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September & October

2009

ISSUES
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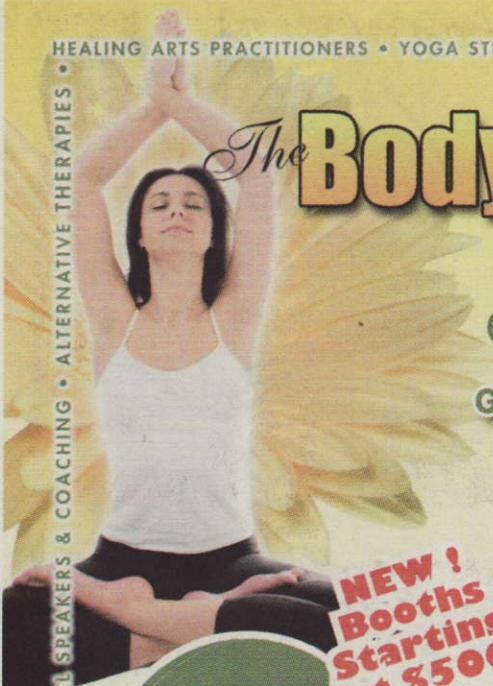
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JUST SOME OF THE FEATURED PRESENTATIONS

Vancouver



Patricia Cori

Author/Channel, voice of the Sirian High Council, "The Sirian Revelations", and "StarSeed Awakening"

Vancouver



Katie Davis

Author of "Awake Joy: The Essence of Enlightenment a book encouraged by Eckhart Tolle.

Vancouver



Dr. Miceal Ledwith

Featured on "What the Bleep do We Know", co-author of "The Orb Project. Former Vatican Theological Advisor to Pope John Paul, Ramtha Appointed Teacher.

Saskatoon



Lynn Andrews

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

Calgary



Dr. Steven Farmer

Author "EARTH MAGIC: ANCIENT SHAMANIC WISDOM FOR HEALING YOURSELF, OTHERS..." (HayHouse)

Calgary



David Wolfe

David "Avocado" Wolfe World Renowned Superfood Nutrition, Raw Food Diet Expert and Author.

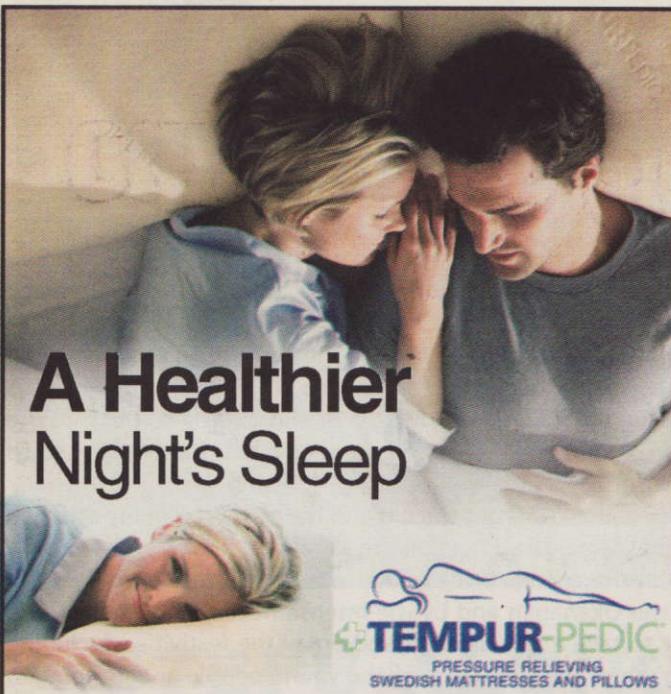
**In addition to the above several additional keynotes and featured presenters are being finalized for our upcoming shows, please consult our website for the final list of who is coming to each city.*

**Admission \$12
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For more information, lecture programs, exhibitor lists, coupons contests, prizes & more at...

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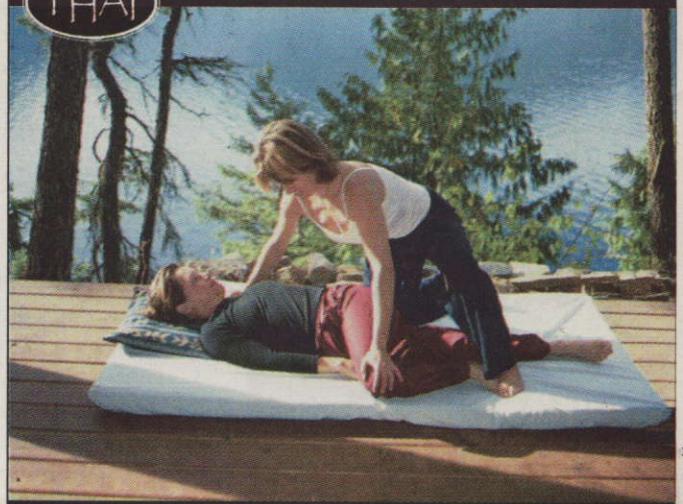
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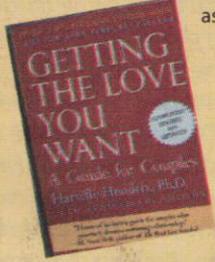
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Musing

with *Angèle*, the publisher



The cover photo was taken at the Komasket Music Festival that was held near Vernon on native land. With no drinking, no drugs and no beer garden surrounded by a fence it was a delight to attend. Many vendors served healthy food and organic coffee was donated by Canterburys Coffee Corp. and sold by volunteers as a fund raiser. Many other local companies donated food so the performers and staff could have food on-site. North Valley Frameworks was given a tribute for putting in long, late hours making sure the stages were ready. Lots of effort was also put into the kids' festival, where we sometimes sat enjoying the magic that happens when so many talented artists perform.

I chose this image because it merges the old and the new... the many orbs can only be seen with a digital camera and the tipis are a majestic reminder of the past. The bright orange dot in the center of the image was the moon, colored by the forest fires burning in the Okanagan and by the intense heat of the August long weekend. It was great to take a few days' off and enjoy the festivities, including the networking, seeing the latest fashions on all the young people and listening to high-quality world-beat music, as well as having some quality time with Richard.

Jennifer Steed has been the primary cook this summer at the Johnson's Landing Retreat Center for which I am grateful. Her husband Doug is a great help with all the major projects that Richard loves doing. I am enjoying and appreciating their steady energy along with the presence of their delightful four-year-old, Olivia, who radiates total joy, honesty and a willingness to work on any project. I have always been intrigued by the quote "It takes a village to raise a child" - and now I get to see the philosophy put into action.

Jennifer is a multi-talented mom, a massage therapist, yoga and ecstatic dance instructor who just finished recording some mantras that she chants to a catchy tune. I am so pleased that my visioning last November in my *Musing* column worked so well....when I asked for a couple to help out. Now I am visioning another couple joining us for we are building our third green house and could use some gardeners. My hopes are high that our community is finally starting to grow and we will attract reliable people, who can guide the volunteers as they come and go.

Since I have not been around many young kids since I raised mine I have been musing to myself ... "Did I act like Olivia at four-years old?" It is good for me to see the loving, patient responses she gets to all of her questions. During our recent family reunion I also watched my two sons and their wives, who have two children each, be better parents than I think I was. I made sure my kids had healthy food, set clear boundaries, provided them with lots of play time while allowing them room to be themselves. Looking back, I realize that I did not have the parenting skills of an older mom but I do remember not wanting to repeat some of our family patterns so I asked them to tell me if I ever started acting like my Mom. Several times they did remind me that I was using guilt to get them to do what I wanted. When that happened, we had a few productive conversations and came up with solutions that worked for both sides.

Young people are so smart. Watching these young ones being raised gives me hope that as they mature they will have enough self-esteem to be strong and creative. They are inheriting a troubled planet and will need to take back control of our economy and develop a better way of creating structure, sustainability and living in peace while eating healthy food.

We seem to have entered a kind of sci-fi film scenario like 'The Matrix' where freedom is being dramatically restricted without us even knowing it or at least not the majority. Many are being conditioned into thinking

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STEPS ALONG THE PATH

When the group of us have our morning meetings at the Retreat Center we usually end with an attunement. My emphasis is almost always on becoming aware of our interconnectedness with all things seen and un-seen, and to bring an awareness of how every action we take affects our environment and each other.

We are putting in a foundation to hold up a thirty-six foot long rock wall that will become the back of a Bio-Mass heated green house. (Bio-Mass Energy Systems Design workshop is Oct. 2nd - 7th). We are hoping to produce enough heat that we can growing tomatoes in January and start lettuce in February. This is another part of our Alternative Energy Demonstration Project.

So here I am on our excavator digging into the earth as part of a foundation preparation for the new green house. How can I reconcile digging up surface plants and disturbing the earth? Each project that we work on at the Retreat Center is intended to expand our capability to benefit all who come to learn and grow from their experience. I feel that by acting with a positive intention and awareness we can work in cooperation with our world.

When we build our tree houses the only fasteners that we put into each tree are two lag bolts. In preparation for this I connect with the spirit of each tree explaining that they will become a part of a living structure that will bring people into a deeper connection with the forest.

Recently the power company sent a contractor to cut down some trees that were growing into the power lines. Just before the cutting crew came, three of us guys that were working on a project nearby came over to do a ceremony. We grounded, then spoke to the trees, informing them of what was going to take place, expressing our heart felt appreciation of the good that trees perform for the planet and for us humans. We then asked that they move their life force into

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



other trees in preparation for their departure. It was a very powerful ceremony. Our connection to the trees was evident, tears were shed and emotions were strong.

I find it easy to be so wrapped up in my own stuff that my connection with nature slips from my awareness. I imagine that living in a city without a constant connection to nature could increase our separation from our natural environment.

Speaking of connection, it is wonderful to hear the laughter and chatter coming from the various groups working around the Retreat Center. For most of our team the saying 'Work is Love in Action' is very real. We eat well, work with a sense of connection and play with music and laughter.

We have recently been blessed with two new members of our team. We now have Kathy from Calgary, an emergency room nurse who volunteers for anything that is happening. We also have Nick, a talented musician from London, England who is here for six weeks trying out community life. Earlier in the season Barb arrived from Ontario, she is very nurturing and gives loving energy to everyone she comes in contact with. For me, it is rewarding to see how each of them opens up to the softness and serenity that the natural surrounding brings. And after all this time I am still in awe of having deer grazing on the front lawn as we walk by.

Time goes by, some things grow and some things die. So here I am taking life one step at a time, hopefully I can maintain an awareness of all my actions, physically, mentally and emotionally.

Namaste

Richard

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mandatory vaccination is the best way to protect against the swine flu virus. I hope people educate themselves and refuse to obey. The website, www.anhcampaign.org has lots of facts or you can join an organization like HANS, (the Health Action Network Society) a BC group that has been around for over thirty years advocating for preventive care. www.hans.org.

We vote with every dollar we spend, and if everyone stopped supporting Big Pharm and other large corporations they would disappear as does the little stores when we stop shopping at them. The choice is ours and there are many groups striving to make our government accountable, including Greenpeace and the Council of Canadians.

Life is wonderful, living in Canada is an honor, and I enjoy being able to work as much as I do so that changes can happen as we shift into the next era of understanding ourselves.



Angie

Biodanza the Dance of Life



Biodanza is a combination of music, expression and emotion that enables us to express our inner selves through movement. The exercises nourish and stimulate our healthy sides and encourage an intense zest for living. It increases self-confidence and self-esteem. The heart opens up and melancholy, shyness and loneliness disappear to make way for joy and passion in your life.

Rolando Toro Araneda created the Biodanza system in Chile in the 1960s, a professor in psychology and medical anthropology. Today it is practiced in over 30 countries around the world. "Biodanza takes you to higher levels on which you experience the Universal Human that you and others are by nature," Araneda explains. Your creativity is stimulated to express your feelings of love and respect and to become aware that you are not alone in life, but that you are able to share from your heart. Moreover you will enjoy a sense of being united with yourself, with others and with the universe.

Biodanza is not just for people who love music and dancing. It is not about knowing the 'right steps' or 'looking good.' Biodanza lets you move in your own way. It teaches you to listen to your body, so you can dance, move and feel in a feedback loop with yourself and others.

Marleen van Koeveringe is the instructor from Holland, who has been facilitating the dance for two years and travels to share her skills including the Okanagan. When she was young she combined a talent for playing piano with a need to help people. "Deep inside I had the feeling that we are all one. Music therapy seemed the way I could help people." Later while studying physiotherapy, Marleen realized that life and living is about our body so she turned to Haptonomy, a form of therapeutic assistance based on tactile contact, designed to let people feel alive. It allows them to be who they are and teaches them what to do with their feelings so that harmony and unity will create our lives. *see ad below*

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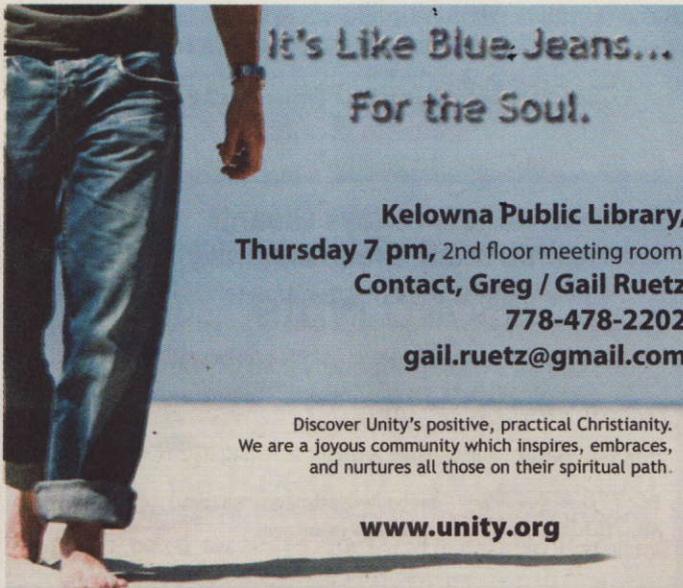
by Gail and Greg Ruetz

We are looking to build a community of like-minded Unity people. We were first introduced to Unity in 1996 in Waterloo, Ontario and have just returned to Canada after three years in California.

Unity has helped us develop a knowing that what we think about comes about. We know that the only barrier to our continuing abundance and opportunity is our "less-than" thinking. We have learned that the vibration of like-minded people becomes a catalyst for our development of an incredible community. The curious, accomplished, meditative, insightful, kind, joyous, loving, energetic and accepting now become the make-up of the eclectic nature of our community. We now live our lives filled with a knowing that we are supported by a Spirit that only wants the best for us. Our journey has included learning to accept that.

It's not as though we haven't had our share of challenges. We have had events and disappointments enter our lives that we would not have invited. These ranged from serious health challenges, family concerns, relationship upsets and of course, financial situations. When those events happened, the community became so supportive, embracing, strong, loving and forgiving. Our abundance has shown up in even greater portions to affirm that we are on the right track, and we feel grateful and want to share our experiences with you.

If you enjoy the writings of Eckart Tolle, Wayne Dyer and Deepak Chopra, the Course in Miracles, meditating and general discussions in metaphysics, you will enjoy Unity! It is a way of life that can lead to health, prosperity, happiness and peace of mind. *see ad below*



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by Jaclyne Wachell

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Hello Angele and Richard

I had a dream the other night which prompted me to remember you (always with great fondness) so I am dropping you a line. I checked out this year's program and the magazine on-line and everything looks inspiring, exciting and wonderful (solar energy?!). I have only just recovered from a dismal many months overwhelmed by pretty much everything.

Coming back to New Zealand without a counter-culture has been very challenging as I try and figure out what to do. I did not help the situation by choosing to live on an island with an over-sized agricultural town masquerading as a city (but without the charm or resources available in an actual city). The reason for this was to cement a close relationship with my brother and his family and it is lovely.

I do remain completely despondent about the modus operandi in NZ and the rest of the world. I have yet to find inspired individuals to help me feel less alone and less frustrated but what I have found is a mantra to help settle my mind and connect with source. It is doing wonders and reminding me that I am not alone and never was...and it is challenging the rigidity of my likes and dislikes and doing the stuff I don't particularly like. I am trying to make it less about me and more about living and loving deeply. I am resisting the urge to take flight again and go with the four winds but if I do return to Canada, JL is on the top of my list and perhaps a Festival of Awareness! Loads of love and blessings. *Arohanui, Kylie*

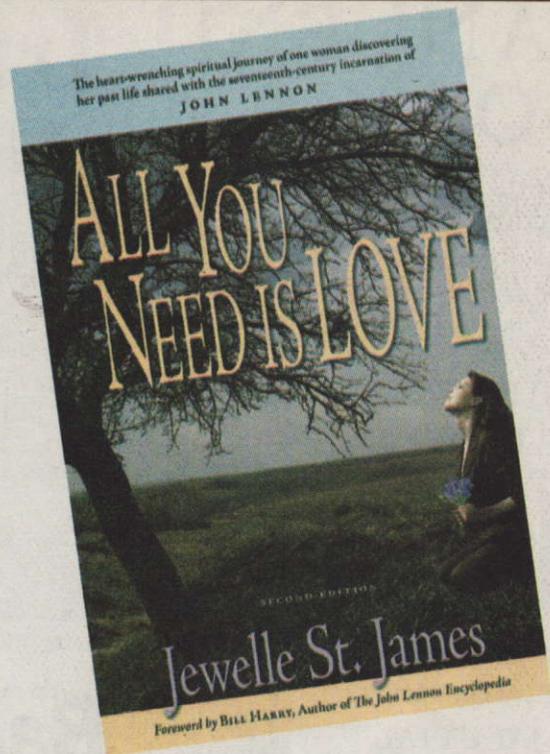


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Eric is on the **Road to Compassion** this fall offering NVC workshops throughout BC. Check website for locations and dates.
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John Lennon's Liverpool college friend, Bill Harry, wrote the foreword to the new edition of All You Need Is Love by B.C. author Jewelle St. James.

The original story now includes a dynamite and concluding epilogue. The heart-wrenching spiritual journey of one woman discovering her past life shared with the seventeenth-century incarnation of John Lennon.

Suzane Northrop, World Renowned Psychic Medium says that in the book All You Need Is Love, that Jewelle shares with us her remarkable journey into the worlds of spirituality and reincarnation. Using meticulous real-world research to test the validity of her own hunches, intuition, and highly personal messages from beyond, Jewelle firmly establishes that her bond to John Lennon in this lifetime is rooted in lives they led together centuries ago, and that the real love they shared way back when, continues to this day."

All You Need Is Love

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also see book review on page 32

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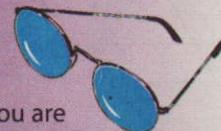
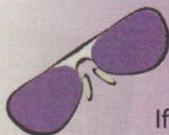
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Backyard Vibrations

by Sharon Carne

One of the things I really like to do on a beautiful day, is to have my lunch outside on our deck. It's wonderful to listen to the birds chirp and watch them splash in the birdbath while enjoy the buzzing of the bees and watching the flowers grow. To me, this idyllic scene is filled with good vibrations and adds some relaxing moments to the middle of my day.

There is one problem with this wonderful scene. On the other side of the fence is a sidewalk and three major bus routes. A bus stops every few minutes beside the house or across the street. If they don't have squeaky brakes, the rumbling from their acceleration as they leave is felt in every cell in my body.

So, how can I sit and enjoy my lunch, as the vibration from the bus can be felt deeply in my body? I started to think about the word - vibration.

Dictionary.com defines vibration from the physics point of view as: "the oscillating, reciprocating, or other periodic motion of a rigid or elastic body or medium forced from a position or state of equilibrium" and "the analogous motion of the particles of a mass of air or the like, whose state of equilibrium has been disturbed, as in transmitting sound". The dictionary also defines a more informal aspect of vibration as "a general emotional feeling one has from another person or a place, situation, etc.: I usually get good vibrations from him".

I could certainly feel that the "equilibrium has been disturbed" as each bus rolled by and I loved the "general emotional feeling" from being in my garden. So here I am knowing that sound is a vibrational energy and that at the atomic level, every particle within me is in constant motion. I found balance between my idyllic scene and the rumbling of the bus as I allowed the sound of the bus to pass through me - which is what sound does anyway - travelling at 770 miles per hour and four times faster through water, of which I am 80%. The key was to decide whether or not I wanted to create an emotional response, like anger or frustration at the intrusion. Allowing the sound to pass through me without an emotional response, gave my body permission to return to the idyllic scene quickly and enjoy my lunch instead of getting indigestion. *see ad to the left*

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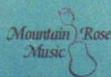
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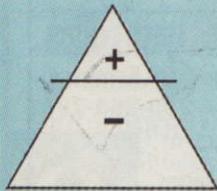
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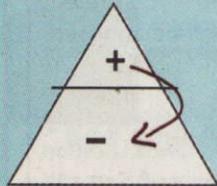
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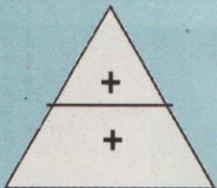
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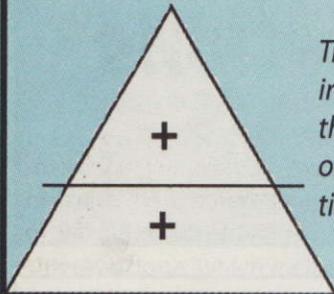
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Parasites and Endometriosis

by Marie-Jeanne Fenton

For nine years I suffered excruciating pain once a month for four or five days. The location of the pain was about four different spots in my lower abdomen, and felt like a hot knife was being turned in there. It was necessary for me to take prescription pain killers to endure the pain, although it still curtailed my lifestyle and enjoyment of activities. It was all I could do for those days to get up and go through the motions of work and home life.

It took eight years before I received a diagnosis of endometriosis, after having had other exploratory procedures that were inconclusive (invasive procedures). The medical solution was to have a laparoscopy and laser surgery, but this did not seem to help the pain and at first it seemed even more intense.

Finally, I went to a specialist and demanded a hysterectomy, hoping that removing the uterus would end the problem. Fortunately, he was a very good Doctor and helped me understand that this would not be helpful, unless a full hysterectomy was done, which included removing the ovaries along with the uterus. I was not willing to do that, however, there was still no solution other than pain management.

It is probably important at this point to understand what endometriosis is. Tissue from the endometrium (uterus) migrates to other sites in the lower body, and once a month at the onset of menses becomes inflamed and very painful. The tissue is literally bleeding or shedding, just as the uterus does. The inflamed sites were on my colon, in my abdomen, on my bladder (causing uncomfortable urination), and urethra.

In all my searching, no one seemed able to explain to me how that tissue gets to those sites in the first place. Help and an answer came to me in two forms and about the same time. Through the application of Quantum Biofeedback as I became a Technician, it was determined that parasites were a major concern for my health. And about that time, I was studying a book by the author Hulda Regehr Clark, called *The Cure For All Diseases*. This is a book about how you can use frequencies and other holistic products and habits to heal your body. Her book indicated that parasites (flukes in particular) are indicated in endometriosis. This finally answered the question about how the tissue could travel to different parts of the body – from parasites.

Parasites can work through tissue and organs and relocate in the body. They do not always remain in the colon. With the right holistic therapies and herbal cleansing, the problem is easily cleared up, however, regular maintenance is necessary. Dr. Clark's research indicates that parasites are a cause of a lot of health problems.

After a few months, I was pain free and continue to be so after three years. In my practice, I sometimes see how parasites affect a body's health in many different ways. I encourage everyone to do some research and evaluate their health and, if it is appropriate, to see a holistic health professional that can help them. *see ad to right*



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Cranio sacral is the name given to the approach to osteopathy developed by Dr. Sutherland one hundred years ago. He saw how the bone structure of the skull permitted slight motion and noted that restriction of normal motion due to injury, trauma or disease could affect health. The cranial osteopath works gently with the bones in the skull and associated bodily systems to remedy such conditions. The Reflexologist can achieve the same result by combining an understanding of cranio-sacral therapy with conventional reflexology, since the bones of the feet reflect the skull and sacrum exactly.

The body's inner health is perceived through a gentle pulse called the CSRI. It arises at the core of the body within the brain and spinal cord and the fluid, which surrounds them. It is a tide-like rhythm, which expresses itself throughout all of the body. Areas of congestion and restriction in function of any part of the body can be felt as an imbalance in its motion and treated.

A reflexologist has a highly developed sense of palpation and is trained to detect and assess the dynamic state of the body tissues, both within the feet and the rest of the body. By using these gentle techniques a practitioner is able to release the strain patterns found and support the body in its attempt to return to an ideal state of balance and function for healing to progress.

Combining the two was developed and is taught by Dr. Martine, a fully qualified Osteopath with forty years' experience. In 1970, Dr. Martine was awarded a Doctorate in Homeopathy and General Medicine and is qualified in Acupuncture, Herbal Medicine and Reflexology in France.

In 1991 Dr. Martine founded FARA (Faure-Alderson Romanian Appeal) and NGO to assist Romanian orphans around the country. FARA constructed 2 halfway houses - one in Suceava in Moldavia and one in Bucharest. Twenty children live in these houses and receive an education and skills, so that they can re-integrate smoothly into Romanian society and gain independence. Other projects launched by the NGO include organic farming, and a child fostering system. Martine is responsible for a Reflexology pilot study on cancer research in five hospitals which will be presented at the Israel Symposium for Cancer. She will also be speaking at the International Council of Reflexology Conference in Los Angeles, CA.

Dr. Martine is bringing her Cranio-Sacral Reflexology course to Canada, possibly for the last time before she retires from teaching and focuses on writing a book. see ad to right

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Hoof Beats Back to Power... Let the Healing Continue©

by Linda-Ann Bowling



A woman enters the arena with the spotted horse. She looks visibly nervous and her body appears unbalanced and wobbly. She moves to the middle of the arena and finds her breath, breathing low into her belly. Softening her eyes, she allows her peripheral vision to take in the surroundings while still focusing on the horse. She centers herself by finding her feet and her legs, hands and arms, head and neck, spine and breath. Her head drops down to her chest and she waits and breathes. Her horse-partner has been standing at the edge of the arena fence, distancing herself from the woman – she waits and breathes.

The woman continues to breathe into her belly and remembers the healing prayer, "you are the teacher, I am the student. I am the teacher, you are the student. What is my lesson?" Tears begin to fall and her shoulders bunch up around her. She is no longer afraid. The horse lowers her head and breathes out; a long, slow, arduous breath as if to mirror the intensity of the woman who breathes in the arena. Both are unsure of each other and both are ready for a heart-centered connection.

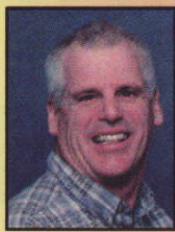
The woman continues to breathe and with each breath, she relaxes her shoulders. Her body becomes soft, the tears continue, and she invites the horse to come closer. All fear and safety concerns have no place here today as horse and woman join together in the beautiful space of sacred possibilities. The horse moves even closer until she is now directly beside the woman. She places her head on the woman's breast and nudges her to move even closer. The moment is complete and the healing has begun – for both the woman and the horse!

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TANTRA

A Path of Sexuality, Healing and Spirit

by Virginia Preston

Tantra itself means "to weave, to expand, and to spread". According to tantrik masters, the fabric of life can provide true and lasting fulfillment only when the threads are woven according to the pattern designated by nature. Through the process of living, ignorance, desire, attachment, fear, and our false images tangle and tear the threads, disfiguring the fabric. Tantra practice reweaves and restores the original pattern. This path is scientific, systematic and comprehensive with practices pertaining to hatha yoga, pranayama, mudras, kundalini yoga, mantra, mandala, ayurveda, astrology, and many others, not least of all, the practices pertaining to the constructive use of the sexual energy.

Tantra takes into account the whole person. It addresses both the desire for the material world and for spiritual aspiration, laying to rest the internal struggle generated by those seemingly conflicting impulses. Tantra invites us to set down guilt, self-condemnation and hypocrisy, and embrace the path of 'Yes'.

The deeper teachings of tantra which relate to sexuality and pleasure offer a coherent framework for sexuality, love and the couple relationship.

Personally, I have found the teachings of Tantra Master Swami Vivekananda to be healing, inspiring and transformational, offering an alternative to modern sexology and relationship theory. They integrate spirit into sexuality and teach us to harness that energy for our personal and spiritual development.

Swami Vivekananda offers teachings in Kelowna! see ad on HAAO page 13



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THE SLANT BOARD

by Wayne Still

Seasons change, the moon has phases, we grow old but there is one universal constant that is always with us—gravity. Sometimes it hinders us, sometimes it helps but whatever it is doing for or against us we can't escape its force. Even if we go into space our space craft will either be pulled back toward earth or forward to which ever heavenly body we are closest to. When we walk about on the surface of the earth and climb hills we have to work against its energy and expend our energy to remain upright and moving. Even when we are laying on a flat surface our bodies are under its influence and while we may get rest we don't escape the influence. So imagine my delight when I discovered a simple, low tech method of putting gravity to work for me; the slant board.

Unlike an inversion table which hangs the body from the ankles, thereby opening and stressing the body's joints while sending blood rushing to the brain, a slant board gently reverses the effects of gravity without stressing the body. The benefits along with the advantages are numerous.

To make a slant board all you need is a piece of material longer than your body which will support your body's weight, something to rest one end on so that it is off the floor a foot or so, and some padding to make it comfortable to lay on. I made mine from a bi-fold closet door, a wooden apple box and my old yoga mat. To use it I lie on it with my feet up and my head down. There is an immediate feeling of total relaxation as the force of gravity very gently releases the constant downward pressure on all the joints in my body. There is a slight increase in the flow of blood to my head giving a subtle feeling of euphoria. In this unstressed state I can get into a deeper state of meditation than while sitting, my joints don't ache or my limbs go to sleep. My heart has to work slightly harder to pump blood to my extremities than if I were laying flat but it doesn't seem to mind.

But the really great advantage of using a slant board is when I do the exercises I would normally do while laying flat on my back. Because my body is slightly elongated there is a bit more space in my joints so I have increased range of motion without putting any more effort into the movement. I also like to see how small I can make my movements, the reduced stress on my joints allows me to get to the micro movement stage quickly and I find increased benefits in the very relaxed state in which I find myself. You can experiment with any of the ways you would normally move your body to find rest and relaxation while in this position. More vigorous exercises such as sit-ups or half sit-ups are also possible. Really, the only limiting factor is your imagination.

Structural Integration work also deals with the effects of gravity on the body and its ultimate goal is to balance the tensions in the body so that this movable tower will be supported by the energy of gravity flowing through it, just as a pencil standing on end is held upright by gravity. Combining the benefits derived from receiving SI work with relaxation on a slant board is truly a winning combination.

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Menopause

An Enlightened View

by Karen Coogan

Halleluia! I have arrived. It is official that I can now claim I am experiencing menopause. There was a time when I had a completely different view and feeling about "the dreaded menopause." Mood swings, night sweats, hot flashes, indigestion, insomnia, urinary urgency - in essence hormones playing havoc with my body systems. Hey, that sounds a lot like being pregnant! If I survived that process three times, I should be able to handle menopause once.

Menopause is a totally natural process for a woman. In fact, when menses begin it means we have joined the ranks of womanhood. I remember as a young girl, anticipating with wonder, joy, and dread that first experience of a girl's rite of passage. It took time to adjust to the changes of my body. My first understanding was to keep my experiences hidden - traces of shame and guilt, euphemisms such as the monthly curse indicating this probably wouldn't be something I wanted. Well, want it or not, the change occurred. We experience hormonal shifts during pregnancy. The changes in this case herald a joyous new life, which gives us a focus and goal as we move through pre-natal and post-natal hormonal fluctuations. Of course, the duration of menopause is more than nine months, but we can still think of it as a gestation. Instead of new life, the big psychological factor during this time deals with the issue of aging. We live in a society that is constantly selling us anti-aging or age defying products. The message is one of marginalizing or preventing what is a natural process. An underlying message is: as a woman becomes menopausal, she is devalued.

Menopause coincided with my growing self-awareness. I was awakened to spirituality and universal consciousness. As I grew in understanding of my connectedness to All, I became very aware that what I believed affected everything in my life. As long as I viewed menopause as a medical problem that needed to be treated, I continued to experience suffering. I began to embrace being a woman. This meant examining what I believed and felt from the time I was a little girl. I identified how my body chose to suffer with my menses, because I still held on to shame about them. As I let this belief go, my monthly migraines disappeared. As I addressed the aging issue and let go of society's call to 'look younger' I began to feel younger and the night sweats receded. I learned meditation and healing techniques, all of which helped me to work with my body to bring optimum health through change.

From an enlightened standpoint, menopause is the feminine right of passage to the wisdom years. Inherent within this is a sense of freedom and self-actualization. From my experience, menopause is truly a time to embrace and celebrate!

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HELP!

MY CAT IS HAVING A SEIZURE!

by Alika Notzel

Helpless and in disbelief I watched as his body flung back and forth between bed and dresser. He tried to get up, staggered and collapsed again. This agonizing scene repeated itself four or five times, then he lay still.

Eyes wide open, pupils dilated, frothing from the mouth, panting, his hind legs were wet from urine. Minutes later, Spicy steadied himself, leaned against the wall, drooling. He looked confused and let out a few strange-sounding cries. I am in shock. This was not to be the only time.

X-rays and a full blood panel revealed a left side enlargement of the heart and a mild inflammation of the liver; fortunately, both treatable with medication. Yet, nothing could explain the convulsions; a second seizure occurred days before the appointment. Further diagnostic methods such as CT scan, MRI and CSF (Cerebral Spinal Fluid) Tap & Analysis were recommended but would not guarantee an answer. Gasping at the cost I considered them as a last resort. Questions about Spicy's peculiar behaviour toward sound since the first seizure remained unanswered. Disappointed and anxious I took him home and began my own research focusing on epilepsy and seizures. I was not surprised to find parallels between human and animal physiology.

As a nurse I experienced patients with epilepsy and seizures. The causes are similar and difficult, or often impossible, to diagnose. Both issues are complex and command more than one paragraph. Summarized, epilepsy is an imbalance of chemicals in the brain causing the misfiring of electrical impulses between nerve cells. Seizures are a symptom caused by illnesses such as epilepsy; bacterial, viral or fungal infections; Toxoplasmosis (parasitic infestation); liver, kidney, pancreatic or thyroid problems; cancer; brain tumour; traumatic injuries or chemical poisonings; some studies also suggest sodium nitrate commonly used in dry cat food.

Trigger factors of seizures vary and include unexpected or loud noises. This particular detail lifted a weight off my shoulders as it described Spicy's odd behaviour and heightened sensitivity toward sound. It helped me to predict and to a degree control them. While seizures occur when Spicy awakens suddenly by an unfamiliar noise, I soon recognize stress points leading to convulsions when he is awake or dozing. His body begins to shudder as if pricked with needles by the rustling of wicker, creaking of plastic e.g. the buttons on my remote, squeaks from my office chair or pronunciations of T or G. The list does not end here.

The shuddering is the first indication of an imminent seizure. I intervene immediately by using the tonal range of my voice. Softly I repeat his name, talk to him until his pupils contract and his body relaxes. Seconds are vital and often I can "talk" him through but at times it escalates into a fit. Paws will dig uncontrollably into the floor, facial muscles twitch and the familiar scene repeats. I never touch him during a fit but continue to talk quietly and reassuring. For weeks I walked on eggshells feeling depressed and extremely stressed; at my lowest point even contemplated sedatives for myself. However, that first felt helplessness transformed into understanding. It gave me courage and inspiration. I removed the wicker stool, updated my remote, greased my office chair and keep an eye on trigger points. I am in the driver seat again with Spicy on my lap.



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Uranus is considered a higher octave of Mercury, the planet of thought and communication. However it has an erratic aspect, spinning on its side in its eighty-four year orbit around the Sun, along with its many moons. Erratic thought, sudden change, alternative ideas, innovations,

abstract thinking, breaks from convention, deviation, eccentricity, electricity, communication through alternative modes, deviation from norms, all fall within the sphere of Uranus. Ruling Aquarius, the sign of personal freedom, independence, rebellion, alternative ideas, and electricity, it is the planet of the cutting edge.

Uranus was the first planet discovered beyond the realm of the known Solar System, which ended with Saturn until 1871, and was the first planet ever discovered with a telescope. The expansion of our Solar System, surpassing known boundaries, and the subsequent incorporation of new ideas, is very much what Uranus represents. Unfolding technological advances, the rapidity of change, and our acceptance of alternative realities are indicated by Uranus in Pisces. Merging metaphysical and scientific methods by attempting to record paranormal and psychic activities has become quite common in the media. Uranus' last passage through Pisces inspired the embrace of novelty and innovation during the roaring twenties.

As Uranus travels through the Zodiac, it manifests these alternative inclinations through the energies of the sign through which it passes. Passing through Pisces since March of 2003, it will enter Aries in March of 2011. Uranus rules Aquarius and Neptune rules Pisces and the two planets are currently placed in the ruler of the other, increasing the imaginative, ungrounded and erratic quality of current social mores.

Pisces, dreamer and visionary, emotional and easily influenced, believes, yields, and goes with the strongest current. Uranus provides jolts of electric current, and we ride the waves to communicate with rapidly changing technology, often at the expense of practical pursuits. Few are without electronic communications devices upon their person or in their homes. Rebellion and fanaticism around religious beliefs is rising, as is the belief in diversity.

Transiting planets effect our natal planetary positions, and the influence of Uranus is profound. Whether it transits your Sun, Moon, Mercury or other planet, disruption and alterations are inevitable. It's transit through empathic Pisces will often overwhelm the sensitive fishes due to explosive changes taking place in the emotional environment, and may retreat from the outer world. It transits in opposition to Virgo, and many who have planets in that order-loving sign have had to deal with change and the unexpected, for better or for worse. While changes may be rapid, adapting to change can take time.

Uranus transiting through the houses in our natal charts

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will have an effect on the area of influence of that house. If it's transiting your fourth house, expect changes in the home, zone of comfort, if it's in the sixth you may develop quirks about health or very peculiar work habits or occupations.

Knowing the area of the Uranus transit over your chart may help alleviate worries, as changes are unexpected, often unbidden and sometimes need drastic change in order to deal with them. Knowing that the change has partly to do with planetary influence can provide peace of mind in troubled times. Uranus rules Astrology, and Pisces the collective unconscious. Increased access to Astrology, through technology encourages interest and acceptance of the science side as well as the metaphysical aspects

Pisces is the last sign of the Zodiac, the end of a cycle, which begins again with Aries, the fiery, pioneering, competitive creature of spring. Likely this will induce more activity, and less dreaming. Our perpetual distraction by many modern devices will diminish as fun times are replaced by a more competitive era. We'll see less unhealthy escapism, more physical fitness, and new forms of sport. As Aries tends to start a lot, but not always finish, and Uranus pushes the limits, finds new directions and deviates from the past, these will be invigorating times, with many new ideas coming and going. While they may not last, they'll certainly inspire many to enthusiasm and action.

Gayle Andrea Hunter: 250-851-0423
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The Cook's Corner

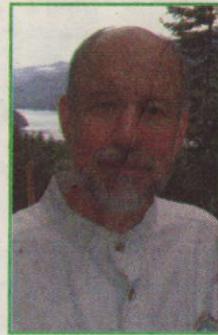
Vegetarian Recipes from the Johnson's Landing Retreat Center

As we move into harvest time vegetables are in abundance, so fresh food cooking options are at their best, especially if you are someone who tries to eat locally grown foods.

Apparently our bodies are best adapted to the foods that grow in the area where we live.

If you have a good selection of spices on hand you can get some squash, onions, celery, carrots and mushrooms to make simple, nutritious and tasty dishes.

Bon Appetit, *Richard*



Squash Casserole (my Mother's recipe)

Utensils:

- cutting board • a large sharp knife • a steamer pot
- or- a large baking pan with foil to cover • a frying pan
- a mixing bowl • wooden stir spoon • measuring cups

Ingredients: This recipe feeds 4 - 6 people.
5 cups of **yellow squash** - other types work, except zucchini

1 cup of **carrot** (shredded)

1 & 1/2 cups of dairy **sour cream** [250 ml.]

1/2 cup **onion** (chopped)

1 & 1/2 cups of fresh **mushrooms** (chopped)

1/2 cup of melted **butter** -or- cold pressed **olive oil**

Stuffing - see recipe to the right

Process:

- Cut the squash in half and remove the seeds. Cut into fist-sized chunks, then steam or bake until tender. When cooked scrape the squash from the skins.

(Note: 2 lbs. of yellow squash comes out to around 5 cups)

- While waiting for the squash to cook, saute the chopped onion in the butter or oil. Once they become transparent add the mushrooms and cook until tender.

- Mix the sour cream and shredded carrot in a mixing bowl.

- Fold in drained squash.

- Add the onion and mushroom mixture.

- Spread half the stuffing mix on the bottom of 10x10" oiled baking pan.

- Spoon vegetable mix over top of the mix stuffing.

- Sprinkle remaining stuffing over top.

Bake at 350 degrees for 25 - 35 minutes or until baked through.

Basic Baked Squash

Utensils: • cutting board • a large sharp knife
• a large baking pan with foil to cover

Ingredients:

- squash
- butter or olive oil
- garlic
- salt & pepper

Serving Suggestion: Serve with brown rice and a steamed vegetable.

Process:

Cut your squash in half and spoon out the seeds and loose fibers.

Place the squash (skin side down) in the baking pan.

Put 1 tablespoon of butter or oil in each of the squash halves.

Peel cloves of garlic and place 2 or 3 cloves in each half.

Sprinkle with salt and pepper.

Put 2 cm of water in the bottom of the pan.

Cover the pan with aluminum foil.

Bake at 350 degrees for 30 - 45 minutes.

Test periodically with a fork to see when it is soft.

Stuffing

A lot of the packaged stuffing mixes have preservatives. This is an easy way to make your own.

Utensils:

- cutting board • a large sharp knife
- a mixing bowl • wooden stir spoon
- a frying pan • measuring cups & spoons

Ingredients:

4 cups of **whole grain bread** slices (cubed)

1/3 cup of **olive oil**

or 1/2 cup of melted **butter**

1 medium **onion** (finely chopped)

2 **celery stalks** (chopped)

Spices:

• 2 Tbs. dried or 1/4 cup of fresh **parsley**

1/2 tsp. of **thyme**

1/4 tsp. **sage**

1 tsp. **basil**

1/2 tsp. **oregano**

1 Tbs. **nutritional yeast** (optional)

1/2 tsp. **salt** and a bit of fresh ground **pepper**

Process:

Cut the bread into cubes and toast on a pan.

In a frying pan saute the chopped onion in the

butter or oil. Add the herbs and celery and

cook until the celery starts to soften. Remove

the pan from the heat and stir in the toasted

bread cubes, moistening them enough to pick

up the spices.

A STRONG IMMUNE SYSTEM... YOUR LIFE DEPENDS ON IT!

Headlines around the globe are increasingly warning about a flu outbreak. In June 2009, the World Health Organization declared that the flu due to a new strain of swine-origin H1N1 was responsible for the 2009 flu pandemic. As some headlines state... **Scrambling for the H1N1 vaccine:** Vaccination program is to start in October for at-risk groups. 21 million doses of vaccine ordered, with pregnant women, the chronically ill and health workers to get treatment first.

Many health professionals state that vaccinations are extremely dangerous. A special report by doctors, scientists, and clergy that rebukes the flu vaccination agenda as genocidal has been compiled. The evidence presented in these suits is compelling, especially the scientifically-proven toxic impact of known flu vaccine ingredients (including mercury, aluminum, squalene, auto-immunogenic foreign proteins, and carcinogenic genetic materials). (www.HealthyWorld.2truth.com)

Is It Possible To Protect Ourselves Without The Use Of Vaccines?

If you seem to succumb to every passing infection, you might seriously consider boosting your immune system. Fatigue, lethargy, slow wound healing, repeated infections, allergies, thrush, colds and flu are clear-cut signs that your immune system is functioning below par. Apart from a diet of whole foods, especially in its raw state to get the most of the food's nutrients, we must keep our bodies clean and free of toxins. Certain nutrients are especially important to keep our immune system in its perfect state. A few of the most important are listed below.

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Enzymes – specialized cultured enzymes can increase your macrophages (the most important part of the immune system that act as scavengers engulfing dead cells, foreign substances and other debris) by 700 percent, and your killer cells (white blood cells) by an astounding 1300 percent! The immune system's function is to fight off all foreign invaders in the body such as bacteria, viruses, carcinogens, and other chemicals, and it relies almost totally on enzymes to do this job! Surprisingly, even vitamins and nutrients cannot be absorbed effectively without enzymes.

Electric C – Electrically Formulated® completely utilizable Vitamin C complex with electrolytes, Electric C creates a powerful and immediate rebuilding of the electrical firing from cell to cell within the body, powerfully enhancing the body's ability to fight off bacterial and viral infections. Viruses, bad bacteria, and other toxins cannot easily penetrate strong cellular tissue. Designed electrically, this formula acts as the ultimate immune system enhancer, is a potent scavenger of free radicals, assists in clearing toxins from the body, and has a high-dose safety rating.

Colloidal Silver – The presence of Colloidal Silver near a virus, fungi, bacterium, or any other single-celled pathogen will disable it, and clear it out of the body by the lymphatic and elimination systems. Colloidal Silver is pathogenic, the pathogens are attracted by electro-magnetic force, much like iron filings to a magnet.

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Food for Thought

with Marion



The dangers of aspartame poisoning have been a well-guarded secret since the 1980s. The research and history of aspartame is conclusive as a cause of illness and toxic reactions in the human body. Aspartame is a dangerous chemical food additive, and its use during pregnancy and by children is one of the greatest modern tragedies of all.

Why haven't you heard about aspartame poisoning before? Partly because the diet industry is worth trillions of American dollars to corporations, and they want to protect their profits by keeping the truth behind aspartame's dangers hidden from the public. When NutraSweet® was introduced for the 'second' time in 1981, a diet craze revolutionized America's eating protocols and a well-oiled money machine was set into motion changing modern lifestyles.

After more than twenty years of aspartame use, the number of its victims is piling up, and people are figuring out for themselves that aspartame is at the root of their health problems. Patients are teaching their doctors about this nutritional peril, and they are healing themselves with little to no support from traditional medicine. Pressure is growing on supermarkets and retailers to ban artificial colours and flavourings from food and drink consumed by children, with most leading retailers reviewing their policies in the face of mounting consumer concern.

The structure of aspartame seems simple, but what a complicated structure aspartame really is. Two isolated amino acids in aspartame are fused together by its third component, deadly methanol. In this structure, methanol bonds the two amino acids together, but when released at a mere 86 degrees Fahrenheit, the methanol becomes a poisonous free radical.

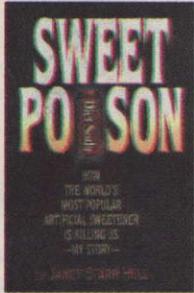
Methanol breaks down into formic acid and formaldehyde, embalming fluid. Methanol is a dangerous neurotoxin, a known carcinogen, causes retinal damage in the eye, interferes with DNA replication, and causes birth defects. Aspartic acid makes up forty percent of the structure of aspartame. Under excess conditions, the structure of aspartic acid can cause endocrine (hormone) disorders and vision problems. Aspartic acid is a neuroexciter, which means its structure affects the central nervous system. Hyperactivity is stimulated by aspartic acid, so this structure is not good for ADD/ADHD conditions and should be avoided during pregnancy.

Adverse reactions to aspartic acid are: headaches/migraines, nausea, abdominal pain, fatigue, sleep disorders, vision problems, anxiety attacks, depression, and asthma/chest tightness. The second isolated amino acid in aspartame's chemical structure is phenylalanine, fifty percent of aspartame's 3-D structure. Too much phenylalanine causes seizures, elevated blood plasma, is dangerous for pregnancy causing retardation, PMS caused by phenylalanine's blockage of serotonin, insomnia, and severe mood swings.

Aspartame poisoning is commonly misdiagnosed because aspartame symptoms mock textbook 'disease' symptoms, such as Grave's Disease. Aspartame changes the ratio of amino acids in the blood, blocking or lowering the levels of serotonin, tyrosine, dopamine, norepinephrine, and adrenaline. Therefore, it is typical that aspartame symptoms cannot be detected in lab tests and on x-rays. Nine out of ten people who remove Aspartame from their diet have the 'dis-ease' symptoms disappear within 30 days. *Want to know more? Check the website on next page.*

Aspartame History Highlights

by Dr. Janet Starr Hull



I was diagnosed with an incurable case of Grave's Disease caused by aspartame so I wrote "Sweet Poison: How The World's Most Popular Artificial Sweetener Is Killing Us--My Story" exposing the dangers of this artificial sweetener. The book is still selling well after eleven years, and my personal experience

has helped thousands of people who have been misinformed or totally uninformed about the documented dangers of aspartame.

The following excerpt from my book will help us understand why and how such a known toxin is still on the market...

1965: Jim Schlatter, a chemist at G.D. Searle & Company was working on a project to discover new treatments for gastric ulcers. He accidentally spilled some of the heated chemical on his hand. Later he licked his finger and noticed the sweet taste. He and a friend decided to test some in coffee and both agreed the chemical had a sweet taste. The result: aspartame. The manufacturer merely changed the FDA paperwork from drug to food additive.

1969-74: G.D. Searle applied for the first patent on aspartame. • Saccharin and cyclamate were alleged to cause bladder cancer in rats. • G.D. Searle submitted its first petition to the FDA for aspartame use in foods. • FDA approved aspartame use in carbonated beverages and in dry products.

1975: FDA task force concluded that some of Searle's studies were questionable and rescinded aspartame approval.

1976: FDA Commissioner Schmidt wrote Senator Ted Kennedy, informing him of G.D. Searle's "questionable integrity of the basic safety data submitted (by Searle) for aspartame safety."

January 1977: FDA Chief Counsel Richard Merrill submitted a thirty-three-page letter to U.S. attorney Samuel Skinner recommending a grand jury investigation into G.D. Searle "for concealing material facts and making false statements in reports of animal studies to establish the safety of aspartame." Two specific studies of concern were cited. No action was taken, and the statute of limitations for prosecution expired.

July 1977: Samuel Skinner left the U.S. attorney's office to represent G.D. Searle's law firm, Sidley and Austin.

1980: FDA appointed Public Board of Inquiry submitted a written recommendation that NutraSweet not be approved pending further brain tumor testing.

1981: Three of six FDA scientists formally advised against aspartame approval. • FDA Commissioner Arthur Hull Hayes, Jr. solely approved NutraSweet (aspartame) for dry products.

1984: Center for Disease Control (CDC) published the first list of consumer complaints related to aspartame use.

1992: FDA released a list of ninety-two complaint categories

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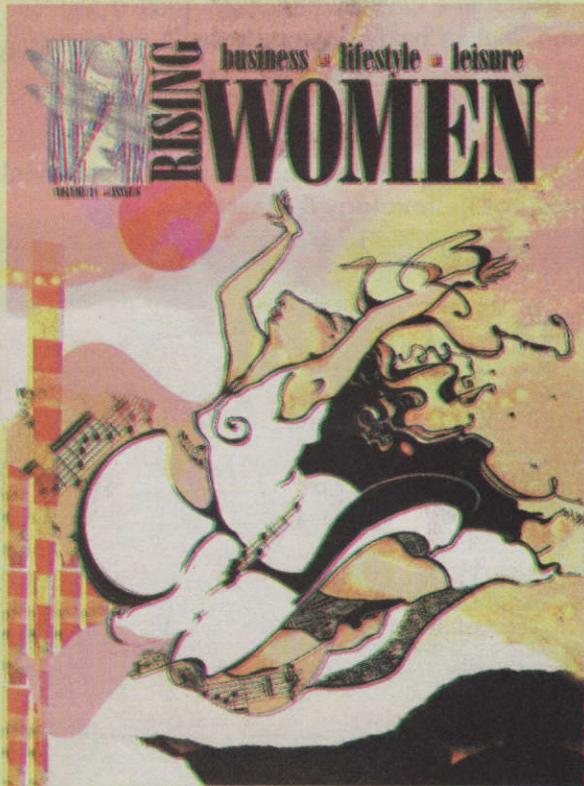
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Our Highest Potential



by Jennifer Steed

Yoga.....it's everywhere! From slick advertising images to multiple yoga studios cropping up in small and big cities alike. There are few people who have not heard the word 'yoga', conjuring up images of a scantily clad (if not downright bony) person, folded into strange and painful positions, chanting some strange sounds or words. It may also bring to mind a radiant, serene and vibrant body moving freely. Either way, the general perception is that it has something to do with the body and bending it one way or another and somehow calming the mind.

There have been many definitions of the word yoga which also barely scratch the surface of its vast depth and breadth of study. However, one that you might like to consider is that 'yoga is the application of technologies that produce lasting changes in ones physical and mental well-being.' Yoga is a science. Whether applying a physical position, breath pattern, singing certain sounds or learning a way to observe how the mind works, there will be time-tested predictable results harvested. One such quantifiable result created in the physical body through stretching or lengthening the muscles and fascia is that of improved circulation and reduced muscle fiber tension. Another quantifiable result created through applying a specific breath pattern such as lengthening one's exhalation is that of enhanced relaxation and reduced anxiety. Still we are referring to utilizing the physical body to create new experiences. The physical body serves as a tangible form to learn and grow into the yoga teachings.

The studies of yoga are reported to have originated on the continent of India with roots dating back more than 5000 years, with texts from these times referring to the broad spectrum of the human experience which essentially has not changed. Humans are still challenged by greed, dishonesty, heart-break, self-esteem, confidence, poor health, successes and failures, manifestations of stress, loneliness, lack of meaning and the question of purpose. To this end the teachings bring a non-dogmatic, inclusive and spacious system of guidance to lead us back to or to remember the truth of who we are beneath the dramas, struggles, and successes. Yoga is timeless experience met with timeless wisdom.

The beauty of the philosophical foundations of the yoga teachings lies in the profound simplicity and practicality for anyone regardless of race, religion, gender, status or other such divisional terms. In fact one of the greatest gifts of yoga's wisdom and depth lies in its inclusivity and even beyond into its perspective that these labels only serve to distance and demean our pure essential natures.

Zoom into a contemporary example of yoga imagining

a beautifully appointed studio welcoming students of many ages, abilities and backgrounds, each bringing a lifetime of joy and pain to the mat. They begin a practice focusing on the many ways to move more freely and joyously in their bodies and experience moments of relief untouched by anything they have tried so far such as drugs, TV or other distractions, therapies or sports. Somehow even while feeling challenged there is something that draws them back to their yoga mat more and more frequently. They begin to experience more joy and ease in their daily life, less aches and pains, improved relations and an attraction to lifestyle choices that bring positive results through diet, recreation and choices in friends. Something is happening here beyond having stretched out the backs of their legs and hips that is almost unexplainable. Soon people are inspired to learn a new language, take a sabbatical, change careers or pursue a life-long love of travel or art and still through and through they come back to the yoga mat feeling better and better about themselves and their life in general. The attraction to pursuing some of life's principal questions such as 'who am I and why am I here?' often arises and yoga is there to guide this rich unfolding.

Through moving our physical bodies while consciously observing and cultivating relaxed breathing, we have begun a journey on a one-way street towards enhanced awareness, the release of old traumas, improved physiological functioning and, deeper still, nurturing a mindful state that supports peace, harmony and compassion.

Like many rivers that lead to one ocean there are limitless ways one can live a life of yoga studies including contemplation, chanting, breath awareness, physical postures, cleansing techniques, meditation and many more. What matters most is not what we do but how we come to each moment and how each moment gives us the opportunity to unfold our highest potential. Even if and when we fall slightly short of these lofty ideals we can humbly return to our mat or to our breath and compassionately embrace the perfection in all of it.

Yoga is a technology of freedom liberating each of us from suffering, confusion and struggle. How each individual cultivates love and compassion may look different, however, as human beings we share one breath and one moment intimately connected to each other.

Jennifer has two CD's (see page 34). She has been cooking and teaching Yoga at the Johnson's Landing Retreat Center for the summer.

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Women Don't Leave your Men Behind

by Bobby J. O'Neal

During these tumultuous times, I feel our relationships are under a lot of stress and the odds are stacking up against many of surviving as a couple. Financial worries, unemployment fears, pandemic scares and other negative energies are turning up the heat on this earthly plane. Many souls are aware that the perceived chaos is actually part of a beautiful and loving divine plan and are moving forward with faith, patience and persistence. I feel that women are more aware of this shift in consciousness and for the most part are embracing the changes easily. Most men on the other hand, feel confused or threatened by the shift that is happening globally.

This article is directed to women and it is a heart-felt request – please do not leave your man behind. Our relationships are an important part of the divine plan and right now desperately need some tender loving care. How many relationships do you know of that are in jeopardy? Perhaps you are experiencing some stress in your relationship. I know some of you might be thinking, "You do not know my husband. He is stubborn, lazy, and a pain in the butt and I do not have a thread of patience left in my body". You are right, I do not know your husband or boyfriend, but I do know that men need your help. I acknowledge that some relationships run their natural course and are destined to end. If a relationship ends in a mutual understanding, then the karma of the relationship was fulfilled and the partners can stay connected as friends. This sounds nice, but how often does a relationship end in harmony?

Unfortunately, most relationship breakdowns come with a lot of financial and emotional stress. You can recognize the partners because they are usually angry and vengeful. The post relationship becomes a battleground for the "ex's". You might also witness a feeding frenzy as the 'sharks in suits' pick away at the legal leftovers. Regardless of the circumstances that led to the relationship breakdown, there will be some unfulfilled karma. Did the relationship end too soon? Did the partners not work hard enough or have enough assistance or training during the relationship? Did one person fail in their obligation to be a loving partner? I am going to go out on a limb and suggest that many relationship-breakdowns occur because men do not grow spiritually at the same rate as women do. The partners literally grow apart. I make this observation based on the thousands of interviews and informal discussions that I have had with women at various trade shows and meetings. During my time creating the board game, Syncrohearts, I learned a lot about relationships from talking with women. The question that always came up was why are there so many single, spiritually-minded women? Where did the men go?

Have you ever seen the reality CBC TV program, *The Week the Women Went*? It was comical to watch the men struggle on their own. However, once their tribal instincts kicked in, they



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banded together to support one another. These macho guys entered into quasi-relationships to help each other survive. If male bonding can occur to fulfill the basic relationship obligations (like taking out the trash, cleaning the house or taking care of the kids) why do almost fifty percent of traditional relationships end? I think it is safe to say that partners must grow together if the relationship has any chance of surviving. If we are all one, then we have a responsibility to help our partner grow. If we leave them behind, then we might leave a piece of ourselves behind.

This topic touches my heart because I have personally witnessed many male friends who were "left behind". Now I admit, some of those friends chose to stay behind as accepting the changes was too difficult. However, other friends were shocked when their partners said goodbye without giving them a chance to try out the new way of communicating, of being in the heart instead of the head. It seems that the women in their lives had embarked on a fast-track spiritual journey and they could not keep up to their partners' growth. Some men felt intimidated by their partner's new found power and wisdom, some felt isolated, some were curious, some got mad, some got even and some gave up.

Ladies, I am asking you to hold our hands, guide us along and help us to grow. We need your help. Be patient with us because we are not comfortable with the Goddess energy that is rising within and expanding around the planet. We need time to know and heal our old wounds so we can understand and accept the new models of manhood that so many women now want.

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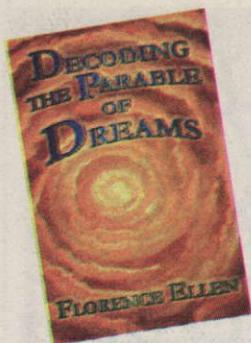
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Book Reviews

Christina Ince



Decoding the Parable of Dreams

Florence Ellen

Whiskey Creek Press
ISBN 978-1-59374-149-5

"A masterful work" and "Extremely worthwhile reading" - two comments from previous reviewers of Florence Ellen's book, which I heartily echo. Most of us have had an interest in dreams to varied extent, and there is certainly a plethora of books available with which to work - too much choice is not a good thing and we sometimes end up giving up and going home empty-handed. If that sounds familiar, this is the book for you. It is divided into three parts: Part I, Understanding Dreams; Part II, Practical Application, interpreting dreams using the decode system; and Part III, Advanced Dreaming, molding and shaping reality through dreams. Not only will you learn how to understand and interpret your dreams, but also how to tell if you are receiving messages from deceased loved ones, as well as learning to listen and hear what your heart wants you to hear. Whether you wonder about repeating dreams, the meaning of colours and numbers, glimpsing the future, indeed the never-ending procession of situations, visions, creatures, fears and symbols, using this book, as the remarkable tool that it is, will help you find the answers. As Florence says, "If it can be dreamt, it can be understood."

All You Need Is Love

Jewelle St. James

St. James Publishing
ISBN 978-0-9732752-2-3

I was pleased to receive a copy of the second edition of *All You Need is Love* - I believe Jewelle's journey to be one of healing and hope, not merely a personal story but a message for all. As I began considering what to write this time (I reviewed the first edition in 2003), it came to me that the most benefit to you, the reader, would be for me to provide my first reaction rather than endeavour to say something new just for the sake of it. So here is my original review, which still holds true:

This book will resonate with anyone who has had a sense of "being" before, or of having connections with not only those who have passed on, but those whom we feel the spirit but not the body. You may feel you are grasping at smoke, or trying to see through a fluttering veil, but you know there is a truth at the heart of it.

I lived in Liverpool in the early sixties when the Beatles' popularity was spreading like wildfire, and associate that place with my happiest childhood memories. I was prepared to get to know Jewelle better through her words, enjoy the nostalgia that reading about John Lennon would call up, and be intrigued by the story behind the title. What I was not prepared for was inexplicably recognizing the sense of loss, understanding the "knowing" and acknowledging the desire to search for - for what? Or whom? A book such as this can convince us that it is actually all right to let our earthly selves listen to our spiritual selves, the knowledge in the timeless heart. With no guile or hidden intent, Jewelle's simple and honest prose reaches us with a phrase, a sentence, a few words, and stirs up our dormant dreams. Some of you will know they are not dreams.

Jewelle writes from her heart; you can almost hear her telling her story over tea and biscuits at your kitchen table. To her credit she did not merely take a vision and build a story around it, she agonized, researched, travelled, opened herself up to total (but not always) strangers in her determination to prove her story - first if all to herself. As twenty years went by she learned and endured, always seeking proof, turning surprising corners, and building a picture greater than she could have imagined.

Many Lives, Many Ways of Remembering Them

Norma Cowie

www.normacowie.com

Norma writes as she speaks, taking you along with her down-to-earth straight-talking practical style, unencumbered by complex verbiage and obfuscation, thereby rendering even greater credibility to her subject than her name and reputation alone provide. In such a slender book, Norma achieves what many other teachers do not in ten times the number of pages - using personal experiences, she explains how you can transform the past, present and future, connect with the light, and free yourself to be all that you can be. Succinctly put, Norma is committed to transforming energy from previous lives, releasing blocks caused by past experiences, bring forward skills and positivity from the past, and becoming whole and connected, becoming "a commander of your life, not just a reactor to whatever is going on." Included is Norma's Color Past Life Regression Technique, which you can learn to use for yourself and others. By the way, another talented B.C. woman, Martha Neufeld, provided one of her pieces of encaustic art to grace the cover of Norma's book. If you are looking for straightforward guidance in working with your past lives, for whatever purpose, I highly recommend this book.

More Reviews with Angèle

Journey to Self-Enlightenment

by Rose "Shuneaj" Sangregorio

Self published by Metaphysical Center of Canada Corporation
www.metaphysicalcenterofcanada.com

Rose wrote this book as compilation of classes with the goal of bringing spirit into matter or heaven to earth. She says a refinement and purification on all levels is required to accomplish this along with a daily spiritual practice if you wish to reach self-enlightenment. A practical guide with exercises to help integrate the changes into your daily life as spiritual growth happens.

The book provides a review of many ideas and books that I have looked at over the years and puts into perspective various terms as well a listing of who is who in the spiritual world.

Rose says she learned the hard way to accept her psychic skills and in the process discovered that by healing herself, she could truly be of service to the world.

Money Magic

8 keys to unlock your potential

Self Published by
Oliver Luke Delorie
www.MoneyMagicBook.com

Olivers says in his intro "This is not the first book of recycled cliches, nor the last."

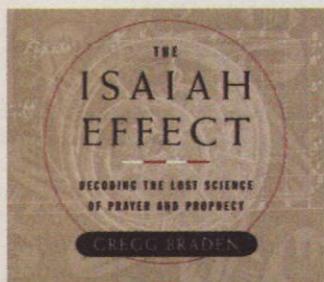
A short book of less than one hundred pages, it provides motivation and inspiration to trust yourself with the unlimited abundance there is to share. The book is not really about money, it is about doing what you love and the money will follow.

He states that he was once homeless, unemployed, deeply in debt, struggling with addictions and drowning in negative thoughts when he walked into a library and various books helped him to reclaim his empowerment, which he now shares.

MONEY MAGIC

8 Powerful Keys To
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Oliver Luke Delorie
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Prayer and prophecy have the power to heal our bodies and spirits ... shift the course of nations ... and even influence the ebbs and flows of weather and geology, teaches Braden. Yet today, few of us know how to harness the awesome potential of these two spiritual technologies. Now, drawing on new insights into the physics of time and prophecy, Gregg Braden shows us how to decode the true meaning of the Great Isaiah Scroll and other prophetic scriptures—how prayer can change the outcome of those predictions—and how these two spiritual practices create *The Isaiah Effect*. 2 cd's courtesy www.soundstrue.com

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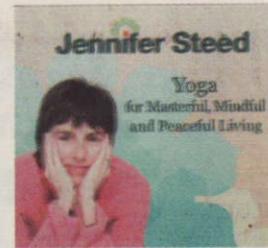
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After discovering yoga twenty years ago, Sherry was certified in 2001 because she wanted this ancient science to be an experience for many. Inspired by Yogi Krishnamacharya, the Pantanjali's Yoga Sutras are a pillar in Sherry's approach to life. Sherry recently studied with TKV Desikachar and is ever grateful for his teachings.

This double audio yoga instructional CD set was recorded seven years ago. It offers two distinct practices including a one hour flow sequence series with numerous modifications for new students, yet challenging enough for experienced students to enjoy. The classical sun salutations, standing posture sequence, seated series and savasana fill out a dynamic, energizing hatha yoga experience.

The second CD is a Restorative style practise suitable for recuperating and reflecting while experiencing supportive asanas in a slow and peaceful manner. Suitable for any level of student, this series offers easy-to-follow instructions and reasons why one would utilize these restful postures.

Included in the booklet are photos of Jennifer demonstrating the postures along with some basic foundational principles.

Recorded in 2008, this audio yoga instructional CD provides the student with a selection of ten to twenty minute sessions of varying focuses such as shoulder and neck tension busters, hip and leg strengtheners, core stability and deep relaxation. The option of having a brief class is sometimes more suitable for people's busy schedules.

The instructions and alignment cues are joyously and clearly delivered, drawing inspiration from the Anusara method of teaching hatha yoga while still grounded in Jennifer's personable style of delivery.

Having overcome severe bouts of depression, Jennifer's ability to bring respect, honor, humor and compassion to your path of healing is infectious. She has led tens of thousands of people in yoga, meditation and ecstatic dance.

Jennifer co-founded Western Canada's premiere yoga teacher development company, Trinity Yoga. She is a certified Yoga Instructor and a registered Massage Therapist.

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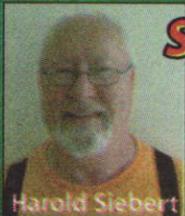
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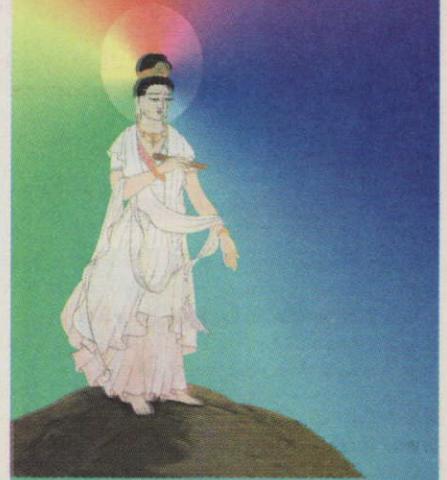
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