

# ISSUES

for **EMPOWERMENT**

Magazine established 1990

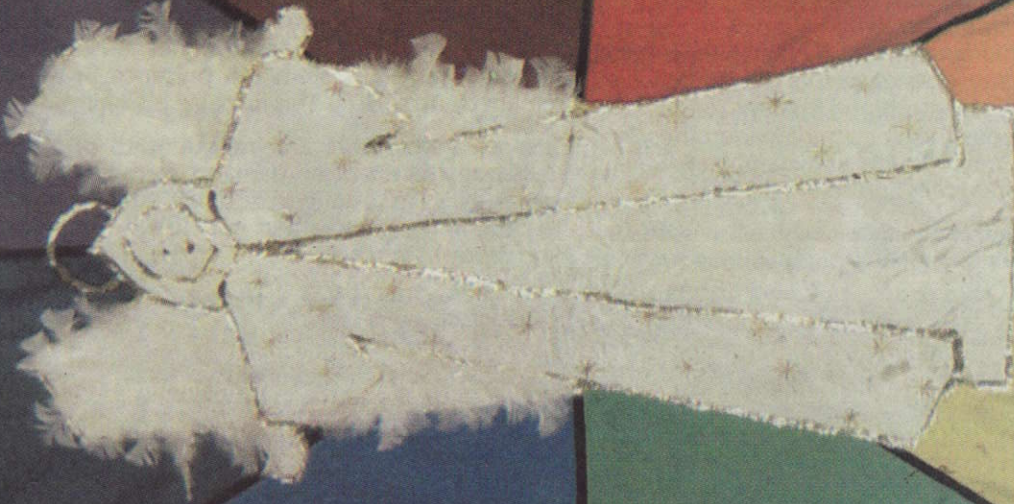
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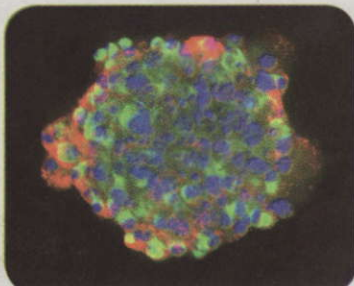
June, July &  
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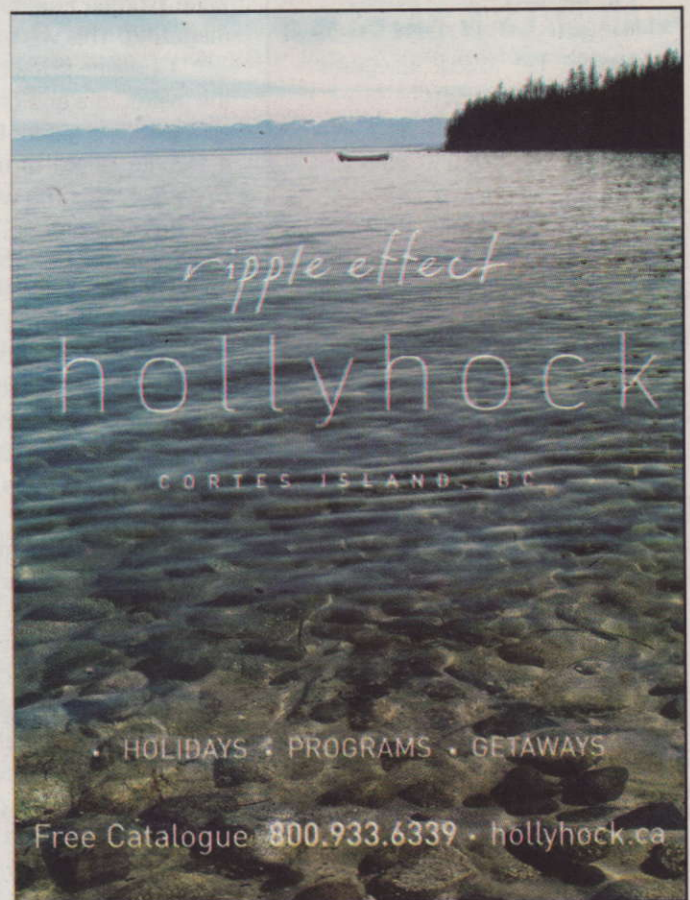
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if space is available.

# Musing

with *Angele*, the publisher



Choosing this month's front cover reminds me of all the angels in my life, of which I have many. Christina and her daughter Claire, created these two angels and gifted them to me a few festivals ago. They are so bright and cheerful that they deserve to be on the cover and were photographed by Victor, Christina's husband. I first met Christina about eleven years ago when I was distributing magazines around Penticton, BC. I asked her if it was okay to leave a few copies in the waiting room of the office where she worked. She smiled and said, "It's a great magazine," so I stopped to chat for a few minutes. A few years later, she completed her Langara College Holistic Practitioner's Program and rented space in the Holistic Health building. She volunteered to type articles and answer phones two days a week. In 2002, she taught a workshop at the Wise Women's Weekend and offered more help if it was needed. I found her to be a great organizer and soon, she took over the Healing Oasis for both the Spring Festival and the Wise Women. In 2003, when I moved to Johnson's Landing and wondered what I would do for a drop-off point in Penticton, Christina came to my rescue and offered me her newly-acquired office space. She continues to do the mailing out of Issues magazine, does the proof reading and reviews many books. She likes to cook and often creates meals for our get-togethers. She loves her healing work and is so enthusiastic it is contagious.

When Laurel decided not to continue hosting the Wise Women's Weekend, it was Christina who convinced me that the event needed to continue, and even found a good friend who could help with registration. I reconfigured my print schedule to five editions a year to make room for resuming the organization of this special event. It does take time, but the energy flows easily and I love watching the magic happen. The Wise Women Festival is September 19-21 and the schedule is on the flip side of this magazine. This will be the 11<sup>th</sup> annual, so join us if you can!

Christina loves being creative, and this year she created angel name badges for the instructors and crew. Mine was a copy of an angel that she actually cross-stitched as a wedding gift for Richard and I in 2006. Richard's badge was also very special ... a favorite photo of myself at Findhorn, sitting in front of the winged doors of the Universal Hall. The wings were bigger than the badge, so they really stood out.

As I look around, I see so many angels in my life, including Richard and the beautiful painting I got from him for my wedding present that has graced both the front cover of Issues and the Johnson's Landing Retreat Center calendar. The native drum near the wood stove I received from my brother David, which was hand-painted by Julie Draper and made by her husband, and has our totem animals on it, an angel and a duck ... So many reminders hang on my walls and windows.

Another one of the angels that have flown into my life in the past few years to help out is Teresa Cline. She has a garage in Penticton where I store the extra Issues and my many garage sale items till I can load up for home. She baked us a huge cake for the 30<sup>th</sup> anniversary of the Spring Festival celebration, and she took over in the Festival store when my volunteer did not show up. She used to attend my yoga classes in Penticton and is now trained to be a nutritionist, reflexologist and Intuitive Healer. Then there is Marion Desborough, who organized the healers' potlucks so we could keep our costs down and will be the registration person for the Women's Festival.

Plus there is my old-time angel Terez in Kamloops, where I crash on my road trips, Diana who proof reads Musings, Kylie who created the Wise Women front cover and the many angels that have shown up with gifts of "presence" here at the Retreat Center - helping to cook, clean, garden, landscape and build, all the while teaching Richard and I what it means "to live in community." I feel so grateful for all the love that is given that it makes my heart smile. I would also like to thank my loyal advertisers, who mostly make my job easy, and the readers who support them so that Issues can continue.

♥ Angele



# STEPS ALONG THE PATH

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

It has been my experience that life delivers lessons. If they are accepted, then serious and positive change can occur. If I ignore a lesson, I find that it usually comes back in the form of another person or situation. Wow, when I think of how much of my precious life energy has been spent re-learning a lesson until I finally got it right! I sometimes think the only difference between a saint and the rest of us is the saint's ability to learn fully from each experience, implement the lesson, and move on to the next. Not being there myself, I can only imagine that the process would eventually lead to total acceptance and unconditional love.

Not very long ago, I was having a discussion with Ian, one of our community members, to settle some unresolved issues. During our hour-long talk, we covered a lot of territory. For the most part, we used our Compassionate Communication skills, and once again developed a deeper understanding of each other. One of the points Ian made was that some of my words had hurt some of the volunteers during the previous season. At first, his words seemed like just another part of the conversation, but later on in the day, I began to sense an unease within myself. That night, I had a dream of being a knight, riding on my war horse and striking down those who did not fit my sense of justice and truth. Serfs and noblemen alike fell under my sword. Turning my head to the left, I saw Ian holding a fallen one as they both cried. Then, looking behind me for the first time, I saw the wake of death and destruction that I had left behind. Anguish gripped my heart. How could this be me? I thought that I was on a noble path. I cried in despair and remorse for the pain I had added to the collective pain body of the planet.

As I reflect on this moment of awakening, I realize that once a sense of awareness comes into my heart, there is no turning back. I relate it to a psychological test that I remember from years back. It was a black and white ink image on a piece of paper. When looking at it, most people either saw a candle stick or the profile of two faces looking at each other. Once the other image was revealed, there is no turning back. All possibilities are now present, and erasing one would be quite difficult. And so, a pattern is revealed to me, and now I have a better chance to change things before they become pain.

On the rare occasions when I am aware enough to see patterns and behaviours in others because they mirror my own, I get to see how I might look through the eyes of another person. That can be scary, but at the same time, it presents an opportunity for change. It is in those moments that I get to feel how the actions of a person mirroring myself affect me. Then I ask myself, "Do I want to create that energy?"

Of course, this is just the start of a process. How to actually make the needed changes is another step along the path. And so it goes - some steps forward and some steps backwards - and in my heart, I can see the progress. I will do my best with the skills and knowledge that I have, and leave as much love behind as I can.

*Namaste  
Richard*

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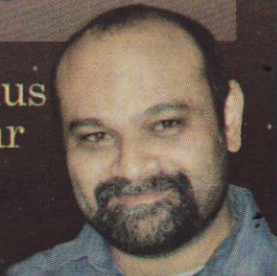
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# Self Love

by Pascal Salesses

My practice of self love currently occurs as a listening to all the various hungers that pull at me and choosing the optimum way to feed myself.

Self love is daily opening to my own heartfelt warmth and letting myself feel good. Opening emotionally, physically, energetically into delight and pleasure inspired by what I am appreciative of in the moment. Love is also letting myself cry from the unloved places in me that have believed it wasn't safe to reveal themselves so fully. When I cry from there it is painful and relieving at the same time, and I am glad I can open to such places of loneliness and despair while kindly being there as more of myself comes back to life. Love is also saying no, I will not let myself be taken down by this again, not because I am afraid to feel, but because I know after having gone down that road all the way to the end many times before that there is nothing there for me to learn but hurt myself, and I choose not to do that.

Love, such a powerful and wonderful "Thing"! What we do for it at times! What we discover it isn't! And where we end up finding it! What a journey to keep coming back home to it, to keep coming back home to love's mystery!

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## Can a One-Minute Anger Management Technique Reduce Injury Risk and Chronic Illness?

by Mariah Faye Milligan

Anger contributes to accidents that cause injury. That sounds obvious, but no one tested the connection until researchers at the University of Missouri - Columbia found that anger doubles the risk of injury. Their study of emergency room patients was published in the *Annals of Family Medicine*. What surprised researchers was the high level of irritability, anger, and hostility in their control group. "We live in a very angry society," observes Professor Dan Vinson, the study's primary author.

"Most physicians and psychiatrists use drugs to calm the anger and hostility that can lead to injury," says Gary Craig, founder of a self-help procedure called Emotional Freedom Techniques, or EFT. "But it's possible, without drugs, to defuse most destructive emotions quickly and efficiently by tapping on key acupuncture points while focusing on whatever you're upset about. In most cases, the anger simply disappears." According to hundreds of EFT practitioners, the technique works quickly and permanently - in other words, far more effectively than conventional anger management or drug therapies. The tapping procedure takes less than a minute to complete, and even when it has to be repeated, it works far faster than conventional methods. It's also easy to learn and can be done anywhere.

That's good news, for anger does more than increase the risk of injury. It can literally make you sick. Eric Robins, MD, a Los Angeles urologist, teaches EFT to his patients. "Stress and negative emotions aren't just in our heads," he says. "They are stored in the body. If you think about the last time you were angry or anxious or depressed, you'll notice where you physically felt those emotions. Emotional issues block the body's flow of healing energy wherever they're stored. In the office, whenever I see someone with a chronic condition, pain, or problem that doesn't respond to conventional therapies, I ask about past traumas or things that the patient feels angry about." In 70 to 75 percent of cases, he says, EFT significantly improves symptoms. "And not just temporarily," he says. "In most cases, the anger permanently disappears, and so do the physical symptoms that were attached to it." EFT may be the world's fastest-growing self-help technique. *see ad to the right*



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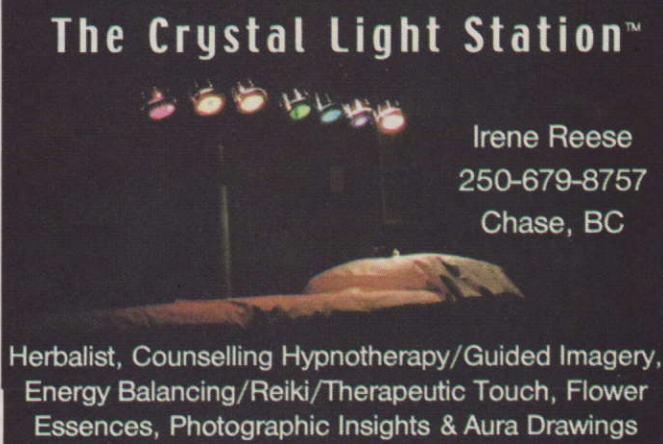
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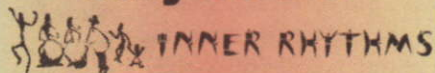
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# NATURE ALTARS

by Ian B. Fraser



Hiking the Fry Creek Trail is one of the pleasures of being out at Johnson's Landing Retreat Center. I walk the same trail every time, always aware of my deepening respect for nature, my increasing awareness of aspects I have overlooked, and how naturally altars of stone, wood, and water are everywhere. So far removed from my previous years of attempting to conquer nature, even to the point of starting my own church and being lost in the praise of others.

Recently myself and three others went out early and hiked to the large bridge spanning Fry Creek. Standing on the bridge, we could look eastward and watch the waterfalls cascading toward us or turn around and look westward as the water foamed and sprayed against large rocks, making its way around them and flowing toward Kootenay Lake. It was magical to witness where it was coming from and where it was going.

I was captivated by the thought that I continuously stand on a bridge between where I have been, replaying unrepeatable moments, and looking forward, trying to project unpredictable outcomes. I am now most happy in the moment, when I'm not worrying about controlling outcomes or receiving the outcomes of my control.

The water underneath the bridge, behind it, in front of it, is undifferentiated, all one. At any point you look at it, it just is. If a rock was in a different place, or a tree had fallen at a different angle, the water would still flow, it would just alter its course. If I had made one different decision in my life - one more yes instead of a no, one more left turn instead of a right - I would not be standing on this bridge, in this moment.

I looked at our group, four people, from different parts of Canada, different ages, sexes, upbringings, belief systems, different life choices, all meeting here. Imagine all the circumstances that had to unfold in all of our lives to bring us together, at this time, in this place - beyond comprehension. So why waste time trying to figure it all out? Every moment in that head space takes away from connecting to what is, and could I ever figure it out anyway? Could I plan this? Predict that? Could any of us? I have come to realize I can make all the plans I want, yet every interaction with another consciousness creates a new possibility never planned for. The constant sameness of meeting another person brings about unlimited potential for something different. Just as hiking the same trail and looking at the same creek is always a new experience.

When I allow myself to be open to the moment and go with the flow, I am like the water, ever flowing. Still coming from source, still making its way to a final destination, just never worried about how the path may be. It takes the path of least resistance and never looks back.

We climbed down to the shore, surveying the rocks and driftwood. As I approached the backside of one of the huge boulders that diverted the creek away from us, I spotted a circular groove in the rock formed by lifetimes worth of water dripping, and a shallow pool with a shrine of rock and wood. I knelt down in front of it, in rapture, and my eyes caught the glimmer of silver specks in the rocks, heaven shining its light. I laid down on my stomach, with my head overhanging the small pool, recognizing holiness in the simplicity of nature. In that moment I wasn't coming or going, I just was. A precious sense of calmness overtook me, then a subtle shift into joy and wonder. The peace that surpasses all understanding.

I lifted my head and motioned to the others to come see. They came over, laid down, looked into the water and soon were oohing and ahhhing with the same reverence, worshipping together in the church that nature is.

As we walked home, I realized, how for me, it's become more about allowing nature to show off all its wonderful altars instead of trying to alter nature so I can show off how wonderful I think I am.



# Natural Health Products are Under Immediate Threat

From the *Natural Health Products Protection Association* flyer and website.

Many Canadians rely upon natural health products for their health. These products are endangered and consumers need to act now to save them. To 'legally' sell a health product the new Regulations impose a licensing requirement. The problem is that 60% of licence applications have failed. These have been the 'easy' applications. Expectations are that 70-75% of applications will fail. For the NHP Community this means that 75% of NHPs we rely upon for our health will become illegal.

## **This creates the following scenario:**

75% of natural health products will become illegal; illegal products must be voluntarily removed or be subject to Health Canada enforcement; Health Canada has publicly announced it is hiring more enforcement officers and recruiting at universities; **Bill C-51 gives Health Canada unprecedented enforcement tools to force natural health products off the market.**

## **Bill C-51 reads like a Police State Manual**

There has never been a death in Canada caused by a natural health product. Considering that there are multiple deaths every year caused by common foods such as peanuts and shellfish, it is clear that natural health products are extremely safe. When you consider the health benefits of natural health products, including that many of us rely upon them for our very lives, it becomes clear that the real danger in regulating them is to 'over-regulate' them off of the market.

## **Bill C-51 gives Health Canada unprecedented power to take natural health products away from us.**

Traditionally in Canada we have had the rule of law. This meant that it was not okay for the State to take our property without a warrant and without Court supervision to prevent arbitrariness and abuse. Now to 'protect' us the State can seize the property of persons in the natural health product industry, including natural health practitioners, makers of natural health products and retailers. Under the new law the State can seize without a reason, without a warrant, without limits to what can be seized, without a time limitation and without reporting the seizure to a Court.

Even more troubling is that the State does not have to consider the health risk caused by their seizures. When the State seizes our natural health products, they are taking away our right to choose. That is, they are making our health decisions for us. We are then forced to use other treatments such as chemical pharmaceutical drugs which can be dangerous and ineffective. The State forces us to suffer and in extreme circumstances, to die.

## **Urgent Call to Action**

Bill C-51 was introduced into the House of Commons on April 8, 2008. The Bill is not yet law, but will become law unless Canadians act quickly. It is essential that you let key Members of Parliament know that:

- you are opposed to the police state powers in Bill C-51;
- you want them to vote against Bill C-51;
- you want your access to natural health products protected.

## **Members of Parliament pay attention to personal efforts by voters.**

### **Please send a hand written letter to:**

Your local Member of Parliament.  
Prime Minister Stephen Harper  
(613) 992-4211 and (403) 253-7990

Tony Clement, the Minister of Health;  
(613) 944-7740 and (705) 746-9053

You can send your letters without postage to:  
Name of person letter is to, such as Stephen Harper  
House of Commons, Ottawa, Ontario, K1A 0A6.

***(There is an example of a letter on the website below.)***

For more information on Bill C-51 and the threats to Natural Health Products, visit [www.nhppa.org](http://www.nhppa.org)  
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# Parliament denies Canadians mandatory labelling of GE foods

May 7, 2008 (Ottawa)

A private member's bill giving consumers the right to know if the food sold in Canada contains genetically engineered (GE) ingredients was defeated in the House of Commons today by a vote of 101 to 156. The defeat of Bill C-517 effectively protects the economic interests of GE companies like Monsanto over the rights of Canadians to know what they eat.

"It's deplorable that a majority of MPs are in favour of spoon-feeding Canadians GE foods against their will," said Josh Brandon, Agriculture Campaigner with Greenpeace. "This vote ignores public opinion polls which have consistently shown between 80 and 95 per cent of Canadians want mandatory labelling of GE foods." Canadians have a reason to be cautious: GE foods have never been proven to be safe to either human health or the environment, and little independent research has studied the long-term effects of GE foods. The lack of independent research has been criticized by the Royal Society of Canada, whose 2001 expert panel report on biotechnology continues to be ignored by the federal government.

"In spite of the support of the Canadian public and available independent science, the genetic engineering lobby of Monsanto has again succeeded in blocking the right of consumers to know what's in their food," said Brandon. "Canada will continue to lag behind forty countries around the world, including the UK, France, China and Japan which already have mandatory labelling of GE foods."

Greenpeace says the lack of federal leadership on the issue necessitates action from the provinces, and noted that a private member's bill in BC could be tabled as soon as next week. The organization intends to publish the list of MPs whose votes benefited Monsanto and not consumers, as well as the elected officials who supported the right of consumers to say no to GE foods.

For more information, please contact: [www.greenpeace.ca](http://www.greenpeace.ca) or Josh Brandon, Greenpeace Agriculture Campaigner

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*Reverie*

# WHEN AWARENESS ISN'T ENOUGH

## Is This You?

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

## Awareness Alone Is Not Enough

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

## An Important First Step

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

-Sharon T., Writer, Kelowna

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

## What Happens In A Session?

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

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

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

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

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

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

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- ◆ If you wish to learn an effective tool for working with yourself and others;
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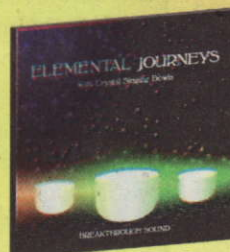
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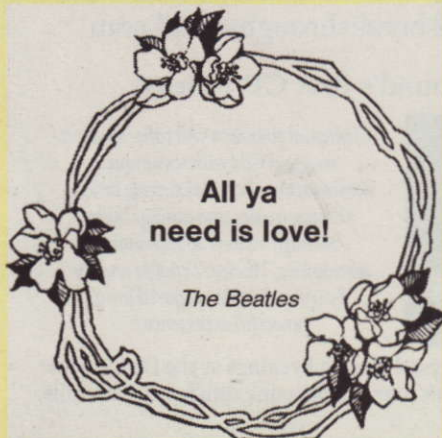
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# Stretching and Growing

by Mary Nelson and Sue Bergstrom

Mary and Sue have more in common than most business women. Not only do they share entrepreneurial spirits, a love of working with their hands, and a passion for growing in their fields, they're also sisters. Mary owns For the LOVE of MUD, a pottery studio and store; Sue is two of the hands in FOURHANDS Body Renewal, a clinic dedicated to Skillful Touch Massage and Roling. Ending up in the same town, both running successful, personally gratifying businesses



is no fluke; it was all carefully planned.

After fifteen years apart (Mary in Red Deer, Alberta, Sue on the Queen Charlotte Islands), they wanted to live closer as a family, in a location that they could convince their aging father to come to. After careful study, Terrace, BC was chosen as the perfect go-to spot. They haven't been disappointed. Both speak glowingly of the area's amenities, beautiful surroundings, and great people, describing the Northwest as easy-going and welcoming. And in terms of the actual work they do, they feel even more fortunate.

"It's a satisfying way to make a living—if someone's hurting and there's a way you can participate to make them feel better... Well, that's pretty amazing," says Sue. Mary nods, and then adds, "When I first used a pottery wheel, it was love at first sight—my work feeds my spirit... Working with clay is very relaxing, therapeutic..."

*For those wanting to go into business for themselves, they make these recommendations:*

- Do your homework—know the potential market for your product or service and have ideas about how to get it out there.
- Get ready for a huge learning curve. Even if you know a lot, there will always be new challenges, things you haven't experienced. Be adaptable.
- Be willing to put in the hours. ("And if you think you're busy now, just wait!" Mary adds with a grin.) Don't worry. Yes, running your own business can be stressful; it's also a blast.
- Prepare for personal growth (they used to be shy and prefer behind the scenes work—not anymore!). Find supportive people and be supportive to others.
- View competition as a good thing, not a threat.

Our business philosophy is... "Everyone has a slightly different body of knowledge....The more we share, the more we get. Working with others in town benefits us all," says Mary. Sue feels that Mary's sentiments apply to businesses in general, including her own. "The more styles that are out there, the more people try it [bodywork]. The more competition, the better for everyone." If you have a hobby or passion, don't discount the possibility of making a living at it someday. As Mary says, that's often a natural progression. You may not be working on a potter's wheel or rubbing out aches, but you'll find yourself stretching and growing and having a great time.



# Experience Renewal

by Jade Giesen

As a healer and body work practitioner, staying centered, focused and in the flow of my life is a daily practice facilitated by consistent choices that support optimal vital balance or homeostasis. A beneficial 'exercise' in self-discipline, the healthful effects of the life-affirming choices we make each day compound and become good habits that translate into a spiralling sense of overall well being.

At 40, one of the most profound things I incorporated into my daily practice of sound mind, body and spirit began a year ago. Inspired by what I'd heard about the field of "anti-aging" or 'cellular renewal,' I was immediately impressed by the results experienced with use of a sample of *AgelessXtra* given to me by a friend: After decades of dealing with various nuisance health concerns frustrated by lack of discernable results, I'm continuing to enjoy remarkable degrees of plant-based alleviation of allergy, breathing, digestive, mental clarity, energy distribution and general stress related issues in the interest of accelerated holistic being.

Scientists estimate that every cell in our bodies experiences more than 10,000 free radical hits each day. We now know that the major diseases do their damage by way of free radicals, which are highly reactive molecules that cause damage in brain and other tissue.

By recognizing the body as a biological wonder and providing it with the right raw materials, we can rebuild and regenerate ourselves at the cellular level in a way that enables us to substantially improve the way we experience the life process and respond to biological challenges. Think of it: at every age and stage of life, renewal is what the body/mind is either doing or seeking. Our 300 billion to half a trillion cells that renew themselves each day have requirements at every age. Whether younger or older, aiding this process of renewal is important at every stage.

When we are very young the process of cell division may be much more explosive, much smoother, the DNA more efficient etc. Yet if the requirements for healthy cells are missing due to nutrient imbalances, deficient diets or the inherent deficiencies found in modern fruits and vegetables, compounded by the stresses of a contemporary environment, we don't have optimum renewal. As we age the process of healthy cell renewal has larger requirements.

Stephen Cherniske, author of *The Metabolic Plan* and leader of a global scientific team who understands human and plant biology at the very apex of the state of scientific knowledge, relates our body's natural ability to renew itself to a house of four walls: those walls are Nourish, Restore, Fortify and Vitalize.

Nourish - Provide the essential nutrients for cell renewal.  
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# VISCERAL MANIPULATION

by Wayne Still

While the term sounds as though it applies only to our internal organs it means much more than that as I learned when I attended a four day workshop on the subject recently. It was the first of five modules of a course taught by Jeffrey Burch in Eugene, Oregon, which specifically tailors the instruction material to practitioners of Structural Integration.

Visceral Manipulation grew out of the discipline of Osteopathy and was founded by French osteopath Jean Pierre Barral in the late 1970s. Dr Barral is a very creative and inquisitive person so the discipline grew rapidly in scope and interest as it continues to do today. Because it deals with restrictions and adhesions in the connective tissue matrix of our bodies, it is a natural extension of what we know and practice in Structural Integration work.

It takes our understanding of the relationships existing within the system of membranes, which creates and forms the structures and cavities in our bodies, to a new level. The body has internal rhythms which go beyond our breathing and heart beat that can be used to determine imbalances in the structure, we learned about these and how to use them. An example is the phenomenon known as motility. In embryonic development our organs begin their development near the midline of the embryo and migrate to their final home in the abdominal cavity. Dr. Barral noticed that there was a regular cycle of motion in the organs and was able to trace it to where the individual organs began their journey. It is as if the organs want to continue their migration but are brought back only to head out again. If the rhythm is uneven it indicates an adhesion in the membranes which suspend the organ. By normalizing the rhythm the adhesion can be released. In Structural Integration work we know that an adhesion in one part of the body can have far reaching effects in the connective tissue matrix. So by working with organ motility we are able to effect changes in the musculoskeletal structure which may not be directly related to the area being treated.

Unlike Structural Integration work where we begin with the idea that we will work on the whole body to bring it into a harmonious relationship with its gravitational field, with Visceral Manipulation we identify and treat specific areas to achieve the desired results. The hands on methodology is very gentle and site specific. Its practice requires that we listen to the body's own wish to change with our hands, leaving our rational thinking minds out of the process. So far I am finding that it is a useful addition to my toolbox and am looking forward to learning more about it in future modules. *see ads to the right*

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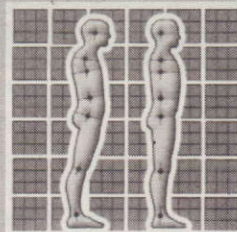
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## TRUE LOVE'S ORDEAL

by James P. Bauman

The captain paced the bridge as a tremendous storm raged. His ship was making its precarious way around the tip of Africa on its way home to England. Massive seas crashed over the deck, but he hardly noticed. An unbearable pain in his heart commanded his attention. A 'dear John' letter had put him in shock. What was his life without love? His first love was the freedom of the sea. His lover knew it better than he, knew he could never stay home and settle down. Thus, she chose another. The captain, now careless of his own life, stepped outside the shelter of the bridge. A huge wave swept him out to sea. So tragically was a promising life ended.

But it did not end, for Soul survives and must learn the lessons of love. Germany was his next country of birth. Drafted into Hitler's army as a youth, he was sent to the Russian front. As his army met defeat, he experienced the worst horrors that both man and nature could inflict: cold, starvation, pain, terror. For in that lifetime he had to learn to love himself enough to survive, no matter what. Although he died young, he physically survived far more than he thought possible.

In his next life he became yours truly, born in post-war Japan of North American missionaries. I had to survive emotional challenges, this time home-sickness, insecurity, upheaval, shame, guilt, heavy-handed discipline, unpleasant attention for being different. I had to face the fury and pain of those I had abandoned in my life at sea.

I met my past-life heartthrob in high school. The inexplicable, overpowering emotions I suffered came from nowhere. I had no past life knowledge then. Once I was able to tell her how I felt, we corresponded. We also met often in the dream state. One night she sadly told me she was marrying another. I awoke heart-broken. It was true. Our affair ended. But I felt no death-wish. I too married another.

Spiritual healing came on the wings of Eckankar when I began doing the spiritual exercises. Life sprang into many dimensions. Reviewing my past lives, I saw how they affected my present. As for my one-time obsession, we had a final encounter by Soul Travel. How she shone like the moon! Pure, divine love flowed between us. I was healed!

I sing HU (pronounced 'hue'), a love song to God, daily, for it helps me grow in awareness. Whether in dreams, Soul Travel, past lives or other means, it brings me all the love and healing I can handle. It enables me to give you this account. Though many insights can be gained from this story, the main one is the amazing power of HU to heal the past. Try it for yourself. See what happens. *see ad below*

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# Superstition and pain relief

by Wolfgang Schmidt

It was rice harvesting time at the foot of Mount Fuji. The locals waded into the water and brought bundles of sheaves to little carts. Big straw hats shaded the faces from the sun and colourful bandannas around the neck and forehead absorbed the perspiration. I was fascinated by the scene and took many photos. My taxi had brought me all the way from Fuji, a town in Honshu, Japan to observe the countryside and take photographs for a magazine. The driver was a Harvard graduate MBA who also acted as translator in interviews with local people.

I noticed that the farmers often stopped outside the field and rubbed their hands and arms with what appeared to be grass. Curious I questioned my driver. His answer was, that many of the farmers suffered from arthritis, working in water a lot, and that the special plants they were seeking out were inhibited by the spirits of their ancestors, who would relieve the arthritis pain. Noticing my interest, the driver added "don't think too much of this, the old people around here are very superstitious and the plant may not be anything but a placebo."

When he had mentioned pain relief, I had thought of my secretary back home who was suffering from frequent migraines. No medication could help her. Here, I had the feeling that it might be something for her. We talked to the farmers to see if they would allow us to take a few plants back to my country. They gave me permission and blessed the flowering plants after I had explained what I was going to use them for.

Once home, I gave the wilting plants to a chemist friend, who laughed and gave me a big book and said, "Look up peppermint, that's what this is. Everything is known about it and I don't have to analyze it." When I mentioned that it didn't look like our peppermint in the garden, he dismissed it with, "There are hundreds of varieties all over the world." My friend then agreed to squeeze a few drops of the essential oil out of the plants.

I waited until my secretary had another migraine and then spread my five drops on her scalp and forehead. About seven minutes later she said, "Well... it's getting a bit better." I was eager to import more plants as I wanted the essential oil to experiment with.

In the meantime, on one of my trips to Germany I was researching something totally unrelated, when I noticed in the university library index a book title *How to strengthen the blood of plants*. It was a manuscript from the middle ages, half in old German, half in Latin. Not to be lent out - too valuable. To make a long story short, a monk had written about making liquor from herbs and had created a 'new' distillation process to make it stronger than the current distilling methods, I was excited. With the help of some professors we translated the book and I went home to talk to my chemist friend. He said, "I don't care much for the old stuff, modern methods are much more efficient." I persuaded him to help me build what the monk had invented. When the plants arrived we were ready: The outcome was fantastic to say the least. My secretary's headache went away and everyone in the office felt the excitement. She convinced her brother to give it a try, who also had good results along with a number of arthritis sufferers that we tried the product on.

What made the oil different? My chemist did a full spectrum analysis and compared it to published peppermint results. It appeared that the Japanese plant had some constituents not found in the local variety. And the good ol' liquor loving monk was right, his gadget made the blood of the plant much stronger. Maybe Harvard graduates need to re-think where energy comes from ... there might be something to the 'spirits' inhabiting the plants.

This peppermint oil product is now marketed as *Wolfgang's Oleo Mentha™* and produces good results as an analgesic. [www.arthritispain.ca](http://www.arthritispain.ca)

see the *Pascalite Clay ad on the Market Place page for direct contact data.*

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# JOURNEY TO WELLNESS

by Sheila Snow

I am a CranioSacral Therapist and Intuitive Healer living in Vernon, BC, who is currently enrolled in the Landmark Education's third and final course of their Curriculum for Living, called the Self Expression Leadership Program. In this course, we are asked to create a community project where we enroll between 20-100 community members to work with us. I am creating a two day event called JOURNEY TO WELLNESS AND TRANSFORMATION in Vernon, on August 22 and 23, which will be a fundraiser for the Vernon and District Women's Center.

Hopefully I can attract to my project many Healers, CranioSacral Therapists, Intuitives, Chiropractors, Naturopaths, Kinesiotherapists, BioFeedback Techs., Iridologists, etc. Practitioners who would be willing see clients who have had NO LUCK with the medical system, clients who have been told they can't find anything, or are making it up, or are at a standstill in their wellness. My goal is to have each client who asks for assistance see several of the practitioners during the two days, and have each of the healers that have worked on the various clients to come together at a round-table gathering to discuss each person's findings/readings, etc. and to compare and work together for the best potential "journey to wellness" for each client. All treatments will be by donation with all profits going to Vernon and District Women's Center. Currently this project is still in the planning stages as I seek places for the event to happen. If anyone has any suggestions in Vernon, I would be happy to hear your input.

If you are interested in participating in this transforming event either as a healer, or as a client, please contact Sheila Snow at: [vernonwellness@gmail.com](mailto:vernonwellness@gmail.com) or at 250-938-4905 or check my website: [www.sheilasnow.com](http://www.sheilasnow.com) for upcoming information on this event. *Sheila has her ad above.*

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# The Spirit of Compassionate Communication

by Eric Bowers

Compassionate Communication (also known as Nonviolent Communication) is a language that helps put our attention on divine life-energy. I like to call it divine life-energy because it moves all life to grow, contribute and connect: a baby calling out to be held or fed, a cat crawling onto your lap to be stroked, a plant pushing through the earth to find the sun. Unfortunately, for thousands of years, humans have been taught a language that alienates us from this divine energy; a language that communicates ideas of right and wrong, good and bad, punishment and reward; a language that conditions our mind to judge, evaluate, blame and punish. This life-alienating way of thinking and speaking supports a domination, power-over society where we see each other as separate beings competing for power, resources and morality.

What is unique and inspiring about the non-violent way of speaking that Marshall Rosenberg developed is how it supports us to focus on the life-serving needs that all humans share: love, safety, belonging, security, meaning, contribution, fun, nurturance, etc. These needs are the foundation of Compassionate Communication because they are the different qualities of divine life-energy that move through us. It does involve practicing a way of speaking but it is much more than just words; this way of speaking guides us to a consciousness of connection and collaboration, and helps us orient our being around the life-energy in our common human needs.

Compassionate Communication as a spiritual practice comes in connecting to our needs without attachment to how we want them to be fulfilled. We make requests for how we would like our needs met with a willingness to let go if it doesn't meet the needs of another: a practice of empowerment, non-attachment and compassionate connection. No matter what our life looks like externally, whether or not we interpret our needs as being met or unmet from the outside, we can always go within and meet our needs by being completely present with them. Compassionate Communication may be seen as just a way of speaking; however, beneath the words, it is a spiritual practice of bridging the mind and the heart.

*see ad below*



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## Working with Gemstones & Crystals

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**Generator Crystals** Natural and polished crystals with six faces that join in a termination point are powerful energy amplifiers and as such are favored tools of the crystal energy worker. Used to dissipate localized energy disturbances, generators create a field of stabilized energy, which can then be used for healing, meditation or other energy work.

**Crystal Wands** These elongated shapes have a point on one end and often a rough surface on the back end. They fit nicely into your hand and are used to focus energy in a beam pattern. Wands are often used in healing, where they are useful for focusing energy at a very particular point.

**Crystal Balls** As well as being a beautiful way to decorate, crystal balls have a long history as divination tools. Gazing into a crystal ball while in a meditative state provides a window into the unknown and can be used to "see" the future, "remember" past lives or "understand" a current dilemma.

**Pendants** Wearing stones and crystals as Jewellery are a great way to bring the energy of the stone close into your being and to enhance your energy field. In Victorian times pendants were used to spell names or words of protection, charms and enchantment.

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# Sound and Emotion

by Sharon Carne

Have you ever noticed how intimately sound and emotion are connected? Have you ever hurt yourself without saying 'ouch!' or something like it? Have you noticed how well one of the infamous 'four letter words' accompanies anger, frustration or rage? Celebrating just isn't the same without a yippee! Or hooray! And what about an 'ooooo' when pleasantly surprised, or a scream when terrified? Laughter is accompanied by all kinds of emotions, even attempts to cover up emotions. Have you ever burst into spontaneous song (or humming) when absolutely thrilled or excited?

Emotions are something that moves us. If you look at the word like this, emotion, notice that most of word is motion. Emotion needs to move through us. But this isn't always the case. Sometimes emotions are repressed and get stuck in our bodies.

So let's take a look at the biology of emotions. Candace Pert's work gives us a clear picture of how emotions work and move in the body. In her book, *Molecules of Emotion* she states:

*"The point I am making is that your brain is extremely well integrated with the rest of your body at a molecular level, so much so that the term mobile brain is an apt description of the psychosomatic network through which intelligent information travels from one system to another. Every one of the zones, or systems, of the network - the neural, the hormonal, the gastrointestinal, and the immune - is set up to communicate with one another, via peptides and messenger-specific peptide receptors. Every second, a massive information exchange is occurring in your body. Imagine each of these messenger systems possessing a specific tone, humming a signature tune, rising and falling, waxing and waning, binding and unbinding, and if we could hear this body music with our ears, then the sum of these sounds would be the music that we call the emotions. As we have seen, the neuropeptides and their receptors are the substrates of the emotions, and they are in constant communication with the immune system, the mechanism through which health and disease are created. My Research has shown me that when emotions are expressed - which is to say that the biochemicals that are the substrate of emotion are flowing freely - all systems are united and made whole. When emotions are repressed, denied, not allowed to be whatever they may be, our network pathways get blocked, stopping the flow of the vital feel-good, unifying chemicals that run both our biology and our behavior. This, I believe, is the state of unhealed feeling we want so desperately to escape from. My research has shown me that the body can and must be healed through the mind, and the mind can and must be healed through the body. Your body is your subconscious mind and you can't heal it by talk alone."*

We are all familiar with the adrenaline (a peptide) charge we experience with certain situations, especially if we perceive them as threatening. As we repeat the story of this experience to ourselves (over and over) and to anybody else who will listen, we continue to experience the charge. The body does not know the difference between the real experience and the imagined one. Not only that, Ms. Pert's

*continues to the right*



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research also shows that maintaining a barrage of emotional (peptide) charge in the body can alter the peptide receptors. That means not only that this emotional charge becomes addictive, returning the receptors to their normal state can be challenging. The movie, *What the Bleep do we Know*, has an enlightening animation of how this happens.

So we end up with our thoughts creating emotional blocks, stuck patterns and possibly disease. If you get to the stage where you decide to create a change, there is good news. Although most of this information network works at an unconscious level, we can enter it consciously at will. And it will respond. Sound, particularly your voice, and sound with visualization work at the level of mind, body and emotion simultaneously. The "story" never needs to enter the picture.

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# RECLAIM YOUR HEALTH EXPO

From Bill C-51 to Nano Ionic Zinc were the topics covered at the recent  
'Reclaim Your Health Expo'  
presented by Avena Originals this May in Red Deer, AB.

Here are the highlights....

**Protecting Your Health Freedoms** — Constitutional lawyer, Shawn P. Buckley, LLB spoke on Bill C-51, which is a proposed new law that favors pharmaceutical companies and removes your rights to natural health products. The natural health product industry in Canada and abroad is in a crisis situation. Natural health product regulations being implemented by Health Canada are hurting manufacturers, forcing the cost of safe and effective products to increase, while endangering your potential future access to Natural Health Products. Shawn revealed how current regulations are "strangling" the nutritional supplement industry. Discover what you can do to ensure your natural health products do not disappear. Your action is desperately needed and can make a significant difference! Go to: [www.stopbill51.com](http://www.stopbill51.com) and [www.nhppa.org](http://www.nhppa.org). See article on bill C-51 elsewhere in "Issues" magazine.

**Michael O'Brien**, a former medical doctor is Avena's Product Formulator, World Leading Nutritionist, 40 Year Prominent Researcher Specializing in Enzymes and Probiotics and a Past Director of 2 Los Angeles Medical Clinics. Michael O'Brien shared his story on how he recovered from colon cancer and cirrhosis of the liver that he had at the same time. As a medical doctor at that time, he would not take the medical route as he knew that they had no answers. He found his own method of recovery that he teaches to this day to all who would listen. He also shared how he coached the famous Dr. Bernard Jensen through a miraculous recovery from prostate cancer, then paralysis. Dr. Jensen was given 8-10 days to live, was on life support and funeral arrangements were already made. Sixty one days later, Dr. Jensen was pronounced cancer-free. The full story is in Dr. Jensen's book *Come Alive*, the book, dedicated to Michael O'Brien.

**Dr. Leonard G. Horowitz**, D.M.D., M.A., M.P.H., D.N.M., D.M.M.  
— *Are Vaccines Really Safe & Effective?* — Dr. Horowitz is one of the world's leading, most respected vaccine researchers! Voted "Author of the Year" by the World Natural Health Organization for his first national bestseller *"Emerging Viruses: AIDS & Ebola - Nature, Accident or Intentional?"*. His message has inspired hundreds of thousands to take personal responsibility for their own health. View the unique website: [www.HealthyWorld.2truth.com](http://www.HealthyWorld.2truth.com)

**Dr. Bruce Fife**, C.N., N.D., — *How To Detox Your Body & The Miracles of Coconut Oil*. Dr. Fife is an author of 20 books, international speaker, Certified Nutritionist and Naturopath. Dr. Fife is a pioneer in the field of coconut oil, and is often referred to as "Dr. Coconut". Some of his books include *The Detox Book*, *The Healing Crisis*, *The Coconut Oil Miracle*, *Heart Frauds*, *Health Hazards of Electromagnetic Radiation*, *Eat Fat, Look Thin* and his latest book *Coconut Water for Health & Healing*. His presentation was highly educational and inspiring!

**Dr. Roger Gunderson**, Ph.D., N.D., — Superior Intra-Cellular Absorption with Nano Ionic Formulations. Dr. Gunderson is an orthomolecular scientist and specializes in the fundamentals of nutrition. He focuses his studies on the delivery of key nutrients into the body through ionic nano particle absorption. According to his research, nano particles are 'the wave of the future', and having dedicated years of research to this specialty area, Dr. Gunderson discussed how to achieve superior intra-cellular absorption through the use of Avena's nano ionic formulations. Some of his formulations include ionic magnesium and calcium and the new nano ionic magnesium and nano ionic zinc. The majority of people are deficient in zinc which is hard to absorb through traditional supplements. Nano ionic zinc, with its' highly absorbable ionic factor, is extremely important to enzymes, eliminates viruses, in ADHD in children, pneumonia of the elderly, hair fall-out, sinusitis, children's diarrhea, herpes simplex virus and stress, to name a few.

**Quantum Knights International's** Roger Lasard, explained the function of the state-of-the-art biofeedback device for addressing the stressors and the resulting stress of today's lifestyle and environment. They work with 2500 therapists across Canada. Roger mentioned that they looked at over 100 supplement suppliers for their program and decided not carry any. They were stunned with the results of Avena's product line and organizational value and have selected Avena Originals as their official supplement company of choice. Officially endorsed by China's Olympic team, they plan to bring Avena to China, Middle East and Mexico.

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# What is Unity?

by Clayton Tillotson

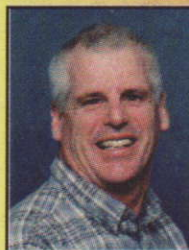
My introduction to *Unity* came about 20 years ago when my wife's uncle in Victoria invited us to a service. We immediately felt that *Unity*, which featured "Positive Christianity," offered us more of what we were looking for than most churches. Attending regular church services felt threatening to us and were told we would go to eternal hell if we did not toe the line. In these churches even heaven was available only to those who did not rock the boat with questions.

We happily discovered that *Unity* allowed individual freedom of religious belief and actively promoted searches for truth and inspiration from every possible source. Though the Bible was used in their services, we were told that it was a guide or textbook and need not be blindly followed. We were encouraged to discuss interpretations of stories with the understanding that the Bible was translated and transcribed by humans, many years after events had taken place. I always had problems taking the stories about Jesus literally, but felt that his life had much to teach us.

Because I was doing a heavy load in graduate study in Victoria I did not find much time to attend *Unity* then. When my wife and I moved to Nelson a few years later, I discovered there was a small, but active *Unity* group operating for some years. They were studying materials by Wayne Dyer, Eric Butterworth, the Fillmores (*Unity's* founders), and many others. All this plus the monthly *Unity Magazine*, and the *Daily Word* were available for discussion. Many interesting, and sometimes controversial, guest speakers, publications, books and media presentations allowed us to discuss diverse points of view about our spiritual growth and how we could find our own "good."

During our services we learned that *Unity* (which has been around for over 100 years) does not discriminate on the basis of race, gender, age, creed, religion, national origin, ethnicity, physical ability, or sexual orientation. Now when anyone asks, "What is *Unity*?" I tell them that it is a positive way of living that is centered on love, tolerance, and compassion. *Unity* helps me to connect with God (or the Divine Mind) and as I accept my own spirituality it helps me to maintain peace of mind along with feelings of abundance, happiness and love.

See ad in the Natural Yellow Pages under *Unity*.



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## DRUMS THAT HEAL

by Colleen Nicklassen

A drum is an incredible healing tool which has the innate ability to affect every cell in our body. The drum beat is compared to the heart beat, and the rhythm of Mother Earth, influencing our emotions, our physical body, our mental thinking, and our soul. The reverberation of the drum touches each person in a different way: some feel energized or elated, others feel as if they are being lifted out of their bodies, while some experience past life recall, or a trance state. When asked where the drum beat is experienced, most people will instantly put their hand on one of their chakras, a true indication of how our body subconsciously resonates to the beat and sound of a drum.

Drum Healing has made its recurrence in this millennium. A book called, *The Healing Power of The Drum* by Robert Lawrence Freidman, (a psychotherapist explores the healing power of rhythm), shows that psychologists and therapists are introducing the use of drums to aid in the treatment of many illnesses and emotional troubles, such as: Autism, Alzheimer's, Parkinson's, violent offenders, teenage anger and suicide problems, and corporate stress management, to name a few.

The medical professionals are starting to recognize that there is an ancient recall within all of us which can be tapped into by using the sound of a drum beat. Our memories and our intuition can be retrieved from the primal spirit when we feel and remember the steady frequency of a primordial beat, thus altering our present state and situation by breaking through and releasing that protective layer of doubt, fear, and trauma which can debilitate the physical body with dis-ease.

In addition, studies have been conducted on how the drum beat can modify our alpha waves. Physicians and scientists are finding that people are having a difficult time reaching the alpha state, or that deep sleep which connects us to our subconscious. Alpha waves are also associated with feelings of well-being and euphoria, and are responsible for 'Lucid Dreaming.' Low alpha waves have been linked to depression, anxiety, heart disease, ADHD, and stress. Psychologists have tried using biofeedback, drugs, hypnosis, and other methods to induce the alpha state with little success. Only the beat of a drum can put a person into the alpha state in minutes.

Ancient healers and shamans used drums not only for ritual or meditation, but also in their healing practices. Every culture throughout history has used drums, rattles, and flutes in their everyday lives. It is no accident that drumming has made a major comeback at a time when illness and stress is at its peak, when the use of pharmaceutical drugs or surgery is the recommended remedy, and Mother Earth is overwhelmed with contamination and toxic waste.

Isn't it a blessing that something so simple can be so instrumental in the healing process? We are all 'Natural Drummers' having our own beat and rhythm. It is time for accountability. It is time to transform ourselves into the healers and seers that we are by making, using, and acknowledging the power of the drum.

*Colleen had a display ad in last month if you wish to contact her.*



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# Never Judge

by Cathy Gordichuk

One of my desires in life is to be a grandmother. Last year my eldest son met a wonderful young woman. In 8 short months, they met, married, bought a house and are now expecting a baby boy at the end of July. She is a high risk pregnancy as she has been Type 1 diabetic since she was a baby. She has had several serious 'lows' in blood sugar that can lead to a coma. Fortunately she and my son have a check in system between them and he rushes home if she is not answering the phone. They have now moved only five minutes from us and I have a house key. As she progresses in her pregnancy her insulin requirements keep changing and she is on top of it. As a mother, and future grandmother, I worry.

My community is spiritual and I teach holistic and intuitive practices. Seeing the baby and my daughter-in-law in love and light every day brings peace. I have never been one to follow popular mystics and psychics. The belief that we have the answers within has always taken precedence over consulting others. When clarity and objectivity are required my husband is a wonderful intuitive voice for me. Where family matters are concerned my intuition flies out the window. Popular speakers and authors in the metaphysical and spiritual world often come through our city. It has never been of interest to me to go see any of them. In fact, I have been quite critical and judgmental of some.

When a dear friend won tickets to see Sylvia Browne, and she invited me to go along I had to say yes. I wanted to see what all the hype was about. Her appearance was sold out and it was with a sense of open curiosity that I arrived. It was my friend's birthday as well as mine, so we were in a celebratory mood. We both felt that this was going to be an evening of importance. It was "meant to be."

When we arrived, we were given numbered tickets. We were told that Sylvia draws the ticket stubs to see who gets to ask a question at the end of her appearance. Having seen her on TV doing audience questions and answers, I have always had a bit of skepticism as to how it works. Sylvia started right on time without pomp. She sat in an armchair with a small fan at her feet. I felt my opinion of her shifting. Sylvia is very common sense and down to earth. A bit bawdy even. I was starting to like her even more. The Divine have a sense of humour and always puts me in a place of deep gratitude and humility. There I was laughing along and nodding my head in agreement with so much of what she said. After a break she started to call ticket numbers. To hear some people's heartaches and tragedies brought tears to my eyes. We could feel the compassion coming from her answers. We could also sense how clear a channel she is.

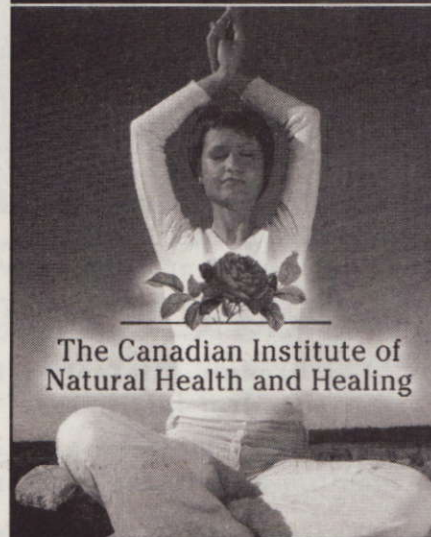
I heard myself say to my friend, "When my ticket gets called, I know exactly what I will ask." She nodded as if she knew this was going to happen. After the first round of ticket pulling my number had not been called. There was ten minutes left over and she drew a few more. Mine was the first one. I asked about my daughter-in-law and the baby and how they would be. She replied that they would be fine and that she will have some toxemia towards the end but that everything would turn out ok. She shared that she had the same condition with one of her sons and everything turned out fine. In my heart I knew that, but somehow I knew this woman, whom I have judged in the past, was so clear and connected with Divine truth that my heart sighed in relief.

"Never judge, Cathy, you never know if that person will come to your aid in some way" is what spirit said to me first thing the next morning. I may not agree with some of Sylvia's beliefs or teachings but in that moment she brought me peace and an overwhelming feeling of serenity. We are all created from the same love and we are all gifts to one another.

*Cathy is a presenter at the Wise Women Festival*



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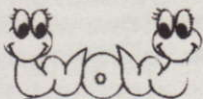
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# Spiritual Memoir Writing

by Kuya Minogue

Even when I was on the cusp between childhood and adolescence I knew about taking spiritual refuge. When Dad's drinking, Mom's depression and general sibling abuse became unbearable; I knew that I had to seek nurture outside my family if I wanted my spirit to survive. So I sought refuge in the Laurentian Mountains that surrounded my childhood town of North Bay, Ontario. Of course, at the time, I didn't think of my solitary hikes through the hills as spiritual refuge; I just wanted some relief from suffering and a place where I felt safe and loved. Although I wasn't aware of it when I was twelve, I knew such feelings existed because when I was four, I experienced that sudden drop into freedom from self concern that is entwined with all spiritual realization.

My parents did not go to church. Our church was the garage in the back yard where my father produced diamond drills in a post-war manufacturing boom. Elvis Presley and Eddie Fisher records were as spiritual as it got in my home. But for some reason, one Sunday morning, Mom made me put on my best dress, the plaid one with the matching underpants, helped me wrap a can of beef stew in white tissue paper and led me up Whitney Avenue to the brick church on the corner. On the way there, she told me that it was Easter Sunday and that we were sending food to children in some country with a foreign name. She never told me why she took me to church that day; now I think that she too was seeking refuge.

The organ rumbled while I carried my gift up the aisle between the adults who were singing "Softly and tenderly, Jesus is calling. . ." to a melody designed to expand the heart. The vibrations of the organ beneath the soulful tune got inside my chest and throat and made me feel bigger. Never having heard live music, the intimacy inherent in emotionally charged voices and pipe organ chords was especially intense. On the walk to the front of the church, I thought hard about hungry children, just like the man at the front had said we should do. When I dropped my can in the basket, I suddenly knew the difference between my daily life and refuge, between being alone and being connected, between samsara and nirvana.

Of course, my child mind could not understand that I had experienced the dropping of mind and body described by Zen masters in China and Japan and by Siddharta Gautama in 500 BC India. I had peeked into enlightenment, caught a glimpse of the expansion that occurs with the dropping of self. But of course this feeling didn't last. Back home in my dysfunctional family I quickly shrunk down to self protection and self concern. In fact, I had forgotten that bright moment until, through writing practice, I relived that four-year-old realization of emptiness. The memory wrote itself.

Up until retrieving of this memory, childhood seemed to be filled with nothing but addiction, bullying and neglect. But now I see that my first vision of happiness came out of the same family setting that I was trying to escape. Memoir writing made my childhood suffering more bearable, because now I know, without a doubt, that a single moment of unfettered four-year-old generosity began my spiritual quest. What a gift!

*I am offering a spiritual memoir  
workshop at the Wise Women Festival.  
Sept 19-21 at Naramata, BC*

*I am the resident teacher at the  
Creston Zen Centre. [www.zenwords.ca](http://www.zenwords.ca)*





# CONSCIOUS NUTRITION AND THE ESSENTIALS OF HEMP

by Charles Holmes

Conscious Nutrition is being aware that we are infinite beings of mind, body and spirit and that what we eat is affecting every aspect of ourselves in ALL ways. True health and well being is accomplished through knowledge, experience and a gradual awakening to who we really are and why we are here on this planet. We must ask ourselves: "Am I choosing wellness or am I choosing disease and sickness." With every thought, word and action, we are manifesting our reality in one of these two directions. A body in balance (homeostasis) experiences clarity, vitality and joy... not pain, confusion or cravings.

Everything is energy in process towards its highest expression. Humans are endowed with free-will to choose how they interpret this experience, be it positively, neutrally or negatively - homeostasis is the neutral position. Everything we come in contact with affects us either positively or negatively, especially what we call 'food.' If we take a moment and ask the question: "Why do I eat?" we all come to the same conclusion: I eat in order to maintain a healthy vehicle so that I can master the life experience and fulfill the one desire to be fully realized with 'Ultimate Knowing and Joy' in each and every moment.

The body is the vehicle for this life experience with an infinite capacity to balance, cleanse and heal itself. Just as the automobile has certain requirements for optimum performance, so does the human body. What would happen if we stopped adding gasoline, changing the oil, and cleaning our engine? Obviously, the automobile would soon become unusable. We would never try to operate our vehicle with unsuitable fuel, improper maintenance or missing parts that were critical for its operations. Yet this is what we do with the human body every day.

According to the Surgeon General's Report on Nutrition, 8 out of the 10 leading causes of death in the USA are diet related. Many other scientific sources confirm that diet is directly related to disease. More than 3 in 5 people in America suffer from allergies, diabetes, obesity and impotency. From 1962-1988, there was a 300% increase in drug addiction as a direct result of the use of medical prescriptions, while in the same period, only a 30% increase in the use of illegal drugs. Only roughly 15% of allopathic medical treatment has been scientifically substantiated. Between 1981-1987, 3 million people died as a direct result of medical treatment. In the same period, only 39,000 people died of AIDS. According to Gary Null the largest killer of the American population is medical treatment, followed closely by cardiovascular disease and cancer. The average American lives to age 76, 20 years longer than the average doctor!

In 1900 the risk of cancer was 1 person in 30.

In 1980 the risk of cancer was 1 person in 5.

In 2000 the risk of cancer was 1 person in 2.

Statistics show that some of the nation's largest selling products include antacids, laxatives, cigarettes, deep fried fast foods, coffee and alcohol.

According to the Deepak Chopra Institute, each year the average American adult consumes:


100 pounds of refined sugar, 55 pounds of fats and oils  
300 cans of soda pop, 200 sticks of chewing gum  
5 pounds of potato chips, 18 pounds of candy  
7 pounds of pretzels, corn chips, and popcorn  
20 gallons of ice cream, 50 pounds of cakes and cookies

In 1992, tests were conducted on the nutrient content of farm soil around the world. The following results were revealed in the Earth Summit report: Australia: 55%, Asia: 76% Europe: 72%, S. America: 76%, Africa: 74%, N. America: 8%

This is the reason why nutrient supplementation has become so important; we see health food stores and vitamin bottles everywhere. But is this food? We in North America need to eat 10 times the amount of food to get the same nutrient value we did in 1900. The obvious solution lies in getting back to basics: rebuilding soil (as food is only as good as the soil it is grown in), identifying the highest utilizable and most nutrient - rich foods available, and combining them based on the needs of the body, with the goal of once again reaching homeostasis. There may be (literally) tons of vitamins out there vying for our consumer dollar, but the question remains: Which ones are providing the benefit we so desperately need, which ones are simply a waste of money, and which ones are actually doing more harm than good? Fortunately there is a solution: The body has the final say, not a Nutrition Facts Label or a scientific report about the reaction of lab rats.

As we evolve through this life experience, we become aware that the answers lie within us and are easily accessible. Just like a car, the body has simple operating principles that we need to focus upon and learn to increase our level of performance and our joy of the experience. I invite you to walk with me on a journey of self discovery about how nutrition affects our lives, and allow me to introduce you to a program and a food-source that is playing a major role in helping to create the balance, sustainability, performance, and vitality that we all seek. *see ad below*

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# The Cook's Corner

## Vegetarian Recipes from the Johnson's Landing Retreat Center

**Welcome...** to our new column. For years it has been my intention to produce a cookbook but I never took the time from my busy schedule to do it. So I have decided to do one or two recipes in each issue. You may tear this page out and start a collection in your recipe file.

My intention is to provide clear, how-to instructions so that the novice chef can be inspired and successful. If you are a seasoned cook (pun intended) you can simply ignore the process details. Please be aware that like most things in life recipes are an evolutionary process, a constant refining of recipes that have come before us.

Bon Appetit, **Richard**

Please email your feedback to [richard@JohnsonsLandingRetreat.bc.ca](mailto:richard@JohnsonsLandingRetreat.bc.ca)



## Whole Grain Pancakes

### Ingredients:

- 3 eggs
- 2 T. olive oil
- 2 T. organic sugar
- 1/2 tea spoon salt
- 1 tablespoon cinnamon
- 1 tea spoon nutmeg
- 1 cup water or soured milk
- 1 T. apple cider vinegar
- 3 cups whole wheat flour
- 1 heaping t. baking soda
- 1 level t. baking powder
- oil or butter for frying



### Utensils:

- 8 cup measuring bowl
- medium size bowl
- measuring spoons
- egg whisk and frying pan
- mixing and pancake spatula

### Process:

- Mix dry ingredients in the 8 cup measuring bowl: start with the flour, add cinnamon, nutmeg, sugar, salt, baking powder and soda. I mix them with an egg whisk, but a large fork will also work.
- Mix wet ingredients. Start with beating the eggs, add oil, water (or sour milk), vinegar and combine thoroughly.
- Pour the freshly mixed wet ingredients in with the dry ingredients. Using the mixing spatula scrape the bottom making sure that all the dry ingredients are moist. \*Stop mixing as soon as all the dry ingredients are moist or the baking powder can lose its effectiveness and you will have tough pancakes!
- The batter should be the consistency of yogurt. If too thin add more flour and if too thick add more liquid. As the batter sits it will thicken so before pouring the next batch of pancakes quickly mix in a bit more water or milk.
- Put the frying pan on medium heat. Brush some oil or rub some butter on it. When a drop of water dances on the surface of the pan it is ready to begin cooking.
- Pour the batter into the pan. When air bubbles start to appear on the top of the pancake gently lift the edge with the frying spatula, when golden brown flip them over to cook the other side.

**Note:** We grind organic grains to make our own fresh flour using hard wheat or spelt grain.

## Healthy Butter Mixture

For years butter was given a bad rap for its apparent cholesterol forming abilities. Along came margarine to the rescue, only to later be condemned for its hydrogenated oils. Hummm ... toast without butter does not sound very exciting. To reduce the cholesterol factor and totally avoid hydrogenated oils we have been mixing butter with olive oil. Not only is this mixture a healthier alternative it is also the epitome of 'simple'. Plus it tastes great and is easy to spread.

### Ingredients:

- 1 pound of butter at room temp.
- 2 cups olive oil, preferably cold pressed extra virgin.



### Utensils:

- A knife and spatula
- A blender
- 4 one cup blender jars
- or-
- a stick blender
- a tall narrow container (such as a 750 ML yogurt container)

### If you are using a stick blender:

Put 1/2 of the softened butter cubes into the 750 ML container. Add 1 cup of olive oil. Blend the mixture until it becomes creamy. Scoop it out into small serving containers and put it in the freezer ready for use.



**Note:** In hot weather the mixture can liquefy easily so serve it just before meal time and store it in the refrigerator or freezer.

### Process:

- Cut the 1 pound of softened butter into 4 equal parts.
- Cut each of the 1/4 pound pieces into smaller cubes, so they fit into the blender jars.



### If you are using 4 - one cup blender jars:

Put 1/4 of the butter cubes into each jar. Fill to.. just about full with olive oil. Screw on the mixing blades and blend until it just becomes creamy. If over blended it becomes ghee so watch carefully. Unscrew the cap and blender blades and repeat with the other three jars. Cap each jar and put it in the freezer.

# KOMASKET Music Festival

by Devaki Thomas

People come back year after year because they can camp/swim on site for three days and hear some of the best undiscovered music in Canada and share in the Local Aboriginal culture, take part in creative workshops and their kids are safe and entertained. Our new slogan is *Okanagan's Culture • Family • Music Gathering*.

Word is spreading about the no drug alcohol policy which helps to create this massive family appeal.

A growing trend in the festival industry is musicians booking musicians. Member's of Vernon's own Samsara co founded and direct the KMF event, this allows for an insiders understanding of which artists are good live performers and can make negotiations easier - artists sometimes play for less when another band invites them. This is one of the ways the KMF has been able to bring some of Canada's top festival performers and still keep gate prices reasonable.

As the festival grows, so do the requirements for infrastructure, organization, sponsorship and funding. Over the years Vernon's businesses have generously supported the festival and this year while the requirements are increasing the response is very positive.

This year's line up includes Grammy award winner and legendary aboriginal activist singer /songwriter **Buffy St. Marie** Saturday night.



Sunday evening features Canadian Aboriginal multi award winning Blues/Rock God - **George Leach**, known for his gritty, bluesy style, lightning fast guitar and natural charm pouring his heart into every song. Playing last on Sunday night is headliner of the 2007 Vancouver folk fest, Australia's own Didjeridu master **Ganga Giri** - a super charged tribal-technological dance experience. Headlining Saturday night is Vancouver Bhangra Celtic Superstar

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Dance Explosion **Delhi 2 Dublin** and back from another year in the UK, Vernon's own Reggae Soca sweethearts, **Samsara**. Other notable artists are on the rise Toronto 6 piece roots folk experience led by Claire Jenkins; Vancouver's 5 piece Blue Grass Roots Dance sensation The Breakmen; Zimbabwe's own ZimbaMoto, based out of Vancouver this African fusion dance band gets crowds pumping and moving to their hot rootsy rhythms featuring African Dancer Jackie Essombe; direct from India, critically acclaimed classical group Lehera with Vancouver's best classical Kathak dancer Trisha Rampersad; Eastern European Gypsy dance band Tambura Rasa; Indian Beat Boxer extraordinaire Shamik Bilgi and back by popular demand Florida's own Blues legend Sonny Rhodes. In addition over 100 artists from every corner of the globe and over 25 of Okanagan's best.... fill the KMF's 3 stages for over 32 hours of some of the finest live music on the planet!! The finalized line up can be viewed at new website [www.komasketmusicfestival.com](http://www.komasketmusicfestival.com)

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## Book Reviews

The books this month  
are courtesy of  
**Chelsea Green publishers.**  
[www.chelseagreen.com](http://www.chelseagreen.com)



Two books were reviewed by Bob Watters  
and one by Angele using their website.

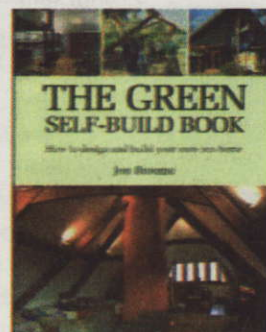
Since 1984, Chelsea Green has been the world's preeminent publisher of books on the politics and practice of sustainable living, including foundational works on renewable energy, green building, organic gardening, eco-cuisine, and simple living.

### THE GREEN SELF-BUILD BOOK

How to design and build  
your own eco-house

written by Jon Broome  
Chelsea Green Publishing

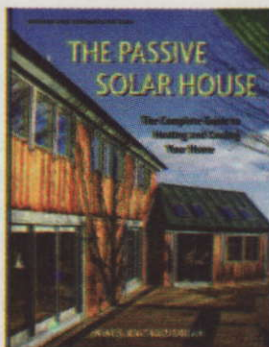
ISBN 978 1 903998 73 1



Anything with a name or title 'Green' is 'in' these days. So it is with *The Green Self-Build Book* by Jon Broome. It will cost a bit of 'green' to get the book at \$50 US or \$62.50 C. It is a large paperback full of glossy photos. Not only is it an attractive book, it is easy to read with technical information presented in a way that is relevant to the self-builder. The book presents examples of green building techniques including straw bale buildings, rammed earth structures and a discussion of insulation principles.

The self-builder can choose from examples of 'tried and true' building techniques and designs to some really creative and 'outside the box' eco-friendly and sustainable solutions. I was interested in the author's presentation of energy alternatives. There is a good examination of environmental impact together with sections on recycling, noise, waste reduction, carbon emissions and a variety of other important considerations for the builder. The book is enjoyable to read and is a good addition to a 'green' book shelf.

### THE PASSIVE SOLAR HOUSE



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Your Home

written by James Kachadorian  
Chelsea Green Publishing

ISBN 1-933392-03-7

Review to the right



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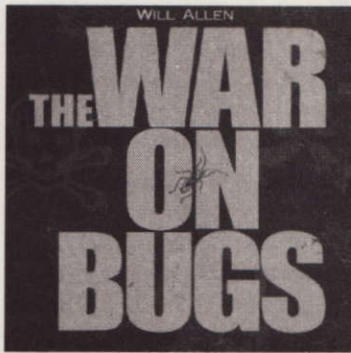
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## The **WAR ON BUGS**

by Will Allen • ISBN: 978 1 933392 46 2

Reviewed by Angèle

Will goes to great depth using dozens of original advertisements and promotions to illustrate the the past so we can grasp and understand the manipulation of advertising, government agencies, and even Dr. Seuss, who colluded to convince farmers to use deadly chemicals, hormones, and genetically modified organisms.

He begins with the history of the early nineteenth century as the American population grew rapidly and demands on crop output increased. Seeing an opportunity to play upon fears from market demand, chemical companies declared war on the vile, profit-sucking, output-wrecking, arch-nemesis of the average American farmer - bugs. With precision, pesticide manufacturers delivered a 'shock and awe' media campaign, that can only be paralleled to the current blitzkrieg from today's pharmaceutical companies. Bugs were the threat to the American dream - and there was a cure available to every farmer available in spray, granule, dust, or systemic form that could be applied to your crops.

WOW! ... a quote from the website from someone who thinks like me but says it with more force. I found the book to be full of insights and explanations that hopefully will wake people up to the fact that the chemicals that kill bugs, fish, bacteria in the soil, etc. will eventually kill us. I liked the explanation of herbal tinctures being sold to city folks to keep them well because they no longer had access to the healing properties of plants that grew in the country. Eventually, it got labeled as 'snake oil,' and folk medicine lost its popularity. Will Allen details the last century of how some consumers and activists have struggled against the use of chemicals and the media's reaction. He echos the warnings of other books like *100,000 Guinea Pigs* by Arthur Kallet and F.J. Schlink, and *Silent Spring* by Rachel Carson and asks that we educate ourselves, so we can choose wisely how to farm. The last few pages have charts to show the chemicals used on fruits and veggies. Did you know that 119 different pesticides were used on California spinach in 2004?

## THE PASSIVE SOLAR HOUSE

I only wish I had discovered *The Passive Solar House* before I had spent days searching the internet for charts, equations, specifications, visuals and other information to use in my alternate energy workshops scheduled this summer at Johnson's Landing Retreat Center. It is all there. The author presents charts, tables and examples for every conceivable aspect of the efficient heating and cooling of a house. Not only is the book a great reference for home heating and cooling, the charts presented are useful for all solar energy applications. Tables presenting annual solar heat gain for latitudes in North America, insulation thermal properties for building materials and many others. It even provides worksheets for the reader to calculate 'house heat loss,' R value, solar heat gain, heat load, backup heat and annual fuel usage. There are floor plans and examples of efficient house designs. The author also presents his patented solar heat exchanger that I find enlightening and practical.

Don't let the large number of charts, tables, equations and worksheets dissuade you from taking a closer look. My advice is to read the book without stumbling or stopping on terms and concepts that you don't understand. Look at each concept, principle and topic as a piece of a mosaic that when assembled makes a complete picture. Once you have an idea of the total picture, you can go back and fill in the gaps that you don't understand. For the computer friendly there is a CD included with the book that provides a 'Solar Prediction Program' which is loaded with photos and examples. Put the book in an accessible spot in your bookcase and use it as a valuable reference tool. I plan on using the book for my workshops this summer.



## Stephen Austen

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# Alkalize or Die !



*" I was bone-thin, bedridden, in pain, and dying. Today, thanks to the water cure, I'm alive ! "*

THE WATER CURE by Karie Garnier - author of *The Sunrise Water Cure*,  
a UNESCO-endorsed author and an award-winning filmmaker.

**DID YOU KNOW** - thousands of desperately sick people have cured their 'incurable diseases' (including cancer, MS etc) by drinking water? Sound incredible? Well I'm one of those people and what you are reading is the gospel truth.

I have just returned home to Canada with some awesome news. For three and a half months I was in Hawaii documenting the healing powers of water with some wonderful M.D.s.

**DID YOU KNOW** we humans are mostly water? When we are born we are 90% water and alkaline. At the point of death, we are usually dehydrated and very acidic.

**DID YOU KNOW** just as the earth has two major oceans (the Pacific and the Atlantic) we too are composed of two oceans? One of our oceans is the water *inside* our cells. Our second ocean is the water *outside* our cells. These two oceans are composed of salt water. The same is true of the life-supporting, amniotic fluid in which all humans develop for nine months, a nourishing ocean of minerals.

Let's consider our cerebrospinal fluid which completely surrounds and protects our brain and cerebrospinal nervous system. Our cerebrospinal fluid is very salty. It has almost the same salinity as the sea. That's because our delicate brain, which is 85% water, cannot afford to lose 1% of its water, nor can it afford to become acidic.

**DID YOU KNOW** Dr. Masaru Emoto, author of *The Secret Messages in Water* has proven that *water has memory and consciousness*. Through thousands of his micro-photographs of frozen water crystals, the Japanese researcher has shown that *water is alive and absorbs our thoughts*.

**DID YOU KNOW** Indigenous people the world over have always known that water is alive and sacred. Their time-honoured wisdom echoes: *"Water is our first medicine."*

**MY LIFE and DEATH STORY** - When I was a child of ten, I almost died from kidney failure. My home was The Royal Columbian Hospital in New Westminster. The day I was rushed into hospital I was so toxic I was going blind. Surgeons washed up to remove my infected kidney but my parents had a bad feeling about the surgery. So I kept my kidney and lived, but my recovery took a year.

When I was 33, once again I was bone-thin, bedridden, and dying. This time I suffered from multiple diseases. The life-threatening heart disease (supra-ventricular tachycardia) was not just debilitating. It was killing me. My heart raced furiously at 200 beats per minute. I suffered from adrenal exhaustion, extremely low blood sugar (severe hypoglycaemia), and total fatigue (now called chronic fatigue). My hair fell out by the handful, and I was allergic to my favourite foods. Any meal I ate took days to pass through my digestive system (without being digested). I had been in and out of hospitals and clinics for

years. I had seen seven (7) different doctors including some very conscientious medical doctors. Hoping to get rid of my depression, I was seeing a psychiatrist and taking anti-depressant drugs. In fact I had a small suitcase full of all kinds of pills, but taking the pills did nothing for me. As the months rolled by and the years passed, instead of getting better, I got worse. I had reached the end of my road.

Dr. Tyler, a fine naturopathic doctor in Langley, British Columbia prescribed digitalis for my heart disorder, but my heart still raced. He said to me on my final visit: *"It's a shame to see a young man like you with your heart in this condition. Your heart can not last. It will last only last half its time."* At the most critical depth of my illness (January 1981) I was literally at death's door. I was so exhausted, I could not talk. When I got up to walk, I keeled over from extreme dizziness. The doctors had done everything possible to help me. ( Note: Throughout my ongoing health crises and near-fatal illnesses, not one of my doctors ever asked me: *Karie, how much water do you drink in a day?*)

In the nick of time a friend gave me a book called *The Power of Chi*. Although I was too sick to perform any kind of exercise, the first chapter explained a purging method called the Japanese Water Cure. The technique was extreme. It required rising each morning at dawn and drinking a gallon of water *within 30 minutes*. It took me a week to learn the art of guzzling a gallon. The radical purging with tap water pulled me back from the brink of death. Recovery was slow. And I was on heart drugs for two more years, but at least I didn't die. That was a quarter century ago.

In 2005, I again suffered from heart problems. My heart would actually stop beating, and then flutter. The irregular pattern and fluttering would go on intermittently for hours. Some days I spent the afternoon lying on the sofa. On top of this worry, I suffered from the agonizing pains of fibromyalgia. All my joints ached, my legs throbbed at night, and I couldn't sleep. To get a few hours of sleep, I took pain killers. Once again, I was in a full blown health crisis. Then I remembered the water.

During both of my adult crises (1981 and 2005) having tried everything else, I drank lots of tap water, and I gradually reversed the complex of diseases, albeit slowly. My crisis wasn't unique. Today millions of people are suffering from multiple illnesses and mysterious diseases of 'unknown origin'. For many of us, time is running out.

## **HEALTH CARE SYSTEM ? or SICK SUSTAINING SYSTEM ?**

Let's face reality. Millions of us are dying in growing numbers from the epidemics of heart disease, cancers, and toxic drugs. My friend Dr. Simon, the family physician in Honolulu, explains:

*continues to the right*

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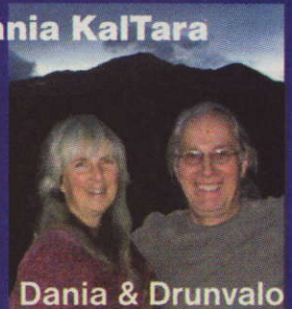
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### Alkalize or Die continued

*"After heart disease and cancer, the third and leading cause of death is: poisoning from prescription drugs!"*

Ironically the U.S. spends more on sickness and disease than any other country in the world. Americans now spend over a trillion dollars per year! And yet Americans have one of the worst health standards on the planet. We Canadians aren't much better off. What's wrong with this picture?

#### QUESTIONS THAT MUST BE ANSWERED

Why must millions of good, hard-working North Americans suffer from diabetes, obesity, multiple sclerosis, chronic fatigue, arthritis, fibromyalgia, depression, and increasing numbers of deadly cancers like colo-rectal cancer?

#### WHAT MUST WE LEARN FROM OUR HEALTH CRISES?

Let me share what I have learned from three sources:

- 1) My life-threatening diseases and near-death experience
- 2) Years studying and practicing the water cures (Hydration Medicine)
- 3) My work with enlightened medical doctors (Hydration Medicine Specialists)

#### THE FACTS

- 1) As a population, we have become chronically, and unintentionally, dehydrated.
- 2) Dehydration causes acidity (acid wastes build up inside our dehydrated cells).
- 3) Acids burn into our cells and cause the sensation of pain.
- 4) The pains are urgent cries for water. Our cells are screaming: "Put out the fire!"
- 5) If not reversed, acids will destroy our cell membranes and our cells inner nucleus.
- 6) When acids eat deep into the cell nucleus, the acids destroy our DNA repair mechanisms. This damage is labelled 'genetic damage.'

#### WHY ARE MILLIONS OF MEN, WOMEN, AND CHILDREN DYING FROM DISEASES OF ' UNKNOWN ORIGIN ' ?

**1) Toxins.** Today, more than ever, we are absorbing (and retaining) toxins and carcinogens from the foods we eat, the air we breathe, and the waters and beverages we drink.

**2) Acidity.** Cancers thrive in an acidic environment. Cancers (and other diseases) cannot live in an alkaline environment.

**OUR HEALTH CRISES IN A NUTSHELL:** We are accumulating deadly toxins and carcinogens at a faster rate than our dehydrated and acidic bodies can eliminate.

**THE SOLUTION:** Drink lots of water. But what kind of water? Many bottled waters are acidic and so are many tap waters. To neutralize the acids that we've accumulated over years, decades, or a lifetime, it is imperative that we drink the cleanest, healthiest (non-acidic) most alkaline water we can find. In my seminars I teach the simple basics of hydration medicine which you can easily share with your loved ones. I explain how I (and thousands more) suffered and almost died from 'mysterious diseases' caused by dehydration, and how some wonderful doctors are teaching the sick how to become their own healers. I will also explain how hundreds of cancer patients totally reversed their cancers by alkalizing, and how you can heal!

**ON A PERSONAL NOTE:** I thank God because after a long search I have found the healthiest, most delicious, most alkaline, antioxidant water available. And, I do not have to climb the Himalayan mountains to find this healing water. All bottled waters and tap waters carry active oxygen (free radicals) which oxidize in our bodies and cause so many illnesses.

My recent *rapid* healings in Hawaii with anti-oxidizing alkaline water, plus thousands of medical testimonials, prove that Kangen water alkalizes and heals the body faster than ordinary water. I am now a Kangen advocate. What's more, I am

*continues on page 40*

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

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

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## Alkalize or Die continued

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Based on my profound healing experiences, and the irrefutable facts, I have joined the many doctors and lay people around the world who attest: **ALKALIZING WITH WATER SAVES LIVES!** In addition to my new books, I'm working on a documentary about *The Healing Powers of Water* with a special focus on the great physician who taught hundreds of thousands of sick people how to cure their own diseases. As one of many thousands who have learned the art of self-healing with water, I feel deeply honoured to share the greatest breakthrough in history! *see ad right*

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# A CALL TO PASSIONATE PAGE TURNERS

by Susan Faye for KBW

Whether you read for inspiration, information, relaxation or indulgence, there are others who share your love of books. Reading and discussing what you read can open up new avenues of thought and ways of looking at the fascinating worlds within us and around us. We each have a unique way of processing ideas and interpreting events. Come share your insights or simply enjoy the company of others who love to read. The books up for discussion this year are :

*Broken Ground* by Jack Hodgins. A rich, complex and riveting exploration of the presence of the First World War in the lives of the inhabitants of a "soldier's settlement" on Vancouver Island. It is a powerful novel that immerses us in the lives of an entire community and provides a profoundly moving affirmation of life and a declaration of faith in a century that has severely tested humanity's spiritual resolve.

*The Rug Merchant* by Meg Mullens. This is a moving, intelligent portrait of an Iranian immigrant as he struggles with the adjustment of life in New York, an improbable and powerful romance and his vision of the American dream. It is a melancholy story about shaking free from disappointment and finding connection and acceptance in whatever forms they appear.

*To All Appearances a Lady* by Marilyn Bowering. A many layered and carefully choreographed novel about a half-Chinese boat pilot and his reluctant journey of self-discovery through his family's murky past. The secrets are slowly unveiled as the story shifts between Canada, China and California from the 1890's to the 1950's.

And *Divisadero* by Michael Ondaatje. This novel explores a family living on a farm in northern California in the 1970's and the events that splinter the family when the young daughter becomes involved with a farmhand. The writing is both rhythmic and jarring and juxtaposes the inner and outer worlds of the characters with the "history-soaked" hills of California. Quietly underscoring this is the theme of the importance of memory and the need to preserve and revisit it within an inner space. Perfect summer reads.

**Guest author Jack Hodgins will be speaking on  
Sunday, September 21st at 11 am.**

**This enlightening event happens at the  
5th Annual Kootenay Book Weekend  
at the**

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## Yasodhara Ashram, One of Canada's Pioneering Yoga Centres, Celebrates 45 Years of Karma Yoga (Selfless Service)

Karma Yoga, the practice of selfless service (Seva), has been the cornerstone practice at the Ashram since its inception in 1963. Little-understood in the West, it remains one of Yoga's most challenging and rewarding practices - and for the past 45 years, it has been the creating and sustaining force behind one of Canada's most enduring centres of light. Often described as "love in action," Karma Yoga is what has allowed the Ashram to unfold and grow with such quality.

Resting on 120 acres of woodland and lakefront in south-eastern BC's Kootenay Rockies, Yasodhara was one of the first ashrams to be established in Canada and the first Canadian ashram to be started by a woman. Since the early 60's, when the land held just three small cabins and a handful of fruit trees, Yasodhara has flourished through the dedication and vision of Swami Sivananda Radha, it's founder and spiritual director. Swami Radhananda, the Ashram's spiritual director for the last 15 years, was appointed by Swami Radha to carry her teachings and work into the future. As well, contributions from thousands of karma yogis volunteering their time to construct buildings, tend the organic garden, cook, teach and take care of guests have made it the vibrant and thriving community it is today.

"Swami Radha didn't want the ashram to get too large and lose that sense of intimacy... I feel we've managed to expand

in a positive way," says Swami Durgananda. The Ashram has grown to include geothermal-heated accommodations, the Temple of Divine Light and quality workshops and programs which attract seekers from all over the world. A program that is very successful in spreading the teachings of Yoga to a new generation is the Young Adult Program, which has allowed over a thousand young people to come and participate in the Ashram community free of charge.

### 13<sup>th</sup> annual Strawberry Social - June 21

Come and experience midsummer at the Ashram. Take a tour, explore the gardens, meet some of our community members and celebrate the height of summer with sacred music and delicious desserts made from the first harvest of local strawberries. This event is free and open to all, no registration necessary! Saturday June 21, 2008 from 1-4 pm.

### Karma Yoga Celebration Weekend - July 18-20

An open invitation to experience and learn more about the Ashram's central spiritual practice - Karma Yoga, selfless service. Come and celebrate with us 45 years of love in action! We are offering anyone the opportunity to be here for the weekend at whatever fee they can afford. We will be opening our doors wide to all who would like to experience the teachings of yoga through the all-important practice of selfless service.

[www.yasodhara.org](http://www.yasodhara.org)

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