

STOP the HST

An interview with Bill Vander Zalm

If you want to be heard by your Government, you will need to sign "an Initiative to End the Harmonized Sales Tax"

This petition is valid APRIL 6th through to JULY 6, 2010
details on page 6

ISSUES

for EMPOWERMENT
MAGAZINE ESTABLISHED 1990

*Resources for Connecting,
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*April, May & June
2010*

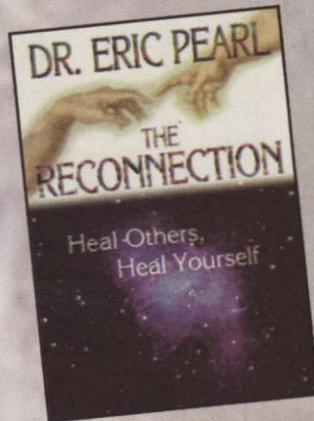
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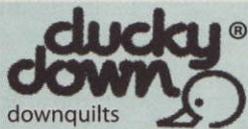
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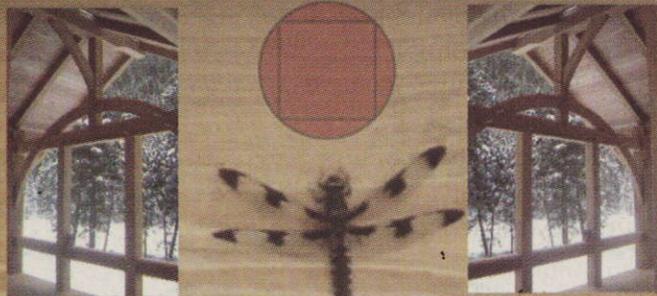
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Musing

with *Angele*, the publisher



On the front cover is our favorite view of Kootenay Lake,
in bright spring colors, as painted by Marianneke Heringa.

Since my birthday fell on a Saturday this year, we spent Friday evening in Nelson, enjoying dinner and a live play. Richard and I stayed at Marianneke's place called Casa del Soul B&B, a delightful haven for creative souls. I enjoyed finally getting to know this delightful and energetic lady in person. She has advertised with *Issues* for several years and I have been meaning to stop by. Her story is on page 33.

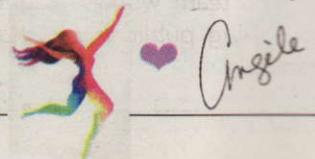
Something different for this edition was to have Michael O'Connor do an update on my birth chart rather than the general three-month seasonal forecast I usually get. I thought a few of you might find it interesting, and if you have never had your chart done, this is your chance to see what is revealed in a reading. It was ten pages so I condensed it. The full version and graphs are on Michael's website, see page 30.

Also enlightening was talking with Joseph Roberts of Common Ground and his interview with Bill Vander Zalm on the HST (Harmonized Sales Tax). He says we do have a choice about this tax and that, in fact, it is unconstitutional. It's not only taxation without representation, it's fraudulent taxation. The provincial government is giving up a provincial jurisdiction without consulting the people and giving it to the feds. To stop it 10% of the population needs to vote against it. Read the article on page 6, go the website and help with the petition.

By the time you read this edition, the winners of my 20th anniversary contest will have been notified. The two passes to the Spring Festival of Awareness was given to Jody Furneaux of Vernon and Rosemary Fischer of Moosejaw, SASK. The \$100 credit at Johnson's Landing Retreat Center goes to Louise Cheshire of Proctor, and Jamie Evans of Vernon is the winner of the free ad. Robyn Tatum from Salmon Arm won the Whole Package Deal donated by Stephanie Monsen. A friend sent Marion a heartwarming letter that explained why she deserved to attend.

I like being an organizer and the Spring Festival of Awareness as it uses all my talents plus I get to connect with many like-minded souls. Twenty-two years ago a wandering psychic named Peter Morris, appeared in my life and convinced me that the Festival needed to continue and he would help. Saying yes to co-creating this event changed my life and I love it. Several years after my first festival, during a meditation, I got a reminder that I had asked for this opportunity... which I barely remembered doing. I was working late for the Summerland Recreation Department, posting run times for the *Man of Steel* event, when I looked up to the sky and said, "Why don't you give me something to organize that I would like to attend?" I forgot those words till the force that is greater than I, and which has a much higher perspective, reminded me that we always get what we ask for. I smiled at myself and thanked my angels for waking me up to a greater potential. It is not always easy to "feel the fear and do it anyway." I have learned that what I want is usually on the other side of some intense feelings. I breathe deeply into the belly and feel the anxiety. I ask for clarity, what do I really want? My inner guidance always amazes me. Sometimes it is instant, most times it comes when it wants to.

Once the Spring Festival is over, it will be time to plant the gardens at Johnson's Landing Retreat Center. Looks like we will have a few helpers arrive in time for this year's experience of planting the garden and building a solar shower house. May the season of renewal be all that it promises as we spiral upward, ready or not for the changes that occur as each one of us chooses to be here, now!



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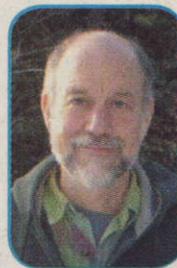
Richard page 34

STEPS ALONG THE PATH

Once again the topic of leadership is at the top of my thoughts. I was blessed to have had the opportunity to live with one of the most inspiring leaders in my life, my father. My father was a very quiet man, when he spoke it was usually something worth listening to. He had the kind of personality that exuded compassion, understanding and patience. After the Second World War he began a career in public transportation, city buses to be exact. In 1946 he started as one of the guys that would clean the buses after they returned to the maintenance shop. He quickly worked his way up to becoming a mechanic's assistant and from there he became a mechanic. He had such great rapport with both his fellow workers and the management that he was selected to be the shop foreman. Since the Transit Authority was unionized and he was easy to get along with, he was soon selected to be the shop steward (the union representative for his fellow workers).

When I was around eight years old I remember visiting his work place on open house days which were designed to develop a greater understanding of what it was that Mom or Dad did at work. It was really cool to be walking around a gigantic bus garage with my Father. He would proudly introduce me as his son as we visited various areas of the operation. I felt a general sense of contentment within all of the people I met. It was the pride of being a contributing part of a team working together to accomplish the goal of providing public transportation to the citizens of their community.

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



As his career progressed he went on to positions of greater responsibility which culminated in his being one of the superintendents of overall operations for the Transit Authority. This was the highest position that a person could reach without being a politically elected official. From his humble beginnings of cleaning buses to a position of leading the entire organization

As I look back at the life of this quiet un-assuming man it seems to me that his skill was being able to develop a level playing field where he would try and meet the needs of his team and in turn they would support the group goal.

As a father he was always there for me. I still have fond memories of when I was very small and him coming in the door from work, his face beaming with love as he scooped my up in his arms to kiss and hold me. As I was growing up I remember him as a patient and good teacher. In working with me as a boy, on projects in our basement shop, he inspired me with confidence and self-worth... there were no problems, only solutions.

So here I am blessed with the service of running a retreat centre and still working on finding the magic that my Dad had. Sometimes I get it right and sometimes I don't. I am fully aware of my shortcomings and my blessings, one of which was my Father. Hopefully I will one day get it right before I pass on to another time and place. So here I am taking it one step at a time.

Namaste*Richard*

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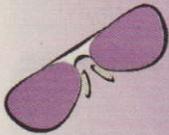
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Stop the HST

No taxation without representation

Bill Vander Zalm interview by Joseph Roberts

Joseph Roberts: *How did you get involved in the HST issue?*

Bill Vander Zalm: I was watching television one evening with Lillian and it was announced on the news, as a matter of fact, that the HST was going to happen and they briefly explained it. I said, "They're not really telling us what it's all about or how much it's going to cost. They're simply announcing the government's news release on television. Obviously, there's something wrong, something's amiss here." The next morning, I turn on the television to see what more they have to say and there's not a mention. "This is crazy," I said to Lillian. "Either the big media is covering up for the government or they just don't understand the impact of all of this, particularly on the people who can least afford it."

When I heard nothing for the rest of the morning, by afternoon I was so frustrated Lillian suggested I write a letter to the newspapers explaining what this is all about and the impact of it and see what response I would get. I sat down and immediately sent an email to all the big newspapers, and the Province called me immediately and asked to meet me in Richmond to do an interview. I met them that same afternoon and the interviewer had a camera and cleverly photographed me beside a Stop sign. The following morning, that picture made the front page of the paper. That was enough to set off the anti-HST campaign.

It's a lot of work and I realized it would be, but fortunately I have a good friend named Chris Delaney who's quite familiar with politics. I didn't really have to explain it to him because he well understood and said he would volunteer 24/7 and pay his own costs until we got this thing done. From that little nucleus of two people, we sought out others. Bill Tieleman, who's influential and good at getting a message out, joined us. And a good number of other people joined the campaign.

The neat part is we've had people from every political persuasion – the NDP, the Conservatives, the Refederation Party and former Liberals – people right across the political spectrum. That made our job easy and it will be the success of the campaign. If I were campaigning from a particular party, it would be very difficult because people would be either aligning or opposing. But with people from across the whole spectrum, the message is getting out and we're getting lots of support.

In my estimation, we will not only win the HST fight, but we will follow-up on the need for the political system in this province and country to change. Too much is decided upon political philosophy rather than what's right or what's wrong. I think we'll have an even bigger challenge after the HST to try and change that.

JR: "No taxation without representation" was the rallying cry in New England that preceded the Boston Tea Party during America's revolution of independence from England. Is this HST really a form of taxation without representation?

BVZ: No question about that. First of all, people had no say in it. Not only were individuals not warned, but quite the contrary. During an election campaign only a few months earlier, they were told by Gordon Campbell, the leader of the Liberal Party, that he was opposed to the HST and it would not be considered. So we were provided false information. After the election, there was no announcement that people could respond to, nor did government take it to the legislature where people would have had an opportunity to speak out through their elected representatives. It could have been as simple as a provincial minister talking to a federal minister who offered a \$1.6 billion bribe. It's just taking it out of one pocket and putting it in the other.

The whole thing is in fact, unconstitutional. If it wouldn't cost \$1 million to challenge it legally, that would be the easiest route to go. So it's not only taxation without representation, it's fraudulent taxation. The provincial government is giving up a provincial jurisdiction without consulting the people and giving it to the feds. The feds would then determine whether there's an increase or a reduction for that particular tax in this province.

JR: Why do you think the federal government is pushing for this?

BVZ: I would like to believe the politicians in Ottawa are smart enough to try and figure out what's happening here, but maybe not, so perhaps it's coming from within the bureaucracy and probably motivated or encouraged by big business. There's something beyond all of this that isn't too obvious, that is moving this. They will argue that VAT – Value Added Tax, another word for HST – is working well in other countries. Well, it isn't working that well. Number one, most European countries have an underground economy that is as big as the real economy. More and more people here will also be doing things without charging the HST and they'll have an advantage over the legitimate businessperson. Not only will they not collect and not pay the HST, but also they won't pay income tax because if they paid income tax, it will reveal what they're doing with the HST. It's a whole underground economy that will cost us mega-billions of dollars.

Why is the federal government doing this? I imagine in part because they perhaps believe we need to do this universally, as part of this whole globalization movement, and secondly there may be favours from some industries.

JR: How does it shift the tax burden?

BVZ: It's the consumer who will be paying this tax, of course, and hardest hit will be those least able to pay because it will be a big percentage of their available monies – and I'm talking about seniors or people on fixed incomes or low to mid-incomes. The average senior couple will pay \$1000 a year in HST. It's the consumer who gets hit. The big beneficiaries are the big companies, the big industries.

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JR: When did BC's referendum and recall legislation, which contextualizes the HST referendum, come into being?

BVZ: It was introduced by myself and the big support came from then Attorney-General Bud Smith. We were both, as were the cabinet and the caucus, supportive of the legislation being introduced. Unfortunately, because I resigned in 1991, the rules were drafted by Mr. Harcourt's government and they made it extremely difficult, if not impossible, although I don't think anything's impossible, so what we're trying to do now with the initiative petition is probably the more doable aspect of the legislation. Ten percent is doable, particularly in circumstances such as we have now, where we've got people from various political parties supporting it.

Full interview is at

www.commonground.ca

Bill Vander Zalm was a councillor, mayor, Minister for Human Resources, Municipal Affairs, Transit, and Education, then Premier of BC.

For info on HST: www.fightHST.com

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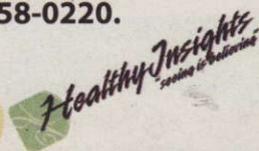
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FAQ's

by Marie-Jeanne Fenton

Q: Why are there so many different holistic modalities?

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Q: Do emotions have anything to do with my health?

Answer: Without a doubt. Our emotional well-being, our positive vs. negative thoughts, affects our brain - as it is our brain (mind) that controls our body. Being sad, depressed, angry, and resentful in extremes or for long periods of time will cause what I call black lint (blockages) in your energy field. Over time these blockages may lead to illness and disease. Notice that it is not always the event that causes us stress, but how we perceive it and store it energetically.

Q: How do you release emotional blockages?

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A Gateway to Soul Travel

by Harold Klemp

If you are interested in Soul Travel, you can try this technique tonight in the dream state. Before sleep, close your eyes and place your attention very gently on the Spiritual Eye [an area between the eyebrows that is a window between the spiritual and material worlds]. Then sing HU [an ancient name for God pronounced like the word *hue*], and fill yourself with love.

This feeling of love is needed to give you the confidence to go forward into an unknown, unexplored area. One way to fill yourself with love is by calling up the warm memory of a past occasion that filled you with pure love.

Then look inwardly for the individual who is your ideal at this time—whether it is Christ or one of the ECK Masters [spiritual guides in Eckankar, Religion of the Light and Sound of God]. In a very gentle way, say, "I give you permission to take me to the place that I have earned for my greatest spiritual unfoldment." And then silently or out loud, continue to chant HU, God, or another holy word.

Try to visualize yourself walking into the inner worlds, and know that the individual who comes to meet you is a dear friend. If it doesn't work the first time, do it again and again. The spiritual exercises are like physical exercises: before your muscles grow strong, you have to exercise them a number of times; it doesn't always happen in one try. It's quite likely that if you take up an exercise routine for thirty days, you're going to be stronger than you were at the beginning. *see ad to the left*

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by Khyati

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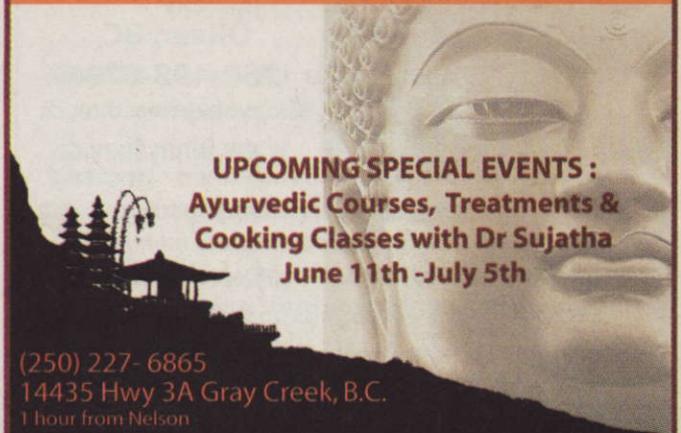
We learned hot oil massage treatments where two liters of warm medicated oil are gently massaged over the body to heal, balance and revitalize. We also learned how to choose herbs and create medicated oils for each client. Each one of us finished the course feeling awed, humbled, full of new knowledge and awareness, with a much deeper understanding of the Ayurveda. I am honored to be able to introduce these new techniques of preventive care into our community. These courses are recognized by The Vancouver College of Massage for accreditation in their Continuing Education Programs for RMTs. *see ad to the right*

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Silent Voices

by Ginny Shay

We all know how important good communication is in our relationships, but have you thought about your relationship with your pet? Would you like to better understand your pet's likes and dislikes, or what is behind some of the emotional and/or behavioural problems that arise? What if your pet wanted you to know something about them so you could understand them better? These are some of the issues that I hope to address in my work as an animal intuitive by means of telepathic communication with your pet, or as some call it, inter-species communication.

My tremendous love and compassion for animals began when I was growing up. Pets were always a part of our household and if it wasn't rabbits, dogs or cats, it was turkeys, ponies and horses. I often connected on a level that not even I understood. I felt they deserved love and respect and I was more than happy to give it to them. Animals were like a magnet to me and whenever they crossed my path I felt called to do something to enrich the quality of their lives. It wasn't until a few years ago, when I read my first book on animal communication, that I finally was able to define what it was that I was being guided to do.

I find it amazing... how the lines of communication open, as in the case of my miniature donkey who passed away unexpectedly last year. Milo was one of my dearest animal friends and several days after having laid him to rest I decided to have a balloon-releasing ceremony over his gravesite. Shortly after lifting into the air, one balloon came back to earth and began bouncing along just above the ground. Well, I had to smile because that was so much like Milo as he was quite small and close to the ground. When it made a sudden turn and headed directly toward the mare that Milo used to chase for fun, I broke out into tears of joy and laughter because I knew that it was Milo's spirit connecting with me in a final mischievous act. On impulse I looked up into the sky, and there, among all the other fluffy clouds was a perfectly formed donkey's head, long ears and all. So there are many ways in which our pet may try to communicate with us if we have an open mind for receiving.

Animals can play important roles in our journey through this life. It is my hope to assist by being a loving and compassionate liaison between animals and the people whose lives they share, or between animals and humanity. Animals can assist us in reaching our highest potential, in teaching us qualities such as love, forgiveness and loyalty. They can be of great comfort in times of despair and a playful companion in times of joy. Surely these beautiful spirits are worthy of the same love, compassion, dignity and respect that they so willingly bring into their relationships.

For those animals who have not had a positive life experience... I can assist, and feel honoured to be their voice of awareness. It is important for us to create opportunities for emotional healing that can express trauma and abuse, for our animals as well as ourselves. See ad to the left

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In my work, I hope to create a better understanding between pets and their owners, animals and humans, by being their voice of awareness, strength, and healing. An intuitive communication can assist with:

Gaining insight into emotional or behavioral problems and possible solutions.

Interpreting messages your pet may have for you. This can also be done for animals who have passed on.

Clarification of your pet's likes, dislikes, and their needs. Locating any physical discomfort or pain the animal may have and how they are feeling.

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AWARENESS

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

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

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BUT I NEEDED TO GO TO THE CORE

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

FOR CHANGES THAT LAST and GROW

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

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Gaining the Knowledge of the Gods

by Carol Heywood

I recently watched an episode of Stargate SG-1 that fits the theme of messages I have been receiving from my inner source. The SG-1 team was sent to a planet where an early developing society was being taken over by the Ori, a fiery race of beings who claim to be gods. They demand the worship of mortals or they face the penalty of destruction from the fires of Ori (imagine the booming voice)! SG-1 must convince the villagers that in spite of what appears to be god-like powers, they are not gods and do not deserve their worship and allegiance. They accomplish this by demonstrating that they too can create the same power by using tools and arguing that because the Ori are an older race, they have advanced in their understanding of how things work. It was explained how they have applied that knowledge to access and harness forces to create technology that makes them appear to be powerful gods so they can intimidate less advanced people for the purpose of enslaving them. They did a great job of persuading the villagers that the only difference between them and the Ori was the extra time the Ori had been studying the universe and that they too would advance to that level eventually.

This story illustrates the evolutionary stage we earthlings find ourselves in now. We are in a transition coming out of a regressive phase of evolution that turned us away from Source as we wandered in the dark with the ego mind in charge. The ego mind did the best it could with the limited resources within its awareness. Progress of the wheel of Earth's evolutionary path is now reorienting us towards Source. This once again provides the opportunity for us to directly connect with Source to intimately know Unconditional Love and to discover unlimited potential. In the light of Source we are investigating the way things work in the universe and our understanding is fueling technology that reveals knowledge that we thought were secrets of the gods. In-depth research, with the help of tools with expanded capacity, is unlocking the mysteries of quantum physics. This vastly expands our awareness of resources and leads to exponential advancement of technology. This understanding of energy inspires research into a myriad of energy-work modalities with truly amazing results!

One of the most prevalent discoveries coming out of this research is the realization that we create our reality via our thoughts and feelings. Therefore we can co-create our preferred future via our collectively focused thoughts and feelings. I have been hearing this message over and over again from teachers, prophets, scientists and especially from my own inner connection. Consciousness itself is delivering the truth that creating the state of mind where what we want already exists, makes it ours. Feeling that we do not have what we want is a symptom of separation, which is a misperception of the mind that is still limited by holdover programming from the previous cycle. It is our big challenge to free our minds from that limiting programming to claim the unlimited potential now available through our connection to Source.

We can support each other to meet that challenge as we continue to live in harmony on our beloved planet Earth. I am pleased to be a part of a non-profit organization called the Canadian Society of Questers, in which I do feel supported in the challenge of getting beyond limitations. It is an organization that was founded on a common interest called dowsing. It has now expanded into exploring other subtle energies. When I encountered the Questers seven years ago, I was attracted to the diversity of the members as well as the high-quality presentations that take place each spring and fall.

This year's Spring Conference will be held in the Calgary area at Olds College,



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This year top-in-their-field, presenters will include Dr. Brooks Agnew, author of thousands of technical papers and four books. Host of the X-Squared Radio, was a leader of an expedition to the Arctic Circle that explored hollow earth theories, and is currently changing the energy paradigm by building mass-production biodiesel technology for clean-burning renewable diesel fuel using algae. Brooks will speak on the subject of his recently finished fourth book titled *Remembering the Future*.

World-renowned dowser and author of *Dowsing: A Path to Enlightenment*, Joey Korn joins the lineup with his workshop titled *Change the Energies, Change your Life*, or how to change detrimental energies into beneficial energies. Lisa Renee, a spiritual scientist, writer, and quantum therapist, will bring new wisdom about Earth's ascension cycle and expand our awareness of these dynamics. Local researcher and author of Canada's Stonehenge, Gordon Freeman, will share amazing information he has learned about Southern Alberta's Sun Temple during his thirty-year study of it. The rest of the presenters and registration info can be found on the website above.

Carol Heywood author of Passionate Pinky and the Evolutionary Experiment has a unique perspective of Earth's path.
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Profile

New Wave Healing Technology

by Louis Hoolaeff

This is the first time I've ever had something in my hand that has the ability to demonstrate as fast... as effective... as dynamic... and 100% of the time... as this... Amized® Fusion Technology. It has started a self-care revolution. The technology is revolutionary, proprietary and exclusive. It's all about *Zero Point Field Resonance*.

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If you take a high-powered microscope and looked at your finger, toe, floor, tabletop.... if you go deep enough down into inner space, everything looks the same and you see the building blocks of the universe -- electrons, protons and neutrons. Go one dimension deeper and we have sub-space particles. One dimension below that is the *Zero Point Field Energy*. In 1913 Albert Einstein identified that it does EXIST. Nikola Tesla worked with Free Energy technology. It is a giant reservoir that has all the energy from which everything manifests. Everything starts or originates at *Zero Point Field Energy*. Let's just call that "Source". *Zero Point Energy* reminds our bodily cells to return back to "Source". It reminds our body to be in a 100% balanced state of perfect vibrancy and harmony.

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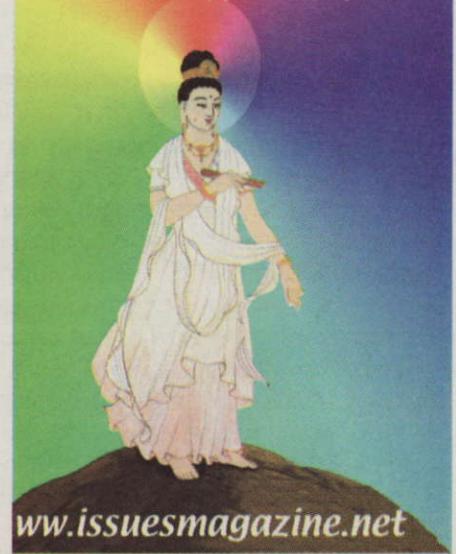
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Deceptive Labelling Practices

by Nina George

Did you know that since November 2006 all cosmetics have to list their ingredients in order of quantity (similar to food labeling) and in standardized nomenclature according to the Health Canada? A system that is multilingual, multinational and based on the Latin language. INCI is the mandatory naming procedure in the United States, the European Union, and now Canada.

The labeling of cosmetic ingredients enables the Canadian public to make informed decisions about the cosmetics they use, and easily identify ingredients they may have sensitivities to. Mandatory ingredient labeling enables physicians to refer to one common name for the purpose of treatment and incidence reporting. According to Health Canada's website this will contribute to health protection. INCI ingredient listings may look confusing at first glance as coconut oil is listed as *cocos nucifera* and mint essential oil is listed as *mentha peperita* oil. However, companies may list the Latin name and in parentheses list the anecdotal name, for example, *cannabis sativa* (hemp) oil.

When INCI regulations were enacted, we at Mountain Sky were happy because we had witnessed cosmetic companies not listing the ingredients properly. For instance companies would not list sodium hydroxide in their soap, instead they would write saponified oils, which is the end state of soapmaking once sodium hydroxide (lye) and the oils have mixed. We had customers telling us that other soaps don't have it listed in their ingredients.

Six months ago, I found 13 products and two cosmetics lines without proper ingredient labeling. I sent my list to Health Canada and they responded that they would send a letter to the violators but no action was deemed necessary. I then asked some health food stores why they sell products that are deceiving and each one said "It is the responsibility of Health Canada to enforce the law by pulling products off the shelves." If you believe that a product does not have proper ingredient listings, please complain to Health Canada; the more people that point out the problem, then Health Canada may start enforcing their own rules.

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Are You Settling?

by Pamela Shelly

Many of us compromise who we truly are for a variety of reasons. Some of them may be because we need to be loved, accepted and feel like we fit in. It is important for each of us to take a good look at our lives and see if and where we are settling.

Are you passionate about your work or are you just there for the paycheck? Are you still growing and learning from your work or are you bored much of the time? Do you enjoy the people you work with and are you a respected member of the staff? Is it a positive environment that nurtures your soul? If you answered NO to any of the above then ask yourself what keeps you there?

Often it is a belief that we can't do any better or we need the money. If we believe we can't get a better job or find something we like or better yet – love, then we are likely to just be 'putting in time'. This can deplete us of a tremendous amount of energy and joy. Would you as a loving parent encourage your child to find a job where they are just putting in time, or would you encourage them to find a job they are passionate about and be willing to move on? So many of us want what is best for our children but are unwilling to be the role models. Many children have watched their parents struggle at a job, putting in long hours and sacrificing family time only to watch them burn out, or have the marriage fail. The loyalty between employer and employee is getting to be a thing of the past. This has resulted in a wave of children who now put lifestyle ahead of career and will switch jobs or careers several times in their working lives.

Do you love the town or city you live in? Each of us has a resonant energetic frequency to not only people but to our location or residence. Many of us are being nudged to move to a new place so that we are more in alignment, but we often resist. I have found that most people want to know if it is the right decision before they make the move. Unfortunately for our fearful egos this isn't how it works. *continues on page 17*

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I Love Spring!

by Rev. Connie Phelps

Spring signifies, for me, a time of growth and transformation. Over the years many of my personal life changes have been set in motion at this time of year. As we study nature it is clear that there is a definite cycle, a universal order to life. It is also clear that if we are in harmony with this orderliness our lives seem to unfold easily. All we have to do is recognize that Spirit is expressing through us, stay open and conscious to the ideas as they are revealed by means of us, (then act on them!) and know that our wildest dreams are being manifest, easily, abundantly and joyously. Sounds simple doesn't it? This really is a very simple teaching - simple, not necessarily easy.

With spring here it is time to start getting ready to plant our gardens. I am talking about our spiritual gardens. We need to be looking forward to see what it is that we will want to harvest. Just as in planting our vegetable or flower gardens we need to plan what seeds we are going to plant and in what order we will plant them. Our spiritual seeds are the thoughts necessary to produce what it is we say we want in our lives.

On an individual level what are the qualities of the relationships that you are nurturing? Is your physical body healthy, vital and full of energy? Are you expressing your creativity and passion at work or home? How is your financial abundance (do you have everything necessary to do what you want, when you want)? If you are not completely satisfied in all of these areas then you have some work to do.

Often, when we get a big idea, our fears (if not neutralized) immobilize us. The very ideas that will ultimately release us to fly and allow us to become all that we dream of becoming are denied the very energy that will liberate us. What a paradox! As Dr. Ernest Holmes (the founder of this teaching) writes: "We wish a faith based on the knowledge that there is nothing to fear! Faith is the substance of things hoped for, the evidence of things not seen." ■■■▶



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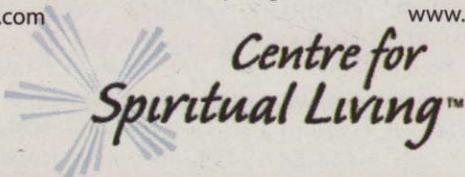
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So, how do we do this, you might ask? By doing it! By becoming convinced that what we are praying for is already provided and all we have to do is claim what is rightfully ours by divine right of inheritance. If you have had the idea it is yours to do, therefore everything necessary for the full and complete expression of the idea is also yours. We need to develop the spiritual discipline to do what is good for us, and that includes the discipline to stop the negative thoughts that undermine our good. To say "YES!" to ourselves and know deeply that we are indeed immersed in the natural flow of life that is circulating through us, in all ways.

A gardener knows that in order for the seeds to grow you have to plant them with the faith that the Laws of the Universe work automatically and consistently to produce the desired results. So, this spring, plant your seed ideas and nurture them with positive thoughts to sow a garden full of richness, beauty and joy beyond your wildest imagination.

Rev. Connie Phelps
is the minister with the
Kamloops Centre for
Spiritual Living.

See ad to left.



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Are You Settling? *continued from page 15*

I was born and raised in Calgary and at some point I just knew I was not meant to live there any longer. It did take me some time to figure out where I was meant to be and in 2003 I made the move to Kelowna. Once I made that decision to move my house sold in three days. I didn't even have to list it. I have never looked back and I am so thankful I made the move. It wasn't an easy decision as I was building my wholistic practice, still had a daughter living at home, and was a brand new grandmother to a two-month-old girl.

We often don't know all the reasons we are being prompted to live elsewhere but you will start to feel uncomfortable in some way. The move may be to connect with one or more people that we wrote into our soul contract. It may be to bring our light and anchor it in a different place. The reasons are varied and it is our job just to trust our feelings and move forward.

Are the relationships in your life uplifting, supportive and loving? Like our jobs and homes, we can get attached to people and struggle to end friendships or disengage from toxic family relationships. Each of us is on a personal journey and like attracts like. Everything is energy, therefore your energy may not be at a similar frequency with some or many of the people in your life. It is okay to release them, end friendships and distance yourself from family. If you realize a relationship is not in your best interests but you are still hanging on, take a good look at what you are afraid of.

Personally, I have only a few friends that I had a year ago. They are wonderful people but I needed to honor the fact that we are no longer matched. It has been one of the most challenging things I have had to do. I took a good look at my fear of rejection, my need to be needed, the people pleaser in me, caring about what they might think or say about me, etc. I can now say that all my former friends and myself have survived and nothing terrible happened! In a few instances it was mutual and felt natural. This process opened up doors allowing more new people to enter my life. I encourage each of you to come from your true self and be passionate about where you live, what you do for a living and who the people are in your life. You deserve the very best and only you can make it happen.

See ad on page 15



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The Prophets Conference by Doug Ference

We gathered in Cancun, Mexico, arriving from an expanse of countries and continents, some as film crews and journalists, some as leaders of local 2012 movements, and many as individuals with a burning desire to learn how to help, in whatever small way, in moving humanity forward. A palpable sense of anticipation infused the heavy, humid air as we gathered to experience the conference.

Within the first few hours the common theme was clear: No one knows for sure what will happen on December 21, 2012, if anything. The only clear path that lies ahead is one of self-awakening. The conference sought to explore a radically different, more optimistic interpretation of the Mayan prophecy – as referring to the end of the world as we have known it. Instead of predicting a physical destruction of the material world, the Mayan prophecy might refer to death and rebirth and a mass inner transformation of humanity.

To deliver this message, Jose Arguelles (founder of the Harmonic Convergence in 1978), Daniel Pinchbeck, John Major Jenkins, Graham Hancock, John Kimmey (sharing the Hopi Prophecy), Russell Targ, Christine Page, Jacque Fresco, (93 year old futurist) Roxanne Meadows, Mario Gomez Mayorga, Rocio Lopez Ruiz and Miguel Angel Vergara (Mayan teacher and past administrator of Chichen Itza) were brought together, along with approximately 250 participants to share in discussions.

As I listened to each presenter over the next three days, the realization of a common theme emerged. I felt empowered and excited knowing that I can affect change and influence others in creating a positive surrounding for our children and generations to come, simply by sharing this valuable information, uplifted my spirits.

A remark that resonated with me during John Kimmey's sharing of the Hopi Prophecy was when he related that Grandfather David, who passed the Hopi lineage onto him, once asked John what it was that we could give God/Spirit, who already has everything. The answer, Grandfather David said, is our intentional effort. This is the only thing we can give the Divine that it doesn't already have. The sweat of our brow, our focus and concentration, or tapas as it is known in Sanskrit, is our gift in gratitude for the dance of life. John Kimmey also emphasized that now, at the closing of the 4th World, is the time to take to heart the teachings we have received from the various mystical and wisdom traditions. We need to practice the techniques we have been given and take responsibility for our way of life, beginning with the personal, and surrendering our efforts to a higher source and the greater good.

It is not a coincidence that this Tipping Point is paralleled by an explosion in our Western culture of disciplines, techniques, teachers, and entheogens which all lead one to contact with their Higher Self. Everything we need is at hand to fuel our inner transformation and outer evolution. All we really need to do is let go of the external distractions and get busy on the road to remembrance.

In the words of alternative-archaeologist Graham Hancock, we are a species with amnesia. To wake up we must refocus the light of our awareness from the outer to the inner. The art of listening to our personal truth will lead us through the dank hallways of illusion and temptation and onward through the gates of our own self-induced salvation. I know that when I do my personal work, the filter through which I see the world is clearer and more joyful, and this is what is. If you've neglected the inward passage up to this point, don't fret. Yes, the countdown is on, but time is on our side, at least the rate of it is. Just as we are witnessing rapid progress and turnover in technological advances, the same is true of our personal advancement. No longer is the prescription for self-awakening years of flat-backed

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Freudian analysis or lifetimes of stiff Zazen. What is required of us now is dedication to a path and continual effort, in whatever form best suits us as individuals.

Shaman and healer Mario Gomez Mayorga encouraged us to 'awaken to not thinking about everything,' and instead focus on behaving as energy does in nature, by helping one another and giving with the knowledge that we always have enough. As the Hopis say, "We are the ones we have been waiting for."

The next World Cycle has been cited as one of Unity Consciousness, marked by a marriage of science and spirituality, of the masculine and feminine. Yet, such integration is only possible if we arise to the challenge of personal transformation. The choice is ours to tip the scale in our favor, one body at a time.

Doug is an instructor at the Spring Festival of Awareness, April 23-25 and is leading a workshop at the Johnson's Landing Retreat Center this September.



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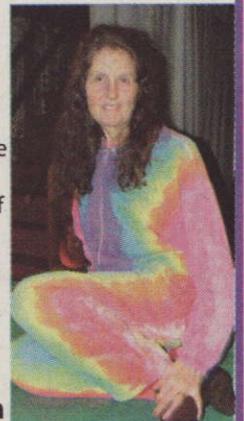
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CHANGING THE BODY

by Wayne Still

Human beings inhabit a wonderfully complex organism which we generally refer to as our body. While we have the ability to consciously direct its movements and decide on the activities in which it will engage, there is a great deal going on over which we have little or no control. Most of the latter fall under the heading of the body's self-regulatory functions which are largely controlled by the autonomic nervous system, or ANS. In this column we will consider the role the ANS plays in facilitating the changes we experience when we receive body work.

Bodyworkers work with what Dr. Rolf called the organ of form, that is the myofascial system which gives the body its form, strength and flexibility. Fascia is everywhere in the body and given its important role of holding the body together it is very strong. It is estimated that a tangential force of 60 kg would be needed to stretch tissue so that a change in its structure could be felt. Ouch!!! Yet bodyworkers regularly feel such changes, which we refer to as releases, using only a fraction of that pressure. Clearly there is something going on besides the application of brute force.

Fascia is richly endowed with nerve endings. Often we think of nerves as those pesky things which tell us when some part of us is in pain. And indeed that is one of their functions. An equally important role is to tell a muscle to flex or extend, this is known as their motor function. Yet there are many more sensory nerve fibres than there are motor fibres. Since we are rarely in-pain everywhere in our bodies, these sensory nerves must play another part. They are mechano receptors, that is they register the feelings of pressure. "Normal" pressure such as you are experiencing as you sit to read this will not usually be very high in your consciousness. Put something pointy between the chair and your bum and it will be a totally different experience. Somewhere between these two sensations we find the function of the ANS which facilitates the releases we seek when we want to bring relief to a part of the body which is in some way restricted in its movement.

Fascia responds to stress by getting shorter, there are smooth muscle cells found in fascia which are responding to stress signals by contracting. When these muscles are chronically contracted the tissue in which they are located adheres to itself creating what we call an adhesion or restriction. This is the ANS at work bracing a part of the body which is in some way compromised. The down side of this is that an immobilized part of the body will usually start to hurt and that unpleasant experience may well land you on a bodyworker's table.

When a bodyworker begins to manipulate fascia they immediately make contact with the ANS and it becomes their ally by triggering the release of substances which help to lubricate the tissue. Now the fibres are able to glide over each other to regain their lost length. In addition a signal is sent to the brain to let it know that this is a desirable situation that should be maintained. We refer to this process as neuromuscular reeducation. As this process continues throughout the parts of the body being worked on, there is a general lengthening of the fascia resulting in a feeling of lightness and flexibility. Here we are working with a self-regulating function of the body to effect the changes we desire.

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



Yoga on the Wild Side

by Jennifer Steed

Most often these days we see images of spotless, tranquil, and artistic yoga studios where we can go to escape from the rat race and cultivate an inner sense of peace; if even for an hour each week. What a warm and welcoming setting to be with yourself, relaxing and also challenging yourself. I have certainly enjoyed the healing benefits of these studios so lovingly presented and cared for. I give great thanks to those who hold the space for all the people who come with the myriad of reasons including a safe sanctuary to rest one's weary heart and soul.

What I find interesting is that in the ancient times of yoga practice there were no lovely wooden floor studios with evocative music, no chic and tempting stores with items to 'enhance' our spiritual path, no expensive fashionable clothing to drool over, not even a yoga mat to be seen. In my present limited knowledge of yoga in centuries gone by, I understand that most of the asanas or postures we faithfully practice and study were inspired by the greatest teacher of all; that of Mother Nature and her many fascinating creatures. Besides the infamous downward facing dog posture there are easily 100 more postures of the supposed 1008 that were created in the name of animals, birds, plants and more of nature's impeccable creation. Was it their steady, peaceful and pure existence that inspired those who later codified or categorized the asanas or what we now know as the classical postures in hatha yoga?

You may have had the good fortune to experience yourself immersed in a practice in the jungle, on a beach, on a mountain or other breath taking location and I am sure you are well aware of the tangible deepening that this sensual experience has upon you at all levels. I have been fortunate to seek out wild places on this wondrous planet to join with others in yoga practice, creating delicious memories and a subtle longing to always enjoy asana practice surrounded by vibrant air, bird songs, fragrant aromas and breath-taking views.

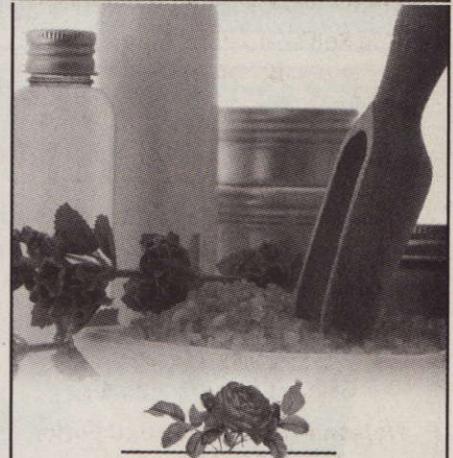
This summer I will be inviting anyone who wishes to dissolve the walls, visible and invisible, of their yoga practice. Open up to spontaneous and wild places within yourself. Attentive to each moment's magic we will come together in an inspiring place in nature, Johnson's Landing Retreat Center, where asana, mantra, pranayama and meditation will blend like colors of a summer sunset, giving rise to an entirely new palette of experiences. Daily practices will be gently guided yet full of opportunity to loosen any constraints that may be arising due to a static perception of what a yoga practice 'should' be like. Like any part of our lives that takes on a pattern or predictable rhythm we can become stuck, uninspired, robotic or simply bored. Yoga is a science of awareness giving us limitless opportunity to expand into each moment from a renewed place of perception and acceptance. Leaving behind the unspoken protocol, 'shoulds', structures and form of one's present yoga practice can be both frightening and absolutely liberating all at once. Challenges in life, as in yoga, may arise from certain expectations, resistances, dogma or ideals of how you and your yoga practice 'should' be. As yoga is primarily a science of the mind we are always presented with perfect opportunities to observe limitations and suffering that predictably have ties to our daily life.

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www.jennifersteed.com she will also be at the Spring Festival of Awareness in April.

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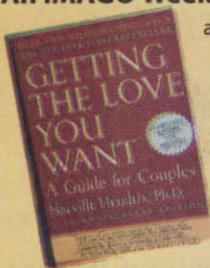


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How Fairy Tales Contribute to Marital Breakdown

by Mark Cornfield

It might seem hard to believe, but fairy tales that are read to us from a very tender age can be seen to play a significant contributing role in the alarming rate of separation and divorce plaguing our society. They may be contributing to your urges to give up on your relationship if you and your partner are in conflict.

How can this be? If you remember, all of the fairy tales that involve a romantic relationship between a prince and a princess go this way: the prince and princess experience love at first sight, but they must struggle to get past a daunting obstacle in order to be together. Usually the prince must slay a dragon, win a contest, find the antidote to a poison apple, or get rid of a competitor before he wins his princess. Most of the fairy tale is devoted to this struggle. In the last pages, the prince succeeds in his task and is finally rewarded with the love of the princess. On the very last page, the inevitable words are, of course: "and they lived happily ever after." What does this teach us? It teaches all of us, men and women, that if we meet our prince/princess (today's term is 'soul mate') we will live happily ever after. What nonsense!

Statistics are clear that over half of the marriages that start off so delicious, so full of hope and optimism, end in misery, separation and divorce. For some reason, it seems almost inevitable that once the ambrosia of romance fades away, and it always does, conflict rears its head. At this point in a marriage, the learning we absorbed from fairy tales tends to take over. We say to ourselves: "I should be living happily ever after ... but I'm not. Hmm, I guess I'm not with my Prince ... I chose the wrong partner ... I better ditch this idiot and go find the true Prince." And so, on to separation and divorce.

What the fairy tales didn't teach us is that romance is temporary, that relationships are hard work, that conflict is inevitable, that conflict is "growth trying to happen" and that we desperately need to learn the skills that will move us through conflict to mature love. The person who does teach us these truths is Dr. Harville Hendrix, author of the bestselling book *Getting the Love You Want* and Oprah's favourite marital therapist.

Hendrix teaches that the second phase of relationship, after Romantic Love, is the Power Struggle. It can be a time of disappointment, disillusionment, conflict and despair but it is supposed to happen, it is normal, even if you are with your soul mate. Pretty well every relationship must confront it. Those who acquire sufficient understanding of themselves and learn the communication skills to peacefully coexist with their partner will eventually move through the Power Struggle phase and know the rewards of mature love. ■■■▶

Pure and Simple

with Marion Desborough

It has come to my attention that there are many great products out there that receive little or no recognition. Small businesses, producing organic, environmentally friendly products. Some of these products are nothing short of miraculous and I thought you might wish to try them.

I like *The Magic Auntie First Aid Salve*. I first got to use it at the Wise Women's Festival as I had a loonie-sized blister on the bottom of my foot. Cathy Gordichuck gave me some to try, so I put it on and overnight, and the blister flattened by morning and the discomfort was gone. My next encounter was with a cold sore that was starting on my top lip. It worked so well that I have not had a cold sore in that spot since.

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Another treasure I came across is a company called Earth Lab. This company makes it's own natural cosmetics. I had never heard of natural mascara, foundation eye powders, eye liners, blushes, concealers, natural lip gloss. Upon further investigation I found out that Earth Lab Cosmetics was created by a mother and daughter team who have a mission to create 'clean' make-up that works well for all skin tones. They use natural minerals and raw pigments directly from nature, makeup that is actually healthy for the skin. I was so impressed I purchased the mascara and am very happy with the results, no flaking or itching.

Contact is: www.earthlab.ca or toll free 1-888-245-0024.

Foot detox or aqua chi detox is something I do for myself and my dog. I have seen it reduce the cataracts in her eyes and a walnut-size growth completely dissolve. I, have more energy when I have regular sessions. I place my feet in a tub of warm water which is ionized with an electrical current and a bit of salt. The ions draw out the polarized toxins and enhance our body's healing. It lasts about 30 minutes as the water changes to a disturbing combination of brown, black, and orange colors. There are many models available, the one to the right is made in Alberta and another is being made in Penticton, BC. Contact is: www.footdetox.info see Marketplace ad page 29

Dr. Hendrix termed his couple education and therapy program *Imago Relationship Therapy*. Currently, there is a network of Imago Relationship therapists throughout most of the world. Couples can also attend intensive weekend *Getting The Love You Want* workshops that are the equivalent of 10-12 individual couples sessions.

So don't despair if you and your partner have lost the wonderful glow and passion that you began with. You are in the Power Struggle and it does not mean that you are not with your soul mate. You were not meant to live happily ever after, you were meant to go through a period of conflict in order to grow and to heal. You can acquire the skills to do this. *The fairy tales got it wrong.* please see ad to the left

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Unwind the Belly with Chi Nei Tsang

by Laurelle Johnson

Chi Nei Tsang (CNT) is an Eastern healing arts practice developed by Taoist monks thousands of years ago. These monks understood that healing intention, energy, and skillful, physically applied touch helps the body to heal itself.

CNT works primarily on the belly, below the ribs and above the pubic bone. It uses relaxation breathing, applied qigong, and a (gradually) deep sensitive touch to engage the body's natural ability to heal itself.

Gilles Marin, founder and director of the Chi Nei Tsang Institute of Oakland, California says Chi Nei Tsang helps us to digest the emotional charge that was felt but we were unable to process so we continue to carry that charge within us. By bringing it to the surface, true healing — which is synonymous with growing — can begin and a person can outgrow the reason for having to manifest symptoms. Marin asserts, "You will find that a symptom is a healthy reaction to an unhealthy situation. The body says, "That's enough. I can't hold this tension any longer. Something must change."

While it is true that Chi Nei Tsang aids such conditions as constipation, indigestion, ulcers, menstrual cramps and irritable bowel syndrome, it also emphasizes that Chi Nei Tsang is a holistic therapy that doesn't work with particular labels or symptoms, but rather with the reason why people have symptoms. When healthy, the internal organs have their own healthy movement — everything slides and glides. In CNT, the practitioner listens for the body's internal tensions — where the organs or tissues are stuck or stagnant — then gently works with the body to resolve that tension.

Once blockages are removed and key muscles such as the diaphragm and psoas are toned and relaxed, regardless of the particular symptoms, the client experiences a softer abdomen and greater ease in movement. Blood and lymph circulation improves and so does digestion. This leads to better bile flow, an increase in kidney and liver function as well as a stronger immune system.

In my practice clients walk away feeling calm and revitalized and often, for the first time, more in touch with a deeper, connected sense of self. I have witnessed many, many people gain an inner strength that seems to demystify the sacred underbelly and actually empowers the individual to make the connection that the physical body is an extension of the emotional body.

CNT is significantly more effective than conventional massage because it pays close attention to the discomfort or tightness in the belly and helps people learn to let go of stress and tension by directing the breath to the belly. Once the body softens and we learn that our reactions no longer serve us, we can build a reservoir of strength and stability to face the challenges that make us stronger human beings. *see ad*

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Regulation Thermography:

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by Dr. Ursula Harlos

I have been using Regulation Thermography for five years and wanted to give some insight into a few cases and different reasons that people choose to have a scan done. The first example is from my training manuals. It is more in line with the conventional medical view in terms of treatment but it does show the ability of this tool. In 2004, a woman diagnosed with breast cancer, using the traditional diagnostic tools of mammogram and MRI, underwent reconstructive breast surgery from a previous mastectomy. The radiologist gave her a clean bill of health. Then she underwent a Regulation Thermography scan which indicated that she had cancer in the right breast. The second breast was then removed and the patient is alive and well today.

While this is quite a drastic treatment protocol for me, for I am a follower of Homeopathy and German New Medicine (GNM). It does show the diagnostic capability to work within an allopathic framework. From a homeopathic perspective surgery is not always indicated because it often results in another tumour growing on the opposite side. From a GNM perspective, surgery is rarely indicated because it does not address the underlying reason for the appearance of the cancer.

A client came because her mammogram showed suspicious microcalcifications in one of her breasts and the report stated that the breast tissue is heterogeneously dense. In other words, the dense breast tissue made it difficult to read the mammogram accurately, so she was scheduled for a biopsy. The thermogram showed that there was no cancerous terrain in that breast but, in fact, there was a possible disease process starting in the opposite breast. The client decided to have the biopsy and it confirmed the findings. She chose to treat the other breast with homeopathy, GNM and other natural protocols.

How about the males? Well, one interesting case involved health concerns in many different areas of the body. The thermogram revealed that not only did he have severe hypoadrenia (deficiency in the functioning of the adrenal glands) but also severe hypothyroidism which had gone undetected for years. By addressing these two areas with homeopathic remedies and German New Medicine principles, he is on the road to recovery. Without having the thermogram as a guide, it would have been very difficult to understand why and where the various bodily complaints were stemming from. I also did a scan on another male who had issues with the prostate. Once again, the thermogram detected major adrenal and thyroid imbalances. When these were corrected using natural remedies, the prostate issues resolved themselves.

Another client had a heart condition and was feeling exhausted and breathless much of the time. His scan showed a blocked lymphatic system especially in the head, neck and chest area.

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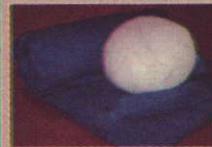


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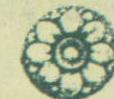
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with Marion

Xanthan Gum vs Guar Gum or Slime vs Bean

Xanthan gum derives its name from the strain of bacteria used during the fermentation process 'xanthomonas campestris'. This is the same bacteria responsible for causing black rot to form on broccoli, cauliflower and other leafy vegetables. The United States Department of Agriculture ran a number of experiments involving bacteria and various sugars to develop a new thickening agent similar to corn starch or guar gum that would act as a 'natural' stabilizer and be cheap to make. When xanthomonas campestris was combined with corn sugar, the result was a colorless slime they called xanthan gum.

Xanthan gum is considered a polysaccharide in scientific circles because it is a long chain of three different forms of sugar. What's important to know is that all three of these natural sugars are present in corn sugar, a derivative of the more familiar corn syrup. The xanthomonas campestris bacteria literally eat a supply of this corn sugar under controlled conditions, and the digestion process converts the individual sugars into a single substance with properties similar to corn starch. Xanthan gum is used as a thickening agent and stabilizer in many dairy products and salad dressings. Xanthan gum prevents ice crystals from forming in ice creams and also provides a 'fat-feel' in low or no-fat dairy products.

In most foods, it is used at 0.5% or less. The viscosity of xanthan gum solutions decreases with higher shear rates, this is called pseudoplasticity. This means that a product subjected to shear, whether from mixing, shaking or even chewing, will thin it out. Once the shear force is removed, the food will thicken back up, which is excellent for making salad dressing. Thick enough in the bottle to keep the mixture fairly homogeneous, but the shear forces generated by shaking and pouring, thins it, so it can be pour easily. When it exits the bottle, the shear forces are removed and it thickens back up, so it clings to the salad. Unlike other gums, it is very stable under a wide range of temperatures and pH.

Another use for xanthan gum is in the stabilization and binding of cosmetic products. Here a little bit goes an incredibly long way and helps to keep the individual ingredients from separating. Xanthan gum is often used whenever a gel-like quality is sought and is used as a substitute for wheat gluten in gluten-free breads, pastas and other flour-based food products. Despite the use of bacteria during processing, xanthan gum itself is said to not be generally harmful to human skin or digestive systems, although some individuals claim they are allergic to it. If you suffer from allergies you could test it for compatibility by cooking with it or avoiding eating products with it in for a week or two and see how you feel. Health Food stores often carry a wide range of thickeners including corn starch, tapioca, xanthan and/or guar gum and digestability is different for everyone.

According to a study that fed 15 grams a day for ten days to 18 volunteers, Xanthan gum is considered a highly efficient laxative. Some people reacted with symptoms of intestinal gripe and diarrhea. There were no further studies investigating this.

One lesser-known use is in the oil industry, who use water as a lubricant for the oil well pumps. The thickened water keeps the drill parts lubricated.

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Guar Gum is extracted from the guar bean, also called guaran or galactomannan. The guar seeds are dehusked, milled and screened to obtain the guar gum. It is primarily the ground endosperm of guar beans. It is typically produced as a free flowing, off-white, finely ground powder. The guar bean is principally grown in India and Pakistan, with smaller crops grown in the US, Australia, China and Africa. The drought-resistant guar bean can be eaten as a green bean, is often fed to cattle or used as a green manure in gardens.

Guar gum is a water-soluble fiber that acts as a bulk-forming laxative and, as such, it is claimed to be effective in promoting regular bowel movements and relieve constipation and chronic related functional bowel ailments such as diverticulosis, Crohn's Disease, colitis and irritable bowel syndrome among others. In addition, because it is soluble, it is also able to absorb toxic substances like bacteria that cause diarrhea.

Several studies have found significant decreases in human serum cholesterol levels following guar gum ingestion. These decreases are thought to be a function of its high soluble fibre content. Guar gum has been of interest with regards to both weight loss and diabetic diets. It is a thermogenic substance. Moreover, its low digestibility lends its use in recipes as a filler, which can help to provide satiety, or slow the digestion of a meal, thus lowering the glycemic index of that meal. In the late 1980s guar gum was heavily promoted in several weight loss products. The U.S. Food and Drug Administration eventually recalled these products due to reports of esophageal blockage from insufficient fluid intake.

Guar gum is economical because it has almost eight times the water-thickening potency of cornstarch and only a small quantity is needed to produce viscosity. Thus it can be used as an emulsifier because it helps to prevent oil droplets from coalescing, and/or as a stabilizer because it helps to prevent solid particles from settling. Guar gum retards ice crystal growth non-specifically by slowing mass transfer across the solid/liquid interface. It shows good stability during freeze-thaw cycles.

In baked goods it increases dough yield, gives greater resiliency and improves texture and shelf life. In pastry fillings it prevents weeping of the filling and keeps the pastry crust crisp. It is often used to thicken milk, yogurt, kefir, ice cream, sherbet and liquid cheese products as it maintains homogeneity. It also improves the stability and appearance of salad dressings, barbecue sauces, relishes, and ketchup. It can be found in dry soups, instant oatmeal, sweet desserts, canned fish in sauce, frozen food items and animal feed.

Guar gum is used in many industrial applications including the textile and paper industry. In explosives it is the waterproofing agent mixed with ammonium nitrate, nitroglycerin. In oil wells it facilitates easy drilling and prevents fluid loss. The pharmaceutical, cosmetics and toiletries industries also use a chemically modified version.

Sources: www.wikipedia.com and/or www.wisegeek.com look up Guar or Xanthan gum - both sites have lots of info.

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Help make BC Pesticide Free!

by Judy Wigmore

As a mother, I am passionate about getting rid of cosmetic pesticides in BC, the chemical products used on lawns and gardens (like Killlex, Roundup and WeedNFeed). Ontario and Quebec have banned the sale and use of these invisible chemical killers because of the unacceptable risk they pose for human health and for the environment. Not only is the risk unacceptable, it is unnecessary. Safer products are available in stores and "pesticide free" landscaping is known to be healthier and more sustainable than the chemical landscaping industry's Integrated Pest Management approach.

Contrary to what industry repeatedly says, there is no safe or 'proper' way to use cosmetic pesticides. The pesticides used by a licensed IPM applicator (or anyone else) do not stay where they have been 'properly' applied. Pesticides go everywhere, persist long after their use and kill more than the intended 'pest' target.

Ontario banned cosmetic pesticides last year on Earth Day, April 22. Quebec's ban was seven years ago, in 2003! BC lags behind these provinces, although late last year, the Ministry of Environment asked for input on "new statutory provisions to further safeguard the environment from cosmetic chemical pesticides." The consultation closed February 15th, with "next steps" to be announced this spring. As you read this, the BC Government's intentions may be known, so apologies if some info is dated. Regardless of what may have been announced, it is disturbing that our Ministry of Environment promotes IPM as safe, effective and responsible!

This is more disturbing when you know that the chemical landscaping industry is actively opposing a pesticide ban, except one that allows continued use by licensed IPM applicators. Continued use will not protect our children, grandkids, pets and the environment.

At least 28 BC municipalities have passed restrictive pesticide use bylaws, but the sale of pesticides continues as this is a provincial responsibility. Bylaws provide limited protection as they only apply to residential and municipal properties. Stopping use on other "green" landscapes (like school yards, sports fields and golf courses) is voluntary and at the property owner's discretion. Several bylaws openly support the chemical landscaping industry as use by residents is banned but continued use by IPM applicators is allowed.

A weak provincial "ban" that allows continued IPM use will not protect BCers and the environment (This is what New Brunswick and PEI have). BC needs to follow Ontario and Quebec and pass strong "gold medal" legislation that bans the sale and use of cosmetic pesticides, except to protect human health.

Many are advocating for this type of BC ban, including CAPE (the Canadian Association of Physicians for the Environment), the Canadian Cancer Society, the David Suzuki Foundation and Toxic Free Canada. The Campbell Government needs to know BCers want "no IPM" ban legislation.

Please go to my family's website at www.pesticidefreebc.org
The home page will link you to info referred to in this article and how you can take action! Wouldn't it be terrific to see the "BC must be Pesticide Free" poster up everywhere for the 2010 lawn and gardening season.

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Astrology Reading

for Angèle

Rather than the usual three-month update with Michael O'Connor about what is happening in the heavens we decided to do an actual reading and update for Angèle's birthday, February 20. To have an accurate reading you need to know your time of birth and location.

Each birth chart is unique and shows our core nature, purpose, character, talents, lessons and destiny as determined by the placements of the planets in the houses and to each other. Readers wishing to read Angèle's full report please check Michael's website. www.sunstarastrology.com

Overview of the Natal chart

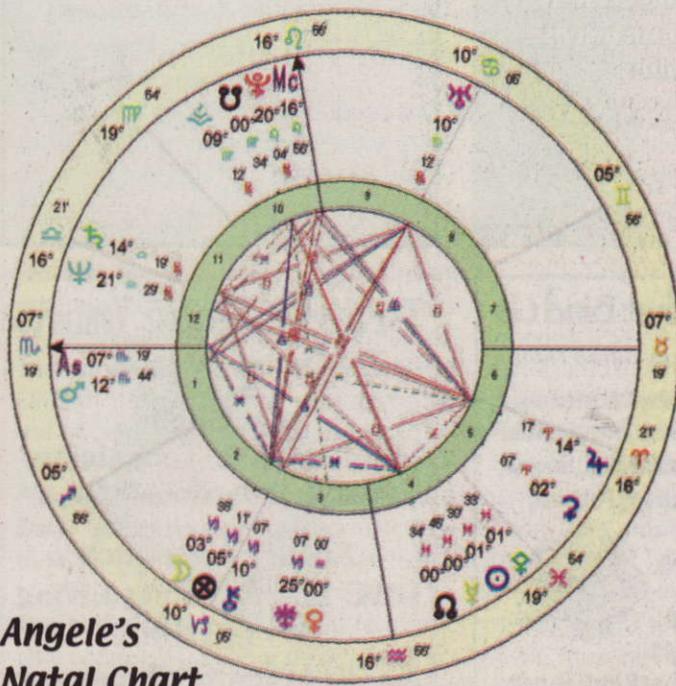
With the Sun, Mercury, the Moon's North Node and Pallas Athene all in Pisces, in the 4th House and both closely aligned at 0 and 1 degree Pisces, you are fulfilling your destiny. These planets are placed in the House of 'home,' a clear indication of you working from home (4th) as a writer, communicator, teacher, editor. Pallas symbolizes the purpose and valiant stance with aspects that say you are a visionary who likes cooperation.

Ascendant is 7 Scorpio 19. This implies a passionate, potent and conscientious approach. Power and control vie with change and transformation of self, others and situations. The ultimate lesson is to change yourself, however, you may be adept at activating change in people and even situations. Mars and Pluto rule Scorpio so there is additional strength, drive, courage and determination; a clear reflection of the Chinese Water Dragon! Scorpio is also the researcher, editor and this is further indicated by Pluto in Leo in the 10 House of career. Not surprisingly, this degree of the Midheaven, the career line implies alternative approaches, to psychology, metaphysics and healing with-in groups. Scorpio is also the sign of skepticism so it keeps your mind open and vigilant of possible limitations in your own and other people's beliefs. For you truth is experienced, you live and let live.

Venus in Aquarius is technically un-aspected and produces something of a wild card effect. Juno demands honest and respectful communication with partners.

Saturn and Neptune closely aligned in Libra crossing the 11 and 12 house cusps, brings practicality to the mystic. Neptune is important because it is the ruling planet of your Sun. Venus is the ruling planet of Libra and she in Aquarius basically indicates a friendly, if slightly eccentric style.

A life of service with a vision of the bigger picture and a steady discipline of expression and sincere efforts might simply describe your path. With a deep conviction in equal rights between the sexes, as a spiritual and a political truth, makes you an ardent promoter. In the course of your life your main lessons will include emotional self mastery and carving your own unique path while settling karmic debts in close personal relationships. The men in your life will also have strong personalities and together you will learn the right and wrong use of will.



**Angèle's
Natal Chart**

Overview of Current Cycles

So you are now 58 and ready to stabilize your focus which requires extra initiative. Be willing to feel the fear and do it anyway. It will prove extra important to take risks and avoid over-analyzing. Noticeable changes are that you are learning to take care of your own needs. This process will also have a positive effect on your relationship with Richard. At deeper levels, you are working through mother/father root issues. Clear, respectful and open minded communication are so important. You will also find yourself seeking a mentor or guide over the next year. You are ready to explore and awaken even more fully. Be wise and set clear intentions with strong boundaries and you will gain more clarity than ever. You will continue to gain more recognition, a cycle that began in 2008. A healing process is also implied along with some self-actualizing of goals. You will need to manage your energy levels as your Progressed Moon is now in its last quarter.

Transits to Natal

The transiting planets constitute focus and as eventful as transits are, they are the cycles of choice. It is the progressions which emerge from within that are less negotiable. The most important transits and their influence for the year is Pluto, the planet of change. Purging and transformation is certainly having a strong impact on you. With your Natal Moon at 3 Capricorn 38, Pluto is forming a series of conjunctions that will bring about changes in how you approach your career and finances as well as home and family. If all goes well you will shed some old skin and break some habits based on pride and control. Uranus in Pisces has brought a lot of change to your world over the past several years. The turn of the Millennium – 2000 – would have produced the first key moves but the real shifts would have come about in 2003.

Secondary Progression to Natal

The most significant fact worthy of mention is that the Sun will progress into Taurus on January 29, 2011. This will begin a 30 year cycle and this shift will have a definite influence. It could turn your attention to making more money as the influence of Taurus will color your Sun. The first thing that happens is your Sun will square Natal Venus. Focusing on

changes within and your closest relationships will be a central theme this year. This should prove to be a very satisfying year of steady progress. You will have many reasons to celebrate.

Saturn Return

This November is your second Saturn Return which happens every 29.5 years and can provide deep insights when activated. Interpreting any return is subject to certain rules and is quite complex. Saturn is the 'lord of karma'. We are wise to pay attention as it carries substantial weight of authority.

Saturn in Libra in the 2nd with Virgo Rising and Gemini on the 10th, the house cusp of Capricorn and ruled by Saturn implies the patient building of new foundations, especially in relationships. There is a strong spiritual component and now is the time to re-establish a link with source. Not everyone has this destiny, but you do. Deep inner work is implied by the presence of Mars and Mercury closely aligned in your 4th House in Sagittarius. With Mercury at 27 Sagittarius conjunct the Galactic Center (26 Sag.), which is considered a very spiritual point in the chart, and with Jupiter, the ruling planet of Sagittarius conjunct Uranus in Aries in the 7th House of relationships says there is a very special mode of thought and action required here. I interpret this to imply a special teacher and or teaching will help you achieve higher states of consciousness. The not so good news is that it will require that you face certain fears. Any progress in this regard should be interpreted as victory. With Pluto conjunct the North Node in Capricorn, again the sign ruled by Saturn, there is good reason to believe that you are picking up on some unfinished work. Fulfilling the requirements of destiny does not necessarily occur in a linear fashion or in a single lifetime. We often pick up where we left off. Sometimes we have other duties to perform before we can or are ready to resume. Sometimes we have to earn our way back into the temple.

The long version and charts showing the progressions, transits, etc. are on his website www.sunstarastrology.com

Michael O'Connor is presenting at the Spring Festival and offers a weekend retreat June 11-13 at the Johnson's Landing Retreat Center.

He has an ad in the Natural Yellow Pages under Astrology.



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This is the fourth book in a series by Ghislaine Lanctot and her search to find heaven-on-earth. She gets taken to court for denouncing vaccinations and the use of drugs for AIDS and cancer patients.

Her exposé of the medical system is enlightening as she links the medical establishment, manufacturing conglomerates and the government. They ban her from practicing medicine for life so she takes her next step. Her best-seller is titled *The Medical Mafia*, with a follow-up book *The Trial of the Medical Mafia*.

This 66-year-old grandmother has spirit, grace, tenacity and refuses to accept the status quo. She questions authority and that makes her a hero in my eyes. The first part of the book explains what it is like to be a prisoner and the second half is a summary of evolution of consciousness and talks about human nature and the legal world. Great book!!!



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Can you change your life by changing your handwriting? Yes, indeed, your signature is an imprint of your brain on the page, and the way you make letters describes your personality traits. Changing your letters will change how your brain reacts to stimuli... it is that easy but making it a habit takes persistence and education. I liked Vimala's voice as she inspires the listeners to give her method a try. She wants you to learn to recognize the encoded messages from your soul in every stroke of the pen. Is there a self-sabotaging loop in your "f"? Is a counterclockwise "o" stifling your inner truth?

Most people are unaware of how each letter looks in their writing, so a good place to start is to study and compare and see if your writing is small, condensed, heavy, wide lines, etc. Then compare yours to how you were taught and then to what she considers progressive handwriting. I was taught it has a mature look with some speed, clarity, simple, even, spaced well and so on, plus it needs a unique twist that defines you.

She says writing a single page a day for 40 days is all it takes to alter the most ingrained handwriting patterns—and that is where I disagree for I too have studied handwriting. If a new signature comes easily it is because you have done the personal work. If it doesn't than more soul searching is needed. I encourage people to try several signatures and see how they 'feel.' Once it becomes automatic it will need to be changed at the bank, etc. She makes a good point to keep asking yourself how you feel as you practice the shape of the new letters.

She has streamlined her teachings into the 26 reference cards as a way to remember what aspects each letter represents. Her understandings are basic and positive, and I will continue to reflect on her analysis. As with all knowledge, start slowly and build. All things are possible if the intent is there.



with Angèle



Spontaneous Evolution Our Positive Future

Bruce H. Lipton
and Steve Bhaerman
www.soundstrue.com

My husband and I enjoyed listening to this eye-opening examination of science and history on one of our trips.

Ever wonder about the fate of our planet? From an evolutionary standpoint, we are exactly where we need to be according to biologist Bruce Lipton and political and cultural commentator Steve Bhaerman. They say we are surrounded by proof that we are poised to take an incredible step forward in the growth of our species which leads us to a profound vision of the next "holistic" stage of human civilization.

The ask three perennial questions any belief system needs to address, and why the answers have changed throughout history.

They explain the 'un-examined' myths that support modern thought and why so many of the ideas and institutions that define our culture are breaking down—and that's a good thing, and is part of the natural process of clearing out what no longer serves us.

An insightful, playful, and ultimately hopeful look at the unfolding destiny of our species—and how we can play an active role as a co-creator of the world to come.

Artist at Work

by Marianneke Heringa

'The simple act of picking a crayon, pencil or brush and making marks on paper had a profound and lasting effect on me. As a young child, I loved painting and decorating anything, including my clothes, face and hair. My feelings of joy, freedom and beauty grew stronger over the years as I developed my gifts from spirit.

My grandfather was Johannes van der Burght, a famous Dutch landscape painter in the Netherlands in the early 1900's. He also restored ancient frescoes and paintings in old churches in the south of Holland. His twelve children all became artists in various modalities. His artistic spirit has continued to travel into the current generation, including myself and other family members.

In the early 1960s I moved to Switzerland and enjoyed two years of intense living and painting. Moving to Ottawa afterwards was once more a total change. I found Ontario to be brimming with artists and musicians. I was surrounded by strong landscapes which encouraged me to explore wilderness on canvas. I was asked to model for a huge wall mural in Ottawa and the project was so successful that I continued art/photographic modeling for the next forty years at universities, art schools and colleges.

This was a tremendous opportunity for me to learn what was being taught as many of the teachers were master painters. After class I would race home and work on what was presented that day. I enjoyed these times and once in a while I took over the class when the teacher was not there. During these most productive years I participated in numerous art shows and exhibitions and won awards.

Moving to Nelson from Ottawa in 1998 with my husband was truly a magical experience. We searched for six years to find the perfect spot and then he sadly passed away four years later. To make matters seem more tragic I was diagnosed with a rare and serious lung disease. At the time the only strength I found was to draw and paint. I escaped into my art and noticed my problems faded while doing it. It was a very healing time and I did some of my best work when I was ill. Now I return to the drawing board to keep healthy. I am always getting ideas: from stories, travelling, hiking, my imagination and sometimes they are presented in dreams.

Ten years ago I opened the Casa del Soul Bed and Breakfast where I combine art, food, and smiling hospitality. Folks can relax, eat, share and enjoy their own unique painting activities in my art studio. The results are fantastic! The creative process for me continues on a daily basis with wonder, awe and gratitude for the beauty and unique way that art appears on canvas for us to enjoy and celebrate!

*Her art work and cards are sold in Nelson.
She has an ad in the
Natural Yellow Pages under Bed & Breakfast.*



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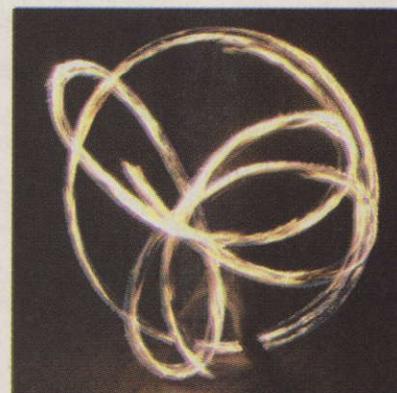
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*That move is called the
mercedes, it has three
petals inside a circle.*

*One hand does a slow
outside circle and the
other does the same
circle following the
first hand while it also
does three circles in the
opposite direction
called antispins.*



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Also see article page 35

The Cook's Corner

Vegetarian Recipes from the Johnson's Landing Retreat Center

One of the most popular dinners served at the Retreat Center is our Mexi-Feast. It is a buffet of various foods that can be combined according to your guests' culinary preferences. In the last edition I covered the preparation of the salsa, which was inspired by Randy and Audrey Peck in Penticton. Keep in mind you can find a lot of the past recipes at www.issuesMagazine.net. In that same edition I covered guacamole, so after you have mastered the refried bean recipe you will be ready for a Fiesta of taste delights.

Bon Appetit, *Richard*



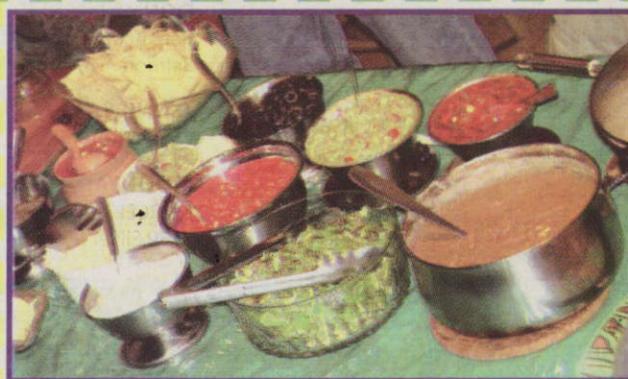
Refritos: Refried Beans

To start, you need to cook the pinto beans. For bean cooking instructions see page 18 in the Nov, Dec, 2009 & January 2010 ISSUES if you don't have the last last edition the bean recipe is on-line www.IssuesMagazine.net. Substitute pinto beans for the kidney beans and double the recipe.

Ingredients for Refried Beans:

- 3 Tablespoons **Olive Oil**
- 2 large red **Peppers** (diced)
- 2 large **Onions** (diced)
- 6 **Garlic cloves** (crushed)
- A small pot of **Boiling Water**
- 2-1/2 cups of frozen **Corn**
- 3 chopped **Tomatoes** (optional)
- 1 Tablespoon hot **Chili powder**
- 2 teaspoons of **Paprika**
- 2 Tablespoons of **Cumin** or more to taste
- 2 Tablespoons **Salt**
- 1 Tablespoon **Oregano**
- 2 teaspoons **Cayenne pepper**
- 1 Tablespoon of **Parsley**
- 1/2 Cup of chopped **fresh Cilantro** ... or more.
- 4 Cups of Cooked **Pinto Beans** (or canned)
- 1/3 Cup of **Olive Oil**

Utensils: One large (approx. 6 liter) pot with a lid • a kettle or pot for water
• cutting board • a large sharp knife • garlic press • wooden spoon • measuring cup and spoons • a stick blender, a food processor or electric mixer.



Preparation:

In separate bowls prepare your choice of the following items.

- 1 Cup Sliced **Black Olives**
- 1 Cup Grated **Cheddar Cheese**
- 1 Cup **Sour Cream** - or- Plain unsweetened **Yogurt**
- 1 Cup **Brown Rice** - recipe in November 2008 ISSUES
- 1 Cup **Shredded Lettuce** -or- **Alfalfa Sprouts**
- 2 Cups **Salsa** - Salsa instructions February 2010 ISSUES
- Guacamole** - see February 2010 ISSUES
- 2 Cups warm **Refried Beans** - optional is canned beans
- 1 Cup **Diced Tomatoes**
- 1 Cup sliced **Jalapeno Peppers** buy in cans or jars
- 1 Large bowl of lightly salted corn chips

8 or 10 **Tortillas** - around 12" diameter
Just before serving the meal heat a large frying pan to a medium heat. Brush the pan with a bit of oil. Drop the tortillas in one at a time, just until they become warm. With a spatula flip them over and lightly heat the other side. I keep the finished tortillas on top of the one being heated so that they all stay warm until served.

Place a warm tortilla on a plate. From the edge to about 3/4 of the way across the tortilla spread a small strip of each filling. Roll one side over, then the bottom, then the other side.



Directions:

- In a fry pan cook the onions and garlic in a bit of water
- When the onions turn translucent add the peppers (and tomatoes ...optional)
- Add the peppers and cook about 4 minutes
- Now add everything else.
- Mix in enough boiling water to cover everything.
- Add the corn and ALL of the spices and stir.
- While this cooks, partially mash the pinto beans and the 1/3 Cup of oil with a stick blender or a food processor.
- Stir the bean/oil mix into your pot of ingredients
- Stir frequently, until all the ingredients are hot and the flavours mixed. Remember that refried beans tastes better the next day as the flavour mingle.

ET Contact in the Okanagan/Shuswap

by Deborah Warren

Are you ready to contact extraterrestrial beings? Ready to understand the truth and transform the way we live on the planet? Actual contact with ET beings is always gentle and peaceful. First experiences are usually sweet, gentle, innocent, and barely noticeable. The ETs always retreat if there is even one person who is not ready for the experience. During the training we will focus our efforts on achieving coherent thought as a group, affirming our intent for peaceful contact, then we will listen to each other and honour the subjective perceptions of each individual (i.e. brief flashes of light near our group, the presence of orbs, gentle touches on the skin, the sound of ET voices). We will observe the subtle changes in the surrounding environment and watch satellites in the sky.

In 1993 a US physician, Dr. Steven Greer, identified protocols for contacting extra-terrestrials, since that time several thousand people have participated in his *Ambassador to the Universe* trainings. To date some 500 witnesses (many from the military, intelligence and aerospace community) have disclosed to him their direct knowledge of ongoing ET contact with humanity. Testimony confirms that all of the negative experiences reported in the media (i.e. abductions, medical procedures, genetic experimentation, etc.) are being directed by humans, with no participation from the ET beings.

Dr Greer is emphatic—it is time to take action! The Center for the Study of Extra-Terrestrial Intelligence (CSETI) invites us to prepare our human consciousness, developing our spiritual qualities and experience peaceful contact with these ETs. ET technologies were given to humanity 60 years ago. We need them to be released now to transform the way we live on the planet. I am now establishing ET contact groups in the Okanagan/Shuswap area. www.ocseti.org

Deborah will be at the Spring Festival of Awareness • see details page 33.

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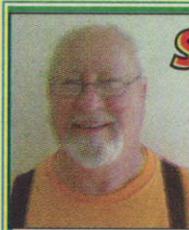
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SUNDAY CELEBRATIONS

Penticton: The Celebration Centre and Metaphysical Society presents Sunday Service 10:30 at the Penticton Seniors Drop-in Ctr. **2965 South Main.** Info: Loro 250 496-0083, email: celebrationcentre@telus.net

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- 11 - 13 Wisdom Astrology • Michael O'Connor
- 18 - 22 Live your True Greatness • Martin Hahn
- 25 - 27 Family Constellations • Dienna Raye
- 28-July 1 Painting with Insight • Ted Wallace

JULY

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