

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

FREE

Priceless - 100%

Canadian
made

ISSUES

for EMPOWERMENT
MAGAZINE ESTABLISHED 1990

*Resources for Connecting,
Healing and Awakening*

**April, May & June
2010**

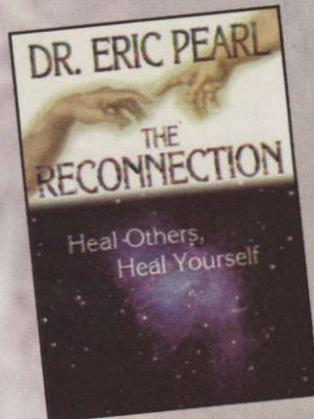
Maya



The Reconnection®

"The Reconnection® is the umbrella process of reconnecting to the universe, which allows Reconnective Healing® to take place. These healings and evolutionary frequencies are of a new bandwidth brought in via a spectrum of light and information. It is through The Reconnection that we are able to interact with these new levels of light and information, and it is through these new levels of light and information that we are able to reconnect. This is something new. This is different. This is real—and it can be entrained in each of us."

Dr. Eric Pearl – The Reconnection: Heal Others, Heal Yourself



"If you're lucky, your healing will come in the form you anticipate. If you're really lucky, your healing will come in a form you've not even dreamed of - one that the Universe specifically has in mind for you."

- Dr. Eric Pearl

You are a multi-dimensional being, living in a 'sea of light.'

Scientists speak of the Zero Point Field; mystics speak of the "sea of light". Both are alluding to the "ocean of energy" in which we live, move, and have our Being. Both agree that each 'particle' in this field—humans, plants, animals, stars, galaxies—is connected with every other particle. Originally the meridian/acupuncture lines on our bodies **were** connected to the grid lines that encircle the planet and connect into the entire universe. **Over time, we became disconnected from these lines.** Reconnective Healing® brings in new and unique vibratory levels and frequencies for healing and The Reconnection® restores our connection to these universal grid lines, ultimately for our higher evolution. Not only are we 're-connected' but we are multi-dimensional at the same time; that is, we exist across a broad spectrum of finer and higher frequencies beyond our third dimensional existence. We are then ready to receive an influx of '**light and information**' that completely transforms our body-mind-spirit.

The difference between Reconnective Healing and The Reconnection is basically one of intent. The intent of Reconnective Healing is essentially that of healing, be it physical, mental, emotional, spiritual or on any other level. And, of course, to achieve the degree of healing brought forth via Reconnective Healing, you will, to some extent, experience reconnection as part of the process. It's this Reconnection that allows Reconnective Healing to be so dramatically more comprehensive than the healing techniques we've had up until now.

Get Connected!™

Call your Reconnective Healing® Practitioner today:

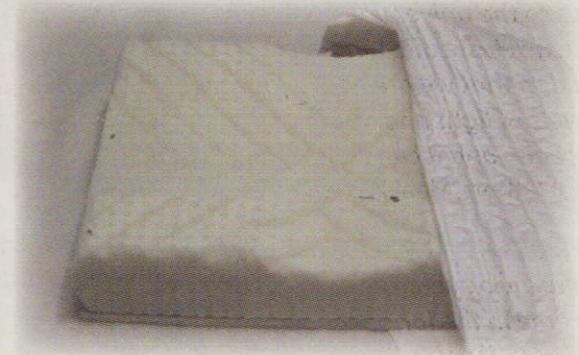
Linda Nowell, RHP - 250-767-2724 Reconnecting@shaw.ca • Central Okanagan, B.C.

Kim Scott, RN, RHP - 780-264-2999 Kimscott333@gmail.com • Leduc and Edmonton, AB

**For more information on Reconnective Healing®
and The Reconnection® go to: www.TheReconnection.com**

PRO-PIL-O

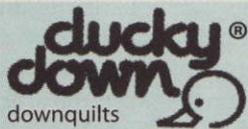
The neck support pillow that keeps you cool-headed!



This German made pillow was developed by American sleep researcher Dr. LH. Dixon.

The pillow features a special latex that keeps the head, neck and shoulders in a relaxed position along with a temperature regulating cover.

This pillow will keep you cool and comfortable.



1-800-667-4886

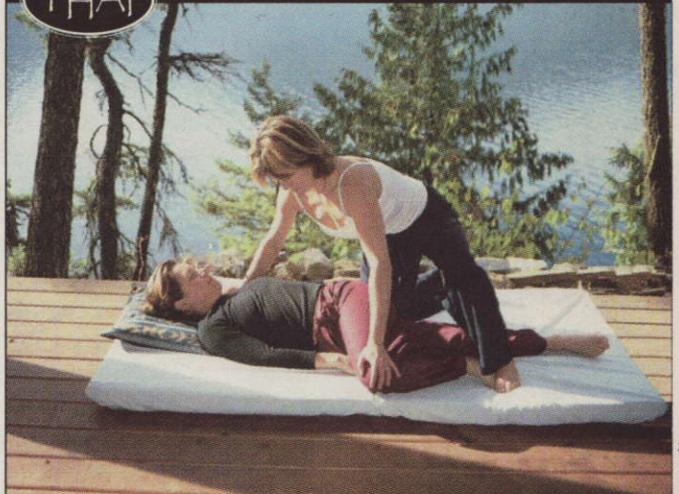
250-762-3130

2821 Pandosy St., Kelowna

www.duckydown.com

Traditional Thai Massage Training

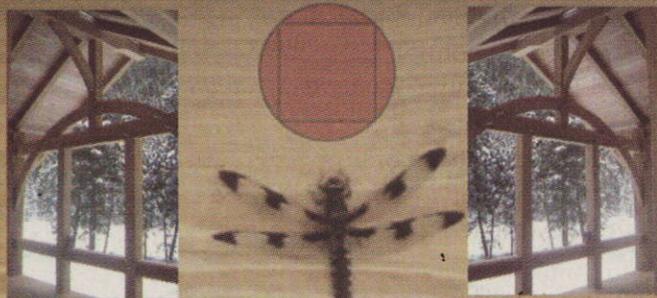
Accredited by C.M.T.B.C



Francie Petit RTT
Advanced Practitioner and Instructor
Will travel to your location

250-354-8190 samadhi_thaimassage@yahoo.ca

Sunshine Design - odakini@gmail.com - for ALL your graphics



Bioregionalism

Build • Design • 100 mile home
Sacred structures • Healing spaces
Encouraging old growth • Local woodlots
Family forestry • No clear-cuts
Straw bale • Light clay
Workshops

We are relearning the 100 mile diet.
It is now time to relearn the 100 mile home.

www.pranatimberframes.com



250.449.2232

Michael Hollihn

michaelhollihn@gmail.com

DESIGNED TO BE THE MOST ABSORBABLE!

For any mineral to be absorbed into the cells, it must be small enough and in an ionic form to be transported through ion channels located in the cell membrane. With our **Ionic Magnesium**, small electrically charged magnesium ions are absorbed through the sub-lingual and mucous membranes in the mouth, thus bypassing the digestive system. Liquid Ionic Magnesium eliminates the problem of too much, unused, unabsorbed and wasted magnesium and money.

As a holistic practitioner, I would like to share a client's testimonial that supports the new paradigm that low dosage elemental minerals in ionic nano particle form is what needs to be considered.



Our Customers Speak Out!

Ms. Catherine Byron from Vancouver, B.C., has suffered from **Crohn's** disease for over 35 years and has undergone numerous bowel resection surgeries. For the past seven years, due to dangerously low serum magnesium levels she would receive daily magnesium intravenous infusions in the hospital. Her doctor recommended every possible form of natural or prescription magnesium, but none of them would keep her levels within normal values of 0.7 and 1.2 mmol/l. About a year ago, Catherine started taking the **Magnesium Liquid Ionic** twice daily, one tablespoon per dose. Her doctor has now removed her 'portacath' device used to facilitate the infusion process because the liquid ionic magnesium continues to keep her magnesium levels within normal range.

It's not about how much elemental magnesium we take—it's about how well it is absorbed and assimilated that counts!

Rose Stevens R.T. • 250-868-9972

Holistic Practitioner

www.biofrequencyconsulting.com



ISSUES

for EMPOWERMENT
MAGAZINE

Established 1990

angele@issuesmagazine.net

☎ 1-250-366-0038

fax 1-250-366-4171

www.issuesmagazine.net

Address: RR 1, Site 4, Comp 31
Kaslo, BC, V0G 1M0

♥ Issues is published with
love 5 times a year.

Proof reader • Christina Ince

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

Our mission is to provide inspiration
and networking opportunities
for the Conscious Community.
20,000 to 25,000 copies are
distributed freely in BC and Alberta.

**ISSUES welcomes personal stories
and non-promotional articles by
local writers. Advertisers and
contributors assume sole
responsibility and liability for the
accuracy of their claims.**

AD SIZES & RATES

COLOUR ONLY

Twelfth.....	\$100
Business card.	\$150
Sixth.....	\$200
Quarter.....	\$275
Third	\$350
Half.....	\$450
Full	\$750

Discounted rates for repeat ads.

MARKETPLACE ADS

small..... \$ 70 • large.....\$ 80

NATURAL YELLOW PAGES

\$30 per line for a whole year

DEADLINE

for July and August
starts on June 5

Ads are accepted until the 15th
if space is available.

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.

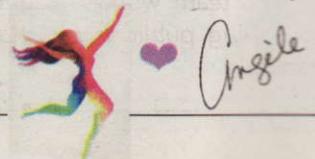
Something different for this edition was to have Michael O'Connor do an update on my birth chart rather than the general three-month seasonal forecast I usually get. I thought a few of you might find it interesting, and if you have never had your chart done, this is your chance to see what is revealed 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!



FEATURED ARTICLES:**Stop the HST**

Joseph Roberts page 06

Silent Voices

Ginny Shay page 10

Gaining the Knowledge of the Gods

Carol Heywood page 12

Are you Settling?

Pamela Shelly page 15

I Love Spring!

Rev. Connie Phelps page 16

2012 Tipping Point

Doug Ference page 18

IN THIS

ISSUES
for EMPOWERMENT**Yoga on the Wild Side**

Jennifer Steed page 21

Marriage and Fairy Tales

Mark Cornfield page 22

Unwinding the Belly

Peter Melnychuk page 24

Regulation Thermography

Dr. Ursula Harlos page 25

Help Make BC Pesticide Free

Judy Wigmore page 28

Artist at Work

Marianneke Heringa page 33

REGULAR ITEMS:**Musing** Angèle page 04**Steps along the Path**

Richard page 05

Structural Integration

Wayne Still page 20

Food for Thought

Marion page 26

Astrology Reading

Michael O'Connor page 30

Book & CD Reviews

Angèle page 32

The Cook's Corner

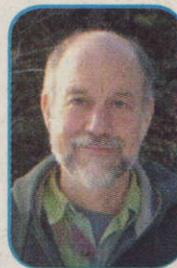
Richard page 34

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*

VEDIC ASTROLOGY



Carole Davis

25 years experience



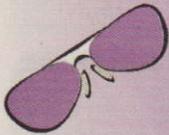
Gain insight into your life - career, finances, family, marriage, relationships, health and more. Know your talents and your life's purpose.

Vedic Astrology, the *Science of Light*, will illuminate your past, present and future.

"You will understand why things are happening in your life."

250-309-2736 • email: CaroleDavis@shaw.ca

Irlen Syndrome



If you suffer

from headaches, If you are bothered by fluorescent lights, If you are bothered by headlights at night, If you are bothered by black print on white paper, If you are bothered by overheads and computer screens, If you prefer to read and write in darker places, with less light, If you have been diagnosed with Dyslexia, ADHD, Learning Difficulties, Disabilities, or Autism....

You could have Irlen Syndrome, which is easily identified by a certified Irlen Screener, and easily treated with Irlen tinted glasses.

For more info: **visit www.irlen.ca**
and do their self-test

Bonnie Williams, Irlen Diagnostician,
irlencb@shaw.ca • 250-808-6192

Importer of organically grown truly raw food

REAL RAW FOOD

Nuts, Seeds, Dried Fruit, Honey, Goji Berries, Vanilla Beans, Cocoa and other whole foods.

BULK PRICES
ALMONDS, certified \$ 6 lb

250-496-5215
web: Realrawfood.com

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.

Certified Courses & Workshops with Donna Harms

Relaxation, Stress Release, Rejuvenation Workshop

April 17 • Saturday 10 am - 5 pm \$125
Knowledge that will introduce Reflexology, Colour Therapy, Gemstone Therapy and Healing Touch....as presented at the Interior Health Conference at Okanagan College for 3 years.

Introduction to Reflexology • May 15 & 16

Hands on knowledge and experience \$150

Reiki I & II June 12 & 13 \$175

Reiki III July 10 & 11 \$300

Reiki Masters on request \$500

Gemstone Massage Therapy \$600

All classes are held at Beat the Blues Spa in Armstrong
Please bring a lunch - beverages supplied

to pre-register call Donna Harms
phone: 250-546-9123 • email: donnah52@telus.net

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

Starting April 6 they have 90 days
to get 10% of the voters to say NO!
They are looking for volunteers to canvass!

Bobby O'Neal, the BC inventor of the love relationship game SYNCROHEARTS has an online petition for getting back on the CBC Dragons Den to pitch "love" to the Dragons. "Love supporters" can help at www.syncrohearts.com



Body Soul

Wellness Fair

May 1 & 2

Vernon Recreation Centre

FREE ADMISSION

50 + exhibitors featuring:
**healers, alternative health care,
nutrition, intuitive readers
and green products.**

Free lectures all weekend.

Check website for details and schedule

www.bodyandsoulwellnessfair.com

Keynote Speakers:

Saturday, May 1 • 1 pm

Donna Roth - Practical Solutions to Weight Loss,
Cancer, and Disease Prevention • www.donnaroth.com

Sunday, May 2 • 1 pm

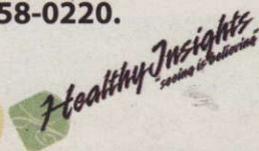
Troy Mitchell - Live by Design
Living the Principles of the Law of Attraction
www.troymitchell.ca

Exhibitor Opportunity Curious?

We still have exhibitor space available

email Alara at alara@bodyandsoulwellnessfair.com
or phone (250) 558-0220.

Sponsors



Movie Night - Saturday May 1, 7 pm

in conjunction with the Body & Soul Wellness Fair,
The Centre for Spiritual Living, 2913 - 29th Ave,
Vernon, will be showing a movie titled...

Louise Hay's **You Can Heal Your Life**
suggested donation is \$5

Ask about the Yuen Method™
Pain reduction in one session
For Free Demo events, contact:

Marie-Jeanne Fenton
Kelowna 862- 5121
www.energy-balance.ca



Certified Biofeedback (Plus) Technician:
Scans, detects, balances: for pain, stress, fatigue,
and beyond. See web for details

FAQ's

by Marie-Jeanne Fenton

Q: Why are there so many different holistic modalities?

Answer: Many modalities are energy based and scientifically proven. The goal is to unblock energies that are trapped and cause pain, while balancing the chakras and meridians. Reiki, Healing Touch, Quantum Touch, Biofeedback, even Acupuncture and Chiropractic, are examples. The hands-on work stimulates the Qi (chi), to move and rebalance. Like many concepts in life, there is more than one way to achieve the same goal. Different modalities appeal to different people on the path to healing ourselves.

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?

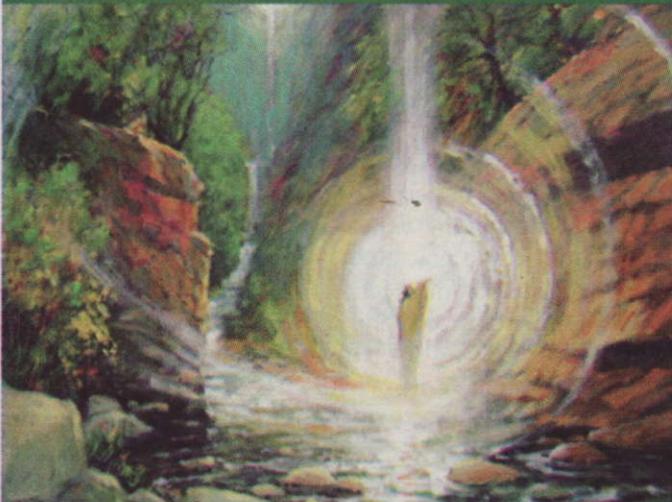
Answer: Depending on the severity of the problem, counseling may be recommended and like anything else it takes work. Developing a positive mental outlook is important, as is meditation and other holistic practices. Flower Essences can directly target your specific emotional imbalances.

Q: Are Flower Essences "Vibrational" remedies?

Answer: Yes - These vibrational remedies are similar to the idea of a homeopathic remedy, but directly suited for emotional balancing. The Bach Flower Remedies were developed 50 years ago and now there are many others that are all helpful. For example, Aspen is useful for anxiety, Impatiens for intolerance. The remedies are effective and safe to use on animals and children or to just clear the air in a room.

Presented by ECKANKAR Canada

HAVE YOU HAD A SPIRITUAL EXPERIENCE?



You are not alone. Many people have spiritual experiences. This **FREE WORKSHOP** is designed to help you understand your spiritual experiences so that you can take your own steps on your personal journey.

Saturday, May 22, 2010 • 1:00 - 4:30 pm
UBC Student Union Building, Ballroom
6138 Student Union Boulevard, Vancouver
Workshop Registration: 12:30 pm
www.haveaspiritualexperience-bc.ca

Copyright 2010 ECKANKAR All rights reserved. The terms ECKANKAR, ECK, MAHANTA, SOUL TRAVEL, among others are trademarks of ECKANKAR, PO Box 2005, Chanhassen MN 55317 USA

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*

Yoga's Sister Science of Ayurveda

by Khyati

About 5000 years ago Ayurvedic Medicine and the Science of Yoga were born out of the Vedic Texts written by the great saints of India and placed into practice as tools for healing and creating well being in body, mind and spirit. Yoga and Ayurveda are becoming invaluable tools in our busy lives.

Last year 12 of our local therapists trained with Dr. Sujatha for three intensive weekends. Dr Sujatha showed us how powerful and valuable these ancient techniques passed down through the ages are, and now she is coming back!

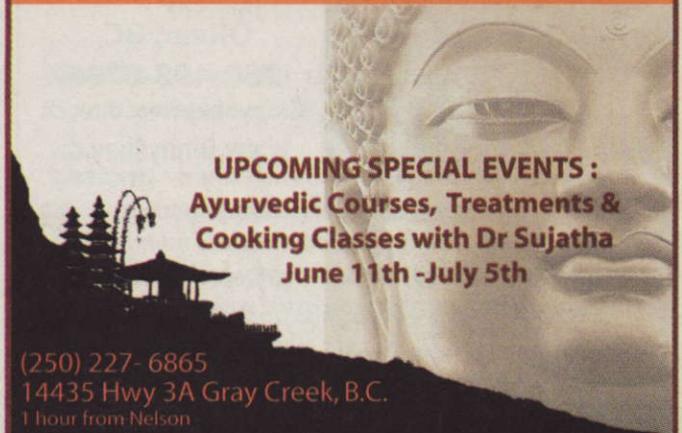
We learned hot oil massage treatments where two liters of warm medicated oil are gently massaged over the body to heal, balance and revitalize. We also learned how to choose herbs and create medicated oils for each client. Each one of us finished the course feeling awed, humbled, full of new knowledge 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*

Sacred Journey

Home & Garden Decor • Clothing • Exotic Imports • Crystals
Handcarved Wood & Stonework • Yoga events • Spa

Gallery Opening May 8th

New shipments arriving from Bali & India



UPCOMING SPECIAL EVENTS :
Ayurvedic Courses, Treatments & Cooking Classes with Dr Sujatha
June 11th - July 5th

(250) 227- 6865
14435 Hwy 3A Gray Creek, B.C.
1 hour from Nelson

Calgary Location

Garden Boutique • Teak Gazebos • Exotic Plants & much more
1404 9th ave S.E. (Inglewood) (403) 262-7716

www.sacredjourney.ca



*A Gentle Approach
to Acupuncture*



Megan Bauce
Katrina Ao
Massage
available

cherry blossom
ACUPUNCTURE & WELLNESS

1462 A St Paul St., Kelowna
Please call 250-878-6514 to book an appointment

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*

ARCHANGEL INTERVENTION

Profound Healing Sessions

Carelyn Hales
Archangel Medium
and Facilitator

Group Sessions
TeleConferences
Individual Sessions
Distance Healing

250-412-7869
archangelintervention.com

Ask about Spring Specials

Animal Intuitive



**Ginny
Shay**

Oliver, BC,
250-498-0766
GinnyShay@eastlink.ca
www.GinnyShay.ca

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.

Your Life Is A Reflection of Your Core Beliefs

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

AWARENESS

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

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

IT'S A GOOD BEGINNING

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

BUT I NEEDED TO GO TO THE CORE

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

FOR CHANGES THAT LAST and GROW

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

and compassion for myself and others, joy, creativity, peace, confidence and financial success.

As one of only three Master Practitioners in North America, Laara Bracken is highly regarded and trusted. She maintains absolute confidentiality. Laara experienced Core Belief Engineering to solve her own problems. She was so impressed with her results she decided to make it her life's work. She has 24 years experience. *"I have solved the problems within myself that you may be having in your life. I know what it is like to be on your side of the problems as well as mine."* "Time and cost efficient, gentle and lasting" are just a few of the words that been used to describe Laara's work.

Call Laara now, and discover how she and Core Belief Engineering can help you!

Is This You? *Is all you have tried not creating permanent change? Are you feeling stuck?*

Then you are a perfect candidate for



Since 1983

PCTIA: The College of Core Belief Engineering

- Rapid** - dramatically reduces the time you need to create lasting change.
- Gentle** - no need to re-live traumatic experiences.
- non-hypnotic.
- Lasting** - transforms core beliefs on all levels past the cells so changes last and accumulate.
- You live** with self confidence, love and trust, passion for life and connection to your true self.

LAARA K. BRACKEN, B.Sc.
Certified Master Practitioner, 24 years experience

Kelowna (250) 763-6265
Phone and skype sessions also very effective
www.changecorebeliefs.com

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,



Canadian Society
of
Questers

**SPRING CONFERENCE
"ASCENSION & BEYOND"**

**Olds, Alberta
May 14,15,16,17, 2010**

**Info: Merlin 250.545.5946
Rosemarie 403.266.5355**

www.questers.ca

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.
www.passionatepinky.com

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*.

So you're probably thinking, what is that...?

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.

Amized® Fusion Technology is a resonance technology developed over a period of 15 years of research, applying the principles of Quantum Physics and Quantum Mechanics. The technology has the capacity to infuse *Zero Point Energy* into our body and the products we use, wear and ingest.

As in the homeostasis condition (relatively stable healthy condition), our body's Bio-energy field can automatically access the *Zero Point Life Force Energy* from the environment and restore the deficiency bringing all aspects of our life into harmony (mental, emotional, physical and spiritual).

Amized® Fusion Technology is brand new to North America and everyone that experiences this New Wave "Zero Point Energy" Technology has achieved tremendous benefits in their health.



New Wave Healing Technology

Building Wealth Through Wellness!

Amized® Fusion Technology infused with 'Zero-Point Life Force Energy'

Einstein acknowledge it. -- Tesla worked with it.

- Discharges energy blockages in our body.
- Clears distortions in our Bio-Energy fields.
- Facilitates the body in healing and expels dis-ease.
- Aids in age reversal and promotes healthy cells.
- Energizes foods and liquids to increase potency.
- Neutralizes harmful elements from foods and liquids.
- On pets and plants to supplement energy deficiency.
- Plant growth is enhanced – larger / healthier plants.
- Relieve aches, pain, discomfort and supports healing.
- Energizes the environment around us.
- Helps our body to obtain homeostasis condition.
- Energizes creams and oils to enhance facial skin.
- Stimulates bodily functions and strengthens immunity.

'The Key to Our Wellness Lies in the Energy Within and Around Us'

We now have it! Everyone will require it!

Many testimonials available. Become a Distributor TODAY

Learn more at: www.Energy2Life.ws

Leading Edge Health 1(888)658-8859 or 250-220-1262

AURA PICTURES WITH INTERPRETATION



Your Holistic Health Checkup available by appointment
Spirit Quest Books: 250-804-0392

Also available Past Life Regressions and Psychic Readings

Lakeshore Drive, Downtown Salmon Arm since 1999

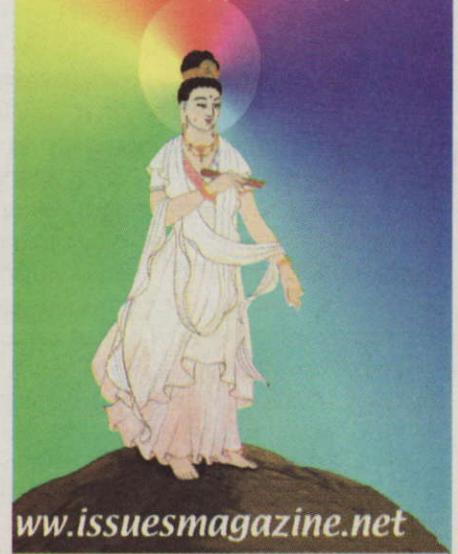
14th annual

Wise Women's Festival

September 17-19

Naramata, BC

Call for presenters is on till May 10... email: Angele@IssuesMagazine.net
Ask for an application form



www.issuesmagazine.net

Life isn't about *finding yourself*
 Life is about *creating yourself*
 What do you want to create?

Life coaching for the soul.
 (250) 342 7151
www.resolutionsforlife.com

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.

MOUNTAIN SKY
 Family Owned & Sustainable

NEW Authentic Castile Soap

6 Concentrated Varieties

Blending Suggestions	
	add Water to Soap
Face	3 1
Body	2 1
Hand	1 1
Baby -use natural or citrus	3 1

Made in BC
 No parabens, phthalates, SLS, dyes, petrochemicals, corn sugars, propylene glycol or artificial thickeners

www.mountainskysoap.com

Earth's Gifts & World Treasures

LOVE OF SHIVA

Crystals. Minerals. Fossils. Jewelry. Beads.
 Silks. Scarves. Ritual Objects. Incense. Tribal Art.

Nelson
 526 Stanley St.
 250.352.7418

Kelowna
 1551 Ellis St.
 250.762.0133

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*

Kutenai Institute of Integral Therapies presents:

An Introduction to Biodynamic Craniosacral Therapy

April 29-May 3 OR Sept. 9-13 ... 9-5:30 pm... cost: \$650

1502 Stanley St., Nelson, BC

A full two year training will begin Nov. 2010

More information and application forms available at

www.kutenaiinstitute.com or contact

info@kutenaiinstitute.com or phone 250-352-1655



FLOWER OF LIFE WORKSHOP



Nelson, BC • April 30 - May 3

\$377

Sacred Geometry • Unity Breath • MerKaBa Meditation

Facilitated by Dania KalTara • 250-354-0413

Advanced Tools For Self-Mastery Workshop



Pamela Shelly is a Transformational Teacher with years of multi-faceted training and works closely with the Archangels and Ascended Masters. Guided by Archangel Michael and Ascended Master Saint Germain, Pamela shares advanced transformation tools and provides personal assistance that will help you fulfill your Divine life purpose. This is a **three** day life changing, **experiential** workshop, assisting you in moving through your blocks and creating a **Plan of Action**.

Sound Healing Workshop

Working with the Hathors, Pamela will offer you a variety of tools and experiential exercises. This workshop is for self-healing and assisting others to heal. No prior experience is necessary for you to greatly benefit from this **one** day workshop. This workshop is also beneficial for anyone in the holistic health field who works with adults, children and animals.

Both workshops held in

Vancouver • Kelowna • Calgary • Toronto

Mystery of Egypt Spiritual Group Tour ~ January 2011

Spiritual Group Tour of Greece ~ May 2011

For dates, location and testimonials visit: www.Pamelashelly.com
250-861-9087 or 1-866-847-3454 toll free in North America



Psychic Coach • Author • TV & Radio Personality

COMING TO A BOOK STORE NEAR YOU!

APRIL 11 - 22

Kamloops • Kelowna • Vernon • Penticton • Calgary

WHAT IS SPIRITS MESSAGE FOR YOU?

Soul Talks, Psychic Readings and Book Readings from:

Aaagh! I Think I'm Psychic (And You Can Be Too)

Aaagh! I Thought You Were Dead (And Other Psychic Adventures)

Go to www.natashapsychic.com - for bookstores, dates & times

T: 604 886 5718 • E: natasha@natashapsychic.com

**NATASHA J.
ROSEWOOD**

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." ■■■▶



Lyn Inglis Spiritual Medium

*Private and Telephone
Readings, Workshops & Seminars*

**www.lyninglis.com • Email: asklyn@lyninglis.com
Phone (250) 837 5630 or Fax (250) 837 5620**



*If the question keeps coming up for you,
the answer may be closer than you think.
Finding your life's purpose is a journey of discovery,
but is always easier when undertaken with the
fellowship of other like-minded people.*

*Centres for Spiritual Living
provide spiritual tools to transform your personal
life and help make the world a better place.*

Your life's purpose is already within you.

Let's awaken it together.

Join us any Sunday at one of the following Celebrations...

Kelowna:

10:30 am @ 1375 Water St
Kelowna Community Theatre
Phone: 250-860-3500
www.cslkelowna.com

Vernon:

11 am @ 2913 29th Ave
Phone: 250-549-4399
www.ok-cpl.org

Kamloops:

10:30 am @ 540 Seymour St.
Desert Gardens Comm. Centre
Phone: 250-314-2028
www.cslkamloops.org



Effective and Ineffective Pain Elimination Methods And A New Technique That Will Increase The Relief You Feel Right Now!

"Bring Your Pain & Leave Without It!"

After This Workshop You Will Identify.....

- Why All Band Aid Solutions Eventually Fall Off.
- Where Your Pain Really Comes From.
- The Real Solution. It's As Unique As You Are!

At the end of this two day workshop, you will locate the true cause of physical, mental or emotional pain in yourself and others, and eliminate it once and for all. This is more than just a covering up or masking of symptoms. Immediate and lasting results are possible. Any one can do this. All that is necessary is the desire to heal your life.

Yuen Method™ Level 1, 2 & 3 Classes

Investment: \$525.00 (\$500 + GST) - first time
\$315.00 (\$300 + GST) - reviewing students

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.



2010 Class Schedule

Level 1 Calgary, AB - June 5 & 6

Level 2 Calgary, AB - April 17 & 18

Level 3 Calgary, AB - May 15 & 16

Kelowna classes will be scheduled for the summer with sufficient interest.

e-mail: stephanie.monsen@shaw.ca
or call: 403-614-5789 to register.
Class location will be provided upon reg.



Energy Paradigm
Feel The Shift

Stephanie Monsen

Yuen Method™ Certified Practitioner & Instructor
403-614-5789/1-866-281-2166
stephanie.monsen@shaw.ca
www.energyparadigm.ca

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



Ladies YOU can have it ALL...

Work from home.

Have more time for your personal interest and the money to enjoy it.

Enjoy the team work and coaching from successful women who are already living their dreams.

Jamie Evans: 250 549 2484

www.womenswealthandwellness.com/phoenix

Those who say it cannot be done shouldn't interrupt the people doing it.

MANDALA BOOKS



- Books
- Jewellery
- Gifts
- Music
- Essential Oils

Mandala Books

3023 Pandosy St.
Kelowna, B.C. V1Y 1W3

(250) 860-1980

2012 TIPPING POINT

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

The Prophetic Conference
2012 Tipping Point

Main Conference
23-25 July 2010

Workshops
26-27 July 2010

Simon Fraser University,
Burnaby
Vancouver
Canada

For more information go to www.issuesMagazine.net
click on this image and it will answer your questions.
Affiliate # is www.greatmystery.org/cmd.php?af=1148060

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.



Studio Chi

offering:

Shiatsu Practitioner and
Therapist Training Programs

Breathe, Move and
Meditate Classes

Workshops in Acupressure,
Shiatsu and Feng Shui

CERTIFICATE WORKSHOPS

Table Shiatsu

June 12 & 13 • 9 am to 5 pm (14 hrs) \$300 + gst

Please check website for course description.

LEISURE STUDIES

Feng Shui: Level 2

Five Elements & Space Clearing

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

Please check website for course description.

Brenda Molloy, CA, CST, RYT

Phone (250) 769-6898

Email: brenmolloy@shaw.ca

www.studiochi.net



Brenda is available for private sessions in shiatsu,
sound therapy, acupressure massage, reiki,
feng shui and vibrational medicine.

Multi-Colored Fabric Painting

July 2 with Susan Lopatecki

at the

Johnson's Landing Retreat Center

We will explore how fabric creates unique colour patterns, such as my rainbow outfit. Learn the techniques, the range of possibilities, how dye can be thickened and controlled or allowed to blend creating unique designs. \$100

July 3 & 4 - Basics of Fabric Dyeing
July 5 - Silk Screening on Fabric

www.JohnsonsLandingRetreat.bc.ca



Healing Massage Massage rejuvenates and relaxes the body!



Using techniques from a wide range of bodywork therapies

- ❖ Swedish Massage
- ❖ Deep Tissue and Re-balancing Bodywork

18 hours of instruction (theory and hands-on) plus how to locate and move energy blocks

Okanagan College - Kelowna

Fall and Winter Courses

Contact Continuing Studies for dates, times and costs

Instructor: Sharon Strang

Course Code: HLT 120



Register with Continuing Studies Phone: 250-862-5480 or 1-888-638-0058 • Email: cscentral@okanagan.bc.ca • www.okanagan.bc.ca/csreg

OCERP 15111

Rolf Practitioner

Ida Rolf's Structural Integration and Body Work



Susan Book

GSI Certified Practitioner

Nelson • Creston • Grand Forks

Ph: 250.551.5544

scorpp88@hotmail.com

www.rolfguild.org

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.

STRUCTURAL INTEGRATION

Visceral Manipulation



- IMPROVE VITAL CAPACITY
- INCREASE RANGE OF MOTION
- RELIEVE CHRONIC PAIN
- LASTING RESULTS



Penticton office:

477 Martin #1

Kelowna office:

1638 Pandosy #2

Phone

250 488-0019

for appointment

WAYNE STILL GSI

siguy@telus.net.

www.siguy.ca

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.

On **August 20-26**, I invite you to step into a new realm of sensual and spiritual experiences embraced in nature's finest pristine presence. Together we will explore a moment to moment joyous play of breath, spirit and body dancing more freely together. This retreat promises to be highly stimulating, joyous and wild! Leave the chains behind and open up to your total potential on and off the mat.

www.JohnsonsLandingRetreat.bc.ca or 1-888-756-9929

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

Are you
ready for
a career in
Natural Health
or Spa?



The Canadian Institute of
Natural Health and Healing

**IN CLASS START DATE
MAY 4 & SEPTEMBER 7**

CAREERS

- Aromatherapist
- Recognized by BCAA
- Day Spa Practitioner
- Esthetician
- Intuitive Practitioner
- Nail Technician
- Reiki Master
- Reflexologist
- Spa Massage Practitioner
- Natural Health Practitioner
- Wholistic Practitioner

CERTIFICATE COURSES

- Reflexology
- Iridology
- Reiki Level 1&2
- Muscle Testing
- Table Shiatsu
- Spa
- Swedish
- Chair Massage
- Hot Stone Massage
- Emotional Clearing Technique
- European Lymph Drainage Massage

**Go to our website and get your
Free Career Guide and
Starter (info) Package**

Check out what our grads are saying!

Register on line - **PCTIA Accredited**



www.naturalhealthcollege.com
info@naturalhealthcollege.com

The Canadian Institute of Natural Health and Healing
Kelowna, BC

1-866-763-2418

1772 Baron Road, Kelowna, BC

Tumtumtet: Mother Earth Journeys

Take a Journey with Corinne

services include: Intuitive Readings
Shamanic Practitioner
& Natural Health Practitioner

Power Animal Oracle, Angel Oracle
or Native American Tarot Cards

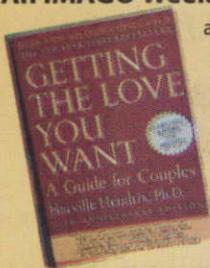


West Kelowna: 250-768-7182 or cell 250-801-1646
email: cori-de@hotmail.com

WANT TO IMPROVE YOUR RELATIONSHIP?

An IMAGO Weekend Workshop for Couples

as developed by Harville Hendrix, PhD



MAY 15 & 16

Kelowna, BC

An intensive 2 day workshop that helps couples rediscover the joy and spiritual potential of being together while using their relationship for personal change and growth.

- learn a powerful skill that can radically transform your relationship into a conscious couplehood.
- become your partner's best friend and healer.
- move from blame to cooperation.
- express your frustrations in non hurtful ways.
- build trust and safety.
- renew the passion, pleasure and intimacy.



Registration & Info: www.susanmcbride.ca
suzmcbr@hotmail.com • phone 905 528-0257

Learn about Imago - www.gettingtheloveyouwant.com

NEED ANSWERS?

Not sure which way to go?

Norma Cowie in person or by phone: 250-490-0654

www.normacowie.com



Psychic Tarot Card Readings
Past Life Regressions
Soul/Source Connections
Workshops & Classes

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.

Contact is www.colourenergetics.com

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

www.issuesmagazine.net ... April, May & June 2010 page 23

Spiritual emergence is not always bliss...

... support and guidance through your personal and spiritual transformation.



Lori Pinnell, MA

*Transpersonal Studies
Transformational Life Coach
250-212-2944
innerworksconsulting.com*

IONIC FEATS

**DETOXIFY & REJUVENATE
YOUR BODY**



**Complete Ionic Cleanse Therapy
Home Spa
Just Add Water**



Start



10 minutes



30 minutes

5026 50th Street
Lacombe, AB, T4L 1W8

Ph. 403-786-9100
www.ionicfeats.com

Georgina Cyr



**Animal
Communication
Workshop
May 1, 2010
Kelowna, B.C.**

NEW

Animal Iridology Courses • iridologycourses@hotmail.com

Animal Communicator

Communications regarding health and behavior of a pet.

Animal Communication Correspondence

Course modules in animal communication.

www.animal-communicator.com
info@animal-communicator.com or 250-723-0068

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*

Learn Explore Discover

HOLLYHOCK

CORTES ISLAND, BC

Free Catalogue 800.933.6339
hollyhock.ca



Learn to Unwind the Belly with Chi Nei Tsang

Learn to reduce chronic constipation, back pain, gastritis, IBS, acid reflux, hiatal hernia, heartburn.

Improves vitality, diminishes stress, clears undigested emotional charges in the belly, and frees post-surgical, post-partum restrictions.

WORKSHOPS

• **The Basics / Wood and Earth Organs**
May 28-31, 2010
Nelson, BC



• **Wind Protocols / Balancing Meridians**
Sept 17-20, 2010
Nelson, BC

• **Healing the Emotional Body** (4 ½ day Retreat)
Spring 2011, TBA (Interior BC)

www.unwindthebelly.ca • Info, prices & registration:
Laurelle (780) 428-5572 or laurelle13@shaw.ca

Regulation Thermography:

A Preventative and Longevity Medical Tool

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.

Once you have a baseline scan, then a yearly scan can locate unusual disturbances that have not resolved. Early prevention can reduce the likelihood of developing a chronic illness. *see ad to right*



Okanagan Thermography +



- **Safe BREAST and BODY SCREENING**
- FDA APPROVED • PAIN AND RADIATION FREE
- CANCER SUPPORT TREATMENTS
- DETECTS EARLY DYSFUNCTIONS IN BODY

Ursula Harlos, MA, DHM. Doctor of Homeopathic Medicine
Kelowna • 250 864 5260
www.okanagathermography.com

Pema Design Studio

*we offer the best supports
for your practice*



meditation
cushions & mats
+
yoga supports



buckwheat hull
sleep pillows
+
small supports
& warmers



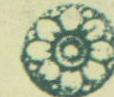
buckwheat hull
pet beds

— all natural fibers and fills —
made in Fernie BC ~ 423-3482

1-877-441-3412

pemadesign.com

BANYEN BOOKS & SOUND



our
40th
year!

3608 West 4th Ave.
Vancouver V6R 1P1

books 604-732-7912

sound/gifts/tkts 604-737-8858

out-of-town 1-800-663-8442

open Mon-Fri 10-9 Sat 10-8 Sun 11-7

*Offering the Perennial
Beauty of the World's
Spiritual & Healing
Traditions since 1970*

Upcoming Events include:

Marc Ian Barasch, *The
Compassionate Life*
James Baraz, *Awakening Joy*
Andrew Harvey & Karuna
Erickson, *Heart Yoga*

...for complete events info
www.banyen.com



The Mishras Raga Concerts

Sunday, April 25, 7 pm
Naramata Centre in the Loft

after the Spring Festival of Awareness

Kelowna: TBA

Friday, April 30, 7 pm
Yasodhara Ashram

Saturday, May 1, 7:30 pm
Nelson United Church

Information: Michael Nisbet

250-551-2229

www.mishramusic.com



Food for Thought

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.

PROFESSIONAL EDITOR AND WRITING COACH AVAILABLE

Take your book, website, résumé
or proposal to the next level.

Call me for a brief consultation!

My clients include Angèle at

Issues Magazine and two *New York*

Times best-selling authors.

Am also a published writer,

Communications instructor and

translator (French). Your project,

your voice, my power.

Diana, 604-684-0911

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.

Kelowna Yoga House



**Align
Stretch
Strengthen**

1272 St. Paul St., Kelowna • 250-862-4906

www.kelownayogahouse.org

Dare To Dream

Jewellery

Crystals • Gemstones

Salt Lamps • Incense • Oils

Tarot and Oracle Cards • Angels & Dragons

New Age & Self-Help Books • Audio • Videos

Feng Shui & Chakra Energy Products • Unique Gifts

May 1-16

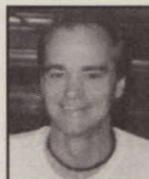
STORE-WIDE ANNIVERSARY SALE

includes Psychic Readings, Reiki, Shamanic Healing,
Thai Foot Reflexology & Massage... See ads below

#33 - 2070 Harvey Ave., Kelowna, B.C. • 250.712.9295

Holistic Choices

with Preben Nielsen



- Reiki Master / Teacher
- Metaphysical Minister
- Spiritual Counsellor
- Massage Practitioner
- Shamanic Healer

Gift
Certificates
Available

Reiki & Shamanic Classes available

Meditations 1st and 3rd Thursdays at Dare to Dream

Shamanic Healing - Soul Retrieval / Extractions
Clearings, Power Animal & Inner Child Journeys

Kelowna: 250-712-9295

Dare To Dream

with Angie

**Dream of a healthy happy you.
Heal your body, mind, and soul.**

- Reiki • Full Body Massage •
- Thai Foot Reflexology •

250-712-9295





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.

Infinite Energy Healing

Sue Granados

- * Usui Reiki Master
- * Quantum Touch
- * Gemstone Healing
- * Amethyst Biomats



"Let your little light shine"

iehealing@gmail.com
250-826-1455

Sacred Bodyworks

Embracing Your True Essence
Christine Tomic ... 250-868-2961

Chrissychi@gmail.com

- Intuitive Healing Massages
- Emotional Clearing
- Pressure Point • Reflexology
- Aromatherapy • Reiki
- Ionic Foot Bath
- Amethyst Bio-Mat Sessions



Downtown Kelowna Location,
Outcalls, Evenings & Saturdays

inSpire WELLNESS STUDIO

3803-27 Street, Vernon
(Upper level of Anna's Vitamins)

Reiki ☯ Reflexology
Classes & discount packages available

Teresa H. Donker
inspirewellness2@gmail.com

250-308-4201

Jollean Mc Farlen

- Feng Shui/Colour Consultant
- Healing & Health Tools
- Intuitive/Spiritual Readings

WORKSHOPS:

Intuition/Tarot, Feng Shui, Colour,
Meditation & Joyful Healing
www.jadorecolour.com

Ph 250 448 5339

e: jolleanme@yahoo.com



gaia rising
new age books • metaphysical tools

356 baker st, nelson, bc
(250) 354-4471 • (866) 368-8835

OPEN DAILY-tax free sundays

www.gaiaising.com

Purple Lotus Yoga
Penticton

Voted #1 yoga studio in S. Okanagan

Therapy room/office for rent in busy Penticton yoga studio.
Available April 1 or 15
\$400/month • 10x10'

www.purplelotusyoga.ca
(250) 493-0054

Wild Roots

- ✦ Promoting Health and Healing in the Wise Woman Way
- ✦ Reclaiming the Traditional Roots of Herbalism
- ✦ Classes, Workshops and Certificate Programs
- ✦ Traditional Herbalism, Herbal Medicine Making, Wildcrafting, Ethnobotany, Plant Identification and more.

Accepting Registrations
For more info. call 250-838-6777
or visit: www.wildrootsherbs.com

PASCALITE CLAY

The original EE-WA-Kee: the native healing earth

Antibacterial, Antifungal & a Natural Antibiotic

Not your ordinary clay - Pascalite is loved by many

... my hemorrhoids were gone in 4 days!
• 70 year old woman

... my stomach ulcer disappeared.
• 60 year old man

... my gums are healing beautifully.
• 50 year old woman

• better than any powder for my baby.
• skin problems disappear.

Free Sample & info: 250-446-2455

Spirit & Soul MarketPlace

Mystic Dreams, Kamloop

Your metaphysical store on the North Shore

OPEN - 7 DAYS A WEEK

419 Tranquille Rd.
554-8770
www.mysticdreams.ca

Power-Chi
Ionic Foot Detox Bath

\$310 with free shipping
Distributors Welcome

www.footdetox.info
250 809 1976

FOR SALE

Established Metaphysical business waiting for someone to take it to a newer level of possibilities.

angelicoasis@shaw.ca
250 486-6482

Angelic Oasis Gifts

Books, Angel, Oracle & Tarot Cards
CD's ♥ Crystals ♥ Inspirational Gifts
♥ Reiki ♥

♥ Intuitive Medium Card Readings ♥

#108 - 1475 Fairview Rd, Penticton
in the Cannery Bldg. • 250-486-6482

KALEIDOSCOPE

Body, Mind & Spirit Arts

- Over 40 Local Artisans
- Healing Gems and Crystals
- Smudges and Resin Incense
- Massage Supplies

Herbal Massage Oils, Golden Flower Essences
Organic Essential Oils, Crystal Massage Tools
Natural Laser Wands.

250-443-3278
2nd Street, Grand Forks

Spirit Quest Books

BOOKS
CRYSTALS
GIFTS

Lakeshore Drive,
Salmon Arm, BC
(250) 804-0392
www.spiritquestbooks.com

The Threads that Bind Us

Metaphysical Services, Gifts & Thrift

Workshops, Tarot and Psychic Readings,
Reiki and Healing Services, Metaphysical Library, Crystals, Ritual Supplies, Incense,
Jewellery, Aromatherapy Products,
Local Artisans' Crafts,
Music and of course Thrift.

3004 B 31st Street, Vernon
Phone: (250) 540-0341
www.TheThreadsThatBindUs.net

Prairie Rose Ventures

Debra Wilson

Certified
Biofeedback Technician
Healing & Quantum Touch

Xocai Chocolates
RBC Life & Young Living
250-261-1002
email: prvento8@telus.net



Making the Okanagan a better place to live

**Bruce Agassiz at Royal LePage
Armstrong, BC**

e-mail: bruceagassiz@gmail.com
web page: www.agassizhomes.ca

ROYAL LEPAGE
www.royallepage.ca
Downtown Realty

1-866-854-6049

WINNERS

of the 20th Anniversary of Issues

•• Two FREE Spring Festival passes

Jody Furneaux of Vernon, BC
Rosemary Fischer of Moosejaw, SASK

•• \$100 credit at Johnson's Landing Retreat Center

Louise Cheshire of Proctor, BC

•• a FREE business card sized ad

Jamie Evans of Vernon, BC

•• Whole package deal by Stephanie

Robyn Tatum of Salmon Arm, BC

visit us on-line 24/7

www.IssuesMagazine.net

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

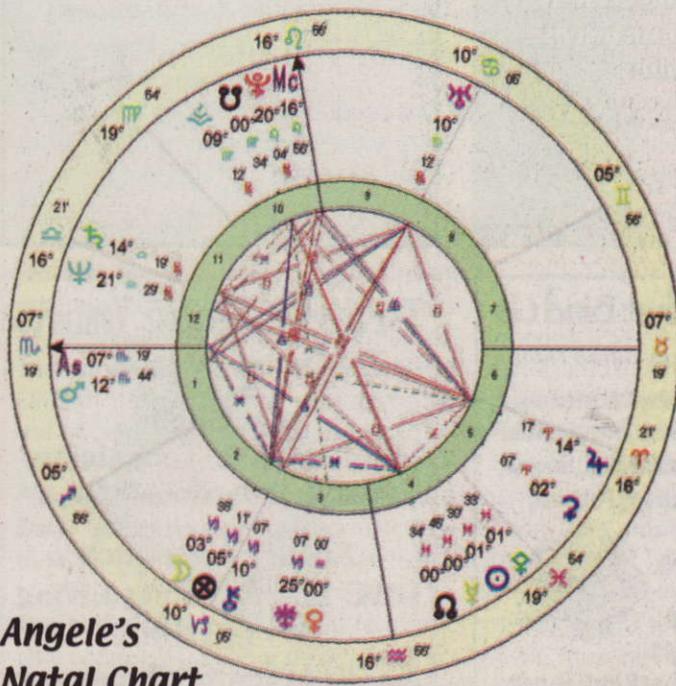
With the Sun, Mercury, the Moon's North Node and Pallas Athene all in Pisces, in the 4th House and both closely aligned at 0 and 1 degree Pisces, you are fulfilling your destiny. These planets are placed in the House of 'home,' a clear indication of you working from home (4th) as a writer, communicator, 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.



Are you on the PATH to better HEALTH?

Registered Nutritional Consultants

IIPA Certified Iridologist

Relaxation Massage

Lymph Drainage Therapy

Certified Colon Hydrotherapists*

Detox Foot Spa

**Ultraviolet light disinfection system used for colonics*



Nathalie Bégin, RNCP, CCH, CCI

Cécile Bégin, DN, CCH

GASTROINTESTINAL HEALTH PROTOCOLS

Programs Designed to Address Your Own Unique Needs!

www.Nutrition4Life.ca

By Appointment

250-768-1141

West Kelowna, BC

Book and CD Reviews



Madame Ghis

Escape in Prison
1-450-297-3930
www.personocratia.com

A book about a medical doctor's continuing saga of waking up from a trance that no longer serves her and us – if the truth be told. She calls it the end of unconscious democracy and the beginning of conscious personocracy.

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!!!



Transform Your Life through Handwriting

Vimala Rodgers
www.soundstrue.com

- * Two audio CDs exploring the meaning of letters
- * An illustrated workbook with exercises
- * 26 reference cards with 'soul qualities' of letters

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 then 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.*



Learn Poi Dancing

April 24 • Sat. 2-5 pm

\$25 for 1 • \$40 for 2 • \$50 for 3 • Naramata Centre
FREE if you are a registered participant

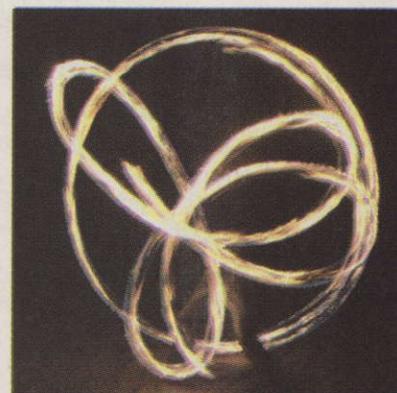
call Marion 497-6861 & let us know you are coming

Learn clear and powerful poi moves from the basic to the complex overlays. Be inside an unfolding, mesmerizing mandala as 2 balls on 2 strings circle around you in endless healing patterns of beauty and delight. Develop R/L brain balance and awesome co-ordination while you play with poi.

Taught by Karen Jasmine a Belly Dance Instructor/
Performer and Director of SoulFire Dance Troupe in
Nelson, BC.

*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.*



Extra events for the Spring Festival of Awareness

CLOSE ENCOUNTERS of the 5th KIND:

Protocols for contacting Extra-Terrestrials

Featuring: **DEBORAH WARREN**
- a local Ambassador to the Universe

9-11 pm Friday and Sat. evening down by the beach

What to bring warm clothes, a chair to sit in,
a blanket to stay warm and a flash light.

Everyone is welcome to use my Laser astronomy pointer,
night vision binoculars, star charts, assorted cameras,
regular binoculars, radar detector, etc.

You are welcome to bring your own if you have them.

I will be leading you through the protocols for contact:
first we meditate, achieve a shared group consciousness,
then journey to the ET realms, invite them to join us on the
beach and let everyone witness their presence.

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*



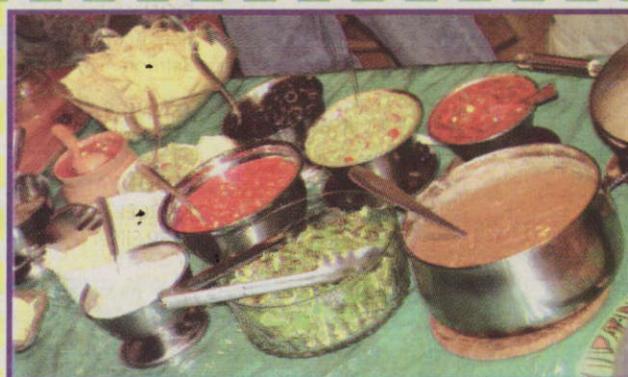
Refritos: Refried Beans

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.

The Classifieds

ACUPUNCTURE

BONNIE DEYAEGER, R.AC.,
Cawston/Keremeos: 250-499-7852 • offering:
Acupuncture, Chinese Bodywork & QiGong

MARNEY MCNIVEN, D.TCM., R.AC.,
and AcuSonics • Vernon & Enderby: 838-9977

DONNA RASPLICA, Dr. of TCM
Reg. Acupuncturist, Chinese herbal medicine
Salmon Arm • 250-833-5899

JENNIFER LARSEN, R.AC. • Kamloops
www.vitalpoint.ca • 250-376-3070

MOUNTAIN ACUPUNCTURE & Laser Therapy
MARCEL MALLETTE, R.Ac.(TCM)
7639 Silver Star Rd. • Vernon 250-260-3892

ALEXANDER TECHNIQUE

Felix Mueller • 250 769 1258 • Kelowna

AROMATHERAPY

HEAVEN ON EARTH ENTERPRISES
Wholesale Calendula & Massage Oil Blends
& Essential Oils • marisgold@uniserve.com
www.marisgold.com • 1-888-961-4499
or phone/fax 250-838-2238 Enderby

ART THERAPY

Wind in the Willow Studio: Cindi Tomochko
Certified Art Therapist & Dru Yoga Instructor
250.276.5308 • ctomochko@gmail.com

ASTROLOGER

CAROLE DAVIS • Vedic Astrologer
Career, finances, relationships health, past,
present, future. Consultations call: 250-309-2736
email:caroledavis@shaw.ca
web:CaroleDavisAstrologer.com

MICHAEL O'CONNOR Astrologer/Numerologist.
Readings in Person/By Phone 1-888-352-2936
www.sunstarastrlogy.com • Free Horoscopes
sunstarastrlogy@gmail.com • Credit Cards Accepted
* Affirmation * Inspiration * Vision * Strategy *

AURA READINGS

Have your aura picture taken and interpreted in
the store or book a party in your area!

SPIRIT QUEST BOOKS, 250 804 0392
Downtown Salmon Arm across from Askews.

BED & BREAKFAST

CASA DEL SOUL B&B / Art Studio - Nelson
For those seeking beauty and wishing to lift the
creative spirit in a peaceful and artistic environ-
ment that serves organic, wholesome foods.
250-352-9135 • casa_del_soul@netidea.com

BIOFEEDBACK

BIOFEEDBACK, Homeopathic Medicine,
Infared Sauna sales/therapy, Australian Bush
Healing Essences, Therapeutic Essential Oils
Massage, Cleansing and Nutritional Workshops
Mary Dunsdon • Kamloops: 250-579-8011
mary@livelovelaughwellness.com

BODYWORK

KAMLOOPS

IN HOME SERVICE ReAnne: 250-573-1035
Reiki, Massage - Healing and Relaxation.

ROLFING-Lynne Kraushar, Certified Rolfer
250-851-8675 • www.rolf.org

MICHELE GIESELMAN - 851-0966 Intuitive
Healer, CranioSacral, Massage and Hot Stone,
Shamanic Healing • Available for Workshops.
Gift Certificates • www.intuitivehealer.ca

ONE on ONE FITNESS & MASSAGE

Christine Karl Registered Practitioner:
Ortho-Bionomy, Swedish, Shiatsu, Reiki Master,
Personal Trainer (Rehab Certified)
#7-231 Victoria St. • Kamloops • (250) 320-9960

RAINDROP THERAPY: Terez: 778-471-5598

KOOTENAYS

THAI MASSAGE/YOGA - TYSON: 265-3827

KELOWNA

ANGIE: 712-9295 Massage/Thai foot reflexology

CHI WEAVER SHIATSU • Sharon Purdy
Certified Traditional Shiatsu Practitioner
Usui Reiki Master • Kelowna 250-763-2203
chiweaver@live.ca

PENTICTON

KIMBERLY ROSE CAMERON - Usui Reiki
Master/Teacher /Deep Tissue Massage/Intuitive
Holistic Healing, Hot Stone Massage: 493-5629

Every dollar you spend is a Vote for what you believe in !



"Suppliers of professional
massage therapy products"

Call for a free catalogue
1 800 875 9706
Phone: (780) 440-1818
Fax: (780) 440-4585

MAIL ORDER

TABLES
STRONGLITE
OAKWORKS
PRAIRIE
PISCES

OILS/LOTIONS
BIOTONE
SOOTHING TOUCH
HAGINA/MINT OIL
BEST OF NATURE

BOOKS
CHARTS
LINENS
ACCESSORIES
HOT/COLD PACKS
ESSENTIAL OILS
MASSAGE TOOLS

#9206 - 95 Ave. Edmonton, AB, T6C 1Z7

www.mtso.ab.ca

BODY TALK

OKANAGAN NATURAL CARE CENTRE
250-763-2914 • www.naturalcare.bc.ca

PENTICTON BODYTALK: 250-462-3141
Amanda Bourgeois, B.A., CBP

Terez in Kamloops • 778-471-5598

The BodyTalk Studio ~ 250-766-5530
Eileen Malesan, CBP in Lake Country
BodyTalk ~ Bringing you back into balance!

BOOKS

ALL YOUR METAPHYSICAL ESSENTIALS
INFINITE SERENITY - 250-768-8876
"Guidance & Healing for Mind, Body & Soul"
2476 Main Street, Westbank, BC, V4T 1Z1
www.infiniteserenity.ca

DARE TO DREAM • 250-712-9295
Store #33 - 2070 Harvey Ave, Kelowna

BANYEN BOOKS & SOUND
3608 West 4th Ave., Vancouver, BC, V6R 1P1
(604) 732-7912 or 1-800-663-8442
Visit our website at www.banyen.com

MANDALA BOOKS...860-1980 Kelowna
3023 Pandosy St. beside Lakeview Market

SPIRIT QUEST BOOKS, Downtown Salmon
Arm across from Askews... 250 804 0392.
New age, Spiritual, Childrens, Self Help and
Psychology books.

BREATHWORK

BREATH INTEGRATION - LYNN AYLWARD
Certified Practitioner - Private consultations,
couples/group work • Kamloops: 319-7364
also see ... *Schools & Training.*

LIFE SHIFT SEMINARS Family
Constellations, 7 Day Life Shift Programs, ♯
Relationship counseling and workshops,
Private sessions with Blanche or Harreson
Tanner (RMT), over 25 years experience.
(250)227-6877 • www.lifeshiftseminars.com

BUSINESS OPPORTUNITY

CREATE A NEW CAREER & WAY OF LIFE.
Pacific Institute of Reflexology Natural Healing
School and Clinic has franchises available. www.pacificreflexology.com • (800)567-9389

COLON THERAPISTS

Kelowna: 763-2914 OK Natural Care
Nelson: 352-6419 Ulla Devine
West Kelowna: 768-1141 Nathalie Begin
West Kelowna: 826-1382 Aniko Kalocsai

CHELATION

OKANAGAN CHELATION CENTRE
\$100.00 every treatment, every time.
www.okanaganchelationcentre.ca
Summerland: 250-494-4166

COUPLES WORK

GETTING THE LOVE YOU WANT (IMAGO)
** Next workshop: May 15/16 2010 **
An intensive weekend workshop for couples
in the Okanagan. Learn skills to communicate
safely with your partner and re-romanticize your
relationship. INFO: Susan McBride
905 528-0257, or suzmcbri@hotmail.com
Also www.gettingtheloveyouwant.com

DATING

OKANAGAN LOVE CONNECTIONS
www.okanaganloveconnections.com
Phone: (250) 462-2927

COUNSELLING

CORE BELIEF ENGINEERING Rapid,
gentle, lasting resolution of inner conflicts.
Laara Bracken, 24 years experience.
Kelowna: 250-763-6265. See ad p.11

HEATHER FISCHER, MA, RCC, Prof. Art Ther.
Art & Play Therapy + Body Centered approach
Children, Adolescents, Adults - Kelowna: 212 9498

MARY ELLEN McNAUGHTON
certified Canadian counsellor focusing on
Mindful Communication or NVC.
250 864-8664 or maryellenmc@gmail.com

CRANIOSACRAL THERAPY

CRANIOSACRAL & MASSAGE, KELOWNA
www.craniosacralplus.ca • 250-859-7554

GLENDA HART PHYSICAL THERAPY
Craniosacral, Visceral Myofascial Release.
Kelowna 250-863-9772

www.SheilaSnow.com • Vernon: 250-938-4905
CranioSacral Therapist with 14 years experience
Raindrop Therapy • Ionized Alkaline Water

CRYSTALS

SPIRIT QUEST BOOKS, Downtown Salmon
Arm across from Askews 250 804 0392. Great
inventory of special pieces. Fabulous one of a
kind jewelry. Crystal workshops.

THE CRYSTAL MAN WHOLESALE LTD
Theodore and Lee Bromley. Amazing selection
of crystals and jewellery. Huna Healing Circles.
Author of The White Rose
Enderby: 250-838-7686 • crystals@sunwave.net

DARE TO DREAM • Kelowna: 712-9295
Great Selection - jewellery also!

DENTISTRY

DAAN KUIPER # 201-402 Baker St, Nelson
352-5012. General Practitioner offering services
including composite fillings, gold restorations,
crowns, bridges & periodontal care. Member of
Holistic Dental Association.

Dr. Hugh M. Thomson374-5902
811 Seymour Street, Kamloops
Wellness Centered Dentistry

ENERGY WORK

KAREN COOGAN: Penticton 250-770-1166
Reiki Master Teacher, Lovebody Healer/Teacher,
Crystal Bowl Therapy.

LIGHT THERAPY Energy Healing & Intuitive
Massage • Janette Damsma • Penticton
250-770-0410 or paragonhealing@gmail.com

ALCHEMICAL HEALING™ sessions & classes.
Debbie Clarkin • Armstrong BC • 250-309-0626

CRYSTAL HEALING, holistic therapy. Ted Lund
Naramata: 496-5797 • lightworker.lund@gmail.com

RECONNECTIVE HEALING / The Reconnection
Energy healing Orchestrated by the Universe.
Bernice Granger, Penticton; 250 492 6093

FENG SHUI

Do you feel like your home has stagnant energy from someone or something? Does your house or business not feel comfortable? We can bring a refreshing feel to your home using what you have available. I will also show you some tips to preserve the energy. Certified in Classical and Western Feng Shui. Consult \$200 Nancy - Kamloops: 778-220-3989

HEALTH CENTERS

OKANAGAN NATURAL CARE CENTRE
Let us help you step up to health!
Kelowna: 250 763-2914 • www.naturalcare.bc.ca

HEALTHY PRODUCTS

RANCHO VIGNOLA: top quality nuts, dried fruit and fine confection fresh from harvest. We've been bringing in 'the best of the new crop' every fall for 30 years! Contact us early September for our wholesale price list, visit one of our Public Sales in Kelowna, Vernon and Salmon Arm during Nov, or go online for our Christmas Sale Dec. 1 - 15. Great deals at our on-line Spring Sale. To find out more, visit us www.ranchovignola.com or call 1-877-639-2767.

HYPNOTHERAPY

ELLEN ODELL-CARDINAL, C.Ht, EFT-Adv.
Certified Hypnotherapist and EFT Specialist
250-764-1590 • Kelowna, BC
Website: www.solutionshypnotherapy.com
Email: solutionshypnotherapy@telus.net
Registered with the Professional Board of Hypnotherapists Canada & Canadian Hypnosis Institute.

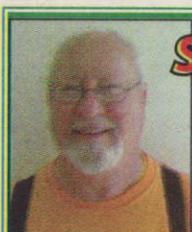
EN ROUTE HYPNOTHERAPY
Leslie McCall, RN MH CCHt IMDHA Certified
461 Martin St, Penticton BC • 250-497-2047
leslieamccall@hotmail.com

HOMEOPATHY

KATHARINA RIEDENER, DHom,
Osoyoos • www.homeokat.com • 250 485-8333

IRIDOLOGY

TRIED EVERYTHING? - STILL NOT WELL
Eye analysis, natural health assessment.
Certified Iridologist, Chartered Herbalist
Vivra Health 250 460-1947 Penticton



Harold Siebert
CST, DAC.

SHIATSU FACE LIFT TRAINING

for Massage and Holistic Practitioners,
Body and Energy Workers.

Professional Course

June 1 & 2 2 day Seminar

Zen Shiatsu School • Harrison Hot Springs, BC

Please call Toll Free 1-866-796-8582
or email: haroldsiebert@yahoo.com

LABYRINTH

LAKESIDE LABYRINTH - in Nelson's Rotary
- Lakeside Park near the Big Orange Bridge. Free
of charge, wheelchair accessible, open during
park hours. Visit www.labyrinth.kics.bc.ca

MATRIX ENERGETICS

Felix Mueller • 250 769-1258 • Kelowna

NATURAL MEDICINE

Safe, effective, time tested. Used by 75%
of the World Population. **Examining Board of
Natural Medicine Practitioners™ (EBNMP™)**
Recognition, Registration and Accreditation in
Natural Medicine • www.EBNMP.com;
info@ebnmp.com or 1-416-335-7661

NATUROPATHS

Penticton

Dr. Jese Wiens, B.Sc. N.D. 250-276-9485
www.okanaganwellnesscentre.com
Nutrition, Herbs, Acupuncture, Bowen therapy

Dr. Audrey Ure & Dr. Sherry Ure... 493-6060
offering 3 hour EDTA Chelation Therapy

Naramata Lifestyle Wellness Centre
Quantum Traditional Naturopathy
Dr Charlene Reeves, CTN, PhD • 250-276-0787
www.naramatalifestyle.com

Combining the best of natural holistic techniques
and treatments using advanced quality care with
quantum natural alternatives, without standard
pharmaceuticals. Our belief that healing comes
from within leads us to more natural interventions,
with the lowest side effect.

Penticton Naturopathic Clinic... 250-492-3181
Dr. Alex Mazurin, 106-3310 Skaha Lake Rd.

West Kelowna

Dr. Michael Reiersen ND.....778-754-5610

NUTRITIONAL, REGISTERED CONSULTANT

MICHALE HARTTE, B.A.Sc (Nutr), RNCP, CFT
Customized Nutritional Plans • 718 -1653 Kelowna
Dr. recommended • www.fitnhealthynutrition.com

SHERI MAHOOD, BSC., ROHP. Online
Nutritional Health Assessments and Analysis,
Detoxification and Weight loss Programs. Salmon Arm
www.nutritiongoddess.ca or honc@telus.net

PSYCHIC / INTUITIVES

ANGELIC OASIS GIFTS • Penticton
(in the Cannery Bldg.) ♥ 250-486-6482
Angel Oracle / Tarot / Intuitive Readings

HEATHER ZAIS (C.R.) PSYCHIC
Astrologer — Kelowna ... 861-6774

AURA-SOMA • CRYSTALS • CHAKRAS ENERGY
Osho Zen Tarot Readings • Touch Drawings
Private sessions/readings or classes available.
P. Danielle Tonossi. Crawford Bay /Nelson & Calgary:
250-227 9478 • www.crystalgardenspirit.com

DEBBIE CLARKIN • Armstrong, BC • 250-309-0626

DIANE • Clairvoyant \$50 for 1.5 hr 250-375-2002

MEDIUM - SPIRITUAL COUNSELLING
Shelley-Winfield: 766-5489 - **phone consultations**
I can read any photo and give details.

PSYCHIC - www.KatyannaGabriel.ca - 778-838-6517

NORMA COWIE Tarot, Past Life Regressions,
Core Belief Energy Releasing. Phone or In-Person:
Vancouver and Penticton: 250 490 0654.

READINGS BY JEWEL: Clairvoyant Psychic
Medium. She helps you to heal your past,
improve your present and prepare for your
future. (250) 546-0208. North Okanagan.

SARAH SCOTT: Clairvoyant • Medium • Psychic
Telephone, Chat OnLine and in Person Readings
sarahscott@shaw.ca

SPIRAL SPIRIT OFFERINGS.com
Tarot by Sarah Thoth Lifepath Readings
Email or in person (Penticton) 809-1635

TAROT BY SABLE - Vernon - 540-0341
www.TheThreadsThatBindUs.net

YVANYA ♥ Clairvoyant Tarot 250 558 7946

REFLEXOLOGY

Angie at Dare to Dream - Thai Method 250-712-9295

HEELING SOLE - Penticton: 490-5567 Michelle

KATHARINA RIEDENER, DHom, RHom, HD
8305-68 Ave., Osoyoos, BC. • 250 485-8333

InSpire Wellness Studio, RABC
3803-27th St, Vernon 250-308-4201

PACIFIC INSTITUTE OF REFLEXOLOGY

Basic and Advanced Certificate Courses \$350.
Instructional DVD - \$22.95
Ask about Franchise Opportunities. For info:
1-800-688-9748 • www.pacificreflexology.com

LAURIE SALTER, RAC, RABC • Kamloops: 318-8127

SIBILLE BEYER, PhD. 250-493-4317
RAC certified Practitioner, Penticton

SOLEWORK REFLEXOLOGY - Tammy
Semple formerly of Stepping Stones Clinic in
Penticton, RAC certified: 250-486-5646

TEREZ LAFORGE • Kamloops ..778-471-5598

REIKI

ANGELIC OASIS GIFTS in the Cannery Bldg.
Sessions and classes available ♥ 250-486-6482

ANGIE- DARE TO DREAM - 250-712-9295
Reiki/Body Massage/Thai Foot Reflexology

BARBARA M. KENNEDY • Reiki Master
Usui System of Natural Healing • Penticton
250-493-7827 (Home) • 250-809-9627 (Cell)
b.kennedy@telus.net • 102-500 Railway Street.

INNER DRAGON Reiki • Vernon: 540-0341
www.TheThreadsThatBindUs.net

InSpire Wellness Studio • Vernon: 308-4201
Sessions, Discount Packages, Classes

MASTER TEACHER, Christina Ince
Langley: 604-532-1815

MAXINE Usui Reiki Master/Teacher. Pain &
Stress Relief, Relaxation, Treatments, Classes,
www.reikibc.com • Kelowna: 250 765-9416

SIBILLE BEYER, PhD. 250-493-4317
Usui Reiki Master, Penticton.

SPIRAL SPIRIT OFFERINGS.com
~Gently Relax & Rebalance~
Reiki by Jen~Penticton~250-462-8550

RETREATS

RetreatFinder.com - Find your perfect retreat
in our online directory of spiritual and healing
retreats including personal retreats, retreat
programs, facilities for rent, and retreats for
sale. www.RetreatFinder.com

JOHNSON'S LANDING RETREAT CENTER

30 high quality workshops each summer, have
a personal get-away or do Center Life program
www.JohnsonsLandingRetreat.bc.ca

QUANTUM LEAPS LODGE/Retreats, Golden, BC.
www.quantumleaps.ca • **1-800-716-2494**,
"opportunities for inner/outer explorations"

SCHOOLS & TRAINING

ACADEMY OF CLASSICAL ORIENTAL SCIENCES

Offering 3, 4 & 5 year programs in Chinese
medicine and acupuncture. View our
comprehensive curriculum at www.acos.org
Phone 1-888-333-8868 or visit our campus at
303 Vernon St., Nelson, BC

CERTIFICATE MASSAGE COURSES

The Wellness Spa — Weekend Courses
Sharon Strang — Kelowna 250-860-4985
evenings 860-4224 • www.wellnessspa.ca

DIMENSIONAL HEALTH CONSULTING TRAINING CENTRE

1:1 Counselling/Group Series/Family & Relation
ship Counselling. Personal Development Train-
ings. (6 months Life Skills Practitioner, Leader-
ship & Teacher's Training) • Kamloops: 554-6707

MASSAGE CLASSES - Fusion Works

(a combination of Yogic Breathing, Hot Stones,
Thai, Balinese massage and more) plus Thai
Massage and Thai Massage on the Table. R.M.Ts
receive 24 ceu's www.academyofmassage.ca
toll free **1-866-537-1219**

NUMEROLOGY, ENERGY AWARENESS

Meditation, Crystal Awareness courses offered.
Readings and other services available.
SPIRIT QUEST BOOKS: 250 804 0392.
Downtown Salmon Arm across from Askews

STUDIO CHI Professional Level Training in
Shiatsu. Workshops in Acupressure, Feng Shui
& Shiatsu. Classes in Breath, Movement &
Meditation. Registered with PCTIA. Brenda
Molloy ... 250-769-6898 • www.studiochi.net

SEX THERAPY

Dr. David Hersh • www.sexualwellness.ca
Therapy & counselling via Skype • 260-352-0151

SHAMANISM

Depressed, anxious, confused, angry, traumatized?
Return to wholeness; become free and clear
with shamanic healing. patbellamy@shaw.ca

MAXINE Soul Retrieval, Past Life Regressions,
Clearing. www.reikibc.com • Kelowna: 765-9416

DAWN DANCING OTTER • Penticton: 276-6359
Extraction, Soul or Soul Purpose Retrieval, Soul
Alchemy, clearing Karmic debt; Host a Shamanic
workshop in your area - I am happy to travel.
visit www.dancingotter.ca

SOUL RETRIEVAL, extractions, family and
ancestor healing, de possession, removal of
ghosts and spells. Also by long distance.
Gisela Ko (250) 442-2391 • gixel@telus.net.

SOUND HEALING

ACUTONICS TUNING FORKS and bowls.
Brenda Molloy 250-769-6898

PHYLLIS WARD • Vernon: 250-542-0280
Singing bowl meditations and healing sessions
www.phyliani.com

SPIRITUAL GROUPS

TARA CANADA Free information on the World
Teacher & Transmission Meditation groups;
a form of world service, aid to personal growth.
1-888-278-TARA • www.TaraCanada.com

AVATAR MEHER BABA "The Divine Beloved
is always with you, in you, and around you. Know
that you are not separate from Him." **MEETINGS**
open to anyone. Kelowna: 250-764-5200

SPIRITUAL JOURNEYS

GOLDEN CODES OF ATLANTIS
Eastern Caribbean Cruise, Oct 9-16, 2010.
Karen Coogan: 250-770-1166 • Penticton

TAI CHI

DOUBLE WINDS - Salmon Arm -250-832-8229

KAMLOOPS T'AI CHI CLUB • Gentle Yang
style. Qualified instructor. Member governed,
non-profit. Info: 250-573-4692 or 554-7302.

OKANAGAN QI COMPANY • QiGong-TaiChi
Hajime Harold Naka...Kelowna: 250-762-5982

TAOIST TAI CHI SOCIETY

Health, Relaxation, Balance, Peaceful Mind
Certified Instructors in Vernon, Kelowna, Lake
Country, Armstrong, Lumby, Salmon Arm,
Sicamous, Chase, Creston, Kamloops, Osoyoos,
Ashcroft, Nakusp and Nelson.
Info: 250-542-1822 or 1-888-824-2442
Fax: 542-1781 — Email: ttsvern@telus.net

YOGA

KELOWNA YOGA HOUSE with 3 fully
equipped studios and 6 certified Iyengar teach-
ers. Over 25 classes per week for all levels &
abilities. Featuring Monday night meditation,
workshops with international teachers and free
introductory class last Saturday of each month.
Allow Iyengar yoga to transform your life!
250-862-4906 www.kelownayogahouse.org

PURPLE LOTUS YOGA - PENTICTON  more
Voted #1 yoga studio in S. Okanagan  listings
www.purplelotusyoga.ca (250) 493-0054 

HEALTH FOOD STORES

Kamloops

Always Healthy • 250 579-2226

#14-3435 Westsyde Rd. Supplements, Herbs & Spices, Organic Baking Supplies, Natural Beauty Products, Books, Candles, Greeting Cards, Aromatherapy, Crystals, Angels and Gifts.

Healthylife Nutrition ... 250 828-6680

426 Victoria St. Your downtown location for quality supplements and a wide selection of dried herbs.

**Nutter's Bulk & Natural Foods
Columbia Square (next to Toys-R-U's)
Bulk and Specialty Items... 828-9960**

Nelson

Kootenay Co-op - 295 Baker St. 354-4077

Organic Produce, Personal Care Products, Books, Supplements. Friendly, Knowledgeable staff. Non-members welcome! **Now open Sundays.**
• www.kootenay.coop

Osoyoos

Bonnie Doon Health Supplies

8515 A Main St. 495-6313 Gluten Free Foods Fitness Nutrition, Wellness Counselling, Foot Spa Anti-aging Therapies. 40 years experience.

Penticton

Whole Foods Market ... 493-2855

1770 Main St. - Open 7 days a week
Natural foods & vitamins, organic produce, bulk foods, health foods, personal care, books, herbs & food supplements, The Main Squeeze Juice Bar. Featuring freshly baked whole grain breads.
www.pentictonwholefoods.com

WEBSITES

OK IN HEALTH.COM - Workshops. Local practitioners, and specialty care. 250-493-0106 or www.okinhealth.com

SPIRAL SPIRIT OFFERINGS.com

Gifts for Body, Mind & Spirit solace
Spiritual Supplies Shipped/Delivered

WEDDINGS

HOUSE of PAGE B & B - Salmon Arm
Wedding Ceremonies performed • 250 832-8803

VACATION RENTALS

WANT TO VISIT THE RIVIERA MAYA?

Don't enjoy the hotel experience?
Rent our home near Tulum. 250-769-6898

For Sale



14.13 rural acres B & B
1 & 1/2 storey log home with 5 bdrms,
plus a Lodge with 8 bdrms,
and a Bunk House with 2 bdrms,
Double carport and garage,
Barn, fenced areas for livestock.
Walking trails to the creek.

Perfect for a Wellness Retreat.
Approximately 40 mins to Vernon.
\$669,000. Call Randall: 250-547-0110



ONGOING EVENTS

CANADIAN SOCIETY OF QUESTERS

BC & Alberta chapters - Ancient arts of Dowsing, Divining, Questing, Seeking, PSI. www.questers.ca

MONDAYS

THE STUDY OF UNIVERSAL KNOWLEDGE
entwined with physical life. Metaphysical Education. 7-9 pm • **250 497-7108** to inquire #1-477 Martin St. Penticton: www.th-academy.com

THURSDAYS

MEDITATION DARE TO DREAM • 712-9295
7 pm, first & third Thurs. 2070 Harvey Ave., Kel

FRIDAYS

CRYSTAL BOWLS SOUND MEDITATION

Closest to the Full & New Moon on Fridays
Kamloops: 778-471-5598 • Call Terez for info

SATURDAYS

KELOWNA Reiki Share 1st Sat monthly 10:30-1:30
Maxine 765-9416. \$5 drop-in fee www.reikibc.com

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

DEADLINE

July and August is June 5th to 15th

basic ad rates are on page 4

phone: 250-366-0038 or 1-888-756-9929

www.issuesmagazine.net

Have

ISSUES
MAGAZINE

**mailed directly
to your home!**

\$12 per year or \$20 for two years

Name: _____

Address: _____

Town: _____

Prov. _____

Postal Code: _____

Phone # _____

Johnson's Landing Retreat Center

...it's worth the journey

MAY

- 1 - 8 Organic Gardening • Angèle Ortega
- 14 - 21 Solar Shower Building • JLRC Building Team
- 21 - 24 OPENING THE SEASON • SPRING WORK/PARTY
- 28 - 30 Reiki Gathering • Chelsea VanKoughnett
- 28-June 2 Buddhist Retreat • Don McEachern

JUNE

- 4-6, 7-9 Couple's Renewal & Tantra • Jon Scott
- 11 - 13 Intuitive Mask Making • Kym Graham
- 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

- 1 - 7 Intuitive Painting • Ted Wallace
- 2 - 5 Fabric Dyeing • Susan Lopatecki
- 10 - 22 Buddhism (6 or 12 days) • Robert Beatty
- 23 - 28 Couples Intensive • Jon Scott
- 30 - Aug 4 Yoga of Effortless Being • Shayla Wright

AUGUST

- 7 - 14 Tai Chi Summer Camp • 4 instructors
- 20 - 26 Yoga on the Wild Side • Jennifer Steed
- 27 - 31 Intuitive Mask Making • Kym Graham
- 27 - 29 The Spirit Seekers • LorRaine and Rue

SEPTEMBER

- 3 - 8 Buddhist Retreat • Don McEachern
- 10 - 12 Shamanic Practice • Doug and Vasanti
- 10 - 17 Geodesic Domes • JLRC Building Team
- 17 - 19 Sacred Circle Dance • Rose Stapenhurst
- 17 - 23 Fulfillment • Jon Scott
- 24 - 26 Changing Times • Terry Willard



overlooking Kootenay Lake
2010 Program is on-line

www.JohnsonsLandingRetreat.bc.ca

CALL TOLL FREE 1-877-366-4402