

February  
& March  
2011

# ISSUES

for EMPOWERMENT

MAGAZINE ESTABLISHED 1990

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Tara carved in Limestone  
(Goddess of Compassion)



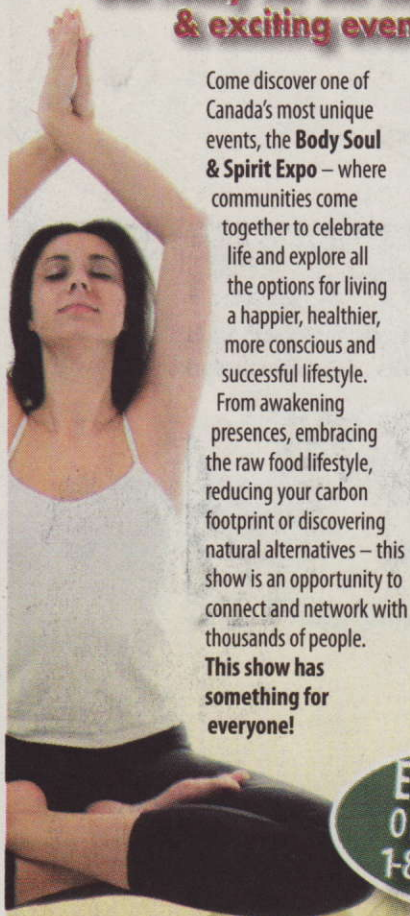
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## OBITUARY FOR THE RULE OF LAW

Rule of Law – Born June 15, 1215, died December 13, 2010

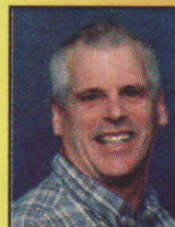
by Shawn Buckley for the NHPPA – [www.nhppa.org](http://www.nhppa.org).  
The NHPPA is a proud sponsor of the Charter of Health Freedom – [www.charterofhealthfreedom.org](http://www.charterofhealthfreedom.org).

It is with sadness and the deepest of regrets that we announce the death of the Rule of Law in the area of consumer products. Born in England with the Magna Carta, the Rule of Law immigrated to Canada and flourished. She influenced Courts and politicians alike. Despite the odd set-back, everyone thought she was alive and well. Her influence seemed to be widespread, supported by Canadians from coast to coast who enjoyed the protection from state excess that she provided. At times great fanfare accompanied efforts to ensure that she would live among us forever. Most notable of these efforts was the Canadian Bill of Rights in 1960, and the Canadian Charter of Rights and Freedoms in 1982.

In retrospect it is clear that the environment that led to Her death was the complacency of the very citizens she was so diligent in protecting. We so believed that she would be among us forever, that we were not watching to see that she was in danger. Sadly the danger struck quickly. With the exception of brave Liberals in the Senate, all four parties in Parliament rammed the Consumer Product Safety Bill (C-36) through Parliament in record time. The Rule of Law was blindsided by the Bill, and despite efforts to revive Her, She was declared dead by the Senate on December 13, 2010.

With Her passing, the state can now take control over private property in the area of consumer products, and in some cases keep the property, without any Court supervision of any kind. This can be done in secrecy, so that the rest of us will not know of families being destroyed by unchecked state discretion. State discretion without independent Court supervision (see the definition of Tyranny in any dictionary) is the anathema to the Rule of Law, and led to her demise.

The Family, the grieving citizens of Canada, requests that instead of flowers, donations be given to those groups seeking to preserve the few fundamental freedoms that, although under attack, are still on the endangered species list.



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Feb. & March • April, May & June  
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## Musing

with *Angèle*, the publisher



The front cover photo is a statue of Tara on a wintery day. What an honour it is to have her in our care and so glad she has a roof keeping off the snow. Over the years I have found only a few statues of her and the detailed carving in this one is exquisite. She is carved in limestone and it took four men to put her in our truck. She is a female Bodhisattva also known as the "mother of liberation," and represents the virtues of success in work and achievements. Taras come in a variety of colours, each representing various aspects of life. This statue was carved in Bali where she has a history similar to the Buddha. They believe she helps us develop inner qualities so we can understand the teachings about compassion.

Richard and I have morning meetings with the Retreat Center crew and volunteers, it helps us to connect and find out how everyone is doing and what we are doing. We also choose an angel card and talk about what it means to us. The angel cards are from the Game of Transformation, developed by two women, Kathy Tyler and Joy Drake, who lived at the Findhorn Foundation in Scotland in the 1980s. The cards were used there to encourage people to talk about what they were needing and feeling.

Each month, www.innerlink.com emails me the angel of the month for the world. January's angel is the Angel of Compassion. The email is complete with a description of what compassion means ... an energetic emanation from the essential part of us that holds the 'will to good.' The email continues, "Everything we touch is imbued with our signature. The more intentional we are, the longer our signature lingers and the greater the influence of our touch. The same is true of our thoughts and feelings: the stronger and more repetitive they are, the longer they 'live.' Cultivating our compassionate nature nurtures our ability to be with what is. It gives us refuge from our judging minds and allows our hearts to open. Without compassion, we cannot see the truth and pass through the suffering to trust in a greater reality. The cultivation of compassion is a life-long practice. For this month, practice the art of compassion through touch, thought and feeling, with the intention of leaving an energetic signature that animates the 'will to good' and love for humanity."

We are living in a time of unprecedented opportunities to evolve spiritually. It is a turning point that requires each of us to release what no longer serves us. By continuously choosing to shift into the present moment, we let go of our history and allow it to transform. Learning new tools that strengthen our inner presence can move us forward with clarity, compassion and confidence.

Each month, there are so many issues that could be spoken about. Musing means to think deeply, so what is my reflection of the world this month? We know that change is the only constant in our lives and, as Ghandi said, we need to be the change we wish to see in the world. I watched his autobiography twice over the holidays and felt his commitment to stay honest with himself and his oppressors. "Never give in and never give up" is one of his non-violence principles. Several times during the movie, he makes the statement, "maybe the people are not ready" (to have compassion for their aggressors).

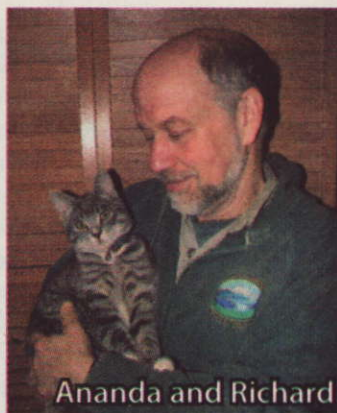
Nelson Mandela says, "The truth is that we are not yet free; we have merely achieved the freedom to be free." I am not truly free when I take away someone else's freedom, just as surely as I am not free when my freedom is taken from me. My mission is to liberate the oppressed and the oppressor alike. For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others. The true test of our devotion to freedom is just beginning.

*continues on page 6*



# STEPS ALONG THE PATH

## THE GAS STOVE



Ananda and Richard

As long as I can remember my family always had an electric stove for cooking. You would turn the dial and slowly the flow of electric current through the resistance of the heating element would heat the pot, kettle or pan. I never really thought about it much, as long as it cooked my food it was fine with me. Everyone I knew, up to that point in my life cooked on electric stoves... that is except my friends Sharon and Jack.

One time when I was over at Jack's apartment his wife Sharon was heading out the door to go shopping. Just before she left she said that we were to turn on the oven at 4 pm so that the chicken would be ready for dinner. Meantime Jack and myself were getting stoned and telling stories and jokes out in the living room. Well somewhere near or just after 4 pm we managed to actually remember that we were to turn on the stove. I told Jack I wanted to get a drink in the kitchen so I would turn on the stove while I was there. I wandered into the kitchen got a drink and just like I would on an electric stove I turned the dial to 350 degrees.

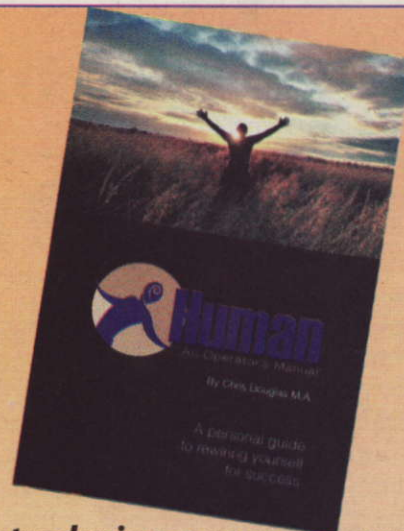
It was quite a while later that we started to smell something... and it did not smell like chicken. So I went back out to the kitchen and opened the oven door. Much to my surprise there were the chickens laying in their pan un-cooked. So I closed the oven door and pondered what to do. My analytical mind deduced that perhaps the oven was not working so I decided to test the burners on top and see if they worked. Well I reached over and turned on one of the top burners and it lit. It was a good thing that I was relaxed because the next thing I knew there was a huge explosion, the oven door blew open and ball of fire came out. The force of the explosion threw me against the kitchen wall, from which I slid down to the floor in total amazement.

Meanwhile Jack who was still sitting on the couch when the explosion took place, was bopped on the head by a large picture that had been hanging on the wall above the couch. He ran to the kitchen where I sat on the floor staring at the two naked chickens lying on the kitchen floor with my eyebrows singed off and we both started laughing.

Times have changed, I no longer get stoned or eat chicken but one thing I really like is gas stoves, I swear by them, as far as I am concerned it is the best way to cook... especially if you know how to light them.

The chicken episode at Jack's was obviously not my time to depart the planet so here I am still learning about life and realizing that the more I think I know, the less I really know. More footsteps on the path towards the unknowing.

**Namaste Richard**



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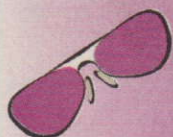
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*Musings continues from page 4*

Another great quote that took me awhile to understand was, "When a butterfly flaps its wings, the world feels it." To our mass culture, the Butterfly Effect has become a metaphor for the existence of seemingly insignificant moments that alter history. If we are the ones we have been waiting for and 2012 marks the shift towards a golden era as a new consciousness, then each human probably has a lot of work to do.

A good book to help us make an informed choice and offers many points of view is *Healing Our Planet, Healing Our Selves, The Power of Change Within to Change the World*. It has over thirty well-known thinkers with about ten pages each explaining how this theory works in their lives and how they have changed their thinking. Meditation, breath work and becoming aware of how one feels are all so important.

Observing my own behavioural patterns is something that appeals to me and is amplified by having a husband. Patterns that seemed subtle, are now felt more clearly. One pattern is a restless feeling in my stomach shortly after beginning another edition of Issues magazine. I start nibbling on sweet foods when I am not even hungry. Once the magazine takes shape, a glow happens inside of me and I am glad I worked through my frustrations. Travelling while doing the distribution and visiting people is a natural high that is much more enjoyable than tapping these computer keys.

Writing this column provokes a similar restless energy because I seldom know what I am going to write about. The muse in me struggles, for it takes much of my time to get down to creating. Often I start with someone else's thoughts that resonated with me, then I rework the piece ten times until the ideas come and it sounds okay. Then Richard and Diana edit it, with me getting in the last word. I am often surprised at how much better things can be said. I am getting better at catching myself repeating an idea because I really want you to understand something important.

It is now getting late and it is time to fill the wood furnace and go to bed. As I push down the damper I muse to myself, for I see another pattern ... If the fire burns too fast, it goes out and it takes time to re-light it. If it burns too slowly, it will cause smoke and chimney fires. The fine line of experience has taught me, via noticing the embers, that life is a reflection of my daily doings and beings. Finding that balance point is something I aspire to and feel I am getting better at.

I just finished the programming for the Spring Festival of Awareness. It is a weekend event with over forty instructors and healers who are very willing to share what they know. It is also a celebration and an opportunity to be with like-minded souls who are generating the energy of change. This will be my 23rd time co-creating this event, and it has changed me deeply. Richard has also finalized the 2011 Johnson's Landing Retreat Center program, so please go online for a complete description, or read the workshop titles on page 34 in this Issues. I highly recommend attending either of these events as a way for us to grow ourselves and blossom into the person we came here to be.

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Angele - -



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None of those issues are THE problem...

Psychology, psychotherapy, spirituality, self-help, friendly and not-so-friendly advice all have been touting for hundreds of years the secret to fixing the critical beliefs that dictate our health. If wrong beliefs were the problem, then fixing them would result in healing the issue. Despite all these efforts, things are getting worse:

- According to the CDC, there is more heart disease than ever before.
- Everyone knows someone with cancer.
- Suicide rates are increasing, especially among teenagers and senior citizens.
- Obesity is at epidemic proportions.
- Autoimmune disease has created the largest hopeless and helpless community in America.
- Mental health patients are weary of the treadmill of medication band-aids.

The healthcare or perhaps rightfully called, sick-care, nightmare is a daily headline news story. WHY?

It is a well-known fact that conventional cancer therapies treat only the symptoms of cancer, rarely the cause of cancer. Even the best alternative cancer therapies that do treat the cause, only manage to eliminate the physical causes of cancer. However, there are 3 non-physical causes of disease that also need to be addressed in order to achieve COMPLETE health restoration -- especially if you or a loved one suffers from CANCER.

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## Do You Love Your Children?

By Karen Coogan

In one of the many workshops I attended in the pursuit of spiritual understanding, I found myself challenged by a very simple question. "Do you love your children?" This was a no-brainer for me, "Of course I do!" My next thought, "What a ridiculous question!" Then the facilitator's next statement toppled every other thought from my mind. "You do not love your children; you just love the way they make you feel!" Could this be right? When I thought about my children I did feel warmth, fulfillment, and a connection like I had in no other relationship. Did I love the feeling or my children? Suddenly, I became like a dog with new bone. The thought that I loved the way I felt rather than the object of my affection, my children, was a new concept and one that I would have to uncover my own truth about.

This voyage of self discovery led me to examine love – Is it possible love is only an emotion we feel, and not something more? I had been trained to work with the healing power of love, and understand that love can heal all wounds. From this understanding, love had to be something more than an emotion. The Golden Rule of the New Testament teachings of Jesus is to "Love your neighbour as yourself." So what is love? One of the oft quoted definitions of love comes from the letters of Paul, 1 Corinthians 13:4-7 "Love is patient and kind; love is not jealous or boastful; it is not arrogant or rude. Love does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrong, but rejoices in the right. Love bears all things, believes all things, hopes all things, endures all things." This definition was much closer to my own experience. So I continued to ruminate. What was love to me?

I could agree it was a feeling. It was warmth within my heart, an assurance and rightness. It was an ever-present background to all of the difficult times, especially those times when I did not like what I was feeling: When, as a new mother, I was so tired and unsure of the right things to do for this tiny being. When the demands of being a mother overwhelmed me and all I wanted was time away from my children, and then felt guilty for even wanting such a thing. When, as the children grew and asserted their desires, I had to learn to respect their individuality, even though it challenged my own wishes for them. I felt rejected and no longer needed as they left home and began making their own way in the world.

Throughout this, love resided within me. My understanding and realization of it grew and changed, but I could still sense it as a vast ocean of comfort, a refuge, and a source of inspiration, keeping me moving forward, especially in the most difficult times. I had an awareness of something beyond myself and whatever was going on at any particular time. It came from deep within me, a vast knowing – that no matter what they did, or how I was feeling at the time, there was something beyond feeling – a Presence and certainty that I regard as the divine, capital letter L' Love.

From this space of Love, I found patience to wait and



know that the situation would change. With loving patience I found kindness and generosity within me once again and was able to see the situation from a different perspective. Love helped me to bend and be flexible in the face of change. It wept for the injustices of life and rejoiced in the achievements. It believed in the best and hope shone within me. It was above all, enduring, ever-present and sustaining. This understanding of Love was my truth. Whether my feelings were of despair and fears that I was unable to meet the demands of motherhood or feelings of pride as I followed the progress of my children and rejoiced in their accomplishments, they were feelings that existed within the greater reality of Love.

The questioning of what is love has been a useful checkpoint for me as I continue learning and expanding my spiritual understanding. Love can have as many interpretations as there are people to express it. Yet, when what you're feeling comes from that deep inner connection, you have arrived at a metaphysical truth. Whether you call it Intuition, Guidance, Knowing, The Universe, Divinity, Spirit, Yahweh, Krishna, or God, Love is the Presence of God residing within you.

Ultimately, everything you experience is filtered through your senses and what you feel, in an absolute sense, can be viewed as the motion of Love moving through you. I found my truth, and affirm Love. I love because I am this vast ocean of loving experience. I love, in spite of what I am feeling. I love because I am a reflection of the Universal truth of Love - Love as an expression of the One Presence within us all.

*Karen is presenting at the Spring Festival of Awareness  
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*See article on page 22 and 23 about Seed  
Saving and the Travelling Film Festival.*

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A year ago I received my Reconnection. When I read Eric Pearle's book *The Reconnection* I realized that it was something I'd been waiting for. I liked the idea of aligning myself (body and spirit) with the new energies on earth so I made a commitment to myself and to God/The Universe/All that Is ...to help usher in these frequencies.

These new frequencies are said to contain energy, light and information available to all. In the seminars, I was told that the Reconnection is similar to computers, we need to upgrade our hardware (the body) so that we could use the new software (energies) and then receive regular and automatic updates!

Can you feel this new energy coming to earth? Know that the chaos is a sign of the times. Having a Reconnection will help you step fully onto your path by removing obstacles to your 'Shift.' My clients go forward at an accelerated rate. Often physical healing accompanies this new sense of freedom and alignment with purpose. The Reconnection is for everyone who chooses to be a beacon of light.



# College of the Rockies

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After ten years the popularity of herbal education at the College of the Rockies Creston Campus continues to grow. It all started back in 2001 when COTR recognized that there was an increasing interest in educational opportunities for students wishing to take training in herbalism and natural medicine. As a result the Practical Herbalist Program was launched - a 10 month classroom program that incorporated home study and classroom time. Students attend one weekend per month and then are given assignments to complete during the month between classroom sessions. This has allowed students from all over the Kootenays, and as far away as Alberta, to attend classes, while continuing to work and care for family.



We are extremely proud of our courses and the students who have taken our programs. Many of our graduates have gone on to open their own herbal consulting service or apothecary, produce their own herbal products, work in health stores or as

sales representatives. for companies producing herbal products. Others are growing herbs to either sell in plant form or to sell to suppliers. Some have gone on to take further training in

related fields such as massage therapy, midwifery and aromatherapy and have combined these with our training to further expand their career opportunities. Others have simply used their new found knowledge to care for their family and friends. Whatever our grads choose to pursue we know that they do so having received some of the best training available in Canada.

The next classroom course is set to start at the end of February 2011 and the online classes accept students throughout the year. To learn more about these exciting programs please call **1-866-740-2687** or visit our website at **[www.cotr.bc.ca/creston](http://www.cotr.bc.ca/creston)**.

Response to the program has been overwhelming over the years and in January 2005 an online version of the Practical Herbalist Program was developed. The online course has allowed students from all over Canada, the United States and even South America to expand their knowledge of herbs and has seen some embark on careers in this field. The online version has since been further extended to include a version specifically designed for healthcare professionals looking to broaden their knowledge of herbal medicine.

The Practical Herbalist program was developed and is instructed by Rachel Beck BA, CHT, DiHom, a clinical herbalist and homeopath with an extensive background in natural medicine. She is a consultant to the health food industry, co-owner of a company producing herbal-based products, writes on natural health for magazines and newspapers, and teaches natural health courses.

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# Your Life Is A Reflection of Your Core Beliefs

## IS THIS YOU?

Today, I am a happy successful woman. 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 the age of six, 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.

## WAS A GOOD BEGINNING

Conscious awareness was an important 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.

## BUT I NEEDED TO GO TO THE CORE

Also very important for me was a method that was gentle. Reliving past 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, whose changes were fast, lasted and grew stronger over time. Although sceptical, I booked two sessions. Using gentle, non leading questions, the practitioner helped me to build a goal for the session, access the part of the subconscious holding me back and negotiated its total acceptance and support. "I love me", "I can do anything I choose", "I trust myself" and many others were enthusiastically supported and encouraged, as was a transformation of the old beliefs, thoughts and emotions, down past the level of my cells. Results have been so impressive that Core Belief Engineering is one of the few alternative colleges that have earned accreditation by PCTIA.

## 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 strength, intelligence and creativity was moving in the same direction, toward the same adult choices. Harmony created and continues to create enhancing relationships, love, trust

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Ask yourself what are my negative beliefs about Love? Men? Women? Relationships? Myself? Abundance? Whatever you believe you will create then the experiences become evidence that what you believe is true.

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## Living and Creating at a Retreat Centre

by Annette and Brian at Quantum Leaps Lodge

Do you ever envision yourself living, working, playing, creating, and 'being' in the beauty of nature? Honouring in a sacred way, the beauty of the land and all that walk on her. Living in a higher vibration and being of service? Many people say to us "Wow, you are living my dream" or "You are so lucky to live and work where you do", or "I'm thinking of starting up a Retreat Centre too." Yes please do and let us know how we can help you. They wish to be of service to others. Now when we are talking service / work we are really talking about 'creative projects.' The word 'work' is not in our vocabulary. Living in a sustainable community shifts the focus from me to we. The life and creativity experiences are phenomenal and the lifestyle is amazing when you make this choice. I say lifestyle; for that is truly what it is.

Being at a Retreat Centre is not your average 9-5 job, where you go home at the end of the day. It is much more than that. Usually the location can be fairly remote. As a staff person, it helps to love nature and its peace and solitude. You also need to love people and be 'present' for them through their joy and their pain. To take a long walk at the end of a day is a wonderful way to unwind from a busy day. For sometimes those busy days can be spent holding space for a group of people on Retreat, or a day spent weeding in the garden, or a day house cleaning or cooking.

So many times at Retreats, we get to wear many hats. No day is ever the same. From answering phone calls, to guest services, to cooking a meal for everyone, to being part of a new project, or on marketing initiatives. You need to be self motivated and organized to keep things moving forward! So as a staff person there is a willingness to do everything that needs to get done to provide the space for the guests to have a wonderful experience. Two key traits that we look for in a Staff Person are integrity and skills!

Living and working at a Retreat also allows for your own personal growth and evolution. For as you provide space for others to find healing, you too can experience healing. Living in community requires a willingness to communicate, to express your feelings, and to know love and acceptance. In our experience with staff, we become many things to them; their boss, their landlord, their father figure, their mother figure, and/or friend too. It is a dance that we dance everyday.

We've had experiences where some WOOFERS' stayed only two days (it was too quiet) and many times they came for two weeks and stayed two months and it was just what they needed for their evolution, a perfect fit.

So if you are considering living and playing at a Retreat Centre, know that there are many opportunities awaiting you; from taking part in Retreats yourself from Fire Walking to Sweat lodges, to living and playing in the outdoors, to developing a morning practice like Yoga or Meditation, and of course to being a part of a community for awhile. So... look at where you are at in your life; will it be a fit? Do not go there to escape something in your life, go there because you wish to be of service to the higher good. Go there to be in nature and to enjoy peace and quiet as well as chaos and busyness! Be ready to play, laugh, cry, love, and celebrate! This lifestyle

choice is rewarding and beautiful. Be in the Sacred and if you are meant to be there, spirit will be guiding you! Come on a beautiful quest and support the change in the world and the change within yourself! *see ad*



### Quantum Leaps Lodge

is looking for an individual or couple with skills, energy, and integrity to come and create and to be of service with us at our Retreat Centre.

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# Food for Thought

by Marion Desborough



*I recently became aware that Monsanto, the company who first used Aspartame as a sweetener is now redefining things to suit their purpose and calling it Neotame. Here is the article by Barbara H. Peterson*

Just when we thought that buying "Organic" was safe, we run headlong into the deliberate poisoning of our organic food supply by the FDA in collusion with none other than the folks who brought us Aspartame.

NutraSweet, a former Monsanto asset, has developed a new and improved version of this neurotoxin called Neotame. Neotame has similar structure to aspartame — except that, from its structure, appears to be even more toxic than aspartame. This potential increase in toxicity will make up for the fact that less will be used in diet drinks. Like aspartame, some of the concerns include gradual neurotoxic and immunotoxic damage from the combination of the formaldehyde metabolite (which is toxic at extremely low doses) and the excitotoxic amino acid. ([Holisticmed.com](http://Holisticmed.com))

But surely, this product would be labeled! NOT SO!!! For this little gem, no labeling required. And it is even included in USDA Certified Organic food. The food labeling requirements required for aspartame have now been dropped for Neotame, and no one is clear why this was allowed to happen. Neotame has been ruled acceptable, and without being included on the list of ingredients for USDA Certified Organic food items. Let me make this perfectly clear. Neotame does not have to be included in ANY list of ingredients! So, if you buy processed food, whether USDA Certified Organic or not, that food most likely will contain Neotame because it is cost-effective, and since no one knows it is there, there is no public backlash similar to what is happening with Aspartame. A win/win situation!

But that's not all. Just love chowing down on that delicious steak? Well, that cow most likely will have been fed with feed containing.....you guessed it..... **Neotame!** A product called *Sweetos*, which is composed of **Neotame**, is being substituted for molasses in animal feed. *Sweetos* is an economical substitute. *Sweetos* guarantees the masking of unpleasant tastes and odor and improves the palatability of feed. This product will be economical for farmers and manufacturers of cattle feed. It can also be used in mineral mixture," said Craig Petray, CEO, The NutraSweet Company, a division of Searle, which is a part of Monsanto.

Why would we feed animals food that is so distasteful that we have to mask the unpleasantness with an artificial sweetener? Most animals will not eat spoiled, rancid feed. They know by the smell that it is not good. Enter *Sweetos* (Neotame). Just cover up the unpleasant tastes and odors, and you can feed them anything you want to, courtesy of the oh, so considerate folks at Monsanto and company.

So what is the solution to this problem? Buy local organic food, know your local farmer, and don't buy processed foods whether they are labeled "Organic" or not. This requires a change in lifestyle that only some are willing to make. For those who choose to ride the wheel of chance by succumbing to this genocidal adulteration of our food supply by those who stand to profit from our sickness and early demise, my only comment is....it is your choice, but it effects us all. For those of us who have decided to fight this battle, one bite at a time, lets hit these sociopaths in the pocketbook, where it hurts.....viva la revolution!

*Barbara Peterson lives on a small ranch in Oregon where she raises geese, chickens, and horses. She says rural lifestyles are being threatened by a combination of increasing Federal regulations and corporate shenanigans such as NAIS and Monsanto's invasive GMO technology designed to make it next to impossible to raise animals and organic food.*

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# Life is Too Short Not to Love

I think most people will admit that our lives have become too busy. Sometimes it can feel like there is not enough time in the day to get all of the things done that are on our expanding list. Special occasions seem to sneak up faster each year. Some scientists claim that time is speeding up and research indicates that we are sleeping less, working more and juggling too many priorities. Family therapists advise us that our relationships are not receiving the attention that they deserve. The high divorce rate could be an indication that our priorities are out of balance. The following story reminded me about the importance of expressing unconditional love.

Marcy and Rick had been through a lot together in their relationship. They shared happy moments, loving memories and fond experiences. They also faced challenging obstacles to their love bond. At times, they disagreed about money, they had conflicting priorities and sometimes, they said things they wished they could take back. Their relationship was typical of a couple learning about love. Their most important love lesson occurred during Marcy's fight with cancer.

It was a fast track from diagnosis to bedside mourning in a matter of weeks. Rick clung to her side and whispered loving messages. Marcy struggled to respond, but her ability to share her words were choked off by the cancer's stranglehold on her vocal chords. He would lean closer trying to hear her muffled words. He reflected on the times in their relationship, when he deliberately tuned her out. Now he would give anything to tune into her message.

On their final day together the hospital room was filled with loving family and close friends. As Rick and Marcy shared their final moment together, she opened her eyes wide and bright, she drew her last deep breath and she said very clearly "I Love You". The room fell silent as those loving souls witnessed a miraculous end and a powerful lesson in love.

Our intimate relationships need to be nourished with lots of love, laughter, playtime, adventure and romance. We are truly blessed to be able to experience intimate love and to honour this gift making more time for love is important. It is also a time to forgive and heal those relationships that are holding us back. When it is time to separate, then it must be done with love. Relationships never end; they just evolve with our intentions, thoughts and actions. An "Ex" is an experience in love and the lessons learned, so we can become better lovers. Our time in between relationships is an opportunity to develop self-love. We cannot truly love someone, if we do not first love ourselves unconditionally.

Right now our world needs lots of love. This year we could all benefit by adding more, laughter, playtime and romance in our relationships because life is too short not to love!

*Dr. Bobby Love is the inventor of the Syncrohearts Relationship Game.  
see ad to right*



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## What if..... you could talk your clients through dissolving most of their own blocks?

by Sharon Porter

*[who is teaching at Kutenai Institute for Integral Therapies in NELSON • FEB. 25-27]*

What if you knew how to work the neurological physics of an impact or emotional shock to get the force vector to turn around and exit the body? What if you could, after the fact, "soften" the fall or impact and change the injury?

Once one understands the principles of trauma healing and how to use its language, timing, voice and energetics, a new world of possibilities opens up for practitioners and their clients. Trauma is defined as anything that is overwhelming enough that the nervous system is unable to discharge the adrenaline that came up for the emergency, perhaps because the something was too big, too fast, or too powerful, and often because the nervous system was already somewhat frozen by an earlier event and can no longer run or fight back the way it would want to. This nervous energy creates a whirling "trauma vortex" that causes us to "spin out", become ungrounded, have poor judgment, develop symptoms that usually get worse over time, and feel like we're crazy when we really aren't.

The body, meanwhile, keeps trying to finish off the movements or expressions it wanted to do to save itself in the emergency, resulting in muscles that tighten up. Trauma responses are controlled by the hind brain – the reptilian brain whose job is survival. Its language is sensations, so the first job is to get the client to be mildly curious about the subtle sensations going on inside. This seemingly simple noticing opens up neural pathways that allow shock, often in the form of subtle trembling, to gently leave the body.



*Sharon Porter, SEP, RCST, RPP, has been training practitioners since the '70's and combines Somatic Experiencing,® the craniosacral system, and electromagnetic fields. Her hands reflect changes in energy patterns while she is demonstrating, which enhances learning.*

### Introduction to Somatic Trauma Resolution for Bodyworkers. If there is sufficient interest, the author will return to teach a six-module training.

Students will learn to work with "frozen defensive responses" which are exhibited as antsy, restless or uncomfortable body parts – particularly limbs, facial expressions, and neck/head movements. The body first shows the client precisely what it wants. Then the practitioner guides the client to track sensations so the original shock discharges itself from the tissues. Approximately 80% of the charge is in the imaginal and preparatory (muscle engagement) stages, before one actually braces, pushes, bites, kicks, screams or runs.

**[Myrnamartin.net](http://Myrnamartin.net) & [HealthWaveInstitute.com](http://HealthWaveInstitute.com)**





## Blessings from the Year of the Rabbit

2011 embraces the energies of the Golden or Metal Rabbit according to the Chinese Zodiac. This period begins Feb. 3, 2011 and ends January 22, 2012. The Year of the Rabbit traditionally represents a focus on home and family, artistic and creative pursuits, and generally a peaceful year. The year of the Tiger was much more ferocious as it was filled with the energies of change and conflict. During the year of the Rabbit, we are given the chance to heal from the wounds of last year while we rest and recuperate, bringing our relationships to a more balanced place.

The Tiger incorporated the Yang or male principle whereas the Rabbit is considered the symbol of the moon and represents the Yin or female principle. The Yin spirit is said to signify magic and since the Rabbit is said to possess the moon this means we are in for a year of wishes coming true. People will find themselves pursuing their dreams, dreams that have been buried for years may resurface.

To connect to the energies of Rabbit, we look at the cycles of Grandmother Moon. At the new moon, we pray for new beginnings. At the full moon we pray for help to let go of and/or complete something in our life. Rabbit is the animal spirit that represents the Stone of Growth on the spirit pathway to the South of the Medicine Wheel. Working with Rabbit we learn not to fear growing beyond our present boundaries. Rabbit has been associated with fear because it freezes, when danger is near. This natural defence mechanism reminds us to trust our instincts to guide and protect us.

Rabbit is a master at procreating so expect fertile energies and auspicious times for the creative arts... music, painting, writing, dancing etc. Creativity is God energy flowing through us, shaped by us, like light flowing through a crystal prism. This year we will have the opportunity to become a channel for Divine expression.

On a health level the Rabbit signifies holding on to our emotions, so try not to be overly sensitive and deal with stressors in a healthy manner. Rabbit energy can be somewhat anxious and over zealous and this built up nervous energies can diminish our immune system, especially in relations to allergies, so get plenty of rest.

The metal aspect of the Rabbit brings in strength, resilience and determination. Rabbit is the fourth animal in the twelve year cycle, interesting that numerically 2011 also equals a 4 year. The repeating number 4 brings the message of balance. Roots and stability is the focus for home and family this year.

Globally we will see people becoming more sympathetic and reaching out to help those less fortunate. Diplomacy and international relations will be given priority. Personally there is a feeling of gratitude for the gifts of our life including friends and family. When we feel the quiet, positive and creatively inspiring energies we are in balance within the flow. The Golden Rabbit year brings us the opportunity to develop a slower more peaceful lifestyle, just don't try to force it.

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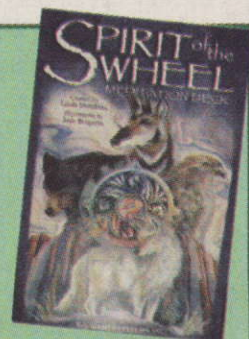
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# Thyroid Functioning

by Dr. Ursula Harlos

Thermographs accurately monitor the condition of the thyroid gland and this is important to determine if it is functioning in the proper range. 10-15 years ago medical statistics indicated that over 60% of people in North America had a low (hypo) thyroid. Today that number has risen to 90%. Not only will Regulation Thermography track this gland in a hypo and hyper range, but it can also detect whether you are in the sub-clinical range called Wilson's Syndrome, coined by Dr. Wilson after he realized that many patients have a low body temperature along with hypothyroid symptoms but the blood tests show normal. Research shows that about 80% of Wilson's Syndrome sufferers are women. The American Thyroid Association does not believe in his research and therefore it is not listed in medical dictionaries.

I have seen patients with normal blood tests displaying hypothyroid symptoms. The thermograph is very accurate in detecting their thyroid imbalance. What is the difference of these two approaches? One reason is that medical blood tests can't differentiate between real T4 and false T4 and so can be unreliable. T4 or thyroxine is the main hormone produced by the thyroid. It is attached to four iodine molecules and if you consume any fluoride (and to a lesser degree chlorine and bromine), the fluoride displaces the iodine and a "fake" thyroid hormone is produced. The blood tests can't tell the difference. Another problem is that this "fake" thyroid hormone which looks like the real T4 hormone in the blood test does not work! That means that your blood tests show normal but the body is lacking thyroid hormone. Fluoride and chlorine are in our drinking water, swimming pools and hot tubs.

Other factors that affect the thyroid gland include soy, certain pharmaceutical drugs, estrogen, nitrates, heavy metals (mercury and lead), pesticides, PCB's and dioxins, the condition of the gut as well as the adrenal/cortisol relationship.

Thyroid dysfunction affects the entire body including the

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What should you do if you are diagnosed with Hypothyroidism? The protocol of medical doctors is to put you on a synthetic thyroid hormone such as Synthroid (levothyroxine). The problem with this is that Synthroid contains synthetic T4. Since the active form of thyroid is T3 and fluoride prevents the conversion of T4 to T3, it is difficult to find the right dose. This problem is made worse because doctors are trained to find the right dose of Synthroid using blood tests which are inactivated by not only fluoride but other conditions as well. Therefore, these tests are often inaccurate! Another problem with this medication is its side effect. Research has shown that taking a synthetic hormone can lead to osteoporosis.

What are the alternatives? Some include dessicated thyroid hormone, homeopathic thyroid treatment, iodine supplementation, diet and environmental changes. All of these need to be coordinated and monitored by your health care practitioner as the thyroid gland is an extremely reactive system.

It is also important to monitor the adrenal glands at the same time as treating the thyroid. If there is a problem with the adrenals, certain thyroid medications will not work and may actually make the patient sicker. Armour Thyroid, the most popular natural dessicated thyroid should not be taken if there is adrenal/cortisol dysfunction. Both the thyroid and the adrenals have a close relationship to the condition of breast tissue. Regulation thermography monitors all these conditions in a safe, accurate, non-invasive manner.

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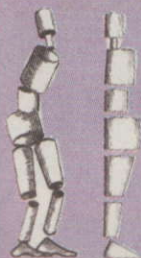
# FREEDOM

by Wayne Still

My early years were spent as an evangelical christian on a grain farm in a conservative community in Saskatchewan. As long as I can remember I have been a free spirit and that spirit chafed under the restrictions placed upon it by religion and community. There had to be a way to allow that spirit to fly, to thrive and get out from under all the strictures binding it. I found that freedom on the road, moving about from country to country and job to job, always learning, always absorbing the culture and the language of the place where I found myself. Freedom to me meant being able to pick up and go at a whim, and I did. Sometimes a picture in a book or magazine would make my stomach turn in a familiar way which I knew meant that that place was where I wanted to go next. After fourteen years of this vagabond lifestyle, something new began to stir in my being. There was a desire to have a place of my own. My sun sign is Cancer, the love of home was expressing itself. "But I am a traveler" my spirit said. Then came the revelation that the obsessive need to go was as much of a trap as a fear of leaving. I was living in the Similkameen Valley at the time, working in orchards. One day I felt the same turn in my stomach that used to send me down the road when I decided to have my own orchard. Far from feeling trapped by that decision I found that it was an expression of the freedom I now felt to stay. More recently I have heard that same feeling expressed as "Freedom is when you are easy in your harness". This is an acknowledgment that freedom comes with responsibilities.

Now rather than being a person passing by those sitting on their front steps, I was able to build my own set of front steps to climb into my own home from where I could watch the world pass. Many new opportunities opened up for me as I was able to involve myself into community and contribute to its development. I was one of the early adopters of organic farming methods and contributed to the creation of organic standards along with the certification programs which are now enshrined in law. But after twenty some years of running my orchard my spirit was chafing again. I looked for and found a new passion in the practice of Structural Integration bodywork. This passion stemmed from my own positive experience with SI work, an experience which allowed me to feel more at home in my own body. My body which had experienced trauma along the way in my quest for freedom. I wanted to be able to share freedom from pain with others.

We experience our lives through our body. Our body is how we are harnessed to our spirit. Life is not always kind to that body so the harness can be anything but easy as we deal with the pain of everyday life. Scar tissue from old injuries pulls our body out of alignment making movement painful. Holding patterns from poor posture or work habits get in the way of our enjoyment of life. The body compensates for its imbalances by shortening the connective tissue which gives it form. Adhesions are created that make the imbalances more or less permanent and painful. The goal of SI work is to find and release those adhesions so as to restore balance in the body making it a more comfortable place to express its spirit. When the harness doesn't chafe we find the freedom to be easier in it.



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# The Keys to Unfolding Potential

by Brigid

Do you ever feel as if your life is living you, instead of the other way around? Most of us, even if we have been working on ourselves for years, have patterns we are locked into that keep us functioning at less than our full potential. These can involve anything from insecurity in relationships to health issues to addictions. In holodynamics we call these patterns "holodynes", which are "living information systems that have the power to cause." In other words, they take on a life of their own and can run our lives until we learn to take back control. Holodynes affect not only individuals but groups, families, and whole societies. There is a physical as well as an energetic aspect to this, as holodynes are stored in the watery environment of our microtubules. According to Vernon Woolf, the founder of holodynamics, there are four ways we obtain our holodynes: inheriting them through the DNA, life experience, personal choice, and communication with parallel universes. From my experience working with a wide variety of people, I would add that they can also come from past lives and from manipulation by outside forces.

Modern science has just recently caught up with what shamans have known for millennia: the knowledge that the physical world is only a tiny fraction of what exists beyond the range of visible light, and that the physical world is profoundly affected by what goes on in the unseen world, or hyperspace. In fact, what we experience as "reality" is merely a holographic projection from hyperspace, an imperfect projection at that. The work of holodynamics involves becoming aware of the holodynes affecting our lives and establishing dialogue with them. When we find out what their purpose is, we can then negotiate with them to transform into their full potential (which already exists; the solution precedes the problem) and integrate that potential into our lives. You could liken this to rewriting a computer program. The understanding is that no matter how negative the expression of the holodyne, it always has a positive intent.

This is where holodynamics is so different from many New Age therapies that urge us to think positive thoughts or "send the problem into the light". There is a law of physics that states that energy can never be created or destroyed, and so too we cannot simply get rid of our holodynes. If we try, they eventually manifest in another way. We demonstrate our misunderstanding of this in so many ways in modern society, trying to solve problems by attacking the symptoms. Instead of gardening in a closed ecosystem where everything is reused, we pour on poisonous chemicals; instead of solving social problems by making sure everyone's needs are met, rulers tighten their control on the masses. This way of thinking is also reflected in how we handle our personal issues.

What we can do instead is meet the needs of our holodynes and help them mature into their full potential, a potential that is positive without exception. I have personally witnessed dramatic effects through this kind of work, everything from people who became symptom-free from various illnesses to others who found their dream relationship after maturing the holodynes that were holding them back. It is also possible to work with generational holodynes, finding the patterns and lessons in your family tree and maturing negative patterns in a process called "re-live-prelive". Holodynamics has been used to eliminate the drug culture in several counties in Utah and empty out mental hospitals, among much else.

Sometimes people are afraid to tackle a problem that feels overwhelming, but in fact, the severity of the problem is not necessarily indicative of the amount of time it will take to solve it. Rather, the ability to work with holodynamics has more to do with the individual's ability to relax into a state of presence and let the linear and emotional parts of the brain step aside. This is something anyone can learn with practice and support, and go on to experience dramatic shifts in their lives.

*see ad to left*



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## The Travelling World Community Film Festival...and me

by Carol Kergan

I was a first year mature student at Okanagan University College in 2003 when I first met The Travelling World Community Film Festival (TWCCF). Little did I know that my class assignment that year would fundamentally change me and influence my life direction. The first year the Festival was organized by three students in a Sociology class whose grade was based on their bringing this special package of films to the Okanagan region. In getting my grade, I found myself learning from great documentary films about global issues I had no idea existed. I was hooked!

It is now nine years, and nine festivals later, and I am still eager to be involved in making this event happen and with luck to have more people share our event with us. What made me so engaged and eager to support this festival every year? Well, the TWCCF is a collection of documentary films which illustrate struggle, hope, and the light in humanity. To show that light, the darkness, as a contrast, is also made known. How others live and what we in the developed world are part of, in both helping and harming, is illustrated. We get the whole gamut—as said in the film *Zorba the Greek*, the 'full catastrophe.' More than the collection of films, the event is a shared viewing experience. This is in itself community building, as a shared consciousness is developed in reaction to such mind expanding and heart wrenching clips of reality.

The TWCCF promotes serving the earth and its peoples. We run our event as non profit, choose to serve healthy and ethical foods and Fair Trade goods, charge no entrance fee and raise funds now for our local Women's Resource Centre and the Ki-Low-Na Friendship Society. Always part of the our festival scene are the Kelowna Raging Grannies who grace our opening with a few of their characteristically humorous and pointed political satire.

Working with this festival is a lot of fun and even more so now that our Committee has partnered with the Kelowna Seed Swap folks in a blended event! We are thrilled to be working together to celebrate what we care about: acting locally for sustainable living and a healthy planet. Seed swaps are literally sprouting up everywhere, and this one in Kelowna is one of several held on a Saturday in the spring throughout the Okanagan and across the world. They are places where heirloom seeds, seed saving farmers, and aware gardeners get together ahead of the growing season. A celebration of our biodiversity and solidarity with it, the first year of the natural partnership between our Festival and Sunshine Farms' seed saving local farmers, Sher and John Alcock, was a great success in 2010! We look ahead to many years at Okanagan College, the second weekend in March!

Many of the festival's films have shared the message regarding our Industrial Food System's shortcomings, and in many ways the seed is the balance required to counter that



awakened consciousness. The seed, with its regenerative powers, is central to life. Our bees in particular need conscious planting of diverse and non-Genetically altered seeds. Bees are essential to pollinating our vital food crops, so we can all act by planting and saving seed. A film, called the 'Vanishing of the Bees' will be shown during the day of the seed swap—it will shed some light on this important threat to our buzzing, pollinating friends.

Other film highlights are; 'Chemical', a recent award winner is a film about 'toxic' household chemical use. It is both humorous and informative, realizing both issues and posing alternatives. Another great film is Hope Builders, one about bringing a new form of middle school education to youth to help with action oriented learning about real life problems. Films about the resource extraction industries, help us understand the consequences of 'fracking' in the film 'Split Estate' about Gas extraction in Canada and the US while the 'Business of Gold in Guatemala' spills the 'dirt' on mining and the ethical issues of Canadian investment in mining.

Our festival has wonderful support from both UBCO and Okanagan College, with films shown in both locations, thus serving our community as a shared resource. Our dedicated volunteer organizing committee is made up of a group of local community activists. It is safe to say we love our festival and we see it as a natural extension of the sharing and community work modeled by the Festival's founders, The World Community organization in Courtney, Vancouver Island ([www.wcdes.ca](http://www.wcdes.ca)). They developed the concept for the Festival twenty years ago and carry out fair trade work directly in Latin America. In Canada they share the Festival currently with nine communities, including Prince George, Terrace, Yellowknife, Nanaimo and Vancouver. Their model is about learning to live differently and they sure like to help others get the message too! If you know of a group that has good intentions and wants to bring the Travelling Film Festival to their town please go online and start the process of being part of the change.

The way this Festival has changed me, is to help me on my path to community organizing, serving my local region, and being part of something bigger than myself. Both the Festival and the Seed Swap help support a future where profit is not the only motive: where people can live ethically, and reverse, rather than pillage, our one mother earth. *see ad p. 9*

**[www.worldfilmfestkelowna.net](http://www.worldfilmfestkelowna.net)**

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# Pure & Simple

by Marion Desborough

This article is not going to be about products I have tried, but instead I am going to share a little piece of my life with you. People have told me that they can't, or won't go to alternative health care practitioners because they have to use their disposable income and would rather spend it on something else. I am glad I spend money on myself for without them this story may have a different ending.

Starting at the beginning I want to let you know that I have faith in my dreams, and actually many dreams have come true. One day last spring I had a dream of giving birth to three puppies. At the time I was on holidays, and it became a joke and since I couldn't decipher the dream, I forgot about it.

A few months later while having a colon cleanse with Hank Pelser, he said "Something is near your appendix that isn't quite right, you should have it checked by your physician." Even though most tests cause me discomfort I booked an appointment but since I could not pinpoint the spot nothing was done. A few weeks later when I was having a 'rolf' treatment with Wayne Still, he also found this lump and then knew this was cause for concern. Now that I was better at locating it, my physician ordered a test in April.

Each time Wayne worked on me he monitored this lump. At no time did I have any discomfort, however I was gaining weight. When the results of the tests returned I was told I had two masses in my belly, larger than an orange. Blood tests confirmed that the masses were benign, they just shouldn't be there. My friend reminded me of my dream of the puppies and suggested that maybe there were three, so from then on, I referred to these tumors as "the twins". I wondered about a third tumor and thought maybe the doctor would discover another one when he operated.

My surgery was scheduled for mid December, but in mid November I started to bloat and looked eight months pregnant. In one week I gained nearly ten pounds and the masses were growing at a rapid pace, so I was immediately admitted to the hospital to have the tumors removed.

Right after surgery I weighed twenty pounds less and left



the hospital with a list of restrictions, which included plenty of rest, no bending, pushing or pulling (like vacuuming) and definitely not to pick up anything more than five pounds.

Two weeks, after my discharge, my dog Mitzi became restless after lunch and by supper time she was very uncomfortable and bloated. Instinctively I leaned over and

picked her up and as I stood up I felt a "pull" along my incision I took her to the veterinarian, and the ultrasound showed a large baseball sized tumor and it was cancerous. Since Mitzi was twelve years old, we decided it was best that she was put down. Mitzi died in my arms that day and I feel heartbroken.

Later my friend mused... "maybe that was the third tumor (or puppy in the dream)." I have been told that animals can take on the health problems of their masters. I am grateful for having had Mitzi in my life and distraught because of losing my precious pet, so much so, that my friend sent me to see Bernice Granger who facilitates Reconnective Healing along with the Yuen Method which has helped me immensely deal with the grief.

I am grateful to myself that I am willing to pay extra for alternative/health practitioners like Hank and Wayne, who took the time to explain to me something was wrong and encouraged me to check out the lump. By the time you read this I will have had a second surgery, repairing the damage from the weight of the tumors and picking up Mitzi. I am grateful to the medical system for the care I received as I know surgery is expensive. I have learned that 'Modern medicine' is best used for emergency situations.

I would like to encourage people to check out some of the practitioners who advertise in Issues and if you want a deal, sign up for the Spring Festival of Awareness or the Wise Women's Festival in September, I am the registration person. We usually have forty healers/intuitive readers who work those weekends for a modest fee. It is part of the educational process, a smorgasbord of talents in a receptive environment so you can try some of the modalities available.

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# Rock on 70

Back in 1958 when I was an 18 year old rebel without a cause – or a Harley – I saw a group of young people on our fuzzy black and white T.V. jumping and dancing around looking so free, happy and graceful. At the moment, I knew that's what I wanted to do. I felt my heart's passion stirring, but I couldn't move. I was trapped in my cultural, institutional straitjacket. I stayed locked up for 20 years until I couldn't deny my feelings any longer and I joined a jazz dance class.

After a year of stumbling along, I was able to hear my first beat of music and wanted to keep dancing forever. But, like they say, all good things come to an end. My old sports and work injuries caught up to me, and my body told me to change – or else.

In 1980 I took my first slow step on my healing, spiritual journey. I joined a Tai Chi class led by Richard Lautsch (a young charismatic martial artist) who guided us through the form. I thought that after jazz dancing for three years I would find Tai Chi easy. On the contrary, I found it a real challenge to slow down, relax, balance and move in a graceful, fluid way with intention, like Richard did. After almost two years of learning the '108' long form, my body was starting to flow when a couple of classmates scolded me for being out of synch. That is when I decided to open my own 'Dancing Dragon' school, where I could move to the rhythm of my body.

In between classes I would visit my friend Dixie Keys. Her house was like a drop-in center for social rejects (me), alternative thinking folks and lost souls. Dixie would feed, comfort, and offer refuge to all who entered her home. Lynn Corrigan (a close friend of Dixie's) was closing her bookstore and invited a few close friends to discuss the possibility of turning her store into a New Age Centre. Word was put out into the community and weekly meetings held to see how many people would be interested. After a few weeks the store became too crowded so I offered my apartment as a meeting place. I made a big pot of Tai Chi Soup (to clean out the fridge) and each week more folks would show up until we needed a larger venue to meet. Charlie Zais (another friend of Lynn's) had returned from visiting alternative



Hajime (Harold) Naka

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### Level 3

Calgary - February 25 & 26

Calgary - June 10 & 11, 2011



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communities in the States, so a potluck dinner was arranged in a church to launch the New Age Movement in Kelowna.

Faye Stroo opened a New Age Bookstore (Books and Beyond), with space for healing, workshops and speakers. Tammie O'Reilly introduced the 'Course in Miracles' to the Okanagan Valley. I went to a few 'meetings' and it was a miracle that I wasn't strangled. I didn't know that challenging other people's egos and loving my own ego wasn't in line with the 'Course in Miracles' unconditional love.

When Red Cloud came to Dixie's house to share his vision of "Rebirth of Mother Earth", the New Age community came together to support his vision of helping to heal the earth and to bring people of different colour, race, religion together to learn to live in harmony.

On the weekend of the summer solstice over a hundred people gathered on a field near Edgewood for the first 'Rebirth of Mother Earth' festival. Teepees and tents were set up, a fire was lit and throughout the weekend there were workshops, sweat lodges, passing of the pipe, elders sharing stories and wisdom and a medicine wheel ceremony.

A friend told me that in the native tradition a person is not considered an elder until they have 70 years of life experience. Over the course of 10 'Rebirths' I noticed that all is not love and peace. There were disagreements between elders on how certain rituals should be conducted and egos would surface and some leaders left vowing never to return. On the tenth anniversary of the Rebirth, Red Cloud passed on.

Once I turned 70 I declare myself 'foolishly wise'. The day after my birthday, I arrived for my evening Qigong-Tai Chi class and was pleasantly surprised by the number of people who were present. I attributed this increase to the one hundredth 'Qi-Monkey Theory', thinking that students who had come for a while decided to show up on this particular night, not realizing that other people were thinking the same thing.

Bob Purdy, a long time student and close friend made a short speech and shared some of the benefits that he had received from practicing Qigong. He then presented me with a Dancing Dragon t-shirt and read emails from students and teachers who were unable to be there. To top it off, Bob handed me a scholarship to attend a Qigong-Taiji Retreat of my choice. I felt embarrassed by all the attention but when I looked around the room and saw so many smiling faces, I felt gratitude to my family, students, friends and teachers who have supported me over the years and put up with my rebellious nature and listened to my crazy wisdom.

This year also marks 30 years of Qigong-Taiji practice, and with 10,000 hours of Qi-cultivation under my Dan Tien, I can attest to the health-restoring and life-affirming power of Qigong-Taiji. This wonderful (full of wonder) practice holds unlimited potential to change the world - by changing ourselves. My miniscule contribution to create a 'radical inclusive community' is through daily Qigong-Taiji practice and living with intention. Perhaps 'push hands' will help turn battlegrounds into playgrounds.

I hope you will join in at the Spring Festival of Awareness and/or at the Johnson's Landing Retreat Center for the Kootenay Lake Tai Chi Retreat August 6-13.



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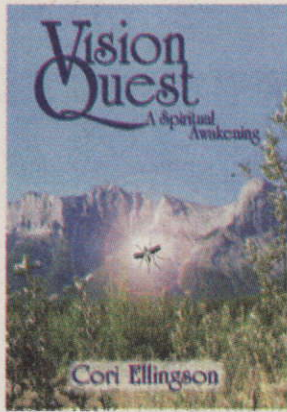
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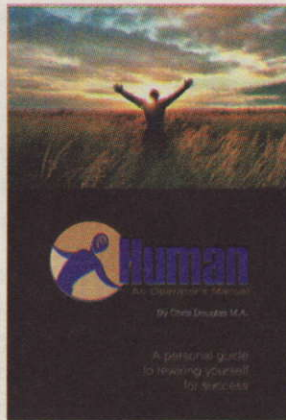


## Vision Quest

A Spiritual Awakening

by Cori Ellingson  
[www.heartproductions.ca](http://www.heartproductions.ca)

Cori is told to write down everything while on her Vision Quest. An elder in Alberta supports her journey of thoughts and observations as she delves deeper into her motives and understanding of nature. The book reads like I was a fly on the wall during this indigenous practice that she experienced. Her focus seems to be to stimulate self-awareness, allowing the reconnection to inner wisdom. After the Vision Quest is over, did she learn anything? Read the book and find out.



## Human:

### An Operator's Manual

by Chris Douglas  
[www.HumanOperatorsManual.ca](http://www.HumanOperatorsManual.ca)

A solution focused book that simplifies the psychology, science, and theory behind our survival mechanisms and demonstrates ways we can change. He gives examples of the pain/pleasure response and why people use drugs. If you want a better life you need to read the instructions for being human and take control of basic programming so the three parts of the brain work efficiently together. Practice and patience help us to learn any new skill and he gives lots of examples.

## Reviews

by Angèle



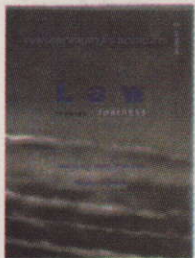
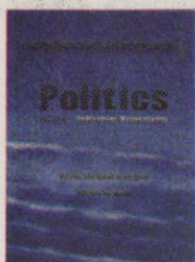
## The Saskatchewan Secret:

Folk Healers, Diviners and Mystics of the Prairies

by Jacqueline Moore  
[www.folkhealers.ca](http://www.folkhealers.ca)

Jacqueline interviews 13 extraordinary people living in the rural areas near where she lives. People who live in the world of spirit and feel guided to heal illnesses, perform wax pouring, offer guidance and collect medicinal plants.

I enjoyed the well written stories of people you could be living next to. Delighted she got a chance to record their history and I am impressed that the Arts Board gave her a grant so she could follow her heart and share some amazing stories.



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[www.personocratia.com](http://www.personocratia.com)

*I first heard Ghislaine Lanctot speak in Kelowna many years ago and she continues to amaze me with each new book... here is her bio.*

Over the past sixty years, I've been roaming about, looking for an absolute truth. I've tried different countries, and experimented different roles, including that of a physician, an entrepreneur, a mother, an author, a lecturer... And after all that, I came home only to discover that what I was looking for was part of me all along.

At eighteen, I wanted to become a philosopher. However, I didn't believe "thought" contributed much to the well-being of humanity, so I opted instead for a profession which, to my way of thinking, could make a difference, medicine. I practised it for over twenty years, although, whenever I could, I set aside one day a week for "thought". Three subjects were of particular ongoing interest to me: medicine, politics, and spirituality. In medicine, I sought unlimited health. I was convinced that everyone could be in perfect

health and that it could be achieved at minimal cost. In politics, I wanted to decentralise power; to put it back into the hands of those to whom it belongs, the people. As for spirituality, I searched for the absolute. I discovered the world of the invisible and its precedence over the visible world.

I travelled down many roads, teaching, writing books and articles, reporting, giving lectures and holding workshops. I also founded an association for business women. All the while, I pursued my medical activities. I established a number of treatment centres and came to understand the real inner workings of the health industry.

I stopped fighting the authorities. I stopped trying to change the system, or the world for that matter. I stopped trying to play the role of a saviour. I learned to change myself and to obey my soul/conscience. I came to the conclusion that true idenity is inherent to us all as individuals. The original vibration which created the universe is within each person. I called it Idessa.



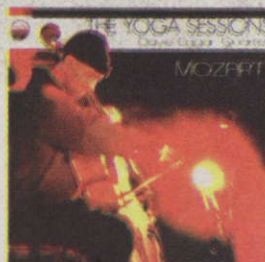
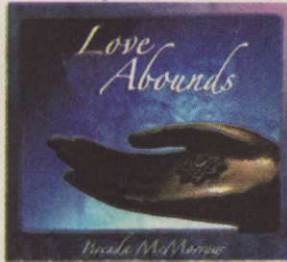


## Through the Window of Fear into Love...

a journey into consciousness

by Peggy Dueck • [www.peggydueck.com](http://www.peggydueck.com)

Peggy says there is much to learn from fear, we often learn from what we don't want and discover what we do want. I enjoyed her random thoughts about Life, Healing, Big Industry, Channelling, Relationships, God, and the Illusion of Life. Great articulation of how she sees the world.



## White Swan Records

Journey to the Inner East

[www.whiteswanrecords.com](http://www.whiteswanrecords.com)

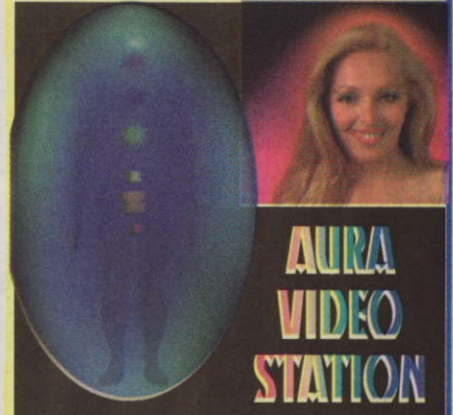
Many thanks to White Swan Records for a continuous supply of delightful CD's to review... some are better than others depending on what mood I am in. It was treat to have a DVD of a live performance of Deva Premal which I watched on my computer, than on the big screen with Richard. She is a favorite of ours, as are most Mantra CD's... Such talented artists who all deserve acclaim for their efforts. Check out the website where you can hear snippets of most anything and extra's like choreographed songs.

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Program will be in the July & August edition of Issues.







# Cheryl Forrest

## Workshops ~ Spring 2011

### Masters Retreats

February 4, 5, 6 ~ Vancouver, BC  
February 25, 26, 27 ~ West Kelowna, BC  
April 8, 9, 10 ~ West Kelowna, BC  
April 15, 16, 17 ~ West Kelowna, BC  
May 27, 28, 29 ~ West Kelowna, BC

CONTACT: Cheryl 250.768.2217

Contribution: \$250.00

### Young Master Retreats

January 28, 29, 30 ~ West Kelowna, BC  
April 29, 30, May 1 ~ West Kelowna, BC

CONTACT: Cheryl 250.768.2217

Contribution: \$250.00

### Tarot

For centuries the Tarot has been a central tool of the mystic path. Come and spend two fun and informative days exploring the traditional and non-traditional approaches to using the Tarot.

Come and grow through this ancient tool.

Participants will require a binder, pens and a Tarot deck.

Two Sundays in a row:

Sunday, March 20 ~ 1:00pm to 8:00pm\*ish\*

Sunday, March 27 ~ 1:00pm to 8:00pm\*ish\*

West Kelowna, BC

CONTACT: Cheryl 250.768.2217

Contribution: \$220.00

### Waking Up

Most of us spend a great deal of our lives in a sleep state. Enlightenment requires a waking state - this class will focus on techniques and understandings that will help you achieve that waking state. The spiritual path requires us to open

**OURSELVES**, not just our eyes to the sacredness of each word we speak, each person we meet, each action we take.

**WE CAN** transform our **LIVES!**

June 24, 25, 26 ~ West Kelowna, BC

CONTACT: Cheryl 250.768.2217

Contribution: \$250.00

### Intermediate Meditation

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

Please wear comfortable clothing.

February 11, 12, 13 ~ West Kelowna, BC

CONTACT: Cheryl 250.768.2217

Contribution: \$250.00

### Spiritual Intensive

If you are committed to turning your life in a new direction that is closer to your heart's truth and your soul's path, then this is the class for you. This is more than just an instructional course, it becomes a place in time where the world stops and the miracle of you emerges.

We start with the basic tools of meditation, parapsychology, metaphysics and healing designed to improve your personal and professional lives.

You learn to apply your paranormal abilities through regressions, criminal investigations, psi-scans, automatic and inspirational writing, healing and much more.

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Class size is limited to 10.

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Sylvan Lake, AB

CONTACT: Cheryl 250.768.2217 or Jill 403.687.2608

Contribution: \$275.00



"We're all on the same path, we're just on different places along that path."

~ Wayne Dyer



# The Amazing Growth of solar energy



by Antony Chauvet, M.S.

Einstein once said that the most powerful force in the universe is compounded interest. This is why a 3% interest rate over a long period of time creates a big sum, particularly if it's a loan.

The solar panel industry is following a growth pattern with a very high 'compounded rate'. Last year, its global output increased by 100 %. Such a yearly increase means that by 2020, the output will be 1,000 times greater than it is now! If it slows down for various reasons to a 50% rate, the output will be almost 60 times greater - a yearly output of 1 tera-watt! As a comparison, the entire energy usage of North America, including transportation and factories, is about 5 tera-watts.

In ten years' time, solar panels will be everywhere and they will be very inexpensive - a third of the cost if current trends continue. Yet there could be problems during this expansion, but I believe, their convenience and affordability will compensate for anything encountered.

Further to this amazing growth, future projected scenarios have already happened: it is now possible to buy solar panels that cost less than \$1 per watt (please refer to the website at the end of this article). This makes them a great solution for new homes in Canada, while reducing electricity costs for existing homes. Because the energy generated depends on the amount of light received and not on the outside temperature, solar panels are able to produce a great amount of power in northern climates.

Ontario now has a booming solar panel market, thanks to its generous local subsidies of up to 80 cents per kilo-watt. Although this gave the province an early start and will most likely keep it a leader in the future, solar power usage will increase for homeowners and businesses across Canada whether or not they receive financial support.

This boom represents a unique opportunity for investors, home owners and energy professionals. Many sectors of the economy are still struggling following the recession in 2008, yet I believe this sector has the brightest future.

*Antony spent most of the winter laying the foundation for an expansion of the sustainability pages in Issues Magazine. He is building a network of people who support each other to promote renewable energies, green building and ecology.*

*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:*

*Antony@IssuesMagazine.net or phone 1-855-366-0038*

**Web site with \$1 per Watt solar panels:**

**<http://sunelec.com/>**



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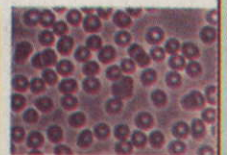
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Profile

## COLD LASERS FOR HEALTH AND BEAUTY

Dr. Tanya Rampersad, ND is a well know Naturopathic Physician in Calgary using traditional techniques for healing like Visceral Manipulation and Homeopathy. What might be less known for many is her high tech tools that attract clients from all over Alberta: The famous Zerona Lipolaser. So I asked her a few questions about this remarkable new technology based on the science of Quantum Physics.

*Dr. Tanya, what can cold lasers do for health and beauty?*

Dr. Tanya: The energy generators of our cells (mitochondria) have receptors for light at particular wavelengths, kind of like chlorophyll in plants. The mitochondria pick up the light and turn it into cellular energy - that energy will power all kinds of cellular processes from repair and regeneration to enhanced metabolism. Essentially cold lasers assist the body in doing what it naturally does, just at a faster rate.

*How does the Zerona Laser work for body contouring?*

Like other cells of the body, fat cells have mitochondria which can be stimulated by the Zerona to produce energy. When we target the fat cells we essentially ramp up the metabolism of the fat cells which eventually create a temporary pore in their membranes. The fat leaks out and the cells shrink. The cells communicate with each other too, so all the subcutaneous fat cells throughout the body are affected. The result is a collapse in millions of fat cells and a reduction in circumference in multiple areas.

*How has this technology been used in the past?*

Dr. Tanya: The Zerona was originally designed to assist with liposuction procedures. It was soon found that this laser emulsified fat so effectively, it could be used for body slimming without any invasive surgeries. There a number of studies showing the efficacy of this laser to safely liquefy fat up to a depth of 6 cms below the skin. The Zerona has this capability because light has the power to communicate with our cells and stimulate natural bodily processes. This fat emulsification is something the body naturally does, it just helps you do it better and faster.

*What are the results and is there any guarantee of results?*

Once you have been accepted as a candidate, you are guaranteed to lose between 3 inches to 9 inches after the 6 treatments within a 2 week period. In fact, our average is around 5 inches lost per client. Combining this technology with the more traditional naturopathic way of balancing the organs and glands of the body, helps people to continue losing more fat weeks after the treatment is done. I think our results are so good because we take the time to thoroughly assess our clients' true health status and correct problems they didn't even know they had. This program is a very good jump start to detoxify your body and lose inches in a healthy way. Clients report never feeling better, they are more energetic, sleep better and have fewer cravings after they have shed of all this extra fat. *see ad below*

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*"Bliss is the fruit of wholesome sensing, while insight is the treasure granted through wholesome intuition. Skillful meditation empowers us to study karma creating the possibility of attaining true freedom and lasting happiness."*

For information go to: Doug Duncan: [www.dharma-japan.org](http://www.dharma-japan.org)

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### ***Beautifully Bent Trees and the Forest of Emptiness: Rediscovering our True Nature***

Do we want to be comfortable or do we want to grow? Do we want to be more awake, more fearless, more creative in how we deal with the struggles of life, or just hunker down with our material possessions and hope for the best?

One of my favorite childhood memories is when my family moved from our old house with a leaky roof and corners that didn't quite meet to a brand new house in suburbia. The message blinking across my mother's forehead was, "We made it!" I was about six years old. One day, I found my crayons and started drawing on her new walls with purple, red, and blue. I was ecstatic! But when she came in and saw my work of art, all hell broke loose. The experience taught me that it's wrong to draw on walls, and more significantly, that bliss can be interrupted. Gradually, I learned to downplay bliss because I experienced over and over again that events which brought me great joy were always impermanent.

The ego could be defined as someone suffering from post-traumatic stress disorder. It constructed itself around what I call the Primary Cause, one's parents. As a child, to accommodate the wishes of these two all-powerful figures, you bend and mold yourself, like a tree that grows around a rock or a fence post. The interruptions of one parent twisted your tree trunk one way, while those of the other parent twisted it in another. Siblings, relatives, and friends had some impact, but by and large it was your mom and dad. Because this shaping happened so early in life, it's largely unconscious.

You see this conditioning in other people as their idiosyncrasies. People seem weird to you because you believe that your trunk is straight. You think to yourself, "I know I have my problems, but basically, I'm together. But this other person is very, very strange. I don't understand how their trunk got so bent!" Of course, bent trees are perfectly good; they still bear fruit. This is, in fact, what the enlightened mind sees—beautifully bent trees!

Meditation helps you become aware of how early childhood experiences influence your choices, opinions, and

feelings. One meaning of the word "persona" is mask. Your personality is made up of the masks you use to relate to the world. When you embark on a spiritual journey, you begin to shift your attention away from making your masks work for you to understanding how they were formed. You begin to ask questions, such as do my masks serve a purpose? Can I change them? Do I even want to be using them?

When something upsets you, often it is because you're not getting what you want or you're getting what you don't want, or you may feel that somebody has done something to you. The most obvious indication of this is when you feel annoyed with someone. Your automatic reaction is to point the finger — "It's his fault!" This is the persona's number one defense system against knowing how it was built. If you can blame the other person then you don't have to see your part in the problem. Why does the persona do this? Because if it admits that it was also at fault, then it has to recognize that it's not perfect. A defective persona implies, "I'm not perfect." This conclusion puts one at risk of abandonment and rejection. Thus, the persona has a huge vested interest in not knowing about its masquerade and will do whatever it takes to avoid admitting its flaws.

*These are edited excerpts of the soon-to-be published book: Dharma If You Dare, which gives inspiration to readers to speedily reconnect with their real purpose for being here—to awaken.*

Acharya Doug Duncan, or Sensei as his students call him, challenges us to take off the masks which blind us to reality and our true Selves. This isn't Do It Yourself. dharma. This comes directly from a 2,500 year-old Buddhist tradition. Steeped in the Tibetan Karma Kargyu wisdom of developing a personal relationship with an awakened teacher, it brings us face-to-face with the grace of who we really are. Fortunately the task of transcendence is made both an achievable and sometimes even amusing project under the expert (and entertaining) guidance of someone as down-to-earth and as genuine as Doug Sensei. This is a rare and precious teaching by a rare and precious teacher who is willing to do whatever it takes to bring us into the light.





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to help change the World*

# 2011 Program

## MAY

- 14 - 19 Creative Mandalas • Ted Wallace  
27 - 29 Awakening • Jon Scott

## JUNE

- 3 - 5 Reiki Gathering • Chelsea Van Koughnet  
4 - 9 Buddhist Retreat • Don McEachern  
11 - 16 Discovering Your Gaian Self  
• Freya Secrest, Jeremy Berg & David Spangler  
17 - 19 The Tarot • Norma Cowie  
24 - 26 Don't Worry, Be Happy • Jim Ongena  
24 - 26 5-Rhythms™ • James Wood

## JULY

- 1 - 4 Yoga on the Wild Side  
• Jennifer Steed  
3 - 8 The Couple's Journey  
• Susan McBride & Mark Cornfield  
9 - 21 Buddhism: The Path to Happiness  
• Robert Beatty & Don McEachern  
23 - 27 Sacred Life  
• Harreson & Blanche Tanner  
29 - Aug 3 Mutual Evolution  
• Shayla Wright

## AUGUST

- 6 - 13 Tai Chi Summer Camp  
• Hajime Naka  
• Arnold Porter  
• Brian Knack  
• Sana Shanti  
15 - 21 Intuitive Painting  
• Ted Wallace  
26 - 28 Spirit Seekers  
• Sunnaira Armstrong  
• Rew Rowley  
26 - 28 Couples Renewal  
• Jon Scott  
29 - 31 Welcome To Tantra  
• Jon Scott

## SEPTEMBER

- 3 - 8 Buddhist Retreat  
• Don McEachern  
10 - 15 Awakening Intensive  
• Jon Scott  
17 - 24 The Geodesic Dome  
• Don Lee and Crew

## OCTOBER

- 14 - 16 Awakening the Healer  
• Dr. Lynn Migdal

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# GRATITUDE



The last few months have been a challenge, to say the least. Thank goodness my belief in the endless dance of duality allows me to see clarity amidst the cloudy confusion of chaos.

The paradox of life itself is clear. Just when it seems there is nothing left to fall apart, something does.

It is in these times of trial I am especially guided to be grateful for how things happen, even though everything I am attached to dissolves, crumbles and evaporates.

Regardless of my fears (real or imagined) I am leaping off the cliff of faith, further than I ever have before. No matter whether my project flies or dies, I believe we do not regret the things we did; we regret the things we did not do, so on that note: Thank you *Issues Magazine* for your nudge towards [www.creativeculturemagazine.com](http://www.creativeculturemagazine.com)



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# The Cook's Corner

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

It always feels nurturing to have warm cookies just out of the oven. This month it is our Chocolate Chip cookies and an easy to make Sesame Oat Squares. Most cookies have the same basic ingredients, flour, oil, sweetener, and a rising agent. Changes in any of these affect taste and texture. And of course you can add a variety of dried fruits, nuts, chocolate and spices. There are literally thousands of possibilities. Remember that you do not have to eat all of them right away, you can freeze some in sealed bags for later use. *Richard*



### Sesame Oat Squares



#### Ingredients:

1 cup Raisins - soaked in warm water  
1 cup Oats - quick cooking  
1 cup Sesame Seeds  
1-1/2 cups Flour - Whole Wheat  
1/2 to 1 cup shredded Coconut  
2 tsp. Baking Powder

1/2 cup Oil - we use Olive or coconut oil  
1/2 cup Honey  
1 tsp. Vanilla Extract

#### Directions:

- Pre-heat the oven to 350°
- Put the Raisins in a two cup measuring cup and cover with hot water
  - Mix all of the dry ingredients in a bowl
  - In the second bowl mix the honey and oil with a fork
  - Stir the oil and honey mix into the dry ingredients
  - Drain the water off of the raisins (save the raisin water for morning porridge cooking)
  - Stir the raisins into the mixture.
  - Oil a shallow cookie sheet then spread and flatten the mixture to cover pan
  - Bake at 350 degrees until nicely brown (20-25 min)
  - Cut into squares with sharp knife while still warm • Let the squares cool down a bit before removing with a metal spatula or they might crumble.

**Utensils:** Two medium mixing bowls • a two cup measuring cup • measuring spoon set • a fork and tablespoon • a rubber spatula • two cookie sheets with shallow sides • metal spatula • wire cooling racks

### Chocolate Chip Cookies

Makes about 3 dozen



#### Ingredients:

1/3 cup Oil - we use Olive oil  
1/2 cup Brown sugar -or- 1/4 cup Honey  
1 tsp. Vanilla Extract

1-1/2 cups Flour - Whole Wheat or Oat flour  
1-3/4 cup Oats - quick cooking  
1/2 tsp. Baking Powder  
1/2 tsp. Cinnamon  
1/4 cup Sunflower Seeds  
3/4 cup pure Chocolate Chips -or- carob chips  
1 cup Raisins - soaked in warm water  
1/4 cup Walnuts - chopped

#### Preparation:

- Pre-heat the oven to 350 degrees
- Put the Raisins in a 2 cup measuring cup and cover with hot water
  - Mix the dry ingredients in a bowl
  - In the second bowl mix the honey, vanilla and oil with a fork.
  - Stir the oil and honey mix into the dry ingredients.
  - Drain the water off of the raisins (save the raisin water to adjust the batter)
  - Stir the raisins into the mixture.
  - Add just enough raisin water so the batter can drop off a spoon onto the cookie sheets
  - Oil two cookie sheets
  - Drop spoonfuls of the mixture onto the cookie sheets, with wet hands shape the cookie dough, keeping them about 3/4 inch (2 cm) apart.
  - Bake for 6-12 minutes until the edges turn brown.

see past recipes at [www.issuesmagazine.net](http://www.issuesmagazine.net)



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**If room we accept ads til March 15<sup>th</sup>**

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**Register before March 15<sup>TH</sup> and save ... Adults \$150, Seniors & Young People \$125 plus meals, accommodation and hst • On-Site Registration starts Friday at noon.**

## REGISTRATION FORM

**Healing Oasis Registration starts at 1 pm**  
**Healing Sessions available Friday 2:30 to 5:30 pm**

Name(s) \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Town \_\_\_\_\_ Prov. \_\_\_\_\_ Code \_\_\_\_\_ email \_\_\_\_\_

## FESTIVAL FEES

		Weekend	Saturday only	Sunday only
<b>ADULTS</b>	on or before March 15 <sup>th</sup>	\$ 150	\$ 110	\$ 55
(26-62 years)	March 16 <sup>th</sup> — April 16 <sup>th</sup>	\$ 170	\$ 120	\$ 65
	After April 28 <sup>th</sup> and on site registration	\$ 180	\$ 130	\$ 70
<b>SENIORS</b> 63 yrs+	on or before March 15 <sup>th</sup>	\$ 125	\$ 95	\$ 45
<b>and</b>	March 16 <sup>th</sup> — April 28 <sup>th</sup>	\$ 145	\$ 105	\$ 55
<b>STUDENTS</b> (10-25 yrs)	After April 28 <sup>th</sup> and on-site registration	\$ 155	\$ 115	\$ 65

## MEALS....Please pre-order by APRIL 8

**MEAL PACKAGES** Meals include dessert and beverage. If you have dietary restrictions please advise.

**6 meals** Friday dinner to Sunday lunch \$98.<sup>00</sup> \_\_\_\_\_ **5 meals** Saturday breakfast to Sunday lunch \$76.<sup>00</sup> \_\_\_\_\_

**INDIVIDUAL MEALS**

Fri. Dinner	\$ 24. <sup>00</sup> _____	Sat. Breakfast	\$ 12. <sup>00</sup> _____	Sat. Lunch	\$ 16. <sup>00</sup> _____
Sat. Dinner	\$ 24. <sup>00</sup> _____	Sun. Breakfast	\$ 12. <sup>00</sup> _____	Sun. Lunch	\$ 16. <sup>00</sup> _____

## ACCOMMODATION Bedding and towels included. Check out time 1 PM - Sunday

- ☐ Cabins *One or two rooms. Double bed and/or two single beds plus front room with a hide-a-bed/couch plus kitchen.*
- ☐ Maple Court *One double bed, one single bed and a bathroom. Fridge, sink and tea kettle in the foyer.*
- ☐ Orchard Courts ***NEW**...Two single beds and a bathroom in each room with a shared common space that includes a kitchen.*

### Pricing for above accommodations

- Shared: Two people, two nights \$ 110 per person • Three people, two nights \$105 per person
- Private: One person, two nights \$200 • Private: one person, one night \$120.

- ☐ Alberta Hall *A two storey dorm with two single beds in a room and a large multi-use bathroom on each floor.*
  - Shared: Two women, two nights \$ 85 per person • Two women, one night \$55 per person
  - Private: One woman, two nights \$120 • One woman, one night \$70

- ☐ R.V. Space \$ 40 per night including electrical hook-up
  - ☐ Tent \$ 25 per night .. no power
- R.V. & tent spaces have a central bathroom with shower and a picnic area.*

**To book nearby accommodations visit [www.DiscoverNaramata.com](http://www.DiscoverNaramata.com) Many have websites with images and directions**

**BC Motel: 250-496-5482 • Village Motel: 250-496-5535 • Over 20 B & B's**  
**Naramata Heritage Inn: 250-496-6808 • Sandy Beach Lodge: 250-496-5765**

Festival Fees \$ \_\_\_\_\_

Meals \$ \_\_\_\_\_

Accommodation \$ \_\_\_\_\_

Subtotal \$ \_\_\_\_\_

HST (add 12%) \$ \_\_\_\_\_

Grand Total \$ \_\_\_\_\_

**Amount enclosed** \$ \_\_\_\_\_ (50% deposit required)

Balance ... \$ \_\_\_\_\_ payable at the door

Make cheque payable to: Visions unlimited, Spring Festival ...Send it to Marion Desborough, L1-4505 McLean Creek Rd, OK Falls, BC, V0H 1R1

We do not mail receipts. If you need confirmation please give us time to process the form and then call the number below.

No refunds on meals or accommodation **after** April 20.  
We refund festival fees, less \$35 per person, if notified.

If paying by credit card phone **250-497-6861**

Questions? **1-855-366-0038** Angele Ortega



**Please bring a travelling mug for refreshment breaks.**

**Naramata Centre requests.... NO pets on site and DO NOT call Naramata Centre to register**