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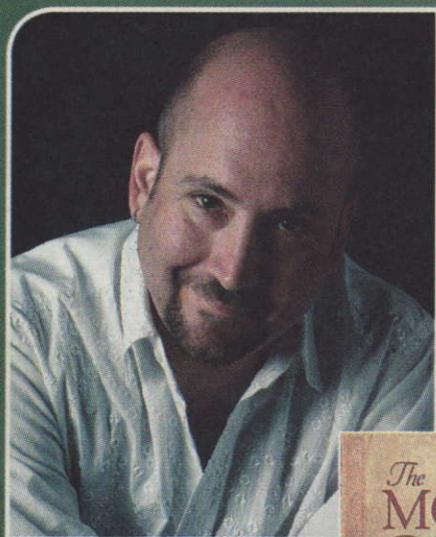
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JAMES TWYMAN

THIS YEAR'S FEATURE KEYNOTE AND PRESENTER

James Twyman is an internationally renowned, best-selling author, filmmaker and musician and has written ten books including Emissary of Light, Emissary of Love, and the upcoming Hay House release of The Moses Code. He has also produced or directed four films including the award winning Indigo, and will soon release the film version of The Moses Code. His CD's have inspired hundreds of thousands of people, and his performances at the United Nations, US Capitol and Pentagon, as well as grass roots projects like The Cloth of Many Colors, have made him one of the most influential spiritual peacemakers in the world.

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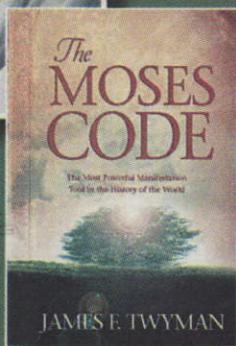
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Bev Gray is a skilled herbalist, aromatherapist, writer, chakra yoga instructor and is a sought after health educator. Bev is the CEO of Aroma Borealis.

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Gaye Hanson, B.Sc.N., M.P.A. is a Shamanic Practitioner and Aboriginal Nurse/Midwife. Gaye energetically supports people in deepening their connection to self and others. Gaye is President of Chrysalis Human Development Inc.

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Musing

with *Angèle*, the publisher



Another year has arrived and life stays the same and yet somehow it is different. In numerology, this is a "one" year for the world, (2008 = 2 + 8 = 10, 1 + 0 = 1), the beginning of a cycle, a time to plant the seeds of tomorrow. I have learned that life is a reflection of my desires, will and karma, some of which is not so obvious, called the sub-conscious mind, which I have read controls about eighty percent of my thinking and doing.

Becoming aware or conscious means paying attention to the subtle feelings or sensations in my body which helps me to stay connected to the knowingness within. Slowing down and breathing deep is something I have learned to do, as my family were doers, we got praised for thinking on our feet and getting a job done. Today I have the attitude that my body knows best, so I don't use caffeine if I am tired or alcohol to relax. I get rolled, massaged or do yoga if I have body pains, I talk things out if I am feeling sad or confused. Messages from my angels can be words but are often shivers down my spine or hair standing on end. We are given amazing bodies that are not always appreciated or understood so I practice staying conscious or 'in present time' and enjoy life as it unfolds, trusting the flow and knowing that all is 'perfect.'

I also like watching my thinking patterns and strive to improve my communication skills. I realize that part of my dilemma is that I do not think logically. I think with my heart and I often sense what other people want. Often it is easier to give a quick yes than to be clear with what I want. Sometimes I have no opinion, sometimes I feel a vibrating rage moving upwards but most often it is just a naggy feeling, that I wasn't being thoughtful or truthful. If that happens I breathe deeper and ask myself "What is 'really' bothering me?" Often the resolution is easier than I expected. This reaction happens because my parents argued lots when I was a child so I learned to expect resistance.

Since I enjoy being conscious I often make mental notes, especially if I created an unconscious situation that forced me to get clear with my truth. Richard is helping me fine-tune my communication skills as thinking logically comes natural for him. I also notice how easy it is for him to stay focused on what he wants for he is a male, and an only child. Practicing nonviolent communication has been good for both of us as it challenges our ways of speaking and being with people, especially when things don't go the way we expect. He is learning to notice how he reacts and I am taking lessons in slowing down and being more clear. Osmosis is a good teacher as we take turns evolving. Like 'the yin' and 'the yang' we repeat the circular movement of growth.

When I heard that Elizabeth May, the new leader of the Green Party, was in Vernon last November, I wanted to know more about her. When I realized how empowered she was, I wanted to show her my appreciation, the same as I did for Colleen McCrory and Maude Barlow when I featured them on the front cover. I like people who inspire me to think differently, are concerned for the planet, and offer their life as service.

When I mentioned that idea to Richard, he cautioned me that *Issues* should not feature political people on the cover, or if I did then I should feature them all. Richard's concerns caused me to search deeper within myself. So many questions circled in my head like... why do I not appreciate Prime Minister Harper, nor want put him on the front cover? Since I am a 'new ager' I am working with the concept that 'we are all one,' and that humanity is a reflection of me and therefore pain, anger, or joy cannot happen in the world unless it happens inside of me. I looked at the part of me that does not feel empowered enough to speak the truth all the times. Why and when do I do that?

Often we are trained to 'be nice' rather than honest and our bodies reflect that truth. Which is what Caroline Myss and so many others say in the different books. Emotional suppression amounts to disobeying Nature's law in the struggle for social acceptance, which requires a certain amount of strength and determination, because it entails departing from the herd.

Musing continues on page 6



STEPS ALONG THE PATH

by Richard of the
Johnson's Landing Retreat Center

Home of Issues Magazine

It was late, one cold January evening, as we warmed up the truck, scraping the snow off the windshield in preparation for Angèle to drive to Kaslo for a meeting. One of our team members shouted from the porch and Angele went to answer the phone. As I continued scraping I thought I heard a wailing sound and as I looked towards the lodge I saw Angele leaning against the railing. I rushed over to find her sobbing as she told me that was her sister-in-law, calling to say Angele's brother David had been killed in an avalanche earlier that day.

It seemed like just a day or two ago that I was contemplating writing about how I view Winter as a time of endings before the snow melts and life begins anew in the Spring. Here I was witnessing another ending.

Among my favourite artists is a musician named Chris de Burgh, in one of his songs 'Shine On' he sings;

*I was looking at a photograph,
Taken in a garden long before the war,
And out on the lawn there were old men
and dogs and little children,
All of them gone forever.*

*There were people by the waterside,
Standing in the same place where I am today,
Nothing has changed, but you know,
That time is moving like a river,
It can only be Love forever.*

*We shine on, brighter than the sun,
Live for every moment before the moment's gone.*

As it turns out David died doing one of his most favorite things, snowmobiling. His end came abruptly, the rest of his group dug him out of the snow only to find his lifeless body. As I reflect on the fact that we all have to go sometime, in some way, David did ok.

I am pleased to have had the opportunity to get to know my brother-in-law David Brousseau. He did a lot of good deeds in his life and was loved and respected by many. This was confirmed by the four hundred people that turned out for his memorial service.

So what did he leave behind? He was a roofer by trade so lots of folks had their roof work done by Dave. Forty years from now it is not likely that anyone will remember who put on their roof. The one thing I am sure of is that 'things' are not what life is about. It is plain and simple ...it is the love we leave behind that counts. It is the love that runs through succeeding generations of people.

The Chris deBurgh song I was telling you about ends with the lines:

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*Leave here a garden for the children,
Leave here a new world.*

Death, unlike Winter can happen at any time so the same night that David died I played Chris deBurgh's song and Angele and I had a good cry, softening the shock, and bringing home the preciousness of our time together as we work to create a new world.

Since you are reading this magazine, you are probably travelling in a similar direction to the one that I am on. I wish you a pleasant and productive journey and may you leave lots of love behind you.

Namaste

Richard

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Musing *continued from page 4*

When I pay attention to muscular tensions and postural habits, I get in touch with subtle, unconscious attitudes and emotions. As I recognize my habits I get to choose how I react to them. It is like letting the bogeyman out of the closet ... once done, the unfamiliar feelings dissipate.

It was good for me to think deeply about my impact on the world as I wondered if choosing a snowscape or a political leader for the front cover really makes a difference. A small detail perhaps, but choosing a safe image is not how I think. I make a choice because 'something' resonates within me and I like supporting others on his or her journey. I chose to focus on encouraging people to live up to their potential. We do make a difference and each one of us does affect the earth... like waves on the ocean, separate but one, for better or for worse, we are committed to evolve as a group.

Every year there is a Christmas Fair at Argenta, a small community near us, which my friend and I attended. I was attracted to buying a photograph of a snow scene as I liked the blue sky and the ancient trees spoke to me. I thought about 'my many thoughts' and decided to honour the snowy season that had just passed, for even with all its busyness it has a certain stillness that refreshes me and maybe the readers would like a more serene front cover this time of the year.

As I reflect on my choice, I realize this is an image my eldest brother, David Nanook Brousseau of Grand Forks, would have liked. David died on January 6th, 2008 caught in an avalanche while ski-dooing. This story and others were shared by his buddies at his Memorial Service which had moments of grief and howls of laughter as people shared and celebrated who he was. The mountain tops have always called him upwards, and dying in the saddle skimming the snow was a good way for him to depart even though it saddened my heart. For those who loved the early front covers of 'us kids' in Mom's homesteading photographs, David is my third brother to die, with three brothers and myself still living. Being around David always helped me to contemplate 'my programming' as it seemed obvious 'why he did what he did' and often it helped me to be more aware of some of my deeply ingrained traits.

Jim Lawrence is the photographer that I met at the Argenta Christmas Fair. His photos can be viewed and/or purchased at www.kootenaylakegallery.com or you can call 250-366-4649. The front cover image is taken from the mountain just above the Retreat Centre, looking towards the Selkirk Mountains and the picture of Elizabeth in on the next page along with her story.

I am once again looking for an apprentice for *Issues* magazine who would like to learn the art of creating a magazine while living in a remote community that grows organic food. This position is not for someone who simply loves to write, but for someone willing to spend a year or two learning the practical side of the business, as well as living in community with lots of hours on a computer. If this appeals to you, please go to the website www.issuesmagazine.net and click *Creating Community*.



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BODY....Lost, Found and Alive

by Ian Fraser

For the longest time, I have bumped my head or stubbed my toes. One of my former partners would laugh at my "head banging" and jokingly say she should buy me a safety helmet. It seemed I was very aware of my brain, yet unaware of my head. I would walk in to a room and intellectually assess the situation, then bang in to a chair! I have always been physically active and played multiple sports, yet one day it dawned on me that the only time I was really aware of my body, or paid attention to it, was when I injured it. It seemed pain or discomfort was the only way I felt sensation within myself. Why would this be so? It has taken years to become aware enough to actually get to some level of understanding and growth. I was both physically and sexually abused when I was young. I was silent and kept the secrets, especially around the sexual abuse and literally shut down or rejected aspects of myself. On some level I saw my body as shameful, dirty and wrong.

In my early teens I started to use any substance to disconnect me from my body. I also shut down my sexuality, and almost all of my 'encounters' were short term, unfulfilling and hurtful to both of us. When I felt sexual attractions within my body I didn't have a proper reference of exploring, so my intimate relationships remained a flat earth. On many levels my growth had been stunted. The physical image I carried of myself was as a small, scrawny, weak boy. When I would stand in lines at stores, movies or other events, I would see almost every other adult as bigger or stronger than me and I felt overpowered most of my life. These thoughts of self, formed my body concept, yet gave me a totally different view of my intellectual capabilities. I developed a keen mental focus, did excellent in school, and nurtured my speaking and memorizing abilities. It is ironic that the term I used to explain my strengths was that I 'was quick on my feet.' Then one day I had a breakthrough in finding my body. When I lived in Winnipeg I began seeing a gifted deep tissue massage therapist. Henry is also an accomplished percussionist, Chi Gong instructor and a student of metaphysics, so being on his massage table was always an inner journey. One day as he worked on my stiff neck and shoulders, I commented on my lack of muscle and strength. He slowed his hands down and asked me if I was ready for the truth, right here and now?

We had developed such a loving and trusting connection that I felt comfortable enough to relax in to an accepting state. He asked me to really feel my body under his hands. With every touch and movement, he spoke to me, lovingly, telling me I was a full-grown man, I was beautiful, I was worthy of loving all of myself, especially my strong, vibrant body. As he touched all my major muscle groups, he commented on their

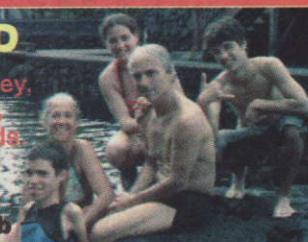
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strength, their size, shape and function reminding me I was 5'10" and 175 pounds. Then it happened. Just like street lights or a bank of lights coming on in rapid procession, my body turned on and I felt sensations and knowledge emerge that I cannot fully explain. In an instant I was more alive and aware of my shape, size and strength than I had ever been. I had found my lost body and awakened wholeness of self.

The first thing I became aware of over the next few days was I had a true sense of proportion. I could see myself in proper perspective and I was just as big, if not larger than some people.

Then this past month I had a deeper experience that revived me. I visited a friend in Lethbridge who is very in tune with dance and movement. When Nadine first suggested we free form dance, I was hesitant. Dancing was something I had felt awkward about, but really enjoyed, so I danced with apprehension. Trusting her, we did various types of movement over the weekend that included Kundalini, Ecstatic, Trance, Yoga and even went out to a night club and danced to techno and electronic beats. What happened during one of the dance sessions was another wave of incorporating all of my divinity, with my own inner voice telling me that acceptance comes from within. I also had to accept the room that I was dancing in had obstacles and I had to overcome my fear of banging into them before I could trust that my body would be safe where ever I moved. I realized many of my limitations on the physical plane were because of my body image - an idea I held about my form because I allowed specific programming from outside myself to determine how I could feel. Dance and movement released my internal restrictions and allowed my eternalness to rejuvenate my spirit and bring back the freedom that I had lost while trying to control things outside myself. My body had a glimpse of its original purpose, to move me with ease and pleasure. Through this constant movement, I let go of thought, and glimpsed allness, the everything that is nothing until it becomes something, the formlessness that is all form.

As I travelled back to Johnson's Landing, I was more aware of myself, and could feel an internal shift that I have yet to fully incorporate. So now I welcome my body, I bless It, and my toes and head now tingle with life's awareness instead of throbbing from banging them into life.

*Ian will be teaching two programs this year at the Retreat Centre
see the centerfold for Course Titles and Dates
or view www.JohnsonslandingRetreat.bc.ca*

A day in the life of Elizabeth May

by Huguette Allen

During a snowy November evening, Elizabeth May, leader of the Green Party of Canada, packed a hall in Vernon with 150 people who came to hear her explain the Green Party vision for a better world. Even though the Green Party manages to be in the news regularly, it's easy to forget that we don't yet have a formal voice in parliament. Although the Greens have often obtained more than 20% of the vote, we have not yet won a riding. This means that Elizabeth May and all other candidates must be creative and persistent at being heard - something we do well!

Having already given two speeches that morning in Vancouver, Elizabeth was picked up at the Kelowna airport by myself, Huguette Allen, federal candidate in Okanagan-Shuswap. Excusing herself shortly after my arrival she made her way to a phone booth to call her 16 year-old activist daughter, Victoria Cate, whom she has regular contact with. Elizabeth prefers not use a cell phone, feeling that their safety is still far from proven.

After a quick dinner, we went directly to the hall where Dr. Warren Bell, Founding President of the *Canadian Association of Physicians for the Environment*, was waiting for us. It turns out that Elizabeth and Dr. Bell are old friends who were thrilled at being together to speak about a subject close to their hearts: a greener, healthier vision for our future.

I opened the evening presentation by pointing out that 'progress' and 'growth' no longer go hand in hand, since infinite growth cannot occur on a finite planet. Dr. Bell spoke eloquently about how the health of the planet is directly correlated with the health of its inhabitants and the use of toxic chemicals is harming all life on the planet. Elizabeth May then took centre stage and referred to Jane Jacobs' book *Dark Age Ahead* to discuss how government policies have been contributing to the 'ominous signs of decay', eroding family, community and education. She warned that family, community and higher education, as well as the practice of science and proper taxation are in the process of becoming irrelevant. She also explained how rather than developing policies in isolation from one another, like the economy, agriculture and foreign aid, all Green Party policies are integrated into a vision of what will work best across the spectrum. She used the example of adding green roofs to city buildings. Green roofs would allow strawberries to be grown in the city, contributing to the local



economy. This would reduce water run off and perhaps eliminate the need for air conditioning, which would contribute to a better environment. "Such policies can only come about as a result of thinking holistically." Elizabeth further pointed out that all the policies adopted by the Green Party benefit the common good, ensuring global security rather than world dominance by corporations.

Talking about the economy, she explained how we can turn a dead-end, destructive economy into a green and sustainable economy by embracing and developing green technologies before it is too late. She spoke of how Canada must return to its respected

role as a peacekeeping nation. When asked about Mr. Harper leading Canada in playing a key role in blocking efforts by Commonwealth countries to tackle Climate Change during the talks in Kampala, Uganda, Elizabeth replied: "Today Canadians will feel shame but tomorrow they will feel rage." Responding to a question about Canada's secret involvement in the Security and Prosperity Partnership - part of the United States' deep integration plan for Canada and the US - Elizabeth replied: "We'd scrap it. There is nothing in it that will bring either prosperity or security to Canadians in that plan. We'd also give notice to renegotiate NAFTA."

In favour of the 100 Mile Diet, she said, "It's ironic and ridiculous that government is over-regulating Canadian farmers, making it illegal to buy local meat products at the farm gate, and then imports food products such as tomatoes, garlic, meat and poultry from countries that have virtually no health, safety or environmental regulations at all." Ms. May said "It makes no sense to import foods that can be grown in Canada. The impact of transport emissions on the environment, the risk to safety, and sacrificing security of supply are not worth it. Imports are cheap, that's all you can say."

The Green Party's 160 page policy document, *Vision Green*, proposes shifting taxes from what we want, like income and employment, to what we don't want, like pollution and carbon emissions. "Secure water, clean air, forests, fish, and farm land, are basic to survival. When we destroy these, we destroy ourselves. Accelerated climate change is a reaction to our failure to account for environmental degradation. We must put a cost on activities that contribute to environmental destruction" she said. Although her topics are as serious as life and death,

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ROBERT BLY has been publishing poetry for over fifty years, including the new *Angels Knocking on the Tavern Door*. His prose works include *Iron John*, *The Sibling Society*, and with Marion Woodman, *The Maiden King*. His translations are selected in *The Winged Energy of Delight*.

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Elizabeth May, Green Party Leader continues

Elizabeth May's delivery style is funny, entertaining, and warm. Never, during the hour that she spoke did she resort to political rhetoric or the use of notes. She speaks from her heart, which is clearly in tune with her impressive mind.

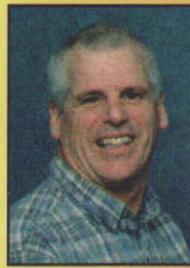
People left feeling motivated and relieved to see that there are ways to do things differently. "Ms. May gave me confidence that something can be done to restore my vision of Canada. She had a lot of progressive answers," said one audience member.

Elizabeth May is not a typical politician. She is an achiever who is not afraid of being different and saying what she thinks. When asked whether she feared vote-splitting during the next elections, she replied: "The Green Party must be open to coalitions. We're about effective political change, not about partisan political power." In countries where the Greens are part of coalition governments, we've seen real progress being made. An end to party polarization and inter-party bickering might be just what Canadians want.

As the need for action on issues like climate change, poverty, and war becomes more and more urgent, let us hope that Canadians will follow her example and elect politicians who put forth policies that give our children a chance for a healthy future. It's time for our leaders to lead us in the right direction.

www.greenparty.ca • Elizabeth's May profile is on page 10

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A Profile of Elizabeth May, Leader of the Green Party

by Dianne Varga

Elizabeth May was transplanted from Connecticut to Nova Scotia as a young girl. In her early twenties, she distinguished herself as an environmentalist and a writer, leading a campaign against insecticide spraying and penning the related book, *Budworm Battles*. Like her mother, May also became active in the anti-nuclear movement. In her mid-twenties, she made her first foray into national politics by organizing a new political party, the 'small party,' to uphold anti-nuclear principles in the 1980 federal election.

Thereafter, she studied law, and while at law school, ran a successful campaign to prevent uranium mining in Nova Scotia. She also volunteered to provide legal aid to anti-nuclear groups fighting the export of nuclear-created electricity. In addition, she led a successful court challenge of Nova Scotia's plan to use Agent Orange to kill hardwood trees. Upon her graduation and admission to the bar, May took the position of Associate General Council for the Public Interest Advocacy Centre in Ottawa, representing consumer, poverty, and environmental groups in her work.

In her early thirties, May became Senior Policy Advisor to the federal Minister of the Environment. Within two years, she helped create five national parks, worked on developing and implementing the Canadian Environmental Protection Act and the Canadian Environmental Assessment Act, lobbied for funds to clean up the Sydney Tar Ponds, helped negotiate the Montréal Protocol to protect the ozone layer, helped secure agreements to reduce acid rain, helped organize the first global conference on climate change, and wrote her second book, *Paradise Won: The Struggle to Save South Moresby*, about the creation of a national park on the Queen Charlotte Islands.

Talent. Boundless energy. And deep commitment. May next became Executive Director of the Sierra Club of Canada, working for seventeen years to protect the integrity of global ecosystems. At the same time, she wrote four more books, held the position that was created in her name, the 'Elizabeth May Chair in Sustainability and Environment' at Dalhousie University, and was appointed an Officer of the Order of Canada. Other honours and awards May has received include the International Conservation Award from the Friends of Nature, the United Nations Global 500 Award for Environmental Achievement, the Award for Outstanding Leadership from the Ontario Society for Environmental Education, the Harkin Award from the Canadian Parks and Wilderness Society, the Couchinching Award for Excellence in Public Policy, and three honorary doctorates from Canadian universities.

In 2006, concerned with inaction on the climate crisis and the threats to core Canadian values made by the Harper government, Elizabeth May ran for leadership of the Green Party. As Ms. May says "Just as Tommy Douglas did not have to be Prime Minister to introduce a health care plan, I believe that the Greens will be able to improve democracy by raising the issues and putting forward solutions that will help us all."

STRUCTURAL INTEGRATION AND YOGA

by Wayne Still

The founder of Structural Integration, Ida P Rolf PhD, began to practice yoga in the 1920s while she was a research scientist at the Rockefeller Institute. This was decades before the practice of yoga came to be as widely known and accepted as it is today. Through its practice Dr Rolf gained an understanding of body dynamics particularly as it related to developing balance in the body and its fluidity of movement. In addition she learned how important it was for the body to be able to breathe freely if it was to have that balance and fluidity. These insights greatly informed the development of her life's work.

When we first begin to learn yoga we have to learn to control our breathing so as to move more deeply into an asana. Similarly in the first session of a ten series the focus is on freeing up the rib cage to allow the client to breathe more deeply. This achieves two things; it improves the vital capacity of the body, it also helps the client to breathe into the area which is being worked. This is important since the action of breathing helps to stretch the tissue and for the body to remember how it feels to have made that change.

Perhaps though it is in achieving balance in the body that the two disciplines have the most in common. Yoga asanas always seek to achieve balance in the body whether it be side to side or top to bottom. So we repeat the movement on either side trying to get the same stretch if it is that sort of pose. In the body lengthening asanas we try to get both sides of the body to extend by the same amount. Achieving balance on both sides of the body is fundamental to the goals of SI work. An unbalanced body is often a body which is in pain as it tries to co-ordinate its movements or remain upright in the field of gravity. In either case it will be using much more energy than would be needed if the imbalance were not there. By lengthening the shortened connective tissue which is creating the imbalance we are able to bring the body back into a harmonious relationship with gravity and itself. Here though is where there is a major difference between the practice of yoga and the effects of SI work. Connective tissue has a memory like an elastic band and will return to its original length after being stretched. So no matter how much we do yoga, basic imbalances will remain, they may not get worse but neither will they markedly improve. With SI work the practitioner applies pressure to a constricted area to mechanically lengthen the tissue. Often the pressure will be combined with a movement by the client to inform their body of the new position of the tissue. This will change the memory and the tissue will hold its new length to create lasting change.

Yoga teachers and students who have experienced SI work report that they are able to move more easily into their asanas and are able to find greater balance when they practice. The two disciplines are very complementary.



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

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

-Sharon T., Writer, Kelowna

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Are you ready for community?

by Sukhi Fox



Did you see the ad last month, "Have you ever wanted to own a Retreat Centre?" Angele and I came up with that headline after sharing how often guests express that dream. I have spoken to hundreds of people about our intention to turn our retreat center, near Vernon, into a small co-op. What I hear most is... "Be careful with partners, it rarely works," or "Sounds good in theory but getting along is often difficult," or perhaps "I'm not ready, my plans are in the future," usually meaning that it's staying just a dream.

In the year 2000, I had a vision when a group leader challenged me come up with the ultimate purpose for all my life experiences and trainings. I sat in awkward silence and closed my eyes to ponder this crucial question, when suddenly a vision appeared like a movie inside my head. I flew over green-forested mountains and high lakes and then down to a hilltop and a big octagonal building where the sign over the door read Centre for Extraordinary Outcomes. Inside there were healing treatments happening in rooms that branched off from the centre space that had a fire burning. As I opened my eyes the scene faded and I realized, "Wow, this puts it all together for me... my purpose is to manifest a co-operative healing centre!"

As we leave the age of Pisces, we are ushering in a new time of information and freedom. (Check out zeitgeistmovie.com for an interesting take on this) I am an ultra-Aquarian with seven planets in that revolutionary sign, so I may be ahead of my time. Why should we not band together with like-minded souls and pursue a healthy, simpler life. Many of us have an inner urge to escape the urban jungle and the rampant consumerisms and separation in our society. I feel we may be entering challenging times, including more climate change, the NAU, the 2012 shift, and food shortages.

Why are not more us living in community? Well, back to fears of not getting along. Consider the Law of Attraction, and that we draw to us the perfect people by our resonance, and what we need to learn. Just like our relationships and marriages, we experience miracles when we withdraw our projections! When we see our perceptions as projections then our reaction of feeling hurt or angry becomes our responsibility to deal with and heal. I like interacting co-operatively with those committed to living the principles of Love, Integrity, and Kindness.

My approach is to cultivate my connections to Source, through my own meditation, ritual, and prayer. I am grateful for living here, and appreciate the catalyst that nature provides for simple happiness and profound insights. My husband and I enjoy soaking up the sunshine and reveling in the sites and sounds of this incredible pristine wilderness. I also offer Holographic Repatterning with a quantum perspective whenever the need arises. Chaos always provides opportunities for us to grow and shift in our energy. We can spiral to higher levels of coherence, harmony, and awareness. Sessions can help all of us actually resonate with our good intentions, and not our problems.

I want an intentional, interdependent, and a self-sufficient community where the individual supports the collective effort. Then on a hot July day, we can all help the gardener weed, before jumping in the Shuswap River together! If we become sole owners then we compromise my ideals and end up with just another Feudal model of doing business. Yet, without funds to contribute to the partnership, I feel it will not be a balanced relationship. We can find meaning and belonging together, and build what we could never do alone. We will continue to create a unique synergy of healing together, while we support extraordinary outcomes for our guests and ourselves.

see ad to right..

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The big "C" word stops just about everyone in their tracks, and rightfully so— it's the most feared disease. Researchers predict that one in three people will develop cancer in their lifetime and that number is expected to jump to one in two people. More people have lost their lives to cancer in just one year, than the total number who lost their lives in the past four wars combined.

But what about the 'War on Cancer?' The goal was to discover a cure by the year 1981. The purpose of the American Cancer Society (ACS) was to eradicate cancer. At the time this organization was founded back in 1913, the cancer rate was 1 in 100 people. Today, nearly 100 years later, cancer rates only continue to climb. Since 1971, more than 2 trillion dollars has been spent on conventional cancer research and treatments. Many experts say that this fight is an endless, "no-win" war on cancer.

A former president of the ACS stated during his resignation, "Statistically, life expectancy of untreated cancer patients is greater than treated ones." And according to Dr. John C. Bailor of the University of Chicago..."The death rate has gone up. The survival rate of patients who get cancer has probably improved a little bit, but not very much." Bailor suggested "to put most of our efforts into a search for ways to prevent cancer so that the treatment is never necessary!"

Google the word "cancer" on the internet and you'll find over 226,000,000 results, which is why those searching for a "cure" get lost in what many have termed the "cancer jungle." The vast majority of websites are too technical and virtually impossible to understand. Most of these sites sell all sorts of pills and potions that claim to cure cancer, while others do nothing more than to criticize alternative cancer treatments. Who's right? Who's wrong?

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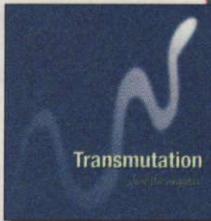
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Meditating with Singing Bowls

by Sharon Carne

Do you find it difficult to meditate? Meditation is often defined as quieting or calming the mind. There are many, many ways to do this. And that is good news.

An effective way of calming the mind is to create a very strong focus on one thing. Singing bowls are a successful tool for creating this focus. Their sound has such a powerful presence that it is difficult not to focus the mind, especially when you are playing one. It is a wonderful way to create a meditative state with minimum effort. And that is even better news.

Sound moves through your body faster than it moves through the air. The sound of the singing bowls affects you physically in three main ways. The first is the effect of the sound on your brain waves. It stimulates more brain waves in the alpha frequency range (around 8 to 13 Hertz), calming the mind. The second is the effect of the physical motion of playing the bowl. This simple and repetitive motion commands your attention as does the sound created by the bowl. This in turn creates the third effect. Your breathing and heartbeat slow down, putting you into a relaxed state. To play the singing bowl either strike the outside of the bowl or rub the stick or mallet around the outside rim. Some people find a subtle difference between a clockwise or counterclockwise directions. Here are a few helpful hints.

Tibetan (or metal) singing bowl:

1. If the bowl is small enough to fit in your hand to play, make sure you hold the bowl in a way that does as little as possible to muffle the sound. Wrapping your fingers around the bowl will muffle its sound more. 2. I have found that the sound appears more easily if you hold the stick straight up and down. You can vary the pressure of the stick against the bowl to vary the volume of the sound. You can also give the bowl a gentle tap to get the sound started. 3. As the bowl begins to sound and vibrate more, you may notice the stick rattles against the edge of the bowl. The rattle can be minimized by slowing down the movement of the stick around the bowl and by adding more pressure on the stick against the bowl.

Crystal singing bowl:

1. Crystal bowls are more fragile than Tibetan bowls. They are played usually with a rubber mallet covered with suede. You can use the mallet to chime (i.e. gently strike the side) of the bowl or to rub it around the outside rim as for the Tibetan bowl. 2. Please be aware that crystal singing bowls can get very loud. Loud enough to cause discomfort or damage to your hearing. You can control the volume of your bowl by varying the speed of the mallet moving around the bowl or varying the pressure of the mallet against the outside of the bowl.

As you are playing your bowl, turn your awareness to the effect of the sound on your body, emotions and mental state. As I watch a person play a bowl for several minutes, the physical change in their body is quite dramatic. Their shoulders relax and their breathing slows down. The whole body becomes more relaxed as the mind becomes more focused. Often, the person becomes so engrossed in the sound that they become oblivious to their surroundings. Some of my workshops and presentations end with a crystal singing bowl sound bath during which bowls are placed around the outside of a group and volunteers are asked to play them. Consistently, many of the players become so engrossed in the experience that a gentle touch on the shoulder is needed to let them know it is time to stop the sound. That is powerful focus.

If you would like to experience the sound of the bowls, they will be played at the Spring Festival of Awareness by Terez Sharon will be there as well. See her ad to the left.



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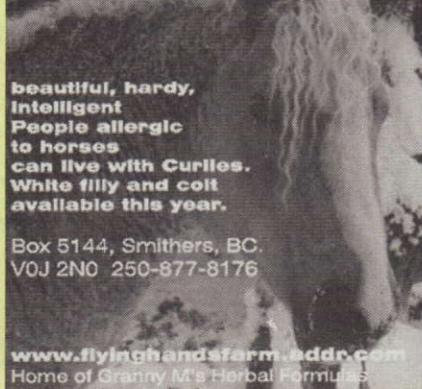
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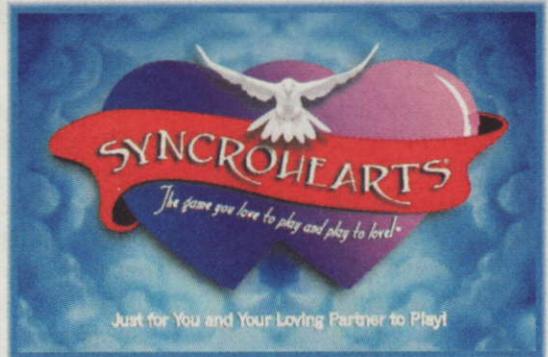
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Ad Profile



Would you like to experience more love in your life? Would you like to spend more quality time with your partner but have a busy lifestyle? I have created the relationship board game called *Syncrohearts* that was inspired during a meditation in October 2001 that helps couples focus their attention on love. Our love energy can transcend the relationship and can bring some much needed peace and harmony to the world. *Syncrohearts* helps promote love, laughter, intimacy, and improved communications. It is suitable for all types of relationships and it is gender neutral because love knows no boundaries. With the roll of the dice, it can bring spontaneity into a relationship and couples often confide to me that the right cards usually come up at the right time. Great sex starts with good communication and *Syncrohearts* helps couples 'make love' more often.

I believe the Angels must have a good sense of humour because they picked me to bring *Syncrohearts* to life. My background is in community forestry, so the idea of creating a relationship game seemed out of my league. I was afraid of taking a risk, worried about failure and concerned that others would say. "A forestry guy creating a relationship game - he must have been in the bush too long!"

At first, I was reluctant to listen, but when I did open my heart. All I had to do was follow the divine signs - and there were a lot of them. The right people showed up at the right time and my dreams and meditations were filled with guidance from Angels. I was very fortunate to make the final cut for the reality TV program *Dragon's Den* on CBC. I thought it was going to be a nerve-wracking experience, pitching love to the cold-hearted business moguls. However, as I walked on to the stage, I felt a warm comforting feeling wash over me and I knew I was not alone.

The powerful intention of love in the *Syncrohearts Game* helps spread the message of love by opening and joining hearts two at a time! This 'love game' is produced locally, in BC, and partial proceeds are donated to the Zajac Ranch for kids with special needs. I encourage you to check out our website or visit a store that is carrying *Syncrohearts*.

My name is Bobby and I send you lots of love and blessings.
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Are You an Angel?

by James P. Bauman

One of the most amazing things that I've discovered in my spiritual journey is the possibility that I could be an angel. Although angels can be many things, we usually imagine them as otherworldly beings. But I'd like to suggest the possibility that ordinary people like you and I could be . . . angels . . . spiritual beings who travel as Soul on special missions of divine love in this and other worlds.

Many of us are aware of guardian angels. I have been aware of a spiritual guardian since childhood. A wonderful lady of the Far East, and spiritual master, she would protect me from unnecessary trouble . . . if I listened. I have heard her gentle whisper in my ear to arise from a deep sleep and take some urgent action, or to impart a sacred truth.

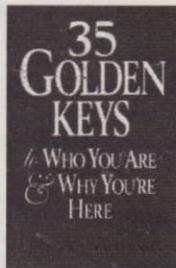
As wonderful as the awareness of guardian angels is, possibilities of awareness go beyond imagination. What might you do if you were an angel? Here is a story I'd like to share.

On the eve of the first Gulf war, Walt was eating dinner at home when suddenly he felt as though he were in the midst of a battlefield of exploding bombs. From the omniscient viewpoint of Soul he knew what was happening. When he returned to his physical body he announced to his wife that the Gulf war had started. This was confirmed within hours as they watched it announced on the news. Over the next months, Walt saw himself, and other Souls from many faiths, help dying soldiers make their transition into the afterlife. Working invisibly, he and other angels of mercy brought comfort to the soldiers and to their families at home. Most of these angels, from their physical viewpoint, were unaware of who they really were and what they were doing. If they saw these scenes, they probably thought they were only imagining things. But Walt was grateful for the gift of being aware of his spiritual tour of duty during this time.

Truly, we are all working together in amazing and invisible ways. Would you like a simple, direct way to gain spiritual awareness? Try this spiritual exercise. Get comfortable, take a deep breath, and sing HU (pronounced 'hue'). Sing HU everyday for 10-20 minutes. Ask for greater awareness and open your heart to divine love. Watch, listen, and record your dreams. Service as an angel is a wonderful gift! *see ad below*

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Feel Younger every Day

by Laara Bracken

Four months ago, while driving in downtown Kelowna, I experienced a shooting pain and weakness in my right leg, and had to pull over as I could not use the gas or brake pedal. At 23, I was thrown by a horse and that same leg was crushed. Friends said "As you get older, old injuries start to bother you." When I visited the doctor he said, "You're just getting old." My reaction was, "Not this kid!"

A few chiropractic and massage treatments later, the leg was fine. What I heard were just a few of the plethora of negative beliefs about aging. You can't teach an old dog new tricks. Your brain cells die off as we age, and we start to lose our memories. Old age brings arthritis, rheumatism, heart problems, aches and pains, sickness and physical deterioration. Old people don't get any respect. They don't have anything to offer and they are a burden to society. We are absent from the media advertising as if age was not mentioned in polite society. We are unbeautiful and unlovable.

When we accept these beliefs, they become self-reinforcing-loops or 'S.R.L.'s. We lose confidence in our thinking, disparage our accumulated wisdom, speak without authority, give up trying to look attractive and shrink into ourselves. Our body language and speech mirrors our thinking and we become what we believe. We get the responses we expect, which in turn is evidence for our negative beliefs every time we think about them, making them seem even more real.

So why at 68 do I look and feel fifteen years younger? Why don't I act as if I were approaching decrepitude? Do I exercise regularly, eat wisely, get plenty of rest, drink lots of water and watch my weight? Sometimes. Some time ago I made a decision to always be younger than my age. Looking back from 22 years experience with Core Beliefs, I realize it was more than a decision, that somehow I 'just knew' and created a change from negative to positive beliefs about aging which in turn, created changes in my subconscious, emotional and physical selves down past the layer of my cells. Feedback from clients is that after having a similar experience with the method I use, they have the same results. They also say they feel younger and more alive, and often start to look that way, and that the changes last.

What would happen if you also changed your Core Beliefs about aging? *see Core Belief ads on page 12 & 13.*

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TERMINAL CANCER

Susan Manion MacDonald

To hear the words "you have cancer" is devastating enough, but add the word "terminal" and the floor beneath you seems to let go. As such, December 4, 2002, the day I received my diagnosis of terminal cancer, is permanently etched in my psyche. The word "terminal" seemed so final – as if a sentence of death.

This article, however, is not about death, but about life; its focus is not on despair, but is a one of profound hope for a better life.

After modern medicine failed me, I began, initially in frustration and hopelessness, to search for ways to become well again. I began to explore possibilities that might be available through "natural medicine", subsequently learning through research, trial and error that cancer and many other dread illnesses can be beaten. In many ancient Eastern civilizations, and since the 1930's in the Western world, there has been extensive documentation recognizing the body's ability to heal itself. Natural medicine works with the body, providing it with the tools to heal itself, whereas conventional medical approaches often simply medicate symptoms, thereby masking the real causes, or they advocate surgery, which can remove symptoms - along with a portion of one's body!

Cancer is a symptom of a malnourished body containing excessive toxins that block the pathways required for the absorption of nutrients. Cells weakened by a lack of essential fatty acids can no longer hold valuable nutrients the body requires, nor can they effectively protect the body from an assault of toxins. Additionally, the body may not receive nutrients from many foods due to chemicals added during the growing process, or used in packaging, transport or storage - simply to extend their shelf life. Rather than adding value, they lessen the quality and intrinsic viability of many foods. As a natural health consultant, I work to bridge the gap between natural and conventional medicine, empowering individuals to make changes that can not only extend their lives, but add to their quality of life as well. This often involves lessening their toxic burden through newer approaches such as energy balance cellular detoxification. One example: last year I had the wonderful opportunity to work with an eighty-two year old gentleman who expressed a genuine interest in living to be 100 years old! At the time, his body was bent over, a cane necessary to steady his steps which, by then, had been reduced to a shuffle. His perspective on life was diminished, resulting in depression. However, after a series of treatments, he now stands tall, no longer requires a cane, and walks as if he were a much younger man. This renewed vigor permitted golf and curling to again be a part of his life, while his blood pressure is the lowest in years!

The human body has an innate ability to heal itself, but that requires knowledge, lifestyle changes and the removal of toxins. It also requires a will to live at both conscious and sub-conscious levels. It is rather difficult to reverse the effects of

continues to the right

the subconscious on any patient who is deprived of hope by constant suggestions that one's death is imminent. Add the ongoing onslaught of toxins from pain medications, antibiotics, x-rays, as well as stress from sleep deprivation, anxiety, and foods with virtually no nutritional content, a hopeless vacuum can be created, with the power to eradicate the remaining life force in anyone.

Most doctors and nurses are wonderful individuals who dedicate their lives to helping patients, but many have an insufficient knowledge of nutrition and the impact of toxins. Hospitals must also learn the benefits of juicing processes; serve more fresh fruits and vegetables; use natural sweeteners and whole grain nutrients rather than questionable synthetics with life threatening additives. They also need to understand that there are natural solutions for pain, sleep deprivation, anxiety and nausea that do not contribute to one's toxic burden.

In unexpected ways, my diagnosis of terminal cancer turned out to be a blessing for me. That diagnosis set me on a road of discovery and action, not only leading to the healing of the cancer, but to an education in natural medicine, a more healthful life, and the joy of helping family, friends and clients. We can learn new paradigms that complement the body of knowledge and compassion that currently exists within the medical professions today. Each of us has but one life, so use all of the available knowledge to make this a better world. Make your personal journey in this life the best it can be - make today and everyday count!

Susan Manion MacDonald recovered from a diagnosis of terminal cancer in 2002; subsequently became a certified naturo-therapist (JTW Natural Health Centre, Amherst, NS); then wrote B.A.L.A.N.C.E.: nature's way to heal your body, released October 11, 2007 by New World Publishing. Check with your local booksellers or contact NWP toll-free: 1-877-211-3334 (www.newworldpublishing.com) or order on-line at: www.nonscentedtoxicfree.com.

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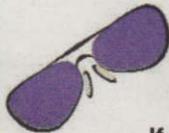
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Snowflakes on my Bald Head

by Kuya Minogue

"How fortunate," writes Dogen, found of Soto Zen Buddhism in Japan.. "How fortunate that we can sit here together in this unfinished temple with snowflakes falling on our bald heads." He was speaking to the monks who had come to northern Japan to study with him in 1250 AD, cheering them up because they were cold. I'm not writing in an ancient Zen monastery and I don't have a bald head. But today I understand what Dogen was saying because I have just come home from a personal Zen Writing Practice at Johnson's Landing Retreat Center.

By the time I pulled into the parking lot in front of the main lodge, I was shaking worse than Dogen's chilly snow-capped monks, not from the 11 km road that winds around the cliffs above Kootenay Lake - it is well maintained - but from my winter driving phobia. Remembering Dogen's cheerfulness sustained me. "How fortunate," I said "that, in the middle of a snowstorm, I am driving this narrow winding road that drops 200 feet into the lake."

I kept Dogen's theme going while 30 cm of snow filled that road for the next two days. How fortunate that I might be here until spring. How fortunate that I get to sleep and do practice in a heated cabin, pee in the snow and make night time visits to the outhouse where the frost bites my butt. How fortunate that I am moving wood from the woodshed to the basement every day. How fortunate that I am living in the noble silence and can see the morning star.

By the time I lit the wood furnace under the group meditation room for the Center's Annual Day of Peace on December 21, silent practice had brought me to the limitless pool of stillness that lives within us all. For 24 hours we put our awareness into sending peace to victims of war and to war mongers alike. We rang bells, drew pictures of how we were going to bring peace into our daily lives in the coming year, and lit them on fire in the centre of the labyrinth. I don't know if we brought peace to the world, but we sure brought peace to my heart. On the drive out, it was snowing harder than it had been when I drove in. The roads were still narrow, still slippery and still winding above cliffs, but I forgot to be afraid. I was just too filled with peace. How fortunate! *see Market Place ads, p 17*



Kuya, who wrote the article, to the right will be one of thirty-five presenters at the Spring Festival of Awareness April 25-27

Details on the flip side of this magazine.

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What is Biofeedback?

by Kim Grummett, BA, RN

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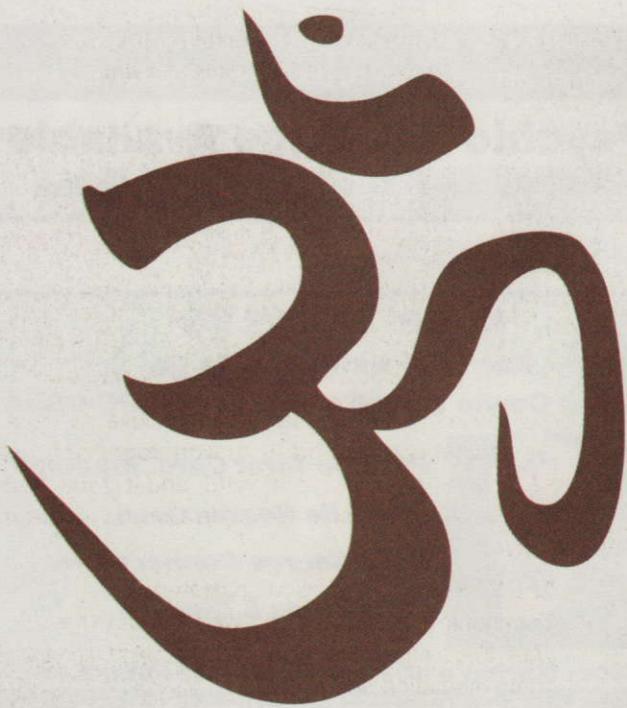
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DYNAMIC GOVERNANCE

by Eric Bowers

It is true that each of us can make a difference in changing our world, and I believe there is more potential to create change when working together as teams, groups, organizations and communities, fuelled by each other's creativity, inspired by each other's passion. However, in working together, there is also greater potential for power struggles, inefficient decision-making, and stimulation of personal wounds from the past, leaving people discouraged, bored, defensive, and resentful.

How can we effectively work together to create a peaceful and sustainable world and strengthen our bonds while doing so? Many social change movements and progressive businesses that are rooted in values of equality, non-violence, and sustainability falter or fall apart because they lack a powerful, compassionate and effective communication process and governance system: fundamental pieces needed for working through challenges while staying connected and inspired.

The Center for Nonviolent Communication is in the process of implementing a governance system which they believe will more effectively help them create their vision of a world where everyone's needs are valued, and peacefully met. This very inspiring governance system is called Dynamic Governance or Sociocracy, and I believe it is at the evolutionary forefront of governance systems.

Dynamic Governance comes to us from Holland where it was developed by Kees Boeke and Gerard Endenburg. Kees Boeke was the director of the *Workplaats Kindergemeenschap* - The Children's Community Workshop, a school based on Quaker Principles. Gerard was a graduate of that school and went on to study systems thinking and cybernetics. In looking at the systems that humans were working under, he was not able to find one that mirrored the elegance and efficacy of the systems found in the natural world. And so he took his experiences from Boeke's school and his knowledge of systems thinking and cybernetics and created Dynamic Governance.

Gerard's father, a political activist who advocated for social reform, gave him his first opportunity to try his new governance system. He challenged him to take over a small failing electrical company that he owned and make it profitable while still honouring workers' rights. Gerard turned the company around in a year and continued to develop a governance system that had consent decision-making (an innovative decision-making process that Gerard developed by borrowing from his knowledge of technical sciences), policy-making circles for each level or department of the organization, double-linking of circles so that information flowed from top to bottom and from bottom to top, and consent for selecting leadership and other roles. Gerard also developed a clear and open sys-

DYNAMIC GOVERNANCE

An Introductory Workshop

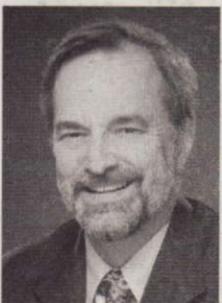
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tem for Leading, Doing, and Measuring, which allowed for much improved accountability, adaptability, trust and growth. Every person working for Gerard's company belonged to a circle and had a voice in company policy and direction. This resulted in greater profit, greater access to everyone's intelligence and creativity, and greater commitment from everyone to the shared goals and vision of the company.

Since that first success, Gerard has spent over thirty-five years fine tuning and further developing Dynamic Governance. The first book on Dynamic Governance, *We The People: Consenting to a Deeper Democracy*, was co-authored by John Buck and Sharon Villines and published in the spring of 2007. Much of this book is translated from Gerard's writings on Sociocracy. John continues to work with Gerard in developing dynamic governance and sharing it with the world. John did his Masters in Sociology on Sociocracy and learned Dutch in order to translate Dutch writing on Sociocracy into English.



John Buck continues to work with a variety of organizations to implement dynamic governance. Earlier in his career, he managed hundreds of people in both government and corporate sectors in implementing national and world-wide information technology systems. He was the first native English speaker to be certified by the Sociocratisch Centrum in The Netherlands as a dynamic governance consultant.

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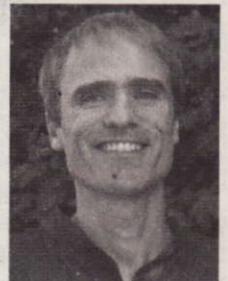
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I have great hope that Dynamic Governance is a system that can support us to work together to create inspired change in our world, and it is my dream that we will be among the first in Canada to flourish under this system.

Eric Bowers teaches Compassionate Communication classes and workshops in the West Kootenays. He also offers mediation and private sessions in Compassionate Communication.

Eric is training in Dynamic Governance because he is excited about how it will support the kind of community he wants to live in.



This workshop is sponsored by Sunwater, which Eric owns and operates with his partner Melody Greger. www.sunwater.ca

For more information on this workshop please see the ad above.

Eric will also be at the Spring Festival of Awareness, April 25-27.



Genetically Modified Foods

Demand for labeling and GM-free zones a growing response to health and environmental concerns.

Michelle Hancock, HANS staff writer

The recent approval of genetically modified (GM) sugar beets in Canada leaves a bad taste in the mouth of anti-GM campaigners. Sugar beets provide about half of our sugar (the other half is from imported sugar cane). Crops are grown in southern Alberta and Ontario, with more expected in 2008 and a sugar beet ethanol plant planned for Prince Edward Island. "Sugar is in almost everything," says Angela Nat, a concerned consumer in Burnaby, BC. "I guess I'll have to start drinking my coffee black."

GM foods are either whole foods or foods that contain ingredients in which specific genes have been manipulated to enhance a desired trait. These particular sugar beets are "Roundup Ready," meaning they've been modified by Monsanto for resistance to the agrochemical giant's infamous herbicide. Other GM foods, or "novel foods" as they're often called, in Canada are corn, potatoes, rice, canola, cotton, soy and tomatoes. An estimated 70 percent of processed foods contain GM ingredients.

Health Canada has approved more than 100 novel foods and processes have been approved since 1994.¹ Given their prevalence, why the ongoing urge for precaution? For starters, no long-term studies exist on the impact of GM foods on human health. Potential risks associated with GM foods include allergic reactions, the development of antibiotic resistance, and the creation of toxins.

The US Food and Drug Administration pushed GM technology ahead in the early 1990s despite warnings that it was unsafe, according to Jeffrey M. Smith, executive director of the Institute for Responsible Technology, in his book *Seeds of Deception: The Truth about GM Foods*. Contrary to marketing claims, it has also been shown that farmers actually use more—86 percent more—herbicide on GM soy fields compared to non-GM soy. GM crops can and have contaminated non-GM crops. A very recent addition to the approved GM-food list in the United States, Rice LL601 by Bayer, has already globally resulted in contamination costs of US \$1.3 billion.²

There have been 142 cases of GM contamination worldwide, including nine in Canada in the past 10 years.³ In December 2007, a Greenpeace investigation found GM-contaminated rice—a rice not approved for human consumption—in supermarkets in Vancouver and Montreal.⁴ "There are no assurances that this GM rice is safe for people to eat," says Josh Brandon, Greenpeace agriculture campaigner. "Even if GM food was labelled, which it isn't anywhere in Canada, we would not know about the presence of this variety because of lax testing on the part of the authorities."

More than 40 countries now require GM labels. "Canada

is really falling behind the pack on this," says Brandon.⁵ "Seventy-nine percent of British Columbians, according to a December 2006 poll, want mandatory labeling," he adds.

GE Free BC (www.gefreebc.org/), working with Greenpeace, is another resource for ways to stay informed. The two groups have come together to support community anti-GM initiatives in BC. One such project is the creation of GM-free zones, such as what the city of Powell River has initiated. GM-free zones have successfully opposed the GM tide in Europe, Japan, Austria and the US, mostly at municipal level in the form of unofficial bylaws. Europe boasts more than 4,500 GM-free zones.

A GM-free petition asking for a 10-year moratorium on the planting of GM seed in the Yukon was tabled in 2007. For the latest news, email gefree@yukonfood.com.

In November 2007, Nelson-area residents met to begin strategizing. For more info on this campaign, email Aimee Watson at eemiamay@yahoo.ca.

Strategy sessions are also beginning in March 2008 in Comox, BC. E-mail Tony Beck at gefreebc07@yahoo.com.

Greenpeace is also on a petition drive for mandatory labelling, and they want as many signatures as possible. Download the petition at www.greenpeace.ca.

When it comes to GM foods, consumers deserve the right to know, and the freedom to choose.

Health Action Network Society (HANS) supports public awareness of GM foods. HANS hosted an event with GMO expert Jeffrey M. Smith in fall 2006. DVDs, books and audios are available by calling 604-435-0512. see ad below

¹ Approved Products, Novel Food Decisions, Health Canada, accessed Jan 5, 2008, http://www.hc-sc.gc.ca/fn-an/gmf-agm/appro/index_e.html#ftn1

² Costly contamination: \$1.285 billion (US) in damages caused by genetically-engineered rice <http://www.greenpeace.org/canada/en/campaigns/ge/latest-developments/costly-genetically-engineered-contamination>

³ GM Contamination Register February 2007 <http://www.greenpeace.org/canada/en/campaigns/ge/gm-contamination-register>

⁴ Government fails to detect illegal, genetically engineered variety 17 December 2007 <http://www.greenpeace.org/canada/en/campaigns/ge/latest-developments/rice-on-canadian-store-shelves>

⁵ Phone Interview with Josh Brandon, Greenpeace GM Campaigner.

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examples
of
Rowena's
art work



Once upon a long ago time a babe was born to parents who dearly loved all Creators flora, fauna, people and places. Her earliest memories are filled with inspiring times in Nature and kindnesses toward all people and places. Those long ago times were before home entertainment centres were even a twinkling in anyones eye. Her parents read for pleasure. So when this little girl was still very young a quality set of children's books came in to their home. Of course, the contents of the first volume were typical English Mother Goose nursery rhymes – with the addition of some beautifully translated rhymes from other cultures. Being read to brought her great

happiness. She remembers being entranced with the rhythm of the rhymes – the dance of the words as they greeted her ears. She also recalled being very puzzled with the unkind messages of many of the rhymes: the old woman who spanked all her children before they went to bed; the guy who incarcerated his wife in a pumpkin; the baby and the cradle that fell out of the tree; and so forth.

Within ten years a sister and two brothers had joined the family. As the eldest who very much enjoyed being read to, she heard those nursery rhymes over and over again to the point that she concluded surely there were rhyming words that expressed better social sentiments. And seeing herself an artist even at that tender age, she knew that one day she would make better pictures.

Many years passed until that girl herself became a mother with a child old enough to be read to. Those years were the 1960's, the Vietnam era, and like many people, my awareness of what was right and what was wrong with the world in general, and our culture in particular, brought understanding of the typical Mother Goose rhymes. Memories of my own childhood ponderings about their messages came flooding back to me. I could definitely see how easy it is to perpetually recreate a culture where war, violence, sexism, racism, elitism and rude attitudes toward Nature reign supreme, when those are the first lessons the very young learn from their trusted caregivers.

It was over 40 years ago when I decided to put those Mother Goose books aside and began collecting socially and ecologically conscious rhymes, suitable for young children, to a better world. For many years I clipped what I read and jotted down what I heard. Many came from our global community. Then in to the shoebox they all went.

During those many years I studied nursery rhymes. Rhymes and ditties we have always crooned to our babies. In the oral tradition, they are the foundations of all our cultures. Their roots are in antiquity. And it really does matter what those little ears hear. "We are imprinted with knowing long before we understand the meaning of the words," says C.P Estes, PhD. "The quality of rhyme, rhythm and repetition found in nursery rhymes makes them a fun and time honoured tool for learning the language skills of vocabulary, speech and concepts," says Lisa Bramson, M.S, Speech/Language Therapist and Learning Enhancement Consultant. She also remarked that many of the children she sees as a speech therapist have not had a nursery rhyme experience. "If parents and caregivers could offer children one book in their early years THE GOOSE FAMILY book would be the one!" she asserts.

Our traditional English rhymes were not intended for the nursery. They came in to being when town criers delivered the news-political woes and society's ills being called out in sing-song fashion. Humpty Dumpty was the nickname of a much disliked chancellor who had just been toppled. Peter's pumpkin shell refers to a new style chastity belt. The baby



and cradle falling out of the tree is a young prince who the opposition hoped would never make it to adulthood. We all know that ring-around-the-rosey is a reference to the black plague. And so forth.

It was at the second Spring Festival of Awareness when I was in the children's festival with my toddler that I heard a young mother singing, "Rock-a-bye baby on the tree top; when the wind blows the cradle will rock; when the bough bends the cradle will sway; and happy will baby be all of the day."

Ah-ha, there are others! Any words in the public domain (not under copyright) could be and were being consciously evolved. Now my collecting picked up speed.

Sorting and categorizing for the themes of the pages was a fun but arduous task that needed to be done before the illustrations could be decided upon and created. And hasn't it ever been just the greatest delight to see this project come to fruition- a labour of love – the work of a lifetime. The Goose Family; politically correct, multi-cultural nursery rhyme has two volumes: Volume I suitable for all ages 1 – 6 Volume II suitable for ages 4 – 9.



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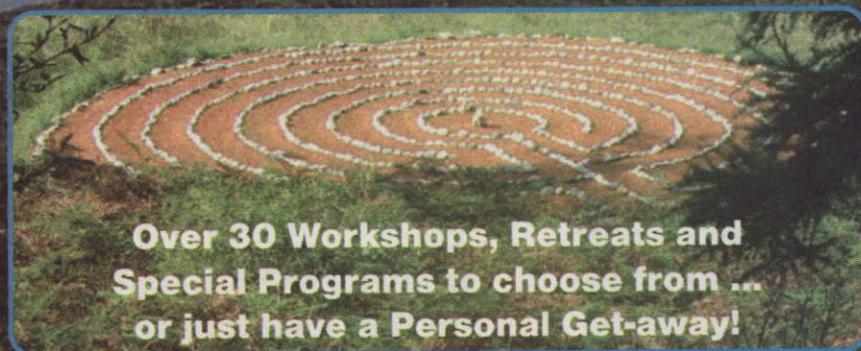
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Nobel Peace Prize Acceptance Speech

by AL GORE December 10, 2007, OSLO, NORWAY

Your Majesties, Your Royal Highnesses, Honorable members of the Norwegian Nobel Committee, Excellencies, Ladies and gentlemen.

I have a purpose here today. It is a purpose I have tried to serve for many years. I have prayed that God would show me a way to accomplish it. Sometimes, without warning, the future knocks on our door with a precious and painful vision of what might be. One hundred and nineteen years ago, a wealthy inventor read his own obituary, mistakenly published years before his death. Wrongly believing the inventor had just died, a newspaper printed a harsh judgment of his life's work, unfairly labeling him "The Merchant of Death" because of his invention — dynamite. Shaken by this condemnation, the inventor made a fateful choice to serve the cause of peace.

Seven years later, Alfred Nobel created this prize and the others that bear his name. Seven years ago tomorrow, I read my own political obituary in a judgment that seemed to me harsh and mistaken — if not premature. But that unwelcome verdict also brought a precious if painful gift: an opportunity to search for fresh new ways to serve my purpose. Unexpectedly, that quest has brought me here. Even though I fear my words cannot match this moment, I pray what I am feeling in my heart will be communicated clearly enough that those who hear me will say, "We must act."

The distinguished scientists with whom it is the greatest honor of my life to share this award have laid before us a choice between two different futures — a choice that to my ears echoes the words of an ancient prophet: "Life or death, blessings or curses. Therefore, choose life, that both thou and thy seed may live."

We, the human species, are confronting a planetary emergency — a threat to the survival of our civilization that is gathering ominous and destructive potential even as we gather here. But there is hopeful news as well: we have the ability to solve this crisis and avoid the worst — though not all — of its consequences, if we act boldly, decisively and quickly.

However, despite a growing number of honorable exceptions, too many of the world's leaders are still best described in the words Winston Churchill applied to those who ignored Adolf Hitler's threat: "They go on in strange paradox, decided only to be undecided, resolved to be irresolute, adamant for drift, solid for fluidity, all powerful to be impotent."

So today, we dumped another 70 million tons of global-warming pollution into the thin shell of atmosphere surrounding our planet, as if it were an open sewer. And tomorrow, we will dump a slightly larger amount, with the cumulative concentrations now trapping more and more heat from the sun.

As a result, the earth has a fever. And the fever is rising. The experts have told us it is not a passing affliction that will heal by itself. We asked for a second opinion.



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And a third. And a fourth. And the consistent conclusion, restated with increasing alarm, is that something basic is wrong.

We are what is wrong, and we must make it right. Last September 21, as the Northern Hemisphere tilted away from the sun, scientists reported with unprecedented distress that the North Polar ice cap is "falling off a cliff." One study estimated that it could be completely gone during summer in less than 22 years. Another new study, to be presented by U.S. Navy researchers later this week, warns it could happen in as little as 7 years.

Seven years from now. In the last few months, it has been harder and harder to misinterpret the signs that our world is spinning out of kilter. Major cities in North and South America, Asia and Australia are nearly out of water due to massive droughts and melting glaciers. Desperate farmers are losing their livelihoods. Peoples in the frozen Arctic and on low-lying Pacific islands are planning evacuations of places they have long called home. Unprecedented wildfires have forced a half million people from their homes in one country and caused a national emergency that almost brought down the government in another. Climate refugees have migrated into areas already inhabited by people with different cultures, religions, and traditions, increasing the potential for conflict. Stronger storms in the Pacific and Atlantic have threatened whole cities. Millions have been displaced by massive flooding in South Asia, Mexico, and 18 countries in Africa. As temperature extremes have increased, tens of thousands have lost their lives. We are recklessly burning and clearing our forests and driving more and more species into extinction. The very web of life on which we depend is being ripped and frayed.

We never intended to cause all this destruction, just as Alfred Nobel never intended that dynamite be used for waging war. He had hoped his invention would promote human progress. We shared that same worthy goal when we began burning massive quantities of coal, then oil and methane.

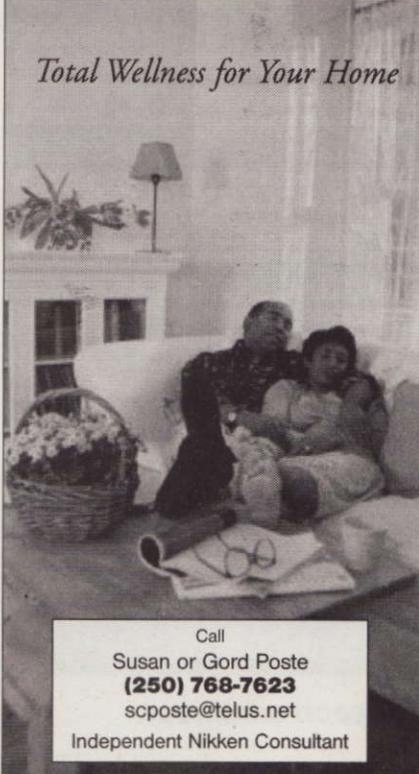
Even in Nobel's time, there were a few warnings of the likely consequences. One of the very first winners of the Prize in chemistry worried that, "We are evaporating our coal mines into the air." After performing 10,000 equations by hand, Svante Arrhenius calculated that the earth's average temperature would increase by many degrees if we doubled the amount of CO² in the atmosphere.

Seventy years later, my teacher, Roger Revelle, and his colleague, Dave Keeling, began to precisely document the increasing CO² levels day by day. But unlike most other forms of pollution, CO² is invisible, tasteless, and odorless — which has helped keep the truth about what it is doing to our climate out of sight and out of mind. Moreover, the catastrophe now threatening us is unprecedented — and we often confuse the unprecedented with the improbable.

We also find it hard to imagine making the massive changes that are now necessary to solve the crisis. And when large truths are genuinely inconvenient, whole societies can, at least for a time, ignore them. Yet as George Orwell reminds us: "Sooner or later a false belief bumps up against solid reality, usually on a battlefield."

continues on the next page

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Nobel Peace Prize Speech continues

In the years since this prize was first awarded, the entire relationship between humankind and the earth has been radically transformed. And still, we have remained largely oblivious to the impact of our cumulative actions.

Indeed, without realizing it, we have begun to wage war on the earth itself. Now, we and the earth's climate are locked in a relationship familiar to war planners: "Mutually assured destruction."

More than two decades ago, scientists calculated that nuclear war could throw so much debris and smoke into the air that it would block life-giving sunlight from our atmosphere, causing a "nuclear winter." Their eloquent warnings here in Oslo helped galvanize the world's resolve to halt the nuclear arms race.

Now science is warning us that if we do not quickly reduce the global warming pollution that is trapping so much of the heat our planet normally radiates back out of the atmosphere, we are in danger of creating a permanent "carbon summer."

As the American poet Robert Frost wrote, "Some say the world will end in fire; some say in ice." Either, he notes, "would suffice." But neither need be our fate. It is time to make peace with the planet.

We must quickly mobilize our civilization with the urgency and resolve that has previously been seen only when nations mobilized for war. These prior struggles for survival were won when leaders found words at the 11th hour that released a mighty surge of courage, hope and readiness to sacrifice for a protracted and mortal challenge.

These were not comforting and misleading assurances that the threat was not real or imminent; that it would affect others but not ourselves; that ordinary life might be lived even in the presence of extraordinary threat; that Providence could

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be trusted to do for us what we would not do for ourselves.

No, these were calls to come to the defense of the common future. They were calls upon the courage, generosity and strength of entire peoples, citizens of every class and condition who were ready to stand against the threat once asked to do so. Our enemies in those times calculated that free people would not rise to the challenge; they were, of course, catastrophically wrong.

Now comes the threat of climate crisis — a threat that is real, rising, imminent, and universal. Once again, it is the 11th hour. The penalties for ignoring this challenge are immense and growing, and at some near point would be unsustainable and unrecoverable. For now we still have the power to choose our fate, and the remaining question is only this: Have we the will to act vigorously and in time, or will we remain imprisoned by a dangerous illusion?

Mahatma Gandhi awakened the largest democracy on earth and forged a shared resolve with what he called "Satyagraha" — or "truth force." In every land, the truth — once known — has the power to set us free. Truth also has the power to unite us and bridge the distance between "me" and "we," creating the basis for common effort and shared responsibility. There is an African proverb that says, "If you want to go quickly, go alone. If you want to go far, go together." We need to go far, quickly.

We must abandon the conceit that individual, isolated, private actions are the answer. They can and do help. But they will not take us far enough without collective action. At the





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same time, we must ensure that in mobilizing globally, we do not invite the establishment of ideological conformity and a new lock-step "ism."

That means adopting principles, values, laws, and treaties that release creativity and initiative at every level of society in multifold responses originating concurrently and spontaneously. This new consciousness requires expanding the possibilities inherent in all humanity. The innovators who will devise a new way to harness the sun's energy for pennies or invent an engine that's carbon negative may live in Lagos or Mumbai or Montevideo. We must ensure that entrepreneurs and inventors everywhere on the globe have the chance to change the world.

When we unite for a moral purpose that is manifestly good and true, the spiritual energy unleashed can transform us. The generation that defeated fascism throughout the world in the 1940s found, in rising to meet their awesome challenge, that they had gained the moral authority and long-term vision to launch the Marshall Plan, the United Nations, and a new level of global cooperation and foresight that unified Europe and facilitated the emergence of democracy and prosperity in Germany, Japan, Italy and much of the world. One of their visionary leaders said, "It is time we steered by the stars and not by the lights of every passing ship."

In the last year of that war, you gave the Peace Prize to a man from my hometown of 2000 people, Carthage,

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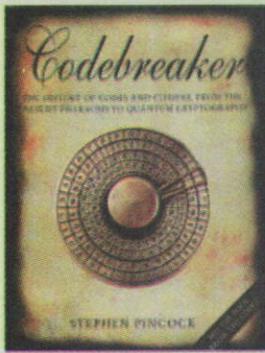
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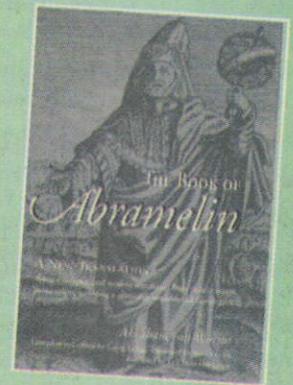
Lots of people love a mystery - the boundless possibilities, the delicious intrigue, the unknown. That fascination has been heightened in recent years with books such as *The Da Vinci Code*, and the appearance of crop circles. Codes and ciphers have been used for thousands of years, in the Bible, subtly altered hieroglyphs carved into ancient Egyptian monuments, and clues hidden in Renaissance paintings - we find we are surrounded by codes bearing hidden messages from the past. From the ancient pharaohs to the internet, we have relied on codes to keep our secrets. *Codebreaker* looks at the entire history of codes with fascinating stories, plentiful illustrations, and includes famous codes that have never been broken: the Beale Ciphers, the Voynich manuscript, the Easter Island code, among others. Great names from history appear here, Julius Caesar, Queen Elizabeth I., the man in the iron mask, Arthur Conan Doyle and Samuel Morse. The book includes interviews with cryptology experts, Navaho windtalkers and decryption experts, and ends with a vision of the coded future via quantum cryptography. If you enjoy the challenge of breaking codes, there are several in the back of the book for you to try, the answers aren't in the book but you can find them on the publisher's website.



Christina

Book

If you are drawn to wisdom, magic and history, you will find that heady mixture in this restoration of an old and important work, originally known as a programme of self-purification and initiation for achieving the Knowledge and Conversation of the Holy Guardian Angel. From the flyleaf: "This 15th-century text has come back, in its most complete form, to light the way for those who are brave and committed enough to channel the energies of the spiritual world and give harmony a chance to flourish." The compiler and translator have created a text that is highly readable and fascinating, yet preserves the ambiance of the original work. The former travelled to Egypt on an esoteric quest to find Abramelin's hermitage, and then on an esoteric quest to find his own personal transformation. The latter is a spiritual healer who lectures on various esoteric topics to Theosophical and Anthroposophical societies, and I thought I'd leave you with a quote from him: "It is amazing how this piece of the middle ages rings with modern thoughts, modern desires and modern intentions. A self development book written 400 years before the word psychology was coined."

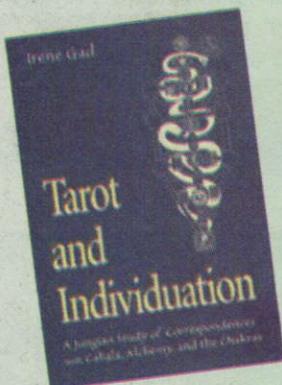


The Book of Abramelin

Abraham von Worms

Compiled and edited by Georg Dehn
translated by Steven Guth

Nicolas-Hays, Inc., • courtesy of Raincoast Books • ISBN 978-0-89254-127-0



Tarot and Individuation

A Jungian Study of Correspondences with Cabala, Alchemy and the Chakras

Irene Gad

Nicolas-Hays, Inc., • courtesy of Raincoast Books • ISBN 0-89254-110-5

This is a truly fascinating book, interweaving tarot, alchemy and cabala giving you a solid understanding of each tradition. It is most certainly not light reading, but will draw you in with understandable writing, illustrations throughout, and much in the way of scholarship and wisdom. The author enables you to use the tarot as a map for individuation and restoration of harmony, and emphasizes that you are not alone in your experiences on your chosen path, you will find awareness of your uniqueness and humanity.

The symbolism of the twenty-two major arcana is amplified by the meanings of the twenty-two letters of the Hebrew alphabet, astrological correspondences, Cabalistic Tree of Life, alchemical correspondences, and Jungian interpretations. There are over 200 quotes from the collected works of Carl Jung, so if you aren't familiar with him, you will be at the end of the book. There is also a separate section on astrology as it relates to Tarot, and another section on divination with over 70 layouts, including a "Jungian" spread. If you already work with Tarot, or wish to, your understanding could be considerably expanded by this rich text. Placing it into a wider and greater context will deepen your experience and practice.



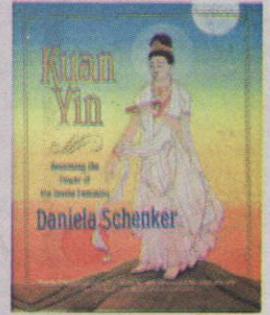
Angèle

Reviews

33 beautiful water color images accompanied by inspirational contemplations, passages from the Lotus Sutra, and tales and legends about Kuan Yin. Daniela is a translator of Asian languages and travels the world. Her Tai Chi master presented her with a golden pendant of Kuan Yin that started her inner stirrings. She immersed herself in studying her history, visited temples and read ancient texts so she could connect more deeply with her.

It took her twelve years to gather the information and work with the artist who painted the images for her.

I first heard of Kuan Yin when I visited a numerologist fifteen years ago. During the reading he went into a trance and described me as a young maiden working in a garden sewing flower petals into small handkerchiefs so they could be used when people came to the healer, with whom I was training, and would be used to help heal peoples wounds. I asked some questions and was told it was during the 12th century and her name was Kuan Yin... so I went to the library and searched for more information but it was limited. Today it is with great delight that I introduce this informative, useable book with beautiful paintings and inspiring quotes. I will bring it to the Spring Festival of Awareness for Kuan Yins altar, if you wish to see it.



Kuan Yin

Accessing the Power of the Divine Feminine

written by Daniela Schenkar
Illustrated by Antonia Baginski

Courtesy of Sounds True

ISBN 978-1-59179-621-3

Divination Cards

Two new Tarot Decks created by BC artists

I am told both decks are faring very well in the worldwide market so bravo to two more amazing women who have followed their heart's calling. Tarot card divining is something I only dabble with so I paused for a few moments, shuffled the decks and asked for a new perspective for 2008. I mused about cards insights for the coming year and since I know a picture is worth a thousand words I have included images of both decks and will let you decide if you need one.

The Pearls of Wisdom • www.7th-House.com

Illustrated by Roxi Sim, booklet by Caeli Fullbrite of Vernon, BC

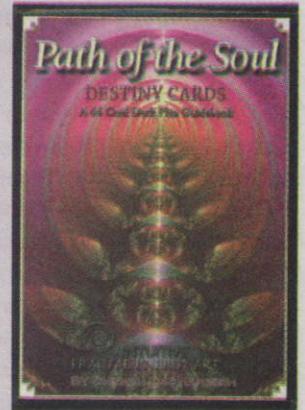
It took Roxi seven years to paint these large colorful images that were diligently researched before using acrylic paint to manifest them into reality. Her journey began as a suggestion by a friend after a period of deep grief. Some of the images became her friends and offered her clarity of vision, some 'just came' onto her canvas and showed her things she would not have seen otherwise. The cards are enchanting, optimistic, as well as symbolic, and comes with a little booklet that offers a basic understanding of the symbols, especially pearls.

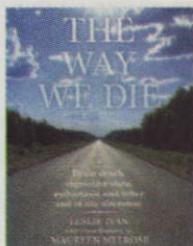
The Path of the Soul Destiny Cards www.fractalart.ca

Created by Cheryl Lee Harnish on her computer in Surrey, BC.

When these cards arrived in the mail, I gazed in awe as I slowly looked at each one, so different, with many colors and shapes. I tried to make the connections to what it represented before reading the booklet which explains it.

The images represent fractals, complex geometric designs that are created over and over in patterns that create shapes on larger and larger scales. Cheryl says... that fractals is the language that the subconscious mind understands and they can have a profound impact on us psychologically as well as bringing peace and well being to our soul. I love all this subtle guidance coming in.



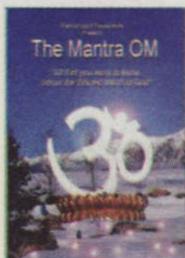


The Way We Die

Brain death, vegetative state, euthanasia
and other end-of-life dilemmas

Leslie Ivan with contributions
by Maureen Melrose Ivan
www.paripublishing.com

Written by a neurosurgeon and his wife who is an RN they have years of experience with difficult problems of ethics and law that tax levels of compassion. The book starts off with a basic definition of death, from times past to the new criteria. They explain questions about states of consciousness and coma's with some case histories. They discuss the Dying with Dignity, 'Right-to' Die Movement, Assisted Suicide, the 'Do Not Resuscitate' Order as well as the Living Will. They explain the doctors obligations and details about brain damage, a scientific explanation of near-death experiences and other details I never thought of asking. They share details about court cases and hospital expenses if your brain dies and not your body and your wishes are not written done.



The Mantra OM

www.pathoflightproductions.com

An informative and easy to follow explanation of a simple sound revered the world over. Filmed at the Adi Vajara Shambhasalem Ashram and narrated by the spiritual leader Gurugi Hamsah Nandatha, you are invited to unite your consciousness with the Absolute Divine. In a colorful, educational format, using beautiful scenery and a complete outline of the stages of awakening that can come about from aligning your frequency through sound and yoga, the techniques to transform your vibration and become a "dispenser of harmony" are systematically covered. This is a wonderful source if you are looking to deepen your understanding of creation and reconnect to the inner wisdom available to us all.



Invoking The Light

Lift the Veil of Illusion

C. F. Reynolds
www.invokingthelight.com

A book that reminds us that words and thoughts are powerful. With practice it helped her get past her negative thoughts and intense grief so that she no longer sank into depression. She reminds us about the power of darkness and the distractions it offers, for example... TV, advertising and night clubs. Each situation she encounters she invokes the Light, and peace returns. She says the Light removes obstacles that are buried deep in our unconscious and allows us to enter a state of well-being and empowerment. As I read it, it reminded me of Swami Radha and the Yashodara Ashram near Nelson, BC...who has been teaching and practicing the *Divine Light Invocation* for over 40 years. By turning to the light whenever fear is felt we learn to trust and feel the presence of love.



the language of archetypes

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SoundTrue.com - 11 CD's



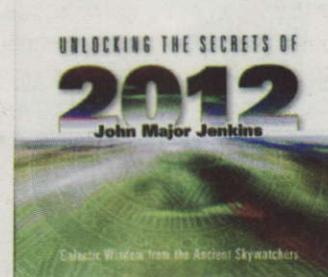
A difficult and complex subject to explain because it is so abstract. I liked listening to her concepts and got bits of wisdom as she reviewed each category. She starts with the four basics, which we all have... Child, Prostitute, Saboteur and Victim, then divides them up into Feminine and Masculine forces and then describes the Divine, Wisdom and Healer families. She continues with a few others but as she says there are so many to choose from and new ones being added every year that we each need to figure it out for ourselves. I found the shadow side descriptions of each archetype interesting as I had not given much thought to that aspect.

Caroline repeats several of her stories from other CD's and it reminded me of watching a movie sequel, so I found the CD's a bit disappointing. I even got a little annoyed when twice she made rude comments about 'new age' people. I'd like to have her clarify why she needs to do that as she speaks with such authority. Is it because after twenty years of talking to so many people and perhaps not seeing the results she expects, the frustration is starting to show. For me, her best recordings were Energy Anatomy and Advance Energy Anatomy... perhaps it is time I listened to them again.

UNLOCKING THE SECRETS OF 2012

Galactic Wisdom from the
Ancient Skywatchers
2 CD's

by John Major Jenkins
www.SoundsTrue.com



As we draw closer to the magical date that the Mayans and Hopis predicted over 2000 years ago it is good to gain more clarity about their perspective. John travelled to the city of Izapa several times to discover answers that are worth sharing.. even important for our human evolution.

As he puts it... 2012 is not the End of Time, but the Center of Time, for the Mayans, there is a point in the Milky Way where it shows a rift in the sky that they believe represents the Galactic Center, a place where the earth as part of the Milky Way will cross over and human kind will begin to live in a way that is more conscious. A time when the head and the heart are once again united .

Nobel Peace Prize Speech continues

Tennessee. Cordell Hull was described by Franklin Roosevelt as the "Father of the United Nations." He was an inspiration and hero to my own father, who followed Hull in the Congress and the U.S. Senate and in his commitment to world peace and global cooperation.

My parents spoke often of Hull, always in tones of reverence and admiration. Eight weeks ago, when you announced this prize, the deepest emotion I felt was when I saw the headline in my hometown paper that simply noted I had won the same prize that Cordell Hull had won. In that moment, I knew what my father and mother would have felt were they alive.

Just as Hull's generation found moral authority in rising to solve the world crisis caused by fascism, so too can we find our greatest opportunity in rising to solve the climate crisis. In the Kanji characters used in both Chinese and Japanese, "crisis" is written with two symbols, the first meaning "danger," the second "opportunity." By facing and removing the danger of the climate crisis, we have the opportunity to gain the moral authority and vision to vastly increase our own capacity to solve other crises that have been too long ignored.

We must understand the connections between the climate crisis and the afflictions of poverty, hunger, HIV-Aids and other pandemics. As these problems are linked, so too must be their solutions. We must begin by making the common rescue of the global environment the central organizing principle of the world community.

Fifteen years ago, I made that case at the *Earth Summit* in Rio de Janeiro. Ten years ago, I presented it in Kyoto. This week, I will urge the delegates in Bali to adopt a bold mandate for a treaty that establishes a universal global cap on emissions and uses the market in emissions trading to efficiently allocate resources to the most effective opportunities for speedy reductions.

This treaty should be ratified and brought into effect everywhere in the world by the beginning of 2010 — two years sooner than presently contemplated. The pace of our response must be accelerated to match the accelerating pace of the crisis itself.

Heads of state should meet early next year to review what was accomplished in Bali and take personal responsibility for addressing this crisis. It is not unreasonable to ask, given the gravity of our circumstances, that these heads of state meet every three months until the treaty is completed.

We also need a moratorium on the construction of any new generating facility that burns coal without the capacity to safely trap and store carbon dioxide.

And most important of all, we need to put a price on carbon — with a CO₂ tax that is then rebated back to the people, progressively, according to the laws of each nation, in ways that shift the burden of taxation from employment to pollution. This is by far the most effective and simplest way to accelerate solutions to this crisis.

The world needs an alliance — especially of those nations that weigh heaviest in the scales where earth is in the balance. I salute Europe and Japan for the steps they've taken in recent years to meet the challenge, and the new government in

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Australia, which has made solving the climate crisis its priority.

But the outcome will be decisively influenced by two nations that are now failing to do enough: the United States and China. While India is also growing fast in importance, it should be absolutely clear that it is the two largest CO₂ emitters — most of all, my own country — that will need to make the boldest moves, or stand accountable before history for their failure to act.

Both countries should stop using the other's behavior as an excuse for stalemate and instead develop an agenda for mutual survival in a shared global environment.

These are the last few years of decision, but they can be the first years of a bright and hopeful future if we do what we must. No one should believe a solution will be found without effort, without cost, without change. Let us acknowledge that if we wish to redeem squandered time and speak again with moral authority, then these are the hard truths:

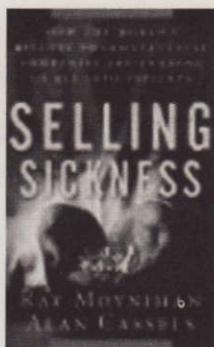
The way ahead is difficult. The outer boundary of what we currently believe is feasible is still far short of what we actually must do. Moreover, between here and there, across the unknown, falls the shadow. That is just another way of saying that we have to expand the boundaries of what is possible. In the words of the Spanish poet, Antonio Machado, "Pathwalker, there is no path. You must make the path as you walk."

We are standing at the most fateful fork in that path. So I want to end as I began, with a vision of two futures — each a palpable possibility — and with a prayer that we will see with vivid clarity the necessity of choosing between those two futures, and the urgency of making the right choice now.

The great Norwegian playwright, Henrik Ibsen, wrote, "One of these days, the younger generation will come knocking at my door." The future is knocking at our door right now. Make no mistake, the next generation will ask us one of two questions. Either they will ask: "What were you thinking; why didn't you act?" Or they will ask instead: "How did you find the moral courage to rise and successfully resolve a crisis that so many said was impossible to solve?"

We have everything we need to get started, save perhaps political will, but political will is a renewable resource.

So let us renew it, and say together: "We have a purpose. We are many. For this purpose we will rise, and we will act."



SELLING SICKNESS

Alan Cassels
Ray Moynihan

Greystone Books (2005)
www.greystonebooks.ca
www.alancassels.com

Daily media articles say that the Canadian public health system is in jeopardy, and fingers are pointed at everything from doctor shortages to government mismanagement and bureaucratic greed. But Ray Moynihan and Alan Cassels, authors of the book, *Selling Sickness: How the world's biggest pharmaceutical companies are turning us all into patients*, point the finger at another cause: drug company funded disease creation.

Using their dominating influence in the world of medical science, drug companies are working to widen the very boundaries that define illness. Mild problems are painted as serious disease, so shyness becomes a sign of social anxiety disorder and pre-menstrual stress a mental illness redefined as pre-menstrual dysphoric disorder. Everyday sexual difficulties are seen as sexual dysfunctions, the natural change of life is a disease of hormone deficiency called menopause, and distracted office workers now have adult ADD. Just being 'at risk' by having an elevated blood pressure or cholesterol level has become a 'disease' in its own right.

"Too often the aim is to lower the bar and turn healthy people into patients," says Alan Cassels, co-author of *Selling Sickness*, and a drug policy researcher at the University of Victoria in British Columbia. "And lowering the bar makes more and more of us candidates for the latest pills promoted by the pharmaceutical industry."

"From their domination of guideline committees, their involvement in physician 'education' and their marketing of fear to consumers, the pharmaceutical industry is using its immense power to drive more and more of us towards another prescription," warns Cassels. And, he notes, "a health system that allows drug companies to play a role in defining who is sick is fundamentally unhealthy."

With many health problems, there are people at the severe end of the spectrum suffering genuine illness, or at very high risk of it, who may benefit greatly from a medical label and a powerful medication, but for relatively healthy people, a medical label may bring enormous costs and the very real danger of rare but deadly side effects from drugs.

As the authors of *Selling Sickness* note, with plenty of detail, pharmaceutical company marketing executives don't sit down and actually write the rules for how to diagnose illness, but they increasingly underwrite those who do. The industry now routinely sponsors key medical meetings, in Canada and around the world, where disease definitions are debated and updated. Eight of the nine 'experts' who created the most recent cholesterol guidelines in the US had undisclosed ties to the pharmaceutical industry. The new guidelines shifted the

definition of 'high' cholesterol so drastically that it meant another 40 million Americans should be taking cholesterol-lowering drugs. In Canada, recent guideline changes to cholesterol treatment, if implemented, would put 500,000 more people on cholesterol-lowering drugs.

Added to this is the fact that the bulk of clinical trials on new medication is funded directly by the drug manufacturers rather than the public or not-for-profit sources. And that this research is then disseminated at scientific meetings, events and conferences sponsored by the pharmaceutical industry, and often hosted by medical societies or patient groups that are themselves partially underwritten by drug companies. "The reach and the scale of the industry's influence is really quite breathtaking in its scope," notes Cassels.

"Many Canadians would be horrified to know that drug company money is also involved in funding much of the Continuing Medical Education of Canadian physicians. Yet I feel that we are never going to achieve rational prescription drug use in this country until we get the drug money out of our medical education system," argues Cassels.

And then there is the barrage of drug advertisements that hit consumers every time they turn on the TV. While direct-to-consumer advertising of prescription drugs is illegal in Canada, drug manufacturers here mount 'disease awareness campaigns,' which constantly urge you to 'see your doctor' for practically everything. "There are many different promotional strategies used in the selling of sickness, but the common factor amongst them all is the marketing of fear," says Cassels.

Soaring sales have made drug companies the most profitable corporations on the planet during particular years of this past decade. But the flip side of healthy returns for shareholders is the unsustainable increase in costs for those funding the health system. *Selling Sickness* tells us that we need the pendulum to swing back towards a rational and appropriate use of pharmaceuticals for everyone who is sick. "Our health care system will collapse if we continue to allow for-profit enterprises to define who is sick and who needs treatment," says Cassels. "Now is the time to start having the conversation about whether we want to continue to allow pharmaceutical greed, not appropriate need, to be driving our health care expenditures."

About the Authors:

Alan Cassels is a drug policy researcher at the University of Victoria, in British Columbia. He has spent most of the last ten years studying how clinical research about prescription drugs is communicated to policy makers, prescribers and consumers, and has produced several full-length documentaries for CBC Ideas, including "Manufacturing Patients," which deals with the subject of selling sickness.

Ray Moynihan has been covering the business of health care for almost a decade as an award-winning broadcast journalist and more recently with the *British Medical Journal*. He is a regular contributor to the *New England Journal of Medicine* and the *Lancet* and was a Harkness Fellow in health care policy based at Harvard University.

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