

ISSUES

for EMPOWERMENT

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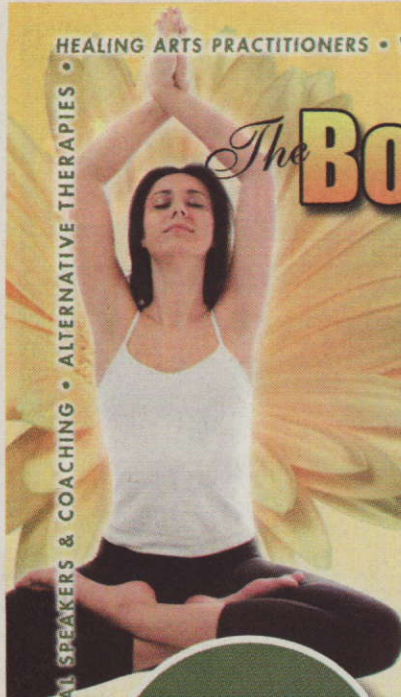
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Musing

with *Angele*, the publisher



Winter is coming and a good six cords of wood will be needed to keep the Lodge warm and that takes three or four people about ten days, bringing down standing dead trees from the mountains, which are chain sawed into 6 foot lengths and loaded onto several trucks, then unloaded and chain sawed into 20 inch pieces. If they are large rounds they are split with a gas-powered wood splitter that is safe for everyone to use. The front cover shows Doug operating the wood-splitter while Crystal and Alex stack the wood shed. After that job is done a group of us will discuss next year's programming for the Retreat Center as well as finish off a few construction projects over the winter months.

It was a busy year with lots of participation in a variety of programs. I am glad that Jennifer did most of the cooking and Doug worked with Richard. They have decided to stay another year, as have Kathy and Barbara. Each year lots of folks visit and each one brings their gifts, which I appreciate but I love it when some stay so there is a continuity of how things get done. As each person integrates into our collective it brings an added dimension with many learning opportunities for all, as we each become more aware of our needs in context of another.

Last month Richard and I listened to His Holiness, the 14th Dalai Lama in Calgary. First we got to enjoy several school performances, then the sound of a Grandmother Drum with prayer-chants to Mother Earth followed by three Cree ladies singing O Canada. After sitting down I took several deep breaths into my belly so I could really sense the energy - immediately I started to cry...quiet, deep tears as it moved through my heart for about fifteen minutes. I wasn't the only one who felt this energy.

Once the Dalai Lama arrived he asked us to take the white scarves that were on the back of every seat and put them around our shoulders and give the ends to the person on either side. I felt the magic when I looked around the stadium with the white scarves glowing, connecting each of us in the circle, for we looked like we were all one. He then joked about his gratitude for the Chinese, even though they chased him out of his country, he still supports them by having them make the scarves. His overall message was to encourage 20,000 of us to explore deep within ... as that is where peace starts.

At the Peace Summit in Vancouver, BC, just before his Calgary visit, he reportedly said to the crowd "the world will be saved by western women." I wonder if in his travels he sees so many impoverished and repressed women that he feels that western women are a force to be reckoned with, since we have time and interest in helping ourselves wake up and take responsibility for our actions as an individual and as a nation.

I just finished reading an article by Polly Young-Eisendrath titled *Women and Desire*. She says after twenty years of asking women, "What do you really want?" she came to the conclusion that women are confused because they have several layers of needs that are not easily understood. She goes to great lengths so we can understand the hidden compulsion to be desired and switch it to being responsible for our own desires. She says, "Women often sacrifice their real desires to fit someone else's expectations, which can undermine self-direction, self-confidence, and self-determination." It takes courage to speak from our authentic self in the presence of another, knowing we are vulnerable to judgements, blame or rejection. If we fake our feelings, we retain the illusion of control but we lose the possibility of being loved for who we really are.

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STEPS ALONG THE PATH

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



One winter day back in the early 1990's my wife and I were driving along a straight stretch of two-lane highway between Creston and the small town of Yahk, in Southeast B.C.. It had snowed the night before and we were on the road early in the morning before the plow trucks had been out. The sun sparkled off the six inches of fresh snow crystals that illuminated the landscape. From the tire marks in the snow it was evident that only a few vehicles had preceded us that morning. Our 1990 Honda Civic hatchback was cruising at a conservative speed to take into account the road conditions. Only one vehicle could be seen way off in the distance driving towards us.

What happened next is still a mystery to me, my best guess is that there was a layer of black ice on the road surface below the fresh snow. Without ever having changed the engine speed the vehicle began to slowly slide sideways. I counter steered and took my foot off the gas pedal, the Honda started to come out of the sideways slide. By now we were had slid into the oncoming lane and much to my horror we continued the slide off the edge of the road. What made this so scary was the fact the road surface had been built up so there was a sixty foot drop off. Directly in front of us was a three inch diameter tree, we took it head on and snapped it off continuing over the embankment. My wife and I were seat-belted as the car went off the road.

Now comes the part as to why I am telling this story. As the Honda began to roll down the bank all of a sudden time slowed down. All of the events between the beginning of the roll and landing at the bottom of the embankment happened in slow motion. I recall the car ever so slowly rolling onto the driver's side, another visual of the vehicle turning upside-down and looking across at my wife who was buckled into her seat in what was now the top of the car. Neither of us made a sound, the only thing that could be heard was the slow-motion sliding sound of the vehicle against the ground and the slow crunching of glass and metal. The next image was of myself arriving at the top of the car as it tumbled

onto the passenger's side. And one final sequence of the car landing back on its wheels at the bottom of the embankment. As things came to a halt I snapped back into my body and found I had returned to regular everyday time.

We had just rolled down a sixty-foot embankment in what seemed like a two-minute experience when in reality it must have take much less than ten seconds. Neither of us were injured yet all the windows except the one behind the drivers side and the back hatch were smashed.

The longest ten seconds of my life brought me to the realization that time is not a locked-in rhythm. I remember a story of a famous hockey player who described how he played the game, staying totally present to every move. It seemed like slow motion to him as he saw events unfolding and was able to be in the right place, at the right time. I have also heard of warriors on the battlefield experiencing a similar slowing of time under the imminent threat of death. In a similar vein I can imagine that newborn babies have so little to relate their world to, that being in the moment is their reality. For me this phenomenon equates to being one hundred percent in the moment.

When I am engaged in an activity such as reading, it is quite common for something to catch my attention for a period of time, for example, smells, sounds, other thoughts etc.. These clues provide evidence that I am not entirely focused.

For myself and probably a lot of other people, most of our lives are not spent in the present. This makes me think what life would be like if more of our time was spent living totally in the moment. Our days would probably seem long and our experiences intensely vivid. Just being aware of other possible dimensions of time and presence adds a whole new level of magic to life. And so life goes on one step at a time, some steps are swift and others move very slowly.

Namaste

Richard



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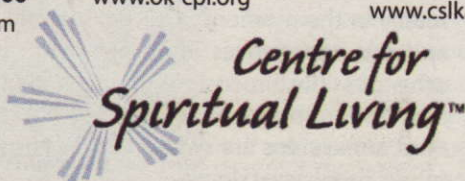
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Being honest and direct while being respectful of those we are in relationship with takes practice, for our programming is subtle and deep. As we relearn speaking from an open heart, like little children or the Dalai Lama, we will find that almost nothing is impossible - not because we are in control but because we discover how to depend gratefully on others, how to change when change is required, and most importantly... listen to divine guidance as it comes and trust it.

Several western women have created a website for women who want to be inspired and create change: www.WomenOnTheEdgeOfEvolution.com. It has details about 14 of the world's leading female spiritual luminaries including; Barbara Marx Hubbard, Jean Houston, and Lynne McTaggart. There is no cost for this live, interactive event, thanks to the generous sponsors and visionary women who have volunteered their time and wisdom. All you need is a telephone or a computer to take part.

You can also check out the Spring Festival of Awareness that happens the last weekend in April at Naramata Centre, BC, with over 35 presenters sharing their love and knowingness. Details in the next edition, which will be the 20th anniversary of Issues Magazine.

I am feeling it is time for someone else to step forward and take *Issues Magazine for Empowerment* to the next level of creation. Someone who would like to join our little community, has good English and computer skills, likes a challenge and is keen to learn about the publishing world while getting to know people in metaphysics. If you get goose bumps when you read this, then the angels are talking to you. Email or call me so we can talk. 1-888-756-9929.

I also need help filling my racks in the Creston, Cranbrook and Vancouver areas. I would mail them to you.

Many blessing for the Yuletide season and may the Solstice moon shine brightly on your intentions.



Anzile

REGULATION THERMOGRAPHY: A Blessing for ALL WOMEN (+ MEN)

by Ursula Harlos

When I first discovered thermography at a conference I was both thrilled and grateful. My history of breast issues had propelled me into an intimate relationship with mammograms, ultrasounds, biopsies and worst of all, FEAR. The fear factor began with the mammogram screening itself due to the excruciating pain. Hence the chance to have a painless screening at the conference was very appealing. It changed my life. Although it detected breast issues in which that C word was used, there was no fear and no pain. I was able to heal myself with homeopathic medicines as well as German New Medicine principles. I could monitor my breasts monthly because thermography is safe and radiation-free.

I purchased the thermograph machine shortly after that conference and was lucky to be able to study with a German M.D. as well as other experts in North America. I constantly upgrade my knowledge as well as conduct research as the application of thermography technology grows.

Now, I would like to introduce you to the wonderful world of Regulation Thermography and why it is a blessing for women as well as men. It is an FDA approved medical device/adjunctive screening tool that has been used by MDs in Europe for over thirty years. It is totally non-invasive as it does not involve any injections, dyes or radiation. It is pain-free as there is no squeezing of breast tissue (unlike the mammogram which can actually cause cysts to rupture). In short, it is a **SAFE, EARLY WARNING SYSTEM** which detects breast issues much earlier than any other known technology. In addition, thermography is more effective in monitoring small, large or dense breasts, implants and fibrocystic breasts. Furthermore, it can safely monitor your breast care treatments if you have already been diagnosed with the C word. This way you can tell if the treatments are working or not.

Women can safely monitor their breast health as early as they want. Once you have a baseline scan, then yearly scans can easily correlate new health issues to the original scan. It has an average sensitivity and specificity of 90%. In a German study of 63 cases of known breast cancer, 54% were correctly diagnosed by clinical history and breast exam. The accuracy rose to 76% when mammography was added to the history and when thermography was added, the accuracy of diagnosis rose to 92%. The beauty of this type of thermography is that it contains three programs: a dental, a body and a mammary program. This allows for a correlation of breast issues with other areas of the body like lymph, thyroid, adrenals and teeth. This also broadens its application as a universal tool for men. Prostate and thyroid abnormalities as well as lymphatic blockages, pre-diabetic and adrenal states, intestinal disorders and the condition of organs such as liver, pancreas and kidney can be detected early.

According to Dr. Ruhtenberg in Germany, "We can finally see what the body is doing before it

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becomes dysfunctional enough to create an irreversible problem." However, in my philosophy, nothing is irreversible if dysfunctions are detected early enough. Once dis-ease become entrenched in the physical body, healing becomes much more difficult.

Thermography actually detects dysfunctions in the body before the patient shows any symptoms. If you have a yearly scan there is no need to suffer a fearful diagnosis shock which according to homeopathic and German New Medicine creates another layer of disease. Having a yearly scan allows you to make lifestyle changes as well as necessary mental/emotional shifts before a disease process takes hold.

While CT scans, MRI and Mammography look for tumors, Thermography finds functional disturbances BEFORE tumors form. Physiological changes ALWAYS occur before anatomical changes. Thermography detects these by measuring 119 points on the body twice, before and after a cooling stimulus is introduced. Changes in heat and temperature as well as blood flow are detected. The data is stored in a computer and sent via the internet to a server which compares the data with over 1.5 million existing thermographic data.

How is the test done? First the points are taken while the patient is fully clothed. The patients then undresses except for underwear or bathing shorts and stands in a chilled room for ten minutes, after which the points are taken again. Why is heat such an important parameter in measuring health? Because one of the first signs of the disease process is when the body no longer regulates properly. The Thermograph will detect this irregularity in heat long before other clinical-diagnostic methods find any indications of dysfunction.

EARLY DETECTION MAKES A WORLD OF DIFFERENCE. Dr. W. Brinz M.D. of Munich, Germany states "I use Regulation Thermography daily as a tool to conduct in-depth diagnoses and therapy. It allows me to receive a complete picture of the patient's health. It helps me recognize the links between physical and psychological disorders. I do not know of any diagnostic tool that can demonstrate the regulation capability of humans like Regulation Thermography can."

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The Neighborhood Whiner

by Sharon Carne

One of our neighbors has a crow's nest in her yard and we often wake up in the morning to a symphony of cawing. A few years ago, we noticed that one of the year's hatchlings had a rather unique voice. Instead of the clear, energetic 'caw' of the regular crow, this one had a sound more like an "awww" with a pronounced nasal resonance. Like it had a bad head cold. My family immediately nicknamed this crow "the whiner" because that's really what it sounded like compared to the other crows. "Whiner" returns every spring bringing its unique song to our block. A couple of weeks ago, Whiner was having an argument with another crow in the spruce tree in our front yard. I went out to the front porch to bawl them out and one crow flew off. Whiner remained in the tree.

And thus began my pondering about whining, as humans usually encounter it. In babies, the sound is a sign of a need. In small children, it can turn into a request or demand. Depending on its frequency, the sound can become downright annoying.

Whining in adults is usually accompanied by numerous complaints. Most of us are either annoyed by the whining or contribute to it and have a whinefest. There are negatives and positives to whining. On the negative side, if the frustration turns into bitterness and/or resentment, this can lead to serious consequences. Bitterness and resentment have very low frequencies and vibrations and can easily be planted in the body causing all kinds of discomforts and ailments.

Some useful information is that there is a biological component to our feelings. For every emotion we feel, our brain and hormonal system releases a surge of chemicals (neuropeptides) that floods our entire body. On the good news side, it only takes ninety seconds for this process: from whatever triggered the emotion, for the hormones to flood the body, and then to be flushed out of the bloodstream. After ninety seconds we either choose to continue with the emotion or we release it.

Used with consciousness and intention, whining can be a helpful sound to release frustration. Whining is one of the body's innate ways of toning. Toning is the natural voice of the body and is used to help bring the body back into balance. Other examples are groaning, sighing, moaning, "ouch" and 'ahhhh.' Next time you hurt yourself (presuming this is minor), try not saying "ouch" and you will discover the pain to be more intense.

You can set a specific time limit (15 minutes for example) to consciously give voice to a frustration, release it and return to a positive frame of mind. Make sure that anyone around you understands what you are doing or you can whine in the shower and watch the frustrations go down the drain. Often, when an emotional charge is dissipated, the solution appears.

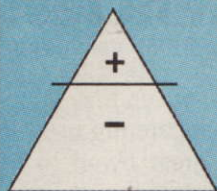
The next time a frustration comes up, give yourself ninety seconds. If you choose to hang on to it after that, make a date with yourself in the shower for some constructive whining.



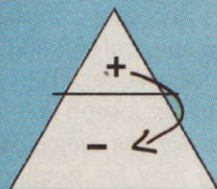
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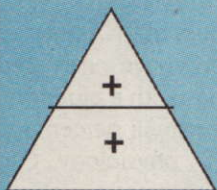
When Awareness isn't enough



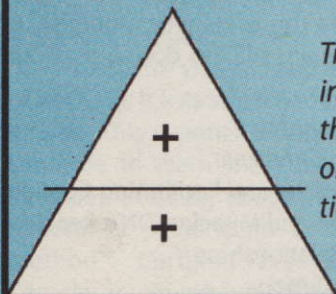
Conscious mind and chosen positive Core Belief. Subconscious mind and long standing negative core belief, thoughts, feelings and behaviour



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What are the ancient Solfeggio Frequencies?

by Marie-Jeanne Fenton

These original sound frequencies were apparently used in ancient Gregorian Chants, such as the great hymn to St. John the Baptist, along with others that church authorities say were lost centuries ago. The chants and their special tones were believed to impart tremendous spiritual blessings when sung in harmony during religious masses. These powerful frequencies were rediscovered by Dr. Joseph Puleo as described in the book *Healing Codes for the Biological Apocalypse* by Dr. Leonard Horowitz, and they are helping return these lost frequencies back to humanity.

At the turn of the century the awareness of DNA entered the collective consciousness of the world. We have incarnated into this human experience as divine beings with a blueprint, a set of instructions. We know that a very small percentage (3%) of those instructions make up our physiology. Carl Sagan writes that most of our genetic information (about 97%) is unused DNA. He refers to this as 'genetic gibberish.' Is it possible that most of who we are still lies dormant as our human potential?

The Six Solfeggio Frequencies include:

1. UT – 396 Hz – Liberating Guilt and Fear
2. RE – 417 Hz – Undoing Situations and Facilitating Change
3. MI – 528 Hz – Transformation and Miracles (DNA Repair)
4. FA – 639 Hz – Connecting/Relationships
5. SOL – 741 Hz – Expression/Solutions
6. LA – 852 Hz – Awakening Intuition

For example, the third note, frequency 528, relates to the note MI on the scale and derives from the phrase 'MI-ra gestorum' in Latin meaning 'miracle.' Stunningly, this is the exact frequency used by genetic biochemists to repair broken DNA – the genetic blueprint upon which life is based!

We are all energetic beings, and the right frequencies can stimulate our body to heal.

I have programmed these frequencies (396 hz, 417 hz and so on) into my Quantum Biofeedback machine, and can apply these frequencies to a client in a session. Sometimes even the 528 hz (for DNA repair) can have great effects. During a session, I may leave a bottle of water on the 'test plate' of my system so that the frequencies are attracted to the water, and a client can take the bottle home with them and sip it later. The frequencies get locked into the water crystals and will give your energy field a boost... sometimes people even feel the energy.

"Quantum physics has found that there is no empty space in the human cell, but it is a teeming, electric-magnetic field of possibility or potential."

see Marie-Jeanne's ad on page 9, the HAOO page

Meet Stephanie Monsen Creator of Energy Paradigm

Stephanie's first class was with Dr. Kam Yuen, the founder of Yuen Method™, in Saskatoon, SK, Sept. 2006. It was a spectacular experience for her. In November that year, she was involved in a serious horseback riding accident that collapsed her left lung.

Through the amazing power of the universe, all her Yuen Method™ and Reiki colleagues were notified of her injury. Within hours of the incident she was receiving remote healings. She was in the hospital for two days instead of five days. Her pain levels were lower than the medical staff had ever witnessed for such a bad injury and she was released without antibiotics. Four weeks later Stephanie had made a full recovery and was back at work as a senior executive for a national financial services firm.

Her doctor was amazed at the state of her lung, it was as if it had never been injured. This experience inspired her to continue to learn the Yuen Method™ in hopes of being chosen as one of a handful of students to become Yuen Method™ Certified Practitioners in Canada. In November 2008 Stephanie attended the biannual certification course in Los Angeles with Dr. Yuen.

She states, that the Yuen Method™ is an alternative healing modality that blends knowledge of anatomy, physiology, kinesiology, chiropractic, qi gong, Feng Shui and quantum physics to eliminate or greatly minimize chronic pain, allergies, fear, depression while releasing old behavior patterns. The Yuen Method™ uses applied kinesiology to locate and correct energetic weakness and blockages in the energy body. Once the flow is strengthened, the physical body's natural healing abilities take over to bring about positive change.

Humans are complex beings with multiple levels of consciousness. Energy healing simply works to make sure that all levels of consciousness are in congruent communication so that pain and discomfort can be eliminated and personal goals can be attained.

see ad on page 12.

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FLOSSING

by Wayne Still

From the title of this column you may think that I have changed occupations to become a dental hygienist. Certainly flossing your teeth is very important for oral health and I would encourage you to do it regularly. The flossing I am writing about here is a new bodywork technique I learned at the final workshop of my Visceral Manipulation course at the beginning of October. The twenty-day course was broken into five four-day modules, each of which covered some aspect of the modality.

Visceral Manipulation was developed by the French osteopath Jean-Pierre Barral (barralinstitute.com). My teacher is Jeffery Burch (jefferyburch.com) in Eugene, Oregon. Jeffery was trained as a Rolfer® and practiced classic Structural Integration for many years before learning Visceral Manipulation from Jean-Pierre Barral himself.

The name Visceral Manipulation infers that the works centers around the viscera or internal organs, and to a certain extent this is true. Just as important though is the manner in which the client is approached to find out where to work on their body. The concept is called 'general listening' and involves a soft touch to the top of the client's head. The touch provokes a slight movement in some part of the client's body which will be the primary restriction in the body at that time. At the point of movement will be found a 'local listening,' working at that point will release that restriction.

A 'local listening' is felt as a subtle movement in the connective tissue detected by a light touch of the finger. By following the direction of this movement the finger arrives at the 'first barrier,' this is where a resistance will be felt and the direction of the movement will change, giving an indication of the overall strain pattern being worked on. There are a number of ways to continue to work the area, one of which Jeffery developed recently which he named flossing as it resembles the back and forth motion used in flossing the teeth. In the Visceral Manipulation context it involves maintaining pressure at first barrier with one hand while finding another point in the strain pattern and taking it to first barrier. There is a line of tension developed between the two points which is gently lengthened by moving the two hands back and forth along the line of tension to encourage the tissue along that line to lengthen and so release the strain pattern. This technique is markedly different from the more commonly used technique of moving the tissue in one direction only away from the point of restriction. I have found it to be quite an effective way to get releases along fairly linear restrictions such as are often found where two muscle groups meet. It is also effective in releasing trapped nerves and blood vessels. Trapped nerves and blood vessels can result in much greater restrictions and resultant pain than may at first be thought due to the distances they cover in the body. It is important that they be able to slide freely in their connective tissue sheaths so that they are not damaged in cases of sudden and abrupt movements.

Learning Visceral Manipulation has opened a whole new way of looking at the human body for me as I learned anatomy in a more detailed way, as well as new ways of working with that anatomy. I have learned to work with a much lighter touch at the same time as increasing the effectiveness of my work. *see ad to left*



Saturn, the planet of structure, discipline, rigidity, age and sober ambition, has been in Virgo for over two years. As planets move through each of the twelve signs they highlight current practices and restrictions in the areas ruled by the sign. Virgo rules practices like food safety, health services,

record keeping (even in the banks) farming and food production, social services and many forms of assistance. The cycle of Saturn around the zodiac takes approximately twenty eight and a half years, and will spend just over two years in each sign. On October 29th 2009, it enters Libra, and will bring into focus: balance, fairness, reason and justice. Structures that support these ideas will be thoroughly examined for flaws at this time of review.

Libra, as an air sign, is intellectual, socially oriented, has the ability to initiate ideas, negotiate, network, work cooperatively and likes to conceptualize social structures. Refinement of social interactions through education and the cultivation of esthetic interests are also Libran ideals. These areas are already being affected by the heaviness of Saturn's influence, via financial restrictions known as cutbacks. Balancing acts of all sorts will play out in various forms, just as the image of this sign suggests, which is a person holding on old fashioned scale up in the air.

As the ruler of the sign Capricorn, Saturn was traditionally regarded as a negative influence because many of those born under its influence are required to assume large responsibilities early in life, or was brought up with a serious, somewhat judgmental background and may have suffered through a lack of warmth and affection. As the planet that governs the rules, regulations, old-fashioned outlooks, age, judgment, a sense of duty, it's placement in a horoscope will indicate one's moral temperament. Tradition and history will be of great importance to anyone with a strongly placed Saturn in their natal horoscope. Saturn reveres duty, hard work, advancement, and allows more fun in the later years.

The transit of planets around the Zodiac affect the planets in our birth chart when they pass over degrees of the Zodiac that coincide with our birth chart. When Saturn is near to the Sun, Moon or Ascendant in the birth chart, the person will express themselves with reserve and discipline especially in attire and habits. Ambition and status will matter greatly, as will the family name.

As the planets progress around the Zodiac, they touch the imaginary planetary positions or picture of what the 'clock' looked like at the moment of birth. Often people do not realize the shift in their intentions until the angle becomes more direct. If you are experiencing difficulty in life it might be of interest to look at the sort of things that went on seven years, or fourteen years earlier as Saturn is like a baseball game, you get three chances to hit the ball. Everyone gets to choose the



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degree of challenge depending on how they play the game of life. The game starts when we are born and every seven years we face a variety of balls getting pitched at us. Saturn highlights where we need to grow. The power of Saturn's transit lies in the inevitability of testing our strength, and the durability of the life we have built. Without the rhythm of these tests and challenges, there are many things we would never realize we could achieve. Many great acts are accomplished under duress.

Gayle Andrea Hunter: 250-851-0423

email: astrologergayle@gmail.com



Addictions and Recovery

by Barbara Halliday



I have learned there are two parts to addiction recovery, getting clean and staying clean. Getting clean is comparatively easy because I only had to do it once. Staying clean is more difficult and requires my attention every day. I tried cutting back on consumption, switching substances, changing my diet, my friends, my relationship, even where I lived. Some days I blamed my family and some days I tried the handy-dandy stand-by: denial. Quitting felt like it was too big for me to tackle on my own so I turned it over to spirit. I said to myself... spirit got me here and it'll get me out of here. Finally I surrendered and spirit led me to rehab.

When I was born the significant people in my life struggled with addictions and I became familiar with a certain communication style. I watched lots of television and ate junk food at an early age, by the time I was in grade four I got moved to the Resource Room, which caused me to have low self-worth. As a teenager I became super-sensitive to remarks that felt like put-downs, even socializing became a challenge for me since I was extremely insecure and anxious most of the time. Witnessing so many dysfunctional patterns, I became just like my parents and started to drink and use drugs at the age of 14 until I was 28 years old.

Before that decisive day and joining rehab, my efforts seemed so futile. I wanted to know myself but it was difficult because of the foggy haze of addiction and lots of emotional pain. I used alcohol to self-medicate any discomfort....and I was uncomfortable a lot of the time. I learned that by identifying my feelings I could eventually work through 'my stuff'. I learned to reach out and made friends with those also in recovery. There were so many challenges to overcome, webs to untangle and old habits that needed changing. I felt raw much of the time as I learned to feel my feelings, feeling with lots of fear as I accepted life on life's terms with alcohol no longer being used as a pacifier. I switched to hot coffee or tea while I attended the 12 step meetings that I am so grateful for. As my sobriety continued I was reminded of the milestones with a chip or key tag which I loved celebrating with my new friends. There were lots of lessons with many options for

support and humility. Suddenly, I noticed that I had a lot of free time. I began to create music, pottery and paintings. When I felt overwhelmed I was reminded of the simple slogans to live by, which is part of the spiritual program, so I would remind myself to "easy does it" when I felt overwhelmed, "first things, first" when I felt scattered, "live and let live" when I felt irritated, "give time, time" when I was impatient.

I learned new ways to work, took some assertiveness training, learned about boundaries, and attended various wise women's healing circles. I really enjoyed attending the co-dependence week while learning about relationship patterns that was held at the same rehab center a year after I signed on. I continued with more self examination with my sponsors within the 12 step program, took homeopathic remedies, and practiced yoga and meditation. I cried, screamed, acted out my worst fears, felt bad, admitted my mistakes and made changes. I completed requirements for my diploma in Drug and Alcohol Counseling along with the Emotional Freedom Technique (meridian tapping) so I could counsel others.

I wanted more choices in my life and chances to heal. Teachers were waiting to teach me because I was a student ready to embark on life. I no longer wanted to whine and how I loved to whine! I no longer said "poor me, poor me, pour me another drink," instead I learned about herbs and teas and found them helpful in balancing my moods. I used my will to moderate my caffeine intake, changed my diet, while increasing my physical activity. Now I am in a communal living situation that supports my new-self and I get to practice loving and accepting myself as well as others. I have learned some Nonviolent Communication skills which I intend to learn more about, and am enjoying time with Mother Earth as I practice my meditations and affirmations.

Becoming a Drug and Alcohol counselor was very essential in my process of recovering from addictions while healing my behaviour patterns. I am learning to maintain a foundation of spiritual practice while developing more awareness in new, healthier relationships.

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In 1931, Dr. Otto Heinrich Warburg was awarded the Nobel Prize in medicine for discovering that primary cause of cancer is the lack of oxygen in a cell. Acidity in the body creates this lack of oxygen. Most of the food in our modern diet is too acidic and produces an imbalance in the form of acidity, e.g., meat, eggs, cooking oil, cooked grain and sugars.

Most tap water is acidic and has a pH of 6.5 on average. Most bottled water, filtered water, mineral water and spring water has a pH below 6.5. On the other hand, ionized micro-cluster alkaline water is weak alkaline and has a pH around 8.0. Drinking weak alkaline water is effective at controlling over-acidic conditions. A certain amount of various minerals are essential for daily intake. Most bottled water sold and supplied by water suppliers is derived from a reverse osmosis system. Furthermore, RO water is acidic and causes calcium and other essential minerals to be stripped from bones and teeth in order to neutralize its acidity.

Underground tap water pipes are usually over 100 years old in many cities and can have a deleterious effect on the body. Tap water may contain: Chlorine: a cause of breast, rectal, colon and bladder cancers; Rust: a cause of liver cancer; Chloramines: a toxic chemical compound. Lead; a poisonous metal that can damage nervous connections and cause blood and/or brain disorders. Tap water also often contains bacteria, chlorine and other contaminants.

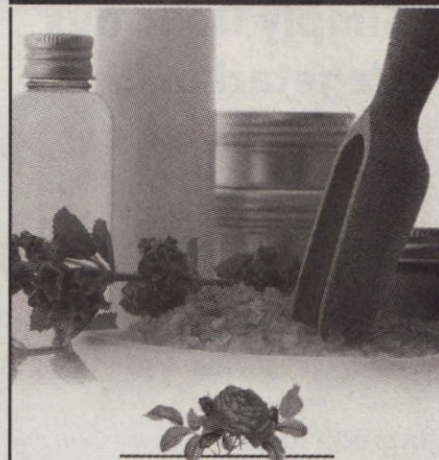
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The Cook's Corner

Vegetarian Recipes from the Johnson's Landing Retreat Center

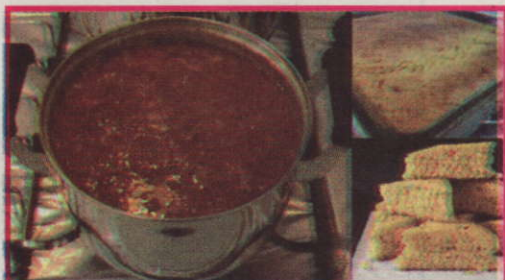
With winter weather moving in, hot stew-like dishes seem appropriate. I enjoy the hearty taste of our simply delicious vegetarian Chili anytime of the year. As a complement to this dish you will find an equally simple corn bread recipe. One of the purposes of this page is to give you menu items that are simple to make, have easy-to-find ingredients, take very little of your time, and provide you with nourishing, wholesome food.

Bon Appetit, *Richard*



Simply Delicious Vegetarian Chili

Utensils: A large heavy-bottomed pot with a lid • a timer or clock
• cutting board • a large sharp knife • wooden stir spoon • measuring cup and spoons • an apron so you look like you know what you are doing!



Ingredients: *This recipe feeds 6 - 8 people.*

- 3 **carrots** (peeled & diced)
- 3 **celery stalks** (diced)
- 1 large red, orange or yellow **pepper** (diced)
- 1 large **onion** (diced)
- 3 **garlic** cloves (crushed)
- 3 Tbs. **olive oil**
- 1-1/2 Lbs. (3 cups) **tomatoes** chopped
-or- one 796 ml can of tomatoes
- 2 Cups cooked **kidney beans**
-or- one 540 ml can of cooked kidney beans
- 1 Cup **vegetable stock** -or-
V-8 or tomato juice
juice from canned tomatoes
6 fresh tomatoes diced in water
- 2 Tbs. **chili powder** -or- **cayenne** - adjust to your taste
- 2 Tbs. **Tamari** sauce or **Braggs** liquid
- 1/4 teaspoon **cinnamon**
- 1-1/2 teaspoons **salt**

NOTE: The word 'diced' means you cut that item into small cubes (approximately 1cm). Don't be too fussy, rectangles, trapezoids and other shapes are fine, just keep them small.

Process: For your first time around I suggest that you use canned kidney beans.

Saute carrots, celery, peppers, onions and garlic in olive oil until soft (about 10-15 minutes). Add tomatoes, beans, vegetable stock, chili powder, tamari and cinnamon. Simmer for 1 hour or more (add more water if too thick).

Simple Corn Bread

Butter or olive oil for the pan

- 1 cup fine ground **corn meal**
- 1 cup **whole grain flour**
- 2 teaspoons of **baking powder**
- 1/2 teaspoon of **baking soda**
- 2 Tablespoons of **sugar**
- 1/2 teaspoon salt

- 1 cup of **milk or yogurt with water**
- 1/4 cup of **olive oil**

(If you wish your corn bread to rise a bit higher you can mix one egg with the wet ingredients and/or heat the pan with butter in the oven before pouring the batter in.)

Utensils: 8 inch square baking pan • a timer or clock • 2 medium mixing bowls • spatula • wooden stir spoon • measuring cup and spoons • whisk

Preheat the oven to 350° F, combine the dry ingredients, mixing with your whisk.

In the other bowl, I mix the wet ingredients.

Stir the wet mix into the dry, just until mixed, pour into the greased pan.

Bake for 20 minutes or until firm to the touch.

Cooking Kidney Beans: (yields 2 cups of cooked beans)

- 1 cup of dried kidney beans
- 3 inch strip of seaweed (Kombu if available)
- 1 Tbs. Apple Cider Vinegar (optional)
- do not add any salt

*First wash and drain the beans to remove any dirt or other contaminants.

*Soak the beans overnight in enough water to keep them well submerged. Change the water after an hour or so.

*When ready to cook, change the water and bring the beans to a light boil for at least 10 minutes.

*Drain the water again.

*Put the beans in 3 cups of fresh water along with the seaweed and vinegar (the last two increase digestibility, tenderness and flavour) and bring them back up to a boil, then turn the heat down to a simmer for two to four hours until they are no longer hard and not too mushy.

NOTE: For increased digestibility soak beans overnight, then drain, rinse and let sit for 2-3 days, rinsing thoroughly twice a day till the little tails are as long as the bean. If they don't sprout, I would question their nutritional value. We often make extra, since the stove is being used, and freeze in plastic containers.

Living a Life that is Worthy of You

by Arlene Rannelli

Do you value your life, your health and your happiness? How much is it worth to you to feel alive, vibrant and fulfilled or feel like you have a purpose? I have noticed that many people make other things more important than what they say really matters to them.

Why do people choose priorities that are not in alignment with their own truth? One of the reasons, I believe, is because many people are so busy surviving from day to day they miss the opportunity to really live! Most people do not know how valuable or powerful they really are because they were told long ago they were not good enough. They bought into the idea that someone else has the power over their lives and that they have to live according to certain rules and guidelines in order to 'make it' in this lifetime.

Make what? is my question. Make a life that fits everyone else's standards, that conforms to the masses, that proves over and over again (even though it is not the truth) that certain people – other than myself – know the answers that are right for me? If that is the life I am making, it is no wonder I am not feeling fulfilled.

Do you not realize the world is waiting for you to show up? Do you have any idea what happens inside of the person who is willing to step up and contribute in the way that only they can? I did and I began to feel fulfilled, happy and valued. I began to trust myself, to love myself, to feel more and more confident inside of myself. I started to feel a noticeable improvement! I learned, it doesn't matter what judgments others make of me – what matters most is the judgments I make about myself!

As you begin living according to your truth, others, without even understanding what is going on, will be drawn to you and will start to feel inspired. They will begin to see that there is hope, that they too just might have the possibility of living fully and freely and that will begin to increase their level of desire.

What an amazing contribution you will have made – not even because you intended to make that particular contribution – just because you are willing to live the truth of who you are. That's how it works.

Each of us are here to express ourselves in our own unique and wonderful way. Each of us has a contribution to make and each of us has our own unique Essential Energy, that is the truth of our being. There is absolutely no better feeling on earth than to be living in our Essential Energy. One of the things I find interesting about my life is that I really didn't have to change, I could have continued with the status quo and I would still have lived, I just won't have felt fulfilled.

The opportunity is always available for you to make a conscious choice to live a life that is worthy of you.

see Arlene's ad on page 9, the HAAO page.

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Food for Thought

with Marion

I recently became aware of the Mercola.com website which goes into great detail to explain "The little known secrets about bleached flour." Nearly everyone knows that white flour is not healthy, but most people don't know that when white flour is bleached, it is FAR worse. With the most nutritious part of the grain removed, white flour essentially becomes a form of sugar. Consider what gets lost in the refining process:

Half of the beneficial unsaturated fatty acids

Virtually all of the vitamin E

Fifty percent of the calcium

Seventy percent of the phosphorus

Eighty percent of the iron

Ninety eight percent of the magnesium

Fifty to 80 percent of the B vitamins

and various nutrients too numerous to list.

The old mills ground flour slowly, but today's mills are designed for mass production using high speed steel rollers. Once pulverized it is hit with a chlorine gas bath (chlorine oxide) that serves as a whitener, as well as an 'aging' agent. According to Jim Bair, VP of the North American Millers Assoc. "Today, the US milling industry produces about 140 million pounds of flour each day, so there is no way to store the flour to allow it to age naturally. Plus, there is a shelf life issue."

The Environmental Protection Agency (EPA) defines 'chlorine gas' as a flour-bleaching, aging and oxidizing agent that is a powerful irritant, dangerous to inhale, and lethal. Other agents that are sometimes used include oxides of nitrogen, nitrosyl, and benzoyl peroxide mixed with various chemical salts. The chlorine gas undergoes an oxidizing chemical reaction with some of the proteins in the flour, producing alloxan as an unintended by-product. It is a poison that is used to produce diabetes in healthy experimental animals (primarily rats and mice) so that researchers can then study diabetes 'treatments' in the lab. Alloxan causes diabetes because it spins up enormous amounts of free radicals in pancreatic beta cells, thus destroying them. Beta cells are the primary cell type in your islets of Langerhans and they produce insulin, so if they are destroyed you get diabetes. Bleaching and oxidizing agents weren't developed until the early 1900's. Prior to that, it required several months for oxygen to condition flour naturally. Now it is 'aged' within 48 hours of being ground.

An interesting sideline to this story lies in the origins of the FDA, in the USA. When bleaching was introduced, it was vehemently opposed. The first major consumer advocate was Harvey W. Wiley, MD, who eventually became known as the *Father of the Pure Food and Drugs Act* of 1906. Mr. Wiley was head of the Bureau of Chemistry, which was the precursor to the FDA. Wiley crusaded against benzoic acid, sulfites, saccharin, and bleached flour among other food additives. Dr. Wiley felt so strongly about preventing the bleaching of flour that he took his concerns all the way to the Supreme Court. They ruled that flour could not be bleached or 'adulterated' in any way, however, it was never enforced. In 1912 Dr. Wiley quit as director of the Bureau of Chemistry and continued as a vocal consumer advocate for many years against unhealthy use of chemicals.

The Healthy Eating Politics website states that most commercial wheat production is 'unfortunately a 'study in pesticide application' beginning with the seeds treated with fungicide. Check it out at www.healthy-eating-politics.com/white-flour, another great website is www.westonaprice.org.

The Canadian Food Inspection Agency (CFIA) and Health Canada have requirements related to the manufacture, importation and sale of white flour and foods containing white flour. It states that "The mandatory enrichment of white flour with B vitamins, iron and folic acid is a cornerstone of Canada's fortification program aimed at helping to prevent nutrient deficiencies and maintain or improve the nutritional quality of the food supply." The sale of unenriched white flour or its use is not permitted in Canada. The only exception to this requirement is white flour sold for the production of gluten or starch.

Flour, White Flour, Enriched Flour or Enriched White Flour shall contain in 100 grams of flour

0.64 milligrams of thiamine

0.40 milligrams of riboflavin

5.30 milligrams of niacin or niacinamide

0.15 milligrams of folic acid

4.4 milligrams of iron

0.31 milligrams of vitamin B6

1.3 milligrams of d-pantothenic acid, and

190 milligrams of magnesium

and may contain calcium carbonate, edible bone meal, chalk (B.P.) ground limestone or calcium sulphate in an amount that will provide in 100 grams of flour 140 milligrams of calcium. All white flour and foods containing white flour, both imported and domestically produced are expected to be in compliance with the enrichment requirements for white flour.

The important point to take away is, beware of any processed food because chemicals are always used. We simply don't know the long term effects of ingesting chemicals. Strive to stick to whole unprocessed foods that are as close to their natural state as possible. If you're going to eat grains, make sure they are at the least unbleached, whole, preferably organic and eat them in the proportion that is best for your nutritional type.

People are getting wise to the dangers of high fructose corn syrup and sales are dropping. Coke, Pepsi and Cargill got stevia approved because they see the writing on the wall. They are being forced by the market to offer products with 'natural' sweeteners. Originally stevia was banned as a sweetener as the sugar industry did not want competition.

If we want to change the rules for food in this country, it's going to have to come from us. If enough people stop buying the processed foods that make us sick, change will happen. Educate yourself, read books, have fun surfing the net, get involved in politics, attend workshops, grow organic produce on your front lawn, become part of the food security plan in your area, grind your own flour, sprout grains for easier digestion and above all ... ask questions.

So many choices and the world will reflect them back to you, as a group consciousness.

Georgina Cyr



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AURA PICTURES WITH INTERPRETATION

We've all seen the offers for aura pictures – be they Kirilian photography or biopulsar technology. What's the point? Are they just pretty pictures? Is it a gimmick? According to Maggy Davidson, owner of Spirit Quest Books, they are not. They are in fact a total holistic health check-up. Your aura is your energy body and we all respond to auras (whether we think we can 'see' them or not) Auras are created from the energies of your chakras and they tell of the well-being of each organ they govern. An aura picture with interpretation communicates the function of the major organs within the body.

Maggy says she likens the energies of the chakras to the function of the furnace in a house. A furnace needs to have heat ducts, giving equal heat (energy) to each room in the house – and our body requires equal energy to each of the chakra centres. When one chakra is not functioning well, another

will compensate by working overtime. For example, if an individual has a low root chakra energy system (the physical body), one might be accident-prone or low in energy. Anything that shows in your aura will be on your physical in 24 to 48 hours. And for any dis-ease, once it is on the physical, it is more difficult to remove the negative challenges to our physicality. So an aura reading can give us a forewarning of potential health challenges.

When chakras are out of balance, there is often another chakra that is over- or under-compensating for the lack of balance – often by working too hard or not at all. Often the ways to address the lack of balance is through simple solutions such as eating more colourful foods, or wearing more of a colour that is lacking in your aura. A good salt such as a Himalayan salt (contains 84 trace minerals your body needs) and specific essential oil blends may also be of assistance.

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An Odyssey into the Food and
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Chitrita Banerji • Bloomsbury USA
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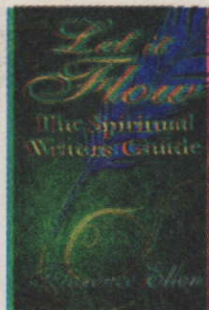
Those who know me know that I love things Indian - the clothes, the food, the artwork and artifacts, the fabrics, and of course, the food.....There is something highly creative, therapeutic and rewarding about putting together an Indian meal, taking time to choose and measure the many colourful ingredients, savouring the sounds (pop, sizzle, hiss, blup), and of course relishing the aromatic richness and variety of fragrance as each ingredient is added in its own time (some mere specks or counted-out seeds, but so important to the completed dish nevertheless). Of course, the final ingredient to such a meal is the chorus of appreciation from those for whom you have satisfyingly laboured.

I grew up in England when curried-something was the only exotic food not eyed with suspicion by a population who lived on chips-with-everything. While living in Singapore I discovered the world of spices, and cooking became so much more than a means of sustenance - it became a limitless Alladin's cave. Indian cooking has had many cultural influences to make it what it is today, and unless you are a strict eat-to-live person, I am sure this book will inspire you to explore that vast treasure-house. If my words above resonate with you, and you recognize that appreciation and captivation, you will find Chitrita Banerji's book a marvellous read. This is not a cookbook - there is not an actual recipe in sight - it is a wondrous journey through India with the author, an award-winning food writer, who tells you about the people, the history, the influences, and of course the food, with such a wealth of love and knowledge. The author writes with such colour, detail and affection, that you are taken along with her to steep yourself in the sights, sounds and smells of India. Personally, I would have liked to have seen photographs included, and they would have been a lovely addition, but their lack does not detract from the book itself. Now, did you know that the Kashmiris make fritters out of lotus roots.....



Book Reviews

Christina Ince



Let it Flow

The Spiritual Writers Guide

Florence Ellen
Mystic Dreams Publications
ISBN 978-0-9685003-2-3

Having thoroughly enjoyed (and reviewed here) Florence Ellen's book *Decoding the Parable of Dreams*, I looked forward to this book, a guide for those aspiring to write for the spiritual market. Florence's own writing is friendly and non-threatening, which is encouraging to the reader who wants to be a writer, and she thereby gives you hope and help with your aspirations.

This book takes you from the original desire to write to marketing and distribution, even book-signing and what to do when success hits. The advice and information would be useful for those not only wishing to write books, but workshops, articles, and scripts for public speaking. Unlike some writers of how-to books, Florence has lived the process about which she writes, which makes her advice and experiences all the more valuable and authentic. Her foreword puts it succinctly: "You will learn how to use mind, body and soul techniques to enhance your writing, dig deep into the recesses of the soul to fulfill your writing aspirations as well as how to get published in today's spiritual market place." (When you're done, you even know where to go to get your book reviewed!)

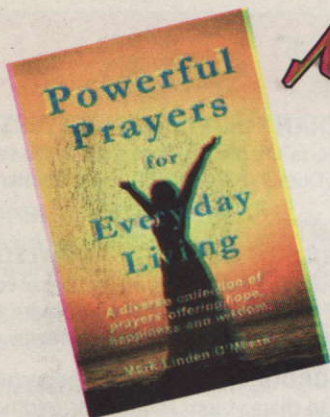


EXCUSES BEGONE!

How to Change Lifelong,
Self-Defeating Thinking Habits

Dr. Wayne W. Dyer
Hay House
courtesy of Raincoast Books
ISBN 978-1-4019-2173-6

You may already have seen the televised version of this book, which began airing on PBS during the summer, and therefore have begun to work on tossing out those conscious and sub-conscious crutches which we all use at one time or another. Dr. Dyer presents eighteen common excuses, helps you to clarify each of them, then gives you an affirmation which sets you on the path of negating that excuse. Since major changes began to happen in my own life I have come across, and heard of, many people for whom 2010 will be a year of moving in new directions. A major change can make us feel immobilized, bogged down by fear of the unknown, and paralyzed by uncertainty. Part I is about identifying and removing habitual thinking; Part II gives seven key principles with which to work; and Part III takes you through seven questions in order to have an effective paradigm shift. Dr. Dyer has been around for a long time, and for many people he is a friendly and trusted face, so accessing and using the information in this book will provide comfort and confidence, two things we really need when arriving at the crossroads.



More Reviews with Angèle



Powerful Prayers for Everyday

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Soul Care Publishing, Vancouver.

"We are all singing the same song - just slightly different words written at different times by different guides. When the world's religions learn to sing as a choir rather than as individual voices, then the world will be at peace."

- Mark Linden O'Meara

A diverse collection of inspirational prayers from around the world. Some are famous prayers like the one from St. Francis of Assisi, where he asks to be an instrument of peace. I like the one from Benjamin Franklin who asks himself every morning... What good can I do today? Some of the prayers came to Mark in a moment of inspiration, some are from the Bible, Buddha, St. Columba, Native American, including an ancient Sanskrit Prayer that ends with... May there be peace in all.

May that peace, real peace, be mine.

In 2001 Mark travelled to Ireland and stopped in a very old church to pray and found himself at a loss for words. Noticing a sheet of paper on the floor, he read a prayer that was perfect for the moment. He noticed how the candles sparkled when the idea of creating a prayer book popped into consciousness. Since then he has found prayers everywhere he travels. This collection of prayers reminds us that we are all connected to something greater than ourselves.



Deva Premal & Miten

in concert with guest Manose
courtesy of www.whiteswanrecords.com

Since 2004, Deva Premal and Miten, accompanied by Nepali bansuri flutist Manose, have toured the world. Recorded in their hometown of Byron Bay, Australia, it captures the spirit of the trio's live experience. I really enjoyed having a private concert of sacred music that I could play on my computer. Professionally done it was a pleasure for the eyes and ears as the camera fades between fingers playing music, images of dolphins or the audience chanting along.

I enjoyed the melody and meditative quality of the Sanskrit words even though I do not understand them I feel their vibration as one of peace. Once in a while there were some English words that reminded us of our awakening and that we are the same under the skin. Birth and death in every breath, Mitens lyrics reminded me of our connections. His guitar playing has a catchy Americanized beat.

This CD has a different sound than her previous ones as it is not just her chanting but a mix of tunes from the live show. Magic is the best way to describe her voice, amazing mantras, interspersed with Miten's fine guitar playing and inspirational lyrics with a few surprises thrown in.

Reviewing this CD and DVD set was like selling to the converted as Richard and I attended a live concert of theirs in Vancouver as part of our honeymoon before jetting off to the Findhorn Foundation in Scotland for three weeks.



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Take 20 minutes to listen to Constitutional lawyer Shawn Buckley to help you
understand Bill C-6 and how your rights and freedoms are at risk.

PART 1 http://www.youtube.com/watch?v=X7_0HICwb8A

PART 2 <http://www.youtube.com/watch?v=ud4bYJXlrAE>

Pleasssse...write, e-mail, phone or fax the Senators.

Let the MPs know the ramifications of this Bill that they passed in June 2009.

Some are probably unaware of the underlying agendas.

For phone numbers of Senators go to www.parl.gc.ca

Members are listed alphabetically.

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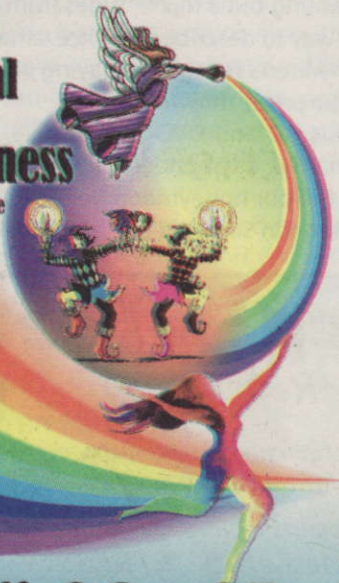
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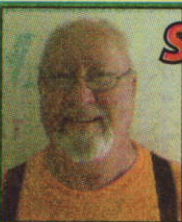
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