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July & August 2010



Above: Kootenay Lake Tai Chi Summer Camp at Johnson's Landing Retreat Center: page 34
Below: JLRC new stone steps with Tara overlooking the lawn: details in Musings: page 4



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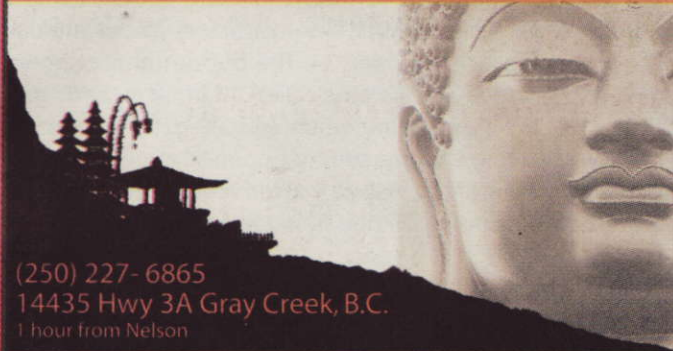
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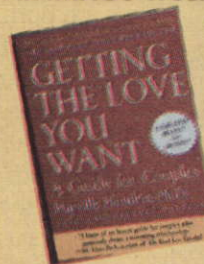
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Established 1990

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☎ 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 • Marion Desborough

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

Our mission is to provide inspiration
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Musing

with *Angèle*, the publisher



On the front cover are two photos taken at the Johnson's Landing Retreat Center. The top photo shows a group of Tai Chi students and instructors at our annual Summer Tai Chi Camp. See Hajime's article on page 34. The bottom photo shows our new stone steps leading to the Lodge and a statue called Tara that recently got moved to her new location. I feel joy in my being when an idea gets manifested into reality. About five years ago, a Feng shui practitioner opened my eyes to the importance of first impressions and entrances. As she walked around the grounds, she suggested many improvements including a stone staircase on the slope leading to the Lodge.

A year and half ago on one of my distribution trips, I stopped at Sacred Journeys, a store on the way to Creston that had statues from Thailand. I found a buddha and knew where he would go. As I was leaving, I asked the price of a large Tara statue that I had ignored as I entered as I assumed it was beyond my budget and could see no price tag. The lady looked at me and with a heavy heart said, "One of her fingers is broken." She then said, "She needs a good home, so I will give you a good price." The price seemed reasonable for the size and workmanship of the carved limestone, and so I decided to take her.

Over the years I have become attached to Eastern deities like Quan Yin, who is on the cover of the Wise Women's Festival program. Now I am getting to know Tara, who is probably one of the oldest goddesses. Her Sanskrit name means 'star,' or 'She Who Brings Forth Life.' A version of the Goddess Tara exists in virtually every culture. Her Celtic name is thought to be the root of the word 'tor,' which is a mound of earth imbued with spiritual energy. In Latin, Terra means 'earth,' or even 'Mother Earth.' They are both considered female buddhas, beautiful, energetic and renowned for compassion. Their devotees call upon them for assistance in difficult situations. Although their primary role is that of protectress, they have many different forms to help humanity transform consciousness.

I made arrangements to pick up the statues later as it would take three men to load Tara into our pick-up truck. When we got home, Richard slid her out of truck and under the protection of the Johnson's Landing sign that was in the entrance, where she sat all last summer.

This spring I said to Tara, "If you want to get moved, manifest yourself a rock-person." I wanted the steps completed before we moved her. At the *Opening of the Season* event, people help us get the place ready by putting up the tree houses and working in the garden. About eight people showed up including Generoso Panazella, who turned out to be a stone mason. His first words as he looked around were, "Would you like a stone staircase?" and Richard said, "My wife will be thrilled!"

Saturday morning he gathered many flat rocks and tried them for size and shape, and by Sunday, Generoso was mortaring the cracks. He then found a huge rock that he said was perfect for Tara to sit on and asked Richard to move it with the tractor. They dug two holes and buried logs vertically and made a roof before leaving on Monday. The man standing in the photo is Cory who was Generoso's assistant for the three days and a volunteer at the Retreat Center. The man squatting is Generoso, putting away his tools. There is an ad on the page six in gratitude for showing up on Tara's behalf just in case you might need a rock mason.

continues on page 6

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STEPS ALONG THE PATH

It was a rainy day so Cory, a volunteer, and myself spent most of the day working on a variety of things in the lower workshop. The wood heater was going and the music was playing. The two of us were assembling a small garden tool shed when Cory said he thought he saw someone walking past the garage door. About ten minutes later Cory saw the same thing and realized he had seen a mouse. It turned out to be an unusually friendly mouse. It kept peeking out from behind the various things stored along the walls of the shop. We continued working and the mouse continued to boldly run around the shop. As we had recently seen the movie *Ratatouille* we named the mouse after the leading character, Remy.

Parked in the same garage bay we were working was our little electric car called GEMP. At one point we noticed that Remy ran under the electric car and climbed up one of the tires. Soon we heard Remy rustling around in some plastic that was stored in the back of GEMP. Being curious we lifted the plastic and there was a nest with a bunch of baby mice! We were certain that we did not want a litter of mice raised in the shop, so the question was, 'what do we do now?' After contemplating the options we decided to move the electric car out of the garage and store it in the adjacent storage shed. We thought that Remy would find her litter since it was moved only forty feet away.

After dinner I returned to the shop to finish up a few things and there was Remy still running around the garage. At one point I was kneeling down to do something and she

ran right through my legs. I noticed her spending a lot of time hanging around a seat cushion that was from the electric car. From her behaviour it was apparent that she was frantically searching to find her babies. I felt responsible for this situation. The question was how could I get her out to the storage shed? Once again I knelt down on the floor of the garage with a large can that I had put wood shaving in. I held the can on the floor in hopes Remy would come to look inside of it for her babies and I could move her. She continued to search the garage but going into that can was not on her agenda.

Finally I closed my eyes and spoke to her from within. I told Remy I wanted to reunite her with her babies. I needed her co-operation and I would not hurt her. In my desperation tears ran down my cheeks as I spoke to her. Then a truly amazing thing took place, I felt the mouse run up my knee. I opened my eyes and there she was sitting on my upper thigh. Again I sent her a thought message telling her that I would not hurt her. I picked her up and put her in the can. She offered little resistance as I put the plastic lid on and took her out to the storage shed. Once inside, I placed the can next to her nest containing her babies and gently pried open the lid so that she could get out.

There have been a few times in my life when I have been blessed with the opportunity to communicate with animals telepathically. Once again I was touched deeply by this profound experience.

Namaste
Richard



by *Richard* of the
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Later that week we covered the hilly mound of grass with old magazines and cardboard, topping it off with some lime and wood chips. On Friday, the original JL sign needed to be re-planted. Cory dug one hole and then checked with me for the placement of the second hole. The sign needed to be shifted forward so he could dig. We pulled on the sign from either side and it did not move, so Cory said, "You balance the front and I'll pick it up." My mind said, "It is top-heavy," but those words never made it out of my mouth. Instead, I said "okay," and raised my hands to support the sign.

Well... the sign was top-heavy as it had a roof over it, and it clunked me on the head. As the weight pushed me downwards, I felt my ribs make contact with the trailer hitch on the truck. Winded, I watched the sign crash sideways, suffering some minor damage, as did I. Luckily it was slight, considering how naive I was. Why did I not pay attention to what my angel had said? In the early days, I used to keep track of how many times I heard my inner guidance and how many times I paid attention to it. This was not one of those one-hundred-percent days.

So, once again I am moved slowly, with a few cracked ribs and a deep bruise making me more aware of my breathing. Richard plastered me with comfrey for the next few nights and I took some extra magnesium. When accidents happen, I give myself time to reflect on the energy shift. I call 'accidents' my universal kick-in-the-butt. I wonder why my right side keeps getting hurt and what it is releasing or representing.

Another person's input also helps get to the bottom of things, so I phoned Colette Stephan, a Yuen Method practitioner. The first impression she got was a feeling of being overwhelmed, which I agreed with. There are so many projects that all want to be done and some days it feels like... just too much. She then asked, "Why didn't you speak as a child?" I go into my past. I remember a time when I am four and half years old, and my mom has taken me to a speech therapist so that I will learn to pronounce consonants. As I look into the therapist's mouth, for she is showing me how to roll my tongue, I hear my angel say, "Give up, Angèle, they have won." Within a few days, I am speaking correctly.

Colette then asks, "What are you feeling?" I say, "sadness," and she says, "What about anger? Do you remember feeling angry?" And another memory pops in. As a child I bit everyone and everything. In my baby book, it says that the first words I spoke were "I'm mad." I even bit my Dad in the knee once when he was sleeping, believing, as only a two-year-old can, that if I bite off his leg, he won't kick our dog again. Dad did a knee jerk and I went flying over his head, hitting the wall. I assume I was reflecting the frustrations that my parents felt. Dad would often kick our dog when he was having a bad day or boot us in the butt if we did not move fast enough when he told to do something. It was his way of communicating, and one that I chose not to repeat when I raised kids, but perhaps that anger is still buried. We talked about my inner bruising and difficulty articulating what I hear. Colette then cleared that energy from my auric field.

I have read that as we age, our bodies no longer have the extra energy needed to hold memories in place, and that as they surface, we can have 'accidents' or develop dis-eases like Alzheimer's. I have processed many of my feelings with skilled facilitators and know the extra energy I have once the auric field is re-organized. We will have many skilled presenters and healers at the Wise Women's Festival if you are interested in knowing more about these alternative practices.

I am thankful for the Reiki sessions that Chelsea Van Koughnett gave and to the Buddhists who sent loving energy. Those two groups arrived the day I fell. It has now been two weeks and I am breathing much easier and deeper than before. My Rolfer will do some soft-tissue damage repair work once the magazine has gone to print, and soon I will be back to full functioning.

As Ida Rolf says, "The issues are in the tissues," so I expect clarity will come as I contemplate my feelings and needs.





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Guidance from the 13 Grandmothers by Rosalyn Grady

Have you been experiencing loss, confusion or new beginnings in your life that are creating stress? Are you feeling that big change is in the wind and you know that it is personal but also part of something bigger? The elders tell us that we are in a time of global change and that the changes needed to sustain life on our planet will begin in our individual hearts. Our mother earth is changing, she is in labour and we can help her in this time of birthing a new world.

My first experience with the council of indigenous grandmothers came to me in a vision where I saw myself sitting in a circle with 13 women elders over 20 years ago. I was told I would receive 13 carved stone eggs along with guidance on how to live my life. Four years ago I received the thirteenth

egg. At the time I was feeling great despair for the suffering I was witnessing. How was I to respond to the magnitude of despair on our Earth. I was travelling in India at the time and when I came home I found myself in a spiritual crisis.

Here I was, 45 years old, walking with a doctorate in Spiritual studies and considering myself to be in service to my community as an educator, counsellor and mother; and I felt powerless. I promised myself to find a way to be a part of a bigger voice, to the challenges facing the world. That very day I heard about the *Council of Thirteen Indigenous Grandmothers* for the first time. The following day I enrolled in the two year program through the *Center for Sacred Studies* which is the organizing force behind this council. For the next four years I immersed myself in study and have assisted at several gatherings and shared what I have been learning in my community of Nelson, BC.

I would like to share with you a few of the teachings that I received from Grandmother Rita Blumenstein, a Yupic medicine woman and elder from Alaska. Her guidance is filled with wisdom she receives in her dreams from her grandmother. Marie Meade travels with Rita as support and sharing in the stories, dances and songs of her people.

Several months ago in a taxi cab, on our way to a drumming for peace event in front of the White House, in Washington, DC, Grandmother Rita looked at me and said. We are moving from a paradigm of seeing the world as a cup half empty (scarcity) to a paradigm of seeing the cup as half full (abundance) and now to living the paradigm of a cup with a hole in the bottom. We can't cling to anything anymore, we must allow the gifts to flow through us so we can receive the blessings of life. Anything we hold tightly will contribute to our suffering. We each need to discover our gifts and to share them with others. There is no 'lessers' or 'greater' - we are all the same! It is usually fear, anger or shame that blocks us from the flow of our natural gifts. These difficult emotions tend to crystalize in our bodies and will make



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us sick. Grief on the other hand flows through us differently and purifies us. It is good to be with our grief as there is much to grieve. When I asked her how to skillfully work with these emotions she told me that to release shame we must talk about our experience and turn our shame into remorse. With remorse, an aspect of grief, we can release and make amends.

She suggested that anger is sometimes a way of feeling sorry for ourselves and the conditions of our life. We can use the ancient practice of the talking circle to work with anger. She says there are three questions we can ask ourselves. The first is, "What did I do well today?" The second is "What did I not do well today?" The third is "what do I want to do differently with this tomorrow?" When we reflect on our experience on an on-going basis we get in touch with our voice that is wise.

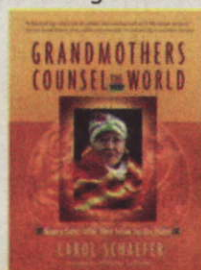
We should remember that our greatest 'medicine' comes from the difficult experiences in life. These become opportunities to offer our 'gifts received from these experiences' as medicine, to support others. If we allow emotions to flow through us, like the cup with the hole in the bottom, we will find support and direction. We are birthing a new consciousness and new ways of being in relationship.

All the grandmothers speak of the importance of water and thanking the water. They have a vision of transforming every drop of water into clean water to sustain life. They say we will do this through prayer and ceremony as well as stopping the pollution. Water hears us and we must thank it and honour it. The grandmothers also say that our journey is for all of us to become indigenous to the earth. They say the

practice of prayer will support us. "There is no right or wrong way to pray. Right now, prayers of gratitude for the four elements that sustain life - earth, air, fire and water, is best." It would also be good to talk to the creator as though a good friend who knows everything. If we have this relationship it will be easier to sustain a connection with ourselves and one another when the turbulent times come. It is not a time to fear, it is a time to celebrate, come together in community and plant prayers for our future generations.

Grandmother Rita said to me, "The greatest gift you can bring to the world is to be happy," and just like my own grandmother she held my face in her two hands and continued. "When you are happy you radiate happiness to all those around you and the world becomes a better place. I am understanding this is no small task!"

In closing I offer to all those who are reading this article a blessing that you will become a "walking prayer." All thoughts, actions, and visions will be blessed with the grace and wisdom that welcome in a world of peace and harmony for our grandchildren's grandchildren.



The grandmothers have been traveling the globe planting their prayers and offering love and compassion as well as direct guidance on how to be in these 'windy' times. For more information www.grandmotherscouncil.com.

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From Worry To Creative, Realistic Solutions

by Laara K. Bracken, B.Sc.

Worrying is when our minds go over and over the same issues without finding an answer, I have learned as a professional psychotherapist, having worked with 1000's of people over the past 24 years, that worry is responsible for 90% of stress, faulty solutions, problems, and inaction. What is worry? Why doesn't it provide answers? How do we replace it with something that does?

Worry is created when people are very young by watching their parents worry. As they grow up they become aware that most people worry and see it as responsible and adult. Worry is supported by cultural beliefs such as "If I care about someone or something I will worry about them or it," and by the superstition, "If I worry about it enough, maybe it won't happen."

It is fuelled by a fear of lack or loss of something people feel is necessary to their happiness and/or survival. It becomes a "knee-jerk" reaction and once started, the search for solutions doesn't stop until exhaustion takes over. It causes confusion, inhibiting clear thinking, perception, creativity, and well being and is at the core of problems with spiritual, mental, emotional and physical health.

The good news is once the "worrier" part of the self totally lets go of cultural, media influenced, and other people's beliefs and makes decisions from positive, adult-chosen core beliefs, it becomes concern. Concern is a calm state which assesses a situation, sees it in perspective and unites logic and creativity to discover sound, realistic, simple and workable solution(s).

Seeing the big picture, patience to do the required research, self confidence in thinking ability and trust in intuitive mental leaps, create the courage and motivation to carry out creative, realistic solutions. Core beliefs such as "I trust my own thinking, I love and respect myself, my opinion of myself is more important than other people's opinion and I can do anything I consciously choose to do" are naturally accepted on spiritual, mental, emotional and physical levels, past the layer of the cells. Creative, realistic solutions lead to success, and are "real life" proof of change. Life is rewarding and feelings of confidence, trust, joy and love last and accumulate. *see ad to right*

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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.

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

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Profile

Self Care Health Evolution

by Louis Hoolaeff, HR ACS

Once every 20 years or so a new revolutionary concept emerges and literally changes the direction of an industry forever. For example, look at how radio, television and the Internet have completely changed the world.

The health & wellness industry is no exception. Zero-Point Energy Technology is the next world-changing discovery. Zero-point is an oceanic field of energy, vast beyond imagination. Relieving pain, strengthening our bones and protecting against osteoporosis, reversing aging, nurturing our pineal gland, energizing our food and water — all of these can be wonderful results of using this energy field. It helps us reconnect with Source.

Great health does not only come from supplements. It is the overall result of our body's innate intelligence and natural ability to maintain harmony, health and well-being through energy. Although our body still requires the building blocks to rebuild all those trillions of cells on a daily basis. Most important and in the following order -- Nothing functions without enzymes found in plants and raw foods. Without enzymes, protein (amino acids) is not utilized. Without protein, minerals are not absorbed. And without minerals, vitamins are not activated. Learn more on enzymes and wholefoods, go to...

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Our health only suffers when our birthright of natural balance and wellness is disrupted, disturbed, or destroyed. Unfortunately, modern living has made these problems commonplace. Most people today are not enjoying optimal health and well-being. Fortunately, modern science has uncovered secrets that can assist the body in maintaining natural wellness in many of these amazing discoveries. These discoveries are an offshoot of ancient, natural therapeutic wisdom, applying futuristic technology in the area of quantum physics to support the body's natural energy. They are backed by over 25 years of research and development and have the pedigree to forever change the way people think about health and wellness.

There is a growing body of research being conducted by independent practitioners, seeking to understand the facts about zero-point energy and its impact on the human body. Much of this research is featured on my website. Here are some of the research videos you'll see when you visit my website... Live Blood Analysis. Electromagnetic Testing. Electrodermal Screening. Measuring AFT's effect on stress levels in the body using an Olympic athlete and much more. And watch a full length demonstration.

View website at... www.SelfCareHealthEvolution.com
Also more at: www.Energy2Life.ws

Shiatsu: A Healing Gift from the Past

by Brenda Molloy

In ancient Eastern healing practices the body is seen as a reflection of the environment in which we live. Each person is a unique landscape similar to our Earth with wells, springs, streams, rivers and seas of qi /chi (energy). This energy is supported by valleys and mountains as well as nurtured by all the elements of nature (wood, fire, earth, metal and water). Our microcosm is affected by the seasons, climates, external pathogens and thoughts (can be internal pathogens) just like our macrocosm. Shiatsu supports and harmonizes our being as we move through the winds of change (experiences) of our lives.

Its roots are truly organic in nature. It stems from Japanese family members caring for each other. Often times the elder would choose one child to share this healing art with. They would discover how to regulate the rivers of qi/chi by applying pressure to the meridians and gently stretching the body. As the meridians (rivers of qi/chi) opened the body, mind and soul were nurtured and harmonized.

Around the 6th century AD, trading opened up communication between China and Japan merging the wisdom of Classical Chinese Medicine with Shiatsu. This began the evolution of Shiatsu. Its organic nature was enhanced with the wisdom of classical Chinese medicine. In the 20th century shiatsu teachers travelled from Japan bringing shiatsu to the West. This stimulated Westerners to travel to the East to study shiatsu. As these two worlds of thought united western psychology, and anatomy and physiology infused this ancient healing art increasing its potency.

Shiatsu treatments work directly on the meridian lines where the acupressure points lie. These points are the same as the points used in Acupuncture. The meridians are the channels of human energy that circulate through the points in specific anatomical patterns. They function to nourish the internal organs, muscles, nerves and vital centers of the body. The pressure applied on certain points of the skin stimulates the body's natural curative powers. This direct pressure helps to release the excess lactic acid and carbon dioxide that contribute to cause muscular tensions. Shiatsu does not focus on any specific acupressure point, but a series of them along a meridian. These meridian lines are where the blood vessels, lymph, nerves and endocrine glands tend to concentrate or to branch.

The Japanese Ministry of Health and Welfare describes shiatsu as "a form of manipulation administered by the thumbs, fingers and palms, without the use of any instruments, mechanical or otherwise, to apply pressure to the human skin, correct internal malfunctioning, and promote and maintain health ...". In Japan and around the world, it is a highly respected form of healing rooted in traditional Chinese medicine and acupuncture.

Shiatsu is traditionally practiced on a mat on the floor with the client comfortably clothed. It continues its integration in the West and now shiatsu sessions are also offered on a massage table, in a chair and even in water (Watsu). What




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is truly wonderful about shiatsu is that it is complementary to all other therapies. When the meridians are opened, and the qi/chi flows freely throughout the inner landscape integrating the body's natural healing powers with whatever treatment therapies the client may be receiving.

This elegant healing system combines gentle rhythmic pressure, stretches and rotations to alleviate headaches, tension, pain, and a wide range of chronic discomforts and minor ailments. It assists clients in recovering from the fatigue and strains of the daily routines. Sessions encourage a sense of peace, tranquility and deep relaxation as the body, mind and spirit begin to regenerate, balance and heal.

As our world shifts and changes shiatsu will continue to evolve as our healing awareness increases merging ancient wisdom with new sciences and theories.

Originally published in OkinHealth.com in 2009

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Does Love Make You Tick

by Bobby J. O'Neal

Does all of the bad news make you feel sick? A friend of mine lives in the mountains and has no idea what is going on in the world. She chooses to isolate herself from the news stories and as she puts it, "I am saving my soul from the harsh realities of this world." I joke that she is hibernating until heaven arrives on earth. She responds, "I will emerge when hell freezes over." It could be a long time before that happens and in the meantime an environmental disaster is spewing in our oceans and a family is grieving over the tragic loss of their daughter.

I admit it, I am a news junky. I wake up in the morning tuned in to the morning news. After the weather forecast I bounce out of bed and into the shower. I eat breakfast while the news anchors deliver their morning sermons. I sip my tea, confirming that yesterday's news did indeed happen. "Why do I do it?" I do it for love baby, I do it for love, because love makes me tick.

I used to hibernate with the rest of the cubs, until one day I peered out and saw the light. I live in a world with the good and bad mixed in. I could ignore the bad news, but that oil leak would still be painting the ocean black and that child would still be laid to rest with unanswered tears. So why do I do it? I want to be immersed in this world and experience the cold and warm sensations, so that I can feel why we need to change. When I witnessed the oil-covered heron struggling to stay a float, I said no to off-shore drilling with a stronger determination. When I heard the mother's cry for answers, I talked to my teenage son about violence, with a more compassionate heart.

I use reverse psychology and send love to all of those negative news stories. I am naturally a compassionate being and my soul intuitively knows when love energy is needed. The "on switch" is called free will and when I send loving thoughts with intention, I heal myself and others.

If a lack of love makes me feel sick, then a lot of love must make me tick. I have the ability to change this world.

Intuitive Life Readings

by Linda Ewashina

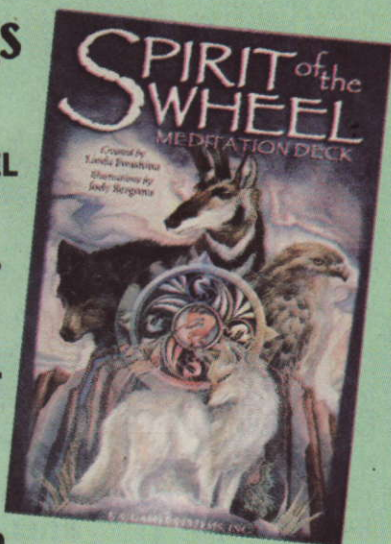
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by Pamela Shelly

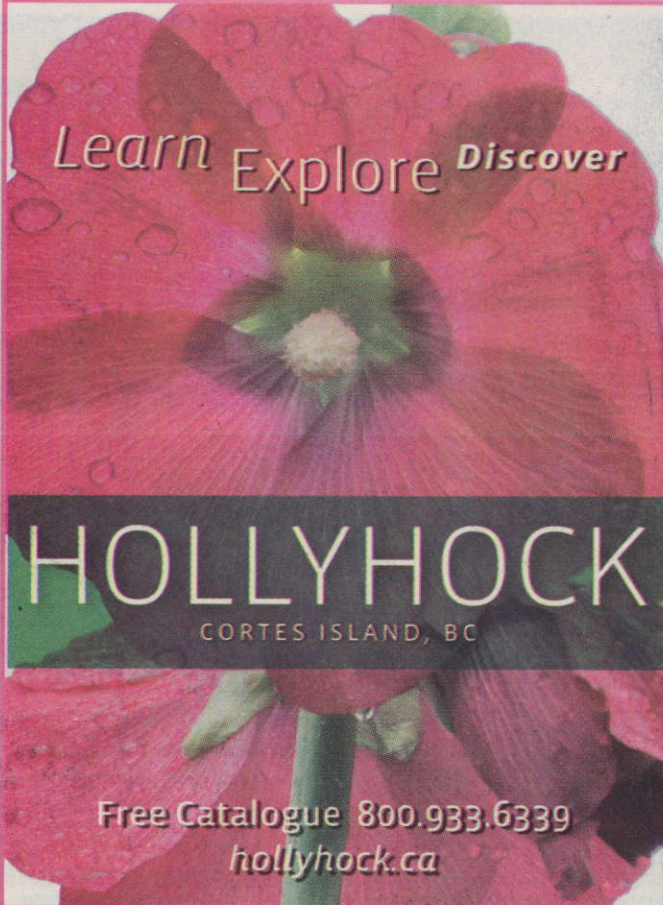
I just came across something I had printed off awhile ago with the title 'A Synopsis of Bashar's Basic Message.' Bashar is a multi-dimensional being channeled through Darryl Anka. The sentence that caught my attention was: "You are loved so unconditionally by Creation that you can even choose to believe that you are not loved."

That spoke volumes to me about our human condition and how inhumane we can be to ourselves and others. So many of us have deep wounds of our soul that we have brought in with us from many past lives. Many of our core issues relate to being unloved, unworthy, inadequate, deserted, unimportant that profoundly affect us in this lifetime. We are often not even conscious of how deeply buried these themes are. We have had lifetimes of conditioning that taught us to put our needs last as it is preferable to suffer. This was used to control us and not allow the expression of compassion, which is only available to us when we are able to love ourselves first. When we love ourselves, we naturally take care of our needs and have a life of balance, and fulfillment on all levels. There is no critical judgment of others but rather empathy. At this present time in our evolution it is not appropriate or of service to ourselves, our loved ones or our planet, to come from martyrdom and self-sacrifice. The gold stars are now being awarded to those who come from their heart, loving and accepting themselves and others, and able to express that love and acceptance without strings or attachments.

My understanding is that many of the children being born at this time are not incarnating with the heavy karma that the previous generations have brought in to resolve. Thank goodness! Many of the newer children are role models for us in embodying and expressing love and compassion, sorely needed in these times of extreme polarities.

Look at areas of your life and question where you can demonstrate more love and compassion for yourself. I remember years ago when I was a single mother of two and got laid off. I had already booked a trip with my kids to go to Disneyland. At that time I had some poverty consciousness issues and struggled with allowing myself to go. In the end, I did and have never regretted it. Another of my survival behaviors has been to strive and accomplish more and more but when I do this I often feel deserted and unsupported. To heal and release this issue in this lifetime, I co-created the perfect karmic family and relationships to demonstrate that to me. At age 53, I am finally making headway on resolving this core issue, knowing that my support comes from within. No longer will I allow my circumstances to mirror back to me what is no longer real.

What can you do today to express love and compassion to yourself? Can you feel when you are out of balance with too much 'doing' or the opposite; avoiding, procrastination or hiding? Do you have thoughts of self-criticism, or doubt that you are perfect. Know that you are loved beyond measure and life is what you make of it. *see ad to right*



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Soap for Many Uses by Nina George

Most people have been lead to believe that cleaning requires specialty products for the variety of household cleaning tasks; stove-top or floor cleaner, window washer, toilet bowl cleaner and the list goes on. The various cleaners are often filled with toxic fragrances and chemicals. Another way to use less and still clean is to combine Castile soap, which has been used for centuries, with other natural products. Did you know that

Borax-bleaches, whitens and brightens.

Do not use for cleaning food areas.

Washing Soda (sodium carbonate)

is a strong cleaner of dirt and oil, use gloves when handling.

Baking Soda (sodium bi-carbonate)

is a milder version of washing soda

to make an **All Purpose Cleaner** combine

1 tsp Mountain Sky Liquid Castile Soap with

½ tsp washing soda (very greasy places) or

1 TBLS baking soda (milder cleaning) or

1 TBLS borax for bathroom cleaning with 2 cups hot water

Use to clean counters, stove and fridge tops as well as toilet bowls. Do not use on wood.

to make a **Window Cleaner** combine

½ teaspoon Mountain Sky Liquid Castile Soap

3 TBLS white vinegar with 2 cups water. Add to spray bottle

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3) *A complete loss of the capacity to worry: This is one of the most serious symptoms!*

4) *A continual pleasure in appreciating humans and things just the way they are - which weakens one's inherent tendency to want to 'change' others.*

5) *The desire to change oneself - so that innate thoughts, feelings, emotions and bodily matters are managed in ways that facilitate only Health, Creativity and Love.*

6) *Repetitive attacks of SMILING - a smile that says THANK YOU and stimulates being at-one with all those around.*

7) *A growing openness towards childlikeness, simplicity, laughter and happiness.*

8) *More frequent moments of communication with one's Soul - that in turn creates the pleasant feeling of fulfillment and joy within.*

9) *Finding pleasure in acting as a Healer who spreads Joy and Light, instead of criticism and indifference.*

10) *The ability to effortlessly live alone, as a couple, with family, or in a community - on the basis of true equality.*

11) *A feeling of responsibility - to share with the world, one's dreams of an abundant, harmonic and peaceful future for all.*

12) *Total acceptance of one's own presence on Earth and the will to choose for yourself each moment - what is gracious, good, joyful and truthful.*

International Indigenous Leaders Gathering

by Sarah Bradshaw

The BC Food Security Network has brought many things into my life. Farmers' Markets, Seed exchanges and this Spring it was the vector that alerted me to the International Indigenous Leaders Gathering at Lillooet, BC. This Gathering was hosted by the X'axlip Nation at Fountain Valley between Lillooet and Cache Creek. As a traditional gathering there was no entrance fee or charge for camping. We prepared and served three meals a day to 300-800 people. The population grew daily until Saturday. On Sunday May 30th there was a sunrise ceremony high atop a local mountain. It was cold and the blankets we were wrapped in were a welcome relief from the damp chill air. The view was endless and gave one a sense of the timelessness. The drumming and chanting brought up goose bumps on the back of my neck. By Wednesday the Native American Church Tepee had been set up with its steady heart beat, water drum, thumping day and night like a giant pulse. Each night the drummers chanted till everyone else was asleep. There were many moments of beauty and some incredible messages of truth and harmony from the teachers.

The ones who touched me deeply was Matilda Brown (White Dove of the St'at'imc Nation) brought me to tears, with her gentle teaching on the nature of the Moon Lodge and the role of respect and power in our Womanhood. It was a healing for those who still revert to shame based behavior and assumptions around issues of sexuality.

Mona Polacca (one of the 13th Grandmothers of the Hopi Nation) was a strong and gentle voice for the health of the Planet and our role as caretakers and nurturers of all living beings. She spoke about how we are all indigenous to our areas and to honour all our ancestors. There were many teachings that addressed healing the rifts between man and women, between different races, between different religions and beliefs, but mostly the rift between we as humans and the planet that we live on and treat with so little respect.

Arvol Lookinghorse (13th Generation White Buffalo Pipe-carrier of the Lakota) spoke of the oil spill in the Gulf and the bleeding from Mother Earth. We offered prayers and blessings to help heal this situation. He spoke also of how he as a man must always have a woman in ceremony to match the energy and to empower everything in balance. Balance and Love were the recurring themes all week.

The food was prepared and served by volunteers with no direct cost to those attending. Many people brought food to share and that was a blessing to the hosts. Friday was Woman's Day with the men doing all the meal prep, serving the food and clean-up. This was the only day that Stella Alec spent time at the Gathering. She was in that kitchen 18 hours a day with endless amounts of food and very little in the way of equipment or experienced help. The success of this Gathering was truly the success of Stella and her crew of helpers. When she was honoured before the community and gifted with a blanket and other traditional gifts it was moving beyond the scope of any of the formal teachings. During her acceptance speech her husband stood behind her and rubbed her shoulders.

Geshe Yong Dong (Tibetan Buddhist) was gentle and soft spoken in his earnest teaching of love and acceptance of all people. The need for action without violence, respect for ourselves and letting our lives be an example of how to live with respect for the planet were key points in his teaching.

Besides all the wonderful teaching and ceremonies at the arbour there were a variety of other events taking place. There were field trips to the Community Forest, and to some traditional sites. One of the local men brought horses for the children to ride. I re-connected with people I had not seen in decades and met new friends that share so much of my perspective on life. With alcohol and drugs prohibited the mood stayed mellow and loving all week. Children were safe to roam at will. I look forward to next year when I return to these friends of mine. Come and join us. Bring a smile, musical instruments and food if you can.

*Sarah is a presenter at the Wise Women's Festival.
Sept 17-19 at Naramata Centre*



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Dream Weaver

by Karen Coogan

A dream weaver is one who walks through their dreams with an understanding of the relationship between the waking and the unconscious state. I have always been a dreamer. As an awakened spiritual being I have learned the importance of the dream state. This is a time when our waking consciousness or ego is quiet and we are allowed full access to our soul or higher consciousness and connection to Source. If one understands that the soul communicates through symbol and imagery and that everything must be viewed as a metaphor or Archetypal representations, the dream world opens up and we can consciously weave the information of the soul into our awareness.

I had a dream that I was pregnant and very happy and excited about this new child coming into my life. I experienced the birth and the joy of watching this infant grow into a young child. Upon waking my analytical mind could not reconcile the thought of having a new baby when I was about to start a new business. The reason I could start a new business was because my children had grown and I had the time to devote to a new project. When I let go of the literal meaning and realized that the new baby of my dream was my new business and the dream was in fact showing me a successful start and growth, I stepped into the world of weaving the messages of my dream life into my waking consciousness and was able to release stress and anxiety.

When analyzing dreams it is important to ask yourself, "What was I feeling in my dream?" The feelings are indicative of your current fears or help you to understand your current situation better. In one dream I stepped through a portal into another world. What I was leaving behind was chaos and disorder. The world, as I knew it, was ending and my husband and I had discovered a portal to a new world. He urged me to go ahead and he would stay back to protect me and ensure no one would follow; that he would come later. I stepped through. The new world was calm and peaceful and I was filled with awe and wonderment as I looked upon this new scene. When I awoke I immediately felt guilt that I had 'left my husband behind.' I felt terrible and spent the whole day trying to understand what this meant. Clarity came when I remembered the feeling of the dream. I felt awe and wonder! The message was not about leaving something or someone behind. The dream was showing me to move forward on my path and allow others their own choices; to appreciate the gifts that others represent in my life.

Dreaming has been an important source of communication and understanding as I move consciously forward on my spiritual journey. To begin your own dream weaving here are some steps that may help: Before you go to sleep write brief 'day notes.' When you read these notes later this can help you to spot themes or to put your dreams into context.

If you have questions write them down. Quite often answers will come through your dreams. Start a dream journal. Write down your dreams immediately upon waking, noting your feelings as well as the images you saw. Your memories fade very quickly so it is best to keep your journal handy. Remember that dreams are figurative and symbolic. If you dream of a mouse what does a mouse mean to you? Record your answers without judgement. What a mouse means to you can be entirely different for someone else.

Try to work out what the dreams mean to YOU. Recurrent dreams can indicate unresolved issues. 'One-off' dreams tend to have something to do with the last 48 hours. Talk about your dreams. A counsellor, advisor, or therapist can provide valuable feedback, as can friends or partners. Give your dreams time and exposure and you will gain valuable new insights.

Karen has an ad in the NYP under Energy Work and Spiritual Journeys and will be presenting at the Wise Women's Festival • Sept. 17-19

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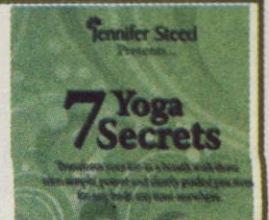
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NO MR. FIX IT by Wayne Still

When we were doing our introductions on the my first day of basic training at the Guild for Structural Integration (www.rolfguild.org) the anatomy teacher, Jodie Miller, asked us why we wanted to learn to be Structural Integrators. I replied that I wanted to be able to give people better bodies. Jodies' response was quick and to the point, "This is not a fix it modality" she said. "This is an empowering modality which enables the client to fully develop their potential as a human being".

This was important information for me to hear early on in my training, because it put my role as a practitioner into perspective. What I learned is that we are educators. In the role of a body worker we impart information to the clients body in the form of directed pressure which encourages that body to change the tensions in its connective tissue matrix. The changes so made, allow the body to move with greater freedom, the physical freedom opens new possibilities for the person to express themselves.

Understanding my role in this light in no way diminishes the value of what I do, indeed the role of the educator is crucial to a healthy society. But it also places the onus of absorbing and acting on the knowledge on the individual receiving the education. That is, they must incorporate the changes

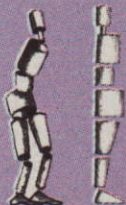
into their everyday life in order for them to be effective. This is true not only for what I do as a Structural Integrator but for any of the wholistic therapies on offer in our current society.

In that larger context, what differentiates what we offer from mainstream health care is the necessity for the client to take responsibility for their own well being. This doesn't mean they can't get help, but they must actively involve themselves in the process if they wish to get the full benefit of the service they are receiving. More than taking supplements the person must also make changes to their diet, to the way they sit at the computer and to other of the many activities that make up their day. It is often the habitual things in our lives which have created or exacerbated the conditions which have us seeking help. One way to put it, "Unless things change they will stay the same".

Changes are coming to the stable and comfortable world we have known. How we respond to these changes, will of course, to a certain extent, depend on the changes themselves. If we approach them as opportunities within challenges, we will be better prepared to deal with the challenges. Receiving a holistic therapy will help to instill in us the attitude that we can make the necessary changes and that we will not be dependent on anyone to fix us.

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Energy Medicine: A New Paradigm of Healing Shirley Evans

Energy medicine affects the entire body rather than focusing on body parts or the symptoms. Knowing how to keep our energies healthy and vital is important to not only our physical body but our mind, thoughts, emotions and soul.

What does science know for those of us with a logical mind? Einstein, one of the greatest minds of our time and a physicist, discovered in his research that energy is everything and over the years Quantum physicists and leading edge biologist worldwide have and are confirming his research findings and much more. His famous formula $E=mc^2$ means that energy and matter are interchangeable. Basically what Einstein was saying is energy is the essence of who and what we are. Take atoms that we are known to be composed of. The atom is one part nucleus and, depending on the atom 10,000 to 100,000 parts space. In other words we are made up of mostly space, energy. What is more interesting is these empty space appeared to be encased in particles called electrons yet quantum physicists discovered to their surprise that these particles aren't in fact really particles at all. What they found was that sometimes these so called particles functioned as actual particles and others like waves, as light, depending on the observer and situation. According to quantum physicists protons are composed of light circling a point whereas an electron is light moving between two points and those are the building blocks of matter, energy.

Leading edge biological research around the world is also confirming much of what quantum physics already know. Cell biologists, like Dr. Bruce Lipton, who has served as a research scientist on the faculty of Stanford Medical School, reports that hundreds upon hundreds of studies over the past fifty years have revealed that every facet of our biology is impacted profoundly by invisible forces, what some call subtle energies. Specific patterns of electromagnetic radiation regulates DNA, RNA and protein synthesis, alters the protein shape and function, and controls gene regulation, cell division, cell differentiation, morphogenesis (process by which cells assemble into organs and tissues), hormone secretion, nerve growth and functions essentially the fundamental processes that contribute to the unfolding of life as we know it. Even though these studies have been published in some of the well respected journals, these findings have as of yet not been incorporated in any medical school curriculum.

What does all this mean? What does this disregard of the role of energy in our biology mean to the patient? It means the continuing of invasive surgeries and side effects of pharmaceuticals. It means if quantum physicists' research and those of biologists such as Dr. Lipton are to be believed it opens us to many questions about our existing health care system. Their research indeed discounts the existing Newtonian medical care system that we are body parts and systems and like a machine breaks down and need to be repaired. Simply put a health care system that waits for the machine to break down and then fixes it with surgery or medications.

This research open us to a realization what healers of many, many cultures have known for centuries science is just discovering that is we are energy beings. It affirms what some healers see or feel when working with their clients. It also poses one of perhaps the most puzzling questions and that is if physicists have known the truth about energy for awhile now why are they not being listened to, why is science and medicine definitely not on the same page?

On a positive side I do believe there is an awakening going on in our health care system. Many health care professionals see the present care system breaking down and they are open to change and new ideas. I might add at this point that there is some truth to the fact that some of the greatest advances in health care have been brought to light in the present health care. However, the present system has also turned a blind eye to an essential fact that we are much more than a physical body.

There are some simple experiments to introduced how energies move. The simplest is to rub your hands to together, twist your arms to form an X with wrists at the center about 3" apart. Bring your attention to the space between your wrists; know at the wrists there are several energy centers. As these energies connect feel a sensation in the area between the wrists. Try moving wrists closer and apart and notice the sensation. Does it change? This sensation is you feeling energy.

Energy Medicine is both a science and the art of optimizing our energies to help our body and mind function at their best. Controlling our chemistry by managing our energies is the fast track for helping our bodies evolve and adapt to the challenges of the twenty-first century. -Donna Eden.

While energy medicine appears to be a new paradigm of healing if the truth be known is in all actuality the oldest. Our ancestors used energy, although they most likely had other names for it, to heal and survive. In many cultures today it is still being used, such as in Chinese Medicine.

Science is rediscovering what healers have always known. Energy not only flows through us but all around us. It is believed that the physical form comes out of the energy field, if you prefer and energetic blueprint that forms the body. Another way of putting it is form follows energy. With the energetic blueprint preceding the physical and the changes that happen ongoing in the body then it follows that disturbed energies precede illness in the physical body and it is possible to correct imbalances in energy before they appear in the body as an illness. Energy Medicine is a fabulous way of maintaining healthy energy field and is a powerful tool for maintaining health and preventing illness. Energy fields evolve and quickly adapt, thus keeping up with the ever changing physical body, environment and energy fields.

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Closing of the Cycle What Is To Be Done?

by Jose Arguelles

Devastating earthquakes, floods, an unprecedented oil spill – the hemorrhaging of the Earth – and volcanoes. Besides the Iceland eruption, on May 29 it seems three other volcanoes went off: One in Guatemala, one in Ecuador and one in the area of the North Mariana islands. Note that the Mariana volcano – an underwater eruption – is very close to the deepest underwater trench in the world, the Mariana trench. Deep water volcano, Earth's response to BP's Deepwater Horizon rig that blew up just about the time the Iceland volcano first went off. Choreography courtesy the divine plan!

The human experiment – for it was never anything more than that - is now out of control. If the cycle is truly ending on 21 December 2012, and something is going to happen, then what is left to be done? No one yet has stepped forward to say, "game over!" So all that is left to be done is to change our consciousness.

As we see from the riots in Greece and Bangkok, not to mention the Israeli response to the effort to get aid to Gaza, while demonstrating the frustration of the people, as always, those who hold the power, the guns and the bombs, wield and often brutally maintain the power. Retreat to the inner realms and cultivate the highest consciousness. This is the essence of the message of the time.

This is a grand drama that is playing out now. What we are seeing is the exhaustion of materialism, what the Club of Rome defined in 1973 as the Limits of Growth. I was recently on an investigative visit to East Africa (Kenya) and South India. For a counterpoint to the misery that was everywhere evident, as I was traveling through different parts of these two countries, I took time to watch CNN, Al-Jazeera or BBC in the hotels so I could follow the oil spill and witness the European union voting a trillion dollar bail out for the Euro and some failing economies. It made me wonder: Where is the trillion dollars to give every human being on Earth a roof that doesn't leak, an actual sanitary toilet, clean drinking water and real food on the table? No, it was quite evident that the species has failed in taking care of its own and in its capacity to save its environment. What people need to understand is that 21/12/2012 is actually humanity's deadline, and right now it would rather send a man to Mars then deal head-on with what it has created on its home planet.

So the message of the time, it should be emphasized, is not just to change but to transform your consciousness into a supermental force. The route of material evolution is over. Now we can return to the mainstream of cosmic consciousness. Consciousness and not life and form is the essential evolutionary principle of the cosmos. As the great Indian thinker Sri Aurobindo wrote concerning this premise: *"In this vision of things the universe will reveal itself in its unity and totality as a manifestation of a single being, nature as its power of manifestation, evolution as its process of gradual manifestation in matter."* Supermind in Evolution

The power of the mind created the machine and the artificial time that governs our lives. Returned to itself, the power of the mind can ultimately heal all things. The power of a hundred thousand minds synchronized as a single planetary consciousness focused on a single point could alter the evolution of our mind and spirit irrevocably while providing us with the knowledge, insight and telepathic skills to turn our crisis into the second creation. Such a supermental event of consciousness by 2012 is possible. It is the solution augured by the message of the time. We would then also know, that we are not alone. Cosmic civilization throughout the universe, we will find out, had been waiting for us to come upon this solution. We will hear the cry resounding across the Earth: "Welcome Home!" And we will know: Yes, we are home. A new time and a new day will dawn.

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Biodynamic Craniosacral Therapy by Myrna Martin

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running in "fight or flight" mode, you can slow down and relax in a way that supports self-repair and rejuvenation functions like sleep and digestion. This is particularly helpful in releasing trauma patterns and recovering from the daily stresses of living in the modern fast paced world. As your nervous system relaxes, and functions better, you may feel more at ease in every aspect of your life, work, body, and relationships.

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The emphasis in Biodynamic Craniosacral Therapy is to help resolve the trapped forces that underlie and govern patterns of disease and fragmentation in both body and mind. This involves the practitioner "listening through the hands" to the body's subtle rhythms and any patterns of inertia or congestion. Through the development of subtle palpatory skills and the ability to enter a deep quiet presence in themselves, the practitioner can read the story of the body, identify places where issues are held and then follow the natural priorities for healing as directed by the client's own physiology. The client's physiology responds to the quiet resonance in the practitioner to support re-setting it to a slower, calmer pace that is optimal for healing.

The intention of treatment is to facilitate the expression of the health that is present in the client's system and so enhance the body's own self-healing and self-regulating capabilities. This is done in a non-invasive way as the practitioner subtly and gently encourages the conditions that allow for the re-emergence of motion and health. Furthermore, the practitioner's deep and clear quality of presence can become a reflective mirror for the client and an invaluable cue for their potential for change.

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BCST is recommended during pregnancy, as it calms the nervous system of both mother and child, encouraging emotional bonding which can otherwise be short-circuited due to pre-natal and birth stresses and trauma. The growing pre-nate is highly conscious, s/he does not know the difference between mother's thoughts and feelings and its own, so when Mom's system is soothed and balanced during pregnancy, baby gains huge benefits. *see ad below*

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Regulation Thermography = Biological Medicine by Dr. Ursula Harlos

I recently attended a thermography conference and was surprised to hear that many families are taking their children for thermography, even as young as 5 years old. It makes sense considering that your body is a map and it will point out where you are headed, so why not start reading the map at an early age? It is important that we start to reverse the 'reactive' trend in our society and turn it into a 'proactive' trend, when it comes to our health. Why waste precious time that could have been used to balance our health before it got out of hand? We take our cars in for a yearly or even a seasonal tune-up and yet we often neglect our own bodies?

While this analogy is pertinent to everyone, I would like to address women in particular. Why do we often put every one else first? Yes, we do have a strong nurturing instinct and it would be wise to use it for ourselves. Why don't we? We know if we are strong, healthy and balanced, we will have more stamina to give our families and friends. Could there possibly be a link between the occurrence of 'breast cancer' and situations involving our nurturing instincts? After all, breasts are a symbol of nurturing as that is the first food we offer our newborn children.

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For this reason, it is not enough just to have a thermogram. It is important to have a proper understanding of what the thermogram represents. It is important to understand the findings, as biological programs, that the body has set into motion for a reason. Without this knowledge, the fear factor can enter your consciousness. This fear factor must be avoided or it can have a downward spiraling effect on health. Once the subconscious mind absorbs this fear, it can delay healing.

Homeopathy is so amazing in this realm of fear, as it can address the shock immediately. Anyone having received a 'cancer' diagnosis or any diagnosis that has created fear should see a homeopath to remove this layer of imbalance, as this layer of fear can rob the patient of much needed vitality.

I have seen patients diagnosed by medical doctors with either intra-ductal or glandular 'breast cancer.' Each of these cancers involve a different biological program. Bone cancer, shingles, leukemia, etc all have very specific biological

programs for the 'so-called' imbalances. Once you have the interpretation of why it is happening to you, and you gain an understanding of these natural programs that have a biological function, then you can look at these programs without fear. We do not need to 'wage a war' on any body part. The thermogram will show either an inflammation or degeneration and this will help define which part of the healing program the patient is in. This information will also help in deciding which type of therapies might assist the biological program. That is why Regulation Thermography is a true biological medicine: bio + logic = the logic of nature.



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misinformed.'

-- Mark Twain

What does "Organic" mean? Sometimes I find it confusing when reading labels that show "organic". So, I decided to investigate. At first, it became very confusing, for it seemed that it is dependant on where you live and where your food comes from, for the exact meaning of "organic"... However, I soon realized that, The USDA is the overseer for all organic produce in the USA. If you are from Ontario there is the Ministry of Agriculture Food and Rural Affairs. In British Columbia, we have the Certified Organic Associations of BC, or better known as COABC. There are numerous bodies in various jurisdictions which dictate the "rules" of organic farming.

I will attempt to explain, from information I gathered over the internet.

Organic farming promotes the sustainable health and productivity of the ecosystem – soil, plants, animals and people. Organic foods are farmed in an environmentally sustainable and socially responsible way, focusing on soil regeneration, water conservation and animal welfare. I, like most people thought of organic farming in terms of what is NOT allowed. Without synthetic pesticides, herbicides, fertilizers or GMO's (genetically modified organisms). Animals are never fed the by-products of other animals, and are not kept constantly caged indoors, without access to fresh air or opportunities to socialize with other animals. Processed organic foods do not contain chemical preservatives or synthetic additives like colourings and waxes.

However, simply removing agri-chemicals is not enough to turn a conventional farm into an organic farm. Organic farming is an active, labour-intensive process. For example, organic farmers use quality compost, cover crops and crop rotation to nourish soil naturally and to allow it to rest and regenerate. Plants grown in healthy soil are better able to feed and protect themselves from pests and disease which means they won't require heavy applications of fertilizers and pesticides. The expression "feed the soil, not the plant" is a familiar refrain among organic farmers. Organic farmers are also careful about how they store and compost animal wastes in order to safeguard air and water systems. They tailor their crops according to climate and soil, to optimize the natural growth cycle. Organic farmers also promote biodiversity by growing a variety of crops, rather than one crop.

BC has emerged as a leader in organic farming in Canada with the greatest number of organic farms growing both fruit and vegetables. As of 2003, 21,735 acres of land in BC were being managed organically with another 5,686 acres in transition. Women are particularly drawn to organic farming with 40% of organic operators being female(compared to 36% of conventional farm operators). And, over half of BC consumers are buying organic. A 2003 opinion survey commissioned from Synovate Research for the COABC showed that 53% of British Columbians now purchase organic food at least occasionally. The majority of organic shoppers purchase their organic foods at mainstream grocery stores, although farmer's markets and other direct-to-consumer sales continue to be important sources for regular, frequent organic consumers.

There is nothing "trendy" or new about organic farming. It is the way we produced our food for thousands of years, until the very recent arrival of synthetic fertilizers and agri-chemicals in the last century. During World War II, in fact, two chemicals used in warfare – DDT and ammonium nitrate – were found to have agricultural uses, and became widely used as sources of cheap pesticides and fer-

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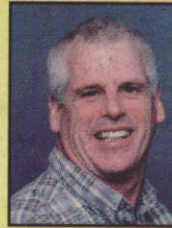
tilizer, respectively. At that time, farms became increasingly dependent on hybrid plants, mono-culture crops, large-scale irrigation and heavy mechanization. But as industrial-scaled, chemically-dependent farming grew, so did its critics. In fact, as early as 1920, critics of large-scale industrial farming emerged in England and later in the US and Japan. The term "organic" began to be used more widely in the US and in the 1950's by the founder of Rodale Press. J.I. Rodale, in Canada, the Canadian Organic Soil Association (later re-named the Land Fellowship) was formed in 1953, by filmmaker and popular educator Christopher Chapman. He produced two influential Canadian documentaries, *Understanding the Living Soil* and *A Sense of Humus*. The popularity of organic farming principles surged in the late 1960's and 1970's particularly with the 1962 release of scientist Rachel Carson's ground breaking book, *Silent Spring*.

Soon afterward, the US government banned the use of DDT. Organic principles gained renewed focus within the alternative lifestyles movement, as people sought to reconnect with the land, and promote a more harmonious relationship to nature.

Several more organic organizations formed around the world, including in several regions of Canada. By 1972, the International Federation of Organic Agriculture Movements (FOAM) was established. The late 1970's and 80's saw the formalization of relationships among organic farmers in countries such as England, France and the US. By the 1990's strong consumer demand for organic produce created the necessary impetus to establish standards for certifying organic foods.

Today, organic farming is practiced in almost every country in the world. According to the 2004 report of the International Federation of Organic Agriculture Movements, more than 24 million hectares of agricultural land are now managed organically across the globe, particularly in Europe, Australia and North America. In 2002, the global market was estimated to be worth 23 billion USD. Growth in the organic food sector has been high in Canada. Agriculture Canada estimates that organic products in Canada will continue to rise. Currently up to 80% of organic goods sold in Canada are imported.

For more info on Organic Food and Farming please check out the following websites: www.omagra.gov.on.ca
www.certifiedorganic.bc.ca/aboutorganic
www.organic-food-for-everyone.com



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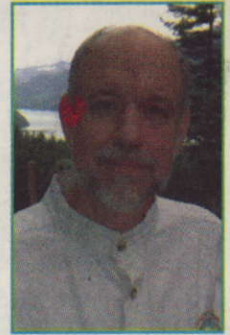
Book space for
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The Cook's Corner

Vegetarian Recipes from the Johnson's Landing Retreat Center

The home made Granola served at the Retreat Centre is so popular that people keep asking if they can buy some. Angèle had been making this granola since the seventies. Of course when she makes it there is no such thing as measuring the ingredients, she just pours in some of this and adds some of that. I am very pleased to say that she actually wrote out some quantities so that you can also make this great breakfast delight. I have also included our breakfast Muesli. It is a soak overnight, no-cooking recipe.



Bon Appetit, *Richard*



Almond Granola

Ingredients:

1/2 cup **Olive Oil**

1 cup **Honey**

option: Maple Syrup

12-15 cups **large Rolled Oats**

2 cups thinly sliced **Almonds**

1/2 cup **hulled Sunflower Seeds**

2-3 Tbsp **Cinnamon**

Some options:

Unsweetened shredded coconut

Sesame seeds

Utensils: A small pot • a measuring cup • a tablespoon • a large bowl • 2 wooden spoons • 2 cookie sheets

Directions:

- In the large bowl mix all of the dry ingredients
- Combine the oil and honey in a small pot and heat over medium heat, until the honey just melts.
- Pour over the dry ingredients and stir with 2 spoons until thoroughly mixed.
- Pour the mixture (about 1cm deep or half an inch) onto cookie sheets or large cake pans.
- Bake in a medium warm oven - 325 degrees
- Stir after 15 minutes as the oats on the outside can burn. Bring the oats from the outside edge of the cookie sheet to the inside and push the oats from the inside to the outside.
- It usually takes about 25 minutes for the granola to reach a golden brown.
- Empty pans onto a clean counter or large bowl and let cool. Stir occasionally while it cools as the granola can stick together and could become lumpy.
- Store in sealed jars.



Breakfast Muesli

Serves about six people.

Ingredients:

... Do not get too set on these amounts,

Evening ingredients:

3 Cups of **organic Rolled Oats**

2/3 Cups of organic **Thompson Raisins**

1/2 Cup of chopped **Dates**

2/3 Cups of chopped **Dried Fruit**

2/3 Cups mixture of any of the following:

sunflower seeds, walnuts, sliced almonds

Morning ingredients:

1 large **Apple** (coarsely grated)

1 large jug of **Organic Apple Juice**

(you may have some left over)

Please add anything that you think might blend in.

Take a chance and live deliciously!

Utensils: A measuring cup • a large bowl • a wooden spoon • a grater • a sharp knife and cutting board

Directions:

Night before:

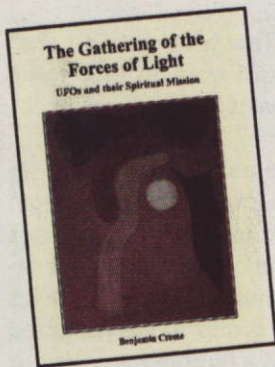
- In the large bowl mix all of the dry ingredients.
- Pour in enough apple juice to immerse all of the dry ingredients. Put the bowl in your refrigerator overnight.

- **In the morning:** If the mix seems to dry add some more apple juice to just moisten the Muesli and stir in freshly grated apple.

Options: serve with fresh fruit and/or yogurt

NOTE:

Muesli is not the kind of thing that stores well... it gets very soggy. Make just enough for breakfast.



The Gathering of the Forces of Light:

UFOs and their Spiritual Mission

by Benjamin Creme

This is a UFO book with a difference. British author Benjamin

Creme is best known for his central message that a group of great spiritual teachers are now returning openly to the modern world. He has penned 15 fascinating books on varying aspects of their emergence.

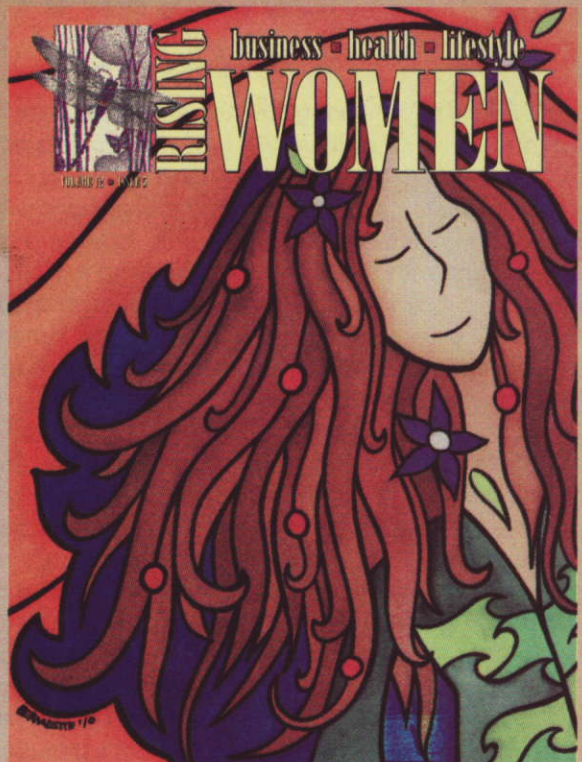
In this newest book – and describing for the first time his personal experience working closely with them for over half a century – Creme now introduces us to a new host of planetary envoys: our friends, the Space Brothers. He reveals how he himself became involved in 1959 with their work, including the fact that he was part of a working group with George Adamski, one of their major proponents, and that he, Creme, was immediately introduced to piloting spacecraft. In fact, he quips, he learned to drive a space ship before a car.

The first part of the book includes a generous Q&A section that answers questions like how many Space Brothers are living among us now, why they are here, and how they manifest themselves. A few surprising names are named of well-known people who turn out to have been avatars from other planets.

“We owe the Space Brothers, from Mars and Venus in particular, an enormous debt,” states the author. “They are neutralizing as much as is karmically possible of the nuclear radiation, toxic gases and chemicals that we spew willy-nilly into our atmosphere.” He claims that scientists do not as yet have the instrumentation to detect the highest levels of radiation, but that some 200,000 people have succumbed to it in the last three years alone. This same energy, he adds, is directly responsible for an acceleration in Alzheimer’s disease and for the gradual breakdown of the body’s defence system.

This book also explains how the Space Brothers create the crop circles, which they do, in part as a “calling card” discreetly announcing their presence. Only a tiny minority, Creme says – perhaps 4 per cent – are hoaxes. At the same time, he adds, the Space Brothers are creating on the dense physical plane a replica of our planet’s magnetic field. Combined with a new Science of Light soon to be revealed, it will give this planet an unlimited, safe source of power.

Part 2 of The Gathering of the Forces of Light addresses new and more inclusive forms of education that will evolve under the combined influence of the Space Brothers and the great teachers whose emergence the author has been chronicling since 1982 as editor of Share International magazine and in his many previous books. Mr. Creme writes with such clarity and authority that it is difficult to ignore his message. Share International Foundation, 2010. ISBN/EAN: 978-90-71484-46-9. Paperback, 234 pages, 10 color photos. US \$16.00.



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Witches Amongst You

by Diane Morrison aka Sable

On the evening of the Spring Equinox, I cleaned up my shop and removed the store literature from the front table and placed altar cloths on two tables to create a pleasing scene. I set out two candle holders; one with the image of the Triple Goddess as Maiden, Mother and Crone, holding a white candle, and one with the God of the Woodland as Holly King and Oak King, holding a black candle. Between them we symbolize the balance of Sun and Moon, male and female, old and young, life and death. Balance and cycles are important in our faith, which we call Wicca.

I laid out the magickal tools; my hand-painted wood pentacle with the vine pattern on it, representing the element Earth; the red candle representing Fire; the brass incense burner representing Air; and my two white agate chalices, one filled with water and the other apple juice, that represent Water. I added our dish of salt and the offering bowl. I laid out my wand, made from a maple branch from a tree in the yard I grew up in that, magickally, had been struck by lightning twice, and my athame; my sacred black-handled, double-bladed knife, with which I cut nothing but air. Mine is unusual in that I made it myself, forging it from a strip of metal a couple of years ago at a workshop and beating it into shape, then carefully wrapping the twisty hilt in black suede to make it comfortable to grasp. Next to it I laid my husband's athame, which is carved from jet. I added the silver offering plate, this time filled with chocolate eggs, and our Book of Shadows.

I welcomed the gathering of witches as they arrived. Among them were friends from Kelowna that I hadn't seen in a long time. I embraced them happily and started catching up on their lives. Two new witches I had never seen before arrived from Kamloops, wearing beautiful velvet robes that one of them had made. They laid out their potluck offerings on the glass counter where I keep the crystals. Erin, my husband and Priest, who is always so good at making new people feel comfortable, began to chat with them.

A family who'd had trouble finding us arrived; one of them asked where to put the potluck offering and the next thing I knew, they were gone! We debated on what had happened and decided they must not have known what Wicca meant when I advertised the event in the paper. We assumed a combination of things happened, including seeing the witches from Kamloops in robes.

I'm never sure why people react like that. I don't see how we are any different from other earth-based spiritualities that are more commonly known and accepted. We take our roots from Celtic and Germanic shamanic customs and practices, women's spirituality and other more modern forms of mysticism like the Kaballah. Why is this so scary?

I often get reactions from people when they find out that I define myself as a witch. I assume that people think our magick is the kind that harms others or interferes with their free will, but a real witch would never do that. A real

witch believes in the Threefold Law, "That which you do, shall be returned to you threefold." Even if I were inclined to be manipulative or malignant, would I want that delivered back on myself three times worse?

Once we realized the others weren't coming back, we gathered in a circle around the table (now an altar) to begin the ceremony. As is our custom, I took the sacred broom, called a besom, and swept around the circle to banish negative energy while singing songs. Then my husband, took his athame and drew a circle around the group, as we visualized a beacon of white light that grew into a bubble to protect us from any negative energies. Then we "Called in the Quarters," which is similar to honouring the directions in shamanism and Native paths. We started with the North, associated with Earth, and called on those energies, honouring them with salt. Next, we honoured and called upon the element of Air in the East by lighting incense. Then, we honoured/called upon Fire in the South by lighting the red candle. Lastly, we honoured/called upon Water in the West by sprinkling a little water. Then I called upon our Goddess; in this case, the Maiden of Spring, who has a variety of names: Persephone, Ishtar, Oester or Easter. We welcomed Her return to the world, and spring's blooming! My husband called upon our God in the form of the Sun King, called by some as Lugh, Apollo, Osiris, Dionysus, or Jesus, bringing life from barrenness. We honoured Them as well by singing. *Beauty of the earth, White moon on the water, You are She Whom we find, At the end of desire. Horned God, Dancer on the Wheel, Born and died and born again. And we all are dancing with Him.*

Then we engaged in a what we call the 'fellowship'; basically, socializing as part of the ritual. We munched on the potluck offerings, as I chatted. One of the Kelowna witches (men and women have the same title) talked about how he was devoting most of his time to school, and it was paying off with excellent marks. I asked about an event coming up in Alberta that I'd never been to, and I told them about the event we were doing in Cherryville on the Canada Day weekend. We were told of a young man with a brain tumour so we took a hematite ring and passed it around our circle, intoning "OM." We did this to fill the ring with the healing vibration of the sacred word that is associated with the Crown chakra. After we all touched it, we gave it to his mother, who proclaimed it was making her hands tingle!

After that, we blessed our food and drink and said to each other, "May you never hunger and may you never thirst," as we acknowledged the Divine in each of us. After that, we thanked the Goddess and the God for Their presence and released the Quarters or closed the directions. Lastly, my husband cut open the circle with his athame, saying, "The circle is open, yet ever it remain a circle; merry meet, and merry part, and merry meet again!" We sang our traditional song and went our separate ways. As I left, I looked up at the rising half-moon, enjoying her beauty.

Sable teaches classes in Wicca at her store, The Threads That Bind Us in Vernon (see ad on page 29) and is a presenter at the Wise-Women's Festival.



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Kootenay Lake Tai Chi Summer Camp Lives On

by Hajime (Harold) Naka



When Eric Eastman closed the Dao to his Tai Chi Retreat in 2005 after 29 Qi-successful camps, I developed a case of camp withdrawal and was in need of a Qi-fix. After a couple of summers of feeling 'Qi-less in Kelowna', I thought maybe I might start my own Tai Chi Retreat to fill the void, when out of the blue I receive a phone call from Richard Ortega, owner of the Johnson's Landing Retreat Centre, asking if I would be interested in continuing Eric's Tai Chi tradition at a new location, which is located further up Kootenay Lake.

I told Richard he must have been reading my mind. He said that he would provide the facility, accommodations, meals and advertising, so a date was set. After many months of anxious waiting we arrived at JLRC to resurrect Eric's Tai Chi Retreat and carry on the spirit of the original camp. That summer we saw 15 enthusiastic folks take the 'Dao less travelled', to revive the 30th Kootenay Lake Tai Chi Summer Camp.

Sana Shanti is one of the four guides that help people get back to center, aligned, relaxed, and rooted. I have learned that The Dao that is mindlessly travelled, leads to a mindless destination. Habits are formed and reformed and tension is layered over tension until the body feels like a clenched fist.

Besides Sana, Arnold Porter teaches Qigong, Acupressure and Jin Shin Do, mostly in the evenings. I facilitate the retreat, loosely following Eric's camp schedule. After five days of playing Taiji/QiGong, sharing stories, laughter and tears, enjoying friendship and delicious gourmet vegetarian meals, there was a desire to continue the tradition each summer.

That was Zen, and This is Dao so we asked Sifu Bryan Knack from Spokane, Washington to join our staff the next year. He brings with him a wealth of experience and his teaching style inspires students to want to learn more.

This summer we will celebrate the 33rd Kootenay Lake Tai Chi Summer Camp and I invite everyone to come and play Taiji August 7-14. Although JLRC is off the beaten path, it has modern conveniences such as wireless access, sauna, hot tub, pay phone (cell phones don't work).

I want to wish Eric Qi-full surfing wherever he is and say you are welcome to join us.

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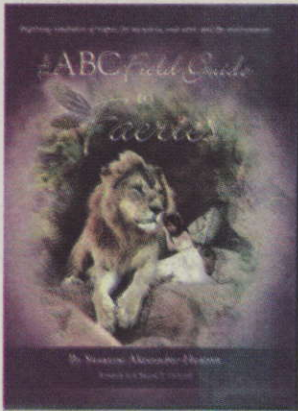
Children's Book Reviews

with *Angèle*



ABC Field Guide to Faeries

by Susanne Alexander-Heaton
courtesy of the author: www.abcfaeries.com



A delightfully illustrated large sized picture book. Inspired by Sarah who was known for her mischievous playfulness and love of nature. She died at age 12 and the night she passed away she visited Susanne in a dream, twirling around in a meadow of wildflowers. Suzanne then researched faeries and discovered they are considered "nature's angels." Her hope is that Sarah will touch every reader's heart with her magic and inspire and motivate you to treat yourself, each other and the environment with respect.



Awake! a Spiritual Primer

by Elizabeth Blakely
courtesy of www.RedTuqueBooks.ca

Elizabeth starts off the book with "The current challenge is for humanity to awaken! All of us are part of a huge shift in consciousness! Nothing shifts and changes without the other and ALL on Earth is evolving at this critical point in timelessness!"

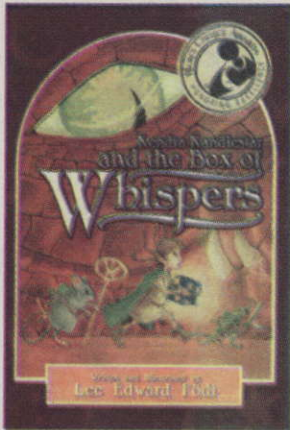
Her book is a little bit about everything including Physical Immortality, the Garden of Eden, the True Creation Story, Experiencing the Big Bang, The Age of Aquarius, Why we need to stay Positive through the Chaos, Vortexes and Galactic Visitors, the Photon Band, Age of Light, Women's Wisdom, Crop Circles, Sirian and Pleiadian Communication, The New World Order and more. She even tells us why Celtic salt is important.

Each section is to the point and sometimes a bit too abrupt. Snippets of understanding on how she sees the world. Some of the data that she shares is a just a knowing, some is downloaded via her guides, or a vision. Channelling seems to come easy for her.

There are many good points to ponder especially if you believe in karma and why people do crazy things to each other. She talks about her many lifetimes and why those people are in her life today. She says, she can clearly see peoples past lives including when she was Elizabeth Tudor, Queen of England (1558-1603). I enjoy her off-centeredness as I know a lot of what she says is truth. It would be good if more people accepted her intuitiveness as a gift. I would love to have her tell me about my past lives as I find it fascinating.

Kendra Kandlestar and the Box of Whispers

by Lee Edward Fodi
courtesy of www.RedTuqueBooks.ca



Inspired by mythology and fascinated by the tales and mysteries of the ancient world Lee takes Kendra on a magical adventure where doors speak in riddles, plants cast spells and strange creatures lurk in this illustrated book. Filled with magic, monsters and mystery the story is aimed at kids that are six years and older. I enjoyed meeting the dragon, professor Bumblebean, Uncle Griffinskitch, Oki, Rumor and Captain Jinx. Lee Edward Fodi won the Mom's Choice Award® and even offers a free teacher guide if you go to his website.

Your Invisible Bodies

a reference about human energy fields

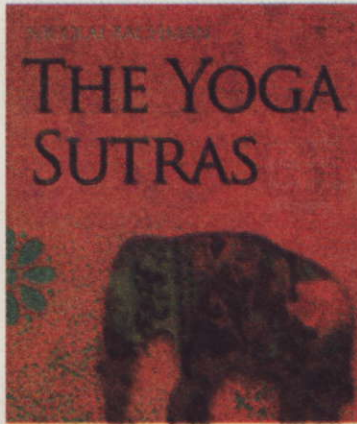
by Sharon Montgomery
courtesy of the author: www.yourinvisiblebodies.com



reviewed by
Richard Ortega

This not a story book, it a basic introduction to our chakras and auras. It was primarily written for children with easy to follow text and mostly simple line drawings. I found the book to have a very positive moral message in regards to living. It lacked a bit of flow, as the body of the book ended abruptly and went into frequently asked questions, followed by a study guide format. I feel it would serve the reader better if it had a table of contents and an index then it could be used as a reference guide to our invisible bodies. I give it a 7.5 out of 10 and definitely worth the investment.

CD & DVD Reviews



The Yoga Sutras

An Essential Guide to the Heart of Yoga Philosophy

Nicolai Bachman

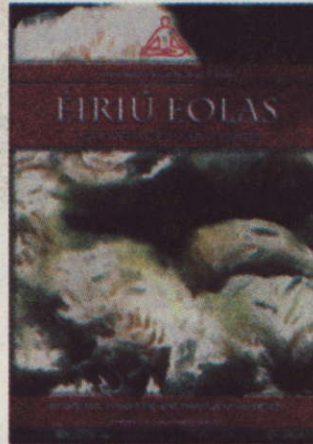
courtesy of www.Sounds True.com

I know there is more to the yoga than the physical postures, but I have never taken the time to study the philosophy or even learn the Sanskrit words for the poses I like. Listening to the 7 CD's, helped me to understand the basic key principles and the 'Citta' or heart-mind.

This program is designed for the serious yoga student who wants a fresh approach to working with Patanjali's seminal text for guidance and inspiration. Plus there are the reminder cards and an illustrated work-book to remind us how change happens on an energetic level and why we react to certain situations in the way we do. He explains why suffering is an opportunity for growth. Why nonviolence and truth are important to a student.

I know it takes patience and practice to get any concept percolating into my inner core and even though he has simplified the basic 51 sutras and discusses the key concepts in depth, it will take time to really 'get it.' I like the fact that he chants the original verses in Sanskrit taking us back 2,000 years and how the concepts were taught. The mantras reveal the essence of yoga philosophy—helping to open our heart and soul at a vibrational level.

I liked his thoughts about learning. He says 1/4 of learning comes from a teacher and 1/4 comes from their own intelligence. 1/4 comes from fellow students and 1/4 happens over time.



Éiriú Eolas

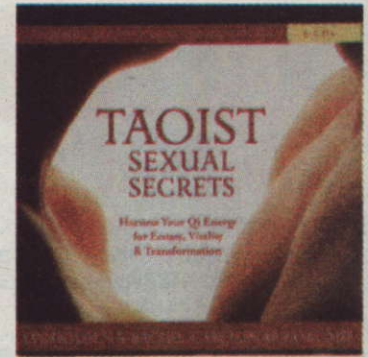
by Laura Knight-Jadczyk

Courtesy of Carolyn MacCullum
certified instructor 780-605-2008

A modern revival of an ancient breathing and meditation program that grew out of research by historian Laura Knight-Jadczyk and her husband.

The first DVD gives a detailed overview of stress and how it affects us deeply, personally, and how that is reflected globally and what we can do about changing it. Which starts with all of us being more aware of our breath. She outlines several important aspects of breath awareness for our physical, emotional, and spiritual well being and the need to slow down our breathing which will add clarity to our thoughts. She says that by stimulating the vagus nerve, and she does that by using certain muscles in the jaw, it helps the body to relax. She quotes lots of research and found it to be effective in the control of pain and stress.

Disc 2 is also a DVD that gives you a mini yoga-like class lead by three young ladies that emphasizes breathing. The third disk is an audio CD with a guided meditation that counts for you, so you can practice the breathing program, culminating in the powerful Prayer of the Soul, a non-denominational, non-sectarian, scientific prayer—that reflects our needs for compassion to ourselves and all living beings.



Taoist Sexual Secrets

Harness Your Qi Energy for Ecstasy, Vitality, and Transformation

Lee Holden & Rachel Carlton Abrams
courtesy of www.Sounds True.com

Did you know that sex can be spiritually awakening? That you can experience an orgasm in your whole body? The Taoist sages mastered this powerful force that works with our jing qi or sexual energy.

The practices and insights on this program are drawn from a branch of Taoism called the "Arts of the Bedchamber"—a series of methods for boosting pleasure both alone or with a partner.

The first CD is general information that I found somewhat boring. Towards the end of the second and third CD I started to hear the secrets of how a person draws energy upward in the body to cultivate chi and store it. CD 4 is for women and cultivating self pleasure, CD 5 is for men with exercises for increasing and sustaining libido. The last CD is a guide for couples to increase the quality and quantity of vibrations by taking time to breathe deeply, allowing the deeper currents of energy to move towards the surface.

Both speakers were trained by Mantak Chia and have clear voices and years of training that make it sound easy but I know that practising conscious breathing and doing the exercises is a practice that develops over time. Learning the Orgasmic Upward Draw is a good place to start. So, if sex is what you enjoy these CD's are guaranteed to take your intimate relationship to a new level of healing with a spiritual connection and increased life-force energy.

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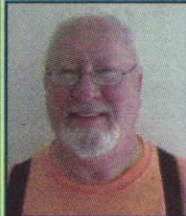
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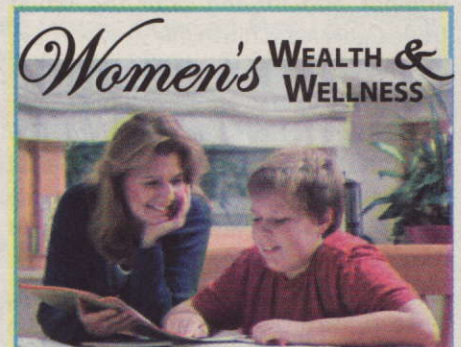
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A Call to Passionate Page Turners

submitted by Susan Faye for KBW

Reading and discussing what you read can open up new avenues of thought and ways of looking at the worlds. We each process ideas and interpret events differently. Share your insights or simply enjoy the company of others who love to read. These books up for discussion:

The Elegance of the Hedgehog by Muriel Barbery. This thought provoking novel centres around two very different individuals who hide their intellectual gifts in order to conform to what society expects of them. The book causes us to question societal stereotypes as well as the role we put ourselves in.

The Winter Vault by Anne Michaels. This novel spans the time periods of the end of World War Two and the 1960's. A young engineer, working in Egypt comes "face to face" with the displacement of people by an engineering project. The themes of memory and loss surface as the story unfolds.

The Reluctant Fundamentalist by Mohsin Hamid. This novel is set in a single evening as a middle class Pakistani man, educated at Princeton U. tells an American stranger his story of loving America and leaving after the World Trade Center was hit. In this story we have the chance to see how we are perceived through the eyes of another culture.

Can You Hear the Nightbird Call by Anita Rau Badami. This powerful novel moves back and forth between Punjab and Dehli and a community in Vancouver while interweaving the lives of three Indian women. Anger and violence move from East to West, as the novel explores the relation between the political and personal, how ordinary people survive tragedy and what shapes survival takes. Author Anita Rau Badami is speaking on Sun. Sept 26 at 11 am.

Join us for a weekend of stimulating discussion at the Best Western on Baker Street in Nelson, Sept 24, 25 & 26.

For more information visit our website at www.kootenaybookweekend.ca, contact Victoria at 250-352-6197 or email kbw@kootenaybookweekend.ca

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Pure & Simple

with Marion Desborough

While attending the Body and Soul Wellness Show in Vernon I came across the Terra Glo Soy Candle Company. This is a small family owned business located in the foothills of the Monashee Mountains of Cherryville, B.C. Started in 2007, born from the love of candles and the earth they have natural, healthy candles and products that are safe for all living things. They have unique and beautiful moulds and are made from the oil of food grade, organic, gmo-free soy beans. They have lead free cotton wicks so they burn clean and use organic essential oils. They last 40% longer than paraffin and 70% longer than beeswax candles.

Terra Glo are so committed to Reduce, Re-Use and Recycle that they offer to refill old containers! I find this remarkable. Not only is this company 100% Canadian, but all organic and what they have claimed on their website is true. I purchased several candles and have found them to excel as promised. Their fragrances are long lasting without being overpowering.

If you are in the area, check out the Vernon BC Farmers Market and if you can't go to: www.terraglo.ca

DEADLINE

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