

Resources for Connecting,
Healing and Awakening
July & August
2009



ISSUES
for EMPOWERMENT
MAGAZINE ESTABLISHED 1990



Energy Alternatives for the Future

The **Body Soul & Spirit Expo** *explore
experience
enlighten*

Canada's Holistic Wellness & Spiritual Lifestyle Event.

Get ready for our most dynamic & exciting events yet!



EXHIBITOR OPPORTUNITY
1-877-560-6830

NEW! Booths Starting at \$500

EXPO ADMISSION ONLY \$12
Purchase advanced tickets online.

Calgary Sept 18th-20th
Stampede Park

Saskatoon Oct. 2nd-4th
PrairieLand Park

Regina Oct. 16th-18th
Regina Exhibition Park

Vancouver Oct. 23rd-25th
The Vancouver Convention Centre

Sonia Choquette



NY Times Bestseller author of *The Answer Is Simple... Love Yourself, Live Your Spirit* (HayHouse)

Lynn V. Andrews



Author of the International Best Selling *"Medicine Woman"* Series (New Dimension Books)

Dr. Steven Farmer



Author of *"EARTH MAGIC: Ancient Shamanic Wisdom for Healing Yourself, Others and the Planet"* (HayHouse)

*In addition to the above several additional keynotes and featured presenters are being finalized for our upcoming shows, please consult our website for the final list of who is coming to each city.

www.BodySoulSpiritExpo.com

Over 20 life changing workshops to choose from



Jon Scott & Pascal
INTIMATE RELATIONSHIPS AND/OR SACRED SEX
AUG 14 - 16 & 17-19



**Johnson's Landing
Retreat Centre**



Don McEachern
BUDDHIST RETREAT
AUG 28-SEPT 2



Ted Wallace
INTUITIVE PAINTING
AUG 5-12

*Enjoy... Delicious Vegetarian Cuisine
Rejuvenate in Breathtaking Scenery
Relax in Cosy Accommodations*

for details of each workshop visit our website
www.JohnsonsLandingRetreat.bc.ca



Shayla Wright
The Yoga of Effortless Being
AUG 21-23 or 26



KOOTENAY LAKE TAI CHI CAMP
JULY 24 - 31
Bryan, Hajime, Arnold & Sana Shanti



A WEEK AT A SHAOLIN MONASTERY
Kuya & Neil Ripski
AUG 26 - SEPT. 2



Traditional Thai Massage Training

THAI



Francie Petit RTT
Advanced Practitioner and Instructor
Will travel to your location

250-354-8190 samadhi_thaimassage@yahoo.ca

Sunshine Design - odakini@gmail.com - for ALL your graphics

Celestial Light Rays

- Courses - Intuitive / Psychic
- Readings
- Mediumship
- Intuitive Minute
- Planet X - Zorey Channeling
- International Fellowship

www.celestiallightrays.com

Need some REAL changes in your life?



with Carelyn Hales
Archangel Medium
and Facilitator

In her Healing Sessions you receive direct help from the Archangels: Clearing, Healing and Manifesting for your Highest and Best Good.

"...I believe she has been gifted by God, ...to communicate with the Archangels, and to act as a mediator for us..." Dr. Kathy Deane, D.N.M. Lumby, BC

"...the Archangels work through her to clear energies that are interfering with our well-being. Her intention is pure. Her purpose is divine. It is a joy to know her." M.J. Ferndale, WA.

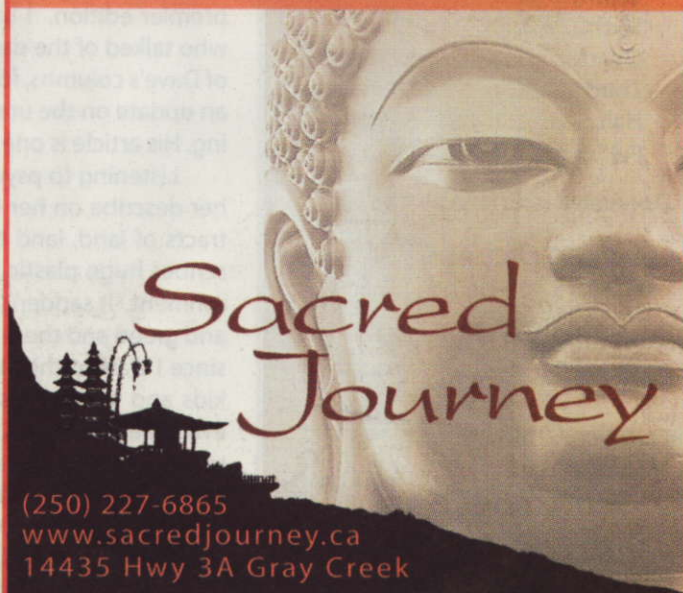
**Clear your obstacles.
Manifest your best life!**

E-mail: archangels@shaw.ca call: 250-412-7869

Website: www.archangelintervention.com

On the Eastshore of Kootenay Lake

- yoga workshops • home & garden decor • clothing
- personal development courses • spa treatments
- original artwork • hand crafts & much more



Sacred Journey

(250) 227-6865

www.sacredjourney.ca

14435 Hwy 3A Gray Creek

ISSUES

for EMPOWERMENT
MAGAZINE

Established 1990

angele@issuesmagazine.net

☎ 1-250-366-0038

fax 1-250-366-4171

www.issuesmagazine.net

Address: RR 1, Site 4, Comp 31
Kaslo, BC, V0G 1M0

♥ Issues is published with
love 5 times a year.

Proof reader • Christina Ince

Feb. & March • April, May & June
July & August • September & October
November, December & January

Our mission is to provide inspiration
and networking opportunities
for the Conscious Community.

20,000 to 25,000 copies are
distributed freely in BC and Alberta.

**ISSUES welcomes personal stories
and non-promotional articles by
local writers. Advertisers and
contributors assume sole
responsibility and liability for the
accuracy of their claims.**

AD SIZES & RATES

COLOUR ONLY

Twelfth.....	\$100
Business card.	\$150
Sixth.....	\$200
Quarter.....	\$275
Third	\$350
Half.....	\$450
Full	\$750

Discounted rates for repeat ads.

MARKETPLACE ADS

small..... \$ 70 • large.....\$ 80

NATURAL YELLOW PAGES

\$30 per line for a whole year

DEADLINE
for September & October

starts on August 3

Ads are accepted until the 15th
if space is available.

Musing

with *Angele*, the publisher



Just as soon as the April and May Issues came off the press I knew I should have called it April, May and June. I sweated it for few days, because I feel so responsible with my deadlines, then decided to let it go and sent a message via the ethers to let my readers know that the new summer edition (July and August) would be out at the end of June. This extra time allowed me to get the garden planted, help organize the *Opening for the Season* event and *Cook for the Cabin Building and Solar Power Systems* courses. The solar panel on the front cover was installed during that class, near our 1939 Paris Dunn wind generator. It can be seen in the background, along with Tullum the horse; and the road up to the Retreat Center.

My musing these days feels really deep. I feel a sense of loss, knowing our planet and the animals are in such critical condition. Every day I get emails from groups wanting support so they can save the seals; the whales, our water, our forests, etc. The natural world as we know it is disappearing quickly.

From a New Age perspective the micro is a reflection of the macro. Can we really heal the planet by healing ourselves? And what does "healing ourselves" mean in the big picture? What about people who do not even think about healing themselves or care if they affect the planet? What if they did? Where would they begin? Rudolph Ballentine in his book *Radical Healing* says, "Start with what bothers you the most." He goes on to say that each of us is responsible to do our part so that change happens, but to do that we must get past our ego-dominated consciousness.

Most of us by now have come to realize that the government is not there for its people. We are being governed by large companies and their lobbying groups who take no responsibility for the health of our planet or the people who share it, only the profit margin. In a metaphysical sense, as in our dreams, the government represents our internal controls, the unconscious part of us that rules how we think.

Recently I watched a video on the use of depleted uranium which reminded me of the huge billboards on the highway in the 1980's asking the government to leave uranium in the ground. Dave Cursons, who wrote a column for *Issues Magazine* called *Networking for Change* - from 1990 to 1993, included a full-page article in the premier edition. I barely remember the details but was glad to support the folks who talked of the dangers and wanted to share that info. I could easily rerun many of Dave's columns, for the same issues are still being discussed. I asked Dave to write an update on the uranium issues so we can better understand how that is progressing. His article is one page 26.

Listening to psychic Sylvia Browne while doing the last distribution trip I heard her describe on her CD about Prophecy, a torrent of acid rain that wipes out huge tracts of land, land that will no longer be usable for growing food. She then describes huge plastic bubbles that we will build to protect ourselves from the environment. It saddens me to think that the Earth is being destroyed by our ignorance and greed and there is little I can do except change myself, which I have been doing since I started this publication twenty years ago, after living a 'normal' life, raising kids and working as a life guard/swimming instructor. With so much information available these days, it takes time to do the research and know the truth when you read it. I have learned to feel the truth in my body and 'see' the bigger picture by reading books like *Radical Healing*. I also highly recommend yoga and breath work.

I keep noticing my own patterns of doing and being, both positive and negative. My partner and others help me see my shadow side. Anytime my body reacts, I make note, thank it, and see if I can figure out a way to make change. We all have

continues on page 7

FEATURED ARTICLES:

Healing the Sacred Hoop

LorRaine Armstrong page 08

A Call to Passionate Page Turners

Susan Faye page 09

Buffalo Rubbing Stone

Sharon Carne page 10

Celestial Awakenings

Gayle Andrea Hunter page 12

The Fountain of Youth

Helena Noel page 16

Self Design School

Brent Cameron page 17

Choosing Iyengar Yoga

Terry Tustain page 20

Oh Goody it's Some Bad Stuff

Layne Schmidt page 21

Needs according to NVC

Eric Bowers page 25

Depleted Uranium

Dave Cursons page 26

REGULAR ITEMS:

Musing

Angèle page 4

Steps along the Path

Richard page 5

The Cook's Corner

Richard page 14

Joints - Structural Alignment

Wayne Still page 24

Book Reviews

Christina & Angele pages 28-29

STEPS ALONG THE PATH

Independence has such a variety of meanings that I find myself struggling to understand the magnitude of the word. On the cover of this month's ISSUES we featured some of our alternative energy technologies that reflect our efforts to become more self-sufficient, sustainable and therefore less dependent on external resources. Growing our food provides some independence on a physical level and the workshops and retreats we offer develop independence on emotional and spiritual levels.

Since my first sociology class in college I could see how the needs of the individual and the needs of the group were always in a constant dynamic. I must give up some of my independence in order to work effectively within society. When I work for another person I give up some of my autonomy, therefore losing more independence. Even within a group working towards a single goal, I find myself compromising my independence.

My life choices have mostly led me towards independence. I have either run my own businesses or taught in a setting where I designed the curriculum. With building and running a retreat center I find myself in uncharted territory, there are no proven routes to follow. For me it is exciting to explore new waters as I learn to synthesise my different skills to meet a new paradigm.

I have weathered several storms and more than once I have run aground, only to pull back, pick new direction and continue on my way. Independence has its price and I am becoming aware of the balance between energy used and distance travelled.

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



I am glad to have Bob Watters on board as we learn about solar panels, methane generators, windmills, vegetable oil fuels and Bio-Mass heating systems. Experience is a good teacher and I like knowing how things work since I am a tactile guy.

Recently Jennifer and Doug arrived to help for the summer with the cooking, maintenance and building projects. They have a four-year old daughter, Olivia, who is astonishingly mature for her age. It is a real tribute to her parents for the love, attention and respect that she is given. So now we have an independent four-year old around the Center that has an amazing sense of emotional balance. So how independent is this four-year old? The last time we had some guests drop in, Olivia was the one that took them on a tour of the Retreat Center!

Since my sixty-first birthday just passed I am becoming more aware of the parts of me that do not work as well as they used to. I will probably become more dependent on others to do tasks that were once very easy for me.

When my journey is over I hope that the work I have done will be of benefit, and the world a better place for my presence. As with each generation, I too will leave my charts and maps behind to help other explorers along their path.

Namaste

Richard

INVEST IN YOURSELF TO HELP CHANGE THE WORLD

Inner Garden Presents...



Inter-Denominational Spiritualist

Service Sundays at 11 am

1577-128th St. Surrey BC @
Ocean Park Community Hall

*"All Spiritual Pathways Lead
to the Same God."*

"They're Medium Rare" Public Demonstration

British Psychic /Mediumistic Facilitators from Wales
Deborah & Paul Rees

7 to 10 pm, Saturday, August 22, 2009

Surrey Arts Centre Studio Theatre, Bear Creek Park, Surrey BC
13758- 88th Ave. (88th and King George Hwy., Surrey BC)

Order tickets at 604-501-5566 or pick-up in person \$25.00

For more information about this special presentation, about the
"Keeping It Simple" workshops or Private Sessions

Rev. Barbara Leonard: 604-594-1565 • www.innergarden.com

Learn about Deborah & Paul Rees • www.accoladecentre.co.uk

Celebration Centre, Penticton, BC presents **British Psychic/Mediums Deborah & Paul Rees**

Public Demonstration Friday, August 28th 7-10 pm @ Days Inn Conference Centre, 152 Riverside Drive, Penticton

\$25 per ticket includes refreshments

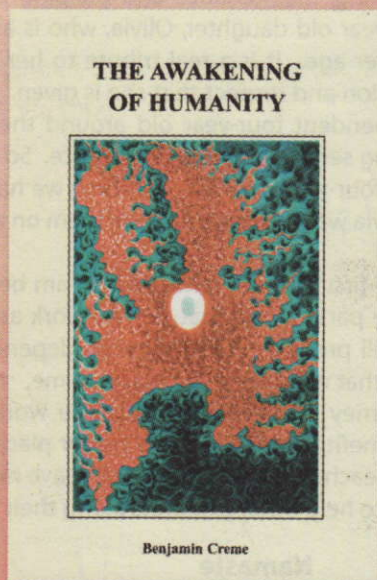
"Keeping it Simple Workshop" – Saturday, August 29th 10 - 5 @ Leir House \$125 per person (20 people max)

220 Manor Park Ave. Penticton. (off Main, opposite Safeway)

Deborah and Paul will be speaking at the Celebration Centre on Sunday August 30th. Service 10:30 to Noon
441 Main St. Penticton (Penticton Music Club) Private sittings avail. Sun. afternoon & Mon. \$65 for approx. 40 min.

Rev. Loro Tylor 250-496-0083 and e-mail celebrationcentre@telus.net

The Awakening of Humanity



ISBN: 978-90-71484-41-4

141 PAGES US\$6.00

available at bookstores and at Amazon.ca
read it online at www.share-international.org/?d=AOH

The Awakening of Humanity focuses on the day when Maitreya declares Himself openly as World Teacher for the age of Aquarius. It describes the process of Maitreya's emergence, the steps leading to the Day of Declaration, and humanity's response to this momentous experience.

Of the Day of Declaration Benjamin Creme's Master says:
"Never, before, will men have heard the call to their divinity, the challenge to their presence here on Earth. Each, singly, and solemnly alone, will know for that time the purpose and meaning of their lives, will experience anew the grace of childhood, the purity of aspiration cleansed of self. For these precious minutes, men will know afresh the joy of full participation in the realities of Life, will feel connected one to another like the memory of a distant past."

This prophetic book gives the reader hope and expectancy for the joyful, world-changing events which are about to occur.

1.888.276.8272
www.TaraCanada.org/Iss3



**AFFORDABLE & CHARMING
3 ACRE HOMESTEAD NEAR NELSON**

*Private, Quiet
Nature setting in friendly Chuckle-
berry community, southern exposure,
pure well & gravity water, established
garden beds, many recent upgrades.*

\$187,000

**PASCAL &
JON SCOTT**

250-359-6669



Musings continued

choice. A good place to start is by asking "What are my REAL needs?" The Nonviolent Communication model on page 25 helped me to understand my strategies for getting them met but they were not my REAL needs, just my programming.

I am really enjoying the feeling of balance when I walk or sit for many hours at the computer. Glad to have the stress gone from my shoulders.

I am grateful to all the like-minded souls who travel in my circle of influence. If you would like to join our network for a life-changing event please register for the Wise Women's Festival, Sept. 18-20 or sign up for a workshop at the Johnson's Landing Retreat Center.

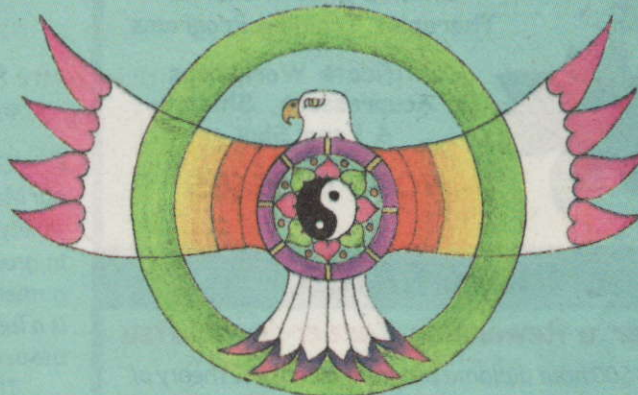


Angèle

I Need Help!

**The Issues Magazine racks
need to be tidied and
filled once a month
in the various towns ...
if can help please phone
Angèle 1-888-756-9929.**

**Gathering of the Eagles
August 6-9, 2009**



**An Experiential Journey
In the Beautiful Columbia Valley**

**Full Moon Ceremony
Ether, Air, Fire, Water and Earth Rituals
Creative Workshops
Life Celebration (Dance, Music, Chants)
Come and Join Our Global Family
Celebrate Your Connection To The Earth and The Divine**

**For Info Visit Our Website www.gatheringoftheeagles.net
Registration 250-342-0822**

**Ready to
Meet Someone?**



*"I would love to
say that I am so
impressed with
the 'date' that you
matched me with.
Every moment I
spend with him has
been amazing ..."*

- M.M. (spontaneous testimonial)

*"You are fantastic
- forgot what it
was like to have
someone like this
in my life ..."*

- J.B. (spontaneous testimonial)

**OKANAGAN
LOVE CONNECTIONS**

**www.okanaganloveconnections.com
info@okanaganloveconnections.com | (250) 462-2927**



Studio Chi

Offering:

Shiatsu Practitioner &
Therapist Training Programs

Certificate Workshops
in Acupressure, Shiatsu
& Feng Shui

YOGA CLASSES

PROGRAMS

Discover a Rewarding Career in Shiatsu

This stellar 500 hour diploma program blends the theory of Worsley Five Elements, Shiatsu, Chinese acupuncture theory, energy work and the practice of self awareness. Part-time schedule allows time for work & family. Class size is limited to 8 students for personal attention. It is the prerequisite for the Shiatsu Therapist Training Program.

September 2009 to June 2010

\$4,500 + gst (payment plan is available)

Visit our website and see what our grads are saying.

LEISURE STUDIES

Practicing Mindfulness

July 26th 9 am to 4 pm \$90 + gst

Mindfulness is being present in each moment and breath.

Discover how!

Brenda Molloy, CA, CST, RYT

Phone (250) 769-6898

Email: brenmolloy@shaw.ca

www.studiochi.net



Brenda is available for private sessions in shiatsu,
sound therapy, acupressure massage, reiki,
feng shui and vibrational medicine.

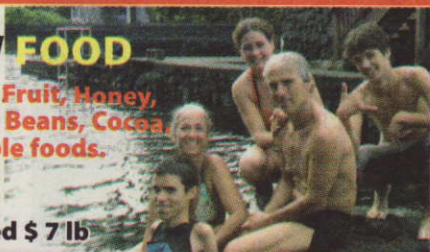
Importer of organically grown truly raw food

REAL RAW FOOD

Nuts, Seeds, Dried Fruit, Honey,
Goji Berries, Vanilla Beans, Cocoa,
and other whole foods.

BULK PRICES

ALMONDS, certified \$ 7 lb



250-496-5215
web: Realrawfood.com

Healing the Sacred Hoop

by LorRaine Armstrong

A new paradigm is unfolding. What will it take to transform our perception of Power and Leadership?

'Greetings, it is a good day. This is a day where we honour our Mother Earth. The earth is a part of all that is. It is the responsibility of all two leggeds. We are in a time where we are bringing in great messages to the world. The people of medicines have gathered together to create an awakening for Mother Earth. This is a long time vision that has manifested and we can all contribute in a most loving way.'

This repeated message of the Elders at the *Return of the Ancestor's Gathering*, which was held this spring in Arizona, was to bring constant awareness that the Earth is our Mother, and the Sun our Father, so that we can become fully aware of them as beings of great intelligence. It was a reminder for me to give thanks to them as I would my physical blood parents for taking care of me or the thanks I receive from my children for taking care of them.

Because we live on the Mother and rely on her for all our daily needs, it is Her that we need to focus on the most because of the precariousness of her health. As the world changes and globalization impacts every level of our experience, we expect new leadership to evolve. We know there is a better way of doing things that includes more insight from the female brain, guided by the heart with less reliance on the male logic. WE NEED A BALANCE OF ENERGIES. Sisters, we are responsible for stepping forward in the power of beauty and love so we may bring this balance. The masculine has ruled for 2000 years and it is time to come together to honour the equality of sharing.

As we engage in traditional ceremonies of prayer and healing our unity of intention and attention has an opportunity to create dynamic positive change. Every human being is part of the bio diversity (The Sacred Hoop of Life) of the planet and must be appreciated as such.

There is medicine within you. Many times we don't understand what our true gift is nor are we meant to know, but this innocence or naiveté is important. Listen to your heart and know that these are the times of new beginnings. Listen to the sounds of your surroundings, of the winged people, of the tree people, of the water people, of the four legged people, and the two legged people. Make a decision that allows your spirit to reflect your heart in a most beautiful way.

Let the activities of the day honour that you are alive, allow yourself time to contribute back to Mother Earth with ceremony. Honour the times, honour yourself, honour Spirit, honour all that is by the example you set, knowing that the balance you create is immeasurable.

LorRaine is presenting a workshop at the
Wise Women's Festival and at the
Johnson's Landing Retreat Center this September.



A Call to All Passionate Page Turners

submitted by Susan Faye for KBW

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

The books up for discussion this year are:

Turtle Valley by Gail Anderson-Dargatz. A story wedged by history and regrets which lead to understanding of family, forgiveness and acceptance of the entangled choices we all must make to navigate our way through life.

The Lizard Cage by Karen Connelly. Set in Burma's military dictatorship of the late 1980s to mid 1990s, this is a story of human resilience and strength of spirit in the face of injustice and violence.

The Cellist of Sarajevo by Steven Gallo-way. This fictionalized account is based on a true story from the siege of Sarajevo in 1992.

The Book of Negroes by Lawrence Hill. This story delves into the history of how former black slaves in America settle in Nova Scotia after serving the British in the Revolutionary War. The book is written from the perspective of Aminata Diallo, an unforgettable woman, possessing strength, resilience, determination and will, whose survival instincts remain intact in spite of extreme hardship.

This thought-provoking event in Nelson, B.C. on Sept. 25, 26 & 27. Guest author Gail Anderson-Dargatz on Sunday, Sept. 27 at 11 am.

visit our website at
www.kootenaybookweekend.ca or
 contact Victoria
 @ 250-352-6197 or email
kbw@kootenaybookweekend.ca



If the question keeps coming up for you,
 the answer may be closer than you think.
 Finding your life's purpose is a journey of discovery,
 but is always easier when undertaken with the
 fellowship of other like-minded people.

Centres for Spiritual Living
 provide spiritual tools to transform your personal
 life and help make the world a better place.

Your life's purpose is already within you.

Let's awaken it together.

Join us any Sunday at one of the following Celebrations...

Kelowna:

10:30 am @ 1375 Water St
 Kelowna Community Theatre
Phone: 250-860-3500
www.cslkelowna.com

Vernon:

11 am @ 2913 29th Ave
Phone: 250-549-4399
www.ok-cpl.org

Kamloops:

10:30 am @ 540 Seymour St.
 Desert Gardens Comm. Centre
Phone: 250-314-2028
www.cslkamloops.org

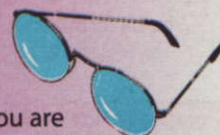


Lyn Inglis
Spiritual Medium

Private and Telephone
 Readings, Workshops & Seminars

www.lyninglis.com • Email: asklyn@lyninglis.com
Phone (250) 837 5630 or Fax (250) 837 5620

Irlen Syndrome



If you suffer from headaches,
 If you are bothered by fluorescent lights, If you are
 bothered by headlights at night, If you are bothered by black print on white
 paper, If you are bothered by overheads and computer screens, If you prefer
 to read and write in darker places, with less light, If you have been diagnosed
 with Dyslexia, ADHD, Learning Difficulties, Disabilities, or Autism....

You could have Irlen Syndrome, which is easily identified by a certified
 Irlen Screener, and easily treated with Irlen tinted glasses.

For more info: **visit www.irlen.ca and do their self-test**

Bonnie Williams, Irlen Diagnostician,
irlenbc@shaw.ca • 250-808-6192

MANDALA BOOKS



- Books
- Jewellery
- Gifts
- Music
- Essential Oils

Mandala Books

3023 Pandosy St.
Kelowna, B.C. V1Y 1W3

(250) 860-1980

SOUND WELLNESS

Workshop on Healing Sound



Learn and experience how music and sound can relieve symptoms of stress, quiet the mind, and boost your immune system. Discover the healing sounds of singing crystal and Tibetan bowls. Learn ancient and sacred vocal techniques. Experience the bliss of Song of the Soul.

Saturday July 18 & Sunday, July 19
9:00am-6:30pm, Shaganappi Community
Association, 2608 - 14 Ave. SW Calgary, AB

Registration: \$270.00

(Registration after June 30 is \$300)

403.239.3784 or 1.800.748.4082
or go to www.mountainrosemusic.com

Journey to the Sound Within

Buffalo Rubbing Stone and Wisdom

by Sharon Carne

Buffalo rubbing stones are one of the interesting natural phenomena around Calgary. During the last ice age this entire area was covered with glaciers. As these glaciers receded, they dragged with them large boulders and rocks. When a rock became too heavy for the glacier to drag, it found a new home. Some of these rocks were carried for hundreds of miles and some were the size of a car or truck.

Later, when herds of buffalo roamed through this area, they loved to rub along these rocks, especially in the spring when they were shedding heavy winter coats. The buffalo are no longer here in the great numbers of the past, but people are. Calgary grew up and around a number of these stones. Many of them are popular tourist attractions. A relatively small buffalo rubbing stone lives in a park in my neighbourhood. It is tucked alongside a small grove of quaking aspens and surrounded by honeysuckle bushes, sage and wild asters. As the area was developed, this park was untouched and set aside as natural prairie land.

The neighborhood school regularly takes children on field trips to the stone as part of their study of the natural history of this area. I remember my own children coming home quite excited about this stone and sharing stories of buffalo hair found in the rock long after buffalo disappeared. The stone has the look and feel of great age, being covered with lichen and some moss. It stands about shoulder high to me and is about six feet long and three feet wide. This rock almost demands reverence. I find it interesting that it has been untouched by the youth of the area, while another smaller stone about fifty feet away in the woods is covered with graffiti and paint.

So, what does a buffalo rubbing stone have to do with wisdom? What is a wisdom? The human mind has been a great mystery to philosophy and science for eons. Our entire experience of life is created by our perceptions and our perceptions are colored by our beliefs. No two human beings will perceive the same event in exactly the same way. It's a miracle we even get along with each other at all.

To me, a wise mind uses its perceptions well, no matter how old or young the owner. The key to wisdom lies in understanding your perceptions and their underlying beliefs, knowing that no other human will see something the same way you do. Human beings usually assign great wisdom to beings of great age. Our stories are full of them. Think of Merlin, Gandalf, the wizard and the Ents, tree-herders from the ancient Fangorn forest in "The Lord of the Rings."

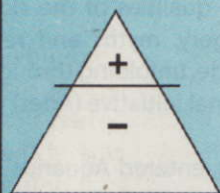
We have within our minds many layers of consciousness and/or perception. One of these layers offers a connection to great knowledge and wisdom. Carl Jung called this the "collective unconscious." I call it my "inner wise one."

If I have a problem or question that I feel needs the input of deep inner wisdom or knowing, I go into a meditative state, quiet my mind and ask my inner wise one to come forward. If my mind is quiet enough, I will feel its presence. Then I will ask my question, clear my mind and listen. If I receive an answer (usually the first thoughts that come into my mind), it is still my choice to decide whether or not to follow it.

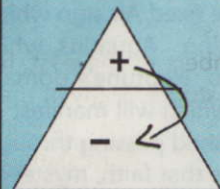
Since the ancient buffalo rubbing stone in our park reminds me so much of my inner wise one, I thought I would have some fun one day and create the perception of introducing them to each other. I offer this perception to you for your enjoyment.

Leaning against the stone, I connected to my inner wise one and asked what kind of wisdom would a buffalo rubbing stone share if it could speak. I cleared my mind, pen and paper in hand and this is what I heard: "Ancient is only a frame of mind, as is wisdom. Wisdom and knowledge are available for all no matter what the age. I have seen many ages come and go and people do not change. Their minds do. Where is your mind now? Does it serve you? Wise humans are a gift to each other and I encourage each of you to find the wisdom within. How will you know true wisdom? It supports all life. I am as old as the ages and never have I seen anything shine as bright as a wise human. Know that you are loved beyond measure by your planet and its beings." *see ad to the left*

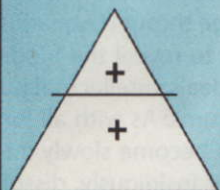
When Awareness isn't enough



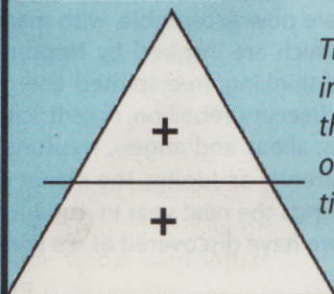
Conscious mind and chosen positive Core Belief. Subconscious mind and long standing negative core belief, thoughts, feelings and behaviour



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, continue without effort and grow stronger with time.

Is This You?

Are books, workshops, affirmations and counselling not getting you the results you want? Are you feeling stuck? Are you determined to change your life ONCE AND FOR ALL?

Core Belief Engineering may sound like other therapies, but it is different from anything you have heard of or experienced. It is a unique, one-of-a-kind method that is a partnership between you and Laara, co-creating the changes that you choose and making sure they last and grow stronger. Laara doesn't give advice or make suggestions, the answers are inside you; you just need someone to ask the right questions. Her questions are non-leading so that the direction taken in solving an issue is exactly right for you. As you don't have to tell your story, the method is gentle. Also to your distinct advantage is the length of the sessions.

Instead of one-hour-week appointments, which take years and cost a lot of money, sessions are longer and space further apart. This allows us to go deeply and thoroughly to the core, and create a transformation of negative beliefs into positive life enhancing beliefs, thoughts, emotions and behaviours that grow stronger over time. Then, with the conscious and the subconscious minds in harmony, we complete a transformation of the negative beliefs on your spiritual level (if that is within your belief system), your conscious and subconscious minds, emotional and physical levels, down past the layer of the cells.

This is an amazing amount of change to happen and in a fraction of the time of traditional methods. Far fewer total hours are needed to create lasting change, saving you time and expense.

Laara is one of only three Master Practitioners in North America. She is highly respected and trusted. She experienced CBE to solve her own issues and says, "I have solved the problems within myself that you may be having in your life. I know what it's like to be on your side of the problem as well as mine."

Call Laara now and discover how she and Core Belief Engineering can help you!



Since 1983

PCTIA accredited as *The College of Core Belief Engineering*

**5 day Basic Course • Sept. 16-20
Summerland, B.C.**

Call The College toll free 1-888-771-3707 or call

LAARA K. BRACKEN, B.Sc.

**Certified Master Practitioner 23 YRS. EXPERIENCE
Kelowna (250) 763-6265**

***Rapid, Gentle, Lasting Transformation
of Inner Conflicts***

PHONE SESSIONS VERY EFFECTIVE

**For upcoming workshops
www.changecorebeliefs.com**

Pema Design Studio

*we offer the best supports
for your practice*



meditation
cushions & mats
*
yoga supports



buckwheat hull
sleep pillows
*
small supports
& warmers

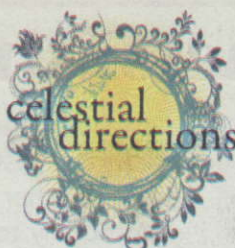


buckwheat hull
pet beds

~ all natural fibers and fills ~
made in Fernie BC ~ 423-3482

1-877-441-3412

pemadesign.com



Did you know that the outer planets move slowly through the Zodiac and wield a longer cycle of influence than the inner planets? Neptune spends over a decade in each sign, with both the positive and negative qualities of the sign permeating artistic expression, imagery, myths and religion. Every planet's journey is a set cycle, unfolding through the evolution of the signs, from personal initiative (Aries) to universal compassion (Pisces).

The planet Neptune, ruler of Pisces, and oceanic depths, entered Aquarius in January 1998, where it will stay until it enters Pisces in February 2012. Neptune is now being expressed in the manner or voice of Aquarius, the fixed Air sign which represents the intellect, freedom loving, and forward thinking. Aquarius, while humanitarian, is also eccentric, individualistic and detached. Neptune's domain includes illusion and imagery, hope, mysticism and magic, which will manifest in an individualistic and innovative manner. As it has nearly finished passing through Aquarius, we can look back on the last ten years and observe that faith, mysteries and imaginings of the decade are indeed very Aquarian and each of us have been affected both personally and as a society by Neptune's passage through Aquarius.

Like mist that veils the morning, that passage promises to reveal the hidden dimension beyond the first impression. Truth and illusion in ideals, intellectual pursuits, and innovation are now openly discussed in public forums. As with all long term transits, changes in social standards and belief systems become slowly integrated into our way of life. Neptune's influence is subtly, yet insidiously, dissolving social norms. Diversity in beliefs and lifestyles are now acceptable, with many churches losing their flocks. Dreams and visions which are inspired by Neptune are now influenced by Aquarius, a unique, forward-thinking, free-spirited energy which rules alternative lifestyles, personal freedom, diversity, rebellion, eccentricity, electricity, electronics, internet, humanitarian ideals, aliens and angels. Neptune's expression of Aquarian energy will be increased currently as Jupiter, the planet of education, expansion, generosity and judgment spends the next year in Aquarius. We may grasp the truth about many of the secrets we have discovered as we commune with each other at a distance.

Social innovations will include more alternative production of electricity and energy, and our infatuation with communications and technology will increase daily, as millions become lost in the illusory world of role-playing games and invisible friends. Computer art and graphics offer simulations of life that seem more realistic than the real thing.

Positive aspects of Neptune include spirituality, devotion, sensitivity, sacrifice, creativity, compassion, dreams, mysticism, art, music, film, photography, and the beauty industry. Negative aspects are delusion, deception, disguise, denial, drugs, alcohol and alienation. Difficulty discerning the truth under Neptune's influence is compounded by quirky Aquarius tendency to change the rules without warning.

People with strong Neptune or Pisces placements in their horoscopes, who are artistic, idealistic, and/or sensitive, may need others to help them along the way, due to their penchant for diving into delusion and denial. Frequently their need for devotion may be met through romantic love or a vocation that involves serving the greater good, as it provides a sort of 'anchor' for them. Some may use their ability to manipulate or deceive others whether consciously or not, in order to attain a personal dream. Addiction to the internet, a devotion that amounts to deification of the cyber-scape is part and parcel of innovations we now find indispensable. Mystical manifestations include the dissolving of physical boundaries with instant communication around the world, bringing us closer to group consciousness. Internet dating regularly unites people who may never have met. As the concept of privacy dissolves due to electronic records of our words, images and purchases, our 'hidden' personal information may be used without our permission or awareness.

Gayle Andrea Hunter: 250-851-0423 • astrologergayle@gmail.com



Gemstones Crystals

- Pendants and Rings
- Wands and Points
- Chakra Stones
- Crystal Balls
- Tumbled Stones
- Stones for Collectors



"There's Magic Inside"

Dreamweaver

psychic readings available



549-8464

3204 - 32nd Ave.
Downtown Vernon

www.dreamweaverbc.com

paradise with purpose

Learn
Explore
Discover



HOLLYHOCK

CORTES ISLAND, BC

Free Catalogue 800.933.6339 • hollyhock.ca

Become a Certified Life Coach with the Certified Coaches Federation

Build on your existing skills and life experiences. Learn all you need to know to get started in this intensive and focused two day and one year continuing education program.



KELOWNA

September 21-22, 2009

VANCOUVER

September 26-27, 2009

early registration savings

1-866-455-2155

cmc@certifiedcoachesfederation.com
www.certifiedcoachesfederation.com



COLLOIDAL SILVER

Lab Tested 25+ PPM

Bonus Offer

5 - 500 ml bottles +
2-100 ml Spray = \$65

Miracle Mineral Supplement

4 ounces • \$20

www.miraclemineralsupplement.com

Ion Cleanse Foot Bath

Detox Machine \$250

A machine you can afford!

More efficient than some expensive models!!

DR. BECK ZAPPERS • \$160.00

for MAIL ORDERS contact Erwin

Phone/Fax: 780-456-6134

Email: Esimon434@msn.com

INFINITE SERENITY

2476 Main Street, Westbank, BC, V4T 1Z1
PHONE: (250) 768-8876 or FAX: (250) 768-3388

Visa, Mastercard & American Express
infiniteserenity@shaw.ca • www.infiniteserenity.ca

Visit Web Page for details on Day & Evening
Spiritual/Metaphysical Teachers & Facilitators
Meditation & Discussion Groups

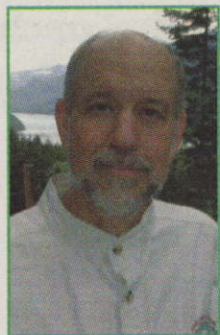
Shamanic Practitioner • Reiki Masters/Teachers
Pleiadian & Other Light Work • Counselling
Ministerial Services, Past Life & Healings

Psychics/Intuitives • Animal Communication
Spiritual Intervention/Clearings
Distance Healings/Readings • Soul Regressions
Therapeutic Massage and More

Crystals • Stones • CDs • Tarot/Oracle Cards • Books
Runes • Pendulums • Smudging Supplies
Incense/Essential Oils • Stone/Crystal Beads

We are willing to travel... ask us!

Rev. ANN CARTER, BOB & STEPHANIE CARTER



The Cook's Corner

Vegetarian Recipes from the Johnson's Landing Retreat Center

Stews: With the warm summer months coming, lighter foods are now in the menu. For this edition I have chosen a simple summer stew. This month's recipe is from my friend Slava Estok of Sunnyside Naturals in Kaslo, B.C. As with most of the recipes, it is best to start with the printed version then follow your intuition the next time around.

I have also included a dessert that uses summer fruit.

Bon Appetit, *Richard*

LETCHO - Slovak Summer Stew



Utensils:

- A sharp knife
- A cutting board
- A large pot (4-liters)
- A wooden spoon

Ingredients:

- 2 Tablespoons of **Oil** (we use extra virgin olive oil)
- 2 **Onions** medium-sized, chopped into bite-sized chunks
- 4 to 6 **Cloves of Garlic** (optional) pressed or slivered
- 2-3 **Tofu Wieners** cut into 1/4 inch rounds
(we substitute cubed 'extra firm' Herbed Tofu)
- 3 **red, orange or yellow Peppers** cut into bite sized chunks
- 8 to 10 **medium Tomatoes** -or- 3+ Cups of canned Tomatoes
- Celtic Sea Salt and fresh ground Pepper** to taste
- go lightly as people can always add more.

A great addition is spoon-sized pieces of zucchini.

Directions:

- In the large pot sauté the onions and garlic in the water until translucent (meaning they start to become clear).
- Add sliced tofu wieners or chunks - fry with the onions (until tofu is warm).
- Add the cut up peppers.
- And salt and pepper to taste.
- On Medium heat cook, turning a few times until the peppers start to look glossy (4-5 minutes).
- cut up the tomatoes, stir them in, cover.
- Turn down the heat to simmer (it should gently bubble)
- Let it stew for about 15 minutes until the peppers are well cooked (stir occasionally). We add the olive oil last so that it does not get high heat which makes it harder to digest.
- Turn off the heat and give it around 15 minutes to blend the flavours.

Serve it on a bed of warm brown rice -or- fresh bread.

This is Easy, Simple and Delicious!



Fruit Crisp

Your choice of fruits may be influenced by what is in your garden, your freezer or your local market.

I mix Apples with Blueberries or pitted Cherries

A traditional combination is rhubarb and strawberries, which would require a bit more sugar, or apricot and peaches, which require a bit more tapioca.

Utensils:

- A sharp knife • A cutting board
- 9" x 13" baking dish
- 2 mixing bowls • A wooden spoon

Ingredients:

Enough fruit that is spoon-sized to fill the baking dish, one and a half inches (4 cm.) deep

1-2 Tablespoons of **Tapioca flour** (a thickener)

1 Tablespoon of **Cinnamon**, best with apples.

1/2 - 3/4 Cup of **Sugar**

Directions: Preheat the oven to 350°F

Mix the ingredients in the bowl or baking dish.

Mix the topping ingredients in a separate bowl and sprinkle evenly across the top, then press down lightly. Bake for 35-45 minutes, till it bubbles.

Topping

1-1/2 Cups **Quick oats or Regular oats**

1 Tablespoon of **Cinnamon**

1/2 Cups of **Brown Sugar or Maple Sugar**

1/2 Cups of **Oil or Butter**

3/4 Cups of **Chopped Walnuts or Pecans**

**Tired of swallowing a handfuls of pills?
Tired of products that don't meet expectations?
Have you tried the Quantum Stir-Stilus?
It is LIGHT-YEARS ahead of anything else.**

The Quantum Stir-Stilus is a unique, new health product with the most advanced imprinting device on the planet. At Nanotech Industries, a Canadian research organization, it was discovered that the benefits of plants can be duplicated utilizing a simple magnetic-recording. What is even more amazing is that the recordings work stronger, faster and are safer than ingesting the actual plant! This may be difficult to believe, but it is true... proven with development and research for the past eighteen years. The Quantum Stir-Stilus is truly unlike any other product in the marketplace and is built to give results for a lifetime!

Inside the incredible Stir-Stilus are dozens of magnetic-recordings from plants including rare herbs and herbal extracts gathered from around the world. Magnetic-signature recordings are more aligned with modern electronics than with so-called modern medicine. Magnetic recordings are the backbone technology of the electronic age as it is the foundation for permanently storing information. It was used for making floppy discs, hard drives, magnetic video and audio tapes. Most people probably don't know how a tape recorder actually works. If we were to explain the technology of the recorder before it was invented in 1900, or the phonograph before it was invented in 1877, most people wouldn't have believed it was possible... let alone the idea of wireless internet.

Everyone's voice creates a magnetic pattern, which can be captured on magnetic tape. What most people don't realize is that simple herbs generate their own specific magnetic signatures or signals along with emotional states, physical states and imagined states. In fact, our imagination and our beliefs create the most powerful magnetic signatures. When we imagine different emotions and/or physical states, the magnetic patterns or fields that are generated are recognized effortlessly at the cellular level. (And so they should, we created them.)

The Quantum Stir-Stilus generates in-phase signals or frequencies, which are recognized by the thousands upon thousands of receptor-like antennae found on all living cells. If the specific signature of a plant, for instance, is recorded and played back to the body, the body responds exactly as if the plant was ingested, except the effects are faster, stronger and safer. These magnetic-signatures of information cannot harm the body chemically in any way because chemistry is not involved, unlike ingesting drugs or specific plants, which can cause harm if taken incorrectly. Often the body will actually select the signatures that it requires.

Simply stir your favorite beverage for 30 seconds and enjoy! The fewer sips taken, the faster and finer the magnetic-signals become. The more sips taken, the slower and denser the magnetic-signals become. Any beverage that is stirred will maintain the magnetic-signatures for at least 30 days.

The Quantum Stir-Stilus is available for many applications such as fortifying the immune system and building energy. It can also cleanse the body, reduce inflammation, curb the appetite, balance blood sugars and enhance sex drive. For digestion we use magnetic-signatures from bitters, enzymes and Chinese herbs. We have magnetic-signatures from over 150 green super-foods that help the adrenals increase vitality in athletes, providing stress relief while creating calmness in the mind and body.

The Quantum Stir-Stilus is the most powerful, effective, non-toxic, non-invasive and safest tool available that is easy to use and lasts a lifetime!

**Request full details... Contact: Leading Edge Health@shaw.ca
phone: 250-220-1262**

www.sunrise4you.info

**SIGN UP NOW FOR
EXCITING FALL PROGRAMS**

- **Five Elements Acupressure**
September 21
- **Relaxfast! Chair Massage**
November 2

Start your diploma studies with our flexible learning options! A mix of distance education, classroom training and practicum.



**Canadian
Acupressure
College**

PCTIA Registered
NHPC Recognized

www.acupressureshiatsuschool.com

1-877-909-2244

**Ask about NORWEX
enviro cleaning products**

ONGOING EVENTS

CANADIAN SOCIETY OF QUESTERS

BC & Alberta chapters - Ancient arts of Dowsing, Divining, Questing, Seeking, PSI. www.questers.ca

MONDAYS

THE STUDY OF UNIVERSAL KNOWLEDGE

entwined with physical life. Metaphysical Education. 7-9 pm • **250 497-7108** to inquire #1-477 Martin St. Penticton: www.th-academy.com

MEN'S GROUP IN VERNON. An opportunity for men to share visions and discuss spirituality and personal growth from a masculine perspective. Mike 250-503-7902 or Dale 307-3388

WEDNESDAYS

HAAO - First Wednesday of the month

Healing Circle 7 to 9 p.m - Drop in to sample mini sessions offered by practitioners. Admission \$10 RSVP • HAAO@shaw.ca

THURSDAYS

MEDITATION DARE TO DREAM • 712-9295

7 pm, first & third Thurs. 2070 Harvey Ave., Kel

FRIDAYS

CRYSTAL BOWLS SOUND MEDITATION

Closest to the Full & New Moon on Fridays
Kamloops: 250 374-8672 • Call Terez for info

SUNDAY CELEBRATIONS

Penticton: The Celebration Centre and Metaphysical Society presents Sunday Service 10:30-Noon. Penticton Music Club 441 Main St. Info: Loro 250 496-0083, email: celebrationcentre@telus.net

Spiritual emergence is not always bliss.
Support and guidance through your unique experience

Cert. Transformational Life Coach
Lori Pinnell MA Transpersonal Studies
InnerWorks Consulting

250.212.2944
innerworksconsulting@gmail.com



Stephen Austen

**Clairvoyant Medium • Healer
Medical Intuitive • Author
& Metaphysical Lecturer**

Receive tape-recorded, accurate and detailed Clairvoyant
Mediumship. Readings available in person or over the phone.
See my website for authentic Testimonials.

(250) 294 4230 Readings by appointment

E-mail: email@stephenausten.com
www.stephenausten.com

Treat the Feet

Reflexology

acts as an effective tool in
relaxing the body and the mind.

It is used as a therapeutic treatment and can aid
in the treatment of conditions such as:

- back pain •sports injuries •migraines •arthritis
- Most of all... **STRESS**

Reflexology by Laura • 250-860-0335

www.YourHolisticHealth.net

Receive
\$10 Off
your first visit

THE FOUNTAIN OF YOUTH

by Helena Noel

The Yogis have said for thousands of years "Short Shallow Breaths = A Short Shallow Life." The sad fact is that most North Americans only use 30% of their lung capacity which dramatically shortens their life spans. By taking shallow breaths not only do you not live as long as you could, but you are not going to live as healthily and happily as you could. Over 90% of the population walks around with poor posture which leads to those short shallow breaths and prolapse of the internal organs. When the organs are not properly supported by strong stomach and back muscles, they of course cease to function as efficiently as they should. These organs are responsible for digestion, elimination, reproduction and detoxification. When these organs are functioning properly we enjoy good health and stave off degenerative diseases and retard the aging process. We all know our internal organs are vital, but let's talk about the brain. The brain requires three times more oxygen than any other organ in the body. You don't need to be a medical doctor to infer the dramatic improvement in one's own health just with proper breathing alone. Proper breathing is guaranteed to give you increased energy, vitality and calmness. Stress reduction is another great benefit that comes with proper breathing, it's almost instant and 100% natural. Science is now catching up with what the Yogis have been saying for thousands of years Diaphragmatic breathing or yogic breathing strengthens and lengthens lives. I have practiced yoga for over 25 years and have taught for seventeen. If I were only allowed to teach or pass on one technique, it would be the yogic diaphragmatic breath. There is nothing that can compare to the enormous benefits of this breathing technique.

Yoga is not about contorting yourself into pretzel-like shapes. The Yogis say "The breath reflects the body, the body reflects the mind and the mind reflects the spirit" Hence learning to control the breath means you learn to control your body and your mind. Then the world is your oyster! Self-mastery and self-growth are benefits of yogic breathing. One of the most beautiful things about yoga and why I love teaching it so much is that "The success is in the doing." It is never ever competitive and only personally progressive. The fountain of youth is as close as can be. Learn yogic breathing and reap the benefits. *see ad below*

BUSINESS OPPORTUNITY

Established Metaphysical
business located in beautiful
downtown Osoyoos for sale.

Owners would like to retire.
Terms are negotiable.

Phone 250-809-2602



HATHA YOGA

with Helena @ The Yoga Loft

1007 Laurier Ave, Kelowna • 1 block west of Winners

Day, Evenings and Weekend classes

\$10 drop in, 4 classes for \$30 or a one month pass for \$50
please call to reserve 250-868-5021

*The loft is a cozy serene space with small class size.
Students say it's not just a yoga class, it's an experience.*

SelfDesign School

Co-Inspirational Learning for an Optimal Self and a Sustainable Community

by Brent Cameron

It was a beautiful fall morning, the sun was shining and a little girl was swinging on a swing. When the school bell rang, she realized that she really didn't want to go in the building. That evening, she asked her dad if she had to go to school. He said no she didn't have to, and wanted to know what had happened. She said that it wasn't very interesting and that she couldn't do the things she wanted to do. He listened to his little girl and began imagining how he could support her with a new kind of learning model.

She never did go back to school. Her dad started a program based on the way his young child had just tackled the most difficult neurological task of a lifetime, learning to talk. She, like all children, did it playfully and joyfully on her own terms and he called it natural learning.

This all started on the school grounds of the now closed Wynndel School in 1982. The family moved to Vancouver and he set up a small experimental school called Wondertree. He gathered together a group of children who for various reasons also did not want to go to school. He focused on how children naturally learning and the experiment was very successful. It is now called SelfDesign and has grown to over 1000 learners ages 5 to 18 over the entire province of BC. The program has won four national awards, Northern Telecom Award (twice), the Marshall McLuhan Award, and recently the Prime Minister's Award and numerous regional and local awards.

The dad, Brent Cameron has recently written a Ph.D. thesis as a study of some of the graduates of the program, who are now in their 30's. Although they effectively dropped out of school as we know it, about 75% of the learners have gone on to university, and all have successful careers and are happy in their lives. They all mention that Wondertree changed their lives and turned them into self-responsible and motivated individuals.

This program is recognized as a school by the Ministry of Education because it does meet the educational requirements of the Independent School Act. However, it does so in such a unique way, that the learners who do not like school, feel that they are not going to school - because they really aren't.

SelfDesign is a unique program that supports each child to design their own individualized curriculum. Instead of sitting in a classroom being passive consumers of a curriculum, learners in SelfDesign discover how to be self-responsible and self-motivated enthusiastic learners. Learners who join our program are typically bright and talented young people who just don't fit into the classroom.

SelfDesign has moved its headquarters from Vancouver back to Creston. In 2009-2010 we are offering a joint program for home learning families in the Creston valley who want to work towards an innovative high school experience in conjunction with our SelfDesign-ISK program in Nelson.

please see ad on page 22

Explore new career opportunities



Advanced Yoga Teacher Training

This certificate program offers a unique learning opportunity for yoga teachers of all traditions. This program includes:

- Peer-to-peer development
- Increased exposure to philosophy and practices of yoga
- Learning how to facilitate advanced, intermediate and specialized yoga classes

Information Session: August 27
Coming Fall 2009



Spa Therapy & Holistic Massage

This certificate program provides:

- Certificate in Spa Therapy & Holistic Massage
- Thai Massage Certificate
- Eligibility to write the Registered Aromatherapist licensure exam
- Healing Touch designation (2 levels)

This program qualifies for student loan funding.

Information Sessions: Aug 7 & 28

Holistic Health Studies

Certificate programs start September

Cranial Sacral Therapy

Expressive Arts Therapy

Fashion & Image - **NEW**

Integrative Energy Healing

Shiatsu Therapy

Learn more.

604.323.5263

holistichealth@langara.bc.ca

www.langara.bc.ca


LANGARA
COLLEGE
Continuing Studies

COUPLES IN CANOES

6 DAYS OF INNER AND OUTER ADVENTURES

Slocan Lake • August 2nd - 7th

A special reconnecting journey with your beloved in the heart of nature and to the heart of what deepens and sustains conscious loving relationships.

• *Re inspire your heart* • *Re discover each other*

\$590/person • CANOERS call (250) 359-6669



JON SCOTT &
PASCAL-SALESSES

INTIMATE RELATIONSHIP AUGUST 14-16

- Learn • A truly effective and inspiring communication model.
- To relax into the natural challenges relationships call us to.
- Welcome men/women's uniquely different way in life.

SACRED SEX FOR SINGLES & COUPLES- AUGUST 17-19

- Learn • An inspiring and playful sexual re education.
- To cultivate and express sexual energy that sustains interest in deepening in loving with your beloved.

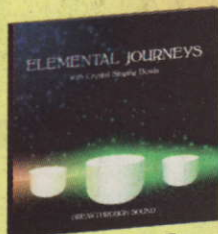
\$245/person. Do both workshops and save \$100
Johnson's Landing Retreat Ctr. (877) 366-4402

Breakthrough Sound

Crystal Singing Bowl Retailer/Wholesaler
All different kind of bowls: Frosted Classics,
Optically Clear, Alchemy and many many more

For more info call Natalie at (403) 201-2371
or email natalie@breakthroughsound.com

Breakthrough Sound's first CD Release



"Elemental Journeys will take you on a magical ride with its unique combination of crystal singing bowls, chimes, rattles and toning. Soar through visions of Shamanic ceremonies, Tibetan Temples and the Fairy realm. Be prepared for a powerful experience."

Crystal Toning Evenings at the Divine Mine
visit www.divinemine.com for more details

The Komasket Music Festival

(KMF) is heading into its 8th year on the August long weekend, July 31- Aug 2. Once again the Okanagan Indian Band permits its beautiful Komasket Park on Okanagan Lake to be used by the KMF, which is becoming known across Canada for bringing some of the best global, vibrant, boundary-smashing music to the Okanagan for three days of celebration.

The KMF line up includes some the hottest acts on the International Festival circuit. The new slogan 'Okanagan's World Music & Dance Celebration' reflects the festival's increasingly diverse line-up which is attracting more international, national and regional performing artists of high acclaim.

Last year's festival drew a crowd of over 3000 people. "What we keep hearing is that people come back year after year and bring friends and family, because the KMF offers them a place where they can camp and feel safe with their families, plus they can also shop from around the world, share in the Local Aboriginal culture, take part in creative workshops while their kids are safe and entertained. Word is spreading about the no drug/alcohol policy which helps to create this family appeal," says artistic director Devaki Thomas.

Members of Vernon's own Samsara co-founded and direct the KMF event, this allows for an insider's understanding of which artists are good live performers and can make negotiations easier, keeping gate prices reasonable, making it easier for families and youth to attend. *see ad to the right*

Early warning for Heart Disease

Find out the Biological Age of Your
Cardiovascular System



Digital Cardio Pulse Wave Analysis

FAST ACCURATE SIMPLE SAFE

POWERED by
FOREVERGREEN
HEALTH, KINDNESS, OPPORTUNITY



www.1666.myforevergreen.org Read (and watch videos) about
Azul at the "LegaSea" link and Pulse-8 at the "Brain Garden" link.

Don't become a statistic!



Debbie Ward

Wholistic Practitioner

Barrhead Wholistic
Health Centre

dlward53@hotmail.com

780-674-3181

780-674-2993

*I am willing to travel to
introduce this new technology*

OKANAGAN'S WORLD MUSIC & DANCE CELEBRATION!!

**JUL 31,
AUG 1 & 2
2009**

THE 8TH ANNUAL

KOMASKET MUSIC FESTIVAL



**ARRESTED DEVELOPMENT KINNIE STAR MIA DYSON
THE SHUFFLE DEMONS SAMSARA AND MANY, MORE!!**

WEEKEND PASS \$80 (kids 12 & under free)

EARLY BIRD 'TIL JULY 1ST \$65 @ BEAN SCENE, VERNON

OR TICKETSELLER.CA - 250-549-SHOW

KOMASKETMUSICFESTIVAL.COM

3 Stages & 3 Magical Days....Music, Camping, Culture, Celebration!!!

Tumtumtet: Mother Earth Journeys

Take a Journey with Corinne

services include: Intuitive Readings
Shamanic Practitioner
& Natural Health Practitioner

Power Animal Oracle, Angel Oracle
or Native American Tarot Cards



West Kelowna: 250-768-7182 or cell 250-801-1646
email: cori-de@hotmail.com

NEED ANSWERS!

Not sure which way to go!

Norma Cowie in person or by phone: 250-490-0654



Psychic Tarot Card Readings
Past Life Regressions
Soul/Source Connections
Workshops & Classes

beginning September 29th

'Plug into Your Power' Intensive Course

**Georgina
Cyr**

NEW

Animal Iridology Courses • iridologycourses@hotmail.com

Animal Communicator

Communications regarding health and behavior of a pet.

Animal Communication Correspondence

Course modules in animal communication.

www.animal-communicator.com
info@animal-communicator.com **or 250-723-0068**



Kelowna Yoga House



**Align
Stretch
Strengthen**

1272 St. Paul St., Kelowna • 250-862-4906

www.kelownayogahouse.org

Choosing Iyengar Yoga

submitted by Terry Tustain for the KYH

In the west, the word yoga describes many styles of an ancient practice. The most popular notion is that yoga is a physical exercise involving stretching with a spiritual dimension optionally attached. If you live in a city of any size, you will be able to go and "do yoga" in a variety of ways.

Why, then, choose to take classes at the Kelowna Yoga House? The style of yoga taught at KYH is Iyengar, a yoga which focuses on asana, or the physical postures. This system was developed by B.K.S. Iyengar, author of *Light on Yoga*, who, at the age of ninety, still practices yoga daily in Pune, India at the institute which he built some forty years ago. Mr. Iyengar's style of yoga places a high priority on the body's alignment and on the use of props, so that students at all stages of development can work safely.

Certified Iyengar yoga teachers are required to complete a minimum five-year national teacher training program. They are dedicated to ongoing professional development and to a life-long practice. Because of the intensive training they receive, Iyengar teachers are able to work with students whose reasons for wanting to do yoga vary: some want to get into good physical shape, some require help recovering from injuries, and some are looking for a better way to handle the stress of life. Whatever the reason, the benefits are many. A regular practice will help develop physical mobility, strength, flexibility and mental clarity. Emotional stability and balance come with time. If the student is healthy, yoga will build strength and stamina; if the student is older or weakened by disease or injury, the practice will help expand range of movement and assist the healing process as chronic pain is diminished. Athletes with tight, hard muscles will develop greater flexibility. In short, everyone can benefit from yoga. Daily life virtually ensures that our bodies become imbalanced—we slouch while driving or sitting at our computers for hours, we lift and carry things, we garden, golf and do lots of forward-bending activities.

In a typical Iyengar yoga class students are introduced to a full range of standing poses, forward bends, back bends and inverted poses. Proper stretching creates a lengthened spine with poses being held for a minute or longer depending on the nature of the pose and the level of the class. This builds strength and elongates muscles as both sides of the body are stretched equally. Hands and feet are pressed down evenly, and this equal pressure on leg and arm bones helps promote recovery from injury while correcting poor (injury-inducing) posture. Restorative poses relax and rejuvenate, help balance the hormonal system and soothe the nerves, while improving breathing and calming the mind, allowing the emotions to respond in a positive way. 'Gentle' yoga classes help students whose lives are in transition, or those with physical challenges such as arthritis, osteoporosis or fibromyalgia, including women who are pregnant or menopausal. Yoga does more than help the body—it lifts the spirit.

see ad to the left

Oh Goody it's Some "Bad Stuff"

by Layne Schmidt

How do you look at the unwanted stuff in your life? The unsatisfying relationship, the traffic jams, the ever decreasing amount in your bank account, the extra ten pounds, the crazy boss, the rude cashier, the whiney kid, the barking dog? Did anything happen today or yesterday that agitated you?

Did noticing it rile you up a bit? Did you do a little rant about your mate, your boss, or the morning commute when you got to work? Did everyone share and compare their stories, some with a great deal of flare or humor? Did you share yours or simply stew on it until something else distracted you?

Focusing on the unwanted stuff is a pretty normal response in our society. We have been well trained to observe what is, focus on what is, talk about what is and even stew on what is. Let's face it, telling a funny anecdote about the lousy traffic, the mate who never cleans up, the boss or the co-worker that doesn't have a clue gets us lots of attention.

We are a society that takes a perverse pleasure in talking about what's going wrong. Sitcoms, dramas and reality TV all count on you loving to focus on the bad stuff. And let's face it, none of us sits down to watch the evening news to see all of the good stuff that's going on in our community and the world around us.

So what do you do if you'd like things to be different? Let's say for instance that you want a better relationship, you want the dog to stop barking, you want your boss to appreciate your efforts or you want your mom to quit nagging you.

Well, it might be hard to hear but Step 1 is: Stop Talking About It! Stop spending your energy focusing on things you don't want. Stop trying to get the laugh or the sympathy. And Step 2 is: Flip the unwanted experience around and make lists of what you do want instead, i.e. the unhealthy relationship turns into *I want a healthy relationship*; the glob of toothpaste on your shirt could become *I want to be relaxed in the morning so I can be peaceful as I get ready*; the aching back as you get out of bed could become *I want to be aware of what I can incorporate into my day so my back gets stronger*. As often as you can, practice focusing on what you want and where you want to go.

When you focus more on what you do want and less on what you don't want, what you do want has to come to you. It's a universal law.

When something comes into your awareness that you do not like, make the deliberate choice to not talk about it. That's it! Just stop talking about it and make a list of what you do want. You might have a thousand opportunities a day to make this choice – just be easy about it and make the choice as often as you can.

Layne Schmidt is the creator of www.RubyShuze.com a web-based learning tool for individuals interested in creating a better life for themselves. See ad to the right.

FLOWER OF LIFE WORKSHOP

September 4 - 7 • Nelson

October 2 - 5 • Vancouver

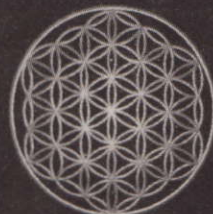
Early Bird 10% discounts (4 wks) \$333

Facilitated by Dania KalTara

Sacred Geometry

Unity Breath

MerKaBa Meditation



www.floweroflife.org

250-354-0413

email: fol@netidea.com

Cheryl Forrest



1 - 1.5 hours

Intuitive Counselling.

A psychic art portrait of
your energy field with
taped interpretation.

250-768-2217 • West Kelowna

Every dollar you spend is a
Vote for what you believe in!

WWW.RUBYSHUZE.COM

It's not what you

think!

RubyShuze



Market Place for your Spirit & Soul

The Threads that Bind Us

Metaphysical Services, Gifts & Thrift

Workshops, Tarot and Psychic Readings,
Reiki and Healing Services, Metaphysical
Library, Crystals, Ritual Supplies, Incense,
Jewellery, Aromatherapy Products,
Local Artisans' Crafts,
Music and of course Thrift.



3004 B 31st Street, **Vernon**

Phone: (250) 540-0341

stores.ebay.com/The-Threads-That-Bind-Us-Online

Spirit Quest Books

BOOKS
CRYSTALS
GIFTS

Lakeshore Drive,
Salmon Arm, BC
(250) 804-0392

www.spiritquestbooks.com



Etherea
Books & Gifts
has MOVED

Crystals • Candles • Books
Tarot Cards • Unique Gifts

**2895 Chase-Falkland Rd,
Falkland: 250-379-6809**

ethereagifts@hotmail.com.

Christina's Holistic Centre



- Reiki Treatments & Teachings
- Reflexology
- Shiatsu Face -Lift

490-0735 • Penticton

#101- 95 Eckhardt Ave E

www.HolisticCounsellor.com

This ad space
could be **YOURS**
Most reasonable rates!
Call 1-888-756-9929

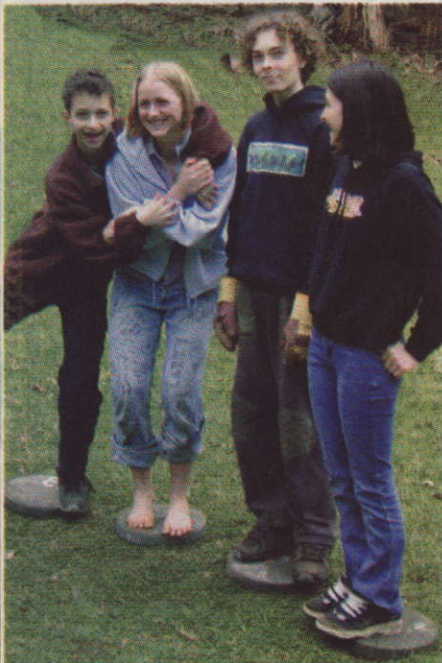
BUSINESS OPPORTUNITY

Established Metaphysical
business located in beautiful
downtown Osoyoos for sale.

Owners would like to retire.
Terms are negotiable.

Phone 250-809-2602

SelfDesign is a new school in the Creston Valley that goes beyond the idea of schooling.



We have a 25 year history of creating transformational learning experiences for children, youth and families.

We are looking for young people who want to produce movies, write stories and scripts, do journalism and research, interview people, produce documentaries, create websites and online programs, and investigate Creston as a sustainable bioregion.

If you are interested in having an audition for our program this coming year, please contact us soon. **for ages 11 to 16**

Can you imagine your son or daughter having the learning adventure of their life and getting high school credit for their unique learning projects?

SelfDesign

the human being is the design that designs itself ...

Visit us at selfdesign.org or call 250-428-5568

Market Place for your Spirit & Soul



gaia rising
new age books and metaphysical tools

356 baker st, nelson, bc
(250) 354-4471 • (866) 368-8835
OPEN DAILY-tax free sundays
www.gaiaising.com

Mystic Dreams, Kamloop
Your metaphysical store on the North Shore



419 Tranquille Rd.
554-8770
www.mysticdreams.ca



PLANET BLISS
conscious living

Expand your consciousness and those around you.

Books, Music, Zen Fountains, Products
for Yoga, Meditation & Relaxation.

Planet Bliss is your source for conscious living.
45883 Wellington Ave, Chilliwack, BC
604-703-0910 • www.planetbliss.ca

Holistic
Desert Connections

Reiki & Ear Candling
Therapeutic Touch for Human & Animals



Book & Gift Store
8511 A Main St.
Osoyoos, BC
Ph: 250-495-5424

Quantum Biofeedback
Kelowna 862-5121 • Marie-Jeanne Fenton

- Detects
- Balances
- Energizes

Over 9000 items



energybalance@shaw.ca
members.biotechpractitioner.com/energybalance

Angelic Oasis Gifts

Books, Angel, Oracle & Tarot Cards
CD's ♥ Crystals ♥ Inspirational Gifts
♥ Reiki ♥

♥ Intuitive Medium Card Readings ♥

#108 - 1475 Fairview Rd, Penticton
in the Cannery Bldg. • 250-486-6482

Dayspring
Holistic Healing



Reiki for Stress
Reduction & Relaxation
Spiritually Inspired Encaustic Art



Relaxation Head Massage
Call for appointment
Penticton, BC - 250 276 3046
www.dayspringholistichealing.com

**THOMPSON & OKANAGAN
CLASSIFIED ADS**
Community Bulletin Board

<http://thompsonandokanaganclassifiedads.com>

- Buy & Sell, new, used or unwanted
- Personal or Business • Multiple Ads
- Entertainment Guide • Garage Sales
- Post Events • Jobs • Real Estate
- Pets • Auto • Pictures allowed

We Have It All!
Read TOCA News Blog!

Wild Roots
Herbal Learning Centre



- Promoting Health and Healing in the Wise Woman Way
- Reclaiming the Traditional Roots of Herbalism
- Classes, Workshops and Certificate Programs
- Traditional Herbalism, Herbal Medicine Making, Wildcrafting, Ethnobotany, Plant Identification and more.

Accepting Registrations
For more info. call 250-838-6777
or visit: www.wildrootsherbs.com

Pascalite Clay
FREE SAMPLE ...not your ordinary clay!
♥ loved by many

- 70 year old woman
... "my hemorrhoids were gone in 4 days!"
- 60 year old man
... "my stomach ulcer disappeared."
- 50 year old woman
... "my gums are healing beautifully."
- **MANY SKIN PROBLEMS SOLVED**
Antibacterial, Antifungal
and a Natural Antibiotic

250-446-2455

Sole 2 Soul



Services
Detox Foot Spa
Reflexology
Relaxation Massage

Nora Donovan-Ward
Vernon, BC
250-545-2747
tishie1@shaw.ca



Flexible Hrs, Discount Packages Available

KALEIDOSCOPE
Body, Mind & Spirit Arts

- Over 40 Local Artisans
- Healing Gems and Crystals
- Smudges and Resin Incense
- Massage Supplies

Herbal Massage Oils, Golden Flower Essences
Organic Essential Oils, Crystal Massage Tools
Natural Laser Wands.

250-443-3278
2nd Street, Grand Forks

Rolf Practitioner

Ida Rolf's Structural Integration
and Body Work



Susan Book

GSI Certified Practitioner

Nelson • Creston • Grand Forks

Ph: 250.551.5544

scorpp88@hotmail.com

www.rolfguild.org

JOINTS

by Wayne Still

The human body is a marvelous assemblage of levers and a tensioning system to move and balance what is essentially an unstable moveable tower. The levers are bones, the tensioning system, muscles. Working within a connective tissue matrix which comes in various forms to hold the whole works together, they make up the musculo-skeletal structure of the body. In order for the body to move and maintain balance there have to be places in the structure where controlled bends can occur as the muscular tensioning system acts on the bony levers. A deliberate bendy bit in a structure is referred to as an articulation. In the body the articulations are further identified as the various joints: elbow, shoulder, hip and so on.

Joints come in various configurations depending on their use in the body. The ball and socket of the hip and shoulder are probably the best known, but there are various other forms too numerous to list in this column. What all joints share is the binding system which keeps the components of the joint in place while allowing them to move.

The binding system is mainly composed of ligaments which attach bone to bone. Ligaments are highly specialized connective tissues. The tissue is very tough and strong yet flexible enough to accommodate the normal range of motion of the joint. What ligaments are not is elastic. When a ligament is stretched beyond its normal range of motion it will tear; this is known as a sprain. Such injuries are very painful and slow to heal because the tissue is highly enervated but has little blood flow to it, so nutrients for healing are not abundant.

Joints need to move so they are inherently the weak links in the body's structure. Movement outside of their normal range of motion or misuse are obvious causes of malfunction. But joints only move when they are acted upon by their associated muscle systems. Muscles are mostly made up of another kind of specialized connective tissue called fascia. Fascia responds to stresses of all kinds by shortening. Chronic shortening of this tissue will result in the tissue adhering to itself and creating permanent adhesions. The shortening and adhesions affect the manner in which the muscle acts on the joint and can pull the articulation out of alignment.

Joints allow two bones to move in relation to each other. Bones are the hard bits in the body and if they were constantly rubbing against each other would soon wear out. Nature has provided us with a lubricating and cushioning system within the joint capsule itself to prevent this from happening. If the joint is not properly aligned the cushioning system will be subjected to unnatural stresses which can cause it to wear out, allowing bone-to-bone contact. This results in pain and over time can lead to the complete failure of the joint.

The effectiveness of Structural Integration work lies in its ability to find and release adhesions in the fascial system thereby restoring the tissue to its normal length. Intervention by Structural Integration work early in an episode of joint pain can restore balance to the associated tissues. This will bring relief to the affected area in the short term and ensure its effective long term functioning.

STRUCTURAL INTEGRATION



IMPROVE VITAL CAPACITY
INCREASE RANGE OF
MOTION
RELIEVE CHRONIC PAIN
LASTING RESULTS



Penticton office:

477 Martin #1

Kelowna office:

1638 Pandosy #2

Phone

250 488-0019

for appointment

WAYNE STILL GSI

www.siguy.ca

Nature's Ultimate announces a full line of organic cleaning products.

Concentrated Orange Cleaners are 100% active ingredients.

- Made from 100% natural renewable plant based ingredients
- Non-toxic to pets, plants, and people
- Biodegradable
- Non-corrosive and non-abrasive

www.NaturesUltimate.com

C2C Marketing Inc. ~ Calgary, AB 1-877-255-1595 or 403-255-1661

**NATURE'S
ULTIMATE**



NEEDS

A Foundation of Inner Freedom, Empowerment and Peace.

by Eric Bowers

The human needs that we all share are the foundation of the Nonviolent Communication, NVC, process because it is in connecting to needs that we find inner freedom, empowerment, and compassion. Unfortunately, many people have negative associations with the word 'need', such as needy, weak, selfish, dependent, and so on. These associations come from a very different understanding of the word 'need' than that found in NVC. In the practice of NVC 'needs' are intrinsic, abstract qualities of our life energy, of our wholeness within. 'Needs' are unattached to outcomes and move us forward to express, grow, contribute, and connect in the world.

Needs are considered abstract qualities such as belonging, fun, love, learning, connection, authenticity, and so on, that everyone in the world shares. Material things or actions are strategies for meeting needs. For example, a cell phone is a material thing that can help meet a need for connection and belonging but it is not a 'need' itself. And washing dishes is an action that meets needs for order and cleanliness; however, who washes the dishes and when and how they get washed are all part of the strategy, not the 'needs'. Suffering can occur when we confuse strategies with needs and become attached to specific strategies or outcomes. We can free ourselves from suffering by letting go of strategies and outcomes that aren't working, returning inward to our needs, and then letting our natural, need-connected creativity lead us to other strategies for meeting our needs.

Negative associations to 'needs' come when we look outside of ourselves and see things such as money, material possession, status, and approval from others as 'needs'. There is a lot of conditioning in the world that trains us to try and get people to do what we want so we can feel whole inside, or acquire material possessions so we can be happy. Looking outside of ourselves for our needs leads to associations of lack and neediness with the word need. With NVC the order is reversed. We find empowerment by connecting to the abundant wholeness of our 'needs' that is always present inside and then inviting others or life in general to meet our 'needs'.

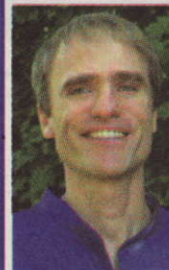
Edward Jones®

Brenda L. Fischer, CFP
Investment Representative

**2618 Pandosy St.
Kelowna, BC**

**Bus 250 712 0508
Toll Free 1 866 860 2353
brenda.fischer@edwardjones.com**

Serving Individual Investors



Eric Bowers

Certified Nonviolent Communication Trainer

If you would like to know more about workshops, classes, personal sessions, and mediation contact Eric at roadtocompassion@gmail.com or 250.551.4260

Eric is on the Road to Compassion
this summer offering NVC workshops throughout BC. Check website for locations and dates. www.roadtocompassion.com

Marshall Rosenberg, the originator of NVC, says, "Everything we do in life is an attempt to meet a need - to allow our life energy to be expressed in the world." If we choose to do something that we later regret, we can find compassion by looking at the needs we met and those that weren't met. Exploring what could have been done differently, instead of blaming and judging ourselves, will help us learn and grow and make better choices in the future.

If we remember to connect with our needs as abstract qualities of life energy within us, stay unattached to strategies and outcomes, and find compassion and learning for how we choose to meet our needs, then we can create more peace within ourselves. And we can also find more freedom, empowerment, and compassion with how we express, grow, contribute, and connect in the world. *see ad above*

HAAO

WEEKEND RETREAT August 15/16

\$80 including workshops, meals and room.

Details haao@shaw.ca RSVP

Marie-Jeanne 250-862-5121

Healing Arts Association of the Okanagan

Our 40 Members enjoy monthly meetings, free advertising, free HAAO website listings, guest speakers, special events, healing circles, health shows, networking and promos, discounts on holistic services. Non practitioners enjoy meeting with us. Upcoming meetings, Sept. 16, Oct. 14, Dec. 09 • Membership \$55 year.

Looking for a holistic practitioner? www.healingartsassociation.com New members invited.

Dare To Dream

Jewellery

Crystals • Gemstones

Salt Lamps • Incense • Oils

Tarot and Oracle Cards • Angels & Dragons

New Age & Self-Help Books • Audio • Videos

Feng Shui & Chakra Energy Products • Unique Gifts

MONTHLY SPECIALS

BIRTHDAY SALE - JULY 26 to AUG. 3

**Psychic Readings, Reiki, Shamanic & Crystal Healing
Thai Foot Reflexology & Massage... See ads below**

#33-2070 Harvey Ave., Kelowna, B.C. • 250.712.9295

Holistic Choices

with Preben Nielsen



- Reiki Master / Teacher
- Metaphysical Minister
- Spiritual Counsellor
- Massage Practitioner
- Shamanic Healer

Gift
Certificates
Available

Reiki & Shamanic Classes available

Meditations 1st and 3rd Thursdays at Dare to Dream

Shamanic Healing - Soul Retrieval / Extractions
Clearings, Power Animal & Inner Child Journeys

Kelowna: 250-712-9295

Dare To Dream

with Angie

Dream of a healthy happy you.
Heal your body, mind, and soul.

• **Reiki • Full Body Massage •**

• **Thai Foot Reflexology •**

250-712-9295



Depleted Uranium

by Dave Cursons

At the outset of this article I wish to declare a profound anti-military bias. I deeply deplore the complicity of the Canadian Government in US imperial adventures abroad. Today's wars present a myriad of spectacular, convergent and agonizing humanitarian crises. The important concern about depleted uranium seems almost too colorless and innocuous to capture popular attention. But try this, for a starter:

The US ranks first in the world in terms of military spending and arms import – and first in the world in infringing upon the sovereignty and human rights of other nations. You know, we hear so much about the US military using torture, a violation of human rights. The even bigger violation of human rights we rarely hear mentioned is our Depleted Uranium use – or DU – our radioactive poisoning of people here at home and around the planet – and the wanton contamination of the air, water, and soil upon which we all depend on in order to survive.

from a speech presented by Cathy Garger at the Hiroshima and Nagasaki Peace Commemoration at the WWII Memorial in Washington, DC on August 5, 2008.

Some DU History

By the turn of the 20th century, physicists knew that certain elements emitted fast-moving particles of alpha particles and beta particles. Elements like uranium were very heavy, which is to say that their atom nuclei were massive. Heavy nuclei are unstable and 'decay', meaning that they spontaneously split into smaller nuclei and emit stray particles. This is called radioactivity.

Fast forward the science through the Manhattan Project and the subjugation of Japan with a two A bomb attack that ended the First Nuclear War. The so-called Cold War followed. The Second Nuclear War began in Iraq in 1991 and has been going on since.

The DU Danger

There is an obvious difference between sudden massive bursts of destructive gamma rays from an atom bomb blast and a drifting cloud of radioactive particles following a hit on an armored vehicle. The harm from radiation in suspended particles of depleted uranium is less awesome than that from the big bomb. A nuclear bomb blast will emit radiation with devastating short and long term harm. Harmful radiation from present nuclear warfare comes from uranium in ordinance and armor - bullet heads and tanks.



**Making the Okanagan
a better place to live**

**Bruce Agassiz at Royal LePage
Armstrong, BC**

e-mail: bruceagassiz@gmail.com

web page: www.agassizhomes.ca

ROYAL LEPAGE

www.royallepage.ca
Downtown Realty

1-866-854-6049

This particular uranium called 'depleted uranium' (DU) is a by-product of the nuclear industry. No longer useful in a reactor, it is radioactive waste. It is awkward to secure and store. It is marketed to the military because it can harden metal to the degree that it will penetrate tank armor. Tank armor, in turn, can be hardened with depleted uranium.

Ordinance and armor made from depleted uranium (DU) bursts apart and evaporates in the intense heat at explosive impact. DU is thereby made air-borne and is inhaled and ingested by living organisms. The lasting menace of radioactivity – the kind that brought slow death at Hiroshima and Nagasaki – affects today's soldiers and civilians as it floats from battlefield to forest, farm and town.

This present Second Nuclear War instigated by the military organizations of The Pentagon and NATO commenced in Iraq (1991), continued in Bosnia (1996), then The Balkans (1998), and lately in Afghanistan and Iraq.

Dr. Rosalie Bertell, a Canadian Gray Nun and physicist, has written and lectured extensively on the dangers of low level radiation in the environment and has helped lead a public outcry about the use of DU weapons.

At this juncture a passionate plea to end the use of DU weapons will often include images of fetuses and infants horribly disfigured from the effects of radiation in the womb. These distressing images can be viewed via numerous online sources. At minimum it needs to be explained that there are at least two kinds of harm that radioactivity from DU can bring to living organisms and, in particular, ourselves. One, called carcinogenic or cancer-causing has to do with the collision of radiation with cellular tissue as may occur through intrusion of depleted uranium particles in the lungs or digestive tract. The effect is an aberrant and uncontrolled cell growth, which is the cancerous tumor. Some organs of the body withstand such cancers very poorly and treatment is often arduous, if possible at all.



The black star in the image at left shows the tracks made over a 48-hour period by alpha rays emitted from a radioactive particle lodged in the lung tissue of a primate (the particle itself is invisible).

In living lung tissue, if one of the cells adjacent to the particle is damaged in a certain way, it can become a cancer cell later on, spreading rapidly through the lung.

Another type of harm is called tetragenic and refers to interference with normal embryonic development. Similarly to the cancer-causing affect this involves the collision of subatomic particles with chromosomal tissue in a sex cell or a zygote of a human being or other organism. The individual's normal development through gestation is interrupted, reconfigured or stopped with attendant minor or severe abnormalities at birth.

The mean and bitter truth about radiation from depleted uranium is that it continues to do its dirty work in air, water and soil long after the soldiers and civilians, and whatever cause brought them death and destruction, have been forgotten.

Very profitable today, depleted uranium from vaporized bullets and armor is the killing that lasts and lasts far into the future.

It is understandable that scientists, peace activists and humanitarian groups call for a ban on the dispersion of depleted uranium from battlefields worldwide.

Dave Cursons is a 62-year-old grandfather who resides with Gabriele on a small organic farm in Cawston.

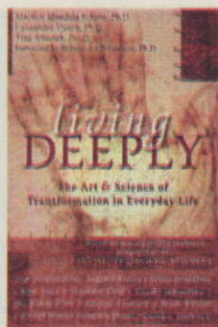
Dave is long-time member of the Green Party.

For a vigorous scientific criticism of DU by military,
try http://iicph.org/du_update_1_3

For a neutral version of the problem of depleted uranium,
try www.who.int/mediacentre/factsheets/fs257/en

For the voice of outrage at DU,
try <http://thereareno sunglasses.wordpress.com/2008/08/>

Or join CADU - a group of volunteers that is part of a worldwide movement to ban depleted uranium weapons. In 2003 they founded the International Coalition to Ban Uranium Weapons (ICBUW). With over 100 member organizations and a presence in 29 countries their mission statement calls for a halt to the production, testing, sale, stockpiling, transport and export of uranium weapons and a decommissioning of all existing stockpiles.



Book Reviews

Christina Ince

Living Deeply

The Art & Science of Transformation in Everyday Life

Marilyn Mandala Schlitz, Ph.D.,
Cassandra Vieten, Ph.D. & Tina Amorok, Psy.D
Noetic Books • ISBN 978-1-57224-533-4

This book is based on a decade-long research programme at the Institute of Noetic Sciences, and has been praised by Deepak Chopra ("A brilliant synthesis of science and wisdom..."), Jeremy Taylor ("Open it at your risk, because these gems change hearts and minds.") and Larry Dossey ("...the accumulated wisdom of many of our greatest living teachers..."). Jeremy Taylor is also one of the contributors, along with Ram Dass, Angeles Arrien, Adyashanti and Starhawk, and many others whose names may not be as familiar but whose writings stem from their roles as, to name a few, psychologist, Catholic priest, Lakota elder, Johrei teacher, Rabbi, Mongolian chief shaman, Kabalist, Tibetan Buddhist monk, and Yurok tribe shaman-doctor. You can see how the above quotes came about. As with several books I have recommended over the years, this is not a book to be read like a novel - for many it will be heavy going, but infinitely worth it. It is also not to be dipped into, but rather treated as a course of study. At the end of the chapters are exercises so that you may put into practice the teachings, and so deepen your experience of the subject, and of course of yourself.

It would take a lot of space to review this book thoroughly, so I shall take one chapter as an example: Chapter Five - Why Practice? This follows four chapters in which the four essential elements of transformative practices were explored: intention, attention, repetition, and guidance. Many questions will arise from those chapters, which Chapter Five seeks to answer, and so we are taken through Insight, Riding Your Ego, Purification, Living in the Moment, Surrendering into Mystery, and Getting out of the Way. There is a writing exercise at the end, during which you explore your practice, or practices (and these may be yoga, gardening, painting, tai chi, running, singing, sitting - the list is definitely endless), and you may be surprised by what you discover about what you are achieving, what you want and expect, and what possibilities are in front of you. Highly recommended!



U-Turn

What if you woke up one morning and realized you were living the wrong life?

Bruce Grierison
Bloomsbury USA - ISBN 978-1-58234-587-1

I'm sure we've all woken up on at least one morning and wished we were living another life - usually those wishes are momentary, or only last as long as the situation in which we endure. Now consider the question in the book's sub-title - what if? What would you do? For some of the people written about in Bruce Grierison's illuminating book the choice did not appear to be conscious, rather they found themselves led or shepherded into another life, believing they felt the tug or push to be physical and coming from outside themselves, something beyond their comprehension, choice or desire. An ambitious businesswoman takes a trip and finds herself sitting in a condemned tree for 738 days; a goofing-off atheistic undergrad goes to a missionary movement gathering so that he can make fun of the experience later, and becomes a pioneering medical missionary; a prostitute involved with drugs and organized crime becomes a pastor.

There are others, people who made choices based on outside influences (the man who earned his living killing chickens realized the horror of his job when he met an animal lover and subsequently became a vegan), and those who without explanation walked out of jobs, homes and families, not necessarily for a so-called better life, but certainly a truer one. To paraphrase Aldous Huxley: they saw a door where once there was a wall, and on passing through it will never be quite the same again, perhaps happier, but certainly less self-satisfied.

I read through the index and found names of people who have interested, sometimes fascinated, me most of my life: G.K. Chesterton, Fyodor Dostoyevsky, Oscar Wilde, Walt Whitman, and James Joyce among others - sad, inspiring and surprising stories. You will surely find people within these pages who have inspired, bored or repelled you, and you may find your attitude and opinion doing a u-turn as you discover their stories. You may agree with David Ebershoff, quoted as saying, 'Everybody, I believe, has at least once looked in the mirror and said, "That is not who I am." Who are you? If you saw that door in the wall, would you take the opportunity to find out, regardless of what is at stake?

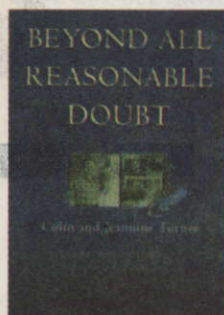


**Celebrate your relationship
with more love, laughter
and romance at
www.syncrohearts.com.**

Makes a great wedding gift too!

Two Kootenay authors

reviewed by Angele

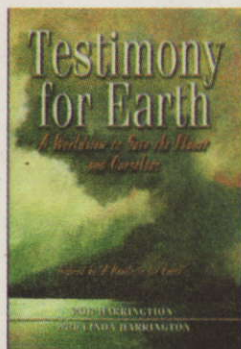


BEYOND ALL REASONABLE DOUBT

Enlightenment and Healing Keys
to a Fulfilling Life

by Colin and Jeannine Turner
Riondel, BC • 250-225-3423
Blue Feather Healing

This is a personal journey of two people who connect and explore holistic healing and the world of spirit. Both find themselves in a life crisis and choose to explore brave new worlds to find happiness. They find the path to God or the Infinite Source and are told "Heal the sick, freely ye have received, freely give," and so they do. They set up a Healing Center in Ottawa, as a charity, and by 1978 they are 'doing' 3000 healing a year. They even travel to the Yukon and work for Don Branigan in the Atlin pyramid. Full of insights and information so that you may get a clear understanding of how the spiritual energies work that create miracles in those that seek. Some of the testimonials from people who were ill and were healed makes one wonder about the mystery called life. The book ends with a *Celebration of Life Ceremony* for Jeannine who died on November 23, 2006.



Testimony for Earth

A Worldview to Save the
Planet and Ourselves

by Bob and Linda Harrington
Galena Bay, BC • 250-369-2281
Hancock House

Rooted in ecology the book offers eleven principles that if followed, would move humankind toward a respectful, compatible relationship with Planet Earth. Bob points out that we are at an axial point in history. We can continue along our merry way and condemn our children and grandchildren to perish or "We could stand on guard for thee" and treat Canada in an ecocentric way. The book is a well thought out plan to save the earth so we can continue having a home for our homes.

Sprinkled with insights from his life as a geologist, he taught secondary schools sciences and university ecology courses. He spent five years as the Western representative for the Canadian Wildlife Federation and reforested eighty acres of a logged-off property. Bob has lots of experience and advice so that we may change our way of thinking, replacing our economic madness with ecological sanity.



Feel the Difference

with the

Platinum Energy Systems™
Detox Foot Spa

Cecile Begin, DN
Westbank, BC
250-707-1021

www.PlatinumEnergySystems.ca

IONIC FEATS

**BODY DETOXIFICATION
& REJUVENATION**



Complete Ionic Cleanse Therapy
Home Spa
Just Add Water



Start



10 minutes



20 minutes

5026 50th Street
Lacombe, AB, T4L 1W8

Ph. 403-782-5656
www.ionicfeats.com

The NATURAL Yellow Pages

ACUPUNCTURE

BONNIE DEYAEGER, R.A.C.,
Cawston/Keremeos: 250-499-7852 • offering:
Acupuncture, Chinese Bodywork & QiGong

MARNEY MCNIVEN, D.TCM., R.A.C.,
and AcuSonics • Vernon & Enderby: 838-9977

DONNA RASPLICA, Dr. of TCM
Reg. Acupuncturist, Chinese herbal medicine
Salmon Arm • 250-833-5899

JENNIFER LARSEN, R.Ac., • Kamloops
www.vitalpoint.ca • 250-376-3070

MOUNTAIN ACUPUNCTURE & Laser Therapy
MARCEL MALLETTE, R.Ac.(TCM)
7639 Silver Star Rd., • Vernon 250-260-3892

AROMATHERAPY

DREAMWEAVER - VERNON 250-549-8464
English (Bach) Wildflowers - Bailey Essences
Essential Oils & Carriers - Magical Blends
Tromos Stress Relief - Colour Bath Therapy
3204 - 32nd Ave • www.dreamweaverbc.com

HEAVEN ON EARTH ENTERPRISES
Wholesale Calendula & Massage Oil Blends
& Essential Oils • marisgold@uniserve.com
www.marisgold.com • 1-888-961-4499
or phone/fax 250-838-2238 Enderby

ASTROLOGER

MICHAEL O'CONNOR Astrologer/Numerologist.
Readings in Person/By Phone 1-888-352-2936
www.sunstarastrlogy.com • Free Horoscopes
sunstarastrlogy@gmail.com • Credit Cards Accepted
* Affirmation * Inspiration * Vision * Strategy *

AURA READINGS

Have your aura picture taken and interpreted in
the store or book a party in your area!

SPIRIT QUEST BOOKS, 250 804 0392
Downtown Salmon Arm across from Askews.

AURA CHAKRA HOME PARTIES
Bonnie Brady: 250-859-8492 or 250-335-2120
Available in the Okanagan & Kootenays

BED & BREAKFAST

CASA DEL SOUL B&B in Nelson BC.
For those seeking beauty and wishing to lift the
creative spirit in a peaceful & artistic environ-
ment that serves organic, wholesome foods.
250-352-9135 • casa_del_soul@netidea.com

BIOFEEDBACK

BIOFEEDBACK, Homeopathic Medicine,
Infared Sauna sales/therapy, Australian Bush
Healing Essences. Cleaning and Nutritional
Workshops • Mary • Kamloops: 250-579-8011
mary@livelovelaughwellness.com

BODY TALK

KELOWNA BODYTALK CLINIC: 718-1681
www.kelownabodytalkclinic.ca

OKANAGAN NATURAL CARE CENTRE
250-763-2914 • www.naturalcare.bc.ca

Terez in Kamloops • 250-374-8672

The BodyTalk STUDIO ~ 250-766-5530
Eileen Malesan, CBP in Lake Country
BodyTalk ~ Bringing you back into balance!

BODYWORK

KAMLOOPS

ROLFING-Lynne Kraushar, Certified Rolfer
Kamloops 851-8675 • www.rolf.org

MICHELE GIESELMAN - 851-0966 Intuitive
Healer, CranioSacral, Massage and Hot Stone,
Shamanic Healing • Available for Workshops.
Gift Certificates • www.intuitivehealer.ca

RAINDROP THERAPY: Terez: 374-8672

KOOTENAYS

THAI MASSAGE/YOGA - TYSON: 265-3827

KELOWNA

ANGIE: 712-9295 Massage/Thai foot reflexology

CHI WEAVER SHIATSU • Sharon Purdy
Certified Traditional Shiatsu Practitioner
Usui Reiki Master - Kelowna 250-763-2203
bobpurdy@silks.net

PENTICTON

AQUA-CHI FOOT BATH, REFLEXOLOGY,
Reiki, Massage: Christina Ince • Penticton: 490-0735

BOOKS

DARE TO DREAM • 250-712-9295
Store #33 -2070 Harvey Ave, Kelowna

BANYEN BOOKS & SOUND
3608 West 4th Ave., Vancouver, BC V6R 1T1
(604) 732-7912 or 1-800-663-8442
Visit our website at www.banyen.com

DREAMWEAVER-VERNON: 250-549-8464
Conscious Living - Spirituality - Self Help
Crystals, Metaphysics, Special Orders
Books - CDs - Audio Books - DVDs
3204 - 32nd Ave. • www.dreamweaverbc.com

MANDALA BOOKS...860-1980 Kelowna
3023 Pandosy St. beside Lakeview Market

SPIRIT QUEST BOOKS, Downtown Salmon
Arm across from Askews... 250 804 0392.
New age, Spiritual, Childrens, Self Help and
Psychology books.

BREATHWORK

BREATH INTEGRATION - LYNN AYLWARD
Certified Practitioner - Private consultations,
couples/group work • Kamloops: 319-7364
also see ... Schools & Training.

HOT TUB SESSIONS - Kelowna: 215-5040
Hazel Forry, Master Breath Practitioner

LIFE SHIFT SEMINARS Family
Constellations, 7 Day Life Shift Programs,
Relationship counseling and workshops,
Private sessions with Blanche or Harreson
Tanner (RMT), over 25 years experience.
(250)227-6877 • www.lifeshiftseminars.com

BUSINESS OPPORTUNITY

CREATE A NEW CAREER & WAY OF LIFE.
Pacific Institute of Reflexology Natural Healing
School and Clinic has franchises available.
www.pacificreflexology.com • (800)567-9389

CHELATION THERAPY

Dr. WITTEL, MD — www.drwittel.com
Dipl. American Board of Chelation Therapy.
Offices: Kelowna: 860-4476
Vernon: 542-2663 • Penticton: 490-0955

COLON THERAPISTS

Kelowna: 763-2914 OK Natural Care
Nelson: 352 6419 Ulla Devine
West Kelowna: 768-1141 Nathalie Begin
West Kelowna: 826-1382 Aniko Kalocsai

COLOUR

HEALTH BEGINS WITH COLOUR!
Your colourful photo & chakra analysis shows
the health of body, emotions, intellect & spirit.
Book your private session or HOST a Colour
Event for family & friends. Children, teens,
adults. email: victoria@c-h-v.com

COUPLES WORK

GETTING THE LOVE YOU WANT (IMAGO)

An intensive weekend workshop for couples in the Okanagan. Learn skills to communicate safely with your partner and re-romanticize your relationship. INFO: Susan McBride 905 528-0257, or suzmcbr@hotmail.com
Also www.gettingtheloveyouwant.com

COUNSELLING

CORE BELIEF ENGINEERING Rapid, gentle, lasting resolution of inner conflicts. Laara Bracken, 23 years experience. Kelowna: 250-763-6265. See ad p.11

HEATHER FISCHER, MA, RCC, Prof. Art Ther. Art & Play Therapy + Body Centered approach Children, Adolescents, Adults - Kelowna: 212 9498

JOHN DOWNES, MC, RCC, MTA

Kelowna: 250-575-7175
<http://johndownes.shawwebpace.ca>

MARY ELLEN MCNAUGHTON

certified Canadian counsellor focusing on Compassionate Communication or NVC. 250 864-8664 or maryellenmc@gmail.com

WAYFINDER

Residential Recovery Program in the Mountains. Personalized & effective program for addictions and eating disorders. Peaceful healing place with daily counselling, healthy food and much more. What will your extraordinary outcome be? 888-547-0110 or www.LodgelnRetreat.com

CRANIOSACRAL THERAPY

CRANIOSACRAL THERAPY & MASSAGE

Relieve pain, improve health. Tia Kelowna: 859-7554

GLENDIA HART PHYSICAL THERAPY

Craniosacral, Visceral Myofascial Release. Kelowna 250-863-9772

www.SheilaSnow.com • Vernon: 250-938-4905
CranioSacral Therapist with 14 years experience
Raindrop Therapy • Ionized Alkaline Water

CRYSTALS

SPIRIT QUEST BOOKS, Downtown Salmon Arm across from Askews 250 804 0392. Great inventory of special pieces. Fabulous one of a kind jewelry. Crystal workshops.

THE CRYSTAL MAN WHOLESALE LTD

Theodore and Lee Bromley. Amazing selection of crystals and jewellery. Huna Healing Circles. Author of The White Rose
Enderby: 250-838-7686 • crystals@sunwave.net

DARE TO DREAM • Kelowna: 712-9295

Great Selection - jewellery also!



Harold Siebert

CST, DAC.

SHIATSU FACE LIFT TRAINING

for Massage and Holistic Practitioners,
Body and Energy Workers.

Professional Course • 2 day Seminar

Agassiz, B.C. • October 24 & 25, 2009

Zen Shiatsu School • Harrison Hot Springs, BC

Please call Toll Free 1-866-796-8582

or email: haroldsiebert@yahoo.com

DATING

OKANAGAN LOVE CONNECTIONS

www.okanaganloveconnections.com
Phone: (250) 462-2927

DENTISTRY

DAAN KUIPER # 201-402 Baker St, Nelson 352-5012. General Practitioner offering services including composite fillings, gold restorations, crowns, bridges & periodontal care. Member of Holistic Dental Association.

Dr. Hugh M. Thomson374-5902

811 Seymour Street, Kamloops
Wellness Centered Dentistry

ENERGY WORK

CRYSTAL HEALING, holistic therapy. Ted Lund
Naramata: 496-5797 • lightworker.lund@gmail.com

RECONNECTIVE HEALING / The Reconnection
Energy healing Orchestrated by the Universe.
Bernice Granger, Penticton; 250 492 6093

FIVE ELEMENTS ACUPRESSURE (Jin Shin Do)

Kamloops & Area - (250) 819-9140, Usui Reiki
Master/Teacher, Life Skills Facilitator • Yvonne
LaRochelle, e-mail: sagewellness@hotmail.com

FENG SHUI

Do you feel like your home has stagnant energy from someone or something? Does your house or business not feel comfortable? We can bring a refreshing feel to your home using what you have available. I will also show you some tips to preserve the energy. Certified in Classical and Western Feng Shui. Consult \$200 Nancy - Kamloops: 250-374-4184

TERESA HWANG FENG SHUI & DESIGN

Certified Traditional Chinese Feng Shui Master
Certified Interior Designer
Chinese Astrology & Divination
FSRC Lecturer for Professional Courses
www.teresahwang.com • Tel# 250-549-1356
E-mail: fengshui@teresahwang.com

HEALTH CENTERS

OKANAGAN NATURAL CARE CENTRE

Let us help you step up to health!
Kelowna: 250 763-2914 • www.naturalcare.bc.ca

HEALTH PROFESSIONALS

CERTIFIED IN NUTRITION CONSULTING,

Reflexology, Relaxation Massage, and Reiki/
Energywork • Teresa Cline 250 490-0921

HEALTHY PRODUCTS

RANCHO VIGNOLA: top quality nuts, dried fruit and fine confection fresh from harvest. We've been bringing in 'the best of the new crop' every fall for over 28 years! Contact us early September for our wholesale price list, or visit one of our Retail Sales in Kelowna, Vernon and Salmon Arm during November. Great deals also available at our online Spring Sale. To find out more, visit us at www.ranchovignola.com or call 1-877-639-2767.

HYPNOTHERAPY

ELLEN ODELL-CARDINAL, C.Ht, EFT-Adv.

Certified Hypnotherapist and EFT Specialist
250-764-1590 • Kelowna, BC
Website: www.solutionshypnotherapy.com
Email: solutionshypnotherapy@telus.net
Registered with the Professional Board of Hypnotherapists Canada & Canadian Hypnosis Institute.

VICTORIA - Certified Hypnotherapist

Powerful benefits through the mind. Sports performance (golf/soccer/hockey/gymnastics) study habits, motivation, post-surgery healing
WHAT YOU BELIEVE YOU WILL ACHIEVE
Children, teens, adults
email for appointments: victoria@c-h-v.com

HOMEOPATHY

KATHARINA RIEDENER, DHom,

Osoyoos www.homeokat.com • 250 485-8333



"Suppliers of professional
massage therapy products"

Call for a free catalogue
1 800 875 9706
Phone: (780) 440-1818
Fax: (780) 440-4585

MAIL ORDER

TABLES
STRONGLITE
OAKWORKS
PRAIRIE
PISCES

OILS/LOTIONS
BIOTONE
SOOTHING TOUCH
HAGINA/MINT OIL
BEST OF NATURE

BOOKS
CHARTS
LINENS
ACCESSORIES
HOT/COLD PACKS
ESSENTIAL OILS
MASSAGE TOOLS

#9206 - 95 Ave. Edmonton, AB, T6C 1Z7

www.mtso.ab.ca

PSYCHIC / INTUITIVES

ANGELIC OASIS GIFTS • Penticton
(in the Cannery Bldg.) ♥ 486-6482
Angel Oracle / Tarot / Intuitive Readings

AURA-SOMA, CRYSTALS & CHAKRAS ENERGY READINGS • Osho Zen Tarot & Angels Oracle.
Classes in these modalities. P. Danielle Tonossi.
Nelson/Kaslo area & Calgary: 250-353 2010
www.crystalgardenspirit.com

TERRY COLQUHOUN - Medium \ Channel
available for readings by appointment.
250-497-5419 - Terry@foreverinlight.ca

CHRISTOBELLE Astrology, Tarot, Clairvoyant:
Phone or in Person, Mentoring. Osoyoos: 495-7141

HEATHER ZAIS (C.R.) PSYCHIC
Astrologer — Kelowna ... 861-6774

NORMA COWIE Tarot, Past Life Regressions,
Core Belief Energy Releasing. Phone or In-Per-
son: Vancouver & Penticton: 250 490 0654.

MEDIUM - SPIRITUAL COUNSELLING
Shelley-Winfield: 766-5489 **phone consultations**
I can read any photo and give details.

TAROT BY SABLE - Vernon - 540-0341
stores.ebay.com/The-Threads-That-Bind-Us-Online

VICTORIA Channels The Ascended Masters
for your higher wisdom, truth & purpose
Book your phone or personal sessions
Email: victoria@c-h-v.com

YVANYA ♥ Clairvoyant Tarot 250 558 7946

REFLEXOLOGY

Angie at Dare to Dream - Thai Method 250-712-9295

Barb McIntosh, CRT • Kelowna: 250-864-7749
bareFootHealing.com. Extended health coverage

BE BLISSSED - Christina's Penticton: 490-0735

KATHARINA RIEDENER, DHom, RHom, HD
8317-68 Ave. Osoyoos, BC. 250 485-8333

LAURIE SALTER, RAC, RABC Kamloops: 318-8127

PACIFIC INSTITUTE OF REFLEXOLOGY
Basic & Advanced certificate courses \$325.
Instructional video/DVD — \$22.95. For info:
1-800-688-9748 • www.pacificreflexology.com

SIBILLE BEYER, PhD. 250-493-4317
RAC certified Practitioner, Penticton

TEREZ LAFORGE Kamloops ..250-374-8672

*Dr. Martin Luther King said,
"Everyone has the power of greatness;
not for fame, but greatness. Because
greatness is determined by service."*

IRIDOLOGY

TRIED EVERYTHING? - STILL NOT WELL
Eye analysis, natural health assessment.
Certified Iridologist, Chartered Herbalist
Vivra Health (250) 486-0171 Penticton

LABYRINTH

LAKESIDE LABYRINTH - in Nelson's Rotary
- Lakeside Park near the Big Orange Bridge. Free
of charge, wheelchair accessible, open during
park hours. Visit www.labyrinth.kics.bc.ca

NATURAL MEDICINE

Safe, effective, time tested. Used by 75%
of the World Population. **Examining Board of
Natural Medicine Practitioners™ (EBNMP™)**
Recognition, Registration and Accreditation in
Natural Medicine • www.EBNMP.com;
info@ebnmp.com or 1 (416)335-7661

NATUROPATHS

Penticton

Dr. Jese Wiens, B.Sc. N.D. 250-276-9485
www.okanaganwellnesscentre.com
Nutrition, Herbs, Acupuncture, Bowen therapy

Dr. Audrey Ure & Dr. Sherry Ure...493-6060
offering 3 hr. EDTA Chelation Therapy

Penticton Naturopathic Clinic ... 492-3181
Dr. Alex Mazurin, 106-3310 Skaha Lake Rd.

NUTRITIONAL, REGISTERED CONSULTANT

MICHALE HARTTE, BASc (Nutr), RNCP, CFT
Customized Nutritional Plans • 718-1653 Kelowna

PAIN RELIEF

ARTHRITIS PAIN? MIGRAINES? Fast relief.
External application. Herbal analgesic.
www.wolfgang.ca - 250-446-2455

PEOPLESWAY



Energy for Life or EFL

A powdered drink, sweetened with Stevia
and fortified with B vitamins and essential
nutrients. Great for athletics who want a
great tasting beverage that is healthy.

Pro-Trim - a dietary supplement that
increases energy, speeds metabolism and
suppresses appetite.

Pro-Tec - antioxidant-rich supplement
specially formulated to protect against
free radicals.

Oil of Mink - Has been amazing custom-
ers for 35 years. Is similar in
composition to human skin oil, penetrat-
ing 15 layers for deep relief.

Pro-GCM & Pro GCM plus
targeted pain relief.

Pro MC or Pro HM - a natural solution
for hormonal imbalances.

**Peoplesway is looking for
distributors who like to
learn direct marketing and
earn decent money.**

Angèle Ortega

website: angele.peoplesway.com

250-366-0038 • Kaslo
or toll free 1-888-756-9929

REIKI

ANGELIC OASIS GIFTS in the Cannery Bldg.
Sessions & Classes available ♥ 486-6482

ANGIE- DARE TO DREAM - 250-712-9295
Reiki/Body Massage/Thai Foot Reflexology

BARBARA M. KENNEDY • Reiki Master
Usui System of Natural Healing • Penticton
250-493-7827 (Home) • 250-809-9627 (Cell)
b.kennedy@telus.net • 102-500 Railway Street.

CHRISTINA INCE — Penticton ... 490-0735

CONNIE BLOOMFIELD - Salmon Arm
250-832-8803 • Reiki Master/Teacher

DAYSRING HOLISTIC HEALING
Penticton: 250 276 3046 • New Client Incentives!
www.dayspringholistichealing.com

INNER DRAGON Reiki • Vernon: 540-0341
stores.ebay.com/The-Threads-That-Bind-Us-Online

LINDA JOHNSON - CRA - Kimberley: 427-1784

MAXINE Usui Reiki Master/Teacher. Pain &
Stress Relief, Relaxation, Treatments, Classes,
www.reikibc.com • Kelowna: 250 765-9416

SIBILLE BEYER, PhD. 250-493-4317
Usui Reiki Master, Penticton.

RETREATS

JOHNSON'S LANDING RETREAT CENTER
30 high quality workshops each summer, have
a personal get-away or do Center Life program
www.JohnsonsLandingRetreat.bc.ca

LODGE INN RETREAT

An extraordinary getaway for family, friends
and groups. Available for workshops with or
without catering. Comfort, value and natural
beauty starting from \$50 a night Call 1-888-
547-0110 • visit www.LodgeInnRetreat.com

QUANTUM LEAPS LODGE/Retreats, Golden, BC.
www.quantumleaps.ca • 1-800-716-2494,
"opportunities for inner/outer explorations"

SCHOOLS & TRAINING

ACADEMY OF CLASSICAL ORIENTAL SCIENCES
Offering 3, 4 & 5 year programs in Chinese
medicine and acupuncture. View our
comprehensive curriculum at www.acos.org
Ph. 1-888-333-8868 or visit our campus at 303
Vernon St., Nelson, BC

CANADIAN ACUPRESSURE COLLEGE
Programs in Five Elements acupressure,
Jin Shin Do & Chair Massage. Distance
learning, classroom training & externship.
1-877-909-2244 • PCTIA Registered
www.acupressureshiatsuschool.com

CAN'T MAKE IT TO CLASS? Learn Shiatsu at home!
Special home study programme for body-workers,
holistic practitioners, energy workers. Learn a full
body treatment in the comfort of your own home.
Phone toll free: 1-866-796-8582 • haroldsiebert@yahoo.com

CERTIFICATE MASSAGE COURSES

The Wellness Spa — Weekend Courses
Sharon Strang — Kelowna 250-860-4985 eve-
nings 860-4224 • www.wellnessspa.ca

DIMENSIONAL HEALTH CONSULTING TRAINING CENTRE
1:1 Counselling/Group Series/Family & Relation-
ship Counselling. Personal Development Train-
ings. (6 months Life Skills Practitioner, Leader-
ship & Teacher's Training) • Kamloops: 554-6707

NUMEROLOGY, ENERGY AWARENESS

Meditation, Crystal Awareness courses offered.
Readings and other services available.
SPIRIT QUEST BOOKS, 250 804 0392.
Downtown Salmon Arm across from Askews

STUDIO CHI Professional Level Training in
Shiatsu. Workshops in Acupressure, Feng Shui &
Shiatsu. Classes in Breath, Movement & Medita-
tion. Registered with PCTIA. Brenda Molloy ...
250-769-6898 • www.studiochi.net

TAROT TRAINING INSTITUTE • Vancouver
604-739-0042 • Correspondence classes
Empower clients • Readings by phone/person.

SHAMANISM

MAXINE Soul Retrieval, Past Life Regressions,
Clearing. www.reikibc.com • Kelowna: 765-9416

DAWN DANCING OTTER • Penticton: 276-6359
Extraction, Soul or Soul Purpose Retrieval, Soul
Alchemy, clearing Karmic debt; Host a Shamanic
workshop in your area - I am happy to travel. visit
www.dancingotter.ca

SOUL RETRIEVAL, extractions, family & ances-
tor healing, depossession, removal of ghosts &
spells. Also by long distance.
Gisela Kp (250) 442-2391 • gixel@telus.net.

SOUND HEALING

ACUTONICS TUNING FORKS and bowls.
Brenda Molloy 250-769-6898

PHYLLIS WARD • Vernon: 250-542-0280
Singing bowl meditations and healing sessions
www.phylliani.com

SPIRITUAL GROUPS

TARA CANADA Free information on the World
Teacher & Transmission Meditation groups; a
form of world service, aid to personal growth. 1-
888-278-TARA • www.TaraCanada.com

MEHER BABA - Avatar Meher Baba

"The Divine Beloved is always with you, in you, and
around you. Know that you are not separate from
him." **MEETINGS** 7:30 - 9 pm, first and third
Monday of the month Kelowna: 764-5200

A Radical Prosperity Plan that brings results.

Training take place most nights of
the week in many different cities in
Canada. The response has been
exceptional. This unique marketing
plan when put into action can
create a secure income between
\$5-13,000 with in a
4-6 weeks period.

To attend these seminars contact
Jaysone Tylor 250-488-1360
email jaysone@vip.net

TAI CHI

DOUBLE WINDS - Salmon Arm - 832-8229

TAOIST TAI CHI SOCIETY

Health, Relaxation, Balance, Peaceful Mind
Certified Instructors in Vernon, Kelowna, Lake
Country, Armstrong, Lumby, Salmon Arm,
Sicamous, Chase, Creston, Kamloops, Osoyoos,
Ashcroft, Nakusp and Nelson.
Info: 250-542-1822 or 1-888-824-2442
Fax: 542-1781 — Email: ttsvern@telus.net

OKANAGAN QI COMPANY • QiGong-TaiChi
Hajime Harold Naka...Kelowna: 250-762-5982

YOGA

KELOWNA YOGA HOUSE with 3 fully
equipped studios and 6 certified Iyengar teach-
ers. Over 25 classes per week for all levels &
abilities. Featuring Monday night meditation,
workshops with international teachers and free
introductory class last Saturday of each month.
Allow Iyengar yoga to transform your life!
250-862-4906 www.kelownayogahouse.org

The South Okanagan Yoga Academy
(SOYA) is a Registered Yoga School with Yoga Al-
liance established in 1994. We offer 200 and
500 hour Yoga Teacher Trainings as Intensive Re-
treats and Extended Programs throughout BC
& Alberta. Join our Teacher Directory, buy Yoga
Products from India ON-LINE, or sign up for our
e-Newsletter! www.soyayoga.com 250-492-
2587 • email: info@soyayoga.com

WEBSITES

OK IN HEALTH.COM - Healing workshops.
Local practitioners, events and specialty care.
250-493-0106 or www.okinhealth.com

FOR SALE

Forested Retreat. Off Grid. 10 Acres.

Whatshan Lake near Edgewood
Crown Land all round
\$150,000 • By owner
Details, call Dave
250-499-5417

Have **ISSUES**
MAGAZINE

*mailed directly to
your home!*

Name: _____

Address: _____

Town: _____

Prov. _____

Postal Code: _____

Phone # _____

**enclose \$12 per year
or \$20 for 2 years**

HEALTH FOOD STORES

Kamloops

Always Healthy • 579-2226

#14-3435 Westsyde Rd. Supplements, Herbs & Spices, Organic Baking Supplies, Natural Beauty Products, Books, Candles, Greeting Cards, Aromatherapy, Crystals, Angels and Gifts.

Healthylife Nutrition ... 828-6680

426 Victoria St. Your downtown location for quality supplements and a wide selection of dried herbs.

Nature's Fare Market... 314-9560

#5-1350 Summit Dr. (across from Tudor Village)
3 Time Winner of the Canadian Health Food Association's Retailer of the Year Award.

Nutter's Bulk & Natural Foods

Columbia Square (next to Toys-R-Us)
Bulk and Specialty Items... 828-9960

Kelowna

Nature's Fare Market... 762-8636

#120 - 1876 Cooper Road (in Orchard Plaza.)
Voted Best Health Food Store in the Central Okanagan. Best quality, service, and selection.

Nature's Fare Market in the Mission
4624 Lakeshore Road ... 250-764-9010

West Kelowna

Nature's Fare Market... 707-3935,
behind Home Depot. #104-3480 Carrington Rd

Nelson

Kootenay Co-op - 295 Baker St. 354-4077

Organic Produce, Personal Care Products, Books, Supplements. Friendly, Knowledgeable staff.
Non-members welcome! • www.kootenay.coop

Osoyoos

Bonnie Doon Health Supplies

8515 A Main St. 495-6313 Gluten Free Food
Fitness Nutrition, Wellness Counselling, Foot Spa
40 years experience and education. Est. 1968

Penticton

Nature's Fare Market ... 492-7763

2100 Main Street, across from Cherry Lane.
Voted Best Health Food Store in the South Okanagan. Best quality, service, and selection.

Whole Foods Market ... 493-2855

1770 Main St. - Open 7 days a week
Natural foods & vitamins, organic produce, bulk foods, health foods, personal care, books, herbs & food supplements, The Main Squeeze Juice Bar. Featuring freshly baked whole grain breads.
www.pentictonwholefoods.com

Vernon

Nature's Fare Market... 260-1117

#104-3400-30th Avenue. (next to Bookland)
Voted the best Health Food Store in the North Okanagan. Best quality, service and selection.

ADVERTISING

*is an investment
... not an expense!*

ISSUES
MAGAZINE

**Available freely
throughout
BC and Alberta
and online.**

DEADLINE

for September & October is August 3th

If room we accept ads until August 15th

basic ad rates are on page 4

phone: 250-366-0038 or 1-888-756-9929

email: angele@issuesmagazine.net • or fax 250-366-4171



www.issuesmagazine.net

Check out our NEW website !!