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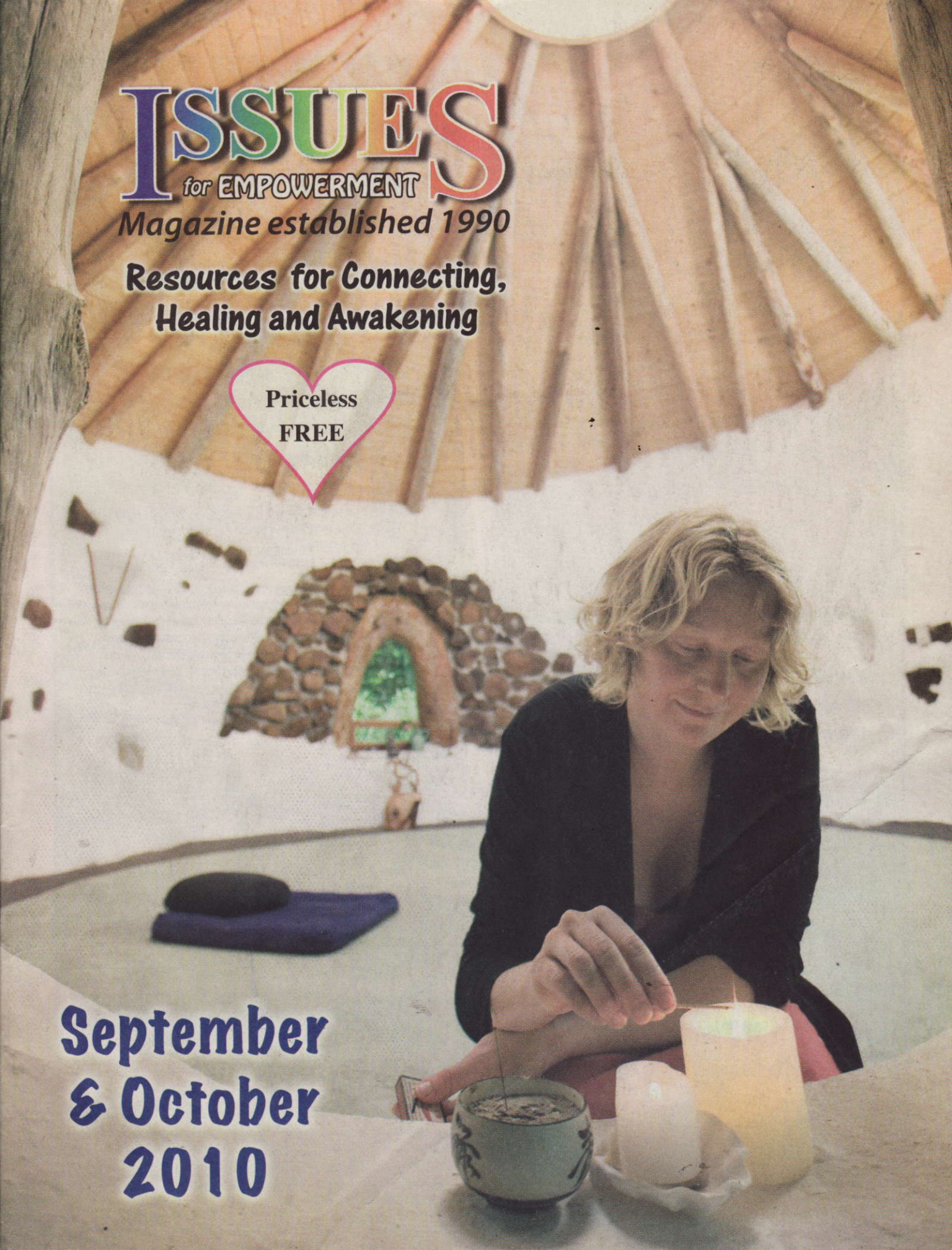
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Musing

with *Angèle*, the publisher



The front cover image was taken inside the meditation space at Hollyhock, Canada's leading education retreat centre. Located on Cortes Island, they celebrated their 25th anniversary a few years ago by becoming a not-for-profit foundation. Greg Osoba from Hollyhock has been my contact for a while now, sending me their yearly programs to distribute when I take Issues magazine around the valley. His story of how he got involved is on page 12.

Each season has its own rhythm and each year I get to know myself a little better. Summer is a time of fast growth for plants and people alike. Living in a community and having company all summer long sometimes take a toll on my patience. One of my mantras that keeps me sane during the frustrating times is "you can't get this kind of an education in a university." When I feel maxed-out, I find a resolution to my dilemma and soon feel the change happening within and around me.

Being around so many people does brings out different aspects of my personality that I didn't notice before. Since I wear many hats and like being the archetypal mother figure who pleases people, it is good that I become aware of my strategies when tension arises. Noticing how I react to comments and seeing my personality being reflected back through others also provides me with many thoughts. Intellectually, I know that people affect my energy field and that I am easily influenced by various conversations. This fact was proven to me after a Roling session many years ago. As I left the room and walked into the hallway, another client brushed past me and I felt a jolt in my energy field even though we never touched. I thought, "how interesting" and took a walk. I noticed it took about half an hour before I could walk past someone without feeling a low-grade jolt as our auras rubbed against one another.

Learning to be an observer of my patterns, I have watched myself go out of my way to avoid confronting someone, or keeping quiet when something bothers me. In my family-of-origin (or childhood) training, it was the safest way to stay happy. As a young business owner, I learned to breathe deep, say some encouraging thoughts to myself, and then say what is on my mind: it never turns out as badly as I have imagined. Often I can feel a tight spot loosen up or my shoulders release once the energy flows from my speaking out. Richard has a family-of-origin pattern that is the opposite of mine: he is much quicker and better at putting words to his needs and feelings. In fact, he thinks as quickly as I feel. Living with him is teaching me the fine art of standing up for what I believe, or at least defending my point of view, as we learn to communicate more clearly and define what we each know as truth.

This summer, we had a twelve-day silent retreat with Robert Beatty as the instructor. There was no talking, no acknowledgment of any kind, not even nodding your head – just honorable silence. At first, it felt like we were ignoring one another, but that was short-lived. As people continued to enter the Lodge in their slow, moving silence to eat food mindfully, it helped slow me down as well. When the Tai Chi Retreat started, I noticed I reacted with a quick smile but did not feel as much like chatting and that I like being quiet doing my work.

I noticed that the Buddhists, who don't seem to do much, actually have the most going for them. They often book the best accommodations, leave the most tips and generally enjoy helping with the various tasks. To them, doing chores is being of service, something they strive to do mindfully. This leaves me to ponder the results of meditation or reflection time: even though it may seem like doing nothing, this is the "real" work in the world. Controlling the ego/mind is a full-time job!

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STEPS ALONG THE PATH

Amber's Fort

by Richard of the
Johnson's Landing Retreat Center



Just down from the Retreat Centre, is a beach that Angèle and I go to for a quick get-a-way. For years people have camped there, during which time they have built tables, an outhouse, a pole structure to support a tarp to cover an outdoor kitchen. They even cleared stones away from a strip of beach for swimming and boat landing.

One of it's most endearing features for me is a small tipi-shaped structure made of drift wood. The tipi is so small that I had to crawl to get in and out. It is quite obvious by its size that it was made for or by a child. Attached above the door opening is a hand-carved sign that says Amber's Fort.

The first time I went there, around the year 2000, there was a jar in the fort where people could leave messages. Amber had started the messages by telling the story about coming here with her parents and building the fort. She spoke of how she loved being at this camping spot and how she wanted to become a commercial pilot when she grew up.

I resonated with Amber's love of Kootenay Lake and camping along its shores. I have fond memories of when I was a young boy and my parents would take me on vacation to a large lake where we would paddle out in a canoe and camp on some islands. Canvas tents, cots, enameled dishes, meals cooked on a Coleman stove, swimming in the lake with my flippers and mask while watching the fish was a formative part of my childhood. I am pretty sure it was from those early experiences of camping in nature that eventually attracted

me to the shores of Kootenay Lake in 1978.

This past July Angèle and myself camped where Amber's Fort was and much to my delight it was still there. The jar with the original notes was gone, in its place was a plastic snap top container with a notebook and pen inside. The entries started off with an update of Amber's life written by her Mom. She told of Amber being a life guard, taking a degree in

Eco-tourism, travelling around Europe and South America. It also said the Amber did not become a commercial pilot and how she still wants to get a private pilot's licence.

Changing dreams and aspirations reminds me of myself as a young boy I wanted to become an engineer and build all sorts of wonderful and interesting things. I never did become a trained engineer as calculus, which is essential to an engineer was not my forte. At the Retreat Center I get to build all sorts of wonderful and interesting things. So even though I never received a degree in engineering I fulfilled my dream. As with most of life, sometimes things just do not evolve exactly as we planned. As the Rolling Stones said "You can't always get what you want, but if try sometime you just find you get what you need."

So for the time being Amber, who is now in her early twenties, is living in a small town in the Canadian Rockies and is employed in the financial services industry. As for me, I live a version of my dream by residing on the shore of a beautiful lake, building all sorts of wonderful and interesting things. Every day when I look down the Lake from the deck of the Retreat Centre, I am in awe of the beauty I see before me and I blow kisses to the Universe for my footsteps having brought me here.

Namaste Richard

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Once again, I am grateful for the people who showed up this summer to help make the retreats flow. Not having to cook while still getting to eat delicious, mostly organic meals is a treat. The garden produced lots of veggies with the help of Kathy and WindSong who tried to keep ahead of the weeds. Lillah was our cook and her forte is Ayurvedic and East Indian dishes that she learned while living in India. She has a flair for creating new dishes that are tasty and unique. She is now looking for another place to live for the winter, so if you have space and would like to have someone cook, please email her: lillah108@yahoo.com.


Suzanne, an amazing kitchen deva also showed up just when we needed her the most. She made salads twice a day, beds when needed and hung the laundry ... and danced while she did it. She enjoyed every new project we suggested including sharing tasks with Bonita, my five-year-old grand daughter, who is moving here this fall with her family. Getting to know so many service-oriented people was a delight, including a variety of Center Life people and WOOFERS who took turns helping with the various projects.

I am also happy to announce that Anthony Chauvet, a Buddhist who stayed here for three months in the spring working on our alternative energy projects, will be returning. He wants to be part of producing the next Issues magazine, which is a dream come true for me. He likes doing research and is planning on selling ads for an eight-page section on alternative energy and sustainability that he intends to have ready for the next and subsequent editions. He wrote an article on page 14. Richard and I both enjoyed his quiet demeanor and slow, steady working style. He comes from France and has a background in computer technology.

Thanks to our capable staff and not having so much to do, Richard and I were able to take a few days off during the hot weather and between retreats to enjoy camping on Kootenay Lake. Richard loves kayaking and I love reading, so we did a little of both. Relaxing is not the same as meditating, but to people as busy as we are, it feels like a close second.

Hollyhock offers some excellent meditation programs and I may attend Tami Simon's workshop in September. I would also like to see how they do things. It has been on my list for at least ten years, so hopefully soon.

There are many wonderful retreat centres and teachers all over BC if you want to see yourself in a different light. For starters, there is the Naramata Centre where I am hosting the Wise Women's Festival Sept. 17-19. If you are thinking of attending, you will be happy to know that we are not charging late fees to encourage more women to sign up. There is also Yasodhara Ashram, which is on the same side of Kootenay Lake as our Retreat Centre but you travel there via the ferry to Creston. There are also the Birken Forest Monastery near Kamloops, the Vipassana Retreat Centre near Merritt, the Humuh Monastery near Rock Creek and the Clear Sky Meditation and Study Center near Cranbrook, where Anthony stayed last year. Check then out online and make some time for yourself.

♥ *Angele* 



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The Reconnection

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I, like most folks have heard about or attended many workshops on a variety of energy-healing modalities and found them to have varying degrees of efficiency depending on the practitioner teaching it. I found many of them to be calming and balancing but once I tried the Reconnection, I knew it was different.

As you may be aware – our planet is going through what has been prophesized as the 'Shift of the Ages.' I can literally feel the change happening in me, in my personal life, in my understandings of life and my place in it. When I look at our world situations, whether it's economic, political, or social upheaval, I am convinced that life is not as it once was upon this planet! It's important to remind myself that I am not separate from the earth and her processes. I am One with All, and therefore I feel collectively the turmoil and the joy of my brothers and sisters worldwide. Though this shift doesn't seem to be easy, especially when I see all the chaos in our world, it is necessary to bring us to a new level of consciousness and beingness. Resistance is futile – and in fact, resistance to all the changes in our personal and outer worlds, will only serve to make things harder. Acceptance and trust must be the order of the day.

There are also new frequencies available to us as humans, that we can take into our bodies and our experience, to help us align and heal on many levels. The founder of The Reconnection – Eric Pearl – gives us an analogy of using these new energies and states that it's akin to using lanterns as the headlights of cars. Sure, they work, but they don't give us all that we need.

Having a session by a registered practitioner can help bring you into alignment with your path and provide acceleration. It can also help to heal your body, physically, mentally, emotionally, and spiritually. Another difference is the intention used by the practitioner. During a session the practitioner completely takes themselves out of the equation. We do not try and figure out what's happening for the client or to feel responsible for healing to take place.

Think about it – doesn't God/The Universe/ Creator know what's best for me, beyond what I may know for myself, and certainly what another person may know about me. I needed to step up to the plate, so to speak, and to claim and embrace my gifts and I am grateful I discovered the Reconnection.

Eric Pearl's work is drawing attention from respected scientists and health organizations all over the world. A new movie entitled –*The Living Matrix – The Science of Healing* is worth watching, especially for those who want to know how and why energy-healing works. As practitioners, we are here to support our clients in their choice to step forward into their perfect blueprint of health, wellness and balance.

You may learn more about the Reconnection and the work of Eric Pearl at his website: www.thereconnection.com.

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Universal Child by Karen Coogan

I am a child of the universe. I am full of infinite potential and limitless possibilities. How do we reconcile this universal concept with the perceived limitations of the human being? We have been taught from the time we are born to conform to certain societal and parental standards and norms. One of the first words we learn is No. It is important for a child to be protected and learn boundaries, yet within this process we are also taught fears and prejudices.

As an adult, we continue to act from the foundation of childhood teachings, even though we've learned to temper the teachings from our own wisdom. We are aware of the possible dangers of crossing the street and can make our own judgements regarding safety. We can be aware of the opportunities within new encounters yet still feel trepidation from early childhood conditioning of not talking to strangers. As we grow, we naturally re-define and eliminate some restrictions through our life experiences.

Within this process of maturation many conflicts can arise between what has been taught versus what is innately known - the knowledge and understanding of our intuitive or Authentic Self. Highly charged emotional issues from childhood are buried deep within our subconscious. When a conditioned fear has been triggered, it can manifest as childish tantrums or irrational feelings and actions, what I call the awakened and upset Inner Child. The fear response that comes from unresolved childhood issues can be dealt with by getting in touch with the Inner Child.

By communing with my Inner Child, I became aware of an early memory; when I was three years old, something had frightened me and I went to my parent's room. I walked in on them arguing and they paid no attention to me. I

became even more frightened and lost all sense of security in that moment. As an adult I would continue to feel threatened whenever I witnessed an argument and I would avoid arguments of any kind. This counter-productive behaviour was resolved when I addressed the fears of my Inner Child. By being the parent to my Inner Child, I was able to bring a sense of security to the frightened three-year-old. Now, whenever I see an argument I am no longer reacting from fear and I am able to engage in proactive solutions instead.

A simple way to start working with your Inner Child is to begin with the infant. Imagine yourself as a newborn baby. When you first arrived in this world, you were full of wonder, yet totally unfamiliar with this strange way of being. What's needed most is warmth and closeness. Imagine yourself holding this infant with love and tenderness. Reassure her/him that all is well; she/he is loved and cared for. See, feel, sense this child snuggle in your arms, secure and warm. Be aware of any emotions, words, thoughts, or images. Your Inner Child may come forward in anger, hurt, fear, or pain. Whatever it is, address this beautiful child from the perspective of the loving parent. Offer reassurance with each issue. You may even find yourself gently rocking while giving the child whatever is required. Continue in a loving manner until the infant is sleeping peacefully in your arms.

As you begin to nurture this new relationship with your inner self, allow your child to grow. There are different fears and needs of a growing child and you are the parent - full of infinite compassion, love, and patience. It is important that the child feels at peace, is able to play once again, or be free to run. As you grow with your Inner Child, there may be much that comes forward that surprises, or even overwhelms you. Know that you are not alone. There is a universe full of love and support. You, as the loving parent, know that the little child has already grown, matured, survived beyond the limiting experience to explore the world.

The journey of walking with your Inner Child opens up a world of exploration. As you release limiting beliefs and patterns and expand into your Universal Being, you become aware of your infinite potential and limitless possibilities.

Room wanted in a friendly Nelson household this fall. Mature, mellow woman who loves to cook, do yoga, garden, etc. Reasonable rent or work exchange.

References available: lillah108@yahoo.com
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Electrons, Energy and Electric Nutrition

by Louis Hoolaeff

The smallest manifestation of life can be measured in terms as electrons. These electrons represent particles of energy from the body of Prime Creator, which is literally self-sustained, indestructible, self-luminous and intelligent. Electrons are pure universal light substance, responding like lightning to the creative powers of both God and men. In varying forms, they make up the atoms of the physical world. Interstellar space is filled with this pure "light-essence". The number of electrons, which combine with each other in a specific atom, is the result of, and determined by, conscious "thought". The rate at which they whirl around the central core is the result of, and determined by, feelings. The intensity of the whirling motion within the central core is the "breath of God". Therefore, the most concentrated activity of "Divine Love", whatever energy grows our food, whatever substance we find, it is all made of various manifestations of electrons that have been qualified differently. Everything is made of the same stuff, called electrons. It is all made of the same thing, prime Source energy, as "Love".

Electrons are created as energy particles from ethereal planes of consciousness, and this energy is very neutral, totally at the service of Life. They manifest in form only when they become qualified by other conscious parts of life. Electrons take various forms, shapes and densities according to how they are qualified. When energy is qualified with less than pure Love, when we create with fear, anger or with greed, we are misusing electrons and creating distortions in their original purpose of serving Life. This miscreation then becomes ours to own and we have to live with the programming we have qualified them with, until we eventually balance all our debts to life with Love, thus purifying all electrons we have misused. This is what we have called the "working out or balancing of karma".

God gives us on a daily basis an unlimited amount of electrons to create our life with, and we are always free to create it in any way we want. According to what we create with our thoughts, intentions and emotions, our life always reflects how we use the electrons that are available to us at all times. In general, humanity has not understood the right use of electrons, or in other words, the right use of energy at their disposal. It is a knowledge that has been forgotten. By misusing energy as we do on the surface of this Earth, we have created, for a very long time, many pains and difficulties for ourselves, for our planet and for everyone evolving here.

Yes, electrons want to respond to Love. When we misqualify them with vibrations other than Love or Joy, they become distorted in some ways, and that distortion becomes our cosmic responsibility. How do you think the electrons that are used for nuclear energy or other types of destruction feel? Remember, they carry Creator consciousness and intelligence. Because they are commissioned to serve Life unconditionally, they have to serve mankind in whatever way mankind chooses to use energy, and these electrons, more often than not, remain embedded in the negativity of mankind sometimes for eons. This is not what they want or what they have been created for, and they have to submit to that.

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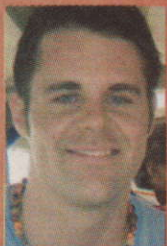
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The Ultimate Gift; Choosing How You Feel

by Layne Schmidt

I grew up hearing that moods came from God. Not sure how anyone came to that conclusion but that was what was passed down to me. The unspoken idea, was that dark mood was a "gift" that you needed to go through in order to become a better person.

Turns out it was simply an excuse for bad behavior. I was in my mid-twenties before I figured it out. I was going through one of those times where I felt completely ill-equipped to deal with whatever was going on in my life. It had only happened a few times before, but when this kind of depression descended I felt no other desire but to lock myself away from everyone and everything. I did so by shutting the drapes and unplugging the phone. I just allowed myself to disappear for awhile.

I didn't want people to see me this way. I slept a lot, thought a lot and did a fair bit of feeling sorry for myself. As I looked out of my window at the blizzard moving in - I felt the words "you're choosing this, you can choose something else" come into my consciousness.

That seemed somewhat ludicrous when I considered what I had accepted as the truth until now. Moods were given, not chosen. They weren't things that you really had a choice about. But I couldn't shake the phrase. It just kept going around and around in my head; "you're choosing this, you can choose something else".

So, I did the only thing I could think of at the time; I put on a warm layer of clothes and grabbed a shovel out of the breezeway and began shoveling sidewalks. I cleaned the neighbors walkways for blocks and blocks. The snow continued to come and I continued to shovel. Hours later when I finally felt compelled to stop - the depression was gone. I had distracted myself long enough that I was able to choose a different emotion.

I look back at that moment twenty years ago now and recognize the gift my inner being was giving me in saying "you're choosing this, you can choose something else". I realized I had a choice in how I wanted to think about what was going on in my life in that moment.

Stuff happens! Sometimes things don't go as planned. But whatever it is we always have a choice about how we're going to think about it. Is it a curse or blessing; a problem or an opportunity? You can ask yourself "what's the upside here?" or "is this situation giving me more clarity on what it is I really DO want?"

You may not always be able to choose what happens in your life but you can always choose how you're going to feel about it. When you get good at choosing better thoughts and feelings you create an energy shift that will dramatically increase the joy level in your life.

visit her website for more articles • www.RubyShuze.com

Your Life Is A Reflection of Your Core Beliefs

Today, I am a happy successful woman. It's like a bad dream that once life seemed hardly worth the effort. Books, workshops, affirmations, analyzing my issues and one-hour-a week therapy did not create permanent change. I repeated self sabotaging thoughts, feelings and behaviours. I was stuck.

AWARENESS

Awareness was not enough. Change would have to happen at the deepest core of my subconscious. The subconscious mind contains many beliefs, some are positive and life enhancing and some are not.

As adults, we have grown consciously, but these belief systems have not. They faithfully replicate our childhood patterns and defense systems, sometimes limiting our choices, happiness and success.

IT'S A GOOD BEGINNING

Conscious awareness was an essential first step, to recognize that some core beliefs were creating the opposite of what I wanted. It fuelled my dedication and commitment to go on.

BUT I NEEDED TO GO TO THE CORE

Also imperative for me was a method that was gentle. I had been traumatized and reliving the experiences was painful. Finally in 1985, I found a method that promised to transform issues at my deepest core, needed no retelling of what happened, and changes that were faster than any others, lasted and grew stronger over time. Although sceptical, I booked two sessions and after the first four hours, my eyes were like saucers! Using gentle, non leading questions, the practitioner helped me to build a goal for the session, access the part of the subconscious holding fear and negotiated its total acceptance and support. "I love me", "I am my own authority", "I trust myself" and many others were enthusiastically supported and encouraged, as was a transformation of the old beliefs, down past the level of my cells.

FOR CHANGES THAT LAST and GROW

Once my conscious and subconscious were in harmony, old patterns faded. With more love for and trust in myself, all my innate power, intelligence and creativity was moving in the same direction, toward the same adult choices. Harmony created and continues to create enhancing relationships, love, trust

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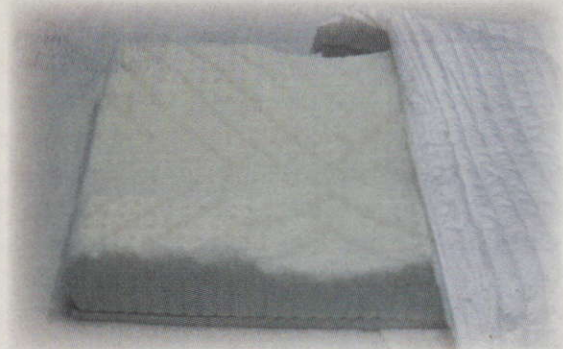
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21 YEARS AND COUNTING... MY HOLLYHOCK STORY

by Greg Osoba

Circa 1987 and I'm working the intense life of a radio news reporter in Vancouver and sharing a house with friends. A roommate returns from a silent Buddhist retreat in quite an altered state. Having been drawn to Buddhism in my late teens after reading Hermann Hesse's *Siddhartha* and *Journey to the East*, which was enough to take me on a six month journey ending in India. I asked my roommate if he knew of any other retreats in our region. He said he'd heard of a workshop centre called Hollyhock, which offers Vipassana meditation retreats. I discovered a Hollyhock calendar at Banyen Books and sure enough, a week-long meditation retreat with Alan Clements was scheduled for September and I signed up.

That first visit to Hollyhock was profound. The land, the ocean, the food, and the staff spoke to a place deep within me. The glimpse I had during an *Into the Power of Insight Meditation Retreat*, was life-changing. As cliché as it sounds, I felt at home.

The following year I returned to Hollyhock for another Vipassana meditation retreat and my experience deepened. While doing walking meditation on the grassy area beside the Lodge, a voice inside me kept repeating "Take some risks". Little did I know how that would manifest. During the retreat I volunteered in the magnificent Hollyhock garden for about an hour each day after breakfast. It's nearly an acre all together and it seemed like there's was only one gardener.

At the end of the retreat, when participants had broken silence and were speaking again, I ask the gardener how she had learned about organic gardening and if she was the only one tending the abundant and richly alive beds and greenhouse. "I have one assistant", she replied, "and I'm looking for one more helper." Without thinking I retorted "I'm really interested." She said, "Go home, let a couple of weeks go by and if you're still interested, write me a letter and tell me more about yourself."

When I returned home I told my partner, family and friends about the opportunity and they were supportive. I knew virtually nothing about gardening, but perhaps my Ukrainian peasant roots were calling me. I had known as an adolescent that I wanted to try living rurally and grow my own food. Little did I realize that it could be on a little island up the Coast.

A short while after sending my letter, the Hollyhock head gardener called and informed me, "You're on and we begin March 1st, but you can arrive a few days early. I can offer you room and board at Hollyhock in exchange for 30 hours of work in the garden each week. I'll teach you all you need to



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to know." My heart leapt with delight. My News Director boss at the radio station granted me an eight-month leave—the length of the growing season—and perhaps rather enviously, wished me well.

The first couple of months at Hollyhock were tough. Living in a cabin with a wood stove for heat, sometimes working in harsh weather conditions, cooking on a two-burner propane stove, feeling shy and lonely at times, climbing the steep learning curve of a new skill set, and adapting to the local customs and culture of a completely different way of life. But as I get to know people and find my way, I know that this truly feels like home and there's no going back. By mid-summer, I called my boss in Vancouver and told him I'm not returning. He kindly gave me his blessing.

That autumn, the fellow in charge of marketing at Hollyhock moved on to other pursuits. Then the Executive Director, Rex Weyler, a co-founder of both Hollyhock and Greenpeace International, asked, "With your radio background I know you've written plenty of copy, how about getting involved with Hollyhock marketing? You can start by getting our annual catalogue together." I was thrilled and terrified by the prospect.

In 1989 Hollyhock's marketing hadn't yet evolved into a full-time position. So, for a few years I also worked in a variety of other departments: hosting, housekeeping, maintenance, registration, as well as continuing in the garden. It gave me a great overview of many of the components comprising Hollyhock. The rest, they say, is history.

What keeps me here? My friends and colleagues and the camaraderie and community we have together, with all its challenges, shadow side, joy, and delight. As well, I'm happy to be part of a place striving to inspire, nourish and support people who are making the world better.



Ironically, or perhaps synchronistically, the office I work in now, upstairs in the Lodge, is the same room that was my shared bedroom during my first visit to Hollyhock for that Vipassana meditation retreat in 1987.

Greg Osoba is Hollyhock's marketing manager and an intrepid world traveller. Check out his travel blog at www.gregoreye.wordpress.com.

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FREE-FALL TO FREEDOM



by Anthony Chauvet
(soon to be part of the Issues magazine staff)

I picked the huge challenge of parachuting from a plane for a very specific reason. It is said that facing possible death tends to clarify life's priorities. I hoped that skydiving would help answer a big question for me: whether or not I should continue a difficult relationship with a woman.

A few weeks later, I found myself at the Honda airport, north-east of Tokyo with four others, taking basic instructions for a tandem jump. All too soon, three of our group climbed into the plane, while I and another buddy watched from the ground. Twenty minutes later, I saw them gliding safely to the ground. They had survived! One looked sick (but he was already sick before the jump); the second skydiver looked very much alive and kicking, and the last one looked like she had landed in paradise. "Well if they did it", I reassured myself, "so can I."

Half an hour later, we boarded the plane with our suits on. The small plane was packed with around 20 people. Everyone was chatting. I was doing mantras—Vajrasattva, my yidam, prayers to Sensei—whatever would save me. As we approached the dropping altitude, my fellow skydivers became more serious. Even though most of them had done hundreds or thousands of jumps, I could see that this was no trivial matter for them. My fear rose. The door of the plane opened, and I began to think this idea was mad. My tandem instructor still hadn't attached himself to me. Would he forget?

The team of skydivers began to jump one by one. My instructor attached everything (I hoped) and said we should move to the door. A photographer swung from the door, then hung like that, with only one arm and one foot attached to the plane, waiting for us. He was outside the plane facing us, flying backwards at 4000 meters! My instructor pushed me towards the door where I sat with my legs hanging out. Fear! He pushed me again. The fear vanished—all was beyond my control now.

My body felt a strong moving sensation, a strong wind. A few seconds later I began to think again. We're falling. Wind, wind, wind. Trying to breathe. Falling. My insight at that moment was that I had really nothing to hang on to. I didn't know where up was, where down was, whether I would live or die. More sensations and I was aware that I was actually enjoying the fall. But then I began worrying. How much longer would we fall? The air was cold in my lungs. It was hard to breathe. Would I be OK? I worried about the parachute. What if it didn't open? Well, it would be a quick death, not painful for too long, and then the Bardo (in-between life and death) I guessed. More wind, more wondering, seeing the camera-man taking pictures, saying hello, moving a bit.

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The free fall lasted 50 seconds, then there was a strong pull upwards. The parachute was opening! We were slowing down! At last it was fully open, and I was able to breathe easier. I marveled to think I was hanging hundreds of meters in the air. We fell slowly. It was cold, but wonderful. We turned a few times, which churned my stomach. The ground approached. Closer, turning, closer....wow...the ground was coming fast at us...5, 4, 3, 2, 1...we landed, not too hard! I felt great! I was still alive, for a little longer at least!

"That night, lying alone on my futon, I vibrated with a strong pulse. My body was absorbing what had happened. I felt joy in my heart. I felt that some repressed energies had been released on the jump. It seemed to me the experience paralleled being born. The plane was the womb; the pressure building before the jump was like going through the birth canal. Leaving the womb was the jump from the plane; the parachute opening was like being caught by the doctor; breathing during the free fall felt like my first breaths. The jump somehow gave me a sense of more freedom to explore all that life has to offer. I saw how my fears of making a fool of myself in the eyes of others had kept me from trying many things. I saw that I could behave in new ways, and act as a different person depending on the situation, instead of being stuck in one way of being. I could explore new roads now, roads that I had feared to take before I took Sensei's skydiving challenge.

Oh, and by the way, as soon as I made the decision to parachute from a plane, I knew I must end the relationship. The actual jump only confirmed my decision!

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Stirred by Spirit

by Rev. Connie Phelps



I had a realization recently that altered the course of my life. This realization brought my perception of the concept "Change your thinking, change your life" to a whole new level of possibilities. In November I will be leaving Kamloops to start a new ministry teaching at the Science of Mind, in Nairobi, Kenya.

It was through a conversation with a dear friend that this realization came to the surface, he heard me make a statement that I now remember saying many times... "well, here I go again, stirring things up, but I must like it because I keep doing it". As we talked, I realized that I had a negative spin on change, because it seemed to result in a fair amount of chaos. You see, for many years I had the belief that I was a "drama queen", and that when things were in harmony I would do something to shift it. I had a belief that I had an "addiction" to chaos and drama. So over the years I have spent a lot of time reflecting on different ways and techniques that I could adopt to overcome this perceived dysfunctional way of being.

But, what if it isn't 'me,' stirring things up? What if, it isn't a negative, dysfunctional trait? What if, I realized that I have a deep need to learn and to grow and to experience new things. I love to be on the leading edge of new ideas coming into full expression. And, I don't think I am unique. I believe there is something in each of us that urges us forward. Ernest Holmes called it the divine discontent. He said: *"We have on the one hand the evolution of the individual life under the guidance of Divine Providence, which leads to harmony. In contrast there is the freedom to live under the false guidance of a sense of being separated from God, which leads to disaster and chaos. Therefore, I believe that God is to each one what that person is to God. The Divine Nature must be Infinite, but we know only as much of this Nature as we embody; in no other way can God be known to us. I believe the relationship between God and humankind is hidden within, and when we discover a new truth, or have a better understanding about an old truth, it is really more of this Infinite Mind revealing Itself through us."*

What I have come to realize is, that the stirring is Spirit within me, that wants to express and experience Itself in a bigger way. In our humanness we tend to become complacent and often the only way we grow is when we become so uncomfortable that we have to make a change. We experience suffering not because we are bad or wrong but because we resist that change. When we learn to recognize the signal or the stirring we can consciously embrace the changes. In the past my tendency was to jump into the change without much forethought, hence the drama. One of my life lessons has been around patience. So, when the stirring started I did something totally out of character – I sat in it! And I can tell you, it wasn't comfortable. So, here is the story of my most recent transformation of consciousness...

It started with a comment made by one of my colleagues, whom I highly respect and admire, asking me if I was planning on moving away from Kamloops. I apparently did not see it coming because my response was "of course not!"

Five years ago I had made a clear and conscious choice to move to Kamloops to establish a new Centre, so I could put down roots. I have been a nomad all of my life, raised in the oil patch in Alberta in a time when you travelled to wherever the work was. By the time I graduated from high school we had moved over 30 times and as an adult, and although I haven't kept track, I have moved enough times to make myself dizzy.

As my insides started to stir I sat in the feelings. I have a tendency do something, anything just to get out of the uncomfortableness of doing nothing. At least it may seem that I am doing nothing. But Spiritual work is not 'doing nothing,' it is the activity of consciousness. So, I allowed the stirring to continue to build until it was reached a level that felt like it was ready to overflow as I continued to pay attention to the guidance emerging. ➡

A couple of months earlier I had received an email, from a friend in Toronto that I had not heard from in 8 years. Geoffrey said that I had come into his mind and he couldn't get me out, so he 'googled' me. After corresponding for awhile we decided that he should come to Kamloops for a visit. He came, he loved it and he decided to stay I know that when things like this happen I need to pay attention! So, I kept doing my treatment work around it, staying open to what was needing to unfold.

In February I went to a leadership conference in Denver, and while there I participated in a visioning session. For those not familiar with visioning, it is a spiritual practice where you sit in a meditative state and ask questions, then you wait for an answer, it may be a word, a symbol or a picture. It differs from visualization in that you do not have a picture of the outcome of what you want to manifest. In visioning you open up to what wants to happen, on a higher level. You allow the Spirit within you, or your highest self, to reveal something new. Now, I have often heard people talk about God speaking to them, and quite frankly I always thought that was a little "woo woo!" So, in response to the question "what is my next step?", I was a little surprised to hear a voice in my head say "Africa and Geoffrey is the bridge." I didn't speak about this for quite awhile, after all I didn't want people to think I had gone to the "woo woo" side.

At the final night of the conference a woman came up to me and said "You just have to sit with me because I want to get to know you better." I learned she was the minister for the United Centres for Spiritual Living Global Ministries and she was in service to people around the world that are interested in learning Science of Mind. She had just travelled to Kenya with a group of practitioners to meet with leaders in eight different villages that wanted to learn the Science of Mind teaching. It is clear to me, that the call I heard was in response to an opening from half way around the world, proving to me there is only One Mind... the Mind of God, and we are all part of that One Mind. When we open up to our inner guidance miracles can

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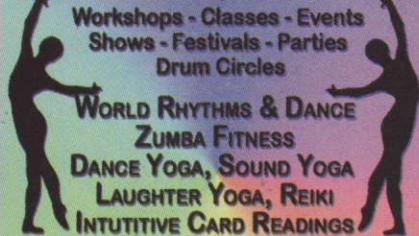
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Tantra and Transfiguration

by Virginia Preston

Transfiguration is defined as:
A change in form or appearance.

Simply put, transfiguration is a type of tantric meditative practice in which one endeavors to 'call forth' the divine, eternal nature of oneself or another by focusing one's attention in a particular way. In tantra, we can relate this practice specifically to the sacred archetypes of masculine and feminine ('Shiva' & 'Shakti'), and begin to bring this dimension consciously into our relationships with ourselves and those around us. For example, rather than looking at your partner or lover, and seeing 'Bob' – you can look with a different set of eyes; seeing deeper than the temporary human form that you think you know so well. When transfigured, who 'Bob' truly is, as a manifestation of the sacred masculine energy, begins to make itself visible; 'seen'; felt. The same process applies with the sacred feminine, the eternal energy of the goddess. This act of transfiguration begins the intent to 'see' beyond the level of personality, and is an essential principle/practice in tantra; the yoga of intimacy.

Individuals can transfigure themselves as a healing and spiritual exercise. One can transfigure a friend, a loved one, a lover, a parent, a stranger on the street. You can transfigure your partner during love-making, or in a partnered sitting meditation. Transfiguration can be used in a variety of contexts and is *recommended as a general approach*; a re-framing of the way we have of seeing ourselves and those around us.

I had the opportunity to spend several months this year studying tantric yoga and meditation, including transfiguration, at a yoga school in Thailand founded by Tantra Master Swami Vivekananda Saraswati. Personally, I have found these teachings to be powerful, beautiful and transformational!

Swami Vivekananda offers teachings in Kelowna! See HAAO ad page to the left at the bottom.



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Oct. 29-31, Nov. 26-28, Dec 17-19 & Feb. 18-20

This is a much requested class by those who have already completed the Spiritual Intensive. You will experience new techniques as well as expand and deepen that work. Our focus during these four weekends will totally be on heart and soul. Expect another transformation. Contribution: \$975

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C-1 by Wayne Still



C-1 is the first cervical vertebra making it the first vertebra in the spinal column. It is also known as the atlas, named after Atlas, the mythical figure who carries the world on his shoulders. Like Atlas, the atlas vertebra supports the human skull. It is also the point of entry for the spinal cord into the spinal column as it leaves the medulla oblongata at the base of the brain. In addition, important nerves, arteries and veins pass through C-1 and its partner on which it turns, C-2. This is a very important piece of human anatomy, its maintenance is crucial to the optimal functioning of the spine and hence the whole body.

The chiropractor B.J. Palmer was the first therapist to develop a therapy focused on the upper cervical vertebrae. The spine is a complex system of bones held together by ligaments and moved by muscles both small and large. As much as it supports the skull, it also hangs from the skull. So a misalignment at the top will create unnatural tensions resulting in more misalignments all the way down the column. These tensions manifest as unbalanced muscle groups working against each other resulting in the back pain which often brings clients to a practitioners work table. Palmer determined that if C-1 could be put in place there would be a ripple effect all the way down the spinal column. Balance would be restored, muscle groups would work in the harmonious manner they are meant to and the client would leave the office with a spring in their step.

My own first contact with the idea that manipulation of C-1 could bring about profound change was through Pro-Atlas Filax (www.atlasprofilax.com) which uses cranial-sacral therapy in combination with a vibrating tool to "install" C-1. The method was touted as all that was needed to bring about

a profound change in ones structure and hence physical and mental health. I am always skeptical about such claims but did experience a deep shift in the structure of my upper back after the treatment. The theory made sense so I paid close attention to what was going on during the treatment and believed that I could manipulate C-1 using my Structural Integration skills to the benefit of my clients. Putting C-1 in place has been an integral part of my practice since then.

What is interesting is that almost every one I work on has their C-1 out of alignment! Usually to the right. Why this should be I don't know but I am not the first person to notice this. There is even a conspiracy theory that the aliens who brought our species into being, manipulated our DNA so that C-1 would pinch our spinal cords. Then the nervous system would not be able to function at full capacity and we would not be able to achieve our full potential as humans. Don't know about that but what I have experienced working with C-1 is that once it is in place there is a fluidity in the neck that was not there before. Other cervical vertebrae come into alignment when they would not before and indeed it is much easier to manipulate the thoracic and lumbar vertebrae. Imbalances in the connective tissue in the back are much easier to correct.

More recently I have learned that it is possible to manipulate the plates of the skull using gentle pressure along the sutures between the plates that make up the skull to subtly change its shape. Creating balance in the TMJs enhances the cranial work; the combination of all this creates a balanced, fluid environment where C-1 and its buddy C-2 are free to float making their job that much easier. And indeed, clients do leave my office with a spring in their step!

Wayne, Susan and Aga are Structural Integration therapists and have great awareness skills. Their ads are on page 6 if you want to try it.

Journey to the West

by Linda Ewashina

As we move into the season of fall we enter the sacred space of the West on the Medicine Wheel.

What does that mean for each of us in terms of our personal growth and self awareness? First of all it is important to note that like the wheel our life is a circular journey involving birth, death and rebirth on a mental, emotional, spiritual, and eventually physical level. We also follow the wheels natural progression. Moving through the four directions and undergoing the growths and lessons associated with each one.

As Mother Nature paints her palette all the beautiful rich colours of Autumn, we too are given the opportunity to change our own inner landscape. To undergo the process of purification and preparation for our future. The West represents the place of the dream time. It is a time when we gather the harvest and reap on the rewards of what we have cultivated over the last year of our journey. As the plants begin to die, a process of decomposition occurs and the soil rich in nutrients goes through a preparation process for the winter months to come.

In the West we also go through a process of decomposing the self by taking an honest sometimes painful look at the seeds we have planted in the past. Have they grown to bring us the results we dreamed of and if not what changes can we make to nurture our highest possibilities.

When we enter the dream time of the West, the place of Vision and creative potential we want to be assured that our heart and mind are in unity. Is there something from your past that is holding you back or hindering your progress? What self defeating thoughts do you need to let go of? The process of shedding the old is the process of self decomposition.

Enter the silence where you can commune with your soul, discover your dreams and heal at the deepest level. Take the necessary time to listen to the heartbeat of our great Mother and feel

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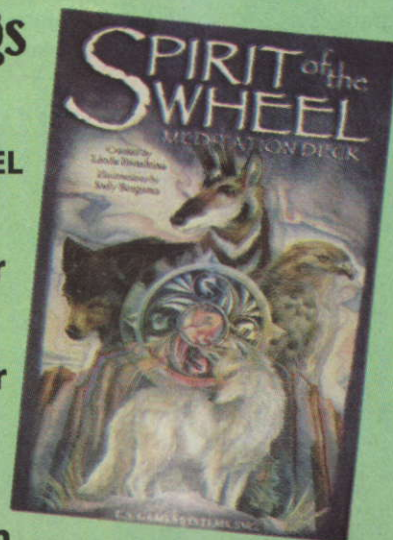
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the pulse of oneness that is the blood of her very existence. Find that quiet place within where you can view your dreams and nourish them before bringing them out into the light. Within the meditative state of the West we are able to connect with the dream source and replenish our own creativity. *see ad above*

What else can Regulation Thermography Do?

by Dr. Ursula Harlos

In the past Issues, I discussed various elements of this type of thermography. I realize that I left out a very unique feature of this scan, and that is its ability to track the function of the adrenal glands as well as the thyroid gland. In fact, tracking the function of these two glands in a patient allows the health practitioner to better identify if the patient is on the road to healing or getting worse. It is crucial to know the condition of the thyroid as well as the adrenals since both govern so many metabolic processes in the body.

Concerning the thyroid, the scan will show whether both the right and left lobe are regulating properly. In addition, it will also measure the thyroid response to show whether it is in the hyperthyroid, hypothyroid or in a subclinical region. I have had so many patients with normal blood tests, yet thermographic findings indicating suboptimal thyroid function. These have been further validated by subjective symptoms of the patient. For example, I have had patients struggling with weight issues that were told that their thyroid functioning is normal. They tried dieting and exercising but nothing would shift their weight. The thermogram showed that the thyroid was in the hypothyroid range. After an explanation of the biological reasons for this state and then treatment with homeopathic remedies, they were able to start losing weight again.

The scan will also show whether the adrenals are functioning within the normal range. The adrenal glands produce cortisol, a hormone which is needed when we are faced with stress. If we experience too much stress, our cortisol levels can increase excessively. The thermogram will detect this as a hyperadrenal state. If the cortisol levels remain high too long, then the adrenals 'crash' and this shows up as an hypoadrenal state with low cortisol levels on the thermogram. Our cortisol levels fluctuate throughout the day and should follow a basic rhythm. If this rhythm is disrupted for long periods



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of time then the outlook for healing is not positive. When cortisol demands exceed what the glands can produce it leads to depleted adrenals, a common condition in today's stressful world.

The thyroid cannot function properly if the adrenal glands are not working in their optimum range. If the adrenals are stressed you may be experiencing a host of symptoms such as allergies, joint pain, rheumatoid arthritis, bone demineralization, infertility, fatigue, colitis and even Crohn's Disease. Many new patients come to me in a frustrated state after trying various treatments. I know to look for the root imbalance which is often thyroid or adrenal related.

It never ceases to amaze me that this device can trace so many things, from breast issues, to blocked lymph, to kidney or liver inflammation etc. as well as the state of the thyroid and the adrenals. AND, all without radiation, without dyes or injections, without squeezing or pressure and best of all NO PAIN.

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Do Relationships Mirror Our Love?

"Mirror, mirror on the wall,

please teach me 'bout love, once and for all."

Earlier this summer, my wife and I celebrated our 22nd wedding anniversary. We decided to get out the old wedding album for fun and take a trip down memory lane. We shared some good laughs and a few squeals as we looked back over the pictures. Those velvet sport-coats and mullet hairstyles were a reminder of more free-spirited times, but thank goodness fashions have changed! As we flipped through the pictures full of bright smiles and warm toasts, a darker side began to emerge: we gradually realized that over half of the couples that attended our wedding were not 'couples' anymore. What happened to their love, we wondered, and more importantly, how had we made it this far in our marriage?

I am the first to admit that our union is not perfect. It has taken a lot of work, perseverance and sacrifice, and there was a particular moment when it was severely tested. My wife confided to me at the time that she needed more personal space and that she was considering leaving me. My first reaction was to go into 'manly' mode and make her feel guilty instead of shouldering any blame for the failure myself. But deep down, I knew that would not solve a thing. I decided to put my ego in my back pocket and focus on love.

Specifically, I decided to mirror love, because what we give out is what we get back. It's a bit like the Law of Attraction. So instead of getting mad or upset when my wife asked for her freedom, I sent her loving thoughts and responded with loving words. She was surprised and touched at my reaction, which made me feel loved in turn. We realized that deep down, we shared an authentic caring, and our relationship healed over time.

Of course, we got better at all those obvious things that are necessary for successful relationships including honest and open communication, growing together, making time for intimacy and romance and, of course, adding lots of play-time. But it was that insight about mirroring love that was a pivotal lesson for me, and I have become freer of other emotional baggage by practicing it. In simple terms, here is how it works: when I express an emotion or thought about someone else, I mirror that same feeling within. So when I find fault in someone else, it invariably turns out that I am exposing that same fault within me. When I express love for another being, I love myself.

I know that I am not alone in my quest to learn more about love and relationships. I hope that my insight will help throw some light on your relationships too. And if you're not sure that it will work, or if you are so mad or hurt in the moment that you don't know whether you're even willing to try mirroring love, ask yourself this: would you rather be happy or right? The choice is yours, but the answer is easy: love if you want to be loved. ➡

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Bobby J. O'Neal, a BC forester also known as Dr. Love, is the creator of the *Syncrohearts Relationship Game*. He has appeared twice on *CBC Dragon's Den* with his game and is now completing an e-book called *Seven Steps to More Loving Relationships*. Bobby and his wife Nancy live in Mission and have one son. see ad below



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Support the Charter of Health Freedom

National Letter Writing Campaign



by Joan Adams

When our elected officials come back for the fall session we need to have their Parliamentary offices full of letters offering a solution to a decades long conflict.

The Charter of Health Freedom is proposed legislation that gives Natural Health Products and Traditional Medicines their own Act. The Charter protects our access to Natural Health Products and Traditional Medicines by creating separate legal category for them. Rather than being deemed as dangerous drugs under the Food and Drugs Act, under the Charter, Natural Health Products and Traditional Medicines will be deemed safe, and we will have choice. We need three million signatures, check out www.charterofhealthfreedom.org to see how we are doing. The Charter of Health Freedom offers an appropriate, healthy, beneficial, safe and well-rooted change for regulating the natural health community.

As a consumer of natural health products and a health freedom advocate, I am very concerned that our government is intending to pass Bill C-36 this fall. I would encourage all Canadians to watch the newly released documentary called "A Question of Sovereignty" www.aquestionofsovereignty.com. In this patriotic and sentimental film, international award winning Writer/Director Kevin P. Miller GENERATION RX, WE BECOME SILENT describes how unconstitutional legislation encompassed by Bills C-51, C-6 which has now reincarnated into Bill C-36 have placed not only basic civil liberties and freedoms at risk, but Canada's national sovereignty as well. The film shares how entangling alliances with groups like the World Trade Organization, the World Health Organization, Codex Alimentarius, the United States and even multi national corporate interests have become so powerful that they threaten to make elected officials in Parliament irrelevant. ■■■▶

Without sovereignty we will have few rights. Please visit www.thenhf.com for full details on Codex, and read constitutional lawyer and health freedom advocate Shawn Buckley's analysis of Bill C-36 at www.nhppa.org

Bear in mind that if Health Canada gets approval for bill C-36, they will be granted police and judicial powers, the right to be judge, jury and executioner at will, to impose fines and imprisonment without recourse to the courts or recompense. These are the powers that Leona Aglukkaq says are necessary for her agency to "protect Canadians against hazardous consumer products". This Minister wants us to believe that this agency honors the rights of Canadians.

Did you hear about the shameful raid against Dr. Eldon Dahl last year, with police holding his family at gunpoint for 11 hours for having folic acid, natural progesterone cream, natural thyroid, etc. at his naturopathic clinic? These products are sold over the counter in the United States. How is it that they are dangerous to Canadians but not to Americans?

Are we to believe that the Health Canada raid on Truehope who makes Empower Plus, a product that was helping thousands of people with bi-polar depression was done for the safety of Canadians? Not to mention this witch hunt cost the tax payers over two million dollars. In the end Truehope won their court case, but unfortunately several Canadians committed suicide because they could no longer get Empower plus in the interim. Health Canada's actions in this case clearly appear to be criminal negligence.

If Bill C-36 was truly about the safety of Canadians, why was leading whistle-blower scientist Dr. Shiv Chopra fired from Health Canada after going public about the contamination in our food supply? These are questions you should be asking your members of parliament and the Health Minister. I encourage you to write letters and phone your MP before it is too late. *Below is a sample letter to get you started writing.*

Dear Minister _____,

I am proud to be a Canadian living in a democratic society that is governed by a constitution which protects the rights and freedoms of its citizens. The right to sovereignty over one's own body is especially important to me because I value the right to choose health practices that are best suited for me and my family. Unfortunately, since 2004 approximately 11, 000 natural health products have been denied licenses due not to their safety but rather due to Health Canada not being satisfied of their efficacy. It is my right to determine whether I think a product is working or not.

I want my health freedom protected and the Charter of Health Freedom does this. The Charter is proposed legislation and was written in the same spirit as the Canadian Charter of Rights and Freedoms by constitutional lawyer, Shawn Buckley. The Charter is just the kind of legislation we need put into law because it ensures the protection of natural health products and the safety of the consumer. As an Act for Natural Health Products, the Charter of Health Freedom gives NHPs their own category. Thus, the Charter properly addresses issues of quality control and labeling for NHPs. The Act also establishes the Ministry of Wellness within Parliament with the mandate to ensure the Charter's principles and regulations are consistently upheld. Finally, the Act strengthens Canada's health systems with protecting alternative and traditional medicines with allopathic practices.

Please visit the Charter of Health Freedom's website at www.charterofhealthfreedom.org to familiarize yourself with the purposed legislation. As my government representative and/or official, I would you like you to publicly support the Charter initiative and help get it passed into law.

Respectfully, _____ (Your name, address and, if you wish, your telephone number or email address)

To print this sample letter visit.... www.charterofhealthfreedom.org/index.php?/charter-challenge

Late Summer & Times of Transition


by Brenda Molloy

Late summer is the beginning of harvest time. Ripe fruits begin to fall to the ground and vegetables are growing big and plump in the gardens. We begin to slow down and enjoy the warm evenings with the realization that soon the warm days of summer will make way for the cooler days of fall. Late summer and times of transition are associated with the Earth Element. Transition time from one season to another is the 12 to 18 day period when one season makes way for the other. Our lives offer us many ways to experience transitions like; moving, beginning a new job, following a new path, separation, marriage, graduation, or anytime that there is a change in our environment or the way we live. Whenever transition occurs the Earth Element in our body strives to create balance for our body, mind and soul. In this article we will explore ways that we can enhance the Earth Element in our bodies to support us through the transition and change.

Adaptability, breathing deeply, enjoying a balanced intake of foods, the ability to relax, as well as preparation and faith are some of the indications of a balanced Earth Element. Conversely resisting change, shallow breathing, nervous eating and apprehension are some of the indicators that the Earth Element is out of balance.

During transitional periods, it is especially important to remain centered and grounded, so as not to move into chaos. A simple grounding technique is to close your eyes and draw your attention inward toward your heart's center away from the external world. Breathe a full deep breath all the way down to the bottom of your lungs which gently pushes your belly out. Exhale and draw your belly button in towards your spine. Continue breathing full, deep, belly breaths in and out a few times. Breathing in through your nostrils and out through your mouth helps to bring your awareness out of the monkey mind and back to your body. Imagine your toes growing roots like a tree that expand down into the Earth. Feel your roots move deeper and deeper into the Earth providing a sense of grounding, support and relaxation. Open your eyes and smile! You have just moved your awareness into the NOW, the present moment, a place of power.

The Earth Element is also associated with digestion. Enjoying a balanced diet of healthy foods is essential for a strong Earth Element. Avoid nervous eating, excessive sweets, eating on the run or watching television or reading while eating. Allow time to sit following meals to give the body time to digest and assimilate the foods you have just enjoyed. Foods that nurture the Earth Element include: millet, sweet potatoes and yams, chickpeas, chard, artichokes, parsnips, pumpkins, squashes, spinach, sweet corn on the cob and nuts. Apples, bananas, dates, figs, sweet grapes, mangos, papayas, raisins and sweet cherries are some of the Earth building fruits.



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Choose to practice good habits and avoid negative thoughts and ruminating. Rumination and worry work like negative prayer and call what we do not want to us. Instead choose to see situations working themselves out in the best possible way and be open to receive the best.

This is the season to begin an exercise program. Strengthen your body by working with light weights as well as running, swimming, and other sports. As the outside temperature gets cooler it is important to practice loosening and stretching exercises to help your body and joints stay loose and supple. Forward bends to touch your knees, calves or toes, backward arches, and side to side stretches help to warm cold muscles and joints. Going slowly and not beyond your limits will encourage your body to stretch and open up. This will keep the muscles strong and relaxed while preventing pains and injuries.

Relax and enjoy the Late Summer. A time to harvest and store the fruits and vegetables that sprouted in Spring and grew during Summer — as well as the visions and goals of Spring that took action and formed in the Summer. When we are prepared, change will flow in harmony with the seasons, creating easy and grace. Choose to nurture your Earth Element when the seasons change, when you travel, and whenever the Winds of Change blow through your life.

see ad above

Theta Healing™ - Creating Miracles in Your Life by Maria Gould

Do you believe in Miracles? I do! I have seen Miracles happen each and every time I do Theta Healing! I have witnessed a baby coming off life support when the mother had lost all hope. I have seen a tooth abscess disappear after only 20 minutes of Theta Healing™. I have seen all sorts of pains in the body dissolve and be replaced with a feeling of ease and Grace.

The birth of Theta Healing was in 1995 when Vianna Stibal, founder of Theta Healing, healed herself of lymphatic cancer in her right leg, instantly!

Before her healing, she walked with crutches, afraid to place any weight on her right leg in fear of it crumbling beneath her. The cancer was eating through the bone, making it extremely brittle and painful. Her leg was swollen to twice it's normal size and the pain itself was excruciating. But life had to go on, she had three small children to support and she was determined not to leave them alone in this world. And as she hobbled into do another reading and healing for another person, she made a silent plea to the Creator Of All That Is ... "Creator, why me? I have so much I want to do in this world. Can this be healed?"

As a little girl, Vianna had always had a great connection and love for Creator. Her mother had always told her, "Vianna, if you ask you shall receive." And on that day in 1995, Vianna received a Miracle for herself. She asked Creator to heal her cancer and she walked into that room to do another reading. Her cancer was gone, her leg was strong and normal size. People that witnessed this gasped in awe. Miracles do happen!

From that instant, Vianna made a vow to the *Creator Of All That Is* to teach the world the techniques of Theta Healing. If she could witness Miracles, so could others. Classes in Theta Healing are taught all over the world and there are practitioners and instructors of these techniques in almost every country.

After doing more than 30,000 intuitive readings and healings, Vianna realized that all dis-ease in the body has a root in our subconscious. Our subconscious beliefs actually create different diseases and disorders. The body is just following instructions that are given by the DNA and our subconscious thoughts. Our subconscious makes up over 90 percent of our thoughts. These are the thoughts that are so deep that they are not always heard. Thoughts like, "I am not worthy of good things. I am not safe to be myself. I hate myself." And no matter how much we try to make changes in our life, things never seem to go our way.

Science is now starting to prove that our DNA responds to our thoughts. Dr. Bruce Lipton Ph.D, the author of *Biology of Belief* is a cell researcher that has proven that our DNA responds to energies outside of itself, or to our thoughts themselves. What would your DNA be doing if it was reading your thoughts? Theta Healing gives us a way to tap into the subconscious to find these limiting beliefs and change them instantly through prayer to the Creator. The only prerequisite for Theta Healing is a belief in a higher power. Theta Healing is

not affiliated with any belief system and is open to all spiritual paths.

So how does Theta Healing Work? If you had a Theta Healing session, whether in person or over the phone, the session may look like this. The practitioner would ask what you would like to work on and what aspect of your life would you like to be better? Then we would ask permission to do an intuitive reading. And with your consent, we would connect with the Creator through the Seven Planes of Existence and ask Creator for a reading.

We would teach you simple muscle testing to allow us to confirm subconscious beliefs and programs. When the practitioner and client come across a belief that is limiting, with the clients permission this belief can be changed instantly through the Seven Planes of Existence.

What is The Seven Planes of Existence, you ask? The Planes are how the energies of the world we live in are organized and these planes exist within and around us at all times. Through learning to accessing these Planes through the Creator allows us to witness wondrous things and not be limited by the Laws of each of these Planes. When we move our consciousness out of our own paradigm, by moving through the Seven Planes of Existence, we enter a Theta brainwave. Theta brainwaves are how we access the subconscious thoughts and programs. *continues to far right*



Maria Gould Theta Healing™

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Powerful or Powerless, Which One Are You?

By Pamela Shelly

As a young child we often learn early how to behave to be accepted and get our needs and wants met. Instead of learning how to love ourselves, honor and act on our feelings, we were taught how to behave by pleasing our parents to get our perceived needs met. We then took this conditioned behaviour to school and learned that our academic performance and sitting quietly was the accepted norm. Instead of nurturing our uniqueness, variety of personalities, skills and abilities it often suppressed these qualities. What about the ones among us who were bored stiff with some subjects and were thrilled at expressing our creativity in art or drama? What about the ones who learn best by hands on and not being lectured to for hours on end? What about the ones that have trouble sitting still and have boundless energy?

Next was our need to be accepted by our peers and fit in. Often this meant going along with the strongest, most persuasive of the bunch and not standing up for ourselves. Then we get into college or university and often go into the area of study that is most accepted, often influenced by our parents and society according to their beliefs. Often these beliefs of what would signify a 'successful' career has been about how much money can we make rather than based on our gifts and what we are passionate about. Once we have graduated, we have another area of giving our power away by often accepting the first job we are successful at getting rather than checking in with our feelings to know if it is the best fit for us. Our self-image is usually so low and compromised at this point we are just happy to be employed.

Love relationships are another huge arena for giving our power away. How often do we behave completely foreign to our true self for fear of rejection, anger, confrontation, abandonment and the list goes on. We have often done it with the medical system as well. We have learned to think of Doctors as Gods and to trust every word that comes out of their mouths. Don't get me wrong, I do believe they have a lot of wonderful information and abilities but there are areas they are not trained in. This is where we need to take back our power and realize they are gifted in certain areas of expertise but not all areas and misdiagnosis does happen. We have also given our power away to the prescription drug industry. Rather than always treating symptoms, each of us needs to delve into the core root issues that are creating the symptoms.

The outcome of all the disempowerment and conditioning we have gone through is that very few of us know who we truly are. We wrap our identity up in our careers, our family or some area we feel we excel in. This is not who we truly are. We end up feeling more and more miserable inside and our outer world reflects this. Many of us end up feeling burned out, numb, angry and feeling like defeated victims.

Pamela Shelly

is a Transformational Teacher with years of multifaceted training and works closely with the Archangels and Ascended Masters.



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There is HOPE! Once we wake up and choose to take responsibility for what we have ultimately created, then we can begin to make different choices. We can reclaim our power, honor our feelings, set firm boundaries, forgive ourselves and others and create the life of our dreams. This is where it begins as we start to delve into discovering who we are and what kind of life we want to create. What brings us joy and passion? Who and what do we consciously choose to give our time, energy and power to? When we can risk being rejected, not approved of, and even unacceptable to some people, then we are well on our way to being in our Power.

see ad above

Theta Healing *continues*

These programs can be on many levels. In Theta Healing we are taught that there are four main levels that beliefs can be on. The Core Level is beliefs from childhood. The Genetic Level is beliefs from our ancestor that are still held in our DNA. The History Level is a part of the Collective Consciousness beliefs. And Soul Level is beliefs that are held as a theme and taint all aspect of who we believe we are. When changes are made, they are made all on levels.

Remember, Theta Healing emphasizes that Creator does the healing and the practitioner is the witness to these healings. A Theta Practitioner helps you become aware of limiting beliefs and asks for changes to make space for Grace and Miracles. There is more to Theta Healing that is hard to articulate into words. It truly is something to be experienced.

see Maria's ad to the left Lyn, another Theta Healer has ad on page 25

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Food for Thought

with Marion



In the articles I have written so far, I have had a thought, or someone made a comment to me, which I decided to investigate and from the information I glean I write an article. However, this time, it seems like I am peeling off layers of an onion... my original intent was to find out what is in our food, besides the dreaded MSG but, felt stumped. With easy access to the internet I have now awakened!

People told me about this great movie called *Food, Inc.*, so I called the local library to see if I could borrow it. Sure enough, I am 66th on the list.

In an effort to find out the contents of this movie, I stumbled upon two internet sites infowars.com and prisonplanet.tv where the narrator, Alex Jones talks about chemicals laced in our foods, and fed to the animals we eat and even on the seeds planted to prevent bugs from destroying them. Alex claims that 85% of the corn grow is genetically modified with their own pesticide within the kernels. When lab rats ate this corn they got sick, became sterile and some died. However, Monsanto managed to get this passed through government agencies.

On the positive side, Alex advises that we, as the consumers, have a much bigger voice than we realize. He cites the tobacco industry and their claims that cigarettes were not harmful, but with enough people speaking out and standing up for their rights, the truth of the matter came out. He also shows that toothpaste manufacturers are beginning to produce toothpaste which does NOT have fluoride. It is on the shelves in stores, because we have asked and are willing to pay for it.

'Every dollar we spend is a vote for what we believe,' is a quote that Issues has printed for the past twenty years and it is becoming more clear to me as to what this means as I become more pro-active about the foods I put into my body. I know that large corporations bottom line is mostly about profit and that processing food extends the shelf life. Any fat or oil that is healthy for the body and brain goes rancid at room temperature in a short amount of time. Hence, in order to decrease spoilage and increase profitability, fat or oil-containing food products that have to be stored at room temperature need to have transfat - containing synthetic fats and oils added, making the food a potentially toxic and definitely less-nourishing one. The same goes for vegetables and fruits that are at risk of fungal or bacterial infestations during growing, storage or transportation stages. Synthetic pesticides, herbicides or fungicides will definitely extend the shelf life of fruits and vegetables but at the same time there is a poisonous and ultimately disease-producing substance added to the food.

Hopefully I will be able to see the movie *Food, Inc* before the next magazine is printed, so that I can report my findings. I am told it promises to be an "eye opening experience and we will never see our dinner the same way again".

If you think Alex is an "alarmist" of sorts.... just remember, where there is smoke...there is usually some fire.... and here are some facts about the movie.

Food, Inc. is a 2008 American documentary film directed by Emmy Award-winning filmmaker Robert Kenner. The film examines corporate farming in the United States, concluding that agribusiness produces food that is unhealthy in a way that is abusive of animals and environmentally-harmful. The film is narrated by Michael Pollan and Eric Schlosser. The documentary generated extensive controversy in that it was heavily criticized by large American corporations engaged in industrial food production.

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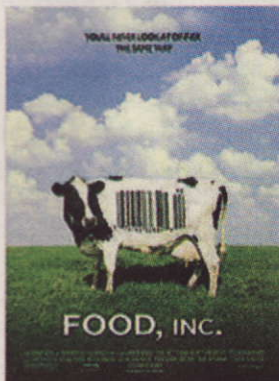
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The film took three years to make. Director Kenner claims that he spent large amounts of his budget on legal fees to try to protect himself against lawsuits from industrial food producers, pesticide and fertilizer manufacturers, and other companies criticized in the film.

An extensive marketing campaign was undertaken to promote the film. A companion book of the same name was released in May 2009. Stonyfield Farm, an organic yogurt maker located in New Hampshire, promoted the film printing information about it on the foil lids of 10 million cups of its yogurt in June 2009.

The film has been highly rated by critics. The Staten Island Advance called the documentary "excellent" and "sobering," concluding, "Documentaries work when they illuminate, when they alter how we think, which renders *Food, Inc.* a solid success, and a must-see."

The Toronto Sun called it "terrifying" and "frankly riveting". The San Francisco Examiner was equally positive, calling the film "visually stylish" and "One of the year's most important films..."

The paper called the picture's approach to its controversial subject matter "a dispassionate appeal to common sense" and applauded its "painstaking research and thoughtful, evenhanded commentary."

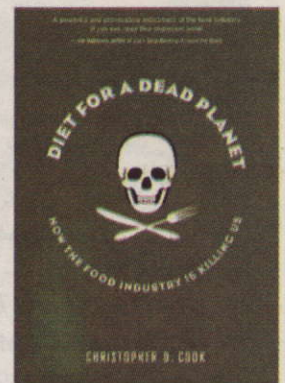
And if you prefer books as a wake-up call how about reading *Diet for a Dead Planet* by Christopher Cook www.dietforadeadplanet.com

If we are what we eat, then, as Christopher D. Cook contends in this powerful look at the food industry, we are not in good shape. The facts speak for themselves: more than 75 million Americans suffered from food poisoning last year, and 5,000 of them died; 67 percent of American males are overweight, obesity is the second leading cause of preventable death in the United States and supersizing is just the tip of the iceberg; the way we make and eat food today is putting our environment and the very future of food at risk.

Diet for a Dead Planet takes us beyond Fast Food Nation to show how our entire food system is in crisis. Corporate control of farms and supermarkets, unsustainable drives to increase agribusiness productivity and profits, misplaced subsidies for exports, and anemic regulation have all combined to produce a grim harvest. Food, our most basic necessity, has become a force behind a staggering array of social, economic, and environmental epidemics.

Frances Moore Lappé, author of *Diet for a Small Planet* and *Hope's Edge* said "...Let our food catastrophe be our wake-up call! We may be the first species to "choose" a diet that is killing us and destroying our planet. But *Diet for a Dead Planet* provides the big picture, along with fascinating details, to motivate change before it's too late. Armed with Cook's compelling exposé, we don't have to be victims. We can choose life."

John Robbins, author of *Diet For A New America*, and *The Food Revolution* Founder and Board Chair Emeritus, and EarthSave International said... "In the epic tradition of all great muckrakers, Chris Cook exposes the forces that have turned our way of eating into something far different from the nourishing, life-giving reality it is supposed to be. In this well-researched and hard-hitting book, he lifts the veil and reveals what you can do to bring food and agriculture back from the brink. This book is a forceful reminder that food should be - and can be - a way of life, not a way of death, for communities, our bodies, and the planet."



The Cook's Corner

Vegetarian Recipes from the Johnson's Landing Retreat Center

A simple and easy to make, high protein, lunch or casual dinner offering is our Tofu Burger recipe. North Americans can reap the benefits of Tofu in our easy-to-relate to burgers. You can freeze the extra Tofu Burgers in airtight plastic bags. I recommend you cook with Organic Tofu to avoid genetically modified soybeans. As Fall approaches potatoes are fresh and abundant so let's make a batch of potato salad to go with our burgers... Yummmmm.

Bon Appetit, *Richard*



Tofu Burgers makes 8 to 10 burgers.



Ingredients:

- 1 pound of extra-firm **Tofu** (Herb Tofu if available)
- 1/4 Cup **Braggs or Tamari** (Soy sauce)
- 2 tsp. **Garlic Powder** -or- 2 large **Garlic Cloves** crushed
- 2 tsp. **Basil, Oregano & Parsley**
- 1 tsp. **Spike**-Spice Mixture (Optional)
- 1/2 cup of **Whole Wheat Flour**
- 1/4 cup **Nutritional Yeast**
- 1 **Egg**
- 1 Cup of **Bread crumbs** -or- 1/2 Cup **Sesame Seeds**
- 4 Tablespoons of **Olive Oil**

Directions:

Mush the Tofu into a bowl using a fork or a pastry cutter. Mix in the Braggs or Tamari, then the garlic, basil, oregano, parsley and Spike. Pre-heat the oven to 350 degrees. In a separate bowl mix the whole wheat flour with the nutritional yeast then stir it into the Tofu mixture. Beat one egg then stir it to the Tofu mixture. After thoroughly mixed, form into patties and dip both sides in Bread crumbs or sesame seeds. (1/4 cup portions flattened out make a nice size burger). Bake on an oiled cookie sheet at 350 degrees for around 1/2 an hour until golden brown.

Serving Suggestion: Serve on buns or hearty bread with slices of sweet onion, tomato, lettuce, alfalfa sprouts or lettuce, ketchup, mayonnaise and dill pickle slices. You can always melt some cheese on the burger just before it is finished cooking.

Utensils: cutting board - knife, measuring cups and spoons - 2 bowls - a fork or a pastry cutter - wooden spoon - rubber spatula - metal spatula - cookie sheet, Pot with lid

Potato Salad makes 4 servings

Ingredients:

- 3-4 Cups of **Potatoes** (red are my favorite)
- 1/2 Cup of **Chives** chopped
- or- finely chopped **Onion**
- 1 **Celery** stalk finely chopped
- 1/2 Cup Mayonnaise 1 Tbsp. **Olive Oil**
- 1 Tbsp. Apple Cider **Vinegar** -or- Wine Vinegar
- 1 Tbsp. **Parsley**
- 1/2 tsp. Dry **Mustard** Powder -or- wet mustard
- Salt & Pepper** to taste
- Lettuce** and **Paprika**

Options: Add any of the following ingredients chopped small: Hard cooked Eggs - Olives - Pickles - Cucumbers - Radishes - Red Peppers - cooked Green Beans

Directions:

Step 1: Cook the potatoes with skins on in 1-1/2 inch of water in a covered pot. Bring to a boil then turn down to simmer for 30 to 45 minutes, depending on the size of the potatoes. Check with a fork for softness. They are easier to peel while still warm. Cube into 2cm chunks (fork size). Add Salt and Pepper to taste, approx 1 tsp of salt and a few shakes of pepper. In a bowl mix the Onions - Celery - Mayonnaise - Olive Oil - Vinegar - Parsley - Dry Mustard. Add the cubed potatoes stirring gently to coat them without breaking them. *Add any optional ingredients. Serve on a bed of fresh lettuce and sprinkle with paprika. Decorate with slices of fresh vegetables.



CALL FOR NATIONAL FOOD SECURITY POLICY

by Richard from Johnson's Landing Retreat Center

The other day I was reading one of our small local newspapers and I came across an article on national food security. Having already been exposed to the idea of world wide food shortages caused by climate change, the loss of arable land and rising transportation costs I was intrigued to see what suggestions were being made. It brought to mind the story of when Cuba was boycotted by the U.S. and imported food and fuel supplies virtually stopped, the entire future of the island was in jeopardy. The Cuban government encouraged the people to develop a self sufficient food supply and brought the country back from the brink of a humanitarian disaster.

It turns out that the newspaper article I was telling you about was focusing on our local MLA, Alex Atamanenko's, across Canada, 'Food for Thought Tour' earlier this year. I was impressed enough to re-print the Executive Summary below.

In June 2008, Jack Layton launched the NDP "Food for Thought" tour. Over 18 months, 28 communities throughout Canada were visited to collect information on the state of agriculture in Canada. Participants around the country were almost unanimous in affirming that Canada should ensure its food security and food sovereignty. According to them, Canada should assert them by developing a 'comprehensive food strategy that ensures every Canadian has access to healthy food, that helps local producers sustain their farms and that protects our agriculture sector for future generations.

Food security is the capacity of everyone to have access to healthy food produced in an environmentally sustainable way. As for food sovereignty, it is defined by the International Assessment of Agricultural Science and Technology for Development (IAASTD), an intergovernmental panel involving Canada and 60 other countries, as the right of peoples and sovereign states to democratically determine their own agricultural and food policies.

Participants stated that our current system promotes the least healthy foods in our supermarkets and that these foods have caused many health problems. They argued that Canadians should have the proper information to choose the food they eat. To this end, participants suggested that we teach students to produce and prepare foods, and ensure products are properly labelled to indicate their origin, their nutritional value and whether they are genetically modified or not. They also maintained that a comprehensive food strategy would require the government to apply the same environmental and health standards to imported food as those applied to Canadian products.

If Canadians are to access local food, participants argued that new initiatives to support local producers are needed.... including farmer's markets and agriculture co-operatives, and

an alternative set of regulations for small-scale producers to counteract the decreasing access to the facilities they need. Some suggested the federal government could promote local producers by having our federal government supply federal institutions with local food and encouraging other level of governments to do the same.

Participants also emphasized the fact that farmers have seen their income decrease and their debt level increase in the last 20 years even though market access improved tremendously during the same period of time. They pointed out that only a small portion of agriculture revenue returns to producers. They insisted that Canada's current agriculture model sustains industrial producers and international trade more than our own food security and our local producers. To this end, they called for an analysis of the impact of our trade agreements with other countries, and an assessment of how these agreements could be renegotiated to ensure a more sustainable agriculture sector and to improve the life of farmers.

Participants also saw the future of our agriculture sector as a priority concern. They proposed preserving the biodiversity of our seeds, breeds and produce through a Heritage Breed Act to protect traditional practices as well as local products.

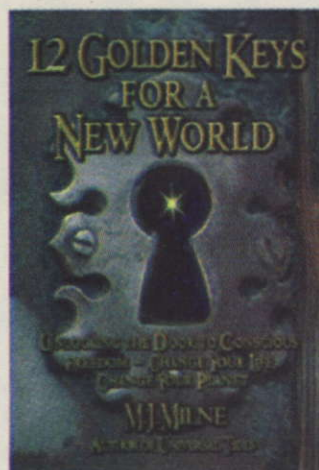
Also, as the average age of farmers is increasing and very few young people are taking up farming, participants felt that measures are needed to help young people get into agriculture. People interested in farming should have easier access to arable land and appropriate training to produce the healthy food Canadians want to eat.

Those who took part in the "Food for Thought" tour across the country clearly believe food is not just another commodity. It is essential to the quality of life of all Canadians. Seeing many other countries acting to ensure their own food security, Canadians told us that it was time Canada stepped up to the plate and implemented a comprehensive food strategy to guarantee Canadians will have access to the food they need for generations to come.

I encourage every one to support local food markets and CSA's (Community Supported Agriculture) where you buy a share of a local farmers crop.

For a copy of the report: www.AlexNDP.ca

Alex Atamanenko is the Federal NDP Agriculture Critic and the MP for B.C. Southern Interior who is, without exaggeration, simply the most humble, caring and hard working politician I know, regardless of party. His caring for the land and knowledge of it, is impressive and I feel grateful that he represents me in Ottawa.



12 GOLDEN KEYS FOR A NEW WORLD

Unlocking the Door to Conscious Freedom ~ Change Your Life, Change Your Planet
MJ Milne • www.12GoldenKeys.com

I think it is great that so many local writers are publishing books, proving that we are awakening. MJ Milne was a bus driver and in 1983, when she had a strange experience. For three days in a row, a man waited at one of her bus stops, but he never boarded. On the last day, he gave her a message. After this she heard a "calling" and began to take her life in a different direction. During the 1990's, MJ had a powerful spiritual awakening experience and is open to discussing her spiritual journey and principles with other spiritual seekers.

These 12 keys she describes are for conscious living, showing ways to live life with divine love, no matter your spiritual path or religious background and includes stories by over twenty-five writers from all walks of life who share their exuberance for life.

She want you to live the life you were born to live by communicating with your soul. She encourages us to let go of worry, fear, and stress in your life and trust in Source/Spirit more.

She believes the New World Age has begun and defines it as the fall of Aggressive wo/man and the rise of Spiritual wo/man. At this critical cross-road we will have to change the way we live if we are to thrive.

Reviews with *Angèle*



The Matrix Energetics Experience

Shift Your Consciousness with the Healing Energies and Hidden Frequencies of the Universe
Richard Bartlett
from www.SoundsTrue.com

Born from a set of energetic treatments that Bartlett discovered in his chiropractic practice, Matrix Energetics has evolved into a "technology of consciousness" for insight, healing, spiritual growth—and living a life unbound by the limits we have been trained to believe. Part wisdom, part science, part humor, so we can perfect the art of transforming life. He implies that we live in a universe made of consciousness and light, where what we think of as "real" can shift as quickly as our minds let it. If you are ready to embrace a reality where anything goes, miracles happen; and nothing is beyond your reach, then you are ready to listen to Richard. Which I did twice while driving on my route. Still not sure how much of this guy is for 'real.' Interesting concepts that might work for some people. A friend of mine went to his workshop in Seattle and thought he was great but her life has not changed. Listening to words and living the change are separate realities.

Box includes: six audio CDs
A workbook featuring the Two-Point Technique of the 21 fundamental frequencies of the universe.
A DVD of Matrix Energetics in action.
Forty one cards with details of the properties of the 21 frequencies along with 20 inspiring and mind-expanding contemplations.



PASS THE JELLY

Tales of Ordinary Enlightenment
Gary Crowley
www.SentientPublications.com

Refreshing is the best way to describe this delightful and easy-to-relate-to book about enlightenment.

I enjoyed the various flashbacks to his childhood and resonated when he spoke of the teaching of 'Master Po and Grasshopper' that he learned from the TV series Kung Fu in the 1970's. I believe they influenced my thinking as well but I never thought about it the way that Gary does.

The story starts with an automobile accident, then advice from a wise tow truck driver as he entwines realizations from his childhood. In the end he realizes that working for the corporate world is sucking the life out of him. Today he continues to die out to perspectives that no longer serve him.

The Pass the Jelly Principle which he learns from his Dad is... 'People do what they do. And that is it. They would change it if they could, but most can't, so we accept them as they are.'

He helped me see the chain of cause and effect and states that "when you pick up the stick of life, you get both ends."

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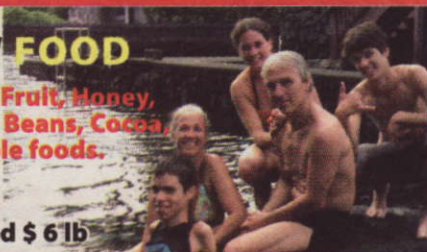
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