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STV

Real Democracy is within reach

by Richard Ortega

The cover of this month's magazine shows the BC Citizens' Assembly on Electoral Reform, which was held between 2003 and 2004 to examine how B.C. elections are run and to make suggestions for change. One hundred and sixty members were chosen from across the province, a man and a woman from each electoral district plus two members chosen from aboriginal communities. After having conducted fifty open public hearings and reviewed over 1,600 written submissions, the members decided to recommend to the voters of B.C. that they replace the current First Past the Post electoral system with the Assembly's BC-STV model.

To put the importance of this recommendation into perspective I am reminded that Sir Winston Churchill, WAC Bennett and others have compared our contemporary political system to 'warfare'. In its current operating model I would have to agree with this statement. You either win or you lose, your political party either has all of the control, or it has almost none. This is representative our current first-past-the-post (FPTP) electoral system. In a world of winners and losers this might be acceptable. Historically the rights and the freedoms of individuals has increased with the passage of time. Perhaps the time has come to move on to an even more democratic system where voters have a sense of fairness in the electoral process. On May 12th we will have the opportunity to make one of the landmark decisions in how our democracy functions by choosing the single transferable vote (STV) as our electoral system. We, the voters, have the ability to choose this new system system where there will be more co-operative and non-adversarial decision making.

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better chance of being represented in our government with your vote being recognized. Instead of being forced to select only one candidate, in the proposed BC-STV system voters may rank a number of candidates, your first choice might be candidate X, your second candidate Y, etc.. Parties will offer multiple candidates and voters may rank within one party slate or among the slates of different parties. You would get greater local representation as candidates from several parties could possibly represent a single riding, thereby giving voice to a wider segment of the population.

With the single transferable vote (STV), voters do not have to worry about wasting their votes on losing candidates. If a particular candidate is eliminated, votes are not lost. They are transferred to the remaining candidates of the individual's choosing.

All of the other provinces and the federal government will be watching this vote. This significant shift in BC's political system could very well be the model for the rest of Canada within our lifetime. On May 12, the choice is really about who will end up being empowered: the citizens of BC or the political parties. The choice is yours, be sure to vote.

The following is an interview with Shoni Field ... I asked her how she became involved in the BC Citizens' Assembly on Electoral Reform.

I was one of the fortunate ordinary voters to be randomly chosen. With 159 others, I spent 11 months studying electoral systems and listening to British Columbians. 95% of the Citizens' Assembly voted to recommend BC-STV to the people of BC. People often say to me "I wish I'd got one of those letters in the mail..." It felt like an enormous privilege to be on the Assembly and be entrusted with this job, but when we first began I wasn't sure 160 people could ever agree on what 'better' would be. I was so inspired to discover that BC isn't as polarized as our reputation suggests, in fact across the regions we heard a very similar vision of what 'better' would look like from the majority of people.



Shoni Field

Why did the BC Citizens' Assembly choose the single transferable vote (STV) from all of the possible options?

British Columbians told us they wanted a fairer system with improved local representation and greater voter choice. Based on those three values, we short-listed two systems, STV and MMP, and then assessed which best met the criteria. Both were equally proportional. With local representation, MMP retained the weaknesses of our current system whereas STV made local contests more competitive and provided MLAs with greater incentive to represent local needs. In addition, the systems provided different types of choices to the voters and we decided that STV, where the voter has the final choice on which candidate is successful, was a better fit.

Would having a government with so many different interest groups significantly slow down the decision making process?

It's important that people not mix STV up with other systems. STV produces stable, effective governments. Given BC's voting history we'd expect to see one or two party majority governments, with perhaps 3-4 parties represented in the legislature overall. These governments can make quick decisions when required, but perhaps more importantly they are also able to produce consensus-based policies that lead to greater stability and certainty.

How do you see the BC-STV affecting the average citizen?

I think the most important change for citizens will be in knowing that they can make a difference. I heard so many voters say that they didn't even feel like the party they vote for listens to them. With STV more voters are represented (80-90% of voters will have an MLA they voted for up from 40-50%) and more points of view are represented (most districts will, at minimum, elect members of the government, and opposition). MLAs know that the voters can choose a candidate from another party who has served them better or even another candidate from their own party. Increased competition means politicians have to be more responsive and accountable.

What other places in the world is the single transferable vote (STV) successfully being used?

STV is used in Australia, New Zealand, Ireland, Northern Ireland, and Scotland, and has been proposed in Wales.

Do you see the single transferable vote (STV) eventually being used in other provinces or perhaps in our Federal Government?

Continues on page 7

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Musing

with *Angele*, the publisher



Politics on the front cover... I am hoping this a good sign and that "we" the people are being heard. When I was younger, I belonged to a conscientious group of people in Terrace who protested that Aspartame was toxic and asked the government not to allow the poison into our food supply. Instead, they endorsed using it, and that was when I knew I was on my own. I educated myself to protect my family and wondered about entering politics. I knew lots of people who wanted a better health care system and thought... if I could make a difference... it would be worth my while. But I decided I did not have the skills or a thick-enough skin to be in politics, so I choose to publish enlightening articles and encourage people to find answers.

Despite advances in modern medicine, our health is worse today than ever before! There is no doubt that any kind of sickness affects us, causing suffering and hardship. I feel that many people are sick because our 'lack of health' is economically profitable for big companies and their shareholders. This includes the food industry with all the 'designer' junk foods and beverages that hold no nutritional value and actually make us fat and sick. The 'health care' industry figured out long ago that there's a lot more money to be made in treating symptoms with drugs and surgeries rather than providing patient education, prevention and natural medicine. People need to educate themselves, to see through the commercial deception and brainwashing of commercials and fancy packaging, and keep themselves healthy.

I am disappointed with our government system, but I also know it is a reflection of the whole. We have trusted our politicians and they have lied to us many times. At the same time, I know it could be worse, even though it could be better. Redefining how our vote is counted is a good step in the right direction, so I would like to encourage everyone to vote on May 12.

We also vote with our money. One of my favorite quotes is... *Every dollar we spend is a vote for what we believe in.* If we support local food suppliers and don't buy chemically-made products, the chemical companies would run out of money. I have never understood why anyone would spend money on pop, candy, cigarettes and other vices, but these are multi-million dollar businesses.

Lately, the list of problems seems to be increasing. Which is good, for at least they are being talked about. Sometimes I feel my efforts to make a difference are futile, and then I read about all the good people with great websites and books that can educate us. So many good causes to support! The main one that comes to mind is water. Is it a commodity that can be bought and sold. In 2008, a survey demonstrated that 89% of Canadians want a national water policy, yet the Conservative government played a key role in blocking the motion at the United Nations Human Rights Council. Then there are GMO products with no labelling, etc, etc.

Marion, who is becoming a great assistant and friend, has joined our writing team and exposes the facts about MSG and its 30 different names. A few groups are working to get it banned, or least taken out of children's vaccines. Personally, I would like to see more options in health care as described in the Charter of Health Freedom. See the article on page 23. It seems that the pharmaceutical companies have taken over and now tell the government and doctors what to do. As long as a doctor can label the dis 'ease,' they are allowed to prescribe. I have always liked the system in China where doctors are paid to keep people well: if someone in the village gets sick and is unable to work, it gets docked from the MD's pay.

When I started writing Musings almost twenty years ago, I used to read the newspapers more than I do now, and I remember feeling hopeful when Peter Dueck, who

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STEPS ALONG THE PATH

...'it only gets better'

Back in 2001 my wife, who helped run the Retreat Center, left suddenly. I had committed my life to being with her and when she left I felt despondent. The universe came to my rescue and provided the Retreat Center with everything that it needed in the form of a cook and an abundance of volunteer staff. The Center and myself made it through our third season but my heart was still heavy with my emotional loss.

After the season was over I took a temporary teaching contract in Midway, B.C. to help pay the bills and worked on the new Retreat program for 2002. It was around this time that I started to date Angèle who had a Holistic Centre and a publishing office in Penticton. One weekend she came to stay with me in the little house that I was renting in Midway. I had spent a wonderful weekend with her and on Monday morning I headed off to my teaching job, which was three blocks away. After I was gone Angèle left for Penticton to work with her team on ISSUES magazine. When I came home there was a printed note on my entrance door that said 'it only gets better'. When I walked into the kitchen there was a note stuck on the fridge that said 'it only gets better'. In the living room there was one over the fire place and in the bathroom there was one on the mirror. And in the bedroom there was one on my pillow.

Well the first one was cute, the second one was interesting and by the third one the message started to come through...'it only gets better'. It seemed like a sign (pun intended) to remind me that my wounds were healing and that my heart was opening again. By releasing the past I could let in the beauty and magic that awaited me. It was just that simple. In retrospect, I can see that my former wife did not carry the same vision as I did in regards to the Retreat Center, and that her departure, as painfully as I took it, opened the way for a more supportive partner.

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



So what is it that keeps some souls in despair, why is it not easy for some of us to choose that light? I remember hearing about children being taken away from abusive parents by social services and more times than not they try desperately to cling to the abusive parent. Is the thought of entering the unknown more frightening than staying in a painful reality? Is living letting go of fear? I realize that each of us deals with life differently and I for one claim no expertise on this topic. I offer no guidance, I can only speak from my experience of the process.

For me there is so much to do in one lifetime and so little time in which to do it. Fretting about the past is a waste of life energy. Caroline Myss uses a wonderful example that resonates with me. She has an analogy about each of us coming into the world with a fixed amount of life energy currency in our bank accounts. If we use our life energy to finance the past, then we limit the amount that we can invest in living today.

By my own perception, my life lessons have been easier than what I have heard from a lot from others, and I feel very blessed for this. I feel energized by the depression/recession that is supposedly starting to crystallize around us. I do not have any certainty about what changes it will bring to our planet. Looking at our current lifestyle as compared to any point in the time-line of humanity, our history has shown that 'it only gets better'. I for one look into the future with a sense of excitement and wonder, looking forward to the next footstep along the path.

Namaste

Richard

Georgina Cyr



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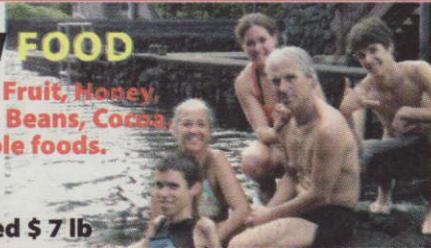
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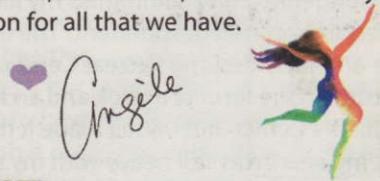


Musings continued

was the Minister of Health, said we needed to find out why people are falling into the river, instead of just pulling them out. Then we had the Royal Commission and nothing improved, then I spent a year on our local health committee and felt like I wasted my time. They made it sound promising that our concerns would be taken into consideration. Now we have the NHP (Natural Health Products) under threat of extinction. Why didn't they pick on the cosmetic industry if they wanted to try out some new regulations?

Common Ground, the magazine I borrowed the front cover image from, has a great writer called Alan Cassels. His column is entitled *Drug Bust*. Educational indeed, and well worth the price of the subscription. It is free if you go to www.CommonGround.ca. Thanks, Joseph, (the publisher/owner of Common Ground) for inspiring me so I can inspire my readers.

There is lots of good information if one wishes to know. There are naturopathic doctors, acupuncturists, body-workers, health care practitioners, etc. That I can pay for if I want help. As far as I am concerned, doctors should be for emergency use only. We all have a choice, and the choices are becoming more abundant every year with some amazing people stepping forward to speak the truth. People are becoming empowered, and as that happens, the spell of ignorance will be broken. One day "we" the people will have a government that represents us. Till then, read labels, write letters to your MP, and give appreciation for all that we have.



In the Mail Box

Dear Angèle ... I just wanted to let you know that I really appreciate all of the love and energy that goes into each Issues Magazine. I have been an avid reader for the last ten years or so. After reading the magazine I am always reminded and inspired at what limitless potentials there are for each of us to reach out to others and help make this world a better place. I want to thank you and all of your angels for keeping this window open for me and others. Your efforts bless many.

Enclosed is \$20 for a two year subscription
Melanie, Cawston

Richard and I often get thoughtful comments from people in support of what we do... I don't always make the time or space to print them but they are appreciated. Today seemed like the right time. Many thanks to all who have kind thoughts.

Want some Good Karma?
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.

continues from page 3

STV is the best fit for British Columbia, but as a Citizens' Assembly member I realized that there is no one-size-fits-all electoral system. A system should fit the needs of its citizens. There is certainly an urgent need for electoral reform across the country—but like in the UK, we might end up using several different systems. What I do know is that BC-STV must pass here in order to keep electoral reform alive in Canada.

I realize that you are excited about the possibility of this electoral reform and from your comments it seems justifiably so. Do you have any final comments?

For democracy to work well, power has to flow up from the voter. Our current system is fundamentally flawed – it cannot accurately translate votes into seats. Therefore, we can't effectively hold our governments accountable. If you want better governments, then voting for BC-STV on May 12th will be the most important ballot you ever cast.

More information on the single transferable vote (BC-STV)
visit: www.stv.ca - or - www.citizensassembly.bc.ca
or phone 604-637-3551

A note of 'Thanks' to Joseph Roberts and the crew at COMMON GROUND Magazine in Vancouver for allowing us the use of their front cover image.

In the Mail Box

Dear Richard ... I hope this message finds you well. I just finished reviewing your website and I wanted to say what a cool and worthwhile venture the Retreat is.

It was particularly encouraging in light of my current life transition. I just recently resigned from a corporate training position I held for 4 years with an American Insurance company stationed in Lethbridge, AB. My career allowed me to travel internationally, a lot of creative control and certainly paid well, but I found the corporate environment mentally and spiritually suffocating. One day, I just realized that the things I didn't like about my work life were not going away (in fact, they seemed to be getting worse) and the things I did like couldn't make up for the negatives. I realized I would have to change my lifestyle in order to be happy, so I resigned, sold my house and moved to Nelson B.C.

I'm sure a lot of people think that was crazy, particularly in light of the current economic climate but I just don't care about things. I like going for a nature walk, talking with friends and relaxing with my husband, none of which required me to continue in a career I don't find fulfilling or a city I don't find peaceful. I consider myself extremely lucky to have figured that out at a relatively young age (I'm 26).

Anyway, the reason I found the Retreat so encouraging is that in this society you've managed to find a way to make a living that actually helps people, rather than simply conning them into buying the latest thing that promises to make their lives wonderful. Not only that, the prices for your workshops and programs are extremely reasonable. It was just really nice to read about your work and I wanted to express that to you. Thanks for your time and have a great day. Denise.

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Food for Thought

with Marion

After years of suffering from allergies and terrible debilitating sinus migraines, I saw an allergist to determine if anything could be done to figure out the cause. The allergist informed me that there are three items used to preserve food: sugar, salt and MSG (monosodium glutamate). He suggested I write down everything I eat and research MSG.

Doing as he asked I discovered that MSG is a preservative that is naturally found in the environment and is also created as a synthetic. The natural form is in soya sauce, which is why the initial allergy or sensitivity to MSG was called 'Chinese Food Syndrome.' However, as the food industry evolved, MSG was added into more foods, not only to enhance flavour, as in the product Accent, but also acts as a preservative. It soon became apparent that it causes addiction to the food product to which it has been added. This discovery created quite a stir in the food industry as manufacturers figured out new ways to use it in food and beverages to enhance this occurrence (i.e. coffee).

I continued to read articles and found out that MSG has a cumulative effect in the body. *The Slow Poisoning of America*, is a book written by John Erb, a research assistant at the University of Waterloo in Ontario. He spent many years going through scientific journals for the book he was writing and discovered that many of the studies he was researching linked MSG to diabetes, migraines, headaches, autism, ADHD and even Alzheimer's. He writes that scientists needed obese mice and rats to use in diet and/or diabetes test studies and since no strain of rat or mice was naturally obese the scientists had to create them. To do this they injected mice or rats with MSG at birth. He learned that MSG triples the amount of insulin the pancreas creates which causes obesity.

If you wish to know more go to the National Library of Medicine website: www.pubmed.com and type in the word 'MSG Obese,' you can read some of the 115 medical studies. It would be good to check out John's website as well: www.spofamerica.com, another great website is www.truthinlabeling.org. The various websites are very educational and explain that manufacturers have used MSG in excess of thirty years.

My big breakthrough came when I went through my kitchen cupboards and was shocked to realize that I filled eight grocery bags with foods that I could not eat, because of my sensitivity to MSG. The items that didn't have MSG marked on the product label often had something called "Hydrolyzed Vegetable Protein," which is just another name for the same substance. Other less obvious ingredients that contain MSG are yeast extract, glutamic acid, calcium caseinate, sodium caseinate, yeast food, hydrolyzed corn gluten, gelatin, and textured protein including soy protein

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Maria Carr, publisher

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isolates and anything that is protein fortified. Did you know that even gelatin had some MSG in it?

After raiding the freezer and not eating most milk products (MSG is added to preserve the fat content) I started to feel better. I found that all soups, with the exception of Campbell's Tomato Soup, contain MSG. I now make my own soup stock by boiling the left over vegetable scraps and save the flavoured water to make fresh home-made soup. I eat fresh or frozen foods (but not pre-packaged), free range eggs from chickens who are not fed animal by-products, I buy organic fruits and vegetables, and rarely eat in restaurants. If you do go to a restaurant, an easy trick to remember is this: if the food is prepared with tomatoes then chances are they do not need to add MSG as the acidity of the tomatoes precludes the need for food enhancement and/or preservation.

I also presumed that a lot of supplements which I understood to be organic would be MSG-free. But, I am sad to report that many are not. On the TruthInLabeling website they ask you, the viewer, to ask President Obama, Education Secretary Arne Duncan, your two US Senators and your Congressperson to take manufactured excitotoxic glutamic acid (known to you as MSG) out of infant formula and vaccines. They say no legislation is needed and it won't cost taxpayers a penny. Indeed it will save parents and government millions of dollars in health care costs. It would be great if we could get this educational movement happening in Canada as well.

So, I urge all of you to check out... www.truthinlabeling.org and copy the page that lists the various names of MSG, then sign up for regular updates. When MSG is added to new foods and a new name is used, they will inform the members.

After all, you cannot even put a seemingly-innocent item like a jelly bean into your mouth without first checking the ingredients. Did you know jelly beans are made with gelatin which contains MSG, a small amount but it is cumulative. Oh, and by the way, did you know that monosodium glutamate is a derivative of formaldehyde? This is used as an embalming fluid and is banned from being put into our homes as insulation. Food for thought, indeed!

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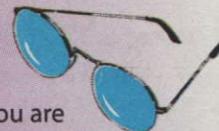
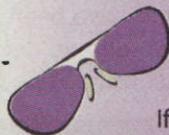
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Amazing Seniors

by Sharon Carne



I am blessed with the most amazing seniors in my life, my husband's dad and Grace, the aunt, my husband's godmother. Both are 91 years young, can have their challenges, and still live life to the full. They both live in the same city as my family and we see them quite often. What incredible role models they are for me.

The last time Grace, whose joyful laugh is so infectious, came over for dinner she stated that she had decided to live until 120 years old, I was so impressed. My goal has been to live until I am 108 years old, now I am seriously considering a new goal. A while ago, Grace shared a story with me about a visit to the medical lab in her area for the regular blood tests-required for her annual checkup. When the receptionist asked her age as she checked in, Grace told her that she was 90 years old. The receptionist said something like, "Oh my goodness, would you like to sit down?" Grace shared that she felt quite insulted by that comment. She takes her dog for a walk every day and often hops on the bus or train near her place and goes pretty well anywhere in the city. At that time, I knew that she had already stated the goal to live to 100 years old. Maybe this encounter led to her reconsider her goal.

Dad decided in February that he wanted to find out more about what I teach in my Sound Wellness workshop. Well, I was a little nervous and I realized later that I had a mixed bag of many preconceived notions about his generation and seniors in general. His presence in the workshop challenged every one of them. What an opportunity to become aware of incorrect perceptions I didn't even know I had! The people registered in the Sound Wellness were a small group of some pretty incredible women. When Dad found out that all of the other participants were women, he was a little nervous. Fortunately, my husband also attends the workshops to help out with the technological aspects, so Dad had some masculine company. It didn't take him long, though, to become comfortable with this group. At the end of the weekend, he said, "I think I did alright with the ladies."

He took part wholeheartedly in the experiences including listening to many examples of music, toning his chakras and playing the Tibetan and crystal bowls. His favorite experience was the singing crystal bowl sound bath and playing them. He liked the crystal bowls so much that, after the weekend, he asked if it would be possible to get a bowl for him. That was easy and now he enjoys playing his bowl every night before his goes to sleep. He says he finds it very relaxing.

This experience made me aware of the universal appeal for music and sound. The human being is so wired for sound no matter where we are on our journey through life, it brings us joy, sadness, strength. I could go on and on. It heals us at levels we are just beginning to realize. As long as humanity has existed on this planet, music and sound have been our communication from the depths of our souls. Hearing is the first sense to develop and the last to leave us at death. Sound surrounds us, informs us, disturbs us, comforts us, balances us, heals us. *See ad left*

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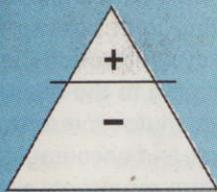


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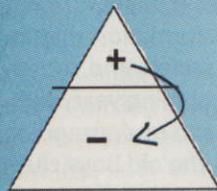


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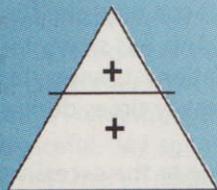
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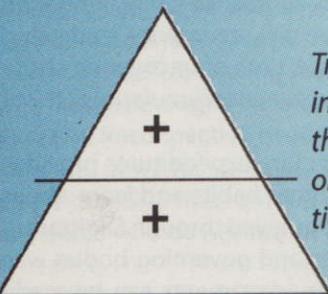
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Pluto, the planet of transformation, creation, destruction and power has entered Capricorn, a practical and prudent earth sign. This alignment is a time of managerial priorities connecting with business, politics and governance. As Pluto cycles through the zodiac, it unearths the secrets relating to the qualities of the sign it is passing through. Pluto represents *the cycle of life, death and renewal, and encourages the evolution of authority.* Capricorn represents executives, bureaucracies and power-brokers.

Quite simply, rules and rulers will experience a major transformation that involves the practice of commerce and societal supports. All the secrets and subterfuge of the past cannot thrive under the high-tech scrutiny in the coming years. Public figures will be held accountable, as the people gain strength and understanding of the rules and will no longer allow 'others' to be above the law. The 'old boys' clubs will be replaced by something more egalitarian and socially responsible.

Capricorn's ruler is the planet Saturn and since 2001 it has been opposite the three outer planets, Pluto, Neptune and more recently Uranus. This has slowly increased the challenges of structures, routines, rules and regulations. Uranus, the planet of innovation and rebellion, has been opposite Saturn many times during the last year, accelerating the energy of change.

Political and business institutions will be the hardest hit, due to the excessive and top heavy structures they represent. Governments and banks will no longer be seen as all powerful. We are entering a time where we will see intense leadership disputes, drastic measures, and conservative leanings. A time of uncovering structures, restoring unsafe foundations and disposing of useless accumulations. It will be like living in a reconstruction zone.

Restructuring our daily lives to minimize our monetary expenditures provides an opportunity to rid ourselves of our wasteful consumer habits and learn about our energy needs. For the past fifteen years, as Pluto journeyed through Sagittarius, revelations in the flaws of the laws concerning money and governing bodies was brought to light. Now that Pluto is in Capricorn, clear adjustments can be made more easily. Instability may cause distress, but it signifies an important movement to convince the 'powers that be' to show more respect to non-renewable resources and to encourage restoration of environmental damage. Pluto's regenerative touch will result in a cleansing, a reconnection with source. It even suggests that new water purification techniques could emerge.

As we enter this next fifteen year cycle with Pluto in Capricorn, we can expect our lives to become more spartan in comparison to the free and easy lifestyle of our recent past. Positive aspects of these challenges will teach us how much we actually need to use and whether or not we can provide these items for our survival. Traditional, hand-made, home-grown objects will gradually replace mass-produced. Reintegrating or acquiring knowledge about the preservation of food, sewing, gardening and repairing will replace buying new items made somewhere else. Get ready to experience the rebirth of craftsmanship; fine woodworking, needlework, furniture making, and other functional arts.

Managing well in tight economic times will require cultivation of resourcefulness. New systems of food distribution will encourage self-reliance as well as grass-root movements to provide food locally. Pluto is all about roots and what is under the surface. Demands for durable, long lasting products will encourage small scale industry and artisans. The concept of disposable will be far less acceptable by the end of this cycle. After this transit, everyone's carbon footprint will be smaller. The light at the end of the tunnel is when Pluto enters Aquarius fifteen years from now, once we have mastered the art of living responsibly.

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



CONFIDENCE

by Bernice Granger

One of my first experiences as a Reconnective Healer was with a co-worker. At work she was in tears, upset with life. I was talking with her saying I could help her and in that very same breath I was telling her of a wonderful friend who could do great healing. On the way back to my work area, a small voice within said: 'And who are you to think that we don't need you to help others?' Stunned, I listened and then let it go.

A couple of weeks later my friend did come to me for a session. She was seriously thinking of leaving her job to start a new life. It came up for me to ask her "Do you love yourself?" She went silent, searched within and with a small honest voice said "No, I don't." We did the healing session. As she was leaving, I was prompted once again, to ask the question "Do you love yourself?" This time a gentle smile spread across her face and she said "Yes, I do love myself."

A couple of years later, I asked her for feedback and this is what she writes: "I remember that day - that experience of being in Bernice's company, and in her care. I remember the hour I spent, as she did her work. I felt completely rested, and peaceful. My agitated mind took a break for that period, and when our time was over, I had an underlying feeling that 'everything is going to be alright - maybe not immediately - but eventually.' I had been feeling like the path I was on was endless, but it's like Bernice gave me a nudge, and helped steer me towards a different path - one that has captivating scenery!"

I feel as though I have been through a two year internship with The Reconnection and Reconnective Healing. The many experiences I have had in helping others heal and move forward has added a lot of personal growth into my own life. I have come to realize that I am capable of helping others on the level that I admire in other people who do healing work. I have come to believe that a client will experience a healing. I never know on what level the client will experience the healing or how it will affect their life. In Reconnective Healing the energy and the healing is directed by the Universe/Spirit/God.

Recently I received a most beautiful email from a client. It read: Dear Bernice, It has been five busy days since my Reconnective Healing. A quiet Sunday afternoon seems like a perfect time to reflect upon my experience. Bernice, your loving and kind spirit is so truly apparent that my trust in your abilities was absolute. I wasn't sure what to expect but I felt your guidance and was at ease and relaxed. During the healing I vividly recall four waves/vibrations that went through my torso. The waves came into me instantly and lasted just a few seconds each time. Afterwards it took a few minutes to feel "grounded." We spoke briefly and I went on about my day. That night I was exhausted and went to bed at 8 pm, two hours earlier than normal. Since then something is different within me that is hard to explain. I'm more poised, calm and patient. I have a busy life with work and family obligations along with service clubs, volunteer duties and an interest and love of music and nature. Some days are too full but I am now feeling a firm sense of control and purpose. In computer vernacular, it's as if I received an 'upgrade' to my operating system. I feel so blessed and inspired. I am ever so thankful to you, Bernice. You have shared or availed yourself to our creator and with your gift you are helping to bring the human experience to the next level. May you continue to be blessed with such an incredible talent!! Love to you and your family. *G.S., Summerland* The healing experience with Reconnective Healing is worth trying. Your experience could be dramatic or not, but I believe it will be a healing experience.

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Bernice Granger
Reconnective Healing Practitioner

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The Cook's Corner

Vegetarian Recipes from the Johnson's Landing Retreat Center

Soups: An entire generation was brought up on the idea that soup comes in cans. Some soup does, it is my opinion that the best soups come from creative individuals. There are lots of recipes for soups which are ingredient specific, when you get good at the art of soup making you can open the fridge and cook with what you see in front of you. We will start with making your own vegetable stocks and finish with a simple Vegetable Soup recipe.



Bon Appetit, *Richard*

Basic Vegetable Soup

Utensils: A large sharp knife • A cutting board • A large pot (4-liters) • measuring cup and spoons if you really need them
• a wooden spoon • Steamer or steaming insert for a pot
• and an apron so you look like you know what you are doing.

Ingredients: (*Regarding measuring stuff, just guess, it is more fun!*)

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

1 Onion medium or large

Any or all of the following vegetables can be added, plus others that are not too strong in flavour. **Use around 1 cup of each, cut bite sized.**

Potatoes (steam for ten minutes then save the water for the Soup)

Carrots (steam for ten minutes then save the water for the Soup)

Broccoli

Peppers preferably red, yellow or orange

Celery

Corn fresh or frozen

Green Beans fresh or frozen

Zucchini

Peas fresh or frozen

1/2 teaspoon of Kelp, Basil, Oregano

3 Teaspoons of Parsley

2 Tablespoons of Tamari or Bragg's

Sea Salt & fresh ground pepper to taste

- go lightly as people can always add these if they need more.

Directions:

Rule #1: Never boil soups, it destroys nutrients and flavour.

- In the large pot sauté the onions in the butter or oil till transparent.
- Put all of the ingredients in the pot and cover with soup stock
- On medium heat cook until everything is tender (about an hour?)
- Thicken by blending 2 cups of soup then pour back into the pot.
- Now 'taste' your soup. Add spices as you feel necessary (Note: too much of one herb or spice can overpower a delicate mix of flavours.)
- If you want it thinner add more stock and warm it back up.

OPTIONS:

- Add 1 or 2 teaspoons of honey to bring out the seasoning flavours.
- Add Miso: dissolve 2 heaping tablespoons into some soup broth then add back into the soup AFTER the cooking process is complete. (Heat destroys the enzymes in Miso)

Soup Stock:

There are no mysteries here.

Most times when we prepare vegetables we remove outer leaves or cut off thick stalks and root sections, hopefully you have at least been putting them into your compost. Now I am going to ask you to put them into a tight closing plastic bag and store them in your freezer. (You may wish to avoid strong tasting items such as onion and garlic skins, turnips or strongly coloured items such as beets.)

When you are getting ready to use soup stock take all of your veggie cuttings out of the freezer and put them into a large pot. Cover them with water and turn on the heat. If you steam vegetables, save the steaming water and use it to cook the veggie cuttings. Once it comes to a boil turn down the heat and simmer it covered for at least one hour. You can do this on the stove, in a crock pot or on a wood heater (if you have one on). After it cools, strain it. This process adds flavour and nutrients that otherwise might have been discarded (and it doesn't have MSG like many commercial broths and bouillons).

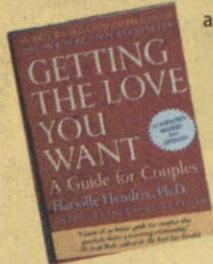
Storage:

- 1- You can store once it has cooled down put it in a covered pot in the fridge. (good for about about four days)
- 2 - Freeze it for up to three months. Let it cool down then put it in sealed plastic containers. After de-frosting you may have to adjust the seasoning a bit.
- 3 - Make it into a vegetable broth by putting it through a blender.

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Why Enzymes are the Key to the Proper Functioning of our Hormones and Endocrine System!

by Louis Hoolaeff

Hormones carry messages from glands to cells to maintain chemical levels in the bloodstream that achieve homeostasis. 'Hormones' come from the word, 'to spur on.' This reflects how the presence of hormones acts as a catalyst for other chemical changes at the cellular level necessary for growth, development, and energy.

As members of the endocrine system, glands manufacture hormones. Hormones circulate freely in the bloodstream, waiting to be recognized by a target cell, their intended destination. The target cell has a receptor that can only be activated by a specific type of hormone. Once activated, the cell knows to start a certain function within its walls. Genes might get activated or energy production resumed.

There are two types of hormones known as steroids and peptides. Steroids are sex hormones related to sexual maturation and fertility. Steroids are made from cholesterol either by the placenta when we're in the womb or by our adrenal gland or gonads (testes or ovaries) after birth. Cortisol, an example of a steroid hormone, breaks down damaged tissue so it can be replaced. Steroids determine physical development from puberty on to old age, as well as fertility cycles. Peptides regulate other functions such as sleep and sugar concentration. They are made from long strings of amino acids, so sometimes they are referred to as 'protein' hormones. Growth hormones, for example, helps us burn fat and build up muscles. Another peptide hormone, insulin, starts the process to convert sugar into cellular energy.

Hormones, so perfectly and efficiently, manage homeostasis due to negative feedback cycles. Our goal is to keep the concentration of a certain chemical, such as testosterone, at a constant level for a certain period of time, the way that a thermostat works. Using negative feedback, a change in conditions causes a response that returns the conditions to their original state. When a room's temperature drops, the thermostat (thyroid) responds by turning the heat on. When out of balance, the symptoms can become hot flashes, weight gain, etc.

We have two types of glands, the Exocrine (regulated by the hypothalamus, sending fluids through ducts to the salivary, mammary and sweating areas), and the Endocrine (with no ducts, secreting hormones directly into the bloodstream). The Endocrine glands are integral to our hormone balance, to proper metabolism, high energy, immune response, and they also help determine genetic potential. They need to be kept healthy in order for our bodies to receive the right signals. Invariably these glands suffer the most from a lifestyle high in stress and low in rest and nutrition. Glandular malfunction leads to an array of health problems such as thyroid malfunction, hair loss, exhaustion, diabetes, etc.

If our liver obtains the required amino acids, (utilizable protein) from our food, it uses those amino acids to manufacture three vitally important things - enzymes, hormones and glucose which is necessary for the stimulation of our entire endocrine system - right from our reproductive organs - up to and including our pineal gland. Minerals and amino acids play a crucial role in balancing the minerals and metals in the blood to support balancing hormones. (depression, menopause, sex function, etc.) Minerals are required for protein synthesis and sex hormone production. Without protein, we cannot deliver a mineral, and without a mineral we cannot utilize a vitamin. Without enzymes we cannot absorb any of them. It is amazing how the human body functions and how proper supplementation is required in order to achieve optimum health. As we review all the important functions of your endocrine system, it will help us realize the vital importance of having enzymes available for digestion, each and every time we eat food. We need to supply the nutrients so our body can manufacture hormones, not just merely treat the symptom. Get to the cause and have lasting results!

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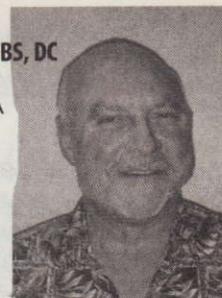
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Dr. Ward Joiner, BA, BS, DC

written by a friend and patient... Dean



Dr. Joiner's personal life experiences and health challenges from a young age led him to pursue a lifelong quest to better understand his own health challenges and disabilities. Sharing his knowledge with his colleagues and patients, Dr. Joiner states, "I bring proven methods from over thirty years of experience to those in need of positive results, through a holistic, simple and affordable approach."

His fascinating discoveries and results, clinically proven through his patients, provide the basis of his lectures to a worldwide audience. Dr. Joiner, who is a chiropractor, noted about his audience, "They range from leading medical practitioners to the average person who is confused by their own health issues, and searching for a simple, natural and obtainable means to regain and sustain their own health."

Dr. Joiner utilizes a foundation of proven mainstream blood analyses and hormonal tests, overlooked by many in the medical community for decades, which provide a plethora of pertinent data to any practitioner. By utilizing these simple and accepted blood and hormonal tests, Dr. Joiner integrates his modern and alternative proprietary approach to analyze and correlate these results identifying hormonal imbalances and deficiencies in the body. Dr. Joiner then customizes a unique and individual plan, using natural plant-based precursors, to naturally optimize and balance the body's own defense mechanism (auto-immune system). Dr. Joiner's methods "...allow your body to regenerate and repair itself," he adds, "...by naturally raising your own testosterone and HGH levels, your body synergistically begins to balance and strengthen itself, which is what healthy bodies do best."

Dr. Joiner endorses and utilizes advanced medical thermography as another simple, proven and non-invasive technology that provides early detection of subtle chemical and nervous system irregularities, including abnormal blood vessel activity and abnormal tissue growth.

While mammography relies on finding the physical tumor, advanced medical thermography is based on detecting abnormal heat signatures on the skin surface, usually the result of new blood vessel formation and chemical changes associated with a tumor's growth and development. By detecting variations in abnormal blood vessel activity, a breast thermography, for example, may indicate or suggest a pre-cancerous state of the breast or the presence of an early tumor that is not large enough to be detected by physical exam or conventional mammography.

Dr. Joiner lectures on the benefits of advanced thermography as a modern alternative to traditional mammograms, and as a proven medical tool providing very valuable and insightful health information about his patients. Breast thermography is safe, painless, no breast compression, no physical contact, and no radiation exposure. This is beneficial to women with large dense breasts, small breasts, women with

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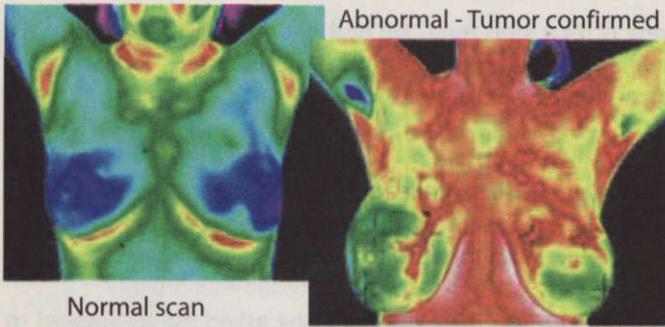
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implants, pregnant or lactating women, women with fibrocystic disease, women with questionable mammograms and women who do not want more X-rays. Others benefiting include: women who have had a mastectomy, and women at risk or with known breast cancer.

Dr. Joiner notes, "...advancements in thermography technologies, with their state-of-the-art cameras and computer software, have now surpassed standard X-ray technologies in identifying subtle irregularities associated with early abnormal tissue growths and blood vessel activity. These subtle irregularities, when identified by a qualified practitioner, can result in one of the earliest breast detection procedures for harmful growths, pinpointing an area to potentially biopsy." ***Cancer can only be diagnosed by a medical procedure commonly known as a biopsy***, conducted by the patient's independent, qualified, medical physician. Even though thermography has proven itself in the past, Dr. Joiner notes, "It may take some time and further education for the mainstream medical community to fully embrace thermography's strength and use."

Dr. Joiner's anti-aging methods rely heavily on proper whole food nutrition, including live enzyme supplements, to provide optimum cellular health. Dr. Joiner's methodology works on men and women, young and old, sick or healthy, with strong results in the following health conditions.

Currently Dr. Joiner treats patients at his Northern California Holistic Health Center, with advanced medical thermography for personal injury and accident cases, full-body scans, and early-detection breast screenings. He lectures on his proven methods and protocols for anti-aging and immune science and cellular regeneration. He is an accomplished sailor, small aircraft pilot, motorcycle enthusiast, avid outdoorsman and loves to travel. Dr. Joiner's is a military veteran, and a General Contractor. www.MyHolisticHealth.net

Dr Joiner will be in the Interior for presentations and/or personal consultations.

March 28 • Kelowna Library

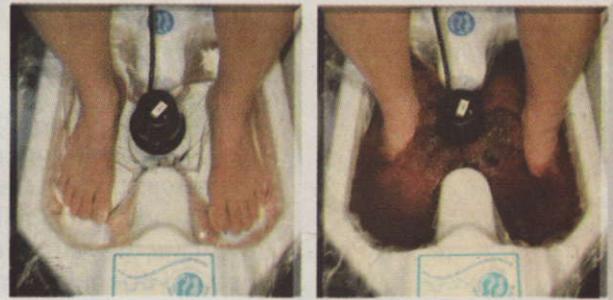
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HEALTHY LIVING

Profile

by Judy Stallman

My husband Klaus had been very ill for a long time. He had lost 40 pounds, had no extra energy, felt sick much of the time and his face looked grey ... I was worried. His doctor did numerous tests and reassured me that there were no serious health issues, just years of stress had taken its toll.

Over the years, I have tried many health products, even tried selling a few of them and learned that most companies say their product is the best, so I was a bit skeptical when I met Pat Krupa, VP Sales of Canada for Peoplesway. That was last June and I am thrilled to say that she was right, we both needed a nutritional boost, and my husband and I are both feeling better every day.

In February I met Angèle at a Health Fair in Calgary and she asked me if I wanted to share my experiences about the products. She was impressed with the women's hormone cream that was formulated by Dr. Donna White, a naturopathic doctor and a scientist advisor with Peoplesway. She formulated the hormone cream, one for men and one for women, and two pain creams, one has liquid Ibuprofen plus Glucosamine and Chondroitin sulphate, proven topical applications for pain relief and maintaining active joints as it slows the degradation of cartilage and meniscus breakdown.

Their latest product 'Energy for Life,' debuted March 2008, EFL for short, it's a blend of soluble essential vitamins, minerals and botanicals that is needed on a daily basis so our bodies can function effectively. An electrolyte drink that is not loaded with sugar. Good way to get my B vitamins, magnesium and minerals that balance our bodies' need for fuel. What a difference it has made with our energy, stamina and mental clarity. My husband and I have had no colds or serious flu's this past year and I have even lost some weight.

A friend with whom I shared some EFL said her night vision improved and her friend who tried it said it was the first winter that she didn't feel depressed. My brother, a diabetic, uses it to lessen the pain in his legs, plus it helped him lose weight and he looks much healthier. My sister tried it and within a month people were stopping her on the street telling her how incredible she looked. They couldn't get over the change in her in as she was really sick for a long time.

EFL is the healthiest and safest alternative to using the caffeine and sugar loaded drinks that are on the market today. It is a special blend of Yerba Mate and Green Tea sweetened with stevia, and can be used by everyone – youth to seniors and especially diabetics.

Peoplesway is an international networking company that is publicly traded and has been in existence since 2003. It has a wellness portfolio of eight products and takes pride in their guaranteeRESULTS! Interested in knowing more? *Please see ad below.*



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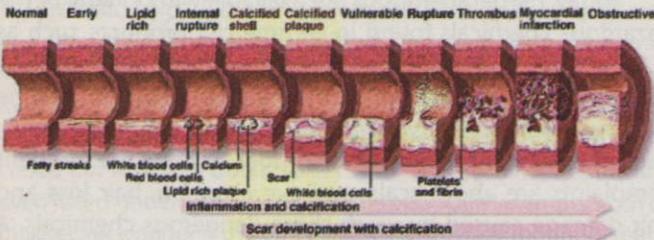
Early warning device for Heart Disease

by Debbie Ward

Heart disease is the #1 killer of people in North America where 1 in 4 people suffer from heart disease and another 60 million (including 60% of youth) are at risk. In many cases the first sign of a problem is Sudden Death! 300,000 people including athletes die this way every year. That's right, they 'felt fine' one day then suffered a heart-attack or some other cardiovascular event the next...often having been given a 'thumbs up' by their doctor shortly before. Typical medical testing is not catching this!!

Heart disease is clearly a 'lifestyle' disease which means it is both preventable and reversible. However, until recently there was no way to objectively measure (non-invasively) the health of a person's cardiovascular system. Furthermore, we didn't understand how easy it was to reverse the events that lead to a deadly sclerotic (scarred or plaque-filled) cardiovascular system.

New technology that originated at Stanford University, offers a method of testing that results in an accurate and portable way to objectively measure the health of an individual's cardiovascular system. The new "Cardio Pulse Wave Device," is being used to give individuals a 'benchmark' of where their cardiovascular system rates on a scientifically calculated chart of averages based on 'normal aging' which in actual fact is normal dying!!



When your heart beats, it radiates a pulse wave down the lining of your arteries. That pulse wave is met with a certain amount of resistance based on plaque accumulation, irregularities and elasticity of the artery walls etc, and this causes a rebound wave, or "echo wave" to travel back in the other direction. The elasticity of the arterial walls determines the size of that wave. The stiffer the wall, the larger the wave. The

frequency and strength of this wave can help the practitioner determine the overall health of your cardiovascular system.

With each heartbeat your blood is injected with oxygen. If your heartbeats are too slow, less oxygen is being transported to your body's cells. If your heartbeats are too fast, premature aging of the heart can occur.

Measuring your Pulse Height determines the velocity or how fast your blood travels through your vascular system. Slow moving blood means a slow delivery of oxygen. A lack of oxygen can result in a lack of energy, memory loss and a poor immune system.

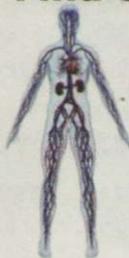
The test is very simple, painless and takes less than five minutes. The device simply wraps around the patient's wrist like a wrist-watch. It has a special sensor just over the radial artery to measure the pulse waves. The monitor is connected to a computer to collect and analyze the data. In a matter of minutes an individual can know and understand the health of their cardiovascular system. They can see if they have the heart and arteries of a teenager, normal for their age, or are at risk of having a heart attack. Of course, the test only tells an individual where they rate; what to do about it needs to be discussed with your healthcare provider.

In 1998 the Nobel Prize in Medicine was awarded to 3 doctors for their research into the many benefits of Nitric Oxide (NO) in the health and recovery of the cardiovascular system.

There has been a great deal of research pointing to the supplementation of L-arginine as a very viable solution to this global health epidemic. An amino acid, L-arginine initiates blood vessel relaxation by activating endothelial nitric oxide (NO) release which relaxes the artery walls, making them more elastic. In the proper combination with other heart healthy nutrients, the right antioxidants and another amino acid called L-citrulline, L-arginine's benefits have become very well documented. The body's natural production of L-arginine begins to decrease early in life which is why supplementation becomes so essential in restoring and maintaining cardiovascular homeostasis.

Knowing the "age" of your cardiovascular system creates a better self awareness. By using that awareness in conjunction with proper nutrition and lifestyle changes, you CAN improve your cardiovascular system...and that could save your life!

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It All Started with Head Massage

by Klaus Ferlow, HMH

According to Wikipedia, the word, shampoo dates back to 1762, being introduced to England via colonial India. An Anglo-Indian word, shampoo is derived from the Hinda, champo, meaning 'head-massage.' Champo in turn is derived from the Sanskrit/Hindi word champa, perhaps referring to the flowers of the plant, *Michelia champaca*, which has traditionally been used to make fragrant hair oil. The Indian treatment of champi (shampooing) or head massage was thought to be introduced to England by Bengali Sake Dean Mahomet, who was the Shampooing Surgeon to both George IV and William IV.

It was only in the 1900s that shampooing referred to washing hair with soap, and in Germany, where I come from, we used Kernseife. Sometimes, depending what kind of soap was used, a dull film was left on the hair. By boiling shaved soap in water and adding herbs, hair could be given shine and fragrance. In India, herbs such as neem, soapnut, fenugreek, buttermilk and aloe have been used for thousands of years. The first modern non-soap shampoos were introduced in the 1930s. Prior to that time, soap and shampoo, both being surfactants (a type of detergent), were used interchangeably.

Today, shampoo, a surfactant when lathered with water, is used for the removal of oils, dirt, skin particles, dandruff, psoriasis, environmental pollutants etc. that gradually build up in hair. A good shampoo removes unwanted build-up without stripping out the natural oils (sebum) which lubricate the hair shaft so as to make the hair unmanageable.

Today, herbal shampoos are available without any of the hazardous chemicals found in commercial products such as SLS sodium laurel and laureth sulphate, phosphates, artificial colours and scents, coal tar, nitrosamines, methylisothiazoline (MT), parabens preservatives (butyl, ethyl, methyl, propyl), and other toxic ingredients. No wonder some of the frequent complaints are about scalp and eye irritation, hair loss and hair damage caused by using these dangerous chemicals. A good herbal shampoo should leave hair feeling silky soft; have a pleasant smell, no toxicity; good biodegradability; and, be slightly acid (pH less than 7) to minimize breaking the disulfide bonds in hair keratin.

References are: The Biodynamics of hair growth, John Savage BALD NO More, Dr. Morton Walker, & Healthy Hair, James C. & Leslie Thomson,



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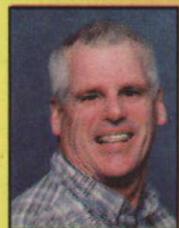
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The Charter of Health Freedom

Source: the 2 websites mentioned in the article.

Did you know that as of 2004, regulations were introduced by the Natural Health Products Directorate (Health Canada), and because many small and medium manufacturers (with excellent, safe products) could not comply they have closed their businesses, taking their products with them. Their only crime was not being big enough to sustain the inappropriate and overzealous regulations. And how about all those excellent American products we are so happy to buy here? American companies, unhappy with the regulatory environment in Canada, have withdrawn their products, amounting to over 20,000 so far. These are natural health products that you can no longer choose. Meanwhile the multi-national pharmaceutical's are the main ones that can afford the legal costs, labeling demands and licensing fees that each product now requires under the new legislation.

Shawn Buckley, President of the Natural Health Products Protection Association has created **The Charter of Health Freedom** to support what the silent majority, the public who consume these products and use natural health services, want. The Canadian people, or at least the 70% of Canadians who do use natural products, have been told over and over by our government that Natural Health Products would be 'fairly' regulated.

The Charter of Health Freedom is not unlike the American Boston Tea Party, where the people rebelled because of ill treatment, and demanded, through their 'Declaration of Independence' equal and fair representation. Now, 232 years later, a similar situation has occurred. We, the people, want our rights back. We, the people, want equal influence on government, instead of seeing our rights eroded by the multi-national pharmaceutical's who seem to be in charge of our health options.

The Charter of Health Freedom is a public initiative, which will serve the needs of industry and with strong public support, it will make life a lot easier for our government. It is positive, and timely, and it is hoped that all people and businesses involved in the natural health products industry will embrace and support it.

Want to help ...Please download the petition at www.CharterofHealthFreedom.org and circulate it amongst your friends. Research your community and determine if your MP is in support of this Charter. Educate your community by finding places (ie health food stores) where friends and neighbours can drop by to sign the petition.

Contrary to what politicians may be telling you about Bill C-6 it isn't there to increase our access or public safety with regards to natural health products. NHP's are not even listed under Schedule 1, which specifically exempts both drugs and foods, and this makes one wonder if the omission is a deliberate loophole that could further jeopardize NHP's. If the exemption does not happen it paves the way for our government to have international trade agreements that control our health care choices without the scrutiny of parliament, thus eroding our rights and freedoms as sovereign beings.

Bill C-6 does give powers to inspectors to stop the importation or sale of a product and to seize property and documents, based entirely on the inspector's 'belief' that a product may be harmful. Bill C-6 gives Health Canada the power to levy criminal penalties for what are nothing more than alleged violations of departmental regulations. Inspectors are also given the right to enforce 'on the spot' fines much like parking tickets. And further to this travesty of justice and human rights, all appeals are to be handled by the Minister of Health as opposed to the Courts! The drug-style regulations being imposed on our Natural Health Product need to be suspended until we can get our government to endorse a separate and distinct act which no longer threatens the rapid erosion of our supplements industry.

Please check out the 48 page pdf document at <http://www2.parl.gc.ca/HousePublications/Publication.aspx?Docid=3633883&file=4>

Write to your Members of Parliament. No stamp is necessary. The following link provides your local MP offices. <http://canada.gc.ca/directories-repertoires/direct-eng.html>

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Anyway

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you of selfish ulterior motives;
Be kind anyway.

If you are successful, you will win
some false friends and true enemies;
Succeed anyway.

If you are honest and frank,
people may cheat you;
Be honest and frank anyway.

What you spend years building,
someone could destroy overnight;
Build anyway.

If you find serenity and happiness,
they may be jealous;
Be happy anyway.

The good you do today, people
will often forget tomorrow;
Do good anyway.

Give the world the best you have,
and it may never be enough;
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You see, in the final analysis,
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- Mother Theresa

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ANATOMY by Wayne Still

One of my great fears when I decided to reinvent myself from an organic orchardist to a bodyworker was that I would not be able to learn and understand the anatomy of the human body. The mystery of what lay beneath the skin was something that had sometimes intrigued me but it seemed far too complicated and was described in a language which seemed to be mostly incomprehensible. When I began my training at the Guild for Structural Integration I was immediately immersed in anatomy books and skeletons. Fortunately the teacher was a cheerful, upbeat emergency room nurse who loved anatomy and knew her subject backwards. She made the subject come alive in a way that was interesting and non-intimidating. After a couple of days I realized that I was learning a new language, something I had a fair bit of experience in doing from a former life on the road. Amazingly enough at the end of two weeks I had a working knowledge of the body's bony and soft tissue structure as it pertains to Structural Integration work.

That knowledge has served me well in the intervening years as I have practiced SI work and learned to differentiate the various structures my hands encounter. The next challenge to learning anatomy came when I started to learn Visceral Manipulation with Jeffery Burch (www.jefferyburch.com). Now we were delving into the mysteries of the abdominal cavity with its resident organs, their functions and relationships to one another. Since the organs are all suspended in one way or another from the spine and rib cage, imbalances in their suspensory ligaments and membranes can have a negative impact on the integrity of the skeletal system. We learned to palpate the organs and to treat abnormalities we found but there was always a layer of skin in the way so we couldn't see what we were touching. This of course in a living body is as it should be.

Enter the fourth DVD in Gil Hedley's Integral Anatomy Series (www.gilhedley.com) of dissections of human bodies. This DVD deals with the contents of the abdominal cavity known as viscera in a visual way which removed the mystery of the relationships among the organs. When I could actually see the folds of the membranes along with the ligamentous attachments, it became clear to me how these relationships could torque the body in such a way that, unless adhesions in the viscera were released, no amount of work on the musculo-skeletal structure would restore it to its proper balance.

Besides the structural component of the viscera the video describes some of the function of the system. Of particular interest was the form and suspensory system of the small intestine. Its loops take on a fissured appearance very reminiscent of the appearance of the brain. This is not such a coincidence as the enteric nervous system or brain of the belly is found in its suspensory system known as the mesentery. In this system of membranes which supplies the small intestine with arterial blood and through the venous system extracts nutrients are found more neurons than in the spinal cord. Next time you have a 'gut' feeling about something, pay attention. The intelligence which controls your life support system is talking to you!!

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SPRING CLEANING

by Maureen Evans

How many times in the past have I cleaned my house and felt good about the lingering fresh smells of the cleaners I had just used. Little did I know the possible damage I was doing to my health and the environment with the many unknown chemicals.

Only through research and word of mouth did I learn about natural cleaning products of which I have tried many over the next five years. Some worked great for certain things, but not so great for all things.

About two years ago I discovered Nature's Ultimate cleaner at my favorite health food store. I used the product for everything, from general cleaning to a replacement for laundry detergent.

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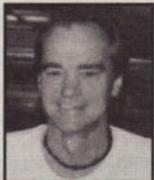
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Our mandate brings us together at events like the Kelowna and Vernon Health Shows where we extend our message that there are caring, healing individuals to help you on your journey to healing, health and vitality.

What do we do as a group? We meet monthly so we have a chance to reacquaint ourselves, perhaps enjoy a meal, and partake of an exchange of information and broaden our horizon from the sharing of ideas and experience, and embrace the opportunity to listen to a guest speaker that embraces our vision.

We are active in the community by promoting events such as our Healing Circle where individuals may come for an evening and experience various holistic mini-sessions for an admission fee of \$10. The date is Wednesday, May 6 from 7 to 9 p.m. Health and Metaphysical books will also be available at the used book sale. RSVP haao@shaw.ca

We are sponsoring an illuminated guest speaker - Dr. Ward Joiner from California - a renowned holistic practitioner who will present on "Medical Thermal Imaging - Early Detection of Subtle Chemical and Nervous System Hormonal Imbalance" on March 28 at the Kelowna Library - tickets \$20. Call Laura (250)860-0335. We hope this will be a reoccurring event.

We sponsor community events such as the Civic Award Winners Musical Evening on Friday, May 8.

We have members in Kamloops and Nelson and Penticton and Vernon, as we are the Healing Arts Association of the Okanagan. We produce a regular newsletter to which members can submit articles, free of charge. And anyone may purchase an ad for a very reasonable price. Let us know if you wish to have a copy. We distributed 400 copies last month.

Our AGM - Annual General Meeting is June 6, where we will invite family and friends to have a pot-luck dinner. For fun, we will have a demonstration from the Tai Chi Chuan Club of Kelowna, and offer you the opportunity to participate. This is a windup until we meet again on September 16.

We offer our members a "HAAO Karma Discount Card," for products and services at reduced prices that are provided by other members. This keeps the exchange of energy open while encouraging each other to experience a modality that they may not have otherwise considered.

Our membership is \$55 per year. We welcome first time guests for free so they can get to know us (often at Perkins Restaurant and Bakery in the boardroom), and the standard drop in fee for non members is \$5 which we donate to charity.

see ad to the left

Presence For The Past

by Eric Bowers

"Given sincerity, there will be enlightenment."

- The Doctrine Of The Mean

I began my day like many others: sitting in silence, a little exercise, some writing, and tracking of the endless vertical trail of emails. While I was on the computer, Melody came down and began her day, picking up the silence where I had left it in the living room. After a while I went into the kitchen and began preparing some breakfast. Melody called from the living room and asked if I would like to join her for some mantra meditation. I was hungry and had work details floating around in my head, but I was also drawn to joining Melody. Without slowing down to connect to my needs, I said yes, joined Melody in the living room, kissed her good morning, then sat down and asked her what mantra she would like to sing. I was preparing to begin the mantra we had chosen when Melody asked me if this wasn't a good time for me. I thought I heard a slight edge of either irritation or disappointment in her voice and her face was not quite relaxed. My torso flinched as if I had just been yelled at, and a fleeting hint of anger passed through me. However, I replied that I was fine. After a moment, in an attempt to be more honest and transparent, I added that I had breakfast and work details on my mind.

We began to sing but my experience was far from meditative. I could feel my body processing the stress hormones released from my reaction to Melody's question. I could hear the judging and blaming thoughts gathering steam, "She is so sensitive. Why can't she just relax. I'm walking on eggshells here." I tried to keep my focus on what I was singing, which I believe saved me from getting too caught up in the vortex of my thinking. The longer we cycle through reactive thinking, the more difficult it is come back to a place of connection in ourselves and with another. And sometimes it takes only the slightest stimulus to get the reactive thinking started.

By the time we were done singing and in the kitchen preparing breakfast together, I was able to see my thinking for what it was - not the truth, just part of my unconscious reaction in a dynamic we had been through several times before. However, I was not yet back to a relaxed state in myself or with Melody. Instead of defaulting to my old habit of getting on with things as if all is fine, I decided to express what was going on for me. I really wanted both of us to find freedom from our reactions in this dynamic. I told Melody that I had gotten tense from our interaction and that I would love for us to practice more of a process we had been developing for transforming reactive triggers. I went on to explain that I wanted us to have freedom from how the past was influencing our present reactions in this dynamic. I had hoped that Melody would enjoy exploring this with me; instead, she seemed to tighten and withdraw. Rather than sharing transparently and taking full responsibility for my part of our interaction, I was turning to solutions. Furthermore, on a subconscious level, I was attached to Melody changing because part of me be-

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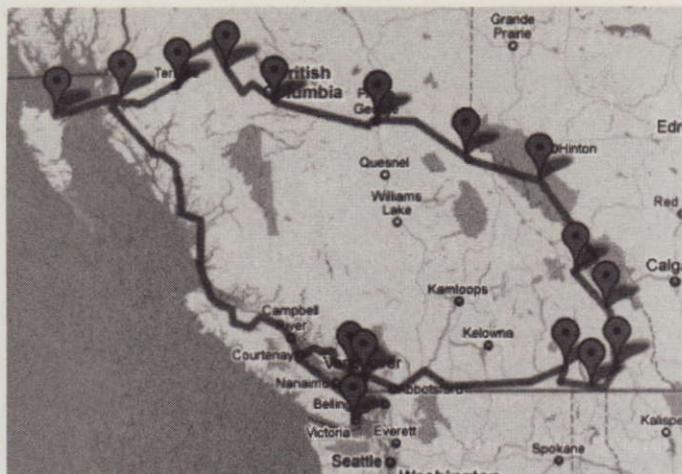
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lieved my reaction had been caused by her - by the edge of tone and expression she had used. No surprise that Melody wasn't connecting to the intention behind my words.

As we sat down to eat I went back to the moment of flinching and became curious. Why would I have such a reaction to a relatively harmless stimulus? If others had seen our interaction they might have described Melody's tone and facial description as gentle, curious, or perhaps concerned. And even if others agreed with my version, why would I have such a reaction to a slight edge in tone and facial expression? I began to look for my needs and came to a need for ease. It made sense to me that I would need ease in this situation, but I didn't feel my body relax so I guessed there was a deeper need. Again I went back to the feeling of my body flinching and asked myself where I had felt that before. Memories of being rebuked, punished, and yelled at as a young boy came to the surface. I felt my body relax as I got in touch with my old needs for safety, autonomy and to be accepted as I am. (For me, acceptance does not mean that my behaviour is accepted as just fine no matter what. It means that I have acceptance for my needs and that I am seen as doing my best to meet my needs, not judged or punished for who I am or how I am behaving. With this experience of acceptance, we have much more inspiration to change our behaviour.) My response was not about Melody or the present circumstances, as it often isn't. Old unmet needs were the cause of my response, and the hint of anger reminded me of how I sometimes felt after being rebuked or punished by my parents. Having teased apart the past from the present, I was ready to speak honestly and responsibly about my experience and behaviour.

When I told Melody about the old needs had come up for me, she seemed to relax. I went on to say that I wished that when I had joined her to sing a mantra, I had told her that I had a few things on my mind and needed a few moments to become present. This would have met my needs for self-connection, connection with Melody, and integrity with



The Road To Compassion

Sunwater is on the road to compassion this summer. Melody and Eric will be traveling throughout British Columbia giving Compassionate Communication (NVC) workshops and evening presentations to BC communities. There will also be the opportunity to book private sessions in Compassionate Communication and Craniosacral Therapy (BCST). Our current intended route will take us through the Columbia Valley and the Rockies, along the Yellowhead highway, over to the Queen Charlotte Islands, by ferry down to Vancouver Island, over to the Lower Mainland, possibly through the Okanagan, and then back to our home in Nelson.

Our hope is to inspire as many people across BC as possible towards creating a world where everyone's needs are understood, valued, and peacefully met. A percentage of the profits from Road To Compassion workshops and presentations will go to our Compassion In The Classroom project. This project involves bringing NVC books and materials into BC classrooms. If you are inspired to support the Road To Compassion, or if you would like more info on workshop and presentation locations and dates, please visit www.sunwater.ca.

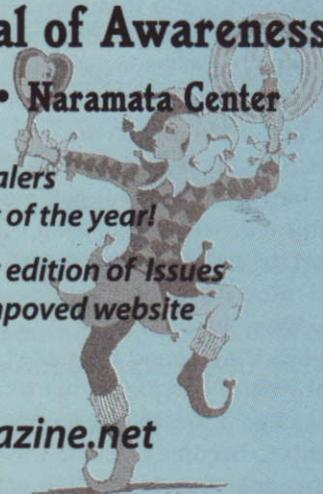
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Presence For The Past *continues from page 29*

my spiritual practice. Melody shared that she had had a flash of thoughts about my state of busyness having something to do with her. These thoughts were some version of, "I've done something wrong and he is not happy about it." These thoughts were not about the present; rather, they were part of her survival system activating from past trauma and responding to a look on my face or a tone in my voice. The thinking that goes along with our past traumas can be so imbedded in our unconscious mind that it can be difficult to be aware of. Melody said she recognized that the way she expressed her question did not come across as an empathic inquiry towards connection. She went on to explain that her need in that moment had been for presence, but the deeper old unmet need for safety was behind her thoughts and the energy of her expression. What Melody offered was that she could have taken a moment to connect to her needs and then either expressed them transparently, or empathized with me from an intention to connect. A warm sweetness began to flow between us as it usually does once we have both shared transparently and taken full responsibility.

Just like many others, Melody and I grew up in homes where there were times when we learned to be on guard and protect ourselves from judgements, anger, threats, and punishment from our parents. Nonetheless, I have understanding and compassion for my parents; they were doing the best they could do, given their upbringing and life histories. However, without support to heal our childhood challenges, we carry them into our adulthood, and they continue to affect our thoughts, feelings, and behaviours.

The limbic system, the part of the brain that is focussed on survival, plays an important part in how our past affects our present. The amygdala, a key part of the limbic system, stores images of extreme or recurring threats to our physical safety and, especially for children, to our bonds of love. Unless we are able to process and release the emotions and stress from our threatening experiences, our amygdalas will instantly notify the limbic system of danger each time we see a behaviour or stimulus that looks similar to an original stored image. The limbic system then puts the nervous system in survival mode – fight, flight, or freeze. This survival response can continue to happen long after the original threatening experience has past. The degree of intensity to which we go into survival mode can depend on the stimulus and the state of our inner resources – our awareness and vitality.

This article continues please go to their website www.sunwater.ca

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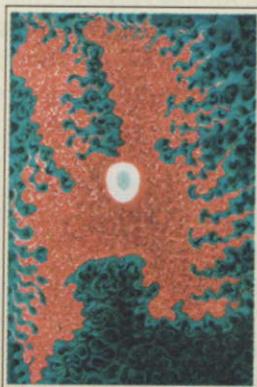
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The Awakening of Humanity

THE AWAKENING OF HUMANITY



Benjamin Creme

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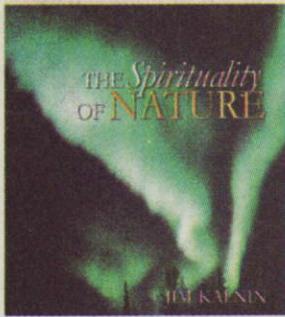
The Awakening of Humanity focuses on the day when Maitreya declares Himself openly as World Teacher for the age of Aquarius. It describes the process of Maitreya's emergence, the steps leading to the Day of Declaration, and humanity's response to this momentous experience.

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Book Reviews

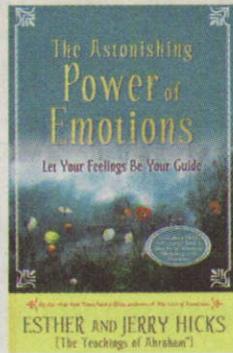


The Spirituality of Nature

Jim Kalnin

Northstone (Wood Lake Publishing Inc.)
ISBN 978-1-896836-87-4

This is another lovely offering from Northstone's "The Spirituality of...." series, two others of which have been reviewed here. In many cultures, spirituality and nature are intertwined, so it is no surprise for us to find deep connections in the natural world which resonate with us on a spiritual level. The author, Jim Kalnin, lives in Oyama, BC, teaches in the Creative Studies Department at UBC, and is the co-author (with his wife Lois Huey-Heck) of *The Spirituality of Art*. He has used beautiful photographs throughout the book to illuminate his words, as well as quotes which enhance the experience: from an Hasidic saying, "When you walk across the fields with your mind pure and holy, then from all the stones, and all growing things, and all the animals, the sparks of their souls come out and cling to you, and then they are purified and become a holy fire in you;" and from Mary de la Valette, "I do not have to go to scared places in far-off lands. The ground I stand on is holy ground." Although the author writes from a deeply personal perspective, most readers will have a sense of walking with him in his spiritual exploration of rivers, trees, earth and sky, birds and animals. You will surely find yourself in agreement with his statement that the more we do for each other and everything around us, the more we do for ourselves.



The Astonishing Power of Emotions

Let Your Feelings Be Your Guide

Esther and Jerry Hicks

Hay House, Inc.,

courtesy of Raincoast Books

ISBN 978-1-4019-1246-8

It seems to me that the best way I can review this book is to quote from Jerry Hicks' preface: "This is a great book!...For anyone who wants to know how to make their life work better - this is a great book!" He is quoting Esther Hicks' exclamation on evaluating the finishing touches to this book, and he goes on to say that it is the most innovative and powerful of the teachings of Abraham series to date. This book is in two main parts: the first part talks about your relationship with your inner being, how your emotions are absolute indicators, life is a natural cycle, and how the Law of Attraction needs no practice; the second part is entitled "Demonstrating the Astonishing Power of Emotions" and gives thirty-three examples of situations in which people find themselves out of alignment with their desires, followed by the words of Abraham speaking to that situation. Three of the situations are present in my own life, and I found the responses resonated deeply. Understanding yourself in any given situation is a big step towards resolution, and this wonderful book encourages you and enlightens you no matter what your emotional situation.

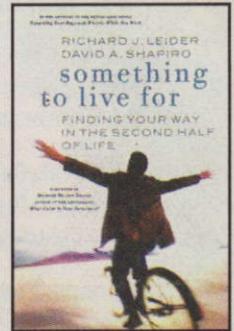


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Christina Ince



Something to live for

finding your way in the
second half of life

Richard J. Leider and David A. Shapiro
Berrett-Koehler Publishers, Inc.,
courtesy of Raincoast Books
ISBN 978-1-57675-456-6

Being in the "second half of life" - a territory with no maps where before much was somewhat predictable, I was curious to explore what the authors could offer in terms of finding my way. While not quite ready for the chapter on "how to die happy," I did like the one on "living a life to die for." Being a storyteller by nature, I love books such as this, which carry us along with stories which may or may not be true, but which provide us with guidance, and ideas, and inspiration. In the chapter "putting your whole self in," you are encouraged to undertake an Annual Purpose Checkup, much as you might consider an annual health checkup, which consists of seven statements to help you examine your life and how you want to live it. For example, could you say yes to the following: "I work at what I love to do." "I am wholehearted and authentic in my actions." and "My daily choices are driven by a strong sense of purpose." If you answer yes, you are asked what you can do to sustain the affirmation, and if you answer no, you are asked to consider what changes you can make to make the statement your truth. You don't have to be beyond a certain age to explore this book, which sets out to enable you to discover wholeheartedly and authentically something for which to live.

Reviewed by Marion Desborough



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When I first saw this book I thought to myself, what a strange title for a weight loss book. The author describes her experience as a passenger on a plane being taught how to use an oxygen mask. First rule of thumb, put your own mask on first, then you can help others.

This book is a step-by-step process to understand all the reasons why, when and where we eat that has caused us to become overweight. We can change our habits and incorporate more beneficial ways of looking at food as fuel for optimum use. She then gives us tools necessary to lose weight and at the same time learn healthy habits. There is even a journal to document our process as we continue on this journey.

I found this book easy to read, easy to follow, easy to understand, and it all made common sense to me. It would just be a matter of doing it.

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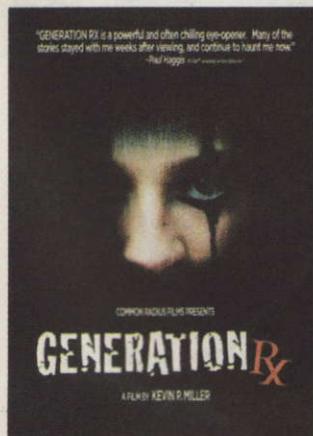
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GENERATION RX is a film that focuses on the stories of real families who followed the advice of their doctors - and faced devastating consequences for doing so. This powerful documentary also questions whether we have forced millions of children onto pharmaceutical drugs for commercial rather than scientific reasons. Ultimately, Generation RX may help parents decide whether the perceived benefits of these medications outweigh the serious risks to children.

For decades, scores of doctors, government officials, journalists, and others have extolled the benefits of psychiatric medicines for children. GENERATION RX presents "the rest of the story" and unveils how this era of unprecedented change in Western culture really occurred - and what price has been paid by our society.

International award-winning filmmaker Kevin P. Miller (Let Truth Be The Bias, The Promised Land) "delivers a jaw-dropping emotional ride," and "weaves a terrifying tale of criminal conspiracy, the mass abandonment of medical ethics, and the routine betrayal of an entire generation." By employing the expertise of internationally respected professionals from the fields of medicine, ethics, journalism, and academia, Kevin investigates collusion between drug companies and their regulatory watchdogs at the FDA. 2008 - 81 min. www.ConspiracyKing.com



Special needs children in BC now have a place of their own.

by Susan McIver



Agur Lake Camp started as the dream of one man and is becoming a reality thanks to the dedication of many people with big hearts and heaps of energy.

Over 30 years ago, Bonnar Dowler of Penticton vowed to build a camp for children with special needs and their families. He made the promise while his own terminally ill son was a patient at B.C. Children's Hospital in Vancouver. "I saw so many children confined to beds and wheelchairs. I promised myself to one day build a camp where children could enjoy the outdoors," he said.

Penny Ritchie, Robin Agur and Amanda Lewis are playing key roles in making Bonnar's dream come true. Robin donated four of acres of land at the cost of one dollar per year and Penny provides excellent leaderships as president of the camp society. Amanda, 20, who has cerebral palsy, is a resource person and frequent speaker for the camp project.

A registered charity, the society is composed of volunteers who are aware of the trauma and stresses faced by families with disabled children. "My career made me understand the struggles and difficulties these families face every day," said Penny, who left her position as a certified education assistant with special needs children to work fulltime on the camp project.

In less than two years, the project has made quantum leaps forward. The first step was the regional district amending a rural use bylaw to allow for construction of the proposed camp. This was followed within days by the camp society signing a 99-year lease on the land owned by Robin Agur and his family. "I'm pleased this property will be used for such a wonderful purpose. It's been in our family for over 100 years," Robin said.

Robin's wife, Janice, and adult daughter, Andrea, have both taken a keen interest in the camp. "It's an equal opportunity for the entire family to participate in what means the most—time spent together," Andrea said. Recent significant advances include obtaining a lease on over 40 acres of Crown land, hiring an architectural firm to design the camp and receiving generous donations from private individuals, businesses, service clubs and community organizations. Provincial and community grants have been received along with pledges of significant in-kind donations such as well drilling, building

materials and design of an off-grid solar energy system.

A highlight of this past year was the first-time use in October of the camp site by people with special needs. For Amanda, who was able to see Agur Lake for the first time, the day had special significance. "The smell of the trees, the crisp wind on my face and the sight of the infinite sky above, made me appreciate how blessed we are to be alive. Even the rain was a gift," she said. CHBC television announcer, Mike Roberts, was also present. "Seeing the happy expressions on the faces of these young people makes you realize what an important project this is," he said.

When completed, the camp will have a central lodge, cabins and RV sites. There will also be a fishing dock, playgrounds and a First Nations interpretive centre to be built in conjunction with local Okanagan bands. All facilities, including a network of trails, will be barrier-free. "Barrier-free also means free of psychological and social barriers. The camp will be a place where special-needs kids are not a minority group, but the norm," Amanda said. The camp will welcome families from all of British Columbia. For information visit: www.agurlakecamp.ca or call Penny at (250) 494-7453.



A hardworking volunteer cleanup crew enjoys a well deserved gourmet meal at Agur Lake.

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