

# ISSUES

for **EMPOWERMENT**

MAGAZINE ESTABLISHED 1990



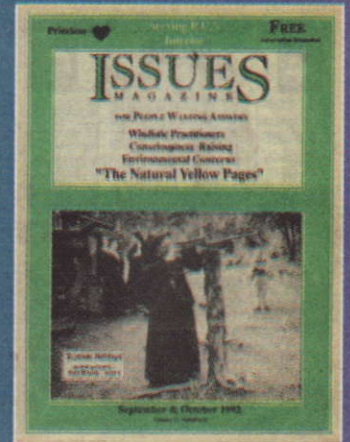
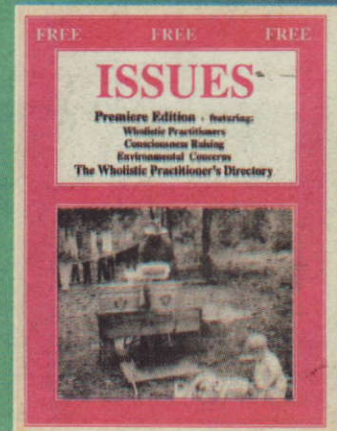
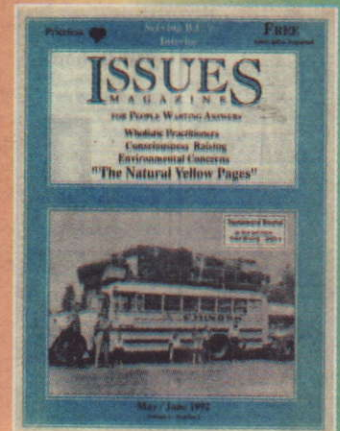
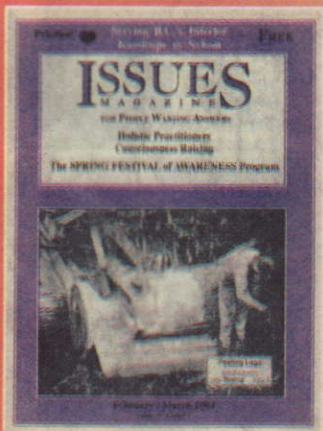
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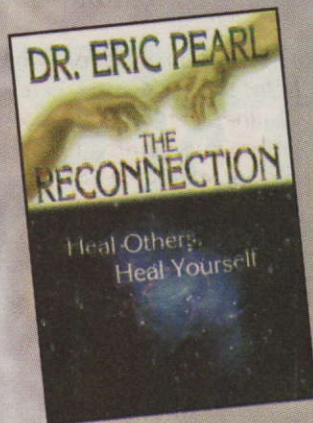
## February and March 2010



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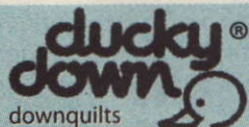
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# ISSUES

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MAGAZINE

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love 5 times a year.

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

Our mission is to provide inspiration  
and networking opportunities  
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20,000 to 25,000 copies are  
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if space is available.

## Musing

with *Angèle*, the publisher



Happy Birthday! Issues Magazine for Empowerment is twenty years old. I knew very little about computers and even less about the print industry when I started it. A big thanks to my mom for supplying me with enough fantastic homesteading photos to create front covers for ten years. In those days, I did not own a laser printer because they cost too much. I printed rough proofs on a dot matrix printer, and then put them on a disk and took them to a print shop. I spent most of a day cutting and pasting the images. I then chose the color of the month and gave the finished pages to Webco Press to print 5,000 copies. If you look at the lower magenta magazine featured on this month's front cover, you will notice there is no date on the premiere edition. It took six months before the 'light went on' and I added the dates and the names of the people in the photos.

So how does a woman with just basic English skills and no computer knowledge get to be the publisher of a magazine and make a living at it for over twenty years? Trust! For me it was trusting the knowingness in my heart and sticking with the plan. I know some of you have heard this story before, but it bears repeating at this special time. I was facing giving up my job as a lifeguard because my inner voices were shouting at me to move on with my life. I asked them to take the pressure off for six months so I could complete my obligations and figure out how to make a living without union pay. When that time was up, it would have been easy to pretend that I had not made the deal since work had improved. But since I also believe in angels and "a promise is a promise," I handed in my resignation, cried a few tears and accepted that my life was about to change. I had come up with some ideas of what to do and that helped quiet the unrest in my mind.

Shortly thereafter, I was going for a walk when I heard a voice in the sky that said I was to start a magazine and call it Issues. For years I had been distributing the Vancouver magazines Shared Vision and Common Ground in the BC Interior, and I did think that the Okanagan should have its own magazine. After I heard the voice, I decided to visit Vancouver and talk to the publishers at Common Ground, who said they had tried selling advertising in the valley and found it difficult. Samaya at Shared Vision said, "If I can do it, anyone can." I liked her answer, so I applied for a Communities Future grant and traded in my UIC benefits for a chance to be creative and network people and ideas. At this point, I had also organized my first Spring Festival of Awareness, which I inherited from the Vernon Metaphysical Society. I needed a computer with a publishing program and as magic would have it, I traded it for room rent. Co-incidentally, my oldest son had just moved to college and his room was empty. The rest is history. Issues magazine continues to be published because of the guidance of my angels and my determination that alternative magazines are important.

Going through the old editions and scanning them for the front covers, I got to muse over my learning curve in publishing. About five years after I started, one of my original advertisers said, "The magazine is starting to look good!" I smiled and said, "I always thought it did!" I am ever so thankful for the suggestions, guidance and support over the many years from practitioners and writers. Laara Bracken, who still advertises, was in the premiere edition right beside my one-hundred-word Musing column where I talk about looking the word up in a dictionary, which shows how limited my English skills were. My angels had told me to write a column and call it Musing, so I did my best. Then my angels manifested me a top class editor who took the time to explain the basics and refined my words so they had order and read well.

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# STEPS ALONG THE PATH

It is time for some mid-winter humour, so let me tell you a story that happened on one warm summer night out in the Prairies. At that time, the early 1970's, I was living with my girlfriend Jean in a two-storey farm house surrounded by hundred of acres of grain. My business partner Bob was living with us and he was staying in the bedroom just off of the kitchen on the main floor. We had a small auto rebuilding shop in the garage where Bob and I would spend our time working on vehicles.

At the end of the day we all went off to sleep, Bob went off to his room while Jean and I went upstairs to our bedroom. Just before we climbed into bed I took our alarm clock and set it for two o'clock in the morning, then we headed off to dream land. Sure enough at two a.m. the alarm went off and I quickly stuffed it under my pillow so that it would not wake Bob up. Jean and I got dressed as if to start our day then we went downstairs and turned on every light in the farmhouse. As soon as I got into the kitchen I hopped up on a chair and re-set the clock to 7:30. Jean and I set the table for breakfast and took stuff out of the refrigerator ready to prepare the morning meal. Next I turned on the stereo then went over to Bob's bedroom door and knocked real hard, saying 'Bob, it is time to get up'. Jean and I made lots of noise rattling the pans on the stove and clanging the dishes around on the table.

....No response from the bedroom so I knocked again, 'Bob, breakfast is almost ready'. Finally out of the bedroom walks Bob with his eyes almost closed, and of course they should be as it is the middle of the night. He heads directly

into the bathroom and we continue to make lots of busy breakfast preparation noises. We are not actually cooking anything, we are just making a lot of busy kitchen noises.

Well, Bob finally emerges from the bathroom, his eyelids still at half-mast. So I say to him 'breakfast is on its way, why don't you go out to the shop and turn on the lights'. Keep in mind that the kitchen clock says it is 7:45 a.m. so the farm house would normally be in full daylight by now.

Bob is obviously just marginally functioning at 2:15 in the morning and does not seem to notice the apparent lack of daylight. So he opens the kitchen door and heads out into the darkened farm yard in the direction of the shop.

As soon as Bob was out the door Jean and I put all of the dishes, silverware and pots and pans away. Then I grabbed the kitchen clock and re-set it to 2:15 in the morning. Lastly I turned off the stereo and switched off all of the lights in the house. We both ran up the stairs, hopped back under the covers and went back to sleep, knowing that standing somewhere out in the dark farm yard was Bob. ....When morning actually did come, Bob got up still looking a bit dozy, but he never did said anything about what had happened.

Over thirty-five years have passed since this event took place and even though I have seen Bob many time since then he has never asked about what happened that night on the Prairies. Clean fun, good laughs and another step along the path.

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

**Namaste***Richard*

# Issues Magazine 20<sup>th</sup> Anniversary Give-aways

- Two FREE Spring Festival passes
- a FREE business card sized ad
- \$100 credit at Johnson's Landing Retreat Center toward a 2010 workshop  
*see ad on page 37*

Please go to  
[www.IssuesMagazine.net](http://www.IssuesMagazine.net)  
and fill in the questionnaire.

*Musing continued from page 6*

By the end of that first year of publishing and second year of organizing the Spring Festival of Awareness, my husband of twenty-some years had had enough of this New Age nonsense and my switch to being a vegetarian. He gave me two options: 1) go back to who I was, or 2) allow him to find a new mate. I asked God what to do and he said, "Karmically, it is over. The choice is now yours." The day after our decision to separate, I ran down our split-level staircase, something I did many times each day, but today I noticed how light my feet felt. I stopped for a moment and realized that I had a new sense of freedom and lightness in me. Our separation had more moments of magic in it than the last five years of our relationship, as we both surrendered to the change that was needed.

The change-over wasn't all sunshine and roses. There were certainly moments of fear, like the morning I awoke and turned ice cold while still in bed. I had started to think about where I could move to and what I needed to do next ... One day, I will compile my many stories with the intention of inspiring young people to listen to their inner guidance. I am told it will be titled, *The Making of Angèle*. A person whom I have known for a while has agreed to move to Johnson's Landing this summer to learn computers. She will slowly take over the publishing, allowing me time to focus on this and others projects.

I have also always paid close attention to the intermittent messages that come from the ethers. I love that I have the flexibility to say yes to a task that I don't know how to do. I assume I will get shown, for I have learned that once I am committed, the answers always come. I am also happy that writing my column Musing over the past twenty years has documented some of the emotional process work that I have done. It is very important to feel our feelings, speak our truth and allow our hearts to stay open.

If you are a regular reader of Issues magazine, then you have already stepped onto the path of awareness. If you want to know more about some transformational awareness workshops, please respond to the various advertisers in *Issues* or join us at the Spring Festival of Awareness, April 23-25 at Naramata Centre. The 2010 Johnson's Landing Retreat Center Events Calendar is also available which lists inspiring workshops throughout the spring, summer and fall.

You could also win a FREE pass to the Spring Festival of Awareness. See the details above and go to our new website: [www.IssuesMagazine.net](http://www.IssuesMagazine.net). Let me know why you read *Issues Magazine*, how you found your first copy, etc.

I appreciate all those who have already shared enriching information with me. I intend to carry on the *Issues* tradition of expanding consciousness. I know how important it is that we wake up to the reality that we co-create our lives and to honour our unique challenges as we explore consciousness, allowing it to change us.



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# Are you washing with CORN?

Nina George

How many times have you seen the ingredient decyl glucoside in your 'natural organic' body wash or cleanser? Decyl glucoside is the new sexy natural cleanser in the cosmetic industry. It is the ingredient of choice for natural/cosmetic body washes and/or cleansers. You will find this ingredient in some products sold in Health Food stores.

Decyl glucoside is a surfactant. Natural soaps – a mixture of oils and an alkali – are also surfactants. Surfactants reduce the surface tension of water allowing dirt to be easily lifted off a surface. Decyl glucoside is considered one of the new generation of surfactants produced by the oleo-chemical conglomerates to replace sodium laurel sulfates which were derived from coconut oil.

The production of alkyl glucosides requires alcohols and corn for a base which are then exposed to strong acid catalysts and high heat to break apart the original molecules. The catalyst used may include sulfuric, paratoluenesulfonic, sulfosuccinic, dodecylbenzenesulfonic, or dinonylnaphthalenesulfonic acids. This method of breaking down a natural product into isolated ingredients creates a large waste problem for our waterways, as components of the process such as the toxic catalysts must be disposed of. The degree of processing and use of intermediate reagents like sulfates negates the claim that decyl glucoside is a natural body product.

So why do cosmetic companies want to sell deconstructed products (cleansers and body washes) instead of the real thing like castile soaps? Well, for the same reasons many people prefer Wonder Bread to a whole wheat artisan handmade loaf.

Deconstructed and chemically re-engineered products such as decyl glucosides are created to fulfill the consumer demand for a high foaming product that can be pumped from a bottle. In one word - convenience. Authentic castile soaps are not thickened with corn sugars and may appear more liquid but the concentration of surfactant ability is greater in a castile soap.

High foaming has been engineered into the properties of corn sugar soaps like the fluffy attributes in Wonder Bread. Corn is subsidized by the US government and petrochemical companies. Corn relies on heavy petroleum inputs and growing corn is part of the vicious cycle of petrochemical dependency for agricultural products. Because corn is such a cheap commodity, a whole array of deconstructed foods and cosmetics are now produced from it. If you want fluffy white bread buy decyl glucoside products. If you prefer whole wheat artisan bread, then buy authentic castile soaps.

Mountain Sky's natural authentic castile soap is produced with simple natural oils, essential oils and an alkali - soap created using the same processes as our ancestors. Mountain Sky soaps retains its natural glycerin to create a milder natural authentic soap. You can find Mountain Sky's products in quality health food stores, grocery and gift stores. *see ad*

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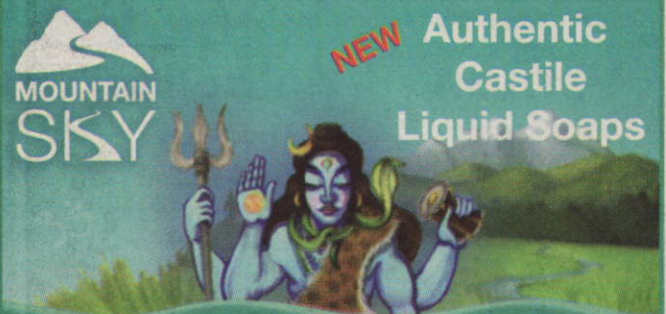
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## I have 16 Angels

by Marie Jeanne Fenton

It have always been guided and protected by a power of love and guidance so powerful, so embracing that like a mother's embrace, I always knew it would be there at just the right time and place. I never had to think about it. It is a gift of grace, there when most needed.

Recently I was able to have the presence of my angels confirmed, and learned how to ask for help and understand that they love their job, that it is okay to call on them. You can ask direct questions of your angels and receive clear answers with a little help. It is not a 'secret,' we just need to know they are there, and that we can talk to them and if asked they will help.

This awareness became available to me through a profound healing session with Carelyn Hales. She helps people receive direct help from the Archangels to clear, heal and manifest on all levels. That is how I learned that I have 16 angels that lovingly protect and guide me, and that a lot of times they have protected me when I thought it was my street-smartness, luck or cleverness that sustained me. Fortune, love, protection and abundance come with wings. I now go through my day with my angel cloak around me. Thank you, dear ones.

*Marie Jeanne Fenton  
organizes the HAAO practitioners and  
co-ordinates the Health Fairs in Kelowna*

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Profile

## WHAT IS A TRUE CORE BELIEF

by Laara Bracken, B.Sc.

I have noticed over the past 24 years as a Core Belief Engineering psychotherapist, that the word "core" has become very popular and has been used to promote self-help books, motivational speakers and workshops promising change. Most people are not describing, and often do not understand, what a true "core belief" is. It is a belief that has been held since the beginning of life, sometimes as a foetus, and sometimes over many lifetimes. From the point of first acceptance it is the creator of habits, behaviours, reactions, thinking patterns, views of life, the world, the opposite sex, relationships, money, opinions of the self, other people, rules, standards and ideals which become deeply imbedded in our subconscious mind.

Because we are young when negative beliefs about ourselves are accepted, we create coping strategies based on limited life experience; but while they may help for a time, they soon become counterproductive. For example, to change a childhood behaviour, parents often tell a child "Bad!" Children do not know the parent is describing the behaviour, and not them. "Being good" is only one of the many strategies created to get love from parents. Many adults still try to "be good" to the extent of being a "people pleaser" or co-dependant and never know who they really are. While it is natural to want love, any strategy designed to fix being "bad" in any way backfires. Change crumbles as the more deeply imbedded negative beliefs resurface causing more, not less, confusion and pain.

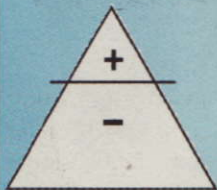
"I am bad" is the single most destructive core belief of all. However the child receives it, through words, blows, dark looks, withholding of love or having wants and needs ignored, it affects every area of her/his life, causing havoc with the ability to give or receive love, to trust anyone including themselves, anger, helplessness, distrust of abilities, lovability or capabilities, and failure. "I am bad" becomes a self-fulfilling prophecy creating a lack of money, love, happiness, joy, success at whatever is attempted, and self-dislike so strong it can become self-hate. It can create many painful conditions and illnesses, and has led to suicide in an attempt to end the spiritual, mental, emotional and/or physical pain and confusion.

It was a distinct shock to me to learn that often criticism is an attempt to change the child so he/she is happier or more successful. Instead, criticism hobbled the child's success in every area of life. Children believe their parents and the core beliefs "You are bad/no good/stupid/will never amount to anything," are accepted without thought and the child believes he/she is unlovable. This is closely followed by, "So, I don't deserve....." As people will receive or create only what they believe they deserve, this core belief is the most toxic of all.

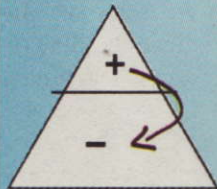
Core Belief Engineering is unlike any other form of therapy. It is highly respected across North America and in Europe for its ability to create efficient, gentle and lasting change that easily and naturally grow stronger over time.

What would it be like if you could turn around what you are thinking about right now?

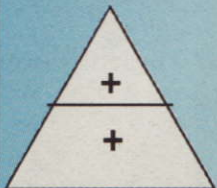
# When Awareness isn't enough



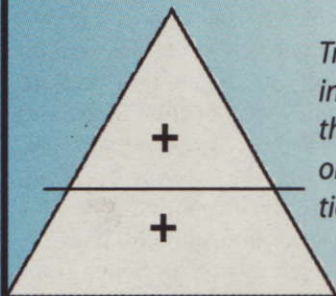
*Conscious mind and chosen positive Core Belief. Subconscious mind and long standing negative core belief, thoughts, feelings and behaviour*



*Using highly specialized method, conscious mind negotiates for change with the subconscious mind*



*Subconscious mind embraces, encourages and supports chosen positive core belief, thought, emotions and behaviour*



*Transformation of negative into positive core beliefs, thoughts and behaviours, on spiritual, mental, emotional and physical levels, past the layer of the cells*

Awareness expands on every level when the conscious and the subconscious minds are in harmony. Changes feel right and natural, continue without effort and grow stronger with time.

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

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

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

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## Masters Retreats

**WHEN:**  
 January 15, 16, 17  
 January 22, 23, 24  
 February 12, 13, 14  
 February 26, 27, 28  
 April 16, 17, 18  
 May 14, 15, 16  
 May 28, 29, 30

**WHERE:**  
 Vancouver, BC  
 West Kelowna, BC  
 West Kelowna, BC  
 Sylvan Lake, AB  
 West Kelowna, BC  
 West Kelowna, BC  
 Maple Ridge, BC

**CONTACT:** Cheryl (250) 768-2217  
**Contribution:** \$250.00

## Easter Meditation Retreat

*You will expand and deepen your meditation experience. Your meditation then becomes truly a transformational path of the heart and mind. Allowing you to heal and open to your love, compassion, courage and expansiveness leading you to your "God Within".*

**WHEN:** March 26, 27, 28  
**WHERE:** Cove Resort, West Kelowna, BC  
**CONTACT:** Cheryl (250) 768-2217

Participants will require a notebook - comfortable clothes and sleeping gear.

**Contribution:** \$200.00

## An Overview of World Religions

*Do you want to know more about the similarities and differences in our World's Religions? In this class we are going to explore a number of the World Faiths, looking at their background principles, practices and peculiarities.*

Participants will require a notebook and comfortable clothes.

**WHEN:** April 30, May 1, 2  
**WHERE:** Maple Ridge, BC  
**CONTACT:** Cheryl(250) 768-2217

**Contribution:** \$250.00



## Intermediate Meditation

*Feeling a little 'stuck' in your meditation? This workshop will help you out of your meditation doldrums. You will experience new ways to use meditation to obtain guidance and direction for your daily life. We will explore and learn to identify the various levels experienced in the meditation world.*

Please wear comfortable clothing.

**WHEN:** February 5, 6, 7  
**WHERE:** Cove Resort, West Kelowna, BC

**WHEN:** March 12, 13, 14  
**WHERE:** Cove Resort, West Kelowna, BC

**CONTACT:** Cheryl (250) 768-2217

**Contribution:** \$250.00

## Cosmology

*This one-day is a brushup and practice for those of you who have taken the Masters and Money. Please bring your binder.*

**WHEN:** June 19, 9 am - 5 pm  
**WHERE:** Cove Resort, West Kelowna, BC  
**CONTACT:** Cheryl (250) 768-2217

**Contribution:** \$135.00

## Young Masters Retreats

**WHEN:**  
 February 19, 20, 21  
 June 11, 12, 13

**WHERE:**  
 West Kelowna, BC  
 West Kelowna, BC

**CONTACT:** Cheryl (250) 768-2217

**Contribution:** \$250.00

## Masters & Money

*Money is a powerful form of energy. Our relationship with money is often kept separate from our spiritual life.*

*It's time to create a new spiritual relationship with your money. We will clear the blocks to "financial wholeness" and develop new skills to Master Money.*

Bring a binder and two \$50 bills.

**WHEN:** April 23, 24, 25  
**WHERE:** Cove Resort, West Kelowna, BC  
**CONTACT:** Cheryl (250) 768-2217

**Contribution:** \$250.00

## Waking Up

*Most of us spend a great deal of our lives in a sleep state. Enlightenment requires a waking state - this class will focus on techniques and understandings that will help you achieve that waking state. The spiritual path requires us to open OURSELVES, not just our eyes to the sacredness of each spoken word we speak, each person we meet, each action we take. WE CAN transform our LIVES!*

**WHEN:** June 25, 26, 27  
**WHERE:** Cove Resort, West Kelowna, BC  
**CONTACT:** Cheryl (250) 768-2217

**WHEN:** July 9, 10, 11  
**WHERE:** Maple Ridge, BC

**Contribution:** \$220.00

# Living My Passion

by Debbie Clarkin

Growing up in a home where psychic abilities and talking to the spirit world was not only accepted, it was considered a special gift, I was always aware of the fairies and spirits, but didn't always share this with people outside of the family.

The first time I saw a picture of the pyramids in grade school I was hooked. Books, movies, articles in magazines and newspapers, I couldn't get enough. Also, when I would visit my grandmother I would spend hours looking through her copy of Vitology, an encyclopedia of health and home, published in 1900. When she died I inherited it and this started my interest in alternative and natural medicines. I then studied homeopathy and was introduced to energy healing. I understood that I was a natural healer and learned to develop my intuitive gifts. I continued to study Reiki, Shiatsu, Aromatherapy and Reflexology but felt there was something missing so I asked the universe to guide me to a new teacher.

Shopping with a friend one day I passed over the same book several times before my friend picked it up and handed me *Alchemical Healing* by Nicki Scully and said, "I think you would really like this book." Once I had finished the book I knew what I was missing.

In 2003 I went to Eugene, Oregon, to study Alchemical Healing with Nicki. It is a form of energy work that combines shamanic and Egyptian healing traditions using the life force energy similar to Reiki, the five elements, (earth, fire, water, air and akasha), and working with spirit allies from the animal, plant, and mineral realms.

I later travelled to Egypt with Nicki to study the ancient mysteries and travel to the sacred sights where I was initiated into the Egyptian mysteries. In 2007 she asked me if I had ever thought about teaching Alchemical Healing. It was a dream come true! During a meditation I was introduced to Thoth, the Egyptian God of Wisdom. I saw myself standing at a fork in the roads heading in three directions. Thoth showed me that I did not have to make a choice but could walk all three paths by weaving and braiding them into one, each path supporting the other.

I now assist many through my Alchemical Healings and Intuitive Readings. As a practiced empath, I am able to feel what my clients feel both physically and emotionally. This enables me to scan the body to identify health issues and direct them to various modalities that will assist them to heal on all levels. Today I bring everything I do into one practice, ONE modality, I no longer carry bottles and crystals -- it's all in my hands.

Recently I developed a series of classes on developing your intuition and helping other to find and understand their gifts and abilities and to live their passion.

see Debbie's ad on page 3.



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### LEISURE STUDIES

#### Feng Shui and the Garden

Saturday, February 27 • 9 am to 4 pm \$100 + gst

Let's have fun with Feng Shui. We will examine the way of Ch'i, the shape of the yard, plants and their meanings, water and garden features, and placement of the Bagua. Learn how to balance Yin & Yang while harmonizing the Five Elements to enhance your personal paradise.

#### Feng Shui: Level 1

#### The Joy of Feng Shui

Saturday, March 13 • 9 am to 4 pm \$100 + gst

In this fun filled and informative time we will explore the basic concepts of Feng Shui. Placement of the bagua in your environment, gua enhancements, cures and rituals.

#### Feng Shui: Level 2

#### Five Elements & Space Clearing

Saturday, April 10 • 9 am to 4 pm \$100 + gst

Must have take some previous feng shui training

Students will be introduced to the Five Elements Theory. Students will also gain an understanding of rooms and their special meanings as well as space clearing rituals.

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May 5, 2010

**"Exploration of Movement"**

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**AGM – Saturday, May 8, 2010 – 3:00 pm**

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# Qi-Revolution: Back to the Future

by Hajime (Ha Chun) Naka

Recently, while I was cleaning out the shed, I uncovered a box filled with stuff from the past, and on top of the pile was an old faded Issues magazine. It was the Premiere Edition of Issues (Feb/Mar 1990). Glancing through the pages brought back many fond memories of people and events from twenty years ago. I was pleased to see that there were four pages devoted to environmental concerns.

Dave Cursons of Penticton had a 'Networking for Change' column, to support and hopefully advance the efforts of people who are ready to work for their communities to secure good water, air and soil, to promote secondary resource recovery (recycle), re-use, to back with words and practice appropriate to energy, agriculture and industry. David Hughes of Kelowna wrote an article on 'What are the effects of chlorine in water?' in his wholistic house column. There was a page on 'Networking to stop uranium mining.' Leave it in the ground. Another page featured 'Tools for Peace', 'Columbia River Treaty', 'Bio-medical Waste Incineration', and S.A.R.A. (Save Apex Recreation Area) from open pit mining. Tom Anderson of Summerland had a space for his complaints to the Canadian Radio and Television Commission about the 'Forests Forever' ads that were aired on CHBC Television. The commission agreed that the ads by forest management be balanced by alternative perspectives (do you remember those propaganda ads?). And I can't forget to mention Laurel Burnham's 'Focus on Women' column, with a warning: The writer is a Feminist! Laurel continues to build a community in Penticton, organizing the farmer's and craft market.

Well, here we are twenty years later and leaders from around the world are gathering in Copenhagen (as I write this) to tackle climate change. Canada has a shameful record, so let's hope Stephen Harper takes a lead in stopping Canada from dragging its ass in the tar sands and gets his head out of the oil sands and smells the pollution from carbon emissions. We have to make sure that Mr. Harper gets the message from Canadians and sign on to reduce and reverse global warming. My initiation into the environmental movement started when friends asked me to join them in demonstrating against dumping 2,4-D into Okanagan Lake (to kill the Millfoil). I'm not sure of the exact year, but I think it was in the 70's. I was reluctant to join, because the majority of people and businesses supported the use of the chemical to protect the tourist industry. The protesters were viewed as enemies of society. I volunteered to film the demonstration with my super 8 camera, that way I wouldn't have to be on the front line. The small group of protesters met at the beach in Kelowna, and when the boat arrived to dump the 2,4-D, they paddled out in canoes to stop them. This event was widely publicized, so the media was there, along with the RCMP. Paul Watson from Greenpeace was there to lend his support. The police called out over their loudspeaker, asking the protesters to turn over Peter Chataway (one of the organizers). When nobody did, the police handed out summonses to all the protesters. I am glad to report that the demonstration was a success and I was able to film the last dumping of 2,4-D by government workers wearing white protective suits.

14<sup>th</sup> annual

## Wise Women's Festival

September 17-19, 2010

Naramata, BC

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After the demonstration ended, I received a phone call from a Vancouver TV station, asking me if I could send footage of the protest by plane, so they could show it on their evening newscast. Unlike today's instant playback, I had to mail the film to Vancouver to be processed (which took 3 to 4 weeks) then I had to edit it (cut and tape). It was a time-consuming process. We enjoyed watching the eco-documentary. Unfortunately the film went up in smoke when Happy (Henry Paynter, Jr.) Paynter's house burned down. Happy is a veteran protester who has been on the front lines many times. His latest demonstration was at a town hall meeting where he was forcibly removed for protesting too loudly against changing the name of Westbank to West Kelowna.

I want to congratulate Angele and *Issues Magazine* and all the dedicated individuals and groups who stayed GREEN over the past twenty years. This will be my 22<sup>nd</sup> Spring Festival of Awareness at Naramata. How time flies.

To counter our government's trend of spouting out hot air and continuing to heat up the climate, I am starting my own politically incorrect party called the 'Useless Party' with the message: *Use less, have more*. You can join the Qi-Revolution by purchasing a button or a Qi-shirt from me.

I will also be on retreat with Sana Shanti, Bryan Knack and Arnold Porter at Johnson's Landing Retreat Center for the 33<sup>rd</sup> annual Kootenay Lake Tai Chi Retreat (Aug. 7-14). I invite you to experience the many benefits of Qigong and Tai Chi (Taiji) for a one week get-away. The slow, gentle circular and focused movements will help you to return to your naturally aligned, relaxed, centered and balanced state. Leave feeling rejuvenated and inspired!



*Hajime and Brenda Molloy from the previous page will be presenting at the Spring Festival of Awareness*

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*Dania will be leading the Dances of Universal Peace at the Spring Festival of Awareness Friday evening.*

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## A Whole Package Deal for FREE



Thanks to Stephanie Mosen of The Yuen® Method, who gifted a Whole Package Deal... to one person to attend the 2010 Spring Festival of Awareness including registration, accommodation and meals.

If you know anyone who for financial reasons could not attend and has never attended one of our Festivals, this is your chance to help out.

Outline why you or the named recipient would like to come!

Email: [marion@issuesmagazine.net](mailto:marion@issuesmagazine.net) and in the subject line say Free Weekend or via regular mail: Marion Desborough, L1-4505 McLean Creek Road, OK Falls, BC, V0H 1R1.

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ALL the details at [www.IssuesMagazine.net](http://www.IssuesMagazine.net)

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## GET A LIFE!

By Rev. Connie Phelps  
Centre for Spiritual Living Kamloops

Do you feel like a bystander to your life? Are you experiencing the fulfillment that you desire?

I am sure you have heard the saying: Change your thinking – change your life. If you want to know what you are thinking – or what your consciousness is – have a look at what is going on in your own life. If you love it – keep doing it. But if you don't, you need to change your thinking, which will change your consciousness. We believe that everything begins with thought. That thought is moved upon by the Universal Law of Cause and Effect to produce the conditions of your life.

This means that no one is exempt from it. It is in the midst of us and we are co-created with it. And it is for our Good. It is Good – it is a Unity, not a Duality, which means that it only stands for Good. There is nothing that can be against it. It is in our misuse of it that what looks like evil or bad comes into being.

At the Centre for Spiritual Living we provide Universal tools that we can learn how to use so that we can be conscious and awake in our lives. The truth is that these laws are working all the time, either consciously or unconsciously, in, through, and as... us. If we have arrived at a place in our lives where we wonder how we got there – we got there by being unconscious. The laws are working perfectly – that is the good news.

We are all really good at creating, after all look at how powerfully we often create chaos. What we are often not so good at is being aware and awake and using the laws consciously, so that we are constantly setting in motion things that we don't intend. So, it is about getting conscious, waking up and using these tools to live a life that we would love to live.

So, how do we take these great ideas and apply them to our lives? How



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### Vernon:

11 am @ 2913 29th Ave  
Phone: 250-549-4399  
[www.ok-cpl.org](http://www.ok-cpl.org)

### Kamloops:

10:30 am @ 540 Seymour St.  
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do we take the idea that there is something unseen that we can draw from and wants to bubble up into manifestation and that we are a vehicle for? How do we take that and move it into application in our own lives?

What this means to me, and what excites me, is that I don't have to make my intentions manifest. In fact it is better if I don't. What I have to do is make them welcome – I have to make a place for them. I don't have to fix anything or make anything happen – the Universe is going to happen anyway. It is not something that happened, it is forever happening.

There are three things that make up a conscious life. And as I share them with you, ask yourself if you can create the space within yourself to allow something new to emerge. It is not that you need to do anything, you only need to create the space for something new to happen. That is really the highest working Law – there is nothing we need to do, which is really hard for many of us.

First, are you a source of possibility? Really, if we are made from that implicit order, that unseen substance, then we are made of the same stuff that everything else is made of, and if anything ever showed up as a possibility, then we can show up as a possibility and a possibility can show up through us.

It is really very practical, and the practical part is that we have to believe that if a possibility shows up and on its heels comes an obstacle, then we can choose. The obstacle could just be "I'm busy," or "I don't have enough time," it doesn't matter how big or small it is, then we have to believe that if an intention or possibility shows up, in that intention is the possibility of overcome the obstacle. We need to become the place where possibility is always popping.

When we focus on the obstacle we stop the possibility. Are you source for possibility? Or the source for obstacles?

## 2010 Class Schedule

### Level 1

Calgary, AB - February 20 & 21  
Kelowna, BC - March 13 & 14

### Level 2

Calgary, AB - March 20 & 21

### Level 3

Calgary, AB - May 15 & 16

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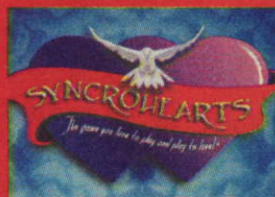
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Second, not only do you need to be the source for possibility, but you must have the energy to feed that possibility. Life needs energy to grow, just as a mother needs to feed the fetus in the womb, if there isn't enough energy it doesn't grow. So, you need to ask yourself – Where is my energy flowing? Are you focused on the past, or blame and shame? Or is gossip going on? If you are really serious about your intentions showing up now, then you need to focus your mind on that and allow Spiritual Energy to flow through you.

Lastly, we have to be a safe place for possibilities to unfold. We have to be the source of the possibility, we have to feed energy to that possibility, then we have to be a safe place for that possibility. Ideas can come fully orbbed to us, inventions, concepts can come fully orbbed to us, but are we healthy enough for them to unfold through us? Have we cleaned up our minds and our lives so that we are ready?

I believe you are reading these words right now because you are ready to hear something new, to know something new and to be something new. Right now. The time has come to live from that place of pure possibility, unconditioned Spirit. Perfect, whole and complete. Make this year your best year yet. 2010, if not now, when? *see ad far left*

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Heralded by a star in the heavens, Maitreya the World Teacher has shown himself and given his first interview on American television. Millions have heard him speak both on TV and the internet. His open mission has begun.

He was introduced not as Maitreya, the World Teacher and head of our Spiritual Hierarchy, but simply as a man, one of us. In this way he ensures that men follow and support him for the truth and sanity of his ideas.

He spoke earnestly of the need for peace, achievable only through the creation of justice and the sharing of the world's resources.

This is the first of many such interviews which will be given in the USA, Japan, Europe and elsewhere, bringing his message of hope to the world.

### *Background information*

For over thirty years artist, author, and lecturer Benjamin Creme has been preparing the way for this event – the emergence of Maitreya the World Teacher and his group, the Masters of Wisdom.

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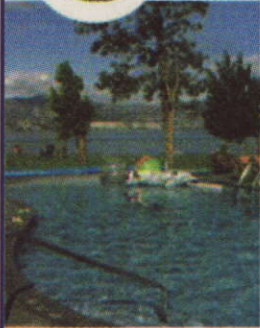
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**OLD INJURIES**

by Wayne Still

In my practice as a Structural Integrator, many of my clients come to me with old injuries. While car crashes probably top the list of reasons for the injuries there are numerous other causes such as falls during sporting activities and overexertion while lifting, to name a couple. What these injuries have in common is that they are causing some degree of discomfort to the client and it is not going away. The discomfort leads to a reduced quality of life; in some cases the pain is so constant that the person has become dependent on pain killing medications. Besides the physical manifestations of the injury there can be psychological and emotional dimensions as the person grapples with a reduced ability to function. In the case of brain injury a person's cognitive abilities can be affected leading to abnormal, sometimes self destructive, behavior patterns.

Injuries to the body occur when its connective tissue matrix is subjected to a force which stretches the tissue beyond its normal range of elasticity resulting in a tear or break. (As Structural Integrators we consider bones to be connective tissue too, just with more calcium added.) The body is now in a weakened state and the injured area is in need of repair. Initially there is often medical intervention, but it is the body's own repair mechanism which ultimately effects the repairs. The heavy lifting in the job is done by undifferentiated cells called myofibroblasts. These cells are able to assume the characteristics of any cell in the body in order to return it to its normal state of functioning. They do a good job of rebuilding the damaged area, but where the trauma has been severe they tend to leave a bit of a mess in the form of scar tissue. While essential to the initial healing process, scar tissue over the long term is often what leads to the chronic pain associated with old injuries.

Take a handful of whatever you are wearing and see how the tension created causes the garment to become deformed. Instead of hanging loose there will be lines of tension radiating from where the cloth is bunched in your hand. Now imagine what it would be like to wear the garment if it remained in that state. Scar tissue needed to heal the injury resembles that bunched-up cloth, and the lines of tension in the surrounding connective tissue are just as real as those you see in the cloth. It is the tensions in our connective tissue matrix which determine the alignment of the bones in our skeletal structure. Normally the tensions are well - balanced allowing us to move about without discomfort. But bones pulled out of alignment in one part of the body affect the tensions in the rest of the body. It is this chronic imbalance of tensions in the connective tissue matrix which leads to the pain associated with old injuries. The pain can come from different sources, chronically stressed muscles unable to relax and trapped nerves are two of the most common sources. Nor is the pain always associated with the site of the initial injury. Dr Rolf, the founder of Structural Integration work, used to say "Where you think it is, it ain't."

Structural Integration work is effective in helping the body to regain balance in the connective tissue matrix. It does so by systematically releasing the tensions around the injury site so the body can begin to move freely again. Scar tissue which is no longer needed when the healing process is finished yields to gentle pressure so that bit by bit the lines of tension are released. The relief of pain in the body helps people to deal with the other effects of old injuries, helping restore them to optimally functioning beings.

*Wayne Still will be working  
in the Healing Oasis at the  
Spring Festival of Awareness.*



# Sun, Moon and Fire

Awakening the True Power of Yoga

by Marion (Mugs) McConnell

According to the ancient teachings of yoga, Yoga Master Rod Stryker teaches that there are three essential stages of practice: Sun, Moon and Fire or Mind, Energy and Spirit. He says that depending on which of these dimensions you intend to affect, it's vital to learn to adjust your asanas, breath and bandhas accordingly.

As a yoga teacher of over thirty years, I crave the opportunity to deepen my practice and learn from the yoga masters of today. Each year my husband Bob and I bring a renowned yoga teacher to BC so we can continue to learn and share with other yoga enthusiasts! This year we are blessed with bringing Rod Stryker up from Colorado.

He is founder of ParaYoga and considered to be one of the pre-eminent teachers in the United States. He teaches traditional Tantra and Hatha Yoga world-wide. He likes to encourage us by saying, "There is a pristine place in each of us that is of the same stuff that lights the most distant star. Recognize it and discover a power and insight that will guide you to flourish in every area of your life."

Rod is a student of Pandit Rajmani Tigunait Ph.D. and a teacher in the lineage of the great Sri Swami Rama of the Himalayas. In addition to being an accomplished Yogi, noted teacher, lecturer, and writer, Rod is also a master in the art of personalizing yoga and meditation practices. He is currently writing *The Four Desires*, to be released in 2010. He is on the advisory board of *Yoga and Joyful Living* magazine, and serves on the board of directors of the Himalayan Institute.

Two years ago Mary-Jo Fetterly was the keynote teacher at our SOYA Retreat in Naramata, BC, and she inspired us to invite her guru and teacher Rod Stryker. Some of you may know Mary-Jo from Trinity Yoga in Nelson BC. About six years ago she had a ski accident resulting in her becoming a quadriplegic. Now Mary-Jo is one amazing yoga teacher! Her body may not move the way it used to, but her yoga practice is deeper and stronger than ever and continues to heal her!

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# The Shift of the Ages - 2012

by Pamela Shelly

As we approach the year 2012, I have noticed the energy is increasing and anything that is out of alignment in our lives is up for review. Many souls are experiencing pain and suffering rather than the joyful bliss that is available when we connect to our Higher Self, Guides or Angels and follow our soul's path.

We are currently living at a time where we are experiencing the ending of a number of cycles as well as going from the Piscean Age to the Aquarian Age. In 2012 the plane of our Milky Way Solar System will line up with the edge of our Galaxy. This egg-shaped cycle takes 26,000 years as we now move to the other side. These changes are said to emphasize peace, harmony, unity, abundance, heart-based compassion, wisdom and action. It will be a time where we learn to take personal responsibility and be accountable for our actions and creations. No longer will we blame, project or hide behind our leaders to save us from our destructive behaviors.

Mother Earth and all living things will be honored, respected and treated with love. We will take responsibility for all of our garbage on and off our beautiful planet and see the bigger picture of our unconscious actions, including our negative thought forms. The beams of love and light are constantly being sent throughout our universe from the Great Central Sun to wake us up, raise our consciousness and connect us to our Higher or Soul-Self.

Many times in the past, the earth and mankind have gone through the cycles aspiring to become an enlightened peaceful civilization. Unfortunately we destroyed ourselves as per the tales of Lemuria, Atlantis, the Roman Empire and even though the Mayans knew it they could not change it.

According to Ronna Herman, many souls have reincarnated at this time in history to be part of the Great Experiment, agreeing to be human guides or lightworkers so we may wake up, evolve spiritually and make a difference. We are being called to heal and release our core karmic issues and anything that is of a denser vibration. She says this is necessary so we can hold more of the love/light vibrational frequency, shift our cellular DNA from carbon based to crystalline form and bring it down into our physical being and ground it into Mother Earth. This is what is known as Bringing Heaven To Earth or Ascension.

We all have a number of Guides, Angels, Ascended Masters and Star Family assisting us through this great shift. It is up to us to open to their guidance and take the action required to move fully into our purpose. We need to be warriors of light and like Archangel Michael, carry a sword to cut through the illusory fears, challenges, and roadblocks that we encounter along the way to enlightenment.

Many people are creating diseases and physical symptoms to escape from having to step forward into the purpose they signed up for. It is just too scary for the ego, as it believes it will be annihilated as the cellular memories from past lives

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when they were burned at the stake, hung, persecuted, and abused plays out in our emotional fields. The ego's job is to keep us safe so we stay in the head. Some of my clients have endured verbal abuse and emotional and physical trauma due to desperately trying to stay in a job or career that they were supposed to leave long ago. Our Higher Self has the power to assist us in completing our purpose and ultimately creates circumstances so we can "Get it!" and move into our hearts. We are never victims, but we are terrified of leaving what we know and worked many years to achieve. We have been conditioned to measure our success as to how much salary we earn or what our job title or educational background is.

Each one of us needs to balance the light on the planet and many lights are blinking out as they get stuck, retreat into their comfort and safety zones or ultimately check out. What feeds and fuels our fearful ego is our unresolved emotional issues, not only from this lifetime but what we have brought in with us to heal and release from many previous lifetimes. Many of us have themes of being unworthy, inadequate, unsafe, not deserving and the list goes on. Because we still carry these deep core issues, we automatically go into fear and react when they are triggered. Many of us have also taken vows from lifetimes of religious conditioning which are profoundly affecting us. If you are not living moment to moment with clear guidance and peace of mind, it is because of unresolved karmic emotional issues that can be let go.

Because we live in a world of duality, there are the forces of light and dark. There is a desire to control the masses, previously by religion and now by corporations and/or the pharmaceutical industry. They are using every means they have to keep us in fear and not allow us to stand in our power. They create information that is misleading, hoping we become followers rather than leaders. We need to become aware of the influence of the media and the many tactics they use including bombardment. We need to become much more discerning and not follow the mass consciousness. If we are to become masters and bearers of light and wisdom, much is expected of us. Every one of us needs to offer our service, gifts and abilities that we wrote into our Soul Contracts before arriving here. I believe we chose to return as a large group of Advanced Souls to create a tipping point in consciousness.

3,000 years ago the Mayans predicted the rate of change that our planet and its peoples would undergo. On Nov 8, 2009 we entered the sixth night, where we get to put into practice what we learned during the sixth day. On Feb 10, 2011, the final cycle or the Seventh Day, called the Co-Creation Cycle will begin. Johan Calleman in his new book *The Purposeful Universe* says consciousness is primarily a relationship to the *Tree of Life*, which exists on many different levels of the cosmos and causes synchronized shifts. These shifts in consciousness give new directions to our lives which will directly affect the world and society at large and how we relate. A shift in consciousness is hence not something that only happens in our heads, but is simultaneously expressed in changes in our relationships to the world.

See Pamela Shelly's ad on page 16

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# The Cook's Corner

## Vegetarian Recipes from the Johnson's Landing Retreat Center



This month is Salsa making and this recipe makes LOTS of Salsa, so unless you are about to host forty people for a Mexican dinner, you will need to freeze or can most of it (instructions included). If you wish to make a small batch for a couple of meals, just reduce the ingredients proportionally. Salsa has a variety of uses including that simple snack/appetizer, Nachos. We will also give you a simple Guacamole (avocado dip) to serve on the side.

Bon Appetit, *Richard*

### Mucho Salsa

**GOOD NEWS:** Salsa making, is NOT an exact science! Every batch will be slightly different. Feel free to add things, change the quantities and subtract things (not the tomatoes!). This recipe is set for 'HOT', if hot is not your thing I suggest that you cut all of the RED ingredients in half to start off.

#### Ingredients:

- 2 Tablespoons **Olive Oil**
- 6 large **red, orange or yellow Peppers** (diced)
- 7 large **Onions** (diced)
- 4 **Garlic Cloves** (crushed)
- 30 **Tomatoes** -or- one 2.84 liters can (200oz) of crushed or chopped tomatoes
- Tomato Paste** a 396ml can -or- chop, drain, blend and cook down 6 tomatoes until thick
- 1 Cup **Apple Cider Vinegar**
- 1-1/2 teaspoons **Cayenne Pepper**
- 1 Tablespoon of **Crushed Chilies**
- 2 fresh **Jalapeno Peppers** -or- 1/4 Cup of canned sliced Jalapeno Peppers -chopped
- 1 Teaspoon of **Black Pepper**
- 1 Tablespoon **Salt**
- 1 Tablespoon **Oregano**
- 1-1/2 teaspoon of **Cumin**
- 1 Tablespoon of **Sugar**
- 3 Cups of frozen **Corn**

#### Directions:

- Heat the oil, add the onions and garlic in a BIG pot.  
(If you do not have one 10 liter pot use two 6 liter pots)
- When the onions turn translucent add the peppers.
- Cook the peppers (about 4 minutes) then add everything else.
- Stir frequently, until all the ingredients are hot and the flavours mixed.
- If you are freezing** - place that cooled salsa into sealed plastic containers.

**If you are canning**, put the jars in boiling water for 3 minutes.

- Put lids in a pan of boiling water to sterilize and soften the rubber seals.
- Ladle the hot Salsa into the jars, place on lids and screw on rings.
- In batches, put the jars of Salsa into a boiling water bath for 40 minutes.
- Remove them from the water and let them cool slowly.
- Once cooled, remove the rings so they don't rust, label and enjoy later.

**Utensils:** One very large 10 liter heavy bottomed pot -or- 2 large (app. 6 liter) pots with lids • a timer or clock • cutting board • a large sharp knife • garlic press • wooden spoon • measuring cup and spoons • canning jars or freezer containers

### Nachos

Serves up to six as an appetizer

#### Ingredients:

- 454 gms **Corn Tortilla Chips** (two layers worth)
- 2 Cups of **Salsa** or more to taste
- 1/2 Cup chopped **Jalapeno Peppers** (Optional)
- 1/4 Cup sliced **Black Olives** (Optional)
- 2 Cups of grated cheddar or Monterey jack **cheese**

#### Directions:

- Spread a layer of corn chips on a cookie sheet
- Sprinkle on 1/2 of the olives & peppers (Optional)
- Dab on the Salsa
- Sprinkle on 1/2 the cheese
- \*\* Repeat this process with the rest of the ingredients
- broil (heat from above) just until the cheese melts
- ... everything is already cooked*



### Guacamole

#### Ingredients:

- 4 ripe **Avocados** peeled, remove pit
- 1 small **Onion** diced fine
- 1/4 Cup **Lemon Juice**  
-or- juice from one Lemon
- 2 cloves of **Garlic** minced or pressed
- 3/4 teaspoon of **Salt**
- 1/4 teaspoon of **Pepper**

#### Directions:

- Mash the avocado with a fork
- Blend all ingredients with the mashed avocado



# Chi Nei Tsang Unwinds the Belly

by Peter TS Melnychuk

The traditional oriental belly therapy of Chi Nei Tsang, (or CNT, pronounced chee-nayt-song), introduced to North America in the early 1980's, combines relaxation breathwork, applied qigong, and gentle abdominal touch. Largely unknown in North America, CNT has a remarkable capacity to not only address our (mostly) neglected physical core, but the difficult emotional charges we have buried in those same tissues.

This is why for most who suffer from any of acid reflux, hiatal hernia, gall bladder issues, bladder complaints, anxiety attacks, sleep difficulties, post-surgical or post-partum complications, or chronic and mysterious pains in the back or belly, CNT will be significantly more effective than conventional massage.

Irritable Bowel Syndrome is an odd phenomenon. As late as 1980 almost no one had heard of it. Yet now, the Canadian Society of Intestinal Research estimates 13-20% of Canadians suffer from IBS. Those with IBS invariably report abdominal pain – variations on cramping, spasms, and bloating - often with lurches between constipation and diarrhea. The IBS sufferer usually has a family member with a similar pattern of physical and emotional indigestion. They often speak of childhoods in which emotional difficulties were to be quietly internalized. Something inherited, something learned.

Interestingly, the physical pain symptoms diminish in periods of calm, and resurface with vigor in times of stress and emotional conflict. Why would this be? Since 1995 medical research has revealed the lining of the gut has more neurons (that feel and remember) than the entire length of the spinal column!

When you have IBS you have trouble eliminating and forgetting. Any event that is particularly indigestible emotionally will physically aggravate the bowel. The result will be a painful struggle to let go of that emotional 'morsel' (constipation), or a complete rejection of it (diarrhea). In the best CNT outcomes with IBS the client (or you) learns not only how to successfully digest food, but also stressful emotional events. You keep what you need, and release the rest. As you resolve the internal emotional conflicts that are the root of your problem, your physical symptoms recede.

Anyone can learn CNT, and in the Unwind the Belly with CNT workshops, you are taught qigong in order to build energy, and how to practice the touch therapy on yourself and others. The benefits one receives from a series of CNT sessions is very similar to what the Taoist martial artists had intended when they invented the therapy thousands of years back: increased vitality and longevity, better internal organ function, with a beautiful integration of the body, emotion, and spirit.

*Reprinted with permission from Summer 2008 Mosaic Magazine*



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# Food for Thought

with Marion

In my attempts to get healthier and eat a much cleaner diet, I have found extraordinary information on the internet and have found reasons why, perhaps, all the hours I spend on the treadmill are not producing the results I would like to see. You see, I definitely have a "sweet tooth"... my major vice.... and the scariest read was an article called *Sugar May be Bad but this Sweetener is far more Deadly*. Scientists have proven that fructose, a cheap form of sugar that is used in thousands of food products and soft drinks, can damage human metabolism and is fueling the obesity crisis.

Fructose, a sweetener usually derived from corn, can cause dangerous growths of fat cells around vital organs and is able to trigger the early stages of diabetes and heart disease. Over ten weeks, sixteen volunteers on a controlled diet including high levels of fructose produced new fat cells around their heart, liver and other digestive organs. They also showed signs of food-processing abnormalities linked to diabetes and heart disease. Another group of volunteers on the same diet, but with glucose sugar replacing fructose, did not have these problems. This study takes its place in a growing lineup of scientific studies demonstrating that consuming high-fructose corn syrup is the fastest way to trash your health. It is now known without a doubt that sugar, in all its myriad forms, is taking a devastating toll.

Fructose in any form is debilitating but high-fructose corn syrup (HFCS) and crystalline fructose, is the worst of the worst! Fructose is a major contributor in insulin resistance, obesity, elevated blood pressure, triglycerides and LDL, as well as cardiovascular disease, liver disease, cancer, arthritis and even gout.

By USDA estimates, about one-quarter of the calories consumed by the average American is in the form of added sugars. The average Westerner consumes a staggering 142 pounds a year of sugar! And the very products most people rely on to lose weight -- the low-fat diet foods -- are often the ones highest in fructose.

Without getting into the complex biochemistry of carbohydrate metabolism, it is important to understand some differences about how your body handles glucose versus fructose. Dr. Robert Lustig, Professor of Pediatrics in the Division of Endocrinology at the University of California, San Francisco, has been a pioneer in decoding sugar metabolism. His work has highlighted some major differences in how different sugars are broken down and used.

After eating fructose, 100 percent of the metabolic burden rests on your liver. But with glucose, your liver has to break down only 20 percent. Every cell in your body, including your brain, utilizes glucose. Therefore, much of it is "burned up" immediately after you consume it. By contrast, fructose is turned into free fatty acids (FFAs), VLDL (the damaging form of cholesterol), and triglycerides, which get stored as fat. The fatty acids created during fructose metabolism accumulate as fat droplets in your liver and skeletal muscle tissues, causing insulin resistance and non-alcoholic fatty liver disease (NAFLD). Insulin resistance progresses to metabolic syndrome and type II diabetes.

Fructose is the most lipophilic carbohydrate. In other words, fructose converts to activated glycerol (g-3-p), which is directly used to turn FFAs into triglycerides. The more g-3-p you have, the more fat you store. Glucose does not do this. When you eat 120 calories of glucose, less than one calorie is stored as fat. 120 calories of

fructose results in 40 calories being stored as fat. Consuming fructose is essentially consuming fat!

The metabolism of fructose by your liver creates a long list of waste products and toxins, including a large amount of uric acid, which drives up blood pressure and causes gout. Glucose suppresses the hunger hormone ghrelin and stimulates leptin, which suppresses your appetite. Fructose has no effect on ghrelin and interferes with your brain's communication with leptin, resulting in overeating.

If anyone tries to tell you "sugar is sugar," they are way behind the times. As you can see, there are major differences in how your body processes each one. The bottom line is: fructose leads to increased belly fat, insulin resistance and metabolic syndrome -- not to mention the long list of chronic diseases that directly result.

As the truth comes out about HFCS, the Corn Refiners Association is scrambling to convince you that their product is equal to table sugar, that it is natural and safe. Of course, many things are natural -- cocaine is natural, but you wouldn't want to use 142 pounds of it each year. The food and beverage industry doesn't want you to realize how truly pervasive HFCS is in your diet -- not just from soft drinks and juices, but also in salad dressings and condiments and virtually every processed food. The introduction of HFCS into the Western diet in 1975 has been a multi-billion dollar boon for the corn industry. The FDA classifies fructose as GRAS: Generally Regarded As Safe. Which pretty much means nothing and is based on nothing.

There is plenty of data showing that fructose is not safe -- but the effects on the nation's health have not been immediate. That is why we are just now realizing the effects of the last three decades of nutritional misinformation. As if the negative metabolic effects are not enough, there are other issues with fructose that disprove its safety. Plus more than one study has detected unsafe mercury levels in HFCS. Crystalline fructose (a super-potent form of fructose the food and beverage industry is now using) may contain arsenic, lead, chloride and heavy metals. Plus nearly all corn syrup is made from genetically modified corn, which comes with its own set of risks.

The FDA isn't going to touch sugar, so it's up to you to be proactive about your own dietary choices.

What's a Sugarholic to do?

Ideally avoid sugar, especially if you are overweight or have diabetes, high cholesterol, or high blood pressure. If you want to use a little sweetener try the herb stevia or honey in moderation. Avoid ALL artificial sweeteners. Avoid agave syrup since it is a highly processed sap that is almost all fructose. Agave's meteoric rise in popularity is due to a great marketing campaign, but any health benefits present in the original agave plant are processed out. Avoid so-called energy drinks and sports drinks because they are loaded with sugar, sodium and chemical additives.

Don't take my word, do some research, read books like the classic *The Sugar Blues* by William Dufty released in 1975 with over 1.6 million copies printed or visit [www.mercola.com](http://www.mercola.com) for a variety of related articles.

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# Yoga: A Science of Change

by Jennifer Steed

How is it that yoga over the millennia has become known as the science of change? In essence the ancient studies embarked upon by humans just like you and I were attempting to fully experience this event called life while capturing the root causes of happiness, suffering, pain and ecstasy. When we consider that yoga in its myriad forms, approaches, tenets and terminologies is considered a science utilizing technologies for liberation, it is no wonder in the times we live in now that millions of people of every stripe and rhythm are drawn to this astounding map of consciousness and freedom.

In science there are simple equations such as that for water being two hydrogen atoms and one oxygen atom combined to create water as we know it. This has become an accepted equation with a predictable outcome. In yoga there are many such simple equations. Before we continue, if you are willing, I invite you to conduct your own scientific experiment right now.

Without changing anything, simply close your eyes and bring to your mind an area of concern, weight, worry or intensity in your present life experience. As you do so for a few moments notice how your physical body feels, muscles, facial area, jaw, belly, feet, etc. Simply notice while indulging in this area of focus in your life. Then when you are ready, turn your entire awareness/thinking towards your breath and take in a long slow breath. Most importantly, let that same deep breath out very slowly and mindfully. Notice the feeling of breathing, the warmth, areas of muscular activity, etc. Continue for a few more full, deep, broad breaths in and out. Now notice that while you were engaged in that conscious breathing exercise for even a few moments you were less able or totally unable to hold the situation in your mind that you were moments ago indulging in.

Notice that although this area of focus in your life may still exist or show signs of being 'real', while you engaged in focusing on your own breath and how it feels to breathe you were less able to experience all the juicy details of that story in your head. If in the moment that you were thinking of the event or part of your life that brings you concern, you were to get a glimpse of some freedom from that situation, is it possible that with continued focus on breath, being more present in the moment, you could actually experience a pleasant difference in states of being?

Consider that nothing about the situation you imagined has changed; however, your state of being, ie. muscle tension, inner dialogue, emotional tone has shifted dramatically. Would that be useful to you when it is time to actually engage in the event you brought to mind? Is it possible that by applying a certain focused breath pattern intended to affect you physiologically and mentally, that your experience of these life situations could actually change?

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Take another moment to breathe quickly in and out through your mouth. Rapid, shallow and mouth breathing when applied will bring you a particular result. You may notice that you become worked up, slightly tense or ready in your physical body, warmer and more alert. Again, applying the science of breath will give you very certain and predictable results.

Each breath can also bring us a subtle yet powerful reminder that nothing in this universe is exempt from the law of constant change. Nothing! Our thoughts are in a constant and often neurotic flux while our bodies are fully engaged in change at the most microscopic levels that may not be obvious to the bare eye, but nonetheless is the foundation upon which all living things continue to thrive. Any living entity that stops moving and changing is subject to die much more quickly. A body of water when left to stagnate eventually dies.

Consider the powerful asanas or postures that we participate in creating on a yoga mat at a class or elsewhere. There is little hope for you to carry out the same amount of neurotic mind and body armor upon leaving a class as when you arrived, as the postures, breathing, inward focus and movement provide an acceleration of changes at every possible level. This is partly why we love yoga so much. When trapped in the perception that our lives and inherent challenges and problems are solid, fixed and insurmountable, we can embrace a more fluid and natural experience by merging with the self that is constant, present and peaceful. This light source within us that never ages, worries, obsesses, overspends, punishes or suffers is the inner realm that yoga in its many techniques aims to uncover. Under the mountains of garbage thoughts, psychological drama, conditioning and inner fortresses lies this deep well of total wellbeing, total peace, deep wisdom and profound truth. Embrace the one thing we can absolutely count on; change and we may just make it through this wild ride yet.

Jennifer will be presenting  
at the Spring Festival of Awareness and  
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# ...And Now for the Good News!

by Dennis Milligan

## Building a Better World - One Community at a Time...

Imagine our hospitals equipped with the finest equipment, no waiting lists, well-paid nurses, a stress-free administration; a well-funded health system orchestrated via a largely autonomous Hospital Board that places emphasis on prevention as well as treatment. Visualise local schools returning creative arts and sports to their rightful place in a balanced curriculum, with well-rewarded teachers under a local School Board who have proven their dedication; adding subjects like Conflict Resolution to free our young from their current legacy of violence and war.

Imagine composting as a viable local business, with partially-treated waste being used to trickle nutrients into soil where marketable soft-wood grows in abundance to be harvested and marketed by local companies. Envisage our major highways and avenues lined with flowers and shrubs grown in solar-assisted greenhouses supplemented by methane gas generated by the city's sewage plant.

Think about regaining public control over our own precious water supply using state-of-the-art equipment and naturally de-centralised storage so we are not at risk of massive contamination or an increasingly centralised take-over by the private shareholders of Suez, Vivendi or Bechtel. We could revitalise our community, extend our growing season, move closer to self-sufficiency, provide early organic produce, save the high cost of imports and create hundreds of jobs for young people, local farmers, co-operatives and a huge variety of other spin-off businesses. Now ask yourself what's stopping us from achieving such goals—and many more! You'll be told that it's "lack of money," but it's easily provable that this is a fallacy. \*\*\*

Let's take a common-sense look at the equation of debt. For every loss, somewhere there's a profit; for every liability, a balancing asset. The debt clock, with its blurred hands racing faster than a revolving door on a failing investment bank, appears to someone somewhere as a profit clock!

Would it not be logical to assume that there is no shortage of money and that while we have all been focused on the debt, somewhere within the world's financial system exist thousands of trillions of dollars...unregulated, untapped...untaxed? Well, there is. Want proof? Let's start by exploring DTCC – the publicity-shy Depository Trust and Clearing Corporation, the world's largest corporation by far, whose shares are closely held by the banks and through whom the records of financial market transactions involving more than 100 nations are cleared, settled and deposited. In 1999, their first year, they turned over \$70 trillion. Their 2008 Annual Report shows the gross value of their financial transactions had grown to \$1.88 quadrillion. This year they will likely exceed \$2 quadrillion (\$2,000,000,000,000,000), a figure so astronomical it might be more easily understood as \$2,000 trillion. To give perspective to that figure; the annual Gross National Product of the entire world is less than \$50 trillion.

Canada's portion, as a member of the prestigious G-7, is estimated to be around 6%, or \$120 trillion. 95% of this is in the form of speculative investments, i.e. gambling; on everything from foreign exchange rates and commodities to market indexes, not to mention complex hedge funds and exotic forms of derivative trading. And it's all borrowed at compounding interest. Now, to blame a financier for making money is like blaming a baker for making bread. That's what they do! So it's not a matter of finding scapegoats; it's about finding regulatory and fiscal solutions... and using some of that private wealth for public good.

Since we are facing a catastrophic economic melt-down for which our finest economists and financial experts appear to have no answer, we obviously need to think outside the box.

Here's an idea that's beginning to cause a stir; a simple 'no-exclusions' gross Financial Transaction Tax (FTT) of one tenth of one percent (.1%), collected and remitted to the publicly-owned Bank of Canada (BoC) automatically by every financial institution on every transfer they make, regardless of type. The process would be monitored and audited at random by the Canada Revenue Agency, under the direction of the Finance Minister, with jail terms and heavy fines for any CEO, director, partner, politician or bureaucrat found guilty of fraud, evasion or other malfeasance.

This proposal could generate as much as CAD\$200 billion a year even if half the speculators dropped out of the market for a while in protest – and could incrementally replace the 170-plus other forms of Canadian taxation, beginning with personal income tax, GST and corporate tax. The revenue would be remitted by the BoC to federal, provincial and municipal governments under a formula that guaranteed an irrevocable 10% benefit to cash-strapped Canadian municipalities, providing municipalities with up to \$1,000 per resident, in non-inflationary money. Meanwhile, the real target here would be the financial markets.

Someone earning \$100,000 p.a. would pay only \$200 a year in total FTT...and tax returns would be abolished! FTT offers an effortless new source of revenue that would shift the burden of debt and taxation from the impoverished to the wealthy but with huge benefits to both. It would provide a constant stream of funding and eliminate the risk of hyper-inflation arising from the creation of unsecured debt-money. It would enable us to discharge debts and responsibly revitalize our economy at every level, beginning with health, educational and other public services.

Prosperity is our and our children's birthright. As Margaret Mead said; ***don't ever think that a small group of focused, dedicated people can't effect positive change on a massive scale; indeed, history shows it's the only thing that ever has!***

Dennis will be presenting  
at the Spring Festival of Awareness



# TUNING FORKS

by Sharon Carne

My interest in tuning forks was sparked a few years ago by an experience with the Ohm forks from the Acutonics system. It was amazing to experience the beautiful low frequencies of those forks zip through my body. I was already familiar with the wonderful sensations from holding and playing my Tibetan singing bowl. The tuning fork is much more specific than a bowl. It is like comparing a laser beam to a shower. They both feel amazingly wonderful, but they have different purposes. Since that experience, I have found that there are a wide variety of systems and ways of using tuning forks on the body. There are an infinite number of frequencies, so theoretically, there are an infinite number of tuning fork frequencies available.

We are beginning to understand that at the atomic level of matter, everything is in vibration, and that includes us. Sound is vibrational energy. It travels in a wave and pushes molecules around as it moves. It is useful to understand a little about how sound travels in order to understand how tuning forks work.

Sound moves at different speeds depending on what it is traveling through. Typically, the denser a material is, the faster sound moves through it because the molecules are closer together. In the air, sound moves at about 770 miles per hour, through water about 4 times faster, through steel about 15 times faster than through the air. Have you ever heard or read about aboriginal hunters who put their ears to the ground to hear where the animals are walking or running? That is because sound travels through the ground faster than it travels through the air.

Tuning forks are made to sound at one specific frequency. For example, a tuning fork made to ring at 440 Hz is usually what musicians tune their instruments to. This frequency is standard for instruments so that all of the instruments in a group will sound harmonious when playing together. A doctor will sometimes use a tuning fork to test whether or not a bone is broken. When a sounding fork is placed on the skin where the sound can travel through the bone, a patient will usually experience excruciating pain if the bone is broken.

Music therapist and naturopathic doctor, John Beaulieu spent five hundred hours over two years in an anechoic chamber. With no stimulus or noise, he sat there listening to sounds of his own body. "He began to correlate different states of consciousness with different sounds of his nervous system. Being a trained musician he noticed that the high-pitched sounds of his nervous system consisted of several sounds in different intervals. Then one day he brought two tuning forks and tapped them. Immediately, he observed that the sound of his nervous system realigned to the sound of the tuning forks." (From an article called *Biosonic Repatterning*.)

The set that I use pretty well every day is the perfect fifth tuning forks. This set consists of the musical note C tuned to 256 Hz, a frequency directly related to the frequency of the earth, and the musical note G tuned to 384 Hz creating the interval of a perfect fifth when they are played together. Research conducted by Dr. John Beaulieu and Dr. George Stefano, neurologist, showed that these frequencies stimulated the production of nitric oxide in the body's cells within 30 seconds. Normal nitric oxide production is inhibited by stress and illness among other things. The physical benefits when your cells are producing and releasing nitric oxide are: relief from stress, with more energy and stamina because the autonomic nervous system is balanced, better clarity of mind, less depression. Nitric oxide also strengthens the immune system, improves circulation and digestion.

Tuning forks are like lasers. Some people say they are like surgical tools. Because of their precise frequencies they can have precise effects. There is some fascinating research being conducted relating to frequencies and the human. I believe that tuning forks hold the potential for great precision as a healing tool.

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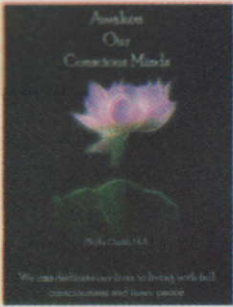
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# Book Reviews

Christina Ince



## Awaken Our Conscious Minds

Phyllis Chubb, M.A.

R.H. Printing Ltd. • ISBN 978-0-9813155-0-8

The subtitle of this book is: We can dedicate our lives to living with full consciousness and inner peace. Phyllis Chubb, who lives in B.C., goes on to show us how, with easy-to-read writing, respect and encouragement. Someone venturing into the concept of consciousness for the first time would not be intimidated, for much is found in the following sections, for example: A Model of the Mind; the Laws of Life; and, Our Tool Kit. There is a section called Attitudes and Actions Stopping Your Progress, which is invaluable and in which I don't mind admitting I found a few things over which to ponder. As someone who relishes finding and using suitable quotations for talks and work-books, I enjoyed the impeccable selection sprinkled throughout from people such as Viktor Frankl, Thomas A Kempis and Carl Jung.

I found this book to be encouraging because Phyllis does not lecture nor dictate - you are told people's stories, asked questions, shown tools, guided to seek and think and choose, and even invited to contact Phyllis to share your experiences as you grow into the power of your conscious mind. In the Conclusion, she writes: *It takes a very brave person to be willing to work toward becoming fully conscious. Doing so demands tremendous effort yet there is no greater reward possible than finally knowing who and what we are. Words fail to describe the inner peace and calm that is experienced by those souls who have chosen to take the path toward full consciousness.* Should someone express an interest in exploring consciousness, I would have no hesitation in referring them to this commendable book.

Phyllis Chubb will be presenting at the Spring Festival of Awareness



## The Tale of Miss Spider Who Spun Her Web

Mieke Blommenstein

Sojourner Publishing • ISBN 978-0-9813282-0-1

While this is a book for young children, the author told me that the message contained therein is for young and old, so it is one for you to enjoy reading to the little ones in your life. Spiritual healer and teacher Mieke Blommenstein, who lives in B.C., began channelling in 1982; in 2000 her spirit guide Emanuel came to her, and the story in this book is the first of many that he told to her. The first illustration is of a monk sitting in a garden, holding a book for three children to see - this is Emanuel, who invites Mieke into his garden so that he may share with her his stories.

I won't spoil the story-line for you by giving much detail, but can tell you that it is about Miss Spider who learns that she can indeed choose between the voices in her head, and opts for the one that is full of love and kindness, rather than the loud and angry one. The text is simple, easy for youngsters to understand, yet conveys the message of love and harmony so well. The illustrations were provided by Diane Perruzzi, a free-lance illustrator who has taken her artistic ability seriously since the age of ten. Her painted work perfectly illustrates the story, and she uses lots of soft pastel watercolours to give plenty of visual interest to children who cannot yet follow the written words.

This is the first children's story channelled by Mieke Blommenstein, the second illustrated by Diane Peruzzi - this seems to me to be a fitting collaboration, and I am sure once you read it you will be looking for more.



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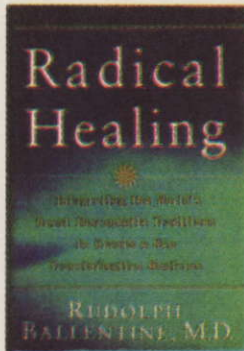
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Rudolph Ballentine, MD  
www.randomhouse.com

If I had to choose one book to help me to better understand my health, this is it! I have read and re-read this book since it was first printed six years ago. A reference book that adds insights into the truth of our wellness from several different angles. My first thought was to print each chapter so you could help yourself to his wisdom, but I also know not everyone is into this stuff and it would take too much space.

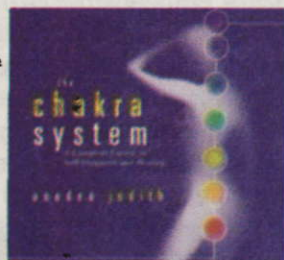
I read his first book when my kids were little, called *Diet and Nutrition*, which is now a classic. This book is an integration of his training as a Medical Doctor, psychiatrist, Ayurvedic and Traditional Chinese Medicine practitioner, homeopath and herbalist. His personal style of writing makes it easy to read even though he often deals with complex subjects.

I feel that as we move towards wholeness the finer vibrational energy medicines are going to become once again more acceptable. Understanding the three miasms that make up our structure so we can monitor the effects of disease makes sense. Honoring the connection between our body and spirit, he asks a question, "How successfully is your spirit engaged in your body to carry out its life's agenda."

Over five hundred pages of inspired wisdom. If you like Paul Pitchford's book *Healing with Whole Foods*, then you are going to love this man's in-depth knowledge as he skillfully combines many healing traditions.

### the chakra system

Anodea Judith  
compliments of SoundsTrue.com



Through her pioneering work with the chakra system, Anodea continues to map the connections between the yogic healing arts and modern psychology. What, exactly, does it feel like when a chakra is deficient, excessive, or blocked? Can our early life experiences affect the energetic patterns that shape our physical and emotional well-being as adults? If so, how do we clear these blockages? Anodea Judith addresses these and many other issues, using the same proven meditations, visualizations, and moving postures—the ultimate curriculum for tapping the hidden energy matrix of the body.

I have meet her several times and she is easy to listen to. She explains concepts in a simple way so that listeners could start to practice feeling their operating system, in their body.

### Divine Jokes and Invisible Realities

Amanda Z. Prokopova



Written from the heart, her book is a labour of love describing the ongoing opportunities that came her way and how she processed each one. I like autobiographies and enjoyed the easy read, as I followed her adventure. The last two chapters are titled *The Teachings* and *Recipes for Consciousness* which includes wise choices for staying healthy. She says quality food is the connection to an inner order of consciousness. She included a CD with the book of her singing *Slavic Lullabies*.

Her concluding advice is that *Breathing is the first response to fear; breathing allows space for Love to enter. Between the breaths is the space where Love resides waiting for an invitation to enter. Let it Be. Breathe from your belly.*

Amanda now lives in Nelson and the book was given to me as an introduction so she would be considered as a presenter for Spring Festival of Awareness. If you would like to meet her please join our Festival.



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## Rubber Boots in the Rose Bushes

Dr. Ursula Harlos

I believe there are three valid reasons to have a yearly thermographic scan. First, to locate imbalances (in breasts or other areas) before lab tests or other scanning images show even a hint of a problem. Second, it can monitor any therapy the patient is on, whether allopathic or complementary/alternative to see if it is effective or not. Third, it helps the patient to prioritize the areas or organs of greatest dysfunction and show what needs to be treated first. Once a baseline scan is done, then yearly scans can easily pick up any signs of dysfunction before they become serious enough to cause disease. The result would be less fear, greater client empowerment and a better prognosis for healing.

What happens after having the thermographic scan? The patient can choose whether to have the standard medical model interpretation or the German New Medicine model. The latter is based on the research of Dr. Hamer of Germany. He developed testicular cancer after the death of his son. This discovery led him to research all forms of cancer as well as most diseases. What he discovered was that cancer is not a senseless proliferation of deadly cells, but instead, part of a special biological program in nature. He became the first doctor to prove scientifically that all 'dis-eases' are actually biological programs that the body carries out in order to heal itself. Therefore, there is no need for fear or panic. With this in mind, it is possible to interpret the thermographic scan to understand which biological program is running in the patient. When the biological program is identified, the patient can better understand why the body reacted a certain way by producing a certain cancer or 'dis-ease.' Sometimes, this understanding alone is enough to shift the patient's awareness which then helps facilitate the healing process.

What happens after the interpretation of the scan? If the patient is following the GNM approach, then the insights gained will help her/him understand what changes need to be made on an inner level. This is where Homeopathy complements GNM. Since Homeopathy treats body, mind and spirit, it can help to balance the conflict shock that created the need for the biological program (i.e. dis-ease). The key to healing is to work with and understand the natural unfolding of the biological program. For example, when a patient gets a shocking diagnosis of cancer from the doctor along with their life expectancy, etc., this already creates a layer of deep disturbance. Homeopathy can treat this shock with a remedy so that it does not penetrate the psyche and the body as deeply. As well, Homeopathy has remedies for cancer which treat not just the physical imbalance but the mental/emotional state as well. A famous homeopath likened homeopathic treatment to wearing rubber boots while walking through rosebushes. The thorns of life are inevitable, but at least Homeopathy can offer protection against a lot of the mental/emotional pain. As the homeopathic remedy untangles the knots in a person's

energy field, that person can walk through life with a lighter load. In addition, the remedy makes the patient more aware of how their life situation actually contributes to her/his distorted energy pattern. This awareness gives the patient strength to make necessary lifestyle changes. This process can also be complemented with counselling, coaching or psychotherapy. *see ad*



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# Twenty-Ten

by Michael O'Connor

Twenty-ten will go down in the history books as a very important year. Astrologers everywhere are heralding this year to be the one that produces tears on the over stretched and delicate fabric of modern civilization. Amidst all the sensation around the 12/21/2012 Mayan Calendar end date, from the planetary alignment perspective, it is the lead-up years that are the most dramatic and pivotal. Deciphering when the real momentum towards it will become most obvious is debatable. Some will look to the turn of the millennium itself with the large grouping of planets in Taurus in early May of that year. Others will point to the 9/11 crisis while others yet to 2008 and the end of the Bush era and the election of Barack Obama. But to most astrologers this year, 2010, will be the most pivotal of all. The activations of this turning point will be dynamic and probably dramatic. Some are saying that this is the year that will determine the tenor and direction of the next ten years which, in turn, could determine the next one hundred years and possibly more.

When it comes to major events that synchronize with the planetary aspects, Jupiter, Saturn, Uranus, Neptune and Pluto are the major players. Other important factors include the signs involved. The Cardinal Signs of the Zodiac are so named because they mark the start of each season. This year, all four Cardinal Signs – Aries, Libra and Capricorn especially, and Cancer too are strongly activated with one or more of the far planets all in the early degrees – the ignition – of the Cardinal Signs. Cancer will play the role of 'activator' as the Sun, Moon, Mercury, Venus and Mars transiting through Cancer, each in close succession starting in early July form hard aspects to the far planets in the other three Cardinal Signs culminating in early August.

These 'hard aspects' are Conjunctions, Squares and Oppositions – the three most potent aspects in astrology. Conjunctions imply a union of energies where the whole is greater than the sum of the part and is the aspect that gives birth to new cycles. Squares indicate energies that are at cross purposes and where one must yield to the other. Oppositions can be understood as a face-off or a tug-of-war and which indicates the biggest energy exchange of all. The only energy pattern greater than an Opposition is a T-square where the two planets in opposition are also simultaneously Square a third apex planet. Cardinal T-square is the most dynamic and assertive, even aggressive. Such is the case this year. The next consideration is what planets are involved. Pluto, or Pluto/Chiron – the only duo planet pair in the solar system, if you like, Pluto the planet of transformation, death and rebirth is the apex planet. Invariably, the aspects listed above imply stressful exchange and action, negotiation at best but sometimes confrontation and/or battle and inevitably, change. Such is the way astrologers have always and continue to measure and forecast the revolutions of evolution. This happens on personal and collective levels. The actual planetary alignments and configurations must be measured against a chart to clearly know where and how the energies will play out, so this is the biggest mystery. Just as people have birth charts, so do countries, cities, town, companies, institutions and any other legal entity or person.

The biggest activations will occur in June, July and August, and September will be eventful as well. Late July is the month that Mars, the only traditional planet not listed above, comes fully to the fore. Mars enters Libra on July 29 and on July 30 it forms an Opposition aspect to Uranus, then on the 31 a conjunction to Saturn. August 3 will then prove to be the next very eventful day astrologically as Mars first forms an Opposition aspect to Jupiter and a Square to Pluto, with Jupiter also forming an exact Square to Pluto from Aries earlier that same day. Meanwhile, Jupiter will still be in very close Conjunction with Uranus. In plain English,



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this will prove to be very dynamic and even dramatic in terms of synchronistic events that will bring change, and the build-up will begin in spring especially and peak at the height of summer.

Although a main focus of astrology is to predict the direction and outcome of events, it is agreed that while the future is probable it is never certain. We are co-creators and our individual and collective choices and attitudes do make a difference, perhaps even all the difference. Everyone knows that something must give for needed changes in the world to occur and the time has come for this giving to occur.



*Michael O'Connor will be  
presenting at the Spring  
Festival of Awareness and the  
Johnson's Landing Retreat  
Center, and has an ad in the  
Natural Yellow Pages.*

# We are the World

by Mi Kai Lee

What is reality? What is consciousness? How do we know that beyond the sensory input to our brains there is actually a real world outside? Is our experience of reality limited and conditioned by our understanding of it?

For me the physical does not exist as anything separate from the rest of life. It is merely one focus, one dimension, among infinite choices. By limiting our attention to the physical only, we are boxing ourselves into one small corner of reality, closing off the rest.

Why yes, of course, you say. Everyone realizes there is more than the physical, because if we are honest we cannot account for all our experiences on a physical basis alone. There must be more. But how much more, and what is really out there beyond the world of senses?

Many have said that the foremost principle of existence is love. At a practical level I interpret love as like-attracts-like. Things that are alike cluster together. Consider the premise that the universe is an infinite hyper-physical sea of creative mind forming into various harmonies and beats as the thoughts of the creator become the music of the spheres.

When a picture of the universe like this is painted, we might conclude that similar tones cluster together at certain points, forming nodes of creative energy. We might also conclude that these nodal points, or some of them, become so tightly packed together by their mutual attraction that they form what we call matter, held together by gravity.

Thus it can easily be theorized how matter might manifest from a sea of creative energy. This would explain why there is so much energy and inertia inherent in an atom, why matter seems solid, and why it appears to have inherent intelligence. And it would explain how energy can be extracted from 'nowhere' (so-called free energy) by tapping into the harmonics that give rise to matter.

I see matter this way, and it helps me understand how the physical world fits into the bigger scheme of things -- for physicality is just one small aspect of life, in my view.

My working hypothesis is that, as a spark of the creator, I literally create my own world, my own virtual reality, and then I play in it. It could be anything I imagine. My wish becomes my reality. It may appear in the physical, at one or more points, or none. It may involve any place in time, or multiple places in time. It may involve multiple dimensions. It could be anything -- literally.

But you ask how that can be when we are all here together in the same world, the same reality. Did we somehow all agree together to create this reality, this earth experience, in the particular way it is? Is there some kind of pre-existing soul pact among us?



I don't know, but I don't think so. Rather, I think we have individual realities that overlap at certain points with the realities of others. These are separately existing private, personal worlds in the big ocean of love, the all-that-is. Think of an endless sea of possibilities -- of every possibility imaginable -- and within that sea my consciousness is focussed in one or more particular 'spots' (spots in time, in space, in dimension, in frequency, etc.). Everyone has a different focus, and I am 'closer' to some than others.

Because like attracts like we find ourselves in the same apparent world, but really we are still in separate yet overlapping private worlds. The parts that we share, that overlap, become 'the world' for those who are sharing them.

This leads to an interesting thought -- that the world we think we live in does not really exist per se. Rather, it is merely the portion of reality that we share. What this implies is that some other part of each one's reality lies outside this shared experience, and may even overlap other worlds as well (in space, time, dimension, etc.). In other words, there is not just one big world, but a whole lot of overlapping personal worlds that give the appearance of a single jointly-created reality.

This theory provides one explanation for the common belief, or perhaps wishful thinking, that the polarization of society will increase so much that eventually this earth experience will divide into two separate worlds. In fact, maybe it already has, or consists of several adjacent realities, with not everyone sharing all of them. How would we ever know about anything outside our own reality? We would only experience the part of 'the world' that is within our own reality.

This also makes it a lot easier to understand the phenomenon of past lives, where our focus of consciousness may be upon something that exists in multiple times.

Why is this important? For me it leads to the unavoidable realization that I am responsible for everything in my world because it is quite literally my own personal world. This does not mean I am not interacting with others, sharing part of my reality with them, but it does make me the sole authority over my life (personal empowerment) and the only one accountable for it (personal responsibility).

So if I want to change my world then it must be done from the inside by changing my own priorities, my focus of consciousness. Anything else is just playing out the virtual reality game. But we have to step outside the game to change our options.

*Copyright © 2009 - Mi Kai Lee is a web producer who lives in the BC interior, not far from the home of Issues.*

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