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Chemical-Free Bodycare

by Klaus Ferlow

Everyone hopes to have a perfect body, but unfortunately no matter what we do, it just never seems perfect. You feel too fat, your nose is too large or small, your skin is too dry, you are either too tall or short: the problems are never ending. That's why plastic surgeons can't keep up with the demand. Perhaps it is not your body but your attitude that is not perfect. Realize that human beings are never satisfied – unconsciously you keep wanting more and aiming higher. It is not completely unhealthy as long as you do not let it overpower you.

In the past decade natural body care products, including organic, certified organic, and toxin-free items have changed the way consumers look for and use cosmetics and personal care products. Customers are now more savvy and know what to look for and what to avoid. This shift has meant huge growth in the industry with new products hitting the market almost on a daily basis, sometimes with extraordinary claims. I remember fifteen years ago I was unable to find any of these products without a long list of man made chemicals such as artificial colours, scents, paraben preservatives and a host of other hazardous dangerous chemicals. For years the manufacturers of cosmetics and personal care products used industrial waste by-products and it seemed that no one was asking questions about what these ingredients did to your skin, body and health. That's why I did my research and wrote my first article in 1999 titled *What is really in your beauty products?* It was later published as *Hidden dangers lurking in your personal care products* and *Cosmetics to die for*. Since there are already many chemicals in the air, water, food, household goods etc. why would you put additional chemicals on your body whether you are using a cream, lotion, shampoo, soap, toothpaste, make-up, etc? The chemicals are absorbed instantly into your bloodstream and will damage your liver and kidneys, and as a result, create a lot of health problems.

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There are three ways to age: **Chronological Aging:** it's impossible to stop and most anti-aging wrinkle creams do not work but we tend to buy into the illusion. **Environmental Aging:** this happens at any age and you need to protect yourself, especially your skin from sun and wind. **Lifestyle Aging:** poor nutrition, you are what you eat. Smoking, alcohol, and not enough exercise will reflect how you look and feel. Please remember that drinking water is also very important as it flushes out toxins. **HEALTH IS WEALTH!**

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Musing

with *Angèle*, the publisher



The front cover was painted by Debra Barrett of Kaslo, a friend of Richard's who designed the JLRC logo. The watercolor painting includes the beautiful lake and valley view from the retreat center. Richard has always liked this image because of its spiritual context in relation to winter, which is fast approaching.

We received our first warning earlier than usual and hurried to dig potatoes and pick the squash just as it froze the squash vines. Now that the temperatures has warmed, Dawn Lasby, a volunteer from Vernon has been transplanting strawberries into the lower field where the squash grew. The field got fenced because we had fifteen people show up for 'Opening-for-Season Work-Party' this spring. Last year the deer ate our garlic, onions and potatoes so it was first on our 'to-do' list this year. Four years ago there was one six foot row of strawberries in the upper garden. Three years ago I planted the runners into a thirty foot row, three feet wide, and now the new patch is fifty by fifty feet. I use magazines and sawdust in the pathways and wood chips between the plants to slow down the weeds and keep the strawberries clean.

I feel grateful that the retreat season has come to a close. When five people showed up for the Closing for-the-Season Work-Party, I listened to myself talk about the summer and explained how the tree houses needed dismantling. It was the Thanksgiving weekend and Richard's back was aching. Knowing I had a deadline I still choose to organize the 'work-party' for I enjoy people but I have learned I pay the price for such distractions. For here I sit, twelve hours a day, piecing the magazine together, knowing I am a day or two behind schedule.

It is so wonderful that people arrive and are so willing to help out. All summer, the perfect combination of people arrived to make the season successful. Each workshop had its own energy as the cooking, cleaning and gardening happened.

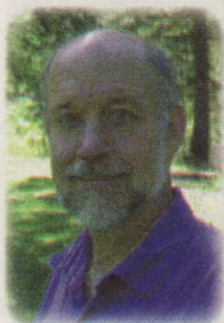
I love being in the garden but instead I cooked most of the season, as that is what was needed the most. No one had signed up for this year's experience of being our primary cook, so I took on the responsibility which I do with ease. Food always tastes great when it is organic, fresh from the garden, cooked with love and spiced well. Vegetarian cooking is simple once you learn the basics. I feel grateful that a participant signed up for each of the Healthy Habits Cooking time slots, eager to help out, making my job so much easier. Besides learning many recipes from our cook book some also learned to make pickles... because we grew lots of cucumbers; and rye bread... because an earlier participant sent us some sourdough starter. Many thanks to the various 'kitchen divas' who showed up to wash pots and pans and tidy the kitchen.

For me, cooking so much of the summer felt like a 'choice-less' choice since there was no one else to do it. Often Richard was the third person in the kitchen and he cooked most of the breakfasts. Being in-the-moment kind of person, I focused on the priorities of serving our guests and later on I would muse about possible solutions as I listened to myself complain.

I know when I am really too busy... and after this year's experience I know it is time to arrange for someone else to cook so I can be the back-up and have time to enjoy a hike in the hills or some yoga. I do get a certain sense of satisfaction knowing that my ideas to make the Center busier than when I arrived, has worked... but I don't like being so busy or tired I can't enjoy our guests.

I have decided I would like to hire a couple, one who likes to cook and one who would enjoy gardening or helping Richard with his numerous projects. Jean, a willing worker from France, stayed the entire season and was instrumental in making

continues on page 6



STEPS along the Path

by Richard of the
Johnson's Landing Retreat Center

Home of Issues Magazine

Ouch! that hurt. I was only bending down to pick something up and there was a sharp pain in my lower back. Humm, how can this be, I do not remember any significant event that would have strained my muscles. So here I am resting. Wow does this ever feel emotionally strange. I have always been a get-up-an-go kind of guy, determined, persistent and focused. Now that I see those three words in print maybe that is the long way to say stubborn. Well this lying down resting thing is certainly a change for me.

So what is this all about? One of our team members said to me that lower back stress could mean feeling a lack of support. That felt like it had possibilities. Angèle is here 110 percent so, aside from the odd moment, I feel support from my primary relationship. Perhaps it is the constant coming and going of people through the Retreat Center that gives me a sense of a not so solid foundation. As a point of clarity, I should mention that people coming and going at retreat centers is quite a common phenomena. So this has nothing to do with other people, it has to do with how I feel.

I feel that the Universe provides us with opportunities to grow, learn and to serve. Some people come to the Center and stay as long as they need to and move on to the next opportunity. Maybe my lesson is to see arrivals and departures as the natural flow of opportunities from the Universe.

Personally, I had an amazingly stable upbringing. My parents stayed together for their entire lives. I also lived in the same family home in the same neighbourhood from age two till I left home at nineteen. So maybe all the constant change around the Retreat Center is leaving me with an unstable or unsupported feeling.

At the Retreat Center we have this two-volume set of books called *Messages from the Body* by Narayan-Singh. Ever since I first started dating Angèle she has mentioned these books to lots of people and referred to them as reference material. So naturally with this sore lower back thing she mentioned them to me with the qualifier 'take it all with a grain of salt'. So off I went to page forty-two to see what message was in store. "Lower Back: It is the foundation floor on which everything is built, it is your way of being in the world. When problems develop in this area it means there is a dis-balance of power, an unequal exchange of energy, an experience of interfering interventions, a sense of things being out of harmony. This results in a feeling of injustice and feeling overburdened and under-supported." Wow, lots of deep stuff to think about. Maybe after ten years of developing the Retreat Center I am not getting the long term support that I was hoping we would have.

Last January Angèle had an astrology reading done for the both of us. She said that the reading mentioned a change in my health so I listened to the recording of that reading. Now, I am not a total believer in astrology so I listened with a critical ear. The astrologer said I was beginning a maturation cycle which meant I was entering my wisdom years. Sounds rather flattering, and of course I can always handle more maturity. Then sure enough she mentioned that I would start to realize that my body was 'declining'. Humm ...seems a bit early to me, I just turned sixty! Then she went on to say that my body was doing fine, it was just a part of the natural process. What a relief! I guess I just need an attitude adjustment about the sore back thing.

continues on page 6

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Footsteps on the Path continued

I am pleased to say that as I have been writing this article (over a series of days) I am getting appreciably better. By the time *Issues* goes to press and finally finds its way into your hands I will probably be happily doing my usual twelve hour days helping a light centre run. Hopefully a bit wiser, after all I am entering my wisdom years! Some steps forward, some steps backwards and perhaps some steps just being still and resting so that I can continue on my journey.

Namaste

Richard

Musings continued

the gardens productive. I learn so much each year and with the lower garden in full production we will indeed need lots of help.

I have already started my visualizations to find the right couple for next season. They could live at my little house just down the hill or we have caravans. I know to manifest something I need to get clear and writing about it in *Issues* is the beginning of the process. I then let go of my expectations and trust that my angels will do their best for I have 'put-it-out-there' in the ethers. Some days I get impatient and remind myself to be grateful while I muse over the recent lessons, for I do learn something from every situation.

Since getting 'Community' off the ground has been slow going, returning to the basic business model and hiring a few key people makes sense. I do want JLRC to keep growing, but not as fast as my strawberries. In my heart I hope we can figure out what it takes to keep people here but right now there are so many choices. I looked at the Intentional Community website, there are 48 listings in BC, all looking for the right person to make their place, home. On the average most retreat centers/communities don't last as long as we have and a few like Findhorn, Twin Oaks and Dancing Rabbit have survived and thrived and gives me hope that we can do it too.

♥ *Angie*

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The Love Quest Project



by Ian B. Fraser and Christine

Many magical moments have happened at Johnson's Landing Retreat Center, but by far the most magical for two souls was to find in each other a true reflection of themselves. When we met there was no mistaking the chemistry, but how many partnerships start off flying the flag of chemistry only to be run aground by the inevitable storms. So we thought we would try a different approach, one not afforded many at the outset of by getting to know one another. For most, a new relationship has to fit into all the pre-existing realities of two worlds. Jobs, family, children, exes, and friends are all vying for valuable time and contributing what they consider valuable input, and the new couple can't always find the uninterrupted time to get into deep, meaningful relationship. Our idea was to choose love first, making it the only priority, putting all else secondary and finding out what happens when you spend 24/7 with someone and look at every issue that arises. Well, it's been the accelerated course, for sure!

We chose to leave Johnson's Landing and have our own summer of love. Driving off in a Dodge Caravan, listening to Van Morrison singing Caravan, we opened ourselves up to those deeper depths that lie under every deep, asking ourselves, "What are the challenges of relating to each other that may keep us from anything more than a superficial pairing. What patterns do each of us run that may have served us in our past relationships but are no longer appropriate? How much of 'my' stuff am I willing to own, when for safety or sanity reasons I want to point that finger at you, because if I own it, I may be revealing even more vulnerability."

A funny thing happened, the more each of us revealed our doubts, faults, failures, and fears, the more we could accept each other. We go on the model that trust builds intimacy, which allows vulnerability, which brings about true, accepting love. So our Love Quest Project was, and still is, to tell each other our story so we can move beyond it. Living in close proximity, travelling and camping, leaves no wiggle room for hiding behaviours – it all comes out. "Great!", we say. "Show me your worst so I can find a way to love all of you." "Wonderful!", we say. "Allow me to see all of your defenses so that I can be more compassionate." "Super!", we say. "Reveal to me all of your weaknesses so that I can see your underlying strengths."

How has it been? Wonderful, terrifying, passionate, frustrating, exhilarating, scary and, most of all, the five greatest months of honesty in either of our lives. We have hung out at hot springs, visited family, explored intentional communities, dove deep into our personal growth at a Kelly Tobey ten-day retreat, found an exciting opportunity at Quantum Leaps Lodge, and at all times, laughed at ourselves, revealed ourselves, and loved ourselves like never before. All love asks of anyone is to just be their self. As we continuously find out more of who we really are, there is so much more to love... and to change. Both of us are committed to being the best possible partner, so the change isn't about doing it for the other but how can I do this to be a better overall person. If love is the basic vibratory pattern behind all creation, how can my vibration continuously move closer to that vibration within me, within us, within all? We don't have all the answers, but we are committed to asking the questions.

So now the next chapter for the Love Quest Project is to integrate our relationship back into the 'real' world of families, jobs, and schedules without losing the rhythm of couple time, freedom, and spontaneity. Neither of us are willing to sell out to societal preconditions, believing that, with love as the priority, all else falls into its right and perfect place. Is it possible? We'll let you know!

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OVERWEIGHT PETS

by Linda Buhler

Being overweight is not just a human problem. Pets are very often treated like young children, particularly when it comes to what they are fed. We tend to 'reward' our children with dessert or some other treat if they finish the rest of their meal, and I must admit that I am as guilty as the person next door when it comes to offering treats for good behaviour.

A similar thing happens with our pets. We generally think giving them treats is a nice thing to do. After all it doesn't get much better than watching the joy it brings, and quickly endears us to the child or pet. However, moderation is the key, because if it's overdone, we may be doing more harm than good.

Just like us, pets that are overweight are at a much higher risk of developing a number of health conditions. Problems like arthritis, heart disease, respiratory difficulties and diabetes are among the long list of issues seen in cats and dogs who weigh more than they should.



Unfortunately, unlike humans, obesity in pets is often not taken very seriously. While pet owners are diligent about getting their animals spayed, neutered and vaccinated every year, they often brush aside any comments made about their pet's weight. The reality is that being in control of your animals, weight may be one of the best ways to promote their health and maximize the years you have together.

The best way to maintain a healthy weight for your pet is to feed them an appropriate diet that is adjusted to their specific calorie requirements. This is something your veterinarian or health practitioner can help you to determine. Excess weight is almost always due to an animal eating too much, exercising too little, or both. However it is always important to rule out any other medical issues that can cause weight gain. In addition to reducing the calories your animal eats, it's a good idea to increase the calories they burn by giving them exercise. Of course, if your animal is severely overweight, there may be limitations to how much they can run and play. It's a good idea to start off slowly if your animal has been sedentary or is overweight. It is also important to re-evaluate and modify their weight loss program. It may sound like a lot of work, but once you get into this healthy routine, you and your pet will reap the rewards. Once your pet is back to a healthy weight, make sure you keep up the good work as your pet will be healthier, happier and more energetic. As an added bonus, you might find yourself in better shape. *see ad to the left*



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PHOTOGRAPHIC INSIGHTS

by Irene Reese

An aura is an invisible energy that surrounds each object. It connects us to all we come into contact with. Each person's aura is unique, like their signature. Although it basically stays the same, some of it changes. When I draw an aura, its contents are seldom stationary. Sometimes it looks like a blur so I use patience and focus to slow down the picture, so that it becomes distinguishable. The aura includes not just the energetic colors, but also other things such as symbolic imagery representations of animals, guides, or angels. When looking at a person's aura, I get a sense of what is going on in their life. What is really intriguing is that I can see that person's potential. In my experience, few of us actually live up to that potential. This is not to say that we are not doing enough, just that there is so much more that we have access to, to actualize all of our talents and desires. HOW? is the million dollar question. It starts with being open to new ideas, meditating, spending time in nature, and living a balanced life. As well as bringing passion into what we do, having compassion for others and ourselves, and to keep aspiring to our greater potential.

One of the first things that I zone in on is what I refer to as the 'Universal Connection' or Collective Consciousness/Great Spirit/Christ Consciousness/God (Insert your own terminology). This connection generally spirals or whooshes straight up from the top of the head. It is like a two-way highway of information that we access in the form of inspired ideas, intuition and dreams that we send via our intentions, emotions, prayers and thoughts. Through this channel, we are also able to bring in healing for ourselves as well as others.

There are many colors in the aura, but usually there are predominant ones. There are no 'bad' colors, but even a beautiful color may not be serving one's best interest if it is not in the right context or in proper relationship. For example, green is very healing, but if it is too thick, stagnant or pea-soupy it overshadows everything else. Often we intuitively know what is needed for our well being. The trick is getting it from the spiritual realm or higher knowing, to the physical where we are able to deal with an issue in a concrete way. We do this by quieting the mind with meditation, being in and observing nature, breath work, grounding, listening to our inner voice, and trusting. We have more access to this information than we realize. Once informed of what I perceive in a drawing, most people have an "Aha" moment such as "I knew that" or "Oh, I thought so" or "No wonder _____!"

The way that we receive messages depends very much on how we are attuned. Symbolism often has multiple meanings. For example, I may see a white rabbit that you had as a child. There is meaning in the 'universal archives' or 'collective consciousness' with which we can sometimes connect.

Once, while doing a reading, I saw a horse speeding on a track pulling a wagon full of dynamite around a mountain.



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I felt somewhat dizzy and disoriented by the speed and heaviness of the given situation. I felt aggravated as if the person was mulling over her thoughts, thoughts that were going around in circles as she tried to make sense of the emotions. I could feel the unresolved anger and if she didn't discuss her feelings, she may 'blow up'. Intuitively, this led me to the inner knowing that there was a marital problem. This is the strange way in which 'a picture paints a thousand words'.

It is not my place to judge the information I receive; having said this, giving bad news is pointless, so I write the information in such a way that encourages our personal healing. We must learn to trust and use our intuition, as well as our better judgement. When accessing energetic information, it is important to ask to resolve issues found to be detrimental. My belief is that aura drawings or any 'psychic' type work is pointless unless it can help a person heal or empower themselves to make positive changes in their lives. It is important to set clear intentions into the universe via prayer, thought, mantra or invocation, and that we receive back information that is true, healing and worthwhile ... for the highest good of all concerned.

Working with energy and auras is most awe-inspiring, it can even be funny, as the spirit world is not without a good sense of humor so it is good to laugh at ourselves. It is my belief that all who have the desire, and the will to do their homework can connect with these energies and already do so on a daily basis. I embody within myself a sense of caring and compassion for the client, the process and the spiritual connections I make. *see ad below*

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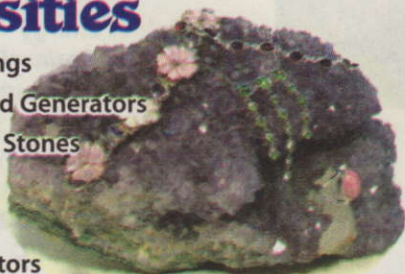
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From Worry To Creative, Realistic Solutions

by Laara Bracken

Many people know worrying is a waste of time and energy, but they say they can't stop. Their minds go over and over the same issues without finding an answer. In my professional opinion, having worked with hundreds of people over the past 23 years, worry is responsible for 90% of stress, faulty solutions, problems, and inaction. What is worry? Why doesn't it provide answers? How do we replace it with something that does?

Worry is created when people are very, very young by watching their parents and taking on their behaviours, reactions and attitudes. As they grow up they become aware that most people worry and see it as responsible and adult like. Worry is supported by cultural beliefs such as "If I care about someone or something I will worry about them or it - my spouse, children, aging parents, my job, health, finances and the future, otherwise I don't care."

Worry is rampant because of the global economy. Worry is fuelled by a fear or loss of something. It can become a part of their core, a "knee-jerk" reaction that happens too quickly to stop. Once it starts, the search for solutions doesn't stop until exhaustion takes over. It says "what if..." and predicts dire outcomes...The media feeds worry by sensationalizing bad news.

In reality, worry makes finding a realistic, solution impossible. It causes confusion, inhibits clear thinking and perception. Worry drains energy. It affects self esteem and trust. If a solution seems workable worry says, "Yeah, but what if...". It takes over most of imagination and a great deal of consciousness. It makes small mistakes into catastrophies, and predicts the future either will not change or be worse than the present.. It creates many uncomfortable physical conditions and can make major inroads on mental, emotional and physical health.

Knowing that it is easy to worry doesn't help. The good news is once the "worrier" part of the mind lets go of other people's beliefs, habits, behaviours and conceptions of reality, and aligns with decisions that are positive, consciously chosen alternatives, it becomes one of our greatest assets. Natural talents, strengths and abilities are found as we learn to make sound, realistic, and workable solutions. Curiosity, inquisitiveness, perception and the courage to experiment expands our imagination and opens the mind to solutions. Objective thinking allows us to perceive reality without making small things into a catastrophe. Sound judgement is based on subjective and objective reality. Seeing the big picture adds confidence in our own thinking as we learn to trust in our intuitive self. People feel balanced, grounded and whole. Natural feelings of excitement and optimism lead to confidence in a future that is much better than the past.

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Your Relationship with Food

by Dawn Lasby

Good health begins with being mindful with your food choices, quantity and time of eating. You are purchasing organic food, or you are growing it, the fridge is full and there is enjoyment in food preparation (for most), but how are you ingesting your food? With today's time constraints, more people are eating on the go, often while standing or driving the car, grabbing a bite while on their way to their next activity. Our pace of life, ironically, has made us less aware of what we are putting in our bodies in terms of quantity. It has also upset our natural process of digestion, as our bodies fight to stay in equilibrium once we have eaten a meal in five minutes, and then rush off to one of our many destinations. More and more, we are ignoring the natural signals of a healthy body that tell us when we are full, either because we are too distracted to notice or have formulated "rush" habits that have expanded our stomachs and allowed this behaviour with only mild indigestion, which we often quickly forget.

Since most of us spend time preparing food, a good habit is taking at least half the time it took to prepare the meal to eat it. If it is a quick re-heat, honour the food and your future health by re-heating it on the stove instead of the microwave and spend at least twenty minutes putting your food onto your fork, into your mouth, and then chew. A nice meditative way of ingesting food is to chew eight to twelve times before swallowing each bite.

People are notorious for eating quickly. When shovelling food into our bodies is practiced, we are often times not aware of just how much we have eaten, allowing us to eat more than our bodies require. When we hurry, we miss out on the invaluable time to rest while we digest. There is a saying on quantity, "breakfast like a king, lunch like a prince and dinner like a pauper" in order to maintain blood sugar levels and energy.

When you are alone, what else are you doing when putting food into your body? Reading the paper, making to-do lists or watching television not only inhibits the digestive system but it distracts the mind from being in its present and natural state. The more at ease we are, the better food serves us, from taste to function. If you have ever noticed that food tastes so much better when you are on holidays, it might be because you are away from the everyday stressors or habits that form when we are occupied.

Other habits commonly formed in busy individuals are the desire to have wine with dinner, a sweet after a meal or an appetizer before a meal, especially when dining out. It has recently been determined that people are eating out 40% more than just ten years ago. Many of us throw away conscious eating habits because of the "treat" factor associated with being served in a restaurant. The extras in a meal, especially when our economy is strong, not only adds to the cost of the experience, but also adds to the caloric intake, therefore taxing our bodies to work harder to get rid of the sugars in alcohol or



dessert. Try to set a budget when eating out and if it truly is a special occasion, allow those indulgences. If you are by yourself or must eat out for business reasons, know that the best business deals are made with a clear mind and a satisfied, not full, stomach.

Whether you have a family or live alone, try dedicating one meal a day (or week) to pure silence. Agree on a meal or meal time with others. When you are around others, don't look them in the eye – pretend as though you are by yourself and observe your personal relationship with food, from the preparation and the serving to the clean up. This type of food ritual is a great exercise in self-awareness.

A pastime that seems to be leaving society is the idea of grace, or blessing that which we are about to receive. To enhance the quality of appreciation in your life, bless food each time you are about to partake. In doing this, we become aware of how many times we are eating in a day and whether or not we need to be eating. Blessing food also ensures the cycle of growth – as one thing is destroyed (the food), it serves to become something else – a part of ourselves, be that cells, blood, mother's milk, waste, etc. This simple ritual activates the parasympathetic system of the brain to prepare the body to 'shift gears' as opposed to rushing it.

Many organic farmers or growers of food within community gardens do a blessing for vegetables as they are growing. The Yasodhara Ashram on the East Shore of Kootenay Bay, BC, performs ceremony combined with the voices of those who have tended to the garden that day by holding hands in the garden and chanting. There can't be anything more satisfying than eating food that has been grown collectively with love. If you are in a place where a grand blessing may not be appropriate, hold your hands over your meal and feel its energy while you bless and appreciate all that is before you.

Our most valuable resource in Canada, water, is also full of energy. Feel the difference of the energy in a glass of water that is standing still, and then stir it, which creates more energy. If you are not already drinking your eight glasses a day, try to form a new habit. Drink lots to replenish fluids, especially when you rise in the morning and then about fifteen minutes before a meal. If you have problems with digestion, do not drink with your meal as it dilutes stomach acids, which break down your food. Wait about 45 minutes after a meal to drink your tea. It'll help slow you down.

Another habit you may wish to form in your relationship with food is a short walk after eating. Dinner is a great time to bond with those you enjoy and walking will give your body gentle movement for better digestion. We know that eating late is not a healthy habit, nor is sitting, so set the intention with family, friends, or yourself to celebrate what food allows us to do – to move, with strength and grace. There is nothing more pleasurable than being the owner of a body that functions well due to what is put into it and how it is used.

Support the Charter of Health Freedom

by Lorna Hancock ... reprinted from **Source: HANS e-News**, Sept. 15, 2008 • www.hans.org

Maybe by now you have heard about the Charter of Health Freedom and are wondering what it is? A bit of background... government has repeatedly asked consumers what we want, and we've repeatedly said "We want natural health products to be treated separately, differently, than drugs. We want them to be legislatively protected, and appropriately regulated." The opposite has happened, and most recently, we were given Bill C51 & C52, which stirred up so much angst that tempers have run hot.

Without getting into that debate again, we feel that the Charter of Health Freedom solves disharmony between industry, government and the public. It offers a respectful solution, and could set a precedent for the world. It also needs 3,000,000 signatures on a petition. We hope you can help. Here are some questions and answers about it, which were taken from the Charter website at www.charterofhealthfreedom.org.

If this Charter is for "health freedom", does that mean Canadians are losing their freedom to choose right now? Yes, it does. Since 2004, when the regulations were introduced by the Natural Health Products Directorate (Health Canada), many small and medium manufacturers (of excellent, safe products) could not compete and have closed their businesses, taking their products with them. Their only crime was not being big enough to sustain inappropriate and overzealous regulations. And how about all those excellent American products we are so happy to buy here? American companies, unhappy with the regulatory environment in Canada, have withdrawn their products, amounting to over 20,000 so far. These are excellent natural health products that you can no longer choose. So, yes, Canadians are losing their freedom to choose right now.

Critics have said that there are people who don't want regulations. How does the Charter fit with regulations? To not have regulations is rather illogical in today's day and age. What is important are appropriate regulations for the natural health industry. The regulations that exist today are inappropriate and overzealous.

Who created this Charter? The author of the Charter is constitutional lawyer Shawn Buckley, President of the Natural Health Products Protection Association.

Why was this Charter created? The Charter was created because it is something that the silent majority, the public who consume these products and use natural health services, want. The Canadian people, the 70 percent of Canadians who use natural products, have repeatedly been faced with promise after promise by one government after another. There have been promises made, and never kept, for decades. The standard excuse is "Those were promises made by another party, not us."

The Charter for Health Freedom is not unlike the American Boston Tea Party, if you stretch your thinking a bit, where

the people rebelled because of ill treatment, and demanded, through their "Declaration of Independence" equal and fair representation. Now, 232 years later, a similar situation has occurred. We, the people, want our rights back. We, the people, are ready to step up to the plate, and have equal influence on government, instead of seeing our rights eroded time and again.

The government wants to ensure that issues of safety, and protection of the public, are covered. Does this Charter address these? In the case of natural health products, it ensures that what is on the label is in the bottle, as well as addresses quality control issues and more. It will also work to ensure that the regulations that surround natural health practitioners are honest and fair, and safe.

What steps need to be taken in order for this Charter to be successful? It involves the collective will of the electorate, signing petitions, and visiting their MPs. You will be able to see which MPs are supportive on this website soon.

What does the government, and the industry, have to say about the Charter of Health Freedom? The Charter is a public initiative that will serve the needs of industry, solve many existing problems, and with strong public support, will also make life a lot easier for government. It is positive, and timely, and it is hoped that all people and businesses involved in the natural health products industry, will embrace and support it.

Will this Charter affect existing regulations (currently being implemented by the Natural Health Products Directorate)? Yes, it will. It will call a halt to regulations introduced in 2004, and require a revisitation, to ensure that the safety of the public is paramount, but so is restoring the natural products industry to its full potential in the Canadian market, and in the global market.

I am interested in being an Ambassador for this Charter. How can I be involved? Register your email address at www.charterofhealthfreedom.org. This will put you on our contact list for information, and keep you informed. Download the petition and circulate it amongst your friends. When complete, mail THE ORIGINAL COPY with original signatures to: NHPPA, 2-953 Laval Crescent, Kamloops, BC, V2C 5P4

Research your community and determine if your Member of Parliament is in support of this Charter. Let the Charter office know your MP's position, if not otherwise stated at www.charterofhealthfreedom.org.

Educate your community. Find places (i.e. health food stores) where friends and neighbours can drop by to sign the petition.

**HELP US RAISE THE 3,000,000 SIGNATURES
THAT ARE NEEDED TO BRING THIS
TIMELY CHARTER INTO LEGISLATION.**

Doing More Of What Doesn't Work Isn't The Answer

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Is this You?

Are you going over the same problems again and again without finding an answer? Are affirmations, workshops and good advice not creating the changes you want? Do you keep repeating the same thoughts and reactions even though a part of you knows better?

Pulled In Two Directions At Once

You want to change, but you can't. Thoughts, words and actions happen too quickly to stop. Your conscious, adult mind knows what you would rather do, but your subconscious mind takes over. The subconscious is composed of decisions you made when you were very, very young, with limited life experience, about what to believe, feel and do about situations you didn't understand, in order to survive mentally, emotionally and/or physically. So, a part of you believes one thing and a part of you believes another, creating a feeling of inner conflict and being "stuck."

WHY Awareness Isn't Enough

Therefore, to find answers and solutions you need to go to beyond what you consciously know. Because subconscious parts of you are not "bad," but were originally programmed to help and protect you to the best of your ability at the time, I believe they need to be treated gently. Being harsh, reliving your past or trauma, and giving you more advice isn't the answer. Instead what is needed is a way to find your own answers, so they are truly yours, and real to you. Core Belief Engineering gently accesses and aligns your negative core beliefs with what you now choose as an adult. Then a transformation of the old core beliefs and the thoughts, emotions and behaviours attached to them is completed on all levels, spiritual, mental, emotional and physical, down past the layer of the cells. *"I used to be attracted to men who were unavailable emotionally. Over and over it was 'different shirt, but same guy'. After working with Laara, I fell in love with and married my best friend. We have been married for 20 years and are still best friends."*

Melinda P., Kamloops

When thorough and complete transformation occurs, you need far less time to resolve long standing issues. Changes last and grow stronger with time. *"The feeling of freedom continues to grow. It feels natural to do things I wouldn't. A senior was supposed to be sensible. Now I have friends like me—not always sensible, but a lot happier. It's wonderful."*

Margaret D., Kelowna

Do I Have to Have A PROBLEM to Benefit? Not at All!

How about more of an existing strength, talent or ability? More fun, creativity, artistic talent, organization, aptitude for a sport? Core Belief Engineering has been effective in expanding and integrating anything positive. A client who was a violinist reported, *"After CBE, our trio received a very positive review in the Toronto Star. I was much more confident and felt the audience was deeply appreciative. What a difference! I am so pleased."*

Michael R., Toronto.

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participating in your changes every step of the way. You create a feeling of freedom, expanded harmony, self esteem, trust and love, and well being within yourself. We create changes that are unique to you. The many natural talents, beliefs and feelings within the transformed subconscious part enthusiastically support, encourage, and are a major part of your change, ensuring that changes last and grow stronger over time. *"My husband and I transformed limited, poverty thinking and gave ourselves total permission to go out and make money, so we did!"*

Hannah B, (phone client), Calgary.

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

Laara experienced Core Belief Engineering to solve problems that had defied resolution for many years, in spite of every effort she made. She was so impressed with her results, she decided to make it her life's work. She has 23 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
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The Sounds Around You

by Sharon Carne

Not everyone knows that when you walk into a store where there is music playing, your heartbeat matches the music in about four to five minutes. The human body is hard wired to respond to sound. And there is no off switch. The sound around you goes through your body faster than it goes through the air.

We hear with our whole body, inside and out. Dr. Alfred Tomatis, the great ear, nose and throat specialist of the 20th century, called skin "undifferentiated ear." Dorinne Davis, an audiologist who founded The Davis Center to continue and expand Dr. Tomatis' work, states, "Every cell is a sound resonator. New research indicates that nerves transmit impulses of sound, not electricity. Every cell emits and absorbs sound." Jonathan Goldman, healing sound pioneer, states, "Sound is a multidimensional living entity."

Wow! This thing we call 'sound', which constantly surrounds us, especially in the city, has a profound effect on us right down to our cells. It is important for us to know how the sound around us affects us at the physical, emotional, mental and spiritual levels.

The study of wave form on matter is called Cymatics. During the 1950s and 60s Dr. Hans Jenny (1904-1972), a Swiss doctor, artist and researcher, documented the effect of specific frequencies on sand, spores, water, turpentine, iron filings and other substances which were placed on a vibrating plate or membrane. He published these results in 1967 in a book called *Cymatics - The Structure and Dynamics of Waves and Vibrations*.



Hans Jenny

The following quote is taken from the website www.world-mysteries.com. "Dr. Jenny made use of crystal oscillators and an invention of his own by the name of the tonoscope to set these plates and membranes vibrating. This was a major step forward. The advantage with crystal oscillators is that one can determine exactly which frequency and amplitude/volume one wants. It was now possible to research and follow a continuous train of events in which one had the possibility of changing the frequency or the amplitude or both.

The tonoscope was constructed to make the human voice visible without any electronic apparatus as an intermediate link. This yielded the amazing possibility of being able to see the physical image of the vowel, tone or song a human being produced directly."

This image is the vowel A created in sand.



For me, watching Dr. Jenny's videos is like taking a journey into the mechanics of the creation of the universe itself. One of the most astounding is his picture of the sound 'om' beside a picture of the Shri Yantra.

From Wikipedia: "The Sri Chakra or Shri Yantra of Tripura Sundari is a yantra or mandala formed by nine interlocking triangles surrounding the bindu. Four of these triangles are orientated upright representing Shiva or the Masculine. Five of these triangles are inverted triangles represent Shakti or the Feminine. Because it is composed of nine triangles, it is also known as the Navayoni Chakra. Together the nine triangles are interlaced in such a way as to form 43 smaller triangles in a web symbolic of the entire cosmos or a womb symbolic of creation. Together they express Advaita or non-duality. This is surrounded by a lotus of eight petals, a lotus of sixteen petals, and an earth square resembling a temple with four doors.

Aum (Om) is said to be the primordial sound that was present at the creation of the universe. It is said to be the original sound that contains all other sounds, all words, all languages and all mantras."

If you are interested in the powerful effect that sound has on matter go to www.mountainrosemusic.com. The article with the title above, has links to YouTube that demonstrates, you are matter and that sound affects you. Even the sounds you make as you speak to another has a physical effect on your body. Not to mention the emotional effect behind your words or sounds. As we awaken to the ancient remembrance of the sacredness of language and sound, we begin to take more responsibility for the sounds we make and the sounds around us.

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Calendars, Food and the Road Less Travelled

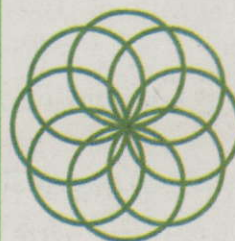
For 14 years, FarmFolk/CityFolk has been supporting community-based sustainable food systems. We have done this by engaging in public education with farm and city folks; actively organizing and advocating around local, timely issues; building alliances with other organizations; and harnessing the energy of our volunteers. Our 2007/2008 projects include Seed Security, Community Farms, and Get Local. We believe it is the connection between farm and city, producer and consumer, grower and eater that creates sustainable communities.

We work towards re-localizing our food system. Eating locally all year round means fresher, tastier, more nutritious food. It alleviates environmental impact caused by transporting food over long distances and it spurs local economic growth while conserving farmland through active agricultural use. Eating locally builds community and allows people to know how and where their food is grown. Increasing the amount of local farming also increases our level of food security and the capacity to feed ourselves.



Cocky, the Rooster is a model for Farm Folk/City Folk annual calendar with proceeds that support their work. This years photos were taken by Brian Harris. He photographed life and work on five community farms to create the calendar. He says, "Our cultural, personal and spiritual identity is bound up with the food we plant, harvest, grow, kill or purchase, cook, eat, digest and eliminate."

The calendar contains 12 recipes and is a visual tribute to food as it moves from farm to plate. www.ffcf.bc.ca.



**Want to know more about
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Fibromyalgia to Cancer...

What Are the Solutions ?

Universally, it is now being accepted that all disease is caused by either a toxic or a deficient body. In essence, every bite of food we eat paints the reality of our tomorrow. Our level of joy, our attitudes, our emotions and yes, our beauty is mostly determined by our diet. In fact, the old saying, "You are what you eat," holds true more so today than ever before in history.

But our body has purpose, and that is to heal itself through natural, miraculous, restorative abilities. And when given the opportunity, our body is capable of curing any illness. Dr. Bernie Siegal, author of *Love, Medicine & Miracles*, states, "There is no incurable disease from which someone has not recovered, even at the threshold of death!"

Accepting our health as a matter of choice, and not a matter of chance is the first and most powerful step we can take. We need to be responsible for the choices we make. There are no magic pills or potions, but when given the proper tools, our body has the miraculous ability to heal itself.

Do we want to live our best life ever? Just imagine our body as a painter's canvas, the true work of art that it is. By simply cleaning and feeding our body we will be amazed at what we will discover as we unleash our body's true, restorative, healing abilities! Is there still hope for us? Absolutely, the choice is up to us!

SO WHAT ARE THE SOLUTIONS?

Cleanse the body...

Consume a wholesome diet...

Everyone who lives on this planet is continuously exposed to a multitude of toxins. People from all walks of life and of all ages (adults, seniors and even children) experience gas, bloating and constipation, all of which are signs of a toxic colon and where many diseases can be traced.

We require an ultimate, all-natural, bowel support detoxifier that helps to safely eliminate harmful toxins, while strengthening the bowel and restoring peristalsis action, plus a formula that is designed to assist with the prompt and efficient removal of pathogenic waste.

Enzymes are the 'Spark of Life.' Enzymes are vital because without them life simply cannot exist, they help to detoxify

and nourish the body at the same time. Enzymes are destroyed through cooking (heat), radiation of foods, processing and people who are under stressed conditions.

Probiotics (flora), the good bacterial. All flora is beneficial but the most powerful probiotics promote the removal of toxic, putrefactive elements, while restoring healthy, much needed immune-boosting flora. Probiotics also produce the 'B' vitamins within our intestines.

Feed the body... besides consuming a wholesome and a mostly raw plant based diet... deficiency is widely accepted as the second leading cause of all disease. The body requires enzymes, amino acids/proteins, minerals, vitamins, carbohydrates and fats—and as such, these elements are referred to as 'essential nutrients,' because they are essential to life. The main contributing factors for deficiencies today are deficient soils, food irradiation, premature harvesting of crops, genetic modification, pesticides and herbicides, cooking and microwaving, which all lead to enzyme depletion, poor digestion and compromised elimination.

- We need a 100% raw, easily digested form of amino acids (protein), that delivers balanced whole-food nutrition, complete with anti-oxidants and phyto-nutrients— free of soy additives.

- A superfood combination of premium greens, complete with a robust combination of whole foods, cleansing herbs, naturally occurring vitamins and minerals.

- Electrolytes and a synergistic vitamin C, complete with plant-based delivery co-factors and co-nutrients and a perfectly balanced source of synergistic plant-based minerals and co-nutrients.

- Did You Know? Just as the steps of a set of stairs must be taken in a sequential order, our body requires certain nutrients and co-factors to be available in sequential order before absorption can occur.

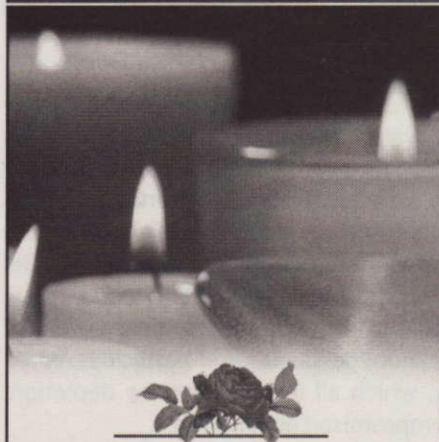
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A Journey Toward Community

by Skylark Disraeli

Every one of my former partners has been right: I'm a controller. But after endless attempts to eradicate this trait, I have ultimately located an environment that relishes it!

Over the past two decades, I have dipped my toes into countless types of relationship and at least as many styles of accommodation. While all of these provided essential lessons, none was a perfect fit. Indeed, by my mid-thirties I was utterly bewildered as to where I might belong. Deep inside, I knew I must fit somewhere. Though I did not know its location, language or features, my tribe's call resonated clearly within my soul.

At one point, a friend said to me: "You're an agnostic attending a Christian church, a non-addict attending AA meetings, and a person in a heterosexual relationship serving on the board of the Gay & Lesbian Association. What's up?" Simply, these involvements allowed me to live out my beliefs within community. However, while all of these collectives were truly welcoming, each felt peripheral to both my essence and my day-to-day life. I desired community as midpoint – as an environment in which collaborative play infuses the political, broad visions are embraced co-operatively, and the various aspects of one's life are interwoven rather than compartmentalized.

The entity I dreamed of involved a range of cultures, orientations and ages holding in common a deep respect for social justice, the environment and each other. My steady desire was for several of us to live in close enough proximity that we could support each other in our shared interests while practicing with each other to achieve the ideals we all held. As an introvert with a tendency toward feeling overwhelmed, achieving this appeared impossible. My heart insisted there was a way.

One day, I stumbled across the term "co-housing." As my understanding of this lifestyle developed, I came to interpret it as "community for introverts". The fact is, this form of intentional community warmly welcomes as much diversity as it attracts – extroverts, businesspeople, artists, students, seniors and more are leaping toward these mini-villages. But it also held room for me, a person who needs to choose her diet, determine her own cleaning schedule, and immerse in solitude as many hours as not. With its support of both privacy and engagement, co-housing seemed the perfect fit.

But, oh! Good luck getting into one! With an increasingly heavy heart, I found myself "too late" for one new development after another. Along with countless other co-housing wannabes, I was wait-listed time and again. I learned the hard way that co-housing units, once occupied, rarely come up again – a testament to how well they work, yes, but a real blow to my personal goal.

The cost, too, seemed prohibitive. How on earth would I be able to pony up shares? My trust persisted. When my dream of dreams came up – an urban development with a rural feel – I let go of my questions long enough to make a visit. Pacific Gardens Co-housing Community, fifteen years in the planning, had just broken ground near the center of Nanaimo, BC. The property was a stunning 4.37 acres of forest and heritage apple orchard. A salmon-bearing river ran through it. The eco-friendly project would be 25 self-contained living units, plus common amenities: a sound-proof room for meditation or music; workshop; exercise room; children's playroom; teen room; guest rooms; and a large hall for potlucks and dances.

I was smitten. When the relentless question of finances rose yet again, a former certified financial planner on staff easily resolved it. At this point, my commitment was all that was needed. Was I really ready for this? Was I willing to let go of the amazing things in my current life to let this dream fly? I was. I did.

March 2009, twenty-five singles and families will move into their private units, then begin connecting over regular potlucks, hikes and other shared activities. Car-sharing, composting and recycling will be norms. We'll work through the inevitable conflicts and celebrate each other daily. Sounds like a pipe

continues to the far right

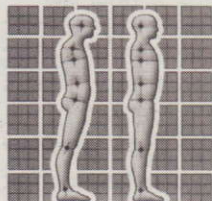
THE BODY BEAUTIFUL AND THE GOALS OF STRUCTURAL INTEGRATION

by Wayne Still

The beauty of the human body is a somewhat subjective value judgment influenced by cultural norms and current trends. For example, married women of the Brahman caste in Calcutta, India, are generally what we in this culture would describe as being grossly overweight. This is a culturally conceived concept of beauty as it indicates the ability of the husband to provide more than ample amounts of food. This is in stark contrast to current cultural norms in our society where beautiful men's and women's bodies are very slender. What these two extremes have in common is that they are very straight in the sense that they are in harmony with gravity. This means that all their bits and pieces are nicely stacked above each other so that gravity flows through them and so lends them support. In the case of the Brahmin women their bodies have so adapted in order that they can move their weight about without falling over. For the so slender bodies the same principle applies except in their case it is just easier to be upright. Most of us fall somewhere in between the two examples I have given, and we are often in some way out of harmony with the flow of gravity through our bodies and in conflict with it.

What does this have to do with the goals of Structural Integration I hear you asking. The founder of Structural Integration, Dr Ida P Rolf, was interested in how form affects function and the effects of gravity on soft tissue. Given that the force of gravity is incessant, any organism which wants to stand upright has to make adaptations to deal with the force. This is perhaps best seen in plants and trees which grow a round stem ideally rising straight up so that the flow of gravity through that stem supports it. Land based animals similarly have round straight legs with their body mass balanced over them and gravity flowing through the organism supports it. This is all well and fine until something happens to affect the balance.

In the course of living we are subjected to physical and emotional stresses which, whether they are caused by injury or overuse, cause soft tissue to shorten in order to brace or support the area which is stressed. When the stress is chronic the tissue will adhere to itself resulting in holding patterns. A holding pattern restricts the range of motion of muscles associated with the held tissue, we experience this restriction as pain. In addition, shortened connective tissue pulls the structure out of alignment and out of its happy relationship with gravity. Now, rather than supporting the structure, the force of gravity is tending to flatten it. As a result we need to use more energy just to stand upright never mind move about.



The ten series recipe which Dr Rolf developed aims to mitigate and reverse this situation. In the course of the ten series the practitioner works with the client to systematically and methodically restore length to shortened tissue thereby eliminating holding patterns and restoring lost range of motion. In so doing body parts are once again properly balanced around a vertical line so that the body can once more be supported by gravity.

The goals of Structural Integration are to bring the body into harmony with gravity by restoring form which has been altered through stress. Coincidentally this form is that straight up and down line which we associate with beautiful bodies.

Rolf Practitioner

Ida Rolf's Structural Integration
and Body Work



Susan Book

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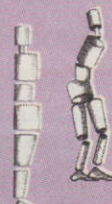
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Community continued

dream, right? Well, so far, so good. Both distant and local owners, myself included, are already actively involved in consensus decision-making and community-building, not to mention just plain fun! With room for a handful more singles, couples or families, I am deeply curious as to who will make up the remainder of our community. As The Co-housing Handbook reflects, they will very likely be more 'controllers': proactive, involved, compassionate people who take concrete steps to make their dreams reality. www.pacificgardens.ca

THE DARKENED CURRENT OF HOW THINGS ARE

by Stephen Jenkinson

You might remember being a raucous teenager, publicly heroic and stout in your opinions, privately haunted by every untested thing in you, wading deep into the current of all you haven't known, bravely swapping opinions with your friends about what each of you would do if you found out you had a day or a year to live. Most of us were sure then, or seemed sure, that if we knew we were going to die we would give ourselves to every excess, every body extravagance, that our upbringing or our judgement or our shyness had so far forbidden. The sureness of our dying would ennoble us and make us whole. It would clear our minds of distraction, of pettiness and stupid proprieties, and it would give us the courage of our convictions. Our dying, we knew then, would make us live. I have worked for a decade in the death trade, and nowhere have I seen that bravado survive a terminal diagnosis. What I have seen instead is an unknowing and a feeling of betrayal that has no bottom, no limit, nothing that seems human in it. Instead, most of the dying I have seen has the end of humanity in it. That bravado we once wielded is a fugitive when dying comes, breaking our certainty as it flees, and in the hole that is left we make our death bed.

I've had the hard privilege of being with nearly a thousand people as their lives moved them, sometimes gently, but more often terror stricken, their heels dug in, making furrows of despair in the fields of their last days, cursing the way things are, to their deaths. I've learned some strange facts at those death beds, hard truths, lessons that turned out later to be lies. One of those deeply untrue things: Dying people know how to die. Another: Grieving is inevitable if the thing is sad enough. And another, maybe the sovereign of all that is untrue among us: Dying is part of living.

We have a medical technology unmatched in human history. We have a diagnostic sophistication and precision that melts the mystery of the body's life and death into disease trajectories, treatment regimes, strategies of symptom management. We have, depending on where you live and how compliant you are with the treatment plan, dying that is largely pain controlled if not pain free, dying that is unsurprising, expected, well known in its physics and chemistry, its cause and course. And for all that, it is harder to die now than it has ever been, ever in this country and ever in human history. That is not the fault of medical technology, nor is it the fault of the technicians and the physicians that prescribe and administer that technology. Our problem with dying is not a medical problem. It is bigger, much bigger, than medicine. Our way of dying is the hardest that human kind has known because we are dying in a place and time that doesn't credit, doesn't honour, doesn't believe in dying. In a competence-addicted culture wedded to limitless, costless achievement, dying is mostly an insult to our sense of justice and an inconvenience



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to our plans for ourselves and those we love. We are living in a culture that doesn't know dying, and when our time of dying comes our culture has no place for us. Those who are dying among us have an uncertain citizenship in the land of the living, and each of our awkward gestures designed to help them live as normal a life as possible, under the circumstances, further shadows their remaining days with unintended aloneness. Strange as it sounds and strange as it is, no one wants bad dying, and bad dying abounds.


My work - agitating for good dying - is akin to telling jokes in the wilderness, where you can't know whether your jokes are funny, or whether they are jokes at all. I have been a grief monger for years, an activist and a purveyor of good dying in a land where no one wants to die. As years have gone on, I am more persuaded that any ability we as a culture might have to make a good death for us, will grow not from a continuing concentration on eating habits, stress management, goals, or enlightenment. Our myriad ways of dying badly - in terror, in grim isolation, in a sedated no man's land - doesn't come from personal habits or shortcomings. Very few of us really decide what death

means, especially in those months or years between our terminal diagnosis and the end of our days. The meanings of death available to us are driven by culture, not psychology. Living in a culture that makes no place for learning about the end of things, we can't be entirely surprised that the end of our lives comes with shock, disbelief, and a withered capacity to live as if our dying is as true to us, and about us, as our loving is.

If we are to change any of this, I think we can only do so by taking upon ourselves nothing less than a reimagining of what living well means, what being born is for, why all that we have known will end. A good dying now is nothing less than cultural subversion. Advocating for, providing for, pursuing good dying for ourselves and for those we love is a political and a spiritual project. It is an act of love and an act of revolution. A good death is everyone's right, all seem to agree, but it is also everyone's responsibility to know and pursue and defend. Knowing death well and being useful when it comes is a redemptive thing. It is a debt, and no less a debt than is drinking water and breathable air, that we owe to those generations we will not live to see.

Stephen is on tour presenting his Griefwalker Video at Film Festivals and Hospice groups. www.orphanwisdom.com

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Spiritual Freedom and the Master's Apprentice

by James P. Bauman

My life, from the beginning, has been a quest for freedom. I could never be fenced in. Once, when I was three, I found some rabbits in a cage that belonged to a neighbour. Discovering how the latch worked, I set them all free. Hearing furious yelling, I fled with the rabbits.

I have always experimented with life to see exactly where the limits of tolerance were in all situations. Although it often got me into trouble, the reward was an expanded scope of freedom within the tolerances, simply because they were made clear. I was not a rebellious youth, for unlike my peers, I had gained much of the freedom and responsibility of an adult. School was a place where I looked out the window and daydreamed of how much ground I could cover when I was freed. I studied only if I was interested. The consequences meant nothing, whether shame or honour. Though I tried to please those I loved dearly, the reality was, I was simply a law unto myself. I went where I willed, did what I willed, and paid any price it took.

I applied this law to religion, career and finances so that I had the freedom I desired. It's no wonder then that I fell in love with the teachings of Eckankar. They are all about spiritual freedom, gained only as one gives it to others. But they take the concept of spiritual freedom to undreamed-of levels, such as: you can earn spiritual liberation in this lifetime (be freed of karma and reincarnation), and you can gain the total awareness known as God-Realization. The teachings also express the necessity of the Master. But I was afraid that a "master" might be after my pocketbook. I wanted independence, not obligation. Eventually I realized I needed coaching by a wise and compassionate being, one who had himself made the journey to God in the present age, and survived to tell the tale.

Each skill I possess I learned from masters. Yet to master those skills I endured discomfort and endless practice. Likewise, although I have accepted the Mahanta, the Living ECK Master as my spiritual guide, I must walk the path myself. His goal is to help me become a Master in my own right. This is the law of spiritual freedom. The Master never asked me to believe anything, but simply to try the Spiritual Exercises of ECK. It was never about himself, only about gaining greater spiritual freedom. I began to sing HU (pronounced "hue") daily. As amazing and undeniable spiritual experiences unfolded, my trust in and love for the Inner Master grew. One day I realized I had accepted him. And he me. We have never parted.

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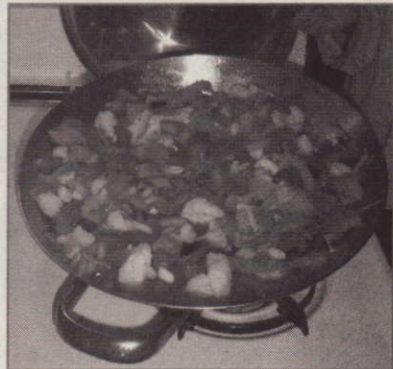
Vegetarian Recipes from the Johnson's Landing Retreat Center

This month I chose a stir fry recipe and Angèle, who can cook them blindfolded, said why did I choose a stir fry, 'everyone knows how to make that'. Well there are some tricks that change it from a bunch of fried vegetables into a delicious dish with its own thick gravy-like base. Poured over a bed of warm, organic brown rice, it is wonderful. Health-wise there is very little oil in this version and the veggies are not over-cooked, thus retaining more of their vitamins and minerals.

Bon Appetit, *Richard*



A Simple Stir Fry



Good news, there is no 'set' list of ingredients, as long as you have at least four tender vegetables that are not overpowering in flavour, plus fresh ginger and onions.

Utensils: A large Wok (or frying pan) with a lid • a timer or clock • cutting board • a large sharp knife • wooden stir spoon • measuring cup and spoons • and an apron so you look like you know what you are doing.

Be aware that veggies cook at different rates. You can always do an experiment to determine cooking times. Take two pieces of each veggie and put them in a steamer with boiling water. Start your timer and check the veggies with a fork every minute to see how much time each one takes to cook. Record this in your favourite cook book for future reference.

Ingredients: This SAMPLE recipe feeds 8 people.

(The first time around I suggest the you prepare the veggies ahead of time)

2-1/2 inch piece of fresh Ginger (finely chopped or grated)

1-1/2 Cups Celery (sliced)

2 tablespoons of Braggs (or soya sauce)

1 teaspoon Salt

1 large Onion (chopped)

3 Cups Carrots (sliced)

3 Cups Cauliflower (small fork size chunks)

2 Cups Broccoli (small fork size chunks)

2 Cups Zucchini (small fork size chunks)

3 Cups Bean Sprouts

2 Cups Red Pepper (small fork size chunks)

Tapioca powder -or- corn starch

1 Cup blanched almonds

OPTIONAL 3 Tablespoons of Toasted Sesame Oil

Process: First soak almonds for several hours, drain, pour boiling water to loosen the skins and remove it.

Heat 1 cup of water in the Wok.

Add the chopped Ginger and cook for at least ten minutes. Keep it covered, it cooks quicker!

Add the Celery + extra water to cover the celery, cook for another ten to fifteen minutes.

Now put in the Onion, Braggs and the salt and cook for five more minutes.

Add the Carrots and cook for another five minutes.

Add the Cauliflower, Broccoli, Zucchini and Red Peppers and cook for another five minutes.

*Make sure that there is at least 2 cm. of water in the bottom of the Wok at all times.

This is a good time to peel the almonds.

Next stir in the Bean Sprouts and prepare the thickening agent.

In 1/2 Cup of COLD water stir in 2 Tablespoons of tapioca powder -or- corn starch.

Now make a space in the middle of the steamed veggies and pour the cold thickening agent in **STIRRING VIGOROUSLY**.

Add the blanched almonds and the Optional Toasted Sesame Oil if desired.

Keep covered and put the Wok out along with a pan of warm, organic brown rice to the delight of your guests.

'Fluffy' Brown Rice

[Makes 4 Cups] You need the following:

• Fry pan w/ tight fitting lid • 1 tsp. Salt
• 2 Cups Brown Rice • 4 Cups boiling Water

Put the water on to boil in a separate pot.

Heat the fry pan then add the rice.

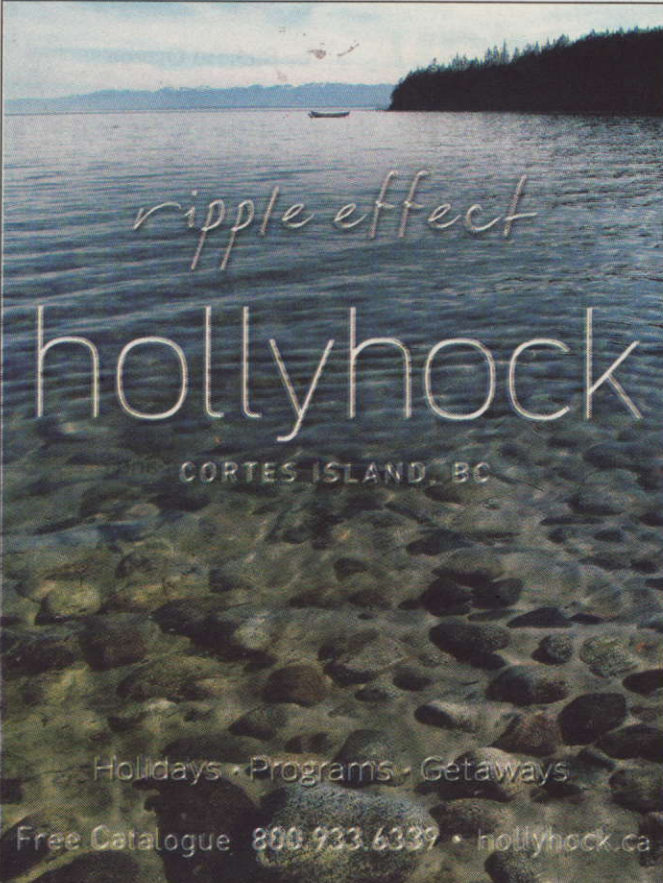
Dry roast it, stirring frequently, until fragrant.

Take it off the heat - Add the boiling water and quickly put on the lid.

Once it has calmed down add the Salt

Put it on very low heat just to keep the water gently boiling with the lid on.

Cook for 40 minutes until the water is gone.



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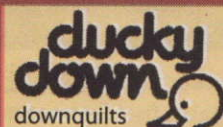
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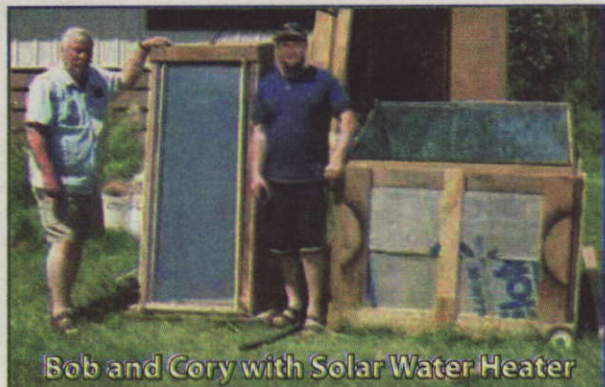
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Alternative Energy

by Richard Ortega

Alternative energy technology is for the most part 'old' technology. Humm, sounds strange but for the most part it is true. Windmills and water powered equipment have been around for many centuries. When electricity was tamed for use at the end of the eighteenth century it was quickly connected with the existing power sources of water and wind. Now that oil supplies are running out and prices skyrocketing, the more 'sustainable' technologies are making a comeback.



Bob and Cory with Solar Water Heater

Did you know that a regular homeowner's compost pile gives off methane gas? Like propane it is a useable fuel for heating and cooking and simple passive solar water heating technology can supplement your water heating needs thereby reducing your energy costs.

Well it all sounds interesting, but is it practical? At the Retreat Center in Johnson's Landing we decided to give it a try by putting money and labour into some projects to see how effective they actually are. One of our newest team members, Bob Watters, offered a series of Alternative Energy workshops during the 2008 retreat season. In June we hosted the first of these workshops - Building a Solar Hot Water Heater. Using an innovative design that worked on a thermosyphon principle in conjunction with a heat retaining storage tank, the result was a low-cost, easy to build unit that uses common hardware store items with minimal skills required.

The hot water unit has been tested and we are now deciding whether to move it to our campground area or plumb it into our lower house. This type of solar heating unit can also be used to help keep a greenhouse warm in the winter. Instead of water it can be filled with a non-freezing solution and runs through a radiator or pipes buried directly in the greenhouse beds.

At the end of August Bob ran a workshop on producing methane gas from compost. He and his grandson Alexander had built a proto-type in June to test the basic design. It turns out that the methane digesters are once again easy to build using a pair of recycled plastic barrels, some common plastic fittings and pipes. Bob started the initial digester with some cow manure

and white flour. Once this mix started to ferment in the digester he added compost material that was chopped up to speed up the process. Within a few days the gas collecting tank was rising up and sure enough we were able to ignite the resulting gas. The class modified the jets on a propane stove top unit and were able to make tea with their new, free, energy source. Another benefit is that the expended material in the digesters is a natural liquid fertilizer that is already decomposed.

Now that we have three of these units built we plan on modifying one of the propane stoves in the main kitchen to cook and bake with the free gas. Bob is also investigating the possibility of compressing the methane into storage tanks so that we can run machinery and possibly vehicles on the gas produced from our food scraps.

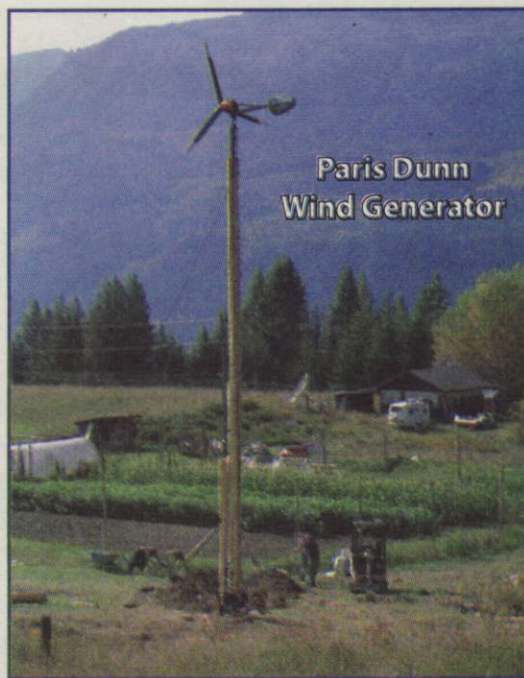
In the September class we installed a Paris Dunn wind generator. It was originally built in 1939 when these units were commonly used on farms before the power grid reached the rural areas. The biggest part of the job was preparing a tower to hold three hundred pounds of wind generator. We wanted to use locally available material and found a forty foot cedar log, that had ceased to live but was still intact. The idea was to make a pivot from which the entire pole and generator could swing up into place. We designed a frame that had two metal wheels welded

on with a space between them for a pivot pin. We dug a hole and buried seven feet of the steel support frame in concrete. As you can probably imagine we needed support at the top end of the pole. Four more holes were dug and we buried old truck tires with steel cables coming up through the soil, these cables stabilized the tower. It was a wonderful moment when we pulled the wind generator pole up into the air and tensioned the cables to hold it in place.

We are currently working on a power house from which batteries, regulators and supplemental

solar panels will work together to charge our electric utility vehicle and power lights and appliances.

In the upcoming 2009 season we will be installing a solar array and building a bio-mass heating system. We will continue to reduce our environmental footprint and develop more alternative energy sources as time allows.



Pre and Perinatal Psychology:

How Babies Are Trying To Teach Us About Our Earliest Needs.

by Eric Bowers with support from Dr. Axness

We used to believe that babies came into the world unable to think, feel, remember, or communicate. They were seen as a blank slate, unable to process or store information until they learned to speak. In fact Freud had been the proponent of such a notion, and he greatly influenced others, including neuroscientists, in their thinking. Fortunately, some scientists began to question this belief, and with the support of brain assessment technology –such as functional magnetic resonance imagery, they were able to prove that babies do in fact process information and feel feelings. Other research has shown that babies can store memories of their birth and even of their time in the womb, not in the part of the brain that is used for everyday memory recalling, but in another part of the brain that stores older, unconscious memory, what is known as implicit memory. And molecular biologist and neuroscientist Candace Pert explains the capacity of the body to retain life memories: "The body is the unconscious mind! Repressed traumas caused by overwhelming emotion can be stored in a body part, thereafter affecting our ability to feel that part or even move it."

I recently attended a pre- and perinatal conference held in Nelson titled *Science Meets Our Heart*. The conference was co-chaired by Myrna Martin of the Kutenai Institute of Integral Therapies and APPPAH, and Kim Adamson of Success by Six. Much of this conference was about the research done on attachment and the development of babies before, during, and two to three years after birth. This research proves how our development during this period is affected by our environment and the quality of bonding we experience with our parents. And although not yet universally incorporated as standard curriculum for university biology, the latest research from a field of biology called epigenetics proves that we are not simply victims of our genetic make up; our physical, emotional, and psychological makeup is determined by the dynamic interaction of our genes and our environment: nature and nurture are partners, with each influencing our development almost equally. We do have predispositions encoded in our genes; however, the groundbreaking discovery is that whether or not our predispositions manifest in our personality depends on if they are 'switched on' by our perception of our environment. For example, someone may have a predisposition for depression encoded in their genes but never experience it because they grow up in a warm, loving environment.

Continues next page

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Pre and Perinatal Psychology

Healthy, nurturing attachment is the result of parents consistently meeting their baby's needs with loving attention, especially, and most importantly, during pregnancy and the first three years of a baby's life. All humans share the same needs, and different needs have greater priority for different people and at different times of life. During pregnancy and the first three years of life, needs that are a priority include safety, security, love, bonding, nurturing, touch, nourishment, rest, harmony, attunement with parents, empathy, to be seen, and sense of power to elicit a response from parents. The attachment process is simple if not always easy: baby has a need, baby expresses need, parent meets need in attunement with baby, baby calms and need is met. When this cycle is repeated over and over the baby is continuously connected to a place of security and sense of wholeness, and the baby develops implicit beliefs such as, "I am unconditionally loved just as I am. I matter. My world is safe. I can trust others. I am supported to thrive."

To be sure, developing healthy attachment does not end after the first three years of life. As Dr. Gordon Neufeld explains in his book *Hold On To Your Kids*, when infants become children and children become youth, attachment can deteriorate without consistent, present attention from parents. However, the first stage of life is extra critical because a human brain is only twenty percent developed at birth and a great deal of the brain's development occurs in the first two to three years of life. The most fundamental influencing factor for this brain development is relationships. Or, as neuropsychanalyst Allan Schore writes in his book *Affect Regulation and the Origin of the Self*, "The infant brain is designed to be molded by the environment it encounters, mediated primarily via relationships with others." Dr. Marcy Axness, an adoption expert presenting at the *Science Meets Our Hearts* conference, explained that the human brain has one hundred billion neurons at birth and it is the experiences with others and with the environment that dictates which synapses live or die. During his keynote presentation at the conference, Dr. Gabor Maté shared that if you kept a baby in the dark for the first five years of its life, the brain would decide that the synapses for eyesight aren't needed and the child would never again be able to see. The brain would work to develop the other senses instead.

Likewise, the brain develops or does not develop the synapses involved in regulating emotions, handling stress, and building relationships based on the feedback and modeling it gets from others and the environment. When a baby and parent exchange smiles, funny faces, and eye contact, endorphins (nurturing and soothing neurochemicals) fire in the brain reinforcing the neural pathways for that behaviour. When a baby doesn't get to share this kind of activity with parents, those pathways don't develop. (Later in life, the opiate class of drugs that mimic endorphins can become addictive because they give someone the wonderful sense of nurturing they have always longed for but never experienced.) We are programmed to survive, and as babies our survival is dependent on parents or caregivers, so the brain helps us survive by

Continues next page

Pre and Perinatal Psychology

adapting to relational feedback. When the feedback from parents and caregivers is consistent, calm, attuned attention to feelings and needs, as well as engaged and elaborated reflections of joyful affects, babies develop into empathic, cooperative children, youth, and adults, who are more able to feel all their feelings, manage stress and form healthy relationships based on trust.

What about when the cycle of attachment is broken: baby has a need, baby expresses need, parent responds negatively or not at all, and baby's need is not met. What does the baby's brain do with experiences of neglect or abuse, or lack of consistent attuned presence in order to survive? It finds adaptive behaviours to protect the baby. Depending on the severity and amount of abuse, neglect, and lack of attuned presence, and on the nature of the baby, the pain from experiencing consistent negative feedback (or no feedback) can lead to extreme adaptive behaviours designed to push others away; thereby protecting the baby from the pain and the loss of love, and at that vulnerable stage love is linked to survival. This is why another keynote speaker, Dr. Michael Trout, stressed that what are known as Attachment Disorders are better seen as adaptive behaviours. Dr. Axness put it succinctly with her acronym NORMAL: Natural Organismic Response to Massive Abandonment or Loss. This is similar to the Compassionate Communication (NVC) perspective: Everything we do is to try and meet a need. These adaptive behaviours, strategies to meet needs, can be so drastic and challenging for others that they lead to all kinds of diagnoses, and we can lose sight of the needs behind the behaviours. There is strong evidence to suggest that many mental illnesses, as well as addictions, and many of our psychological and physical health issues can be traced back to early unmet attachment needs.

Because we are so familiar with blame and right/wrong, good/bad thinking, we may be inclined to use the early attachment research to blame parents for all the problems that their children have. But, of course, parents are doing the best they know how with their own adaptations to their early unmet needs that have not yet been recognized and addressed, which, as Dr. Axness informed me, "has been shown to be a very important factor in successful parenting." Dr. Axness stated further that "the latest attachment research has found that the most reliable predictor of a child's secure attachment is whether or not their parent can make clear, coherent sense of his or her own early life, their own early relational histories." It is exciting for me that pre- and perinatal psychology is beginning to find a foothold in the mainstream consciousness. The more accepted it becomes, the more we can let go of blaming, start supporting each other to heal, and support babies to thrive in the world.

We are creatures of connection: We came into this world not knowing we were separate from our mother; we walk into a room full of people and immediately, instinctually look for people we know. And yet, we are afraid of connection at the same time – authentic, open connection. Very few of us had completely healthy attachment in our early years: conscious conception, peaceful gestation, a birth where our needs were considered and the impact of any emergency procedures consciously processed, and then peaceful, loving, consistent attention to our needs as we transitioned from oneness with our mothers to our own sense of self; our western society has not known how to support healthy attachment. So we have all felt the pain of being so open, fragile and vulnerable and not having our needs met, which means that we all experience to different degrees the paradox of wanting connection and fearing it at the same time. Pre- and perinatal psychology offers us a place to explore the roots of this paradox and replant them into rich, nurturing soil. Many heartfelt thanks to the organizers of the *Science Meets Our Hearts* conference organizer and to the presenters, all of whom were transparently passionate about bringing compassion and awareness to those extraordinary leaps of faith known as birth and parenting.

See Eric's ad is at the far left

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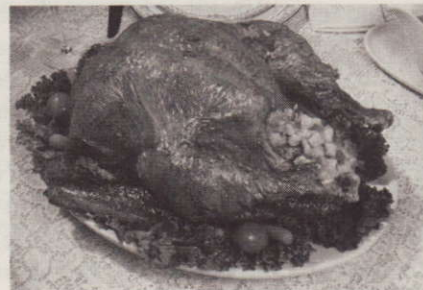
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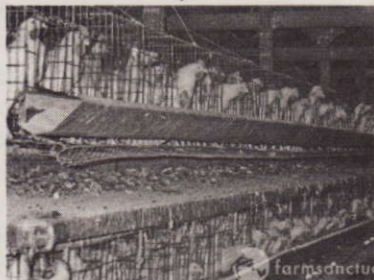
Do you eat factory farmed animals?

More farm animals are being cruelly treated and killed today than ever before, and Agribusiness is doing all it can to make sure you don't know about it. These issues touch us all, and each of us can make a difference every time we eat. Overcoming cruelty is something we can do one person, one choice, one act of conscience at a time. Eating meat is a habit we choose, not a unwritten law to be blindly obeyed. In the face of factory farming's harsh and violent spirit, everyone one of us has the power to say no and in doing so show the world that there is a kinder way.

Gene Baur, author of *Farm Sanctuary*



I, Angele Ortega, agree with Gene Baur, author of *Farm Sanctuary* and that is why I became a 'mostly' vegetarian eater twenty-five years ago. I was raised on moose meat and potatoes and lots of fish from Kalum Lake. We had a cow for milk and every so often we had a batch of piglets. Raising farm animals was great, when dad killed one for us to eat, I often refused especially if I knew their name. It wasn't until I was about twenty-five that I had the opportunity to visit an egg farm. The town where I lived, sold out of local eggs one winter and hired my husband and I to get a load from the lower



mainland. We parked the truck and I poked my nose in a door looking for a manager. The tall building had chickens stacked in cages twenty feet high. It was cold outside but it felt like a hundred degrees inside where the flies were swarming. I felt ever so grateful that I did not eat these eggs, for I had my own chickens with beautiful colored feathers

I helped butcher roosters only once. After watching them flop around in the grass with their heads chopped off, squirting blood everywhere and spending the day plucking feathers I decided, 'it just didn't feel right.' Shortly thereafter a little red Banty hen from the neighbors adopted us and changed my thinking. She was more intelligent than the rest and we had conversations when I was outside. As she grew older I was told I was supposed to put her in the stew pot, because she was eating more than she was producing. I couldn't and she died of old age one winter. Shortly after that I decided I should become a vegetarian, but my husband would have 'none of that nonsense.' I wanted to feed my family healthy food that was chemical free and I didn't trust the 'big' stores, so I arranged for a side of beef from local farmers each year and the poultry house processed our chickens and turkeys.

Have you ever seen a wild turkey? Gene Baur in his recently released book says that 'turkeys raised for food in the United States bear little resemblance to their wild cousins. They have been bred to be white, because the plumage of darker breeds leaves pigment on the carcasses, something consumers prefer not to see. Just like meat chickens, the birds have been genetically altered to grow excessively fast and large - especially in

the breast area. These turkeys are commonly lame because their spindly legs cannot support their unwieldy bodies.

The size and shape of the birds have also made it impossible for commercial turkeys to mount and breed naturally, this means that workers at breeding facilities have to masturbate male turkeys and collect semen. Then in rapid succession, the females are turned upside down and their legs secured by a clamp. The semen is put in straws and inserted into the hen. Not a pleasant process for the bird, nor a job one can take much pride in.

In 2005, about 256 million turkeys were eaten by Americans. The Farm Sanctuary staff and I prefer to celebrate Turkey Day differently. In 1986 they began the Adopt-a-Turkey project through which people can save rather than serve turkey on Thanksgiving or Christmas Day. Individuals or groups can select a rescued turkey and for a small donation they will send a photo along with a profile, a certificate of adoption, and a set of vegan recipes to help begin a new tradition. Over the years, more than one hundred stories about the Farm Sanctuary turkeys have appeared on television, radio and websites as well as in newspapers and magazines, educating millions about an alternative ways to express gratitude rather than celebrating our abundance over the carcass of a roasted bird.

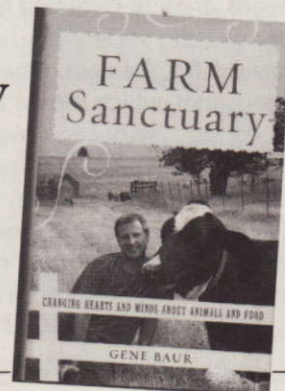
This subject is dear to my heart and I hope you will educate yourself about factory farming. There are many short videos on YouTube and websites that can help you can decide what is truth, if you wish to know. Gene writes in an endearing style and his happiness shines through each chapter as he helps animals live a normal, dignified life. Starting in the 1980's he has played a central role in getting the plight of factory-farmed animals on the national agenda, and in doing so, helps people make conscious choices. In 1986 he founded a non-profit organization that has enacted many laws and policies for abused animals.

FARM Sanctuary

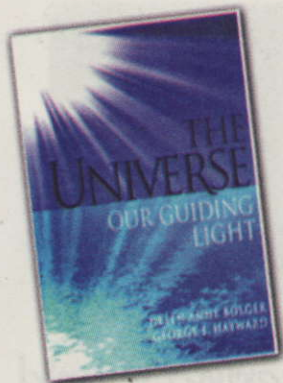
Changing Hearts and Minds
about Animals and Food

A Touchstone book, published
by Simon & Schuster

www.farmsanctuary.org



Book Reviews



THE UNIVERSE OUR GUIDING LIGHT

by George E. Hayward
Helen Ann Bolger

Enlightened Press Inc
www.enlightenedpress.ca

There is no aspect of human life or death, and all that dwells between, that this incredible collaborative work of nine years omits. Each emotion, perception, concern, belief and hope will be found in these pages, but more exposed and enlightened than you may have ever considered.

Each paragraph will grip you with a knowing familiarity, yet open you to a deeper reflection than you have ever experienced. Paragraph after paragraph gives pause for personal reflection, for each touches a tender vibration of our humanity.

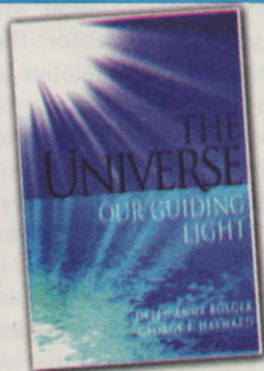
When I read the introductory section on PRIVACY, especially describing each person's "CONSTANT", I was astounded. Who of us have never felt the undeniable presence of innate guidance, the guidance we so often call our "intuition"? And how each time, listening, following it turns out to be RIGHT!

When I read the chapter on GRATITUDE, I suddenly realized the pages were damp from my silent tears of wonder and appreciation. Wonder, because there on the page were the words I so often say quietly to myself in deep thankfulness. I was touched to see my innate sense so clearly expressed and confirmed.

This is a gracious and loving work that you will want to read over and over again because it is a work confirming and elevating your deepest beliefs and feelings. Moreover, it inspires every aspect of your everyday life.

Reviewed by Thelma Barer-Stein, Ph.D.

*Philosophy of Adult Education, University of Toronto,
Author, Editor and retired non-fiction publisher.*



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THE CARBON FREE HOME

by Stephen & Rebecca Hern

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What is a carbon free home and why would I want one? It turns out that 'carbon free' is primarily aimed at reducing the amount of carbon dioxide producing fossil fuels used to run our homes and support our lifestyles. This book is a guide for those interested in the path to getting all their own energy from renewable sources and living a life free of fossil fuels. It shows you how to reduce personal energy consumption as much as possible and how to retrofit an existing home so as to obtain all heating and cooling, all cooking and refrigeration, and all hot water and electricity from renewable sources. It provides practical applications for using renewable energy sources to maintain a comfortable and environmentally friendly life style.

This book contains lots of projects that were calculated to be from one hour in length to several weekends. They also range from \$0 to \$7,000. I found the book handy, as a person could take on projects that fitted both their budget and available time frame. The projects were even broken down into tools, materials, skill level needed, the energy saved and the maintenance level for the longevity of the project. While some of the projects were a bit sparse in details they gave you a good enough idea of what the project entailed and you could always investigate another source for more complete details.

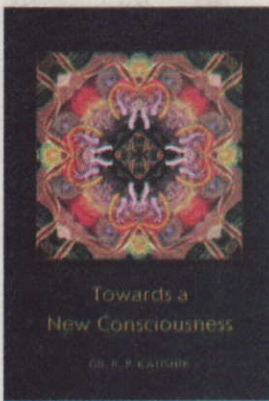
The book also mentioned the term 'carbon neutral' which refers to fuels that do produce carbon and also consume carbon during their life cycle such as the case with plants (ex. wood). These fuel sources are also reproducible in a relatively short period of time, as compared to fossil fuels.

I enjoyed the fact that the book also told of the authors personal experiences in working towards a more carbon-free lifestyle. This added a personal touch, not commonly found in 'how-to' books. If you are planning either renovation your home or build a more energy efficient home I would recommend this book as a good place to get a lot of basic ideas. This book is definitely meant for people who are looking to change their lifestyle for the benefit of the planet and future generations.

Reviewed by Richard Ortega

Book Reviews

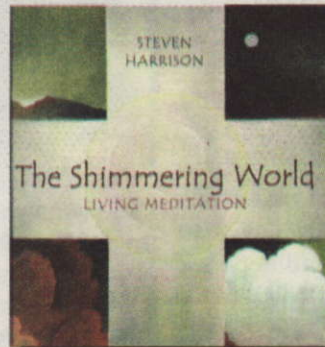
Christina
Ince



Towards a New Consciousness

Dr. R.P. Kaushik
Sentient Publications
ISBN 978-1-59181-058-2

This book, written by Dr. Kaushik in 1973, is described on the cover as "...classic text from the American spiritual renaissance of the 1960s and 1970s" and has been brought to us afresh by Sentient Publications in their series of spiritual classics. Dr. Kaushik was a physician from the outskirts of New Delhi who began transformation in consciousness in childhood upon the death of a friend. In the preface, he informs us that the book is "not the product of a well thought-out, logically coherent system or philosophy. It is the outcome of 'seeing' or perception from moment to moment." He goes on to say that it is not teaching or advising, but rather thinking aloud, which you will hear when your ear and heart are open and your intellect at rest. He talks about (among other things) love and sex, the arts of observation and listening, freedom, time, the significance of life, and surrender. Personally, I found this book to be such an enjoyable read, more so than many of it's kind, as the author writes from a balanced perspective with clarity and intelligence. His words are not steeped in vagueness nor mys-

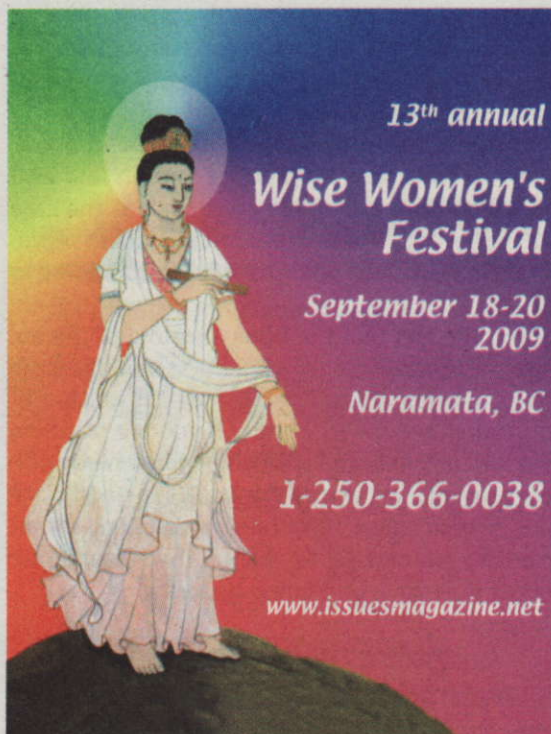


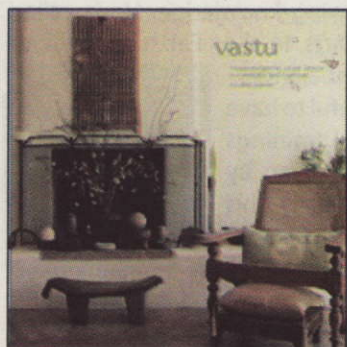
The Shimmering World Living Meditation

Steven Harrison
Sentient Publications
ISBN 978-1-59181-066-7

tification, so you are not left feeling puzzled nor inadequate. I highly recommend this work - it is a slim inexpensive book, an ideal gift for anyone exploring truth and wisdom in spirituality, consciousness, awareness, and life itself. Dr. Kaushik rather marvelously ends the preface with these words: "For those who have no time to go through these pages patiently, the following synopsis can be given: See and listen but do not believe. Do not repeat what you do not understand. Be honest with yourself. With this honesty and simplicity in your heart, truth may knock at your door."

This book is described on the cover as exquisite - and that it certainly is: the profound writing of Steven Harrison is paired with paintings by Richard Stodart in a slender yet powerful volume. While he now lives in the U.S., Richard Stodart is a citizen of Canada and a graduate of Toronto's Ryerson University; he is inspired by various spiritual teachings, the aim of his work being to explore and present the freedom of dual and non-dual unity. Steven Harrison is an international speaker on spirituality, consciousness and alternative education; two of his other books, *Getting to Where You Are* and *Being One* have been reviewed in Issues. The writing includes excerpts from Steven Harrison's books and quotes from his talks. This is not a book to get through at one sitting. Indeed, the chosen font seems to actually keep your eyes from racing ahead and losing the chance for still contemplation. You will want to read a small section, absorb the words and ponder the meaning relative to yourself, and then turn your attention to the paintings. Some are vivid and dramatic, some soft and harmonious, all are powerful and, yes, exquisite. Spend time over them, re-visit and explore, and use Steven Harrison's words as embellishment. Here is a sample of those words: "We know that we are both the teller of the tale and the expression of the story itself. We know that we are the meeting point of heaven and earth, the divine and the cosmic, the relative and the absolute. We can experience the divine in the depths of our humanness. We have the capacity to love."





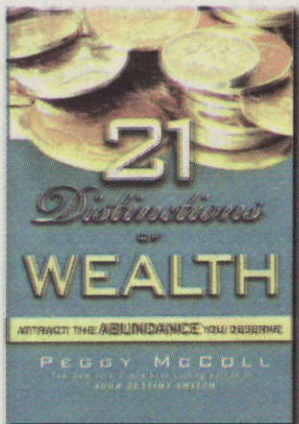
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*Transcendental home design
in harmony with nature*

Sherri Silverman

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courtesy of Raincoast Books
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Vastu, as described by the author, is "the system of architecture, design, and sacred space from ancient India's Vedic tradition.....Vastu is not Indian Feng Shui...Vastu began thousands of years before, and is part of Feng Shui's origin." Vastu is a Sanskrit word which means "energy" or "imperishable substance," it creates sacred space which is both spiritually and scientifically based. It is difficult to do justice to this book without writing several magazine pages, so I will give you some details contained therein to whet your appetite: the Seven Sources of Prana (e.g. an open window in the North-West, a fountain to replicate water elements, and a spine of light running unobstructed from the front door to a back door/window); the fact that angels don't like dirt; Vastu is the yoga of design, providing balance, health, harmony, inner peace, well-being and unity; Vastu is not interior design, it is a complete system based on natural laws such as beneficial earth energies, the energy grid of the earth, and cosmic energies from the sun; the system makes use of the five elements, eight directions plus the centre, natural materials, beauty, and of course colour. There is an abundance of gorgeous photographs to truly inspire you, as well as an essential glossary and list of resources for more knowledge. This book would make a great gift indeed, but I'm keeping my copy while I ponder whether to start first on my home or my office.....



21 Distinctions of WEALTH

Attract the Abundance
you Deserve

Peggy McColl

Hay House, Inc.

courtesy of Raincoast Books

ISBN 978-1-4019-2007-4



Peggy McColl chose the number 21 because it takes twenty-one days to establish a habit. She says that to develop the 21 Distinctions of Wealth you have to change your habits, stop thinking about wealth as something out of your reach, and trust in the universe and the infinite supply of abundance. Since *The Secret*, there have been quite a few abundance-related books appearing, but after reviewing this Canadian author's previous book, *Your Destiny Switch*, and knowing that she has been an internationally-recognized expert in the area of destiny achievement for twenty-five years, I thought I would draw your attention to this particular book. It includes affirmations for the distinctions, as well as a daily checklist for when you work through the distinctions in twenty-one days. What are these distinctions? Here are a few of them: No. 2, The willingness to give it all up leads to having it all; No. 5, When you let go of envy, you let go of ignorance; No. 11, Dwelling in negative emotions slows the flow of abundance; No. 12, Your desire to help another become abundant creates more abundance in you; No. 15, The language of abundance is powerful; No. 19, Wealth comes in many forms. I like Nos. 12 and 19, as they remind us that seeking abundance for ourselves doesn't have to be about being selfish and greedy - a stumbling block for many people. Peggy McColl uses storytelling and practical advice to take you through the steps, and encourages you to keep working at the process until you feel your vibrational energy change and you accept that you do indeed deserve abundance.

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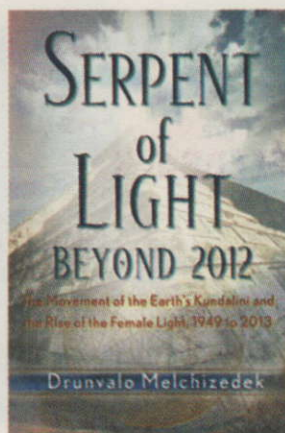
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Book Review

by Dania KalTara,
Flower of Life Facilitator

*Serpent of Light (Beyond 2012)
The Movement of the Earth's Kundalini
and the Rise of the Female Light, 1949 to 2013*

by Drunvalo Melchizedek



"Life is amazing! Every 13,000 years on Earth a sacred and secret event takes place that changes everything, an event that changes the very course of history. And at this moment, this rare event is occurring, but only a few people know. Most of those who do know have kept it quiet and hidden until now" (from Drunvalo's introduction).

Once at home in ancient Lemuria, after 12,920 years, the Earth's Kundalini moved to Atlantis, then to the Himalayas. After every relocation, our perceptions of spirit(uality), gender and focus on left/right brain have changed. This time, with much difficulty, the Serpent of Light (known by some cultures as the White Snake) has moved to the Andes Mountains in Chile. Its polarity has shifted from male to female. The Goddess has returned. Many ceremonies of recent years have acknowledged this polarity shift from the old cycle and the old left-brain ("male") way of trying to control and dominate life to the new cycle of right-brain Universal Motherhood, of leading from the Heart with love, care and respect for all life everywhere.

In *Serpent of Light*, Drunvalo reveals true stories of his thirty-five years in service to Mother Earth. The reader travels with him from one sacred ceremony to the next in many parts of the world, from the Yucatan to New Zealand, from the Four Corners to Hawaii, as he follows his inner guidance and his

own inner growing knowledge. He is called to help heal hearts, to align Earth energies, to right ancient imbalances.

I feel so grateful to have been to several trainings and workshops given by Drunvalo. Originally, his *Flower of Life Teachings* opened my mind to how



everything is inter-connected, from Dolphins to pyramids, from music to galaxies, from angels to sacred grids. Then I experienced how Drunvalo walks his talk, living consistently in non-judgement and in unconditional Love for all of life. He is searching for and finding

a way for not just the "Light-workers", but even those in the dark to find our way Home. Drunvalo teaches the path of the One Heart, where our Self lives, which is the essence of most spiritual teachings and religions.

Indigenous leaders from many lands immediately recognize Drunvalo's purity, wisdom and love. He is often recognized to be the one whom they have seen in their visions and prophecies to help unite the many different cultures and countries. These sacred ceremonies are crucial to our very survival. What has occurred in the world along this path that the Earth's Kundalini has taken is almost unbelievable.

I have met many people who have participated in a few of these transformational ceremonies. They are very real. Mother Earth herself responds powerfully! She knows what is in our hearts. After all, we are her children.

"To the few that know of this event [Earth's Kundalini change of polarity vibration and change of location on the Earth's surface,] and what is occurring all around us, a wisdom is transferred, and a peaceful state of being becomes their inheritance, for they know the awesome truth. In the midst of chaos, war, starvation, plagues, environmental crisis and moral breakdown that we are all experiencing here on Earth today at the end of this cycle, they understand the transition and know no fear. This fearless state is the secret key to the transformation that, for millions of years, has always followed this sacred cosmic event." (from Drunvalo's introduction)

We ask what we can do? We can practice leaving the mind and our constant thoughts (of past troubles and of future worries) and breathe now, inviting our awareness to come into our heart. "Inside your heart is a tiny place where all knowledge and wisdom resides. Whatever you need on all levels of your existence is there for you."

Drunvalo Melchizedek is the author of *The Ancient Secret of the Flower of Life*, Vol I & II and *Living in the Heart*. He is the editor-in-chief of the international internet magazine, *Spirit of Ma'at*, with over a million viewers a year.
www.spiritofmaat.com



His website has articles about Water Cars and the upcoming changes needed to make the transition to a peaceful planet.

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