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Following my Heart

by Bernice Granger

It was October, 2007 and I was standing at Okanagan Beach in tears. I was going over what I had learned that morning in the workshop with Dr. Gabor Mate. He had worked with material from his book *When The Body Says No, The Cost of Hidden Stress*. From what I had gleaned, I realized that for me, the question was: 'What was I not saying YES to?' I drew a line in the sand, prayed, and said goodbye to ego. I set my intention and ceremoniously stepped over the line into God's will. Feeling somewhat better, but still unsettled, I decided to get a few errands done. While driving around I kept getting the message, 'Go to Angelic Oasis'. "Okay, okay!" I said to Spirit, not knowing why.

Fortunately there were no customers in the store, for when I entered a wave of fear blew through me and I crumpled into tears once again. What was I so afraid of? The owner looked at me with great concern and asked, "Are you okay?" As I looked at her I blurted out, "You do readings for people, don't you?" She said 'Yes' and locked the store door. Even before the cards were laid out the message was coming. "Career changes are happening. I was holding back, stuck in my head and not following my passion." Quit my job? This was crazy! It didn't make sense to quit my job at the hospital as a Medical Lab Technologist with 29 years experience, to step into the unknown.

But this was not the first clue. A few months earlier my healing practitioner said, "Do you know why your body is vibrating?" "No." I replied. "Your body is remembering what it is like to be a healer." She handed me a paper and pen and said. "Write down what healing another means to you." So I pondered a moment and then wrote: A Healer knows 'I AM!' I AM part of you as you are unique, but I AM you as we are ONE. Her next question, "How does a healer facilitate?" After a moment I wrote: A healer helps to open doorways, clear energy, enables another to move forward on their journey. "What would it feel like to be a healer?" "Joyful!" The last question, "What happens afterward?" I had to take time for some self-honoring, cleansing and care. I knew these answers were coming from my Soul.

The previous year, while discussing helping others with a new friend, I said, "When I start helping others to heal, it will be a modality that does not require me to know what the person needs as I don't want any interference from ego." Through her I learned about The Reconnection and Reconnective Healing, each having a different end result using new frequencies in healing. I experienced my personal Reconnection in June of 2006. I took the courses necessary to be a practitioner in 2006 and early 2007.

My life was changing fast. I was learning to live all of the spiritual truths that I had learned over the years. This was always a process, never an absolute, but as time passed I was getting more centered and peaceful. When I received the message in October 2007, I could see the truth in it. It took me time to assimilate and move into my new life. Spirit has been very supportive of me through this transition. It has been an awesome journey of growth, some tears, Love, laughter and Thankfulness.

My new practice is now up and running and my clients are often amazed at "how peaceful and put back together" they feel. Others find that a chronic pain has disappeared. In *Reconnective Healing* neither you or I know what the healing will be, the Universe and your Higher Self decide. I can only receive the energies for your healing. I love my career change. I love helping others heal and empower themselves. See ad to right

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Musing

with *Angèle*, the publisher



This month's front cover depicts the wintry entrance to the Johnson's Landing Retreat Center. The huge cedar tree loves our backyard, the amethyst geode under the sign welcomes all for a visit, and our garden shed has a fairy door for all our little friends. This edition of *Musings* tells of the latest books I have been reading. It is not easy for me to put into words what I often sense is important information, so here are some quotes that resonated with my winter contemplation time.

No one man can go beyond his own knowledge, no thought can reach beyond contemporary thought, and it is impossible for us to guess or foretell how many generations of humanity may have to live in war and waste and insecurity and misery before the dawn of the great peace to which all history seems to be pointing, peace in our heart and peace in the world, ends our night of wasteful and aimless living. Our proposed solutions are still vague and crude, passion and suspicion surround them. A great task of intellectual reconstruction is going on, it is still incomplete, and our conceptions grow clearer and more exact - slowly, rapidly, it is hard to tell which. But as they grow clearer they will gather power over the minds and imaginations of men. Their present lack of grip is due to their lack of assurance and exact rightness. They are misunderstood because they are variously and confusingly presented. But with precision and certainty the new vision of the world will gain compelling power. It may presently gain power very rapidly. And a great work of educational reconstruction will follow logically and necessarily upon that clearer understanding.

This quote was written in 1933 by H. G. Wells of London, England. It is on page 223 of the original edition of his book entitled *A Short History of the World*. The first 200 pages is a condensed history of who killed whom because of this attitude or belief system prevailing since about 1,000 BC.

The Dalai Lama's Little Book of Inner Peace is the one Richard and I chose to read on December 21, a day of contemplation and the winter solstice. The Dalai Lama asks the question, "Who created the universe?" His answer... "If evolution has a cause, there are two possible explanations for it. You could accept that the universe was created by God, but this will entail many contradictions such as that suffering and evil were also necessarily created by God. The other possibility is to say that there are an infinite number of living beings whose karmic potential has collectively created the whole of this universe, as a fitting environment. The universe in which we live is created by our own aspirations and actions. At least this argument has the advantage of being logical."

According to the Dalai Lama, space or ether is not a total void or nothingness but is composed of emptiness particles, going from the subtlest matter to gross matter (air, fire, water and earth), and this process is called generation. When these particles dissolve back from gross matter into subtle matter, it is called dissolution. Space or universal emptiness is the basis of the entire process. Emptiness corresponds to the idea of zero, to the total absence of intrinsic existence. A zero, in itself, is nothing, yet without zero, counting is impossible. Therefore, zero is something and nothing at the same time. The same goes for emptiness. Emptiness is empty, and at the same time, it is the basis of everything. He also asks the question, "What brings about happiness?" His reply is... "Happiness is related to the way we think," and continues onward... that human beings are not capable of living in isolation. Our nature requires we live cooperatively. Indeed, it is natural to love, as a parent loves their child. We all have a deep desire for peace even if it is hidden, thwarted by our upbringing. That is why the Buddha advises us to search deeply to satisfy our craving for peace, and that often takes many life times.

continues on page 6



STEPS along the Path

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

I feel that having a sense of humour is an important part of living a balanced life. And yes, I admit that most of my columns are serious, so I thought I would tell you a story that is not so serious. It all began in my tenth grade Earth Science class. I really liked this class as it was totally focused on understanding our planet and how it appears to function. For one of my assignments I had decided to make a model that would represent the volcano that rose out of a field in Mexico. I got myself a wooden fruit crate and turned it over and pasted some green paper to the bottom. Then I made little farm houses, drew in roads and used props to make the bottom of the fruit crate look like a miniature farm setting.

Now I have always been a science type of a guy, so this project really excited me. I asked the teacher if I could borrow a two inch crucible and have a small quantity of a red-orange power, called potassium permanganate. When ignited, the powder has the characteristic of turning to ash, which increases its volume thus making a little volcano looking mound. In preparation, I cut a hole in the bottom of the fruit crate big enough to hold the crucible level with the surface of the crate.

Being an adolescent at the time, this potassium permanganate thing was just too tame for my liking so I went to work with my home chemistry set. I mixed together some charcoal, sulphur, and potassium nitrate. For those of you who are chemistry types you will recognise this mixture as gunpowder. Next morning I took my fruit crate and all the related chemicals to school. When the science class started, I went to the boys' bathroom to prepare my volcano. I took a glass tube, which looked like a small test tube without ends, and stood it up in the crucible. Down the tube I poured the potassium permanganate. Next I poured the gunpowder mixture around the outside of the glass tube. Then ever so gently I pulled the tube straight up out of the crucible leaving the potassium permanganate surrounded by gunpowder. To finish this presentation I put a thin strip of magnesium

continues on page 7

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Musings continued

Since I usually have several books on the go, it is interesting for me to note the similarities, each one adding understanding. In his book, *The Different Drum*, Scott Peck describes emptiness as... "An exercise of discipline and always the most difficult part of process that a group must undergo if it is to become a community." He continues, "There are few among us who do not have great difficulty in tolerating the emptiness of not knowing. After all, knowledge of the past, the present and even the future – and above all, self-knowledge – are touted as the ultimate goals of the human experience." He then talks about a few situations and then asks "What would happen if each of us said, 'I don't know' and allowed answers to present themselves." He then talks of Elisabeth Kubler-Ross, who wrote the classic book, *On Death and Dying*. She says there are five stages people go through as they face death: denial, anger, bargaining, depression and acceptance. She says most people are unable to 'work through' their depression to find the peace they so desire.

Scott Peck suggests that to get through a depression, we must go through a kind of death, a letting go of our ego so that change can affect us. Feelings of irritability are our body's way of saying it wants time alone so it can talk with us. If this does not happen, the body has no choice but to increase the ante, and soon we have migraines or weight gain. If we sedate the messenger and use drugs, we will feel better but the body will stay unheard: we become unbalanced, our 'dis-ease' get louder, and the need for medications become stronger. Christiane Northrup in her book *The Wisdom of Menopause*, a must-read for people who wish to understand why hormones create moodiness, describes emotions as containing the word 'motion' and says our feelings are meant to move us.

In yet another book entitled *Journeying East, Conversations on Aging and Dying*, Victoria Jean Dimidjian interviews Michael Eigen, who talks about the need to strengthen our emotional muscles. He does not believe that people's feelings have enough time to get digested. Instead, we allow powerful drugs so that our feelings can be used for gain by the powers that be, including the media. He continues to explain that the children he sees in his professional capacity as a psychologist are given medications much too quickly. He says, "If we are to evolve, our feelings for ourselves and for each other will evolve, but first we have to learn to use our internal resources so that as a world group process, we gradually correct and add to each other's knowledge. It's part of the paradox of living that keeping the long view in mind enables one to be in the here and now."

May this New Year bring moments of celebration as you discover the wonder that you are. If you need help discovering this, please join us at the Spring Festival of Awareness or attend a workshop at our Retreat Center in Johnson's Landing, visit one of the many Holistic Health Shows that happen every spring or contact an advertiser that resonates with you.



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Footsteps on the Path *continued*

down into the potassium permanganate so that it would get enough heat to ignite.

When I entered the class I was amazed at the number of people present, my teacher had invited two other science classes to see the demonstration plus there were four or five teachers that dropped by. Students were jammed two to a desk and standing all along the edges. Wow, my reputation as a budding young scientist was on the line, for I had a positive reputation with the science teachers as I had won awards at several of the Science Fairs.

Putting my fruit crate on the front laboratory counter, I explained to the class what a miracle they were about to witness. All eyes were turned on me and my fruit crate. Boy, was I nervous. One of the teachers turned out the lights as I got my matches. Magnesium has a high ignition point so it took several tries before it ignited. In the dark classroom a piercingly bright light burned its way downwards.

Well, what happened next is probably still being told by some of the students in that classroom. When the magnesium finally hit the potassium permanganate it ignited and simultaneously ignited the gunpowder. A huge flame shot up to the ceiling out of the fruit crate, as the potassium permanganate turned to ash and was blasted into the classroom. And then, if that was not dramatic enough, my fruit crate caught on fire!

Not really wanting to explain what had just happened I took the burning fruit crate and headed out the door back to the boys' washroom. I put the fruit crate into the sink and splashed it with water until the fire was extinguished. I stayed for as long as I thought was excusable before heading back into the hallway, where smoke and ash were still rolling out of the open classroom door. As I walked inside the lights were still out and my Earth Science class was watching a film on volcanoes. There was a lot of coughing going on and the projector beam illuminated the smoke still swirling around in the room. I feigned ignorance of what just happened and took my seat.

Namaste
Richard

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A Journey of Initiation and Discipleship

by Troi Leonard

I believe that many souls are presently engaged in walking the Path of Evolution called Initiation leading towards Discipleship. The process was initiated in the Mystery Schools of old, to provide an opportunity for certain candidates to advance more rapidly on the Evolutionary Spiral. The dangers of failure were great, but the rewards of success far outweighed the risk. "INITIATION may be understood as a process of ENFORCED EVOLUTION." The rewards of achievement include Freedom from Suffering and Liberation from the Wheel of Karma. One then becomes a Server of Humanity and the Planet, with all attending responsibilities fully realized. I wish to share with you aspects of my life, that I believe are indications of the Path.

Looking back years later, I began to see and understand many of the signs and indications with greater clarity. Much of my childhood was spent in living in an inner world of fantasy, dreams and imagination. I was a mostly silent introvert. Yet I was placed in the perfect setting of two Germanic parents with strong ethics regarding work and creative expression. It was a schooling of staying grounded with efficiency, regarding all matter.

One of the hallmarks of walking the Path is the experience of a deep sense of loneliness and isolation, even amidst family and friends. There is also the sense of being an older soul on earth. Mother nature fulfilled my need for escape, and thereby became my first teacher. I spend many hours floating through the kaleidoscope of colors and sounds, often mimicking and miming the sounds of animals and nature.

At the difficult age of 13, my parents immigrated to Canada, which brought the next level of growth, that of my emotional/feeling body. I now felt the national karma of a German boy in a strange and foreign land. I turned into a grossly overweight basket case, full of anxiety and nerves.



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I found myself, at the suggestion of my father, on a Canadian Destroyer, cruising as Admiral Ship in NATO Squadron through the Atlantic Ocean. I glorified in having lost all my excess weight, faced my long standing fear of males, having to live with 240 of them, and balanced my emotional/feeling self. I became aware, only at a later date, that much of our time was spent cruising through the Bermuda Triangle, and often parking directly over the sunken great Pyramid of Atlantis, according to the great American 'Sleeping Prophet' Edgar Cayce. I now know that I was reconnected through my Crown Center to the etheric records of Atlantian memories.

After my two and half year sojourn through the deep, my spiritual training started in earnest. Working as an apprentice forester in Nelson, BC., I met many alternative practitioners, lived with a Yoga Teacher, began to meditate, fasted, cleansed and chanted the 'Ohm.' I also met my first teacher, who taught me, by example, the difference between white and black magic. I will always be grateful for his introduction to me of the Wisdom of Djwhal Khul, also known as the Tibetan, through the writings of Alice A. Bailey. I deepened my meditations and found particular interest in SEVEN RAYS. I had been keeping a diligent diary of my dreams and it's related symbolism.....suddenly being woken out of deep sleep.... with My SOUL CALLING MY NAME. Like an electric current coursing through my whole BEING.... I AWOKE. My wake up call to the soul's work had begun.

The next years brought huge lessons in character development and adjustments in mind, body and spirit. One such experience took the form of a Spirit Quest. I was participating in a *Rainbow Family Gathering* in the mountains of Montana. With healing courses and application, a constant rhythmic drum beat, and gazing into the fire for two sleepless days and nights, I was suddenly and unexpectedly transported into the body of an Eagle swiftly flying into the Sun. I realized instantly that I represented both the eagle and the sun.

In 1975, I found myself back in Calgary, working as a part-time carpenter's helper and finally as an employee in a new age restaurant, which was to last six and a half years, teaching me the beginnings of group work, and leadership. We started a new age publication and an esoteric school with eight teachers, myself as a director. It was during this time that I met both an old friend and a true master of the Harmonics of Sound, Color and Vibration, a system for self development and soul evolution. I had finally found a practical process, that worked in the electro/magnetic field, increasing the vibrational rate or frequency of the atoms of our composition. Numerous inner experiences followed. One night, without warning, a huge white cobra appeared in front of my inner eye, and struck the center between the eyebrows, activating the proverbial 'third eye' with such force, that I physically felt it for several weeks. Your soul will never steer you wrong, for every step will lead you closer to the goal you have been seeking. Please trust yourself to know what is right and best for you. Discipleship is the expression of the Higher Will in the Sacrificial Service of the One through the Many.



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Revelations From Within

Below is a sample of Jacquelyn-Rose automatic writing.

Dearest child, your woes seem many. You trials seem long. Pebbles and sand and streams and mountains and oceans and stars seem to separate you from your dreams of heart felt sharing. So filled are you with love and joy and laughter and acceptance of you for who you are that it overflows upon those who have been taught to hate but through you are learning to love. Your life abounds with joy and freedom and supply. Seek ye greener pastures? Seek ye letters of diploma from the sky?

Laugh my child!! Feel the joy! The signs have come; still you look in darkness. God does not chant through billboards and loud speakers. The voice of God echoes through your essence. It extends through your cells and circulates with your breath and blood. It comes through the whispering trees, the flitting butterfly, the lapping shores and the glittering sun. It passes through the smiles of your fellows and the touch of their hands.

Seek and ye shall find; ask and it shall be given, are not empty platitudes! Tis through you that the voice of the Holy One echoes in your world. Speak from your heart. Doubt not your inner sensing, your deep knowing, nor your symbiotic encounters. You have asked my dear child. You have asked and asked and asked and asked again. You have sheared your impatience. You have looked for signs. Few have you seen; many have been given!!

Are you content with mediocrity, or do you produce excellence in your life? Do you cultivate great desires, or are you content to say, *This is good enough?* Is there one more worthy than yourself for your greatest aspirations? If yes, then whom would this be? And what gives one woman or man more essential value or worth than another?

The very best that life has to offer, it offers to you. The greatest works by the most devoted and gifted artists are created for your enjoyment, to enhance the quality and beauty of your life. The most useful inventions of all time have been labouriously created for your benefit. The wonders of nature are designed for your pleasure and to support and make possible your life.

You are the most magnificent of all the creations on this planet. There is nothing small or insignificant about you. Greatness is inherent within you. It is your natural state. Of course you are free to choose mediocrity... you are free to accept less than what you desire in life.

Of course you are also free to choose greatness... you are free to cultivate excellence in your actions and to produce greater and greater results in your life. You are free to make decisions about what you desire, and then do what is necessary to achieve those desires. All of the faculties necessary for the fulfillment of your greatest desires already exist within you.

Be not appalled by the magnificence with which you have been created and that you indeed are. Dare to look upon yourself and see what you would do and have and be. Seek ye now with new sight, with eyes of loving acceptance and gratitude for the gifts of learning your fellows offer you. Offer only love and gratitude to your fellows in return for what they offer you. Be grateful in your heart and heartfelt in your love. Then shall the signs and signposts of eternal vigilant guidance be more readily seen by your misty eyes. Always is the trail lighted for you, dear child. The inspirations of your deepest desires are always for the greatest benefit for the greatest number of your fellows. Know that you are always loved and forever supported.

Jacquelyn-Rose is the producer of SYMBIOSIS, a multimedia musical presentation that reveals the power of your thoughts and their impact on the world around you. Her enthusiasm for the substance of her presentations is both authentic and contagious. Jacquelyn presents an enormous amount of scientific and metaphysical research incorporated into an easily understood philosophy of peace through self-empowerment.

She invites you to her performances - see ad to the left.

The Makings of a Festival

Sukhi P. Fox

For over four years we have hosted a variety of interesting guests at our Lodge Inn in Cherryville. We offer unique options for those interested in wellness, increasing awareness, and exploring nature. We've had many clients report extraordinary outcomes and some are taken aback by the concept of offering that possibility. I practice Resonance Repatterning, a quantum-based method to shift energy on any level. It's not just the therapy that works, it's an environment conducive to integrating and grounding the shifts that occur.

Randall and I create the atmosphere with good loving vibes, healthy food and juices. We encourage our guests to explore the property. I visit my Gaia church each morning with my joyful dogs. It's a high lookout over the Monashee Mountains. I call it 'The Church' because I feel inspired and lifted up, often guided about our next step as we let go. It has an unspoiled view, the sound of the creek rushing, the sunshine, and the fresh air.

We have been thinking about the many festivals we have attended through the years, and the Aleila festival in Ontario where we first met. Things are now coming full circle as we prepare to have our first festival here. It will combine information, experience and entertainment. It will showcase talented local residents and lots of interesting mini-talks on topics such as Vitamix Whole Food Juicing, Brain Gym, Collage Vision Board Making, Wild Crafted Instrument Making, NVC, Peralandra and Coning. There will be a sunrise ceremony daily, live music events, 100-mile meal, drumming and more.

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The Letter

by Harold Siebert

Back in the 90's my wife Linda and I were planning to move from Toronto to Edmonton. I felt secure in relocating my clinic, but Linda, a hairdresser, was quite apprehensive. We sat down and talked and Linda said she just couldn't go knocking on doors to find a job. In fact, she was even nervous about answering an ad that she felt qualified for. She then announced, "You find me a place to work. That's your job!" Together, we made a list of her skills. She knew Edmonton would be cold in the winter so she informed me that she would prefer to work in a mall so that on her lunch break she could walk around inside where it was warm.

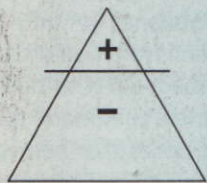
Next, I went to the library and obtained the names and addresses of 35 shops to send the letters to. Not because I did not know the city, but because I did not know which shops were in malls. I sent the letters to the managers and waited for a response. I knew she was a good worker and that most bosses would like her and I enjoyed showing her how easy it was to find the right job. It made me feel like I was 12 feet tall.

End result: 13 job offers. I learned later that this letter went against the rules of 'good' job applying techniques. One was a managerial position, and one firm offered to fly Linda out from Toronto to Edmonton if she could start right away. Linda did accept a position in a shop in the West Edmonton mall and a few months after she started, the boss and his wife took us out for dinner. The boss commented on the letter. Linda shyly said that her husband helped write it. His response was, "Your letter is so good, I would have hired you, even if you couldn't cut hair." My wife worked for his firm for over 10 years until she accepted a teaching position with a well known school where she is to this day.

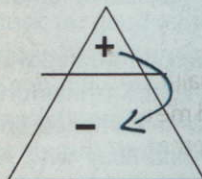
Over the years I have used this letter to help others get a job, one even in another country. I still have this letter, and find it still works. I am offering a copy of it to anyone without charge, who might find it valuable. Why? Karma.

Phone me, Harold Siebert 604 796 8582 or email haroldsiebert@yahoo.com

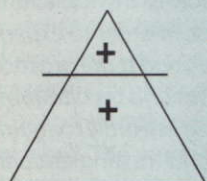
When Awareness isn't enough



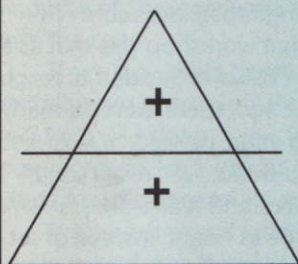
Conscious mind and chosen positive Core Belief. Subconscious mind and long standing negative core belief, thoughts, feelings and behaviour



Using highly specialized method, conscious mind negotiates for change with the subconscious mind



Subconscious mind embraces, encourages and supports chosen positive core belief, thought, emotions and behaviour



Transformation of negative into positive core beliefs, thoughts and behaviours, on spiritual, mental, emotional and physical levels, past the layer of the cells

Awareness expands on every level when the conscious and the subconscious minds are in harmony. Changes feel right and natural. Positive changes continue without effort and accumulate over time.

Is This You?

Do you feel that something is holding you back but you don't know what it is? Do you want to change, but don't know how? Have you tried workshops, books, affirmations and analyzing your issues, but changes don't last?

Our major beliefs were in place by the time we were six, accepted from parents, or other authorities. Decisions were made, to make sense of what was happening around us, so we could survive in a world we didn't understand. They became a part of our subconscious mind, which has a great effect on how we think, feel and act. In my 23 years of working with hundreds of people, I have discovered that outside influences create 85% of each negative belief system. If later we decide to be or do something in opposition to those beliefs, there is inner conflict. A 'part' of us believes one thing, and a 'part' of us believes another, creating a feeling of push-pull or being stuck.

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These deeply imbedded core beliefs and decisions can be changed. Core Belief Engineering, a unique, highly specialized questioning process, reaches the 'part' holding the negative belief and negotiates until a positive belief is accepted instead. The questions are gentle and non-leading so the answers feel right and natural. When the conscious and subconscious minds agree, a thorough transformation of the negative beliefs, thoughts and feelings is completed on the spiritual, mental, emotional and physical levels, down past the layer of the cells. Changes last. A client from Toronto who had been a wealthy cocaine dealer for 24 years, wanted to change, but was not willing to be poor. We changed the belief, "Rich people are crooked" into "I can be rich doing anything I choose." Now he uses his sales and business building skills legally and is successful and wealthy selling something he believes in.

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Yogi Master coming to the Okanagan

by Marion McConnell

Many years ago I attended a workshop in Spokane, WA. with a wonderful yogi and teacher, Erich Schiffmann from California. I was so excited, and it was everything I imagined it to be... wonderful detail in his teachings, a gentleness that made me listen to my body, and great sequences of poses that helped us to safely explore our range of motion. He had real humility in his being, and a great sense of humor! For such a famous teacher, I was impressed.

Not familiar with Erich Schiffmann? Well, he studied with Sri TKV Desikachar, Vanda Scaravelli, BKS Iyengar, Krishnamurti, Joel Kramer, and others. Many years ago he compiled one of the first Yoga Videos ever, *Yoga Mind and Body* with Ali MacGraw, and is the author of the book *Yoga: The Spirit and Practice of Moving Into Stillness*. In his book is this delicious quote, "Yoga is a way of moving into stillness in order to experience the truth of who you are. The practice of yoga is the practice of meditation – or inner listening – in the poses and meditations, as well as all day long. It's a matter of listening inwardly for guidance all the time, and then daring enough and trusting enough to do as you are prompted to do." For more details about Eric please visit his website. www.movingintostillness.com

A statement he made during that workshop was that as a young yoga teacher, he took a great risk and decided to teach yoga as his occupation. 35 years ago there weren't many people who made a living teaching yoga. He said, "If it doesn't work, I can change it, but as long as it works, I will teach yoga." I liked his approach of non-attachment and fearlessness. Isn't this how life should be? Living my life as I want, instead of settling for a job that brings in the money but isn't exactly what I dreamed?

I started practicing yoga in 1971, at the age of 17, and since my Teacher Certification in 1978 I have taught several classes a week and trained many students to become Yoga Teachers. Yoga filled my life, and my family accommodated but as the number of classes increased, my 'daily job' got in the way. It was too much for me to work 40 hours a week, fulfill all the yoga responsibilities, and then fit in my personal yoga practice.

Four years ago, when our youngest son graduated, we sold our house, quit our jobs, and simplified our lives for I did not want to leave this life without deepening my sincere sadhana (yoga practice). Now in the spring and summer I teach workshops and Yoga Teacher Training in Canada and in the winter months I teach in Mexico. My life is rich with Yoga and I have time to do what I love. Since that wonderful workshop I have wanted to bring Erich to Canada and this is the year! This is an incredible opportunity to learn with a Master!

Please see ad to the left for details.

Marion (Mugs) is a founding member of South Okanagan Yoga Academy and co-creator of SOYA's Teacher Training Program. She is a Registered Teacher with Yoga Alliance and is the Canadian Rep. for the International Yoga Teachers' Association since 1981. She and her husband have a website to sell sacred products from India, have yoga articles, and Yoga Teachers list their events, at www.yogaessentials.com.

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Silence is Not Golden When You Are Ill

by Sharon Carne

It's winter in Calgary. Flu and cold season has kicked in. We have already had a month where the daily temperature has struggled to reach -20 Celsius. When you're outside it hurts to take a deep breath. Our exposure to fresh air is limited. We spend the majority of our time indoors breathing recycled indoor air.

It is also a time of highly stressed immune systems for many people. The good news is that music and sound can boost your immune system. Many of us intuitively put on our favorite feel-good music when we're not feeling well. You choose this music for good reason. Music changes your heartbeat. For example, not everybody knows that when you walk into a grocery store or mall where music is playing, within about five minutes your heartbeat matches the rhythm of the music. This is called rhythmic entrainment. There is no off switch. The human body is a natural resonator for sound. Three main rhythms in your body are your heartbeat, your breathing, and your brain waves. Because these rhythms are connected, when you affect one of these systems you affect the others. When you listen to music with a beat that matches the beating of a calm heart, your heart will match it. Your breathing will slow down and you will feel calmer. When this happens, your hormonal system releases endorphins that have been shown to lessen pain and help you feel better.

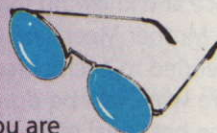
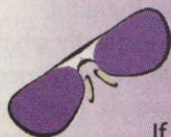
At the molecular level, viruses use the same receptors as neuropeptides to enter a cell. The name for the cold virus is rheovirus. It attaches to the same receptor as the neuropeptide, norepinephrine, which is believed to be released when you are happy. If all these receptors are attached to norepinephrine, the cold virus can't get into the cell.

There is a whole genre of music called Applied Psychoacoustic Music that uses entrainment to manipulate body rhythms for specific results. You can find CDs that will help you sleep, relax, learn faster and better, focus your mind, boost your immune system, lose weight etc. When you add guided meditation or imagery to this kind of music, the results are even better.

Experiencing this kind of music, feeling its effects on your own body and learning how and why it works is a rare opportunity. Nearly half of the Sound Wellness course is spent learning about and experiencing a wide variety of psychoacoustic music, brainwave entrainment music and guided meditation. By feeling the effects yourself, you will know whether or not this is a tool that you can use to create health and wellness in your life. *See ad to the right.*



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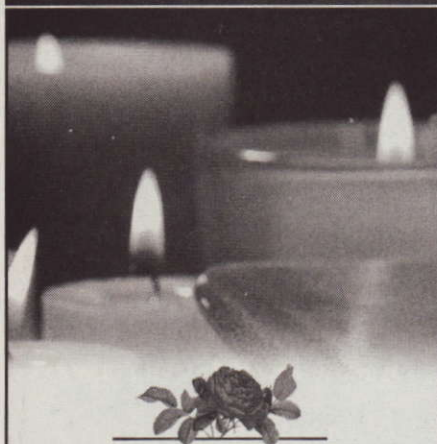
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Darshan with Mother Meera

by Leela Sivsammey

Some time ago my friend Cathryn just returning from Montreal excitedly recounts her experience. "You must go to her website and see for yourself. I have not experienced so much love from one person, I feel like a brand new being." In my skeptical mind, I responded with, "You are so impressionable, you always see the best in everyone, my dear friend."

A few days went by and I forget our conversation, until she sent me the link. When I clicked it open I felt moved in subtle ways that I cannot explain. I felt compelled to help, to be part of this divine work and so without a thought as to the enormity of the undertaking I asked if Mother Meera would come to Calgary. Imagine my surprise when they responded with, "She would come if there was enough interest." I have never met this beautiful being and I did not know what a darshan was but I booked a facility and spread the word. When I entered the building it was as I saw it in an earlier dream, including Mother Meera sitting on a round stage.

Mother Meera is an enlightened being from India who is described as an incarnation of the Divine Mother. She is on a mission of consciousness. Her purpose is to open people into the divine light and help them surrender to this light with their heart, mind and soul. She is not interested in conversation, as it has no meaning. She says, "As an avatar I have no special path, but come to give grace and power to those on all paths....people from all faiths can receive help from me."

I learned that a darshan takes about two hours and is free. Each person takes a turn walking in front of Mother Meera who then takes their head between her hands and blesses them. She says, "A human being has two lines along the legs, they join at the base of the spine and become a single line reaching to the top of the head. This line is thinner than a hair, and has knots in it which divine personalities can help undo. It is delicate work and great care has to be taken. When I hold your head I am untying those knots. I am removing obstacles to your sadhana, your practice. When I touch your head, the light moves upwards in the white line and will indicate, like a meter, the development of your sadhana."

The day after the Darshan, I was quite agitated about my son. I felt like a runaway freight train of emotions and could feel no peace. Mother Meera listened and just held my hands as I ranted on. Slowly, I felt this energy pulsing through from my hands into my body. I became silent and conscious of every thought as the energy increased in intensity. Suddenly, my eyelids flickered backwards as I consciously acknowledged I was in meditation. I had never experienced this deep meditative state while staying conscious at the same time. A space where there is no time, only the awareness of being one with all that is. In that state all is resolved and I opened my eyes to the world of illusion with no pain or grief, only a feeling of acceptance, of peace and knowing that I was touched by the divine and felt humbly thankful.

Mother Meera explained, "In silence one can receive more. I give exactly what is needed to each person. God is silent. Everything comes out of silence. In silence more work can be done. The true experience of bliss is without words. Darshan is the bestowal of Love, Light and Grace, a gift to humanity." I was struck with the thought that this is what it is like to live with someone who has no ego. She is simplicity herself, in thought, word and actions. From moment to moment her presence exudes the "Nowness" of living.

*Mother Meera will be traveling in Western Canada this Spring.
Starting in Vancouver on March 25, then to
Kamloops or Kelowna, on March 27,
whichever town has the most registrations and best location.
Then onto Calgary, March 29 and Edmonton, March 31.*

*If you are interested in receiving Darshan,
please go to the website and register, ASAP.
<http://MotherMeeraDarshanKamloops.com>*



The Legend of HU

by James P. Bauman

A Soul Traveler visits and studies many places of interest. One night I found myself examining an ancient script on the stone wall of a crypt deep beneath an Egyptian pyramid. As I took notes, I suddenly sensed an invisible presence. The palpable vibration of colossal evil was overpowering. Paralyzed with terror, I trembled uncontrollably. Fortunately, I had conditioned myself to chant HU (pronounced "hue") on a constant basis. HU had helped me countless times. "Huuuuuuuuu," I sang once again ... for my life!

Instantly I was infused with a tremendous calm. Astounded at my swift recovery, I collected my materials and strolled up an inclined tunnel to the outside world. Once in the bright sunshine though, it seemed what I'd encountered was only a dream. I also felt incredibly cleansed and energized. Greatly wishing to complete my research, I planned to risk returning below when I awoke to the physical world.

Sometime later, a friend sent me a web link about Egypt that described the legend of HU. HU was once known to the ancient Egyptians as the God of Utterance, or Word of God, which created life ... a cryptic doctrine echoing dimly beneath sands of time. Though all but forgotten, the knowledge of HU is re-awakening. Once secretly taught in many cultures such as the Druids, certain native American and African tribes, areas of Tibet, and in Sufism, HU is becoming openly revealed today.

In Eckankar we know HU as an ancient name for God, and a love song to God. Singing HU simply raises one's consciousness to where one is a clear channel of God's love. It brings spiritual enlightenment to any situation. There is no manipulation of people or circumstances. Whatever your spiritual path, HU can enhance it.

Harold Klemp, spiritual leader of Eckankar, says "So sing HU softly, gently. Once among the most secret names of God, the Order of Vairagi Adepts (spiritual guides) has now brought it into the world for the upliftment of all. It is for those who desire true love, true freedom, wisdom and truth. In time people everywhere will have the chance to sing this age-old, universal name for God. This is a new cycle in the spiritual history of the human community. It will all be due to HU, the most beautiful prayer." —HU, *the Most Beautiful Prayer*, p.65.

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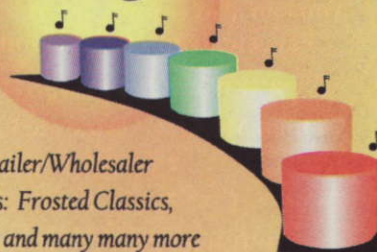
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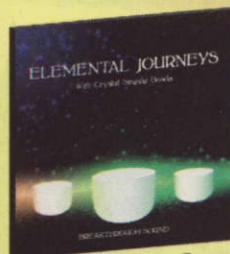
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Distance Healing

by Sharon Taphorn

Over the years I've had the honour to participate in healing work in different ways, from allopathic medicine to alternative healing modalities, healing circles, workshops on healing as both a student and a teacher. Each offered me the opportunity to experience a journey back to love.

One day we had St. Paul's Hospital ICU participate in an on-air healing. It all started while I was reading Facebook. One of the entries caught my eye, a friend who is a nursing student requested prayers for a man in ICU. As I read the message, my mind drifted off to imagining myself standing in front of a great big man who was very confused. I intuitively knew I was in St. Paul's ICU, and started feeling this misty energy and receiving information that his head was throbbing. I was able to sense that he was okay and people were there for him.

Then I came back to myself, knowing I needed to send my friend a message and confirm what I was feeling. Indeed he was in St. Paul's and Fred had had a heart attack. He had CPR and there was extensive swelling on the brain and brain stem. I asked if we had permission to send it out to our healing circles. Fred's family said yes, they wanted all the help they could get. A few hours later it was arranged to co-ordinate it with one of my radio shows. During the on-air healing, Gerald, Fred's partner, channelled the energy we were sending. Fred was astounded that so many people, some he didn't even know, had gathered. During the broadcast everyone went quiet and people in the room reported feeling amazing energy. After the healing I received emails from people who had not been exposed to alternative healing before that day.

Fred did transition beautifully, surrounded by those who loved him. There is no doubt in my mind and my heart that prayers work. I am here to be of service. I have a network of contacts and if you require assistance and want some distance healing from our group of Angels, at no charge, we are only a click away. www.playingwiththeuniverse.com.

Sharon will be one of many teachers and healers
participating at the Spring Festival of Awareness
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
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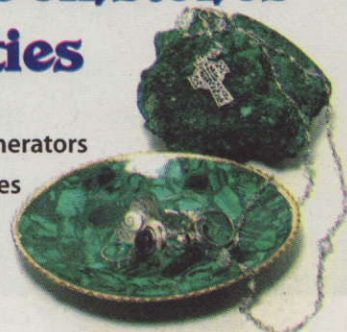
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Creation is Ecstasy:

Manifesting through the Chakras

by Anodea Judith, Ph.D.

I wasn't born knowing how to manifest. In my younger years, I lived on the edge, guided by my ideals but having no idea how to create them. The whole decade of my twenties was spent living day to day, never knowing for sure how I would pay my rent, fix my car, or what I was going to do next, yet somehow all these things happened. I was surrounded by friends who were both intelligent and talented, but were equally fringe members of society, living day to day like me. They, too, lived their ideals as best they could, without the means to manifest them fully. The old maxim used to run through my mind – "If we're so smart, why aren't we rich?"

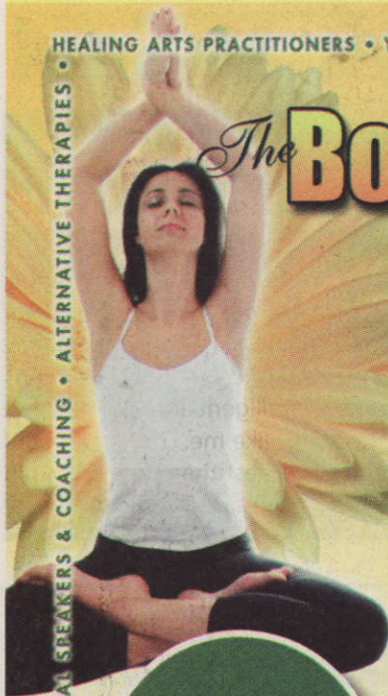
1975 was a turning point. I sold everything I had (which wasn't much), bought a four wheel drive Jeep and moved to a remote mountain top. Here I lived as lightly as I could, needing and having as little as possible. A friend had bequeathed me five acres of land and erected a tent for me to live in. After driving in as far as I could in the Jeep, I still had to walk uphill the last mile to the top of the mountain where my tent was pitched. Once I was there, it was glorious. I meditated and practiced yoga, wrote songs and poetry, read books and communed with nature. I built lean-tos out of fallen branches, gathered water from the rain, sang into my fire each night, and worked in a neighbor's garden at the bottom of the mountain in exchange for my food. It was a very special time and I wouldn't trade one minute of it.

Life was fine until one day, after trundling up hill with a backpack full of food from the garden, I discovered my tent was gone! So was everything I owned. Even though it wasn't much, it was all I had. And if that weren't enough, it was almost dark and looked like rain was heading in that evening. (As it turned out, the tent's owner had merely moved the tent to another location without letting me know, but I didn't find this out until weeks later.) Needless to say, I freaked out, up there in the woods alone that evening as I faced into the cavern of my own powerlessness. There was nothing wrong with my ideals, but I knew I would never create much change in the world when all I had was a borrowed tent that could disappear at any moment. I knew it was time to come down off the mountain and learn to manifest my dreams.

During my time on the mountain however, I learned a lot about myself. I developed a very strong relationship to spirit – to the birds and the trees, the clouds and the winds. In particular I studied and learned about the chakra system, and as I worked daily with (or against) the elements of earth, water, fire and air -- climbing my mountain, gathering water, sitting by the fire at night, and dealing with the wind and the clouds by day -- I began to see the building blocks of the lower chakras and their importance. I discovered that the current of energy that runs downward through the body was the current of manifestation – the current that could take our ideals and make them real....

I began to direct my attention back into the world, down towards my own personal ground, and downward through the chakras. Things started to manifest. The more grounded I became, the easier this manifestation occurred. And the more I cleared away my own resistance, fears, and doubts, the more clearly my manifestations matched my intentions. Since that time I have raised four children to adulthood, completed my master's and Ph.D., written half a dozen books, and created the life I wanted – teaching workshops, writing and lecturing, and having the means to support my ideals. And I still manage to find time for fun and leisure! People ask me how I do it. Creation is Ecstasy: Manifesting through the Chakras is my answer.

Anodea Judith, Ph.D. will be at the Body, Soul, Spirit Expo, see ad to the right.



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CREATION IS ECSTASY!
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Anodea Judith, Ph.D. is the founder and director of Sacred Centers, and a groundbreaking thinker, writer, and spiritual teacher. And author of several bestselling books and CD's including "Wheels of Life: A User's Guide to the Chakra System", "Vega: The Sevenfold Journey: Reclaiming Mind, Body, and Spirit through the Chakras", "Eastern Body, Western Mind: Psychology and the Chakra System as a Path to the Self", and "The Chakra System: A Complete Course in Self-Diagnosis and Healing."



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G.W. Hardin is a New York Times best-selling author and co-author of five books. His teachings have been likened to the works of Dr. Doreen Virtue, James Twyman and Gregg Braden rolled into one.

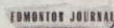


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Cycling for Kindness Brock Tully



The 70 lbs. of trailer lagging behind my hybrid bicycle is not the only weight on my tired body. Neither is the steep incline that swallows every push of my weary legs as I pedal towards the saddle far ahead. Or the ounces of road grime that steal efficiency from the engineering of my old-school rig. After logging half the mileage of my 14,000 planned out kilometers, pedaling through the wide countryside of Canada and the U.S., it's the many wanderings of my troubled mind that seem to have a gravity all their own.

For me, this is to be a nine-month sabbatical, not FROM my real life in Vancouver, but more to pierce into the very heart of it. Not so much a long bike ride as it is a series of sojourns leapfrogging across the western side of north America in hopes of rediscovering inner peace and harmony. And it is also a chance for me to concentrate on a life-long endeavor of spreading the awareness of simple kindness...something I feel is seriously lacking in this modern society that embraces so many materialistic hedonisms.

Or are my priorities the other way around?

To say I wasn't afraid before I left Vancouver to hit the road would give the impression that I had everything together and that my leaving was for mere fun. But, so far it's been a lot of work. And there have been fears. A week before I began riding, I had a pretty strong panic attack in the middle of the night. The ongoing uncertainties that fill the gaps in my itinerary toy with my confidence.

I remember, in front of the large crowd of supporters at the send-off celebration, being asked if I was at all afraid. My honest reply was, that yes I was...more so than ever before. But

that I also had more fear of what might happen if I didn't follow my heart and do what I felt I had been "called" to do. After all, fear is in the mind and I figured the best way to confront those fears was through listening to my heart.

Through different facets of my life in Vancouver, I had developed several programs, the "World Kindness Concert" annual shows, "Kindness Rocks" and "Kindness Speaks" to promote kindness and the hope of a better world, and now my heart was telling me it was time to travel on the "Cycle It Forward" tour and spread the awareness of these values to all that would listen.

Part of my itinerary was (and still is) to speak at elementary and high schools whenever I can...whenever the powers that be could or would fit me into their tight curriculum; not always an easy task. One of the most memorable engagements was at a very large high school in Phoenix, AZ. As I approached the main office to pitch my gig, a teacher came up to me to see what the bicycle and big trailer were all about. When she learned that I was on a tour to promote kindness, she exclaimed "THIS is why I went into teaching!" To say she was a real "do-er" would be an understatement. Even though she is the head of one of the largest student councils in the country, she was able to organize an assembly of over 300 students where I was asked to give a speech and an inspirational, multi-media presentation on my adventures and goals. She ordered 600 of my "kindness bracelets." Each bracelet is embossed with the word 'kindness' in nine different languages and is meant to be worn every day on the student's left wrist. Each day, when they do an act of kindness, they move the bracelet to their right wrist as a conscious acknowledgment of the good they and other students are doing. This is just one simple step in the solution to the problems of violence, bullying and abuse that we see too often.

Although proselytism and redemption are the prospects of these experiences, sometimes the stories and events themselves are better examples to carry on by than my own moments of simple triumph.

A man I met in a small, isolated desert mountain town of about 170 people was on the very cusp of his own mortality, having lost nearly everything in the fumbings of his life, the last straws being his son's suicide and his wife running off with another man. In a drunken stupor he confronted the other beau, wielding a gun and a lot of ill-conceived bravado. When the new beau's bigger gun and bravado chased him off

continues to the right



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the property, the sod found himself at a river's edge with his gun now pointed at his own temple. Just before he emptied the chamber, two geese squawked and flew overhead. This sound of nature woke him from his state and stopped him from ending his life. He ended up constructing a public campground/RV park/cabin rental site by himself, that he maintains and runs strictly on an honor system, to stand as a monument to trust, self-fulfillment and compassion for all the world travelers who pass through. I stood in tears, reading the hundreds of notes covering his office wall, written by campers from all over who were moved by his rare show of trust. It reaffirmed for me, the profound impact that kindness and the resulting ripple effect can have on the world, even from just one simple act.

I was also very touched by the experience of a successful, wealthy and well-known businessman I had the pleasure of meeting. Sadly, he had been diagnosed with a very serious form of cancer. Prior to that point his focus in life, though well-intentioned, was on acquiring as many material things as possible, thinking that it would bring security later in life. Amassing quantities of possessions was how he dealt with his concern for his wife and children's future and well-being. But he was coming from a place in his mind of fear and scarcity that there was never enough.

Then, while he lay in bed for months, weak and ill from his cancer, he began to realize that we, as a society, never really lack the things we truly need; that we always have the non-material keys to happiness within us. He finally saw what would give his life meaning and purpose...to work at bringing more light and good will to the world around him. As his focus changed

to taking action and doing things for the higher good of all, his health returned and, slowly, his recovery and new-found awareness became his greatest gift to his family.

Throughout my journey so far it has been the sharing of experiences and stories that has kept me full of the will to keep going. The countless yarns of people's struggles and victories have helped me find a clearer understanding of my place in all of the expanse. And I feel blessed to be able to share my beliefs and knowledge about the importance of kindness and gentleness with others and, hopefully, improve their lives and the world in a profound way. These are the thoughts that flow through my mind during the long stretches of open road.

But my road zen and mental wanderlust quickly evaporate as I'm jolted back to reality by the thunderous rumbling of an eighteen-wheeler coming way too close for comfort. With the smell of his diesel exhaust still around my head, all of my musings come together into a clear epiphany; the 70 pounds that I'm pulling, the grade that I'm pedaling up, the aching in my legs and lungs are really nothing compared to the toils that some people in this world deal with in their everyday lives. The endless kilometers I am riding day after day are nothing compared to the worries and abuses that plague the common mankind. Like them, I choose, by default, this long journey. And they, like me, can choose to change it.

Brock's friend, Mike Padian helped him write this.

Please join me at the Spring Festival of Awareness as my journey comes to an end (and another begins). Learn about my kindness awareness programs and follow my adventures by logging on at www.cycleitforward.org.



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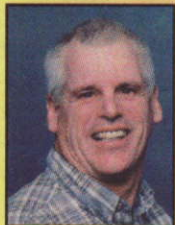
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Building a Better World One Community at a Time

by Dennis Milligan

Imagine our hospitals equipped with the finest technology, with no waiting lists, staffed by well-paid nurses and a stress-free administration; a well-funded health system orchestrated via a largely autonomous Hospital Board that places emphasis on prevention as well as treatment. Visualise local schools returning creative arts and sports to their rightful place in a balanced curriculum, staffed by well-rewarded teachers under a local School Board who have proven their dedication, adding subjects like Conflict Resolution to free our young from their current legacy of violence and wars.

Think about gaining public control over our own precious water supply using state-of-the-art equipment and de-centralised storage so we are not at risk of mass contamination or an increasingly centralised take-over by the private shareholders of Suez, Vivendi or Bechtel. See our major highways and avenues lined with flowers and shrubs grown in solar-assisted greenhouses backed up by methane gas generated by the city's sewage plant. Imagine partially-treated waste being used to trickle nutrients into soil where marketable soft-wood grows in abundance to be harvested and marketed by local companies. Envisage our re-vitalised community with solar greenhouses extending our growing season, providing early organic produce, saving the high cost of imports and creating hundreds of jobs for young people, local farmers, co-operatives and a huge variety of other spin-off businesses.

Now ask yourself what's stopping us from achieving such goals—and many more! You'll be told that it's "lack of money," but this article will prove to you that there is absolutely no shortage of money in the system. If you doubt this, then remind yourself that when the next war is declared there will instantly become available immense sums of money for guns, trucks, tanks, planes, ships, logistical support and trillions of dollars worth of 'sophisticated' weapons of mass destruction.

We hear on the news that every nation in the world is in debt and preparing for an economic tsunami. Each new wave appears higher than the one that preceded it, as one financial market fiasco follows another. It's easy to get water-logged with bad news: plant closings, foreign out-sourcing, domestic lay-offs, bank bail-outs, deficit spending, growing debts, toxic assets, collapsing financial markets, and other public services and increasing inflation despite low-cost imports. But let's take a moment for a closer look at the equation of debt.

For every loss there is a profit; for every debit a credit; for every asset a liability. The debt clock, with its blurred hands racing faster than a revolving door on a failing investment bank, must appear somewhere as a profit clock! Would it not be logical to assume that there is no shortage of money and that while we have all been focused on the debt, somewhere within the world's financial system exist thousands of trillions of dollars...unregulated and untapped? Well, there is. Want

proof? Let's start with taking a look at DTCC – the publicity-shy Depository Trust and Clearing Corporation, the world's largest corporation by far, whose shares are closely held by the banks and through whom the records of financial market transactions involving more than 100 nations are cleared, settled and deposited. They turned over \$70 trillion in 1999, their first year of operation. By 2007 the gross value of financial transactions handled by them had grown to \$1.86 quadrillion. This year they will exceed \$2 quadrillion (2,000,000,000,000,000), a figure so astronomical it might perhaps be more easily understood as \$2,000 trillion. To give perspective to that figure; the annual Gross National Product of the entire world is valued at less than \$50 trillion.

Canada's portion, as a member of the prestigious G-7, is estimated to be around 6%, or \$120 trillion. 95% of this is in the form of speculative investments, i.e. gambling; on everything from foreign exchange rates and commodities to market indexes, not to mention complex hedge funds and exotic forms of derivative trading. And it's all leveraged debt-money. Now, to blame a financier for making money is like blaming a baker for making bread. That's what they do! So it's not a matter of finding scapegoats; it's about finding regulatory and fiscal solutions. Since we are facing a pending catastrophe, the solution to which is apparently beyond the reach of our finest G-20 economists and financial experts, we obviously need to think outside the box.

Here's an idea that's causing a stir among economists; a simple 'no-exclusions' gross Financial Transaction Tax (FTT) of one half of one percent (.5%), collected and remitted to the publicly-owned Bank of Canada (BoC) automatically by every financial institution and brokerage house, on every transfer between two different entities. The proposal requires that the process be monitored by the Canada Revenue Agency, under the direction of the Finance Minister, with jail terms and heavy fines for any CEO, director, partner, politician or bureaucrat found guilty of fraud, evasion or other malfeasance.

It is estimated that this FTT proposal would generate as much as CAD\$600 billion a year and is designed to incrementally replace the 170-plus other forms of Canadian taxation, beginning with income tax, GST and corporate tax; in that order. It is intended that the revenue generated be remitted by the BoC to federal, provincial and municipal governments under a formula that would irrevocably guarantee the benefit to Canadian municipalities, where we live, work and raise our families. It would, for example, provide municipalities with funding of roughly \$2,000 per resident, in non-inflationary money FTT offers an effortless new source of revenue that would shift the burden of debt and taxation from the impoverished to the wealthy but with huge benefits to both. It would provide a constant stream of funding, enabling us to discharge debts and responsibly revitalize our economy at every level, beginning with health, educational and other public services.

Don't ever think that a small group of focused, dedicated people can't effect positive change on a massive scale; indeed, history shows it's the only thing that ever has! Prosperity is our and our children's birthright. Instead, let's fund peace!

Check out www.cfoos.com. Dennis will be at the Spring Festival.



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It Takes a Community to Raise a Relationship

by Eric Bowers and Melody Greger

*For thousands of years we have gathered in circle
- around fires, around bodies, around altars
- because we can't do this alone. - Wayne Muller*

Thirty-four of us are packed into infinite darkness and penetrating heat. Water is generously poured over red-hot rocks and the steam pushes me deeper into my hidden places. This is the third and hottest of four rounds in this sweat lodge ceremony. I feel pain rising. There is healing that I need for the blocks that come up in relationship with my beloved, and I'm here to receive support for that healing. Some of the others in the lodge I know well; many I haven't met before. Nonetheless, in the sweltering blackness of this lodge, in our shared intentions and inward focus, we are an intimately connected community. My body shakes and my breathing quickens as I begin to cry. I call out for help and something about this simple act opens up a deeper mourning. I can feel the sadness in this old pain that I carry from my past, pain that blocks me from being free to love. I can also feel this pain as pressure in my head, the beginning of a mean migraine. Under different circumstances I might not have the courage to embrace and express this pain and ask for help. In this moment, held by this community with acceptance, compassion, and by a shared intention to support healing, any beliefs I hold about what I should look or act like lose their grip. My pain begins to dissolve in the waves of my feelings and the pressure in my head begins to release. After the ceremony, there is new energy stirring and growing in me, mixing with the vestiges of fear that are still releasing. I have a mild headache that will be gone by the morning, and a sense that the next phase of my journey with my beloved is unfolding.

In intimate relationships, we express our highest intentions of love and most painful wounds from our past. We join in unbounded ecstatic union and push apart in contracted anger and fear. A commitment towards ever expanding conscious loving is no small undertaking. There are several key elements that help my wife Melody and I navigate all that arises in our relationship and create an inspiring, loving partnership. Some of these elements include a flow of appreciation, transparent honesty, shared responsibility, commitment to growth, and support from others. Why do we need support, what might it look like, and what blocks us from asking for support from others are the questions I will explore below.

Why do we need support from others? I have found it helpful to look at how energy exchange works in other systems and apply it to human systems. My understanding of the second law of thermal dynamics is that closed systems lose energy. Human relationships can be open or closed systems, and my experience is that closed human systems also lose energy. The more intimate and consistent the connection between two people, the more often and more intensely core issues tend to be stimulated. Attempting to work through all that gets stimulated without support from others, in a closed system, usually leads to demands of the other to meet needs. When this happens, a flow of genuine giving disintegrates and vital energy is lost through reactive emo-

tional patterns. Melody and I have successfully worked together to transform the old pain that arises between us, but, sometimes we have worked against each other and taken more time and energy than we enjoyed to come back into connection. When we are working against each other, it is either because we've become unconsciously stuck in old fears about not getting our needs met, or we don't have the resources to be present with what is arising. When we relate to each other from old patterns, or when we try to push through when we don't have the resources, we don't transform our pain, we lose energy, and we may reinforce our negative beliefs and withdraw from each other. Receiving support from others fuels us so that we can have more fun together and better give to each other from a place of fullness within.

What might outside support look like? Often, when we are not successful at transforming what arises, one or both of us needs a caring empathic presence. This is the kind of supportive empathy I wrote about in a previous article: Presence With Pain: The Art of Empathy. However, it is very difficult to give a one-way flow of supportive empathy to another if we need empathy for ourselves. When we are aware of this, we can save our energy by asking others who are not involved in our situation to help us. Last fall was a stressful time for Melody and me: we moved out of our house so that a mold problem could be remedied with some major renovations; during the renovations a carbon monoxide leak was discovered; it was a busier than usual time for our business, including extra travel to other communities; and our health was compromised due to the mold and the newly discovered carbon monoxide leak we had been living with. Stressful periods can be times when old issues are more likely to surface, which can mean a greater need for supportive empathy and less energy available for giving to others. Furthermore, during stressful times it is more challenging to be aware of what is arising and how we choose to relate to what arises. On a Saturday morning, near the end of our stressful period, I finally connected with an empathy buddy who was willing to call me from Mexico. Even after two long days of travel from Australia and despite his jet lag, he gave me such a clear and compassionate quality of empathy that I released feelings I didn't even know I had been holding onto. After the call I was lighter and more relaxed than I had been for weeks, and I had more energy and desire to give to Melody. Sometimes our conflicts are less about the content and more about the fact that both of us need supportive empathy.

What blocks us from asking for support? From the consciousness of Compassionate Communication (NVC), everything we are doing is an attempt to meet a need. Also, our unconscious beliefs can influence the way we try to meet our needs. I may have beliefs that if I can't work through pain that arises then I am either not strong enough, not good enough, not smart enough, or not loving enough. Underneath these beliefs are my needs for self-acceptance, self-worth, or belonging, and instead of being honest about the current state of my resources, I push ahead and try to do what I am not capable of doing. Another of my beliefs may be that if I ask for support then others will think less of me, not accept me and then I will not belong. Therefore, in trying to belong in my community, I may try to do things on my own instead of ask for support. The irony is that belonging usually strengthens when we allow others to give to us. Others experience the gift of giving and perhaps more freedom from their beliefs involved in not asking for support. More irony: My experience is that when I authentically express myself with consciousness and compassion, even when I believe others will think less of me, my sense of self-acceptance and self-worth strengthens if I stay connected to my needs and the needs of others. Each time I have the courage to do this, I gain more strength and courage to stay open and authentic.

Sharing an intimate journey of transformation and love tends to come with seemingly cosmic synchronicities. It just so happened that without our planning it, an hour and a half away from the sweat lodge, Melody was being held with tender loving by new friends. With tears flowing, she released layers of the pain from hiding her true light and from trying to be something else in order to be loved. The next morning we came together and shared our journeys, the depths of our insights, and the beauty of our love. We then met with a trusted friend who, in sharing her wisdom and empathic presence, gave us more support towards greater ease and love in our partnership. My hope is that we all open up to receiving more support no matter what our relationships look like. We are not meant to be closed systems doing it all on our own. Life thrives in a flow of interconnectedness where we receive so much from giving and give so much from receiving.

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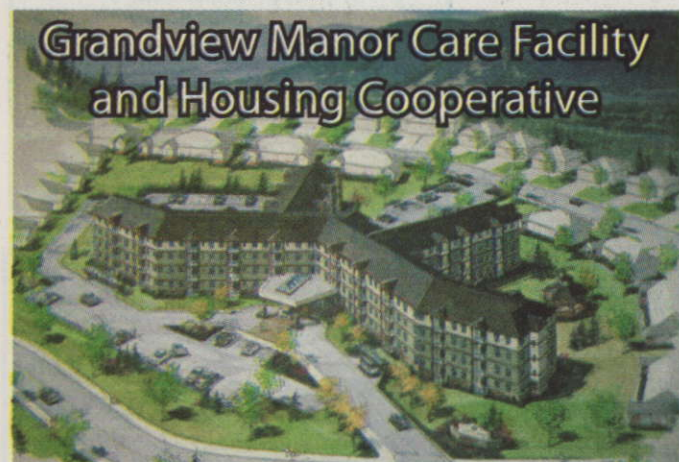
A Learning Experience

by Harry and
Nora Jukes

Identity: The Kootenay Columbia Seniors Housing Cooperative (KCSHC) is a Not-for-Profit Housing Development catering to seniors seeking to live the rest of their lives in a self-governed community.

Vision: Seniors living for life in a cooperative, supportive housing community.

Mission: Our mission is to satisfy the needs of each individual member by creating homes where they will live independently and by establishing a campus-style health facility where our members may choose to live in an environment which sustains quality living.



What a concept – of course we wanted to become members! Of course we wanted to be part of a community of individuals whose aim was to help each other in our retirement years! Of course we wanted to be part of a group of people with similar ideals and goals! So, we joined. That was in the spring of 2006. Our membership number was 71 (one number per couple). Our membership is approaching 250 now!

A huge bonus of joining this Cooperative has been the number of wonderful friendships that have evolved. We are looking forward to the time spent with these new friends in the coming years – we work and play well together.

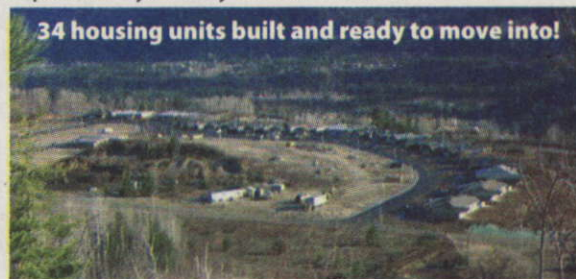
We had never been involved in a cooperative of this sort before, so I was eager to learn and understand what was happening, what was going on, how things worked. So I proceeded to attend all the different committee meetings – all meetings are open to all members, and in fact to any of the public. There was the Building Committee for example, whose function was to oversee the design and construction of 55 'ground floor seniors friendly' units and eventually, the construction of a 158-unit care centre. Many decisions had to be made – such as should we allow basements or not, should we have standard double glazing in the windows, or should we go with the 'green' Argon-filled windows known as E windows. Should we have electric heat or gas heat. Should there be a double garage or a single garage. And so on. And of course, every member of the committee had their own opinion. So

there was much discussion and research that went into each decision that was made. When a final decision was arrived at, these decisions were reviewed by the Directors and finally sent to the General Membership for their approval. But things didn't end there – engineered drawings had to be assembled and sent out for tender, contractors had to be interviewed and selected, and then a contract had to be signed. This was done and construction of 34 units was begun in April of 2008. These units will be completed in March of 2009 and some members are currently preparing to move into some of the completed units.

And while all this was going on, a contract had already been let for installation of the infrastructure. So our building site was a beehive of activity – with heavy machinery busy building and paving streets, putting in sidewalks, digging ditches and installing water lines, sewer lines, etc. And all this was the responsibility of only one of the committees.

The image to the left is the architect's drawing.

The image to the right is a photo of the site.



As well as the Building Committee, there is the Grandview Manor Care Committee, which is involved in the many aspects of design, construction and operation of the proposed 158 unit care facility. In addition, we have the Rules & Regulations Committee, the Landscape Committee, the Grants Committee, and the Advertising Committee. I suggested at one point, that it might be a good idea to have a website. I suddenly found that I was the Chairman of a new committee – the Promotions Committee. And then of course, there are our weekly meetings with the Board of Directors, and the constant meetings with our contractors, city officials, and other government officials. It continues to be an incredible learning experience.

It must be realized that all committees are made up of volunteers. I don't think I have ever seen so many committed individuals who come to weekly meetings, year in and year out to see that this project proceeds towards our goals. And one of our biggest inspirations is our Project Manager, Elmer Verigin, whose vision and dedication keep us on track.

The Grandview Manor Care facility is the 'centre piece' of our whole project and is our current focus of energy. Our architect has designed a beautiful facility which will consist of 158 units. It will be a four storey structure with the lower 3 floors devoted to assisted and supportive living, with the top floor devoted to apartments for those who wish to live independently. These units will be available to members on a life lease basis (where equity is retained), or on a rental basis. Our present estimates are that a life lease can be purchased for

Continues to the right

THE HUMAN HAND by Wayne Still

In 1908 J. Madson Taylor MD penned the following lines: No single therapeutic agent can be compared in efficiency with this familiar but perfect tool... The Human Hand. It is preeminently the instrument of the artist in all departments. The hand is an ever present agent of skill.... It is capable of infinite adaptation.... If half as much research had been expended on the principles governing manual treatment as upon pharmacology, the hand would be esteemed today on a par with drugs in acceptability and power....

The laying on of hands has long been associated with healing powers. The founder of Structural Integration, Dr Ida P Rolf, said that the work she took to a new level of organization was at least five thousand years old. Why is the human hand so well adapted to its role as an agent in healing?

The human hand is well endowed with nerve endings making it very sensitive to incoming information. The simple act of placing a hand on a client's body to feel the texture of the underlying structures gives the practitioner a sense of where tensions may be in the body, and how to proceed with the task of bringing balance into those tensions. For energy workers who do not actually touch the body, the hand is able to discern changes in the energy field around the body, and so determine their best strategy for proceeding with their treatment. A temperature change of as little as 1/100th of a degree Fahrenheit can be detected by a practitioner's hand. Such a heat signature can be used to pinpoint the location of an underlying structure or adhesion. Osteopaths learned a technique they called "listening" with the finger tips. Where there is an adhesion in the body, the body will be trying to release it. The attempt is felt as a subtle movement in the area of the adhesion, this movement is referred to as a "listening." By working with the listening a practitioner is able to release the adhesion with little or no discomfort to the client. A certain level of detachment on the part of the practitioner is required when they first start to learn this technique to believe that what they are feeling is true. Jean-Pierre Barral, a French osteopath and the founder of Visceral Manipulation, points to his head and says "Stupid! Stupid! Stupid!" he then points to his hand and says "Smart! Smart! Smart!" The first feeling the practitioner gets will be the right one, no need to analyze it.

The hand is also an efficient and adaptable means of delivering information. Much of what we do as healers can be referred to as education. Information in the form of directed pressure tells the body where it needs to get a bit more length to bring balance into a structure that is not comfortable. The hand may also hold one end of a muscle while the client moves the muscle body to achieve the needed lengthening. Whether it is active or passive in moving the tissue, it is the hand which is transmitting the necessary information to the practitioner so they know whether what they are doing is effective and how to proceed with the next step.

Next time you are either receiving or giving bodywork take a moment to appreciate the marvelous complexity and ability of the tool doing the work, the human hand.

\$150,000 for a one bedroom unit. Three meals per day, laundry and housekeeping would be about \$800 per month – much less than the \$2000 per month cost of 'for-profit' facilities. All the amenities would, of course, also be available, such as dining areas, clinic space, hair dressing salon, activities rooms, bus transportation and so on. This location is 20 minutes from the Regional Hospital, and the same distance to the airport, shopping malls, and other facilities. We are currently assembling a list of people interested in purchasing or renting units in this facility, which could be ready in 18 months.

The population of seniors is estimated to increase greatly in the next few years. Think what it would be like, as a member of a Cooperative, to be able to make your own decisions, about not

only where you want to live and the type of unit you want to live in, but also the quality of care that you or your loved ones receive.

We are excited about it! Come and join us at one of our General Meetings held on the 3rd Sunday of every month at the Carpenters Hall at 2320 Columbia Ave. (corner of Columbia Ave. and 24th St), Castlegar, at 7 PM. Visit our website at, www.grandviewhousing.ca and watch for our progress in our Photo Gallery, read minutes from our Monthly Meetings, and other informative material.

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The Cook's Corner

Vegetarian Recipes from the Johnson's Landing Retreat Center

Sauces are a basic items in a cooks *répétiteur*. You might have noticed that sauces are what makes a lot of entrees look beautiful and taste wonderful. Fortunately one basic and very easy recipe, Béchamel sauce, can be adapted to a variety of dishes, vegetables, beans, pasta, grains etc... You have the choice of preparing a rich dairy based sauce -or- a low fat, dairy-free version, both are creamy in texture and rich in flavour.

Bon Appetit, *Richard*



Your Basic Sauce

Utensils: A medium frying pan • measuring cup and spoons if you really need them • a wooden spoon • fork • whisk • spatula • grater for cheese • and an apron so you look like you know what you are doing.

Ingredients:

(Do not get fanatical about measuring stuff, just guess, it is more fun!)

2 Tablespoons of butter or oil (we use extra virgin olive oil)

2 Tablespoons of flour. (if you are allergic to wheat you can always grind rice, cornmeal or oats in a 'clean' coffee grinder)

Salt and freshly ground pepper to taste

Decision:

For a Brown Sauce add vegetable stock or warm water -> 1 to 2 cups

For a White Sauce add milk -> 1 to 2 cups

(soya, rice or almond milks are an alternative)

1/2 teaspoon of mustard (wet or dry) whatever kind you like

2 Tablespoons of tamari or Braggs soy liquid



Be aware that your sauce will tend to thicken after it is removed from the stove. In order to avoid serving what could appear to be Play-dough, I suggest that you add some liquid and thin it a bit before serving, this will allow it to thicken to the proper consistency as it is being served. If by chance it thickens too much just take it back to the kitchen and stir in more warm liquid.

Basic Béchamel Sauce:

Gently heat the butter or oil in the frying pan until it melts on low heat.

Sprinkle in the flour one spoon at a time while stirring with the whisk or fork until the flour slightly browns.

Gradually add the liquid as you stir. Give the sauce a chance to thicken before adding more liquid.

Stir in the mustard and tamari (or Braggs All Purpose Seasoning liquid) Add salt and freshly ground pepper to taste.

Delicious Variation: A cheese sauce

Grate 2 cups of the cheese of your choice (cheddar, parmesan, cream cheese, etc..)

Sprinkle into the Béchamel sauce, stirring constantly. If it becomes too thick add a bit more liquid.

Optional: For some added heat stir in cayenne pepper to taste.

Delicious Variation: A dairy free sauce

Start with an oil-based Béchamel sauce. Sprinkle one or more of these ingredients: nutritional yeast, tahini or blended soft tofu into the Béchamel sauce, stirring constantly. If it becomes too thick add a bit more liquid.

An EASY MEAL using your Sauce Recipe:

Steam (do not boil) some vegetables cut into fork-sized chunks. Mix with an equivalent amount of a cooked grain (rice, millet, quinoa).

Thin your choice of sauce to a thin pancake batter consistency and stir it in with the veggies and grain.

Butter or oil a flat baking pan, pour in your mix and bake at 350 just to get it hot, (around 20 minutes) as it is already cooked.

If by chance you have leftover sauce you can store it for the next day.

Storage: As it cools down stir in enough liquid to make it the consistency of a thin pancake batter. Store it in a sealed container. When you are ready to use, stir in enough liquid to make it pour into a pan for re-heating.

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22 - 24 Healing the Soul • Troi Leonard
22 - 24 Alternative Energy Concepts • Bob Watters
22 - 27 Solar Power Systems • Bob Watters
29 - 31 Reiki Gathering • Chelsea VanKoughnett
29-June 2 Soul Spirit Synchronicity • Wouter van der Hall

JUNE

6 - 11 Buddhist Retreat • Don McEachern
12 - 16 Guarani Shamanic Healing: Levels 1 & 2 • Sue Peters
16 - 19 Guarani Shamanic Healing: Advanced • Sue Peters
12 - 13 Co-Creating with Nature • Sasha Cuff
12 - 17 Co-Creative Healing • Sasha Cuff
19 - 21 Couple's Renewal • Jon Scott and Pascal Salesses
21 SUMMER SOLSTICE CELEBRATION
22 - 24 Tantra • Jon Scott and Pascal Salesses
27-July 2 Inner Light Project • Cody Harvey

JULY

4 - 10/16 Buddhism (6 or 12 days) • Robert Beatty
17 - 19 Sacred Circle Dance • Rose Stapenhurst
24-29/31 Tai Chi Summer Camp • Hajime, Sana, Arnold and Brian

AUGUST

4 - 8/12 Satsang (4 or 8 days) • Josephine Lawless
5 - 12 Intuitive Painting • Ted Wallace
14 - 16 Intimate Relationships • Jon Scott and Pascal Salesses
17 - 19 Sacred Sex • Jon Scott and Pascal Salesses
14 - 16 Alternative Energy Concepts • Bob Watters
14 - 19 Bio-Fuel Systems • Bob Watters
21 - 23/26 Yoga / Meditation (2 or 5 days) • Shayla Wright
26 - Sept 2 Shaolin Monastery • Kuya Minogue and Neil Ripski
28 - Sept 2 Buddhist Retreat • Don McEachern

SEPTEMBER

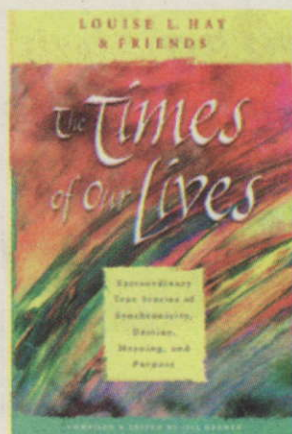
4 - 8 Munay-Ki • Sue Peters
4 - 10 Fulfillment • Jon Scott and Pascal Salesses
11 - 16 Inner Light Project • Cody Harvey
25 - 27 Women of Spirit • LorRaine Armstrong and Rue Rowley
29 - 31 Sasquatch • Wanja Twan

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Christina Ince

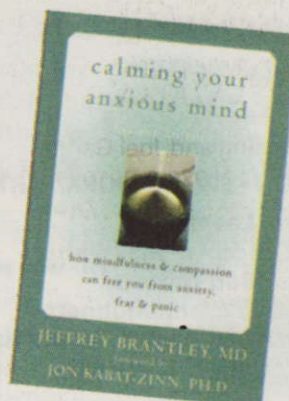
The Times of Our Lives

Extraordinary True Stories of Synchronicity, Destiny, Meaning, and Purpose

Louise L. Hay and friends
Compiled and edited by Jill Kramer
Hay House, Inc.,
courtesy of Raincoast Books
ISBN 978-1-4010-1150-8

Thirty-six people contributed to this book, including Wayne Dyer, Colette Baron-Reid, Alberto Villoldo, Ben Stein, Loretta LaRoche, Dr. Eric Pearl, Esther and Jerry Hicks, John Randolph Price, Stuart Wilde, Sylvia Browne and John Edward. Good company indeed in a book that contains stories "reflecting metaphysical miracles; momentous milestones; heartwarming, humorous, and sometimes heartbreaking reminiscences; and extraordinarily poignant personal accounts." While I enjoy "unputdownable" novels, I also enjoy books such as this one - when time is limited you can pick it up and relish a short story, one which is true and "wow"-inspiring. Each story is preceded by a short biography of the writer, many of whom you will have heard, but there are some who may be new names and faces, like Mike Lingenfelter, an engineer who is a member of the Institute of Electrical and Electronic Engineers and who holds seventeen patents for his work worldwide. He is the author of *The Angel by My Side: The True Story of a Dog Who Saved a Man...and a Man Who Saved a Dog*, and his contribution to this book is a lovely doggy story about Dakota who he says possessed unique, lifesaving talents. Alberto Villoldo's story, *The Joy of Living*, isn't even two pages long, but it is powerful. This is actually the sort of book I would buy for someone else, and that's recommendation indeed.

Book Reviews

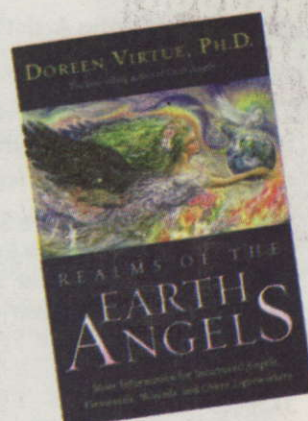


calming your anxious mind

How mindfulness & compassion can free you from anxiety, fear & panic

Jeffrey Brantley, MD
New Harbinger Publications Inc.,
courtesy of Raincoast Books
ISBN 978-1-57224-487-0

The cover text refers to this book as the "Mindfulness Solution to Anxiety," pointing out that it is a powerful, profound approach to overcoming anxiety, fear and panic by drawing on two traditions: Western medicine, and meditation with the inquiry into meaning and purpose. It is actually a step-by-step programme which leads you to learn about yourself, develop a healing mindfulness practice, discover stillness and compassion, practice acceptance, and learn how to open up to fear instead of running from it. The author's intention is that you establish your own practice of mindfulness in your endeavours to overcome anxiety, fear and panic; that you allow it to grow and sustain you, that you gain clarity and understanding, that you find peace and calm, and that the world will therefore benefit from your courage and wisdom.

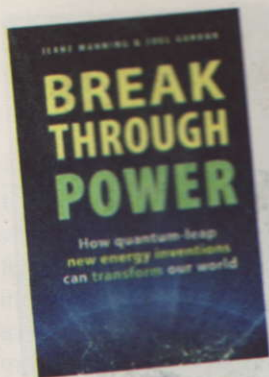


Realms of the Earth Angels

More Information for Incarnated Angels, Elementals, Wizards, and other Lightworkers

Doreen Virtue, Ph.D. Hay House, Inc.,
courtesy of Raincoast Books
ISBN 978-1-4019-1718-0

Doreen Virtue is a spiritual psychologist whose books, cards and audio-cassettes are invariably best-sellers. *Realms of the Earth Angels* follows *Earth Angels*, published in 2002 - I have not read the latter, but apparently most of the contents are included in this book. However, as several on-line reviewers pointed out, the books are so inexpensive it is no hardship to own both. The book begins with the question, "Are You an Earth Angel?" and moves on to give several clues, including: sweet heart-shaped faces, saying "sorry" frequently, having weight issues, professions such as teaching and counselling, very trusting of people, difficulty saying "no," staying in relationships longer than the average person, and large eyes that radiate innocence and love. No doubt you've already made a list of people you know who fit that description! There are other clues for not only Earth Angels, but Incarnated Angels, Starpeople, Wise Ones, Blended Realms and Hybrids, and even a section to help if you feel you belong to more than one realm. To those of you who feel this is your calling, Doreen Virtue urges you to "take the reins of your life's purpose and embrace it fully. Any step that you take is helpful and sorely needed right now.....Doing anything that comes from love in your heart will be helpful....." I'd say that's pretty good advice for everyone, angel or otherwise.



Reviewed by Angèle

BREAK THROUGH POWER

by Jeane Manning and Joel Garbon
(604-733-0305) • ISBN 978-0-0910543-0-8
www.breakthroughpower.net

Jeane Manning is a highly qualified journalist who has researched the new-energy scene since 1982. She brings an international perspective to the topic, being in ongoing contact with many inventors, theorists, and other networkers in about a dozen countries. She has attended more than twenty energy-related conferences in Switzerland, West Germany, Canada, and the United States. Now living in Vancouver, she used to live in Penticton, when I first met her. All of her books have lots of research data that help us connect the 'dots,' so we can see the pattern of why most good inventors went broke, died or were unable to advance 'Free' energy inventions.

Her related book *The Coming Energy Revolution* was published in 1996 and is now published in five languages. In 1995 she co-authored *Angels Don't Play This HAARP, Advances in Tesla Technology* with Dr. Nick Begich. In this new book she joins forces with Garbon – an industrial science consultant based in Portland, Oregon and together they explore a variety of possible energy choices including innovative magnetic motors, zero-point energy, water-as-fuel, and other new-paradigm advances.

Garbon says, "Currently, any mainstream discussion of the energy-environmental crisis is 'same old, same old.' It's always about coal, gas, hydro and nuclear, and incremental improvements to the well-known alternatives such as energy conservation, geothermal, wind, solar and hydrogen fuel cells. We have to widen the discussion or we're not going to make it!"

Jeane says the "The challenge is not to decide whether or not 'free energy' is real. It is. Instead, the challenge is to use our collective will, to break free of our ignorance, the electric jail, the ecocide, the gridlock, the Newtonian rigidity, the greed, and the vested interests. This book is important because it could affect people's lives--their practical everyday choices--profoundly, because decentralized power means freedom. It means empowerment to clean up our environment instead of feeling helpless."

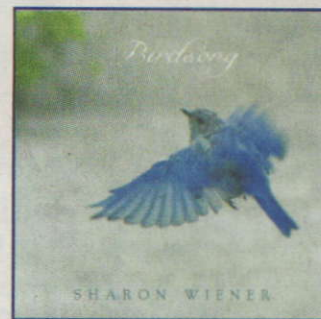
I really liked the sections about needing to copy nature if we want clean energy. She quotes Viktor Schauberger who says nature uses the opposite principles for enhancing life. Implosion-based or vortex technology works silently and instead of heating they often cool materials. He says we know so little about the electromagnetic universe that surrounds us and claims it can be converted to 'free' energy. Like the wind and sun no one controls it. Jeane suggests the best way to get the research out there is to mimic the share-ware or open office computer programs. Sharing the new ideas rather than applying for patents. She gives examples of how money could be earned for consulting services, etc. An amazing read with more data than I can comprehend but the thought is out there... let's hope we can continue onwards.

CD Reviews

Birdsong
Sharon Wiener

One Bright Pearl

listened to by
Christina Ince

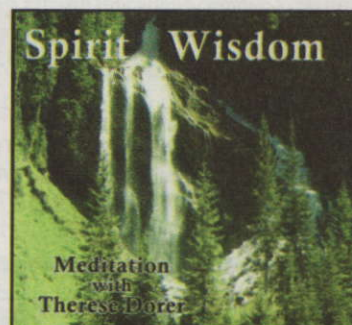


During an oasis of time in the middle of a busy day, I listened to Sharon's CD for the first time. It was so lovely that I couldn't resist playing it that afternoon while giving a client a treatment - Sharon impressed us both, leaving us feeling that the experience had been enhanced by her strong clear voice and the beauty of the melodies. *The Song of the Vulture*, described as a meditative arrangement of a Jewish prayer and Christian hymn, is beautiful indeed, and I found the evocativeness of it resonated with my Celtic blood - it is a Dzogchen 'Yogic Song,' and four of the other songs on the CD are original songs inspired by Buddhist Dzogchen practice and mystical poetry. If I've piqued your curiosity, and I'm sure that I have, you can hear short clips of the songs at www.meditativesong.com, and also hear two of the songs in their entirety: *Birdsong* and *Who You Are* on www.youtube.com. You'll surely be left wanting more.

Spirit Wisdom

Therese Dorer
www.crystalclearinsights.ca

listened to by
Angèle Ortega



These five meditations are designed to guide you into stillness so you may connect with your inner wisdom. Therese connected directly with 'spirit' during her many walks and personal connection time and now shares these encouraging words of power and music to assist you on your inner journey.

As with most practices, it takes time to get the hang of relaxing and staying alert at the same. The first time I listened - it was in the evening and I consciously stayed present till I was most of the way through the fourth track and next thing I knew she was ending the session. I spaced out, I did not fall asleep but I do not know where I went. I re-listened to the last meditation titled *Finding your Cave of Passion*, hoping to stay more present and I partially did, but not enough to tell you about it. Perhaps you can have a listen and let me know how it is.



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Blue Covenant

The Global Water Crisis and the
Coming Battle for the Right to Water.

Maude Barlow, Council of Canadians

www.canadians.org

This book is a wake-up call for Canadians to become educated on this important issue so we can get involved and take action. Supporting Maude and the Council of Canadians, the largest citizens' organization in Canada is the first step. Below are a few details from the book so you can understand what is happening. Angèle



Maude says there are three water crises: 1) dwindling fresh water supplies; 2) inequitable access to water and; 3) corporate control of water. Together with impending climate change from fossil fuel emissions, the water crisis imposes some life-or-death decisions on us all and unless we collectively change our behaviour, we are heading toward a world of deepening conflict and potential wars over our dwindling supply of water. Conflicts between nations, between rich and poor, between the public and private interest, between rural and urban populations, and between the competing needs of the natural world and industrialized humans

Page after page she lists the brutal facts of who is killing who so they can have water, places I have not heard of, for in Canada there is an abundance. She lists communities being abandoned because of the water shortage and continues with the race to create the global water cartel for corporations. Towards the end of the book she increases our hope that humanity still has a chance to head off these conflicts if we start on developing a global covenant on water.

She suggests 'The Blue Covenant' should have three components:

- 1) a water conservation covenant from people and their governments that recognizes the right of the Earth and of other species to clean water, and pledges to protect and conserve the world's water supplies;
- 2) a water justice covenant between those in the global North who have water and resources and those in the global South who do not, to work in solidarity for water justice, water for all and local control of water;
- 3) and a water democracy covenant among all governments acknowledging that water is a fundamental human right for all. Therefore, governments are required not only to provide clean water to their citizens as a public service, but they must also recognize that citizens of other countries have the rights to water as well and to find peaceful solutions to water disputes between states.

She figures we have less than ten years to implement these ideals if we are to allow the earth to renew herself and continue supporting humanity. We must have strict regulations with penalties. For as Martin Luther King Jr. said "It may be true that the law cannot change the heart but it can restrain the heartless."

The global water justice movement is demanding a change in international law to settle once and for all the question of who controls water. Because Canada signed the NAFTA agreement, it placed a new constitutional policy framework on Canada, limiting forever the role of the federal government. Because NAFTA protects the export of water in containers of twenty liters or less, it placed the regulation of bottled water exports beyond the reach of both Canadian and provincial governments. In essence Canada lost the sovereign right to control its own water resources and had to rely on weak environmental exemptions to the NAFTA rules to make policies about national water exportation.

Maude has collected lots of researched data that provides much needed information and direction as to what needs to happen next, and due to her efforts a consensus is building in Canada toward the need for a national water policy and strategy. However none of this is possible if the federal government's hands are tied by both its commitment to NAFTA and the deepening of

continues to the right

UnClustering Water

by Frank Posselt

Life on earth revolves fundamentally around the cycle of water. Did you know that most 'clean' water is remanufactured water? We stress water by forcing it through filters, past chemicals, exchanging one ion for another. We take re-purifying to a whole new level with RO (reverse-osmosis), removing 99% of everything, including the alkalizing minerals. That process takes approx. 3-5 gallons of water to make one gallon of 'pure water.'

It is estimated that approximately 80% of the population of North America has hard water. Traditionally we soften water with an ion-exchanger, or water softener which exchanges the calcium and magnesium carbonates with sodium, which is more compatible with soaps. This process calls for running the water over small resin beads designed to exchange elements/compounds at an ionic level. Relative to water usage, the system needs to be back-flushed to regenerate the salt-embedded resin beads. The water usage (of salt-based softeners) is on average 200-400 gallons/household/months. Do the math. Every person that uses salt-based ion exchangers wastes and pollutes our environment. Tens of millions of gallons per month, of this salt-laden water is back-flushed creating an environmental dilemma. Then throw into this equation the tens of millions of tons of salt that needs to be mined, processed and shipped, stored, bagged and delivered to households – not to mention the pain-in-the-back to put the salt into the unit. Maybe you can figure out the carbon-impact-formulation and money spent flushing gallons of water down a toilet.

Another concern is energy consumption. According to www.Hardwater.Org hard water creates limescale build-up, which restricts water flow and reduces heat-transferring capability in appli-

ances. A Water Quality Association study (2004) revealed that water heaters using untreated hard water consumes almost 26% more energy. There are huge maintenance costs in cleaning and replacing equipment. In your household alone it could cost you a hot-water heater every 10-15 years rather than every 20.

Some 15 years ago a European food and drink processing conglomerate was at wit's end with the expense and poor results in their highly industrialized system, using hard water. They approached a Swiss engineer/programmer, who understood that electro-magnetical fields (EM-fields) could reduce the effect of limestone build-up. This engineer conceived a program that can read the hardness in the flow of the water and created a program to adjust the electro-magnetical field around any kind of pipe. Years of testing and case studies showed that the program was indeed an alternative to traditional salt-based softeners plus they could use the flush water for clean up. Soon universities and medical schools looked into this new technology for the concept is a quantum step from attaching magnets on a water line.

SANITRON™ was titled a success after 6-8 years of selling many units. Clients reported that they not only used less soap but their plants were doing better plus they mentioned some undetermined health benefits. It was noted in medical studies that appropriate dosages of EM-fields were showing signs of enhancing the vitality in our blood. Slide samples of live-blood under a microscope proved interesting. The company Sirox realized it was onto something special and upgraded the technology so that revitalized water would hold this positive effect. The principle behind their plan was that when water moves, flows or falls it creates an inverted-inner-vortex and thereby regains strength or has the energy to un-cluster at a molecular level. This un-clustering takes the tension out of hard water, lessens the limestone build-up, and allows the water absorbable minerals to be assimilated. This re-vitalization program became known as DREAMWATER™ by Sirox.

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The Blue Covenant continues

its ties with the United States through the Security and Prosperity Partnership of North America or the SPP. Nor can any policy be effective unless it can clearly spell out the need to protect Canada's water resources from commercial exports and exploitation. She finishes that Canada needs to embrace the *Blue Covenant* and feel guided by the principles of water conservation while recommitting to economic, social and environmental justice in the Third World for water democracy, which would require us to champion the right to water at the United Nations and all over the world.

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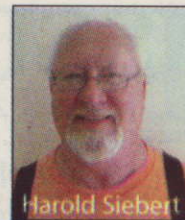
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