancingotter.ca,
email otterindawater@gmail.com, or call Dawn 250-276-6359

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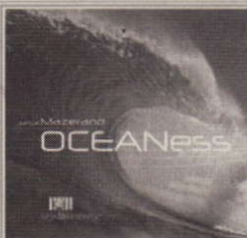
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Samples of his music are on www.keystoserenity.com

WHAT IS CRANIO-SACRAL REFLEXOLOGY?

by Maria Carr

Cranio sacral is the name given to the approach to osteopathy developed by Dr Sutherland one hundred years ago. He saw how the bone structure of the skull permitted slight motion and noted that restriction of normal motion due to injury, trauma or disease could affect health. The cranial osteopath works gently with the bones in the skull and associated bodily systems to remedy such conditions. The Reflexologist can achieve the same result by combining an understanding of Cranio-sacral therapy with conventional reflexology, since the bones of the feet reflect the skull and sacrum exactly.

The body's inner health is perceived through a gentle pulse called the CSRI. It arises at the core of the body within the brain and spinal cord and the fluid, which surrounds them. It is a tide-like rhythm, which expresses itself throughout all of the body. Areas of congestion and restriction in function of any part of the body can be felt as an imbalance in its motion and treated.

A reflexologist has a highly developed sense of palpation and is trained to detect and assess the dynamic state of the body tissues, both within the feet and the rest of the body. By using the gentle techniques of Cranio-Sacral Reflexology, the practitioner is able to release the strain patterns found and support the body in its attempt to return to an ideal state of balance and function for healing to progress.

Cranio-Sacral Reflexology is suitable for everyone, from newborn babies to the elderly, including those with fragile and acute medical conditions. *see ad below*

CRANIO-SACRAL REFLEXOLOGY

with

Dr. Martine Faure Alderson

is coming from England to Penticton this fall.

Contact Maria Carr at 250 492-4759 for details.

Dr. Alderson is an Osteopath with 40 yrs experience and was awarded a Doctorate in Homeopathy and General Medicine in 1970. She is also qualified in Acupuncture, Herbal Medicine and Reflexology. She has a school in Paris and holds seminars around the world.

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Benjamin Creme

ISBN-10: 90-71484-39-4
ISBN-13: 978-90-71484-39-1
132 PAGES US\$6.00
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Maitreya, the World Teacher, stands poised ready to emerge into full public work. This book by Benjamin Creme, editor of Share International magazine, presents an overview of this momentous event: the return to the everyday world of Maitreya in July 1977 and the gradual emergence of His group, the Masters of Wisdom; the enormous changes that Maitreya's presence has brought about; and His plans, priorities and recommendations for the immediate future. Maitreya is shown to be both a great Spiritual Avatar and, at the same time, a friend and brother of humanity.

Maitreya's advice will bring humanity to a simple choice: either we continue in our present destructive mode of life and perish, or accept gladly His counsel to inaugurate a system of sharing, so ensuring justice, peace and the creation of a civilization based on the inner divinity of all. Maitreya says: "My heart tells Me your answer, your choice, and is glad."

"As a friend and teacher of all who need His help will He present Himself; as a simple man Who knows the pain and suffering of men and seeks to ease their lot, Who loves all totally, without condition, and Who has come to show us the steps to joy. Such a one is about to step before the world and give His advice to all. We may have heard the words before. Now, with His blessing, we shall understand their meaning, and act."

(The Master —, through Benjamin Creme)

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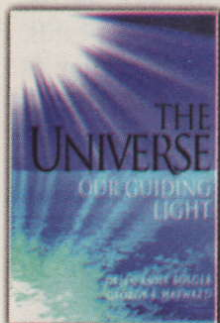
www.TaraCanada.org/Iss2

Book Review by Marelou Bjorkaes

The Universe: Our Guiding Light

by Helen Anne Bolger & George Hayward
published by Enlightened Press, 2007

www.enlightenedpress.ca



A comprehensive tour of the real workings of the Universe, from a spiritual perspective. It tackles such subjects as Time, Karma, the Law of Attraction, Life Energy, Prosperity, Justice, and many other subjects that humans ponder. Chapter after chapter, common sense advice is dispensed in simple language, then without any obvious switch the reader is led into profound and insightful information about some of the deepest levels of human spiritual issues. The puzzles and conundrums of life, personal development and spiritual growth are explored calmly and compassionately, and the answers to many deep spiritual dilemmas are explained in a thoughtful way. Life, which can seem incomprehensible on the surface, is shown to be intelligent, meaningful and purposeful when you understand the laws.

The book seems almost elastic in its capacity to awaken readers who are new to the spiritual path, and yet it also significantly deepens the understanding of those who have been on the spiritual path for a long time, fostering a profound sense of connectedness to All That Is.

GRIEFWALKING: The Soul of the Well Lived Life

a Presentation and Film Screening
presented by the Penticton Steps Out Program and the Okanagan Valley Healing Society

"The skill of grief is the same skill as deep living. I'm trying to teach dying people something of how to love their dying life." — Stephen Jenkinson



A culture addicted to security, comfort and 'be all you want to be' makes no time in its public or private life for sorrow or uncertainty or the end of things. To a culture like our own, grief is mostly medicated or resolved, and our hearts elbow our lives out of the way in their headlong search for safe landings and getting their needs met. But what would our culture look like and how would our children think of us fifty years from now, if we began to honour and teach grief as a skill, as vital to our personal and cultural and spiritual life as the skill of loving?

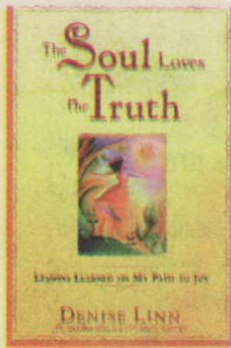
This evening, featuring a screening of the new National Film Board documentary film 'Griefwalker', will be devoted to prolonged wondering about how glimpsing the end of our loves and ultimately our life could and should be the real birth of our love of life.

Stephen Jenkinson, MTS, MSW, RSW, is a spiritual activist for the care of the dying. He has a Master's Degree from Harvard University (Theological Studies) and the University of Toronto (Social Work). He is a palliative caregiver, sculptor, traditional canoe builder, and winner of a Governor General's Award for Architecture, and a sought after speaker and teacher in the palliative care field. His work has been featured in several television documentaries on spirituality and wilderness creativity.

He is the author of *Money and The Soul's Desires* (Stoddart Publishing) and a contributing author in the recently published *Palliative Care - Core Skills and Clinical Competencies* (Elsevier Saunders Medical Publishers). He is the subject of *Griefwalker*, a National Film Board of Canada documentary film set to be released in late August 2008.

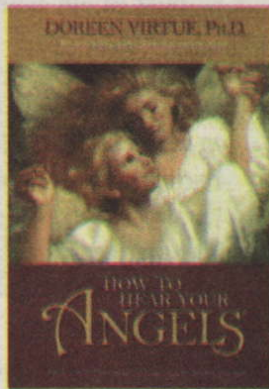
Location	Cost
Cleland Community Theatre** Penticton	\$10 in Advance \$5 in Advance for PSO Members \$12 at the Door
Date	
Thursday, October 2, 2008 6:30 PM	**Note: Facilities are wheelchair accessible

For Tickets and Inquiries Call 250 490-2426 - Available starting August 18
(Visa, Mastercard and American Express accepted)



Book Reviews

These three books are published by Hay House Inc., and provided courtesy of Raincoast Books



Christina Ince

The Wisdom of Avalon Oracle Cards

A 52-card deck and guidebook

Colette Baron-Reid

ISBN 978-1-4019-1042-6

The Soul Loves the Truth

Lessons Learned on My Path to Joy

Denise Linn

ISBN 978-1-4019-0746-4

On the back cover of this book is the declaration: Reclaim the Sacredness and Simplicity of Living! Now that's hard to resist, particularly when it comes from a tried-and-true visionary who is also a best-selling author and renowned lecturer. What does the book promise? "...powerful processes to rise above negative, limiting beliefs, get motivated, and fully understand your purpose...completely transform your past and your future.....overcome a difficult family history, mend current relationships, manifest your dreams, and infuse joy into every waking moment."

Personally, I love the use of storytelling to teach and clarify, and Denise Linn's stories carry you along until you are surprisingly and reluctantly at the end of the book. The stories are powerful because they are true, and they are humorous, sad, lump-in-the-throat, and sometimes difficult, depending on your own life story. At the end of each section, there is a Step to Empowerment containing tasks for you to fulfill, and there are several sections in each worthy chapter, so you are entertained, intrigued, put to work, and at times stopped in your tracks as you allow the author to guide you on this path to joy. There are more self-help books emerging all the time - however, I do highly recommend this one as it is a pleasure to work through, being cogent and effective as well as enjoyable.

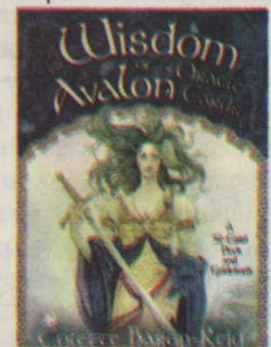
How To Hear Your Angels

Doreen Virtue, Ph.D.

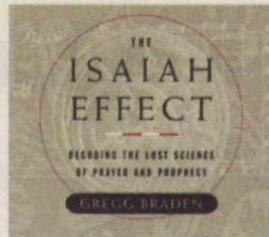
ISBN 978-1-4019-1705-0

Doreen Virtue is highly-esteemed for her angel work; she is a former psychotherapist who has been teaching workshops on connecting and healing with angels since 1995. The text of this particular book was collected from her best-seller Messages from Your Angels as well as her workshops, and is required reading for her Angel Therapy Practitioner course. Unlike many other angel books, there are no glorious colour illustrations to distract you, but do not let that deter you, for this is an excellent step-by-step manual on how to clearly receive messages from your angels and guides. You will learn how to know if the messages are your imagination or your angels, how to recognize and receive divine ideas and profound thoughts, as well as how to hear, feel and see your angels. There are also sections on who the angels are, our deceased loved ones, and messages from children in heaven. Doreen Virtue encourages you to "Know that you deserve love, attention, and miraculous blessings....." and she also encourages you to listen to your angels' loving guidance in order to become more peaceful, serene, healthy and happy.

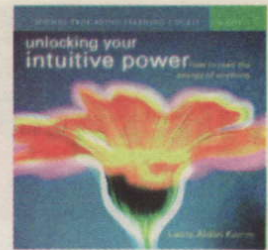
The cover illustration you see here is the Lady of the Lake, one of the Messengers of Avalon, and she represents absolute truth, courage, self-respect and responsibility. This is one of the fifty-two beautifully-illustrated cards in the deck, which is divided into four sections: the Sacred Journey Markers, the Guides of Faery, the Animal Guides, and the Messengers of Avalon. The accompanying book gives you full instructions on how to use the cards, and includes a prayer of invocation as well as an explanation of the purpose of the cards, sample readings, and full descriptions of all the cards. Avalon is now a symbolic place, whether or not it actually existed centuries ago, to which many are still drawn to honour Spirit, the Goddess, and the Divine Force within all things. If you are drawn to the Avalon legend, Celtic wisdom, Goddess consciousness, and ancient mysteries, then this deck will be a pleasure for you to use to "shed light on what has been, what needs illumination in the present, and what will weave patterns into the future."



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THE ISAIAH EFFECT

Decoding the Lost Science
of Prayer and Prophecy

Gregg Braden

In Jerusalem, within the Shrine of the Book Museum, resides the Great Isaiah Scroll - the most precious artifact of the famed Dead Sea Scrolls. So valuable is this scripture that extraordinary measures have been taken to safeguard it against any natural disaster or act of war. Why is this single document, lost to humanity for more than 2,000 years, so crucial to modern scholars and mystics today? Gregg Braden takes us on an investigation into this ancient Essene scriptures and reveals a set of inner tools capable of altering the destiny of human civilization. Gregg says that prayer and prophecy have the power to heal our bodies and spirits ... shift the course of nations ... and even influence the ebbs and flows of weather and geology. I have always liked what Gregg has to say so I want to encourage you to have a listen.

unlocking your intuitive power

how to read the energy of anything

Laura Alden Kamm

Exactly what is intuition? Laura Alden Kamm says, "It is your connection with your soul, with your spirit." She continues with, "When you're aligned with your intuition, you access the ability to make sense out of anything and everything you encounter."

Laura realized her own intuitive abilities after a near-death experience at the age of 26. The vision she experienced during her illness was the first step in her journey.

I found her talks to have a compassionate, empowering nature that is presented in a practical, down-to-earth style. Because I was driving I did not follow her guided exercises or meditations but they sounded great and ever so helpful. If you want to refine your inner vision and learn to live in healthy harmony with the voice of your soul these CDs might be an excellent start.



Since a picture is worth a thousand words... I have included one above so that you know what they look like. Randy and Hope attract orbs by the bus load so if you would like to see more of them watch this film that was created to educate people about orbs and some of the implications for our world. It contains interviews with nine people who approach the orb phenomenon from very different perspectives including a Stanford physics professor, a psychologist, a theologian, artists and healers. There are hundreds of spectacular orb photos, beautiful historical art and a celestial flute and harp soundtrack.

Johnson's Landing Retreat Center fall schedule

- Sept 11-18 • *Inuitive Painting with Ted Wallace*
- Sept 12-14 • *Sacred Circle Dance with Rose Stapenhurst*
- Sept 19-21 • *A Hakomi Workshop with Bob Milone*
- Sept 26.-28 • *Meeting Ourselves and Being Met with Jon Scott & Pascal*
- Sept 26 - Oct 2 • *Alternative Energy with Bob Watters - Study of Wind Turbines*
- Oct. 4 - 9 • *5 day Buddhist Retreat with Don McEachern*
- October 12 Sunday • *Thanksgiving Open House • Everyone Welcome*
- October 13 onwards • *Preparing for the Winter Event -our first annual Winter/Work party*
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ZEN WRITING

by Kuya Minogue

'That was Tao, this is Zen'

or as Hajime latest T-shirt says, 'That was Zen, this is Dao.'
Hajime is a Tai Chi humourist and loves to have us ponder the 'now' as does Kuya.



Note to Readers:

"Mu" is Japanese and it means "empty."

"Zendo" refers to the universal Sacred Space where I wrote these prose poems.

Kuya teaches Zen Writing Practice at the

Creston ZenWords Zen Centre

250-428-3390

She will also be at the Wise Women Festival Naramata Centre, BC September 19-21

details at ...
www.issuesmagazine.net



Already In Nirvana

Relax. There's nothing to be saved from. Sit still. Enjoy each breath as it flows in and out; find nirvana in the damp, in the cold, in the bed bugs, in the outhouse spiders. Enlightenment is not picking and choosing; it is responding to circumstances as they arise. Cold in the zendo? Bring blankets. Buddha taught that there are four sufferings: birth, disease, old age and death. The rest of it we create because we can't see that earth is nirvana and that we have already arrived.

Greed arises (I want more;) hate arises (you took mine;) delusion arises (I'm more important than you, the animals, the birds, the bugs, and the sunlit moss.) Thus we lose it all. Practice is loosening the grip of the three poisons by returning, over and over to just sitting, just walking, just writing. No nagging, worrying, criticizing, analyzing, grasping, or pushing away – just noticing, releasing, and returning to the sunshine that rumbles toward us.

We don't have to die to go to heaven. We can dissolve into the dawn here now, here now.

Enso – Empty Circle

I awoken at 5 am. A deer grazes in the field by the corn patch, another one stands outside the 7-foot fence smelling raspberries, squash and beans. A raven cuts through the air leaving no trace of thought or feeling, no trace of I know, I want, I don't know, I wonder, I wish, I believe, I don't believe.

My breath vibrates the temple bell. The sun breaks over the Selkirks, rolls down the west hills and chases the fog across Kootenay Lake. No thought. Mu - emptiness. Can't figure it out? Give up. Sit mu, eat mu, sleep mu, laugh mu, cry mu. Don't gather info, organize and squeeze data into knowledge that turns into I think, I feel, I want, I don't think, I don't feel, I don't want. Come back. Come back to being, seeing, smelling, tasting. Come back to a deep knowing that cuts through the wriggings of false mind and the fabrications of discursive mind.

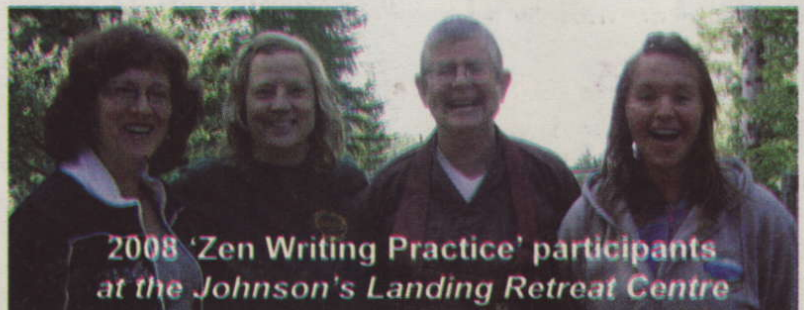
Crack the universe open.

Enso – Empty of Everything

The diamond seed of bliss and wisdom, the insight buried in every human that is beyond, far beyond, the "I" that holds this pen.

The Most Vital Aspect of Existence

This morning there is no me, only a pen scratching and this empty expansion in my chest. Cut through delusion, quiet the mind that weaves I think, I know, I feel, I want into a dark shroud to hang over the flame of truth in every human eye. Beneath good work, nurturing family, finding home, more precious than a jade mountain, sweeter than a baby bear springing through the forest ferns, is the sunlight echoing from the human heart.



2008 'Zen Writing Practice' participants at the Johnson's Landing Retreat Centre

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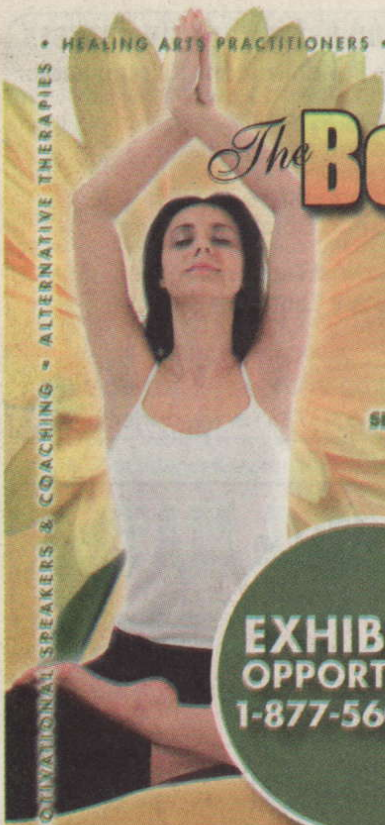
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Canada's Holistic Wellness & Spiritual Lifestyle Event.
 explore experience enlighten

CALGARY SEPTEMBER 19-22, 2008 STAMPEDE PARK BIG FOUR BUILDING
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SASKATOON OCTOBER 3-5, 2008 THE PRAIRIELAND SASKATOON EX
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EXHIBITOR OPPORTUNITY
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Get ready for our most dynamic & exciting events yet!

Imagine seeing some of the worlds most inspirational & life changing speakers, authors & teachers - at an amazing price! In our quest to expand our events we are committed to bringing you more, Feature Workshops, and Keynote presentations.

If you are seeking to improve your life, physically, emotionally, and spiritually, expand your consciousness or improve your health, there are a lot of choices to consider. Wouldn't it be great if you could go to one place and explore everything that is available? Well, that's exactly what the Body Soul & Spirit Expo is all about!

Come experience & explore many intriguing exhibits, and attend free lectures offered by experts,, and authors from across North America to as far away as Australia, India, the United Kingdom and beyond!

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A NEW VISION - THE JOURNY BEGINS

Imagine seeing some of the world's most inspirational & life changing speakers, authors & teachers - at an amazing price! This is the NEW VISION we have set forth for 2008 and beyond, and with the tremendous support of our spring 2008 featured events, we have set our sights higher and made a commitment to bring you even more AMAZING keynotes & featured presentations for our future shows.

The call has gone out, proposals have been sent, and a new Body Soul & Spirit Expo is emerging, and YOU are invited to join us in creating an entirely NEW event!

With Enthusiasm we invite you to join us in our journey of creating truly memorable and exciting events that celebrate and inspire a new way of living!

GET INVOLVED NOW
 let us know how you would like to be involved by signing up at www.holisticexpo.org

Keynote and Featured Presentation: Dr. Leonard Horowitz



The Love Code: Celebrate Divine Revelations for Miraculous Healing. Discover the wonderful wisdom that compelled Leonardo Da Vinci's prophetic vision and creative genius. The LOVE CODE reveals the sacred technology, music, creative mathematics, and Divine language empowering life laws, physics and synchronicity, while directing your destiny.

For more information, lecture programs, exhibitor lists, coupons contests, prizes & more at...

www.BodySoulSpiritExpo.com