

November, December & January 2011

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Why isn't BC pesticide free?

by Judy Wigmore

You may have read my spring article on why BC needs to be pesticide free and ban the sale and use of non-essential cosmetic pesticides. These are the toxic products used to beautify landscapes . . . our lawns, gardens, sports fields, playgrounds, sidewalks, patios and golf courses.

BCers had two months at the beginning of 2010 to give the Ministry of Environment input on 'new statutory provisions to further safeguard the environment from cosmetic chemical pesticides.' Summarized comments were posted on the Ministry's website April 15th but, six months later in mid October, no further action has been announced . . . even though 88% of respondents supported a ban!

While the Campbell Government's intentions may be known as you read this, delaying action on this important public health issue is unacceptable. Earlier this year, the Nova Scotia Government consulted, listened and decided on May 4th to ban non-essential lawn care pesticides in the spring of 2011. This ban decision was made just four months after the start of public consultation. In 2008, Ontario's Minister of Environment needed only three months to consult and proceed with ban legislation. Quebec's ban was Canada's first, passed seven years ago in 2003!

BC needs to follow these three leaders and pass a precautionary ban, but it is more likely that our Government will follow New Brunswick and PEI and introduce weak ban legislation that allows continued use through Integrated Pest Management (IPM). This is easy to predict because, although pesticide free landscaping is known to be healthier and more sustainable than IPM, our Ministry of Environment promotes IPM as 'safe, effective and responsible'. I believe there is no safe, effective or responsible way to use cosmetic pesticides as they do not stay where originally used. Minute ingredients go into the air, soil, groundwater, streams and rivers. These toxins persist long after their initial use and kill more than the original 'pest.' Legislation allowing non-essential pesticide use through IPM will not protect the vulnerable . . . our children, grandkids, women in their child bearing years, our beloved pets and the environment.

An IPM ban means it will be 'business as usual' for the powerful chemical pesticide industry in BC. Led by industry giant CropLife Canada and the Integrated Environmental Plant Management Association of Western Canada (I.E.P.M.A.), this industry opposes a pesticide ban. Many others, including the Canadian Cancer Society, want a ban that does **not** allow IPM.

We know the Campbell Government listens to industry lobby groups, so BCers need to take time and ask Premier Campbell, Minister Penner and our MLAs . . . why isn't BC pesticide free? The home page of Pesticide Free BC website will link you to government contact info. Go to www.pesticidefreebc.org and click on 'take action!'



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Musing

with *Angèle*, the publisher



On the front cover is a photo of sixth annual Sinix't Barter Fair that happened Oct 1st-3rd in the Slocan Valley, close to Nelson, BC. Good music, wholesome foods and items to buy or barter. Richard really wanted a picture of our new kitten on the front cover so I split the page. I think the ever-changing stage deserved the attention and below is an image so you can get the essence of the weekend. Richard talks about kitty in his column, who was four weeks old and the last of eight kittens to be given away at the fare. We looked at several older kittens but none felt right.



During the event, we got to say hello to a few people we know but don't see too often including Max, the jeweller who made our wedding bands. He told us his movie, called THE SINIX'T: Bringing Home the Bones, is now complete. Beginning thousands of years ago and continuing right up to the present day, it is a unique and genuine West Kootenay production about the Sinix't nation and their struggle to be recognized by the Canadian government. They were declared extinct in 1956. Bob Campbell, a.k.a. Laughing Thunder, the spiritual leader of the Sinix't Band, is looking for support. www.sinixtnation.org.

I am inspired by stories of people changing the world. The shift is accelerating as we, the people, join together to share our experiences and find ways to be effective in our efforts to say that "enough is enough." One really dramatic example is Avaaz.org, (which means "voice"). It is a global online advocacy community with a simple democratic mission: to organize citizens in every country on Earth to help close the gap between the world we have and the world most people want. The online petitions Avaaz circulates gather millions of signatures in a matter of days, giving world leaders a wake-up call and often affecting the course of history. Change.org and Care2.com are two more websites that support changing how the world re-acts to events.

I have featured many "people making a difference" in the past and will continue to network and provide support for people looking for alternative information, be it on health issues, sustainable living or psychic insights. I urge you to support the Charter of Health Freedom by going to their website below and adding your name to the list. Please read the article on page 10 and join the letter-writing campaign we started last month by going to www.charterofhealthfreedom.org/index.php?/charter-challenge or attend a lecture with Shawn Buckley, their lawyer.

Flordemayo, a member of the 13 Grandmothers Council, tells us that "In this time of movement, where celestial doors have opened, we must do what we have been asked to do. We are standing in the movement and the vibration of a sacred prophecy. The prophecy tells us that consciousness is preparing the spirit of the

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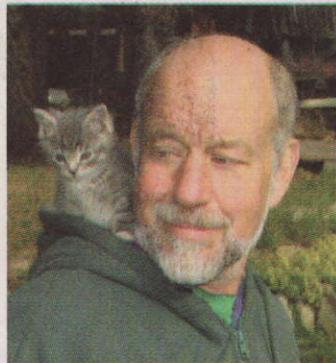
STEPS ALONG THE PATH

As you can probably tell from the photo above there is a new member in our little family group. We are still looking for an appropriate name for our kitten. I realize that most of you have had the pleasure of watching the wonder and joy that a new being has as it explores the world. I consider it a gift to be able to share in such innocence and curiosity.

Angèle and I were open to the idea of a new furry companion for the Retreat Center since our previous little Guru passed on two years ago. Angèle did see a cat listed in the local paper and we tried him out. It turned out that he was a better hunter than we wanted and ate a few of our winged friends that were not aware that a predator had arrived so we found the cat a home where they were looking for a mouser.

After that experience it became more of a 'when the time is right' sort of process than a deliberate hunt for a pet. In September we attended a Fall Faire in Meadow Creek and one caught Angèle's eye but it was spoken for, so we knew that it was not meant to be.

October 1st, Angèle and I went to a Barter Fare in the Slocan Valley, near Nelson B.C.. We brought some produce from our garden and spent part of Friday and all of Saturday listening to music, connecting with old and new friends and bartering for books, clothing, jams and tinctures. Just before we left the barter fare Angèle came back to the van with a four week old kitten in her arms. The word 'cute' is just not strong enough to describe this twelve ounces of life force. He sort of hopped around as he was still mastering the co-ordination of all four legs to propel himself around. Well needless to say we fell in love at first sight. Angèle immediately



went into mothering mode, it was so beautiful to see her lovingly caring for the little guy. As for me, I was laughing, crying with joy and just plain swooned by every thing this little being did.

As I write this he has been with us for almost two weeks and has gone from just becoming mobile to

'look out here he comes again!' Everything is new and exciting and he seems to know that he is in a safe environment so exploring is fun.

This kitten sure has brought up a feeling of the flow of life in me. The rate at which he grows also bodes of the length of his life. All of us sentient beings are only on the planet for a finite time. Seeing this new born being, heightens my awareness of mortality. All this opens a myriad of questions which eventually lead me to the primary question 'why are we here?' That question is daunting in respect to people but when I ask it in relations to a new born kitten it becomes even more so.

As trite as it may sound for me I guess love is the answer. A teacher named Leo Buscaglia once said that we have an unlimited amount of love to give; it doesn't run out; it is limitless. If we can find a way to give more and more love, the world could become an even more beautiful place than it already is. I consider finding a way to make the world a better place a gesture of love. If I can touch another heart, be it large or small, then I will have lived a life that made the world a better place.

Whoever you are, wherever you are, you can make a difference... by taking just one step at a time

Namaste Richard

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Musings continues from page 4

feminine, the spirit of the grandmothers. It is in the prophecy that we shall walk into the light, united from the four directions." Creating community is not easy, but trusting in the universal flow is a feminine trait and, as the grandmothers have predicted, it is the feminine forces that will re-shape the world and provide the change we need. Becoming conscious is important as we each learn to speak up. If not, soon there will be little choice left as the corporations and government, who think they control the world, get the One World Order finalized.

When I look around at how much of the garden/Retreat Center work still needs doing, I can easily slip into feeling of frustration as I struggle with the amount of time it takes to write Musings, wondering how much should be said as I put my life into perspective with what is happening globally, knowing we reflect the whole. Can I do it clearly and with love, processing my feelings about what is happening in my life in such a way as to find wisdom and raise awareness collectively?

Recently I got upset because some of our beautiful organic tomatoes were rotting on the ground because there was not enough help available to bring them in before the frost hit. I know it is not my problem but still, it bothers me. The summer season is complete, and most of our volunteer staff have moved on. I am grateful for the time they have given to the Retreat Center so we could survive another season but I want it to thrive. I appreciate Richard's hard work, his sense of humour and his ability to relax and share his space with so many strangers. I am enjoying his cooing and laughter as he plays with our new kitten. I appreciate myself and my angels for choosing a task that takes endurance, for many a time I would have preferred to have given up as creating community is not easy and neither is co-ordinating a Retreat Center with someone who thinks so differently than I.

If you are interested in "being part of the change" here at Johnson's Landing, we are looking for self-motivated and hard working people who believe that "work is love in action." This is the philosophy of Findhorn, and something I aspire to create here in Canada. Resolution helps change the energy and my intention is to manifest a permanent gardener, maybe a couple with some building skills who would like to trade gardening for living in the lower house. My son Dale has chosen not to move here from Edmonton as he wants to start a solar/green business where he lives and feels he will get better support in the big city.

Right now, we have Antony staying with us, who has four pages of the magazine, the ones with the green strips, on alternative energy. He enjoys doing research into sustainable energy production and is good at writing about his experiences. His articles are on pages 16-20. I would also like to introduce Austin, who lives in Nelson and wants to start his own magazine called Creative Culture Canada; his pages are 35-40. I am delighted to have the help of these two souls as we each grow our wings and make a difference in the world. There are many ways to contact us (on page 4) if you feel a calling to.

♥ Angele ✨

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MIASMS

by Sasha

A miasm is not a disease; however it is a portal through which disease can manifest. A miasm is a package of energy which becomes part of a person's energy system but it does not work harmoniously with the other parts. It is an interference pattern which creates confusion in a person's electrical system which can lead to disease or distress.

Miasms are either inherited genetically from parents in the DNA as negative cellular memory or they are acquired during the course of one's life.

The four inherited miasms are: Tubercular, Psora, Gonorrhoea (Sycotic), and Syphilitic. Remember, these are not the diseases, but the inherited cellular memory of the disease. If one of these miasms is inherited and triggered it will begin to manifest symptoms similar to the original disease but with no trace of the bacteria associated with the original disease. It is difficult to treat these symptoms using conventional or even herbal methods because the source of the problem is energetic in nature. For example, Psora miasm (originally caused by the bacteria responsible for leprosy) settles into the genetic code and manifests symptoms of itchy skin in subsequent generations. These can be anything from small, dry patches to full-blown rashes, eczema, or psoriasis. No matter how many lotions, potions or drugs are administered, the symptoms always seem to return later and are often more extreme because when a miasmatic symptom is suppressed it often gains strength for the next bout of symptoms.

Many mysterious, difficult, chronic and so-called "incurable" diseases persist because the underlying energetic root of the issue is rarely addressed.

Another category of miasms is called the planetary miasms. These are acquired during one's lifetime. They are: Petrochemical, Radiation, and Heavy Metal. They are only acquired through a particular combination of conditions. For example, the Petrochemical miasm may be acquired if exposed to a highly toxic chemical while feeling emotionally erratic or long-term exposure to a less toxic petrochemical with repressed emotions.

These planetary miasms bring our awareness to the degradation of the environment and the importance of making choices to respect our life-support systems: our bodies and the Earth.

The Stellar miasm is in a class of its own. There are many different types of Stellar miasm. The most common Stellar miasm relates to losing track of one's soul mission. Through the cycles of death and rebirth, many souls have accumulated much karma. This accumulation can cause one to forget his or her current soul mission. This forgetting or going off-track may have occurred during previous incarnations but the resulting miasm will appear in subsequent lifetimes to alert the consciousness that "something is missing". Stellar miasm and its treatment act like a cosmic wake-up call. One key factor in treating and healing this miasm is to connect with one's

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stellar origins by attuning to higher vibrational information (stellar radiation). As with all miasms, once the related lesson is learned and integrated the miasm will be pushed out of the energy field, never to return.

All miasms, whether inherited, planetary or stellar do not necessarily manifest symptoms. They can stay dormant or untriggered through a person's whole lifetime. When this interference pattern of energy (miasm) becomes part of a person's system, the body encapsulates it with a protective energy field in an attempt to isolate and contain it, thereby, decreasing its potential to interfere with the rest of the system. This containment field however requires some energy to maintain. If the system gets run down, overly stressed or traumatized, it may not have the energy necessary to maintain the protective field around the miasms and it becomes what we call triggered or activated and symptoms start appearing in the system. Once triggered, symptoms will continue to manifest until the associated life lesson is learned and integrated.

A helpful step in treating a miasm is to dowse, muscle test, or intuit at what age the miasm was acquired, and when it was triggered. Especially with the petrochemical and heavy metal miasms, this age recessing may give a clue as to the "culprit" substance.

Often our life lessons are connected with our life purpose. As one heals the miasm, life purpose and direction often become clearer. *see ad below*

One Healer's Journey

Alara Serait

Years ago, after a healing crisis, I became interested in natural health, nutrition and alternative therapies. I had come up against a brick wall, and my healing happened only when I opened my mind to new ways of taking care of myself. Had I waited for my doctors to come up with a diagnosis, (let alone a cure!) I might still be waiting.

While gleaned my knowledge of nutrition and herbs, I also became a Reiki Master. I realized then that one of my sacred gifts was to be a healer, as it came so naturally to me. I can remember knowing then too, that for me there would be more to learn, that Reiki was only the beginning, and so it was. I learned that dis-ease first starts as a thought, or a belief and that it can be stored within one's energy field, to manifest as sickness later on. I dived into the study of the subconscious, and began to train myself to use different brain-wave frequencies to create and to heal. I then became drawn to the work of Vianna Stibal and Theta Healing. It became clear to me that we, all of us, have the ability to link to our creator and command a clear intention. It was very much like Spiritual Mind Treatment, as taught in the Science of Mind. I liked that idea.

The pinnacle of my journey has been learning and working with The Reconnection, where we work energetically with "The Field" that is around us. It felt like the next step in a natural progression when I began working with what Dr. Eric Pearl describes as Energy, Light and Information. The Reconnection goes beyond technique, and allows me to be in complete knowingness that healing is taking place. Since having my own Reconnection done, I feel lined up with the cosmos, with my Divine plan, without obstacles in my way. The Reconnection could be for you too. *Please see ad below.*

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What's new in Bill C-36?

by Dee Nicholson, National Health Federation of Canada

Over the past ten years or so, I've been an activist with one overarching concern, that of stopping Codex Alimentarius, a World Health Organization brainchild, from foisting draconian rules for food safety on Canadians... including me. Codex has been on the table in one form or another since about 1962; it has been looming over us with a promise of useless potencies in natural supplements, ridiculously low allowable dosage limits, and the requirement of prescriptions for simple vitamins, for a start.

The rules go on and on, each of them removing some right or other to choose what form of nutritional supplement you want to take, and in what amounts, and all of them are to be synthesized under "Good Manufacturing Processes" to assure "quality". This, despite the longstanding proven safety and efficacy of all these products, as well as the fact that anything synthetic is not well-tolerated by the human body.

Now, all along, we health freedom buffs (Health Canada once called us "Nutri-terrorists") were aware that the Codex guidelines, once accepted by our government, would be enforced by trade sanction via the World Trade Organization. And because our nation is signed to the WTO Agreement, Canada could be dragged kicking and screaming into the morass of international food standards which do nothing for health but ensure its diminishment, or pay millions for our non-compliance.

This triggered a few stalwart individuals, this writer included, to spot the fact that Canada's own health legislation would become meaningless under these guidelines, yet we were practically helpless to stop the process, being obligated by our signing of the trade agreement. I've said it before and will say it again: trade agreements are enforceable international contracts, not social clubs.

Boy, we thought we were smart. But we all got horn-swoggled here, big time. That Codex freight train is not the only one on the track, and something else is appearing on our radar as a more immediate threat. It's a whole other train, and we can already see the headlights.

Now, don't get me wrong. I am not saying that Codex is not a threat. It definitely, absolutely, really, really is. But Codex is only half baked, and is not likely to be in any enforceable form for a good couple of years. Meanwhile, CETA, the Comprehensive Economic and Trade Agreement with the European Union, currently under negotiation, has in its back pocket the European Union's own version of Codex Alimentarius, guidelines as bad as Codex or worse, which have been in place since 2005.

Bear in mind, CETA has been much more than a twinkle in the eye of globalists everywhere for ten years now. It's only recently that word got out about what was on the table: Opening up Canada's water utilities to privatization by foreign bidders; privatizing Canada Post; energy plans by the provinces; domination by Monsanto of our *continues next page*

Your Life Is A Reflection of Your Core Beliefs

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

AWARENESS

Awareness was not enough. Change would have to happen at the deepest core of my subconscious. The subconscious mind accumulates many core beliefs by six years old, some are 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. They determine our success in receiving or creating abundance of any kind.

WAS A GOOD BEGINNING

Conscious awareness was an essential first step. I needed to know that some core beliefs were creating the opposite of what I wanted. It fuelled my dedication and commitment to go on. Most people know the "shoulds." My mind believed and my heart yearned to experience that if I just tried hard enough changes would last. But they didn't.

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 claimed it was possible to transform issues at my deepest core, needed no retelling of what happened, those changes were fast, lasted and grew stronger over time. Although sceptical, I booked two sessions and after the first four hours, my eyes were like saucers! Using gentle, non leading questions, the practitioner helped me to build a goal for the session, access the part of the subconscious holding fear and negotiated its total acceptance and support. "I love me", "I am my own authority", "I trust myself" and many others were enthusiastically supported and encouraged, as was a transformation of the old beliefs, down past the level of my cells.

FOR CHANGES TO LAST and GROW

Once my conscious and subconscious were in harmony, old patterns faded. With more love for and

trust in myself, all my innate power, intelligence and creativity was moving in the same direction, toward the same adult choices. Harmony created and continues to create enhancing relationships, love, trust and compassion for myself and others, joy, creativity, peace, confidence and financial success.

ASK YOURSELF "WHERE AM I STUCK?"

Money? What do I believe about money? About rich people? Love? What do I believe about love? About relationships? About men, or women? Self Confidence? What was I taught to believe about myself? How much of anything do I deserve? Whatever you believe you will create, thereby adding evidence that what you believe is true.

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• **Bill C-36** • agriculture and forced acceptance of genetically-modified seeds. When they said "comprehensive", they meant it. But somehow, none of us even thought about those EU food guidelines, probably because we didn't see a mechanism by which they could be applied to Canada... until we heard about CETA.

You've got to understand how simple it is for multinational influence to worm its way into our governance system. One trade agreement = one enforceable contract = disappearing sovereignty. It's easy. Wherever our laws run counter to what a trade group wants enforced, a majority vote at the table forces us to govern the sovereignty of our nation according to the wishes of the group, as the WTO forced the USA to alter its corporate tax law, some years back.

The World Trade Organization is indeed a prime example. There are about 193 nations in that group, and Canada has only one vote. Our delegate goes to the meeting, presumably (but not necessarily) to present the wishes of the Canadian people, translated by our MP's, to the assembly. If more than half of the guys at that table, each presenting their own nation's stance, happen to disagree with Canada, Canadians are forced, by law, to surrender to their decision, even if it means repealing or amending our laws. And remember, the WTO is the enforcement arm of Codex Alimentarius.

Now the rubber meets the road: Canadian legislation, shaped, ostensibly by our votes, is rendered obsolete and of no effect, the moment the group says something different. At that point, what happened to our sovereignty, our ability to decide and make and enforce our laws? It's as obsolete and toothless as that lost vote, by contract. Consider this: Canada is signed to ten international trade agreements, and is negotiating twelve more, including CETA. What possible areas of our sovereign legislation might be overturned because of them? And when all these agreements are in place, of what use is your vote?

And this: For whose benefit are these "agreements" (contracts) signed? It sure isn't ours. Hint: they're called "trade" agreements. Since the government does not engage in trade, but only promotes it, and since if one wants to find a prime motivator, one should follow the money, only one group can possibly benefit, and that group is made up of multinational corporations. These are the same multinational corporations whose head honchos regularly consult with our elected "representatives." Some are members of our Privy Council.

Now might be an appropriate time to mention an old quotation from the King of Fascism, Benito Mussolini: "Fascism should more appropriately be called Corporatism because it is a merger of state and corporate power." So Big Oil, Big Energy, Big Pharma, and Big Agriculture triumph, and get to set their own rules, while we are left scratching our heads over how democracy has gotten so weird lately. It isn't weird. It's non-existent and our worst nightmare.

Back to CETA, and how it threatens, at the very least, our health freedom. And to cover all the bases, we need to examine how our own Health Ministry is opening the door to legitimizing CETA's influence and those EU guidelines, through a clause in Bill C-36, soon to have its second reading in the House of Commons.

The Legislative Summary of Bill C-36 states: "the definition of 'government' in this bill encompasses not only federal and provincial governments in Canada, but also federal Crown corporations, Aboriginal governments in Canada, foreign governments, and international organizations of states, such as the United Nations." It also says, "Clause 3 provides the bill's purpose, which is to "protect the public by addressing or preventing dangers to human health and safety" posed by consumer products. This clause expresses the federal government's constitutional authority to enact this bill. Because it has a "public protection" purpose, Bill C-36 likely falls under the ambit of section 91(27) of the Constitution Act, 1867, the federal government's criminal law power."

My lay person's translation of all that is first, our Health Ministry is mandating itself to take direction from foreign entities (Notice, they mention the UN, but not trade groups... do you think they want you to know that trade groups are "international organizations of states" too?), and second, since they're talking about

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"public safety," Constitutional rights don't mean a lot either. You might recall the "notwithstanding" clause in our Charter of Rights and Freedoms. Read the Summary of Bill C-36 • www2.parl.gc.ca:80/Sites/LOP/LegislativeSummaries/Bills_Is.asp?lang=E&Is=c36&source=library_prb&Parl=40&Ses=3

This nation is a democracy, you say? How could it be, with our own government having kicked it into an early grave and shoveled dirt on the only thing that makes democracy possible, which is our sovereignty! While we were sleeping, somebody stole our democracy. And I hate to tell you, but that "somebody" is us, just like the old Pogo cartoon said. You read right, we're to blame here, because we not only slept through the entire metamorphosis, we are now awakening to a nightmare.

Bill C-36 must not pass and CETA must be stopped. Together, they pose more than a threat to our treasured, but waning, freedom to choose what is done to our bodies. The clock alarm is blaring. Are you going to hit the snooze bar and roll over? Or are you going to remind our government that we never gave permission for anyone to sneak our democracy out the back door. Please contact your government officials and them what you want and attend one of the lectures below.

National Health Products Protection Assn. (NHPPA)

Bill C-36 TOUR with Shawn Buckley

Thursday, November 18, Nelson, BC

Wednesday, December 1, Winnipeg, MB

Thursday, December 2, Edmonton, AB

Friday, December 3, Calgary, AB

Saturday, December 4, Vancouver, BC

More details about
the Nelson talk on
the next page

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Seasonal Adjustments – Late Summer to Autumn

By Brenda Molloy

Once again we are reminded by the cooler evening temperatures that autumn is quickly approaching. We begin to grieve the vision and optimism of spring, and the joys and pleasures of summer. We examine our harvest of the previous year weighing and judging the fruition of the growth of spring and summer. We receive the benefits from all the energy we have put into our lives during the last six months. Our gardens have grown to nourish us as well as our work and projects, our relationships, and our health. The seeds we have sown, now shall we reap.

Autumn is a time for turning within. Our time seems to be more directed toward our work, our families and projects at home. We gather and store nature's gifts for the long winter months. Not only fruits, vegetables, grains and seeds are gathered, but we busy ourselves obtaining fuels and clothing to keep us warm in the cold and darker months of winter. It's time to clear away completed projects to allow time for activities like contemplation, writing, reading and getting in contact with your inner wisdom.

Choose to eat foods that are in abundance during this season. As the weather grows colder we tend to eat less fruit, as we turn to consuming more vegetables, grains, beans and meats. Observe nature and heed her guidance. Just as the squirrels are enjoying nuts and seeds so should we as they are full of the plants potential for growth. They are little packages of nourishment and energy. Autumn is a good time for baked squashes, pumpkins and roots. Soups and stews help to warm our body. Avoid raw and cold foods at this time of year as they require too much energy to assimilate as storage has now become our focus as we prepare for winter.

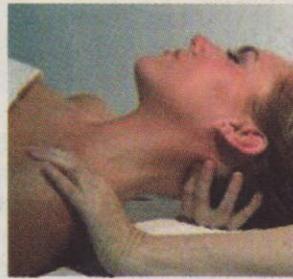
Hiking, running, stretching, and yoga all help to keep our bodies supple as our energy begins to contract and turn inwards. Strengthening programs using weights and isometric exercises will help to build muscle. We can choose to spend time outdoors to help build our immunity to protect us from colds, flues and viruses.

Classical Chinese Medicine associates autumn with the Metal Element which governs the lungs and the large intestine. The lungs breathe in the air with ease and grace and the large intestines release. Conscious breathing helps to build the chi of the lungs and enhances the large intestines ability to let go. This letting go is not only done through our bowel movements, we also let go in many aspects of our lives such as desires, relationships, careers, homes, expectations, and how we see ourselves. Each day is a new day. Each breath is a new opportunity to let go. Choose to receive and let go with gratitude.

NEUROMANIPULATION

by Wayne Still

One of the interesting things I learned through doing a course in Visceral Manipulation is that there are other things that create restrictions in the body besides adhesions in the connective tissue. Trapped or tethered nerves run a close second. They can create real havoc in the structure due to their length and that they cross joints. Learning to work with trapped nerves has enhanced my ability to deal with the structural problems my clients present.



In a perfect body nerves do their job of transmitting messages back and forth between the brain and other parts of the body. The nerve fibres themselves make up part of the connective tissue system of the body and are themselves largely made up of connective tissue. An outer sheath creates the spaghetti like nerve while inside the sheath are layers supplying the nerve with blood and the nervous systems own nervous system which regulates it. In the midst of all this are found the long nerve cells doing their work of communicating vital information to and from the brain.

The main nerve trunks exit the spinal cord through openings in the vertebrae then make their way through the flesh to their ultimate destination in a muscle, organ or the skin. As they go they send out side branches much as a tree does, and in fact the process is called 'arborisation.' Like a tree the nerve ends in small fibres; unlike a tree which continually grows, nerves usually stop growing when the body stops growing. When every thing is working as it should nerves slide freely through the surrounding flesh when the body elongates and there is no pain or problem. However when there is a restriction such as inflammation in the surrounding tissue that prevents the nerve from moving freely it will signal its distress. The signals range from mild irritation to full blown agony depending on the nature of the restriction. Sometimes it is hard to tell whether a given discomfort is neural or muscular. It can be both in that a muscle may be in spasm trapping a nerve. In my basic SI training we were taught only to deal with adhesions in the connective tissue and I often found that I was unable to get relief using the traditional methods. By using the osteopathic methods I learned in VM I found that it is easy enough to palpate individual nerves. By learning their general location in an anatomy book it is not that difficult to follow their path through the body. In addition I have found that once contact has been made with a trapped nerve that wants to be released it will draw my finger along its length. Nerves like to be gently stretched but they do not like to have a lot of pressure directed on them so a soft touch is required. Anyone who has hit their funny bone can attest to this.

Another characteristic of nerves that can create problems is their tendency to continue to grow if they are trapped at some point in their length. This continued arborisation further tethers the nerve at its end and increases the strain on it resulting in greater discomfort. In this case it is necessary to find the original restriction and release it before moving to release the tethered end. The good news in all this is that once the initial restriction is released and the nerve is sliding smoothly again the discomfort will disappear. Neuromanipulation is useful tool in a bodyworkers toolbox which helps them successfully deal with a wider range of problems.



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Sustainable Living

is now mainstream

"92% of young people now graduating college want to work for a sustainable businesses." This is one of the convincing arguments that Hunter Lovins gave for implementing more sustainable practices at a presentation at the University of Calgary in late September. Hunter, who has received many prestigious awards for her work, and her company Natural Capitalism makes the case that the future for businesses is green. Ninety-two percent!

Major corporations now understand this better than governments and small businesses. They have a Chief Sustainability Officer, and are implementing greater energy efficiency, reducing waste and behaving more responsibly, not out of the goodness of their heart, but because they see that customers want green and organic products, that resource efficiency saves a lot of money, and that their employees are more productive in an environmentally friendly workplace. Small businesses are the ones that employ the vast majority of people. Can they accelerate the transition to a green future?

I have observed the entrepreneurship of Calgarians. In spite of its reputation for only caring about oil and gas, Calgary has a lot of companies that produce electricity with wind, solar and that offer geothermal heating in Alberta; such companies as Skyfire Energy for solar, Mistaya for wind farms software, and Geowest Drilling Services for geothermal projects.

In Eastern BC, I have had the chance to admire the many skills and resiliency of the people. They are prepared for the coming age of expensive energy. Farmers markets are becoming common in towns here, and the consciousness for green building and insulation is increasing. Several builders in Nelson now offer environmental options for new homes and renovations. I have been particularly interested in the 'Annualized Geo Solar' technology (also called Underground Thermal Energy Storage or Subterranean Heating and Cooling System - see the article by Dale Wilker next page). This system allows homes and greenhouses to create a yearly storage of heat that gets released gradually during the winter. Twelve years of research are available online on this technology, and some of these amazing systems have been built at the Drake Landing community in Okotoks, AB, and in Invermere and Nelson, BC. It is widely used in Sweden and Denmark, which have cold climates like here.

At the Johnson's Landing Retreat Center, we are currently building one of these systems for a greenhouse. The main aspect of the work is digging a hole with an excavator, (see pic to the right) and laying pipes at the bottom. This system is simple, and its cost just one sixth of a geothermal exchange system. There is almost no maintenance, and it runs for free. It will be very exciting to see it working next fall!

At the national level, four coal power plants have recently been shut down in Ontario. In terms of eliminating emissions of carbon dioxide, this is the equivalent of taking two million cars off the road, and will indirectly save 250 lives each year by improving air quality! A study showed that the total cost of coal power is now 60% higher than wind in Ontario. In California, a 1 GigaWatt solar thermal power plant is being built, which will create electricity for more than 100,000 homes. Hardly a week goes by without a new wind farm project announcement, the latest being that Google will sponsor huge offshore wind projects in the Atlantic.

The green energy and sustainable life are now becoming mainstream in North America. This is where the biggest business opportunities lie. But the main reason for everyone to go in that direction is that it makes life more enjoyable. At the Retreat Center, we appreciate delicious and nutritious food from the gardens, we work in a sustainable community that cares for all our needs, and we have many exciting projects that make our days so interesting. In many ways I feel more wealthy than the wealthiest. After her presentation, when I asked Hunter Lovins what is holding people back, she said "habit." And she then said that being green is actually the coolest and the most fun thing!



Antony Chauvet

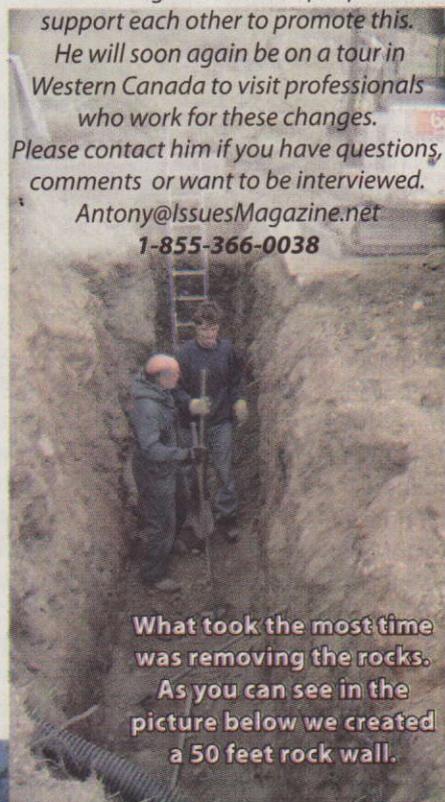
is creating a new section about Sustainable Living in Issues Magazine. He is building a network of people who support each other to promote this.

He will soon again be on a tour in Western Canada to visit professionals who work for these changes.

Please contact him if you have questions, comments or want to be interviewed.

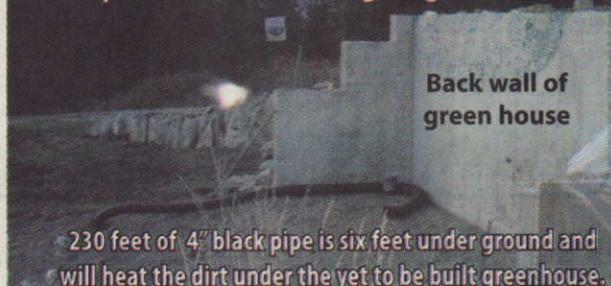
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What took the most time was removing the rocks. As you can see in the picture below we created a 50 feet rock wall.

An energy ball appeared in one of the photos I took. See bright light below.



Back wall of greenhouse

230 feet of 4" black pipe is six feet under ground and will heat the dirt under the yet to be built greenhouse.

Renewable energies in Eastern BC

by Antony Chauvet

Elk Valley Sustainability is one of the few businesses in Eastern BC that offers a wide range of alternative energy systems. During my September tour to distribute magazines and meet friends who promote sustainable living, I met Craig Walker in Fernie. Craig worked as a mechanical engineer in Calgary, but he daydreamed about living closer to nature in a house in the mountains. He had friends in Fernie, and they told him of a cabin that was an organic farm and holistic learning center back in the sixties and seventies.

For the first two years, there were just candles for light and a wood stove for heat! For more comfort and functionality, he bought some LED lighting and a small solar system for his laptop computer with thoughts of starting his own business.

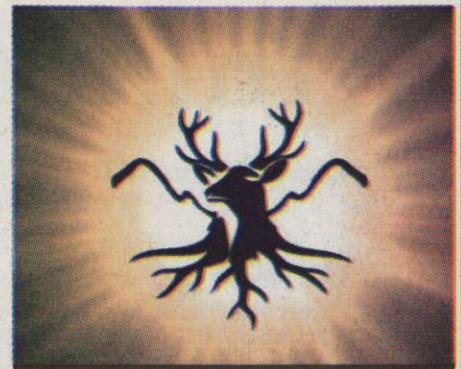
Few people were involved with alternatives back then. Over the years he got married and started a family, and added more systems but he kept a low environmental footprint. Now there is a high speed wireless connection and the ability to operate appliances, power tools etc, all using solar energy. His refrigerator is cooled by spring water.

We discussed in depth the current, best solutions for microhydro, solar thermal, photovoltaic panels and renewable heating. His systems are developed for people who want to be energy independent, as well as lowering their monthly costs. Solar panels now cost half price from six years ago.

I was delighted to learn that people can save money and protect the environment using energy savings devices. For instance, it is cost-effective for car washes, laundromats, hotels and restaurants to use solar hot water instead of gas or oil water heating for their business.

Renewable solutions are available for those who want to protect the environment and be energy independent.

If you want to talk with him, please check his ad on this page. Solar BC has grants and incentives for home owners to install solar hot water www.solarbc.ca and improve energy efficiency • www.livesmartbc.ca/homes/h_rebates.html



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Annualized Geo Solar

My search for a simple solar heating solution

by Dale Wilker

OK, we all can picture a renewable energy future that includes solar electric cars, windmills, tidal energy, and solar panels on roofs but how will we heat our homes with renewable energy? Heating homes in our Canadian climate requires a huge amount of energy and to date this has been a challenge. The sun is the renewable energy source most commonly used to heat homes but the winter is the season when we are solar challenged.

A typical solar home uses both passive and active solar systems. These homes passively allow the sun to penetrate the home through large south facing windows, warming up thermal mass of the building. They can also actively collect heat from solar hot water heating systems. Both these systems work quite well in climates with abundant winter sun but in our region our winters are often shrouded in valley fog which limits our access to the sun when needed most.

So how was I to overcome this challenge? I started searching for renewable energy systems that used energy storage systems. Projects like Drake Landing in Okotoks, Alberta, the Net Zero Energy demonstration homes supported through a Canadian and Mortgage Housing Corporation (CMHC) initiative called Equilibrium, and many others demonstrated ways to store surplus heat, but I was interested in finding less complicated mechanical systems.

My research then brought me to a solar heating design called Passive Annual Heat Storage (PAHS) but even though it was a simple system, it was designed around an earth shelter home and that didn't appeal to me. This research did however bring to light a similar design that could be applied to a conventional above ground home design. The system was called Annualized Geo-Solar (AGS) and it was developed by an architect living in Spokane named Don Stevens.

AGS enables passive solar heating in even cold, foggy north climates and uses the ground under or around a building as thermal mass to store the heat. Most AGS homes start with a well insulated building situated on a site that has good

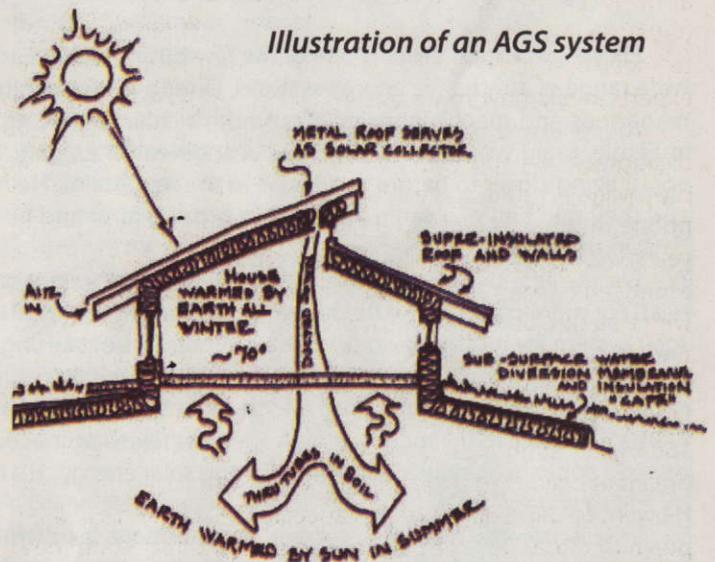


Illustration of an AGS system

summer solar exposure. The heat can be captured in the warm months from a sun-warmed sub-roof or attic space, a sunspace or greenhouse, a ground-based, flat-plate, thermo-siphon collector, or other solar-heat collection devices. A fan pushes the hot air through plastic piping buried in the soil below the home. As this hot air passes slowly through the pipes it warms the soil up around the pipe and slowly but surely the soil below the home warms up. To minimize unwanted heat loss around the perimeter of the home a sub-surface perimeter "cape" or "umbrella" of insulation is installed. This cape also provides a barrier against moisture migration through that heat-storage mass which would quickly rob the storage area of heat. The pipes also need to be placed 9 feet away from the surface you want to have heated to create the 6 month seasonal heat delay.

So what's the catch? It sounds so simple but it does have a few limitations. It usually requires several years for the storage earth-mass to be fully preheated to an optimum fall level, you have to design your home to be in direct contact with the heat storage zone, and it also needs to be installed under a home so therefore applies to new construction.

After completing the research it was time to put the system to a test and I have now used this concept in a couple of projects. The first was my home, built using AGS, and after a couple of years the heat system carries the home through most of the winter without using any supplementary heating. The second project we built was a community greenhouse using AGS. They have their own heat loss challenges but we have definitely seen benefits for having used the AGS system.

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Dale was one of the central actors for the building of the AGS greenhouse at the public school in Invermere.

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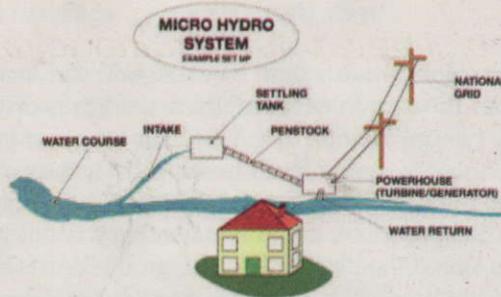
World-Class Microhydro systems

in Kimberley

I had heard about Fred Howe's from the owner of microhydro system at the McDonald Ranch, near the border. Little did I know that I was about to meet one of the world's foremost experts in microhydro systems!

Their website did not give any indication of his reputation, it was simply a page giving a name, address and phone number. Their network of clients were built over the years, worldwide, word of mouth from satisfied customers. For a long time, there was not even a phone to reach them. People with a stream on their land have contacted Fred from all over the U.S., from Europe and South America. Recently a business from China asked him to install systems worth millions of dollars. He has installed 1190 microhydro plants, including 160 in B.C. during his career. This is his life's work. He had a dream of building a hydro plant since he was seven years old. He went to university with that specific goal in mind. He then purchased the site for his hydroelectric plant near Kimberley. It was built over a two year period. Completion of this project gave Fred and his family cause for jubilation; it also became a turning point in his life now that his childhood dream had come true.

However he still needed to develop a method to govern the turbine so that the system could operate with small variable loads, not just large fixed loads. He worked on it for more than four years with an electrical engineer. The result of all these efforts was a "bulletproof" electronic governor design.



by Antony Chauvet

His business was formally organized as a corporation in 1982. His primary products are hydro plant governing systems. The range of his standard products is impressive, but because of the tremendous variety of circumstances encountered with hydro installations, he has built a large amount of custom equipment.

Governors have been supplied for installations ranging from about 1 to 600 KiloWatts. The most popular product is a governor for isolated systems that utilizes load management features which vary the load on the generator. This keeps turbine speed and generation frequency constant.

There seems to be a very sizeable need for his products. The market appears to be too limited for the manufacturers who specialize in serving larger power producers. It is not an oversimplification to observe that Fred Howe makes state-of-the-art equipment available at affordable prices. Moreover, his products do not require a degree in engineering and years of experience to operate, they are "user friendly".

For those lucky enough to have a stream on their properties, I believe Microhydro is currently the best renewable electricity system in BC, and Alberta wherever creeks are on the land. There is very little maintenance, and the power provided is steady and of better quality than the grid's. It can also be a very good backup when the grid is down for maintenance or during outages. Last but not least, there is no monthly bill when you generate your own power!

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Breast Health Awareness

by Dr. Ursula Harlos

Once again, "Breast Cancer Awareness Month" has come and gone. What kind of awareness does this month generate? Has the pink ribbon turned from a symbol of hope to a symbol of fear? Let's look at the experiences of some breast cancer survivors and see what they have to say.

Last year while at a conference in San Francisco, I read an article by artist Torrie Groening who stated that "concentrating on cancer was depressing and nonproductive." She broke down crying in the frozen food section of a grocery store because she was trying to find a box of fruit pops for her son that didn't have pink ribbons on it. She cites a 2001 Harper's magazine article by journalist Barbara Ehrenreich who referred to the breast cancer pink ribbon movement as "a cult [that] turns women into dupes of corporations that produce carcinogens and then offer toxic pharmaceutical treatments."

Examples of this pattern are discussed in a new book: *After the Cure: The Untold Stories of Breast Cancer Survivors* written by Emily Abel and Saskia Subramanian. Abel is a professor at the University of California who talks about the lingering symptoms that just won't go away after her radiation and chemo treatment for breast cancer. The book interviews breast cancer survivors who suffer from chronic disability and symptoms such as numbing fatigue, joint pain, lymphedema, mouth ulcers and 'chemobrain.' Chemobrain is the term used for the cognitive dysfunction (not being able to think properly) as a result of the chemotherapy.

Anne Kingston's article on this book called *The angry breast cancer survivors* reports that Eileen Rakovitch, a radiation oncologist and chair of the breast cancer program at Toronto's Sunnybrook hospital "believes post-treatment life is the next step in breast cancer research, noting studies are under way on the use of Ritalin to ease chemobrain." So, first breast cancer patients are subjected to toxic chemotherapy which has long-term problems. Second, these long-term problems become another wing of the breast cancer research

movement (i.e. increasing demand for research funding). Third, the "survivors" are targeted with more drugs based on the side-effects of the drugs they've already taken. (The good news is that homeopathic remedies can address these symptoms)

In addition, jumping on the pink ribbon bandwagon as a marketing strategy has become more widespread. The advocacy group Breast Cancer Action (BCA) launched their "Think Before You Pink" program as a result of this in order to make consumers question whether pink products promote breast health or not. Here are some ironic examples: Kentucky Fried Chicken started a "Buckets for the Cure" campaign. They pledged to give .50 from each bucket of fried chicken to "end breast cancer forever." KFC is loaded with bad quality salt, fats, hormones and chemicals. Mike's Hard Lemonade as well as Chambord Vodka also took advantage of the pink ribbon movement, promoting hard alcohol consumption as breast cancer support? There are countless other examples, but these were 2 of the most bizarre.

Dr. Christiane Northrup has proposed October as "Breast Health (not Cancer) Awareness Month" and promoted using the Law of Attraction to attract better breast health instead of focusing of fear and frightening statistics. She has also written an article *Better than Mammography* in which she headlines *Thermography: True Prevention*. According to her research, "autopsy studies on healthy women in their 40's who died in car accidents found that fully 40% had evidence of ductal carcinoma in situ (DCIS)." She states that DCIS is now detected earlier in at least 15% of the digital high-resolution mammograms. She further declares that while DCIS is NOT cancer, it is being diagnosed from the mammograms as the beginning stage of breast cancer. This then results in "being over-treated with modalities that have significant side effects such as radiation, surgery and tamoxifen." The end result of this scenario is the belief that they "beat breast cancer because they caught it early enough." A shocking revelation for an M.D. to make!

Dr. Northrup quotes Sherri Tenpenny, another M.D. who specializes in breast health, as stating that "mammography is a relatively late state test that does not have the ability to adequately screen the armpit area of the breast where the breast tissue is the densest. Thermography, on the other hand, when properly done and interpreted, can pick up abnormalities, which, if left untreated, could lead to breast cancer years later." Hopefully, these types of medical endorsements will put thermography on the map so that more women not only realize they have other choices, but will think more carefully about what they subject their breasts to. I think everyone should follow Dr. Northrup's idea of a "Breast Health Awareness Month" without fear and add the awareness of thermography along with the importance of nurturing ourselves and our breasts.

p.s. I will be starting my "Breast Health" workshops soon based on demand in any given location, so please call if interested.



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Journey to the North

by Linda Ewashina

As the days become colder and the hours of darkness exceed the light, we begin to feel the presence of the ancestors and spirit powers of the North around us. Imagine now you are in a forest and the air is very still. The sun is shining above, keeping off the winters' chill and leaving sparkling reflections on the snows' surface. There is a calm serenity that fills your senses with the Sacred powers of the North. This direction is our connection to our spiritual body and taking the time to connect with these sacred energies brings us that profound awareness. We are able to acknowledge through the wisdom and guidance of the ancestors that we are first and foremost a spiritual being that has taken on a form in this lifetime in order to grow, learn, share our inner gifts, teach and love one another. The winter months are a time of strengthening and honouring our spiritual gifts. Our spirit is free and has no attachment to the past or future and all motives are pure. The best way we can connect and be within this Sacred space is by living mindfully. Synchronicity, prayer work, meditation, appreciation of nature, gratitude, compassion and wise counsel are all aspects of the energies of the North.

The three pathway stones to the North are Cleansing, Renewal and Purification. In cleansing we need to take a look at releasing the burdens and responsibilities we have taken on that do not serve our higher good. Detoxifying ourselves internally as well as looking at the environment around us. Cleansing is being consciously aware of how the energy is flowing around us and within us. In renewal we continue to work on our spiritual growth and connectivity. We allow our spirits to shine forth and be filled with the Divine peace and serenity of the North. Merging our will with that of the Great Creator so that we may be an instrument of truth and light. In purification we honour ourselves and all of Creation as ONE. This is not a solitary journey we have taken on. We are never alone. Purification comes when we begin to understand our place within the vastness of the Universe.

Working towards understanding the pathways and lessons of the North teaches us to live our lives in a Sacred manner. To treat each day with reverence and to hold gratitude in our hearts for the lessons of the human condition. The north embodies the spiritual creative forces of the Divine. Once we connect ourselves to this energy, we too have the power to touch all of life with the highest form of healing.

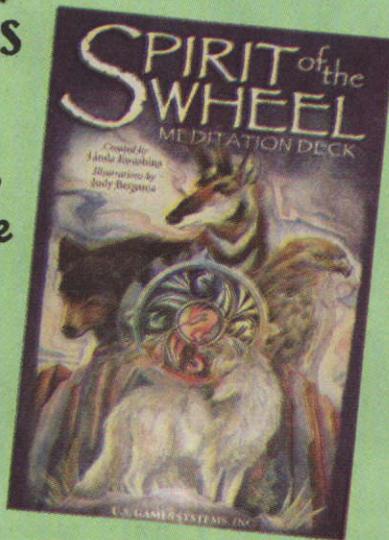
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The Cook's Corner

Vegetarian Recipes from the Johnson's Landing Retreat Center

Some super simple recipes that contain chickpeas (garbanzo beans). These easy to prepare legumes are tasty and provide protein, calcium and dietary fiber. Our primary recipe Falafels is from the Middle East where chickpeas are a common part of the diet. While we are cooking chickpeas we may as well make some Hummus, which is a garlic rich, creamy spread, suitable for crackers, pita breads and usable as a dip. To go with your falafels I have included a simple tahini sauce.

Bon Appetit, *Richard*



Falafels

Makes about 18 - 2" falafels

Ingredients:

- 1 cup dried **Chickpeas** (= 3 cups cooked)
- 1 large **Onion**, chopped fine
- 3 tablespoons of **fresh Parsley**, chopped fine
- 1 teaspoon **Coriander**
- 1 teaspoon **Tumeric**
- 1 teaspoon **Cumin**
- 1/2 teaspoon **ground Cloves**
- 1/2 teaspoon **Chili Pepper** -or- **Cayenne**
- 1/2 teaspoon of **Salt**
- Add **Pepper** (to taste)
- 1/4 Cup **Flour**



Directions:

~ preheat the oven to 350° F ~

Cook the chickpeas ahead of time or use three cups of canned chickpeas. Using a food processor mix the cooked chickpeas, with everything except the flour. The result should be a thick paste. - It is traditional to fry the Falafels in oil, I avoid this experience by baking them. Sprinkle some flour on your hands - Drop a tablespoon of the mixture onto your hand and roll it into a ball. - Flatten them slightly on a greased cookie sheet. This can be very stick, be sure to use the flour each time! Bake in a 350° F oven for 10 to 12 minutes on each side (until golden brown). ~ **Keep them warm until served** ~

Serving Suggestion: In Pita Bread: Break up one or two falafels inside half a pita bread stuff with, lettuce, tomatoes, tahini sauce, tzatziki (a cucumber/yogurt dressing) salt and pepper. Falafels can also be served as an appetizer with tahini sauce or other Dips.

Cooking Chickpeas (Garbanzo beans)

You could use canned beans if you are in a hurry!

Soak 2 cups of dry garbanzo beans overnight in lots of water. Drain in the morning, leave in strainer and allow beans to sprout until the tail is as long as the chickpea. Rinse twice a day while that is happening, takes approx 1-2 days. Cover with water and bring to a boil for 10 minutes, skim off foam or drain and add fresh water and boil again. Add 2 teaspoons of salt and cook till the water is almost boiled out. Use in salads or the recipes. Refrigerate if not used.

Hummus

makes 4 cups

Ingredients:

- 1 cup of dried **Chickpeas** = 3 cups cooked
- 2 Tablespoons **Olive Oil**
- 1 small **Onion**, chopped • 4 **Garlic cloves** crushed
- 1/3 Cup **sesame Tahini** • 1/4 to 1/3 cup **Lemon Juice**
- 1/2 teaspoon **Chili Pepper** -or- **Cayenne**
- 2 teaspoons **Cumin** • 1/2 teaspoon **Salt**
- 1 Tablespoon **Braggs** -or- **Soya Sauce**
- 3 Tablespoons of **fresh Parsley**, chopped fine
- Water** or **Soup Stock** as needed

Utensils: cutting board - knife,
measuring cups and spoons - bowl
- wooden spoon - rubber spatula
- frying pan - metal spatula - food
processor - cookie sheet

Directions:

Cook the Chickpeas (see above).
- Fry the Onions in the Oil until the Onions are translucent. - Add the Garlic and cook for three more minutes. In a food processor combine all of the ingredients except the water and mix thoroughly. - Add just enough water or soup stock to form a thick, spreadable paste.

Serve as a Dip or cracker spread or with Falafels.

Tahini Sauce:

Mix together and serve

- 1/2 cup of **Tahini** • 1/2 cup of **Water** • 1/4 tsp **Salt**
- 2 Tbs **Lemon Juice** • 1 Tbsp. **Sugar**

The Nature of Magick

by Diane Morrison (Lady Sable Aradia)

Aleister Crowley coined the use of the word "magick" with a "k" to differentiate it from the magic of illusion and slight-of-hand. As a practicing Witch, I believe that the most feared and misunderstood element of what we do is the practice of magick. We are taught in our culture that magick is somehow wrong, or that it is dangerous and mysterious and only the truly gifted can do it. But magick is really about self-empowerment. It is no different from the concepts of the Law of Attraction or Creative Visualization. The practice of magick differs only in that it uses a language of symbolism and metaphor to circumvent that little voice in the back of our minds that tells us that something will not work. It speaks in primal symbols to our subconscious mind, which then sets forces in motion to bring about our True Will. Aleister Crowley said that "magick is the Art and Science of causing change to occur in conformity with Will." Dion Fortune said that "magick is the art of changing consciousness at Will." And both are true! How do we go about doing this?

As shamans throughout the history of humankind, and modern channellers could tell you, the way to reach the Divine is through our subconscious. Only by achieving a trance state - "going within" - can we communicate directly with higher beings, or permit them to communicate through us. We must shut off the chatter of our conscious, waking mind and descend through the subconscious to, paradoxically perhaps, reach higher consciousness. This is the foundation of every mystical practice that has ever existed, and the model for the "Hero's Journey" that Joseph Campbell wrote about. Freud's model of consciousness discusses three levels of mind; the conscious mind or ego, the subconscious mind or id, and higher consciousness, called the super ego. Feri Wicca refers to these respectively as "Talking Self," "Younger Self," and "Higher Self." Talking Self cannot communicate directly with Higher Self. The only way to communicate with Higher Self is through Younger Self. Younger Self is, of course, the id. The id does not understand things in rational terms. It speaks only in the languages of symbol and emotion. As any psychologist can tell you, the subconscious also picks up everything it is ever told. It remembers everything. The problem is that it does not understand irony or context. This is why you should never tell your children that they are stupid, especially not over and over again. Even if you do not really mean that, your child's subconscious mind will not be able to tell the difference! Furthermore, when things are repeated, they imprint themselves more firmly in our subconscious minds.

We pick up all kinds of things with our subconscious minds. In many cases this works to our advantage, taking the form of intuitive guidance, information that we just know, somehow. But it often works against us as well. Subconsciously, we take taller people more seriously and listen with more respect to men than women, no matter how enlightened we believe we are. This probably comes from being told that we would have

continues next page



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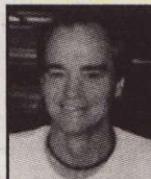
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The Nature of Magick *continued*

more right to control over our lives "when we grow up," and being admonished to "wait for our fathers to get home" when we made poor choices that required discipline.

One of the things that imprints on our subconscious through repetition is limitation. If someone tells us repeatedly that we are stupid, we can't sing, or we are fat, we believe it. If we are told – or tell ourselves – that we do not have enough money to go to school, have no musical talent, or do not deserve to be loved, we believe it. And then, Younger Self takes the message to Higher Self, and Higher Self does what it thinks we want it to do – Higher Self makes it true! As the Hicks and Abraham tell us in the Law of Attraction, if we focus on our poverty, we remain poor. If we focus on our fatness, we can't be thin. If we dwell constantly on how badly things are going for us, they continue to go badly. How do you change beliefs if they are ingrained?

The first step is silencing Talking Self. We have to "go within." We have to reach Younger Self, and make our Younger Self an ally to change our lives. We accomplish this through the practice of meditation and of healing the inner child (yes, the "inner child" is our Younger Self!) through self-examination and conscious effort. It is said that the doors of Eleusis boasted the inscription, "Know Thyself." We have to make our minds quiet for long enough to know what the subconscious is really saying. What do we really believe about ourselves and the world at our core? There are many ways to work towards this goal, from psychoanalysis to Soul Retrieval to Core Belief Engineering to Emotional Freedom Technique. They are all effective, and the more healing you do for your Younger Self (and the better you understand it) the better you will become at changing consciousness according to Will. In the meantime, we can work on communicating our desires to our Younger Self through the language that it speaks, which is the language of symbolism and metaphor.

Our id does not understand the word "heart." But it does understand the feeling of love. It also understands what is meant by drawing a red heart symbol. It also understands smells, colours, and symbols. A Witch or magician learns how to speak this language (or trains our subconscious minds to understand this language) and communicates to it in this way. Wanting to bring more love into our lives, we would use Shakti Gawain's principles of visualizing love, what it would feel like, look like, and so forth, as if it has already happened. Then we would perform an act, called a "spell," to imprint symbols of love in our minds, to communicate to our Younger Self that this is what we would like Higher Self to manifest in our lives.

How do we do this? Well, have you ever done a guided meditation? Have you noticed that the more senses you bring to bear the more effective it is? A well-planned spell uses all five senses. A pink candle could be used as a visual symbol – the colour pink is associated with love in our primal minds, and the flickering candlelight is effective both in that the light itself speaks to us of safety and warmth on a primal level, and the flickering induces the partial trance state of meditation that silences Talking Self and permits Higher Self and Younger Self to communicate. The smell of beeswax, or perhaps some sweet-smelling incense or root chakra stimulating essential oils (such as rose or patchouli) can be an olfactory trigger; very effective to the primitive brain. Perhaps an auditory trigger may also be helpful, such as romantic music, soft drumming, or a simple poem that asks for love in our lives. The act of lighting the candle, anointing it with the oil or lighting the incense, and speaking our poem that phrases our intent or playing our song, creates a kinaesthetic trigger. Perhaps we complete the process by eating cakes or honey, or drinking wine, invoking taste in ways that are associated with romance.

All of these things come together to tell our pre-literate, emotional subconscious minds that we wish to change our reality by bringing love into our lives. The subconscious mind then tells our superconsciousness – our Divine Connection, the part of ourselves that is Divine already and is connected to God as we understand it – that this is what we want. If we have made ourselves understood, our Divine

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part, Higher Self, then makes it happen. When we speak in this pre-verbal language to our subconscious mind, it is more difficult for Talking Self to ruin things by taking it apart with all the reasons why it won't work. Talking Self's justifications and excuses are completely circumvented, and thus, we cease to stand in our own way.

Quantum physics is in the process of proving that principles that magicians have known for millennia are actually true. One thing that the science of quantum physics has proven is that our perception affects reality. If you bombard atoms with light, electrons are knocked loose. If you measure them as particles, they register as particles. If you measure for energy, they register as energy. At the subatomic level, what we expect to find directly affects reality as we perceive it. And thus, both Dion Fortune and Aleister Crowley are proven to be correct.

Diane Morrison has been a practicing Witch for more than 20 years. She teaches classes at her metaphysical store, The Threads That Bind Us in Vernon. please see ad above.

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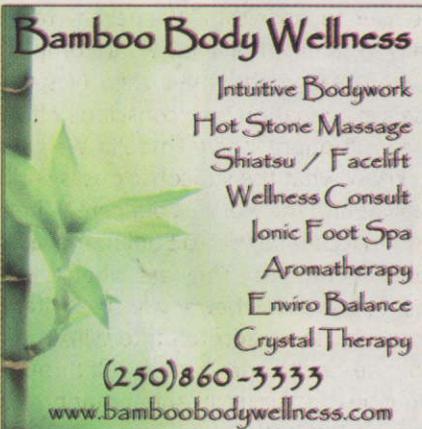


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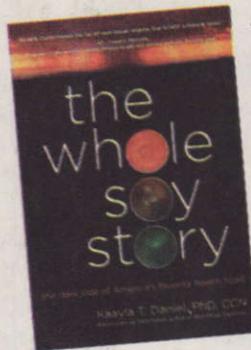
Food for Thought

with Sandra Lee



The Whole Soy Story

A book written by Kaayla Daniel and reviewed by Sandra Lee



The media, the medical establishment, and ultimately the government recommend soy as the perfect food for our health. One simple bean offers heart, breast, and bone health. Soy and its estrogenic compounds are prescribed for freedom from menopause symptoms. Soy provides the perfect milk for babies and the healthiest protein source for everyone from vegetarians to athletes. Soy promises all that, and the solution to world hunger. What a deal.

According to Kaayla Daniel's book, *The Whole Soy Story*, this is not the truth, she claims that everyone of the above stated benefits of soy is false. Daniel reveals the true motivations behind the claim "that soy is good for us." Food companies profit when we buy foods containing soy. Pharmaceutical companies profit when we buy soy based drugs. And the medical money-making machine profits when soy makes us unhealthy.

Daniel shares the studies that have shown the harmful effects of soy consumption, and explains how marketers of the benefits of soy deceive us by inaccurately interpreting and quoting the results of clinical trials. She shares numerous stories from people whose health, families, and lives have been forever negatively impacted by soy. We are told that people in Asian societies eat a lot of soy. This is false. People in many Asian cultures eat a bit of soy, primarily as a condiment.

Soy is hidden everywhere in packaged foods so read labels carefully. If a food contains a sizable list of ingredients it is probable that it contains soy. Textured protein, textured vegetable protein, hydrolyzed protein, and vegetable protein are all soy. Vegetable oil may be soy. Lecithin is soy. It's everywhere. Unfortunately, even careful label reading may not accurately detect its presence in processed foods.

Kaayla states that processing soy to produce oil destroys any potential beneficial qualities and advises that we use coconut and olive oil. The process of hydrolyzing a protein produces glutamic acid, i.e. MSG. MSG produces a host of challenges and symptoms, including brain and neurological dysfunction. Goitrogenic compounds in soy also suppress thyroid function and the estrogenic compounds block the natural metabolism and function of our own estrogens. When our hormones are disrupted the following results:

- Menstrual cycle imbalances, and difficulties with conception and pregnancy
- Estrogens are passed to the baby. Reproductive organ development can be negatively impacted, particularly in boys as it increases feminine characteristics.
- Soy infant formula gives babies estrogenic compounds far in excess of the amount of hormones in birth control pills resulting in premature menstruation in girls.

The negative impacts of GMO'd soy are even worse and unless it says organic on the label it is probably GMO'd. I found this book to be a real eye opener, at the same time I still enjoy organic tofu once in a while. I have always avoided most of the processed versions of soy anyway, just good to know *The Whole Story*.

Profile

Clearing the Past Life Roots

by Sandra Lee

Have you ever worked on healing the same issues repeatedly? I have. Through years of counseling and workshops, I learned to talk myself through my problems. I kept the things that bothered me under control, but they never actually went away. In recent years, I have found emotional and spiritual healing techniques that more effectively resolve my issues.

Picture your issue as being represented by a tree. The leaves are all of the issue's current manifestations. The medical system focuses almost exclusively on symptoms; doctors are leaf management specialists. The symptoms may improve, but the underlying issue remains unresolved. Many people experience that affirmations and goal setting don't work. Why is that? Largely because the sources of our problems haven't been addressed.

Therapy and many therapeutic healing modalities focus on both the leaves and the branches, including the traumatic events that occurred early in your life, shaping the beliefs and emotions that you experience today. But is this enough? Prune a tree, and you remove leaves, twigs, and some branches. Then in the spring, they all grow back.

The roots of our issues ultimately come from past lives. When I first saw the charts for Spiritual Response Therapy I was excited. Finally, here was an easily executed emotional and spiritual healing technique that clears past life content.

I believe that we enter life intending to learn particular lessons. We attract opportunities that trigger this learning. If we don't get it in one lifetime, we do it all again the next time around. Clearing the past life roots of our issues makes it easier for us to finally resolve them and to complete our learning.

Last night I realized that I had felt irritated for several days, and now this was manifesting as a headache. Two situations and two people were the focus of my annoyance. I cleared several things with Spiritual Response Therapy. The irritation was completely gone, and I returned to feeling positively about the situations and loving towards the people. The headache was almost gone. I then did Spiritual Restructuring (a related physically-based technique), and the headache disappeared. I now feel lighter, and the irritation has not returned.

Do you have an issue that remains, no matter how much you work on releasing it? Set an intention to clear the past life roots. Want to try Spiritual Response Therapy? See ad in Natural Yellow Pages under Energy work. Sandra also reviewed The Whole Soy Story.

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Sinixt Slhu7kiin' - Perry Ridge Wilderness Preserve"

The Sinixt were the recognized First Nation representatives at the BC Government Commission on Resource and Development Planning Table, Slokan Valley Pilot Project. Sinixt interests have remained unchanged and the Sinixt have continued to demonstrate concern and responsibility for water quality, landscape and community safety as well as protection for ecological integrity and cultural values of traditionally used lands and water. The Sinixt Slhu7kiin' - Perry Ridge Wilderness Preserve would be a wilderness co-managed area with no industrial development, where wildfire suppression is allowed for community safety purposes.

The Sinixt invite your support of this preserve initiative on behalf of all of our future generations. We the Sinixt ask for your financial support to fund this preserve initiative and also ask you to stand with us in solidarity for the Sinixt Aboriginal right to consultation and the establishment of Sinixt Slhu7kiin' - Perry Ridge Wilderness Preserve.

Send your donations to:
 Friends of Perry Ridge Legal Defence Fund
 GR. 16 C-9
 Winlaw, BC
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Thank you



www.sinixt.org <http://sm-arts.ca/perryridge/> www.perryridge.org

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April 29, 30 & May 1, 2011

Call for Action on Perry Ridge

Various interest groups in the Slocan and Little Slocan Valleys are getting together once again to protect Perry Ridge from logging and to have it designated a part of Valhalla Park as an Ecological Reserve.

GET INFORMED WATCH THE VIDEO • www.PERRYRIDGE.ORG

Sign the Petition • Make an Online Donation

Write Letters of Support • Attend Meetings and Field Trips

QUESTIONS TO PONDER WHEN YOU COME TO MEETINGS OR an EVENT

- *What* if Perry Ridge was an Eco Reserve?
- *How* could we co-create a community-supported economy based on preserving our 'Resource' rather than using it up?
- *How* could the Aboriginal (Sinix't) interest, the water users, Wilderness Tourism (focused on nature awareness, education, wildcrafting, forestry, wellness), the Interpretive Center interest and the Hospitality/B&B sector all co-manage Perry Ridge as a precious and irreplaceable resource?

GET INVOLVED - CALL 250-226-7324

be an INVESTOR, attend a FUND-RAISER start AN INTEREST GROUP

ACUPUNCTURE often misunderstood

by Jian Xiao

Traditional Chinese medicine deals with the body's energy flow and there is more to acupuncture than sticking needles in right parts of the body, said Dr. Xiao, who studied traditional medicine for five years at a university in south China. He says an acupuncturist has to develop his feelings so that he can sense the right spot to insert the needles. It's not a mechanical thing, it's based on developing a sense of perspective based on inner feelings and in order to do that successfully, one needs to practise Qi Gong, Tai Chi or Yoga to restore this energy.

He explained that acupuncture is one of the branches of traditional Chinese medicine, which also includes herbs, massage and exercise. Chinese medicine has always recognized the spiritual aspect of healing, which Western medicine is now beginning to understand. He said traditionally trained acupuncturists will use their fingers and palms to sense the flow of energy inside the body so they can tell when an energy flow is blocked.

Acupuncture, is one of the oldest forms of healing known to man and originated in China nearly 5000 years ago. Traditionalists believe it is based on the Order of Nature or the way the universe works. Because of this principle, the traditional acupuncturist treats the patient as a whole," he said. This means considering the physical body, the mind and the spirit an unity. According to Chinese philosophy, acupuncture influences the life force that flow along 12 paired and two unpaired meridians or energy channels, that run along longitudinally in the body. Insertion of needles at critical points along the meridians is said to restore balance between the principal forces of nature called Yin and Yang.

see ad p. 21 and in NYP under acupuncture

Dr. Xiao has opened his second office in Kelowna in May Kelowna. He has had an office in Prince George for 12 years. His intention is to move to the beautiful Okanagan to retire and enjoy doing QiGong, Tai Chi without PG'S air pollution.

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



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The 100th Monkey Phenomenon

A story about social change.

by Ken Keyes Jr.

The Japanese monkey, *Macaca Fuscata*, was observed in the wild for 30 years. In 1952, on the island of Koshima, scientists dropped sweet potatoes in the sand. The monkeys liked the taste of the sweet potatoes, but found the dirt unpleasant.

An 18-month-old female named Imo found solved the problem by washing the potatoes in a nearby stream. She taught this trick to her mother. Her playmates also learned this new way and they taught it to their mothers.

Between 1952 and 1958 all the young monkeys learned to wash the sandy sweet potatoes and some adults imitated their children. Other adults kept eating the dirty sweet potatoes.

Then something startling took place. One morning in 1958, a number of Koshima monkeys were washing sweet potatoes. Let us suppose there were 99 monkeys who had learned to wash sweet potatoes. Let's further suppose that later that morning, the hundredth monkey learned to wash potatoes.

Then it happened! By evening almost everyone in the tribe was washing sweet potatoes before eating them. The added energy of this hundredth monkey somehow created an ideological breakthrough!

What was even more surprising was that the scientists observed colonies of monkeys on other islands as well as the mainland washing sweet potatoes. The habit had jumped over the sea.

Thus, when a certain critical number achieves awareness, this new awareness may be communicated from mind to mind. Although the exact number may vary, this Hundredth Monkey Phenomenon means that when a limited number of people know something, it remains the conscious property of these people. At some point, only one more person has to tune-in and the field is strengthened so much that this awareness is picked up by almost everyone!

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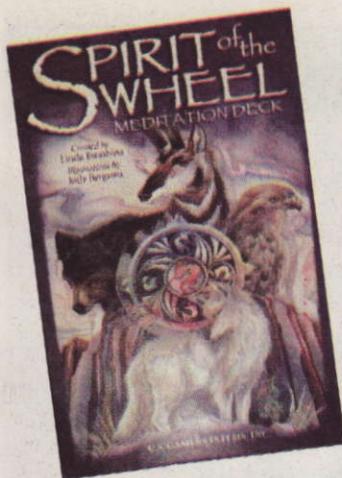
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Reviews with Angèle

Spirit of the Wheel Meditation Deck

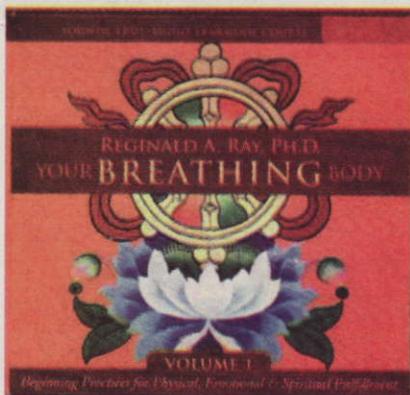
Created by Linda Ewashine
Illustrations Jody Bergsma

www.SpiritoftheWheel.com

I liked the look of these Native American drawings that represent the medicine wheel. A sacred tool for quiet reflection featuring the four directions, animal totems and the spirits of creation. The various moons and clan cards are also included as part of the Medicine Wheel as is a small booklet that has a short explanation of each card. The small booklet could easily be expanded into a book. At the back of the book she offers four spreads to contemplate upon as you draw the cards that will 'talk' to you.

I had several people come into my office and draw a card and say it was right on, as to what was happening in their life at that moment in time. I did the Inner Circle spread and visualized the lessons I needed to make so that each days flows.

I am delighted when I hear of local women creating a business, doing what they love. Linda lives outside of Kamloops and had been doing Intuitive Life Readings for over 25 years and has been an angel practitioner for ten years. Working with the natives for the last seven years she felt inspired in a meditation to create the cards so she found a local artist and the deck was birthed. She wrote a longer version of the approaching winter cycle and what that means internally as the season changes. see page 21.



Your Breathing Body

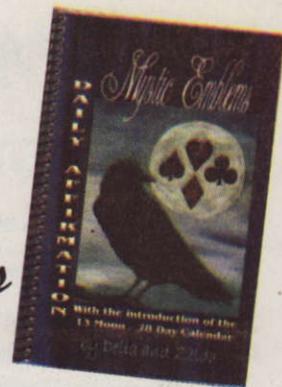
Beginning Practices for Physical, Emotional and Spiritual Fulfillment

Reginald A. Ray, Ph.D.
from www.SoundsTrue.com

Great set of ten audio's CDs that I listened to while driving and I really liked a few key points that would deepen my breathe work, so I could feel where I hold tension. Sometimes I remember to practice his techniques if I wake up at night and want something to do so I can go back to sleep.

Reggie Ray is an esteemed meditation teacher and Tibetan Buddhist scholar who is skilled at taking his listeners on an inner journey. He uses several techniques that he learned during his 20 years of teaching students.

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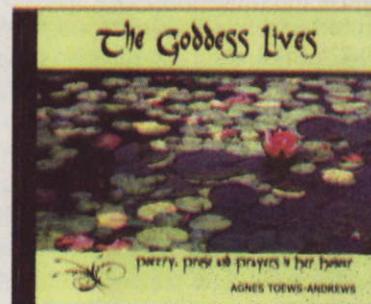
Daily Affirmations

by Delia and Zelda

www.mysticemblems.com

Interesting is the best way to describe all the information this little booklet provides by a local author. She explains the history of the Gregorian calendar and why it is out of synch with the moon cycles. The 4 x 6 inch booklet provides an affirmation for each day based on the moon cycles.

It works with our Birth Card, Karma Card and Planetary Ruling card to help one understand our daily struggles. She says "We need to place the Thirteenth Moon back into our consciousness, without it we remain trapped in the confines of 'artificial' time and we are suppressing the creative principle of Mother Nature."



The Goddess Lives

Poetry, prose and prayers in her honour
by Agnes Toews - Andrews

www.redtuguebooks.ca
www.isismoonpublishing.com

This book has bits of poetry, snippets of myths, stories of sites of ancient goddess temples, her adventures of discovering goddess energy and the places where she felt that energy the most strongly. Some of the stories are visions mixed with history and then we have her insights, including an outer space journey.

The Colored Classified Pages

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Harold Siebert, founder of the Zen Shiatsu School, is proud to announce that Norma Smith of Agassiz, B.C. has completed the teacher training programme of the Shiatsu Full Body treatment, and is now a Certified Teacher with the Zen Shiatsu School. Norma has been a Shiatsu Practitioner for over a decade and will bring to her classes a richness honed by her years of experience as a bodyworker, a registered Aromatherapist, energy worker, and specialised kinesiologist. Congratulations and best wishes, Norma!

Norma may be reached at 604-316-0013.



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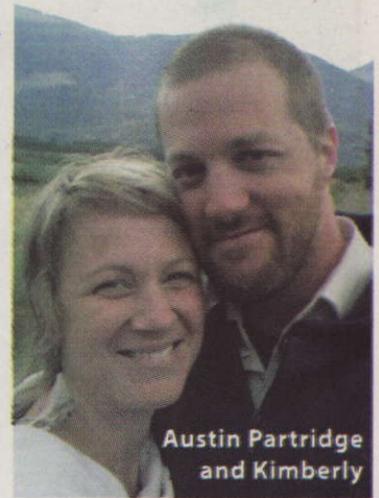
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Six years ago I picked up twenty-five copies of my self-published book *Island Time* from the printer, in awe of the results of no-limit thinking as I walked down the street, beaming with pride at my ability to manifest thought into form. Six years before that, I had sat down in front of my computer on a whim and began typing away in my humid apartment in Victoria.

Ghostwriting, designing, printing and/or publishing books for healers, educators, non-profits and entrepreneurs has grown out of my motivation to help and empower these movers and shakers to share their message with the world. Confidence to follow any creative path is fueled by self-appointed permission. Experiment and play with your material of choice; my mission is to publish articles and resources to inspire and empower you to package and market your creative multimedia.

Volunteering at Johnson's Landing Retreat Center led me to Angèle, with whom I shared my desire to publish my own magazine, a dream frozen in the icy fear of failure for the past five years. When she simply suggested I follow in her footsteps and leap off the cliff, a light went on. I am grateful for her guidance and for the support of my advertisers. Let me share your story or promote your creative work, studio, tour, festival, store, business, vision or organization in the next edition, coming in February 2011. My phone number is 250-352-0770 and my email is austinpartridge@gmail.com. May you enjoy my contribution to this issue of *Issues Magazine*!



Austin Partridge
and Kimberly



I was living in White Rock, a young, single mother of two in the early 1980's, when I made a life commitment to painting and potting. A director from Surrey Parks and Recreation Adult Education Programs, Diana Juilliusson, hired me to teach watercolor classes and I loved that I learned so much, both about watercolor technique and myself through teaching other people. It excited me to turn on other people's "art spirit" and to see the lights go on when they mastered new techniques.

In 1986, with the dream of creating an Art Retreat, I married and moved my family to Echo Bay on Gilford Island. We have over 1300 square feet of studio space in two rooms, one a fully-equipped painting studio set up for all drawing, watercolor and acrylic media as well as a complete pottery studio. With our electric and propane fired kilns we can work in various ceramic modes including raku, stoneware and porcelain reduction fired pottery and electric fired crystalline glaze technology.

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An interview with Uncle Steve

aka Derek Stephen McPhail

Creative Culture: Who are you and what do you do?

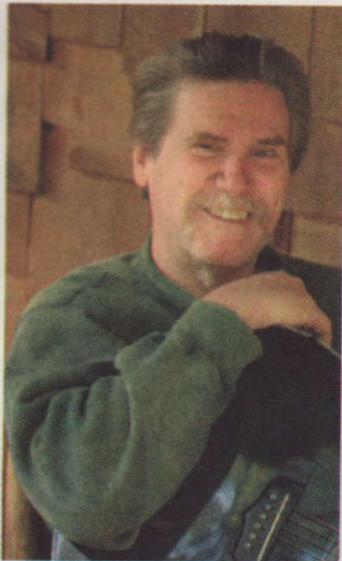
Uncle Steve: I am a Canadian Métis, born at Sault Ste. Marie, northern Ontario. Over the past ten years, I have been active as a project coordinator with Frontiers Foundation, a non-profit Canadian Aboriginal organization. This fall, I recently completed three music CDs and am currently tying up the loose ends of the production of a friend's CD/DVD project, upgrading my website and completing a Frontiers promotional video. I am primarily a singer, songwriter and guitarist. Currently, I am developing a western feature film screenplay called "The Outlaw Trail."

CC: Tell me more about how you got involved with the Frontiers Foundation.

US: In the late 1990's, I met Charles Catto, the founding director of Frontiers Foundation Inc., in Toronto. Frontiers Foundation partners with Canadian Aboriginal communities, primarily focusing on home and community construction projects. I was impressed to discover Charles had recognized how Canadian Aboriginal people need to build their own homes, instead of relying on government contractors. For 48 years, Frontiers has struggled, with minimal help from the government, to support Aboriginal communities to become economically self-sufficient. With the support of volunteers and the donations of building materials and portable sawmill technology, things can now only get better. Only recently has Frontiers had the budget and staff to begin properly marketing its activities. In the summer of 1999, I gave up good paying work as a staging technician and began work as a volunteer project coordinator for Frontiers Foundation.

CC: You were recently introduced to the Okanagan Band Council by your friend Edwin Kolausok, their Director of Economic Development, in Vernon. It seems they are interested in possible future collaboration on log home construction training and possibly other programs you have been developing, in support of energy self-sufficiency. This has led you to develop a plan for green energy farms. Can you tell me about that?

US: My Green Energy Farm proposal, encouraging energy independence, began with an earlier Hemp Works proposal. Canada still lacks the hemp processing infrastructure to motivate more farmers to grow industrial hemp crops, despite its wonderful attributes and usefulness. My idea was to design and develop decentralized preliminary processing facilities across Canada in First Nations communities. Despite hemp being a natural fertilizer and originally useful for the manufacture of paper, linen, fibre-glass, canvas, rope, etc., it is also the crop with the highest yield per acre of organic biomass, ideal for cellulosic ethanol production. The Canadian



federal government has been very slow to support Canadian companies who have been pioneers in the development of the cellulosic ethanol process, as a form of clean energy. This process uses natural enzymes to break down compost, wood chips, and organic municipal waste into sugar that can be distilled into ethanol, the cleanest burning, non-toxic fuel alternative to petro-gas. My interest in bio-fuel evolved into the Green Energy Farm proposal, including other green strategies.

CC: Back to your music, how long have you been playing music and how did it all begin?

US: On my tenth birthday, my parents bought me a cheap Stella guitar and guitar lessons with a middle-aged matronly neighbour, named Mrs. Tallon. She accepted me into her beginner guitar class, and surprised me and my classmates with her soulfulness. Over the years I've been active as a singer/songwriter/guitarist and actor in theatre and film. However, it has been difficult to support myself as a performing artist.

CC: What led to your musical collaboration with Eduardo Teja?

US: Fifteen years ago, I met Eduardo through the garage-band.com website, which encourages musicians to write reviews and develop creative relationships. Ed later started his own publishing company, Float Street Music, and I became his first client. Our mutual interest in sailing inspired my solo acoustic sea shanty CD, "Sea Fever."

CC: How did you get into producing video and what is your favorite part of the process?

US: I began working as a script editor, producing corporate training videos and interactive laser discs for a consultant firm, before dubbing music videos and TV commercials for City TV's Much Music. I enjoy the complete process of photography, sound score, editing, design and packaging of DVD projects. Go to www.beerweazl.com and check out my body of work, including my latest CD releases: *Spirit Warriors*, *Canajun Blues* and *Pargo Rojo*.

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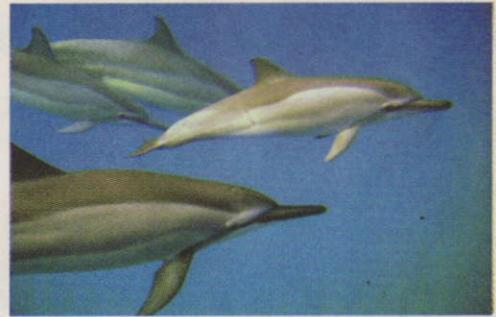


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This cherished memory, along with many other magical moments swimming with my friends the Dolphins, is now placed into my treasure box of Joy. Joy is the highest vibration of energy. These joyful memories are part of my medicine to carry me through life's heavier moments. We are often tested. Some of these tests are small hurdles while others contain a force that literally knocks us off our feet. We have the choice in how to perceive any given circumstance and we can implement it, find the lesson or the good and transcend what no longer serves. Our challenge is to remember the Divine Essence of whom and what we truly are; to be the Master of circumstance and to stay in balance no matter how dark things seem.

I choose to remember the Joy! This is not to say I ignore challenges for they are but opportunities to evolve and grow. I choose to see that there are no problems, only solutions. We all have Free Will. We live in a world of duality – masculine and feminine, good and bad, light and dark, hate and love, and so on. We are the Writers, Directors, Actors and Editors of this Play called Life. We live in what has become a material world and it is our journey to find the balance of the Spiritual and Material. What brings you joy? I encourage you to find and follow your joy!

HANNELORE is a Spiritual life coach, gifted intuitive, international speaker, author, teacher and Ordained Interfaith Minister.

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