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ISSUES

for EMPOWERMENT

July & August 2011

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Man in Relation to Nature

by Elisabeth Guentert Bay

In an intensive analysis of Nature and her elements, I came upon the following question: "What influence does Nature have on and with our Bodies, Psyches, and Spirits?" It was clear to me that I had asked the question from the opposite point of view. 'Normally,' we do not experience Nature as an active partner that influences us! It is mankind that influences Nature. We subjugate Her, we exploit Her, and we take Her to the edge of ruin.

We have forgotten that mankind and Nature are partners. We are part of Nature, and Nature is part of us. The destruction of the planet is simultaneous to our own destruction, even if it has a delayed impact. Why are so many people not aware of this fact? I will guess that many people have lost contact with Nature. By this I mean the true meeting with Nature, which can occur uniquely on a deep level of being (or *I-Thou plane*, wording from philosopher Martin Buber).

It is not incidental that my work is with Nature and her Elements. It is the beginning of awareness of my own self and my natural environment. It is the foundation we all need if we are to progress forward. It is here I learned to sink my atrophied, exposed roots into deep, fertile earth and grounded, my Self. Nature as my partner, bound in the I-Thou relationship, becomes my master teacher. She does not teach, but helps me to discover a deeply hidden knowledge of origin. It is a knowledge that binds mankind on a singular plane. Unfortunately, this knowledge is alive only in few native cultures. We have lost contact in the western culture, whose school system concentrates on the one-sided understanding of the intellect (*I-It plane*, wording from philosopher Martin Buber.)

In my workshop with Nature we will explore and manifest a deep and intimate relationship with Nature. I wish to call the reader's attention to the fact that there are no clearly defined answers, but the secret lies in the discovery of the I-Thou plane through conscious analysis through our senses with Nature's elements. See workshop ad above.

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Musing

with *Angele*, the publisher



With the Wise Women's Festival coming up in September, festivals have been on my mind lately. It seems I have only just finished unloading the camera from the Spring Festival of Awareness that happened at the end of April. Then the garden and landscaping projects took priority until the deadline for this *Issues* crept up quicker than expected, so I clicked through last year's Wise Women's Festival pictures and chose two to show off on the front cover. Photos of amazing people who are creating the change that will empower them to be more of who they are—a spark of divine light. During the weekend, some people will get a sense of the 'We-are-all-One' concept and start to feel universal energy.

After the festival, people ask me, "How did it go?" My answer always seems the same. "Magical! The people who show up make it happen." I hold the space and allow the deva of the festival to work through me, but it is the participants who create the magic. They start showing up around noon, and then the Healing Oasis opens for three hours for those who arrive early, allowing some relaxation time before dinner. Then there are the Opening Ceremonies and the workshop introductions by the presenters, followed by the droning of crystal bowls, so that bedtime becomes a meditation, allowing the energy to build.

Many people arrive with their program in hand with highlighted circles showing which workshops appeal to them. Then they listen to the presenters and rethink their choices. Sometimes a friend will influence them as they walk towards a workshop. The final result is that they usually get what they need, even it was not what they imagined they wanted. As the energy builds, so does the trust. People delve deeper, searching for *their* definition of love so they may understand what brings them joy, peace or satisfaction. Answers to questions come easily.

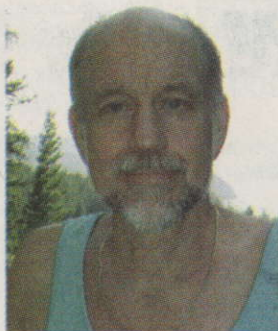
Personally, I get to listen to about ten to fifteen minutes of each presenter, sometimes taking a picture of the group, always noticing the energy in the room and appreciating all the healing that happens. I often smile, for I notice each instructor speaking about, or asking participants, the same basic questions. How do we increase our awareness so we get to know our soul better and understand our purpose? Who is the person behind the mask? What motivates us to become more compassionate, less judgmental? How does healing happen? How do I allow energy to move through me? How do I know what is Truth?

Learning to listen to the body is what the sages speak about. Seems so simple, but what does that feel like? How do we know what is the truth? Figuring out our body signals is important. Where in the body do you feel satisfaction, happiness or truth? Maybe a big sigh, tingles, a rush down the spine? When I hear someone speak, I stay aware of my body and often it will give me a little shiver if it agrees with what is being said, even if it sounds far-fetched. I have also noticed that when I pause for a few moments and feel heartfelt gratitude, like before I eat, I often get shivers that shake my body. These shivers feel like stress being released, so I relax and allow them to vibrate through. If I feel a bolt of lightning striking me, I really pay attention, knowing what I am thinking or hearing has importance. Then there are other signals like my hair standing on end, or a wave of sadness when tragedy happens, sometimes a deep knowingness or a feeling of shields going up in my energy field, etc. Feelings need our attention. If they feel unsettling, they are signalling that our soul is not happy and wants to talk.

Continues on page 6

STEPS ALONG THE PATH

Belly Button Lint



It is my experience that the mind has some influence over the state of the body, and my first memory of this was before the age of three years old. I have a wonderful memory of how love and compassion improved my well being. At the time I had a stomach-ache. I remember that it was not very serious, but it was enough to be noticeable and cause discomfort. When I told my Mother, she looked at me lovingly with concern and lead me over to the couch, where she laid me down. She lifted my shirt up and proceeded to rub my belly in a gentle circular motion. If I remember correctly she hummed or sang very softly as she rubbed me. I was already starting to feel better, when all of a sudden she stopped rubbing and looked into my belly button. She gently rubbed it with the tip of her finger and produced a tiny bit of lint. She looked me in the eyes with a semi-serious smile and proclaimed: "You had lint in your belly button. No wonder your tummy was upset." I gazed up at the tiny speck of lint that she held between her fingers, and I immediately felt better. As I look back upon this incident, I attribute my recovery to pure Love. With this portion of Love came Trust and Compassion. Yes, indeed it was simply a case of mind over matter.

There is a story about a laboratory experiment where groups of rabbits were being fed a high-cholesterol diet to determine the adverse effects of cholesterol. One group of rabbits, which was receiving the high cholesterol diet, seemed to do better than any of the other groups. The researchers were confused by the results. It was exactly the opposite of the expected results. So the researchers observed the feeding process by the lab technician for that group of rabbits. She was feeding them the prescribed diet; the only observable difference was that when she fed the rabbits, she would take each one out of its cage and hold it in her arms and stroke it for a while. This simple act of caring (another aspect of Love) kept that group of rabbits healthy. To me, this is a dramatic example of the power of Love and its relation to health.

Well here I am, sixty years further on along my path, and I reflect back upon the occasional time where I have been what I might consider physically limited due to some condition. I remember, when I was just turning sixty years old, something happened to my lower back, and I could hardly walk or lie down comfortably. Getting out of bed or in and out of a vehicle was extremely painful. The thought of spending the rest of my life like this passed through my mind. Eventually I fully recovered after taking magnesium, doing stretches and receiving love from Angèle in the form of caring, rubbing and some Reiki.

I realize that one day it will be my time to pass on. When that time comes the Love that I receive in those final moments may not heal me on this plane of existence, but I am certain it will make the transition easier. As doctor Leo Buscaglia says, "We each have an endless supply of Love to give," so let's make sure we do not pass on without giving as much as we possibly can.

Namaste Richard

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Musing continues from page 4

Often what seems to happen is that people are told to take medication so they don't feel, or told they are crazy because it can't be explained. Attending the festivals gives us a variety of tools, a smorgasbord of experiences, to see what does work so we can understand our inner guidance. Sometimes it is a combination that creates the opening. Yoga stretches and strengthens the meridians and brings chi to the organs, allowing subtle vibrations to become more apparent. This practice has taught me to listen to the breath and to become aware.

A few people have asked me, "What is the difference between my inner voice and my mind, and how do I know it is God and not the devil?" In my world, thoughts that keep going round and round are in my mind. My angels don't repeat themselves, and seldom does God, and there is fine line between those two voices. Once, I remember hearing my inner voice say: "Yes, sir. Right way, sir!" I felt like a soldier reporting to a sergeant. That is how I feel when I get my ego out of the way. I do what is asked, for I have learned their guidance is for my highest good—if I choose. If I had listened to my ego, I would not have learned about computers, and *Issues* would not have happened. Following instincts has taken some training, but at that same time, it seems to come naturally. I used to think everyone had this ability, but have been told that is not so. When I ask the people who ask questions how they hear guidance, they often dismiss it, but with further questioning by me, some get an 'ah-ha' moment.

Working with others to co-create events is something I do naturally. I like the feeling of the flow, of being in the middle of organized chaos, of doing good and seeing if I can do it better next time, of doing what my angels ask, even if my conscious mind has other ideas. I like being around people who have learned to care for the earth and the animals and know the names of weeds rather than corporate logos or brand names. I like people who have educated themselves and want to share and help us grow collectively wise.

One of my commitments is to have a smaller footprint. Whenever I travel, I bring my own bedding, as it does not make sense to wash sheets after one sleep. When I wash my hands, I dry them on my hair, not paper towels, I have a collection of handkerchiefs for my drippy nose rather than Kleenex, and I avoid most soaps and chemicals, for they are not people- or earth-friendly. Marion Desborough, the lady who does the festival registrations thought I should mention this, for she too wants to use less. I assume you all know not to take plastic bags home. Learning to consume less increases our awareness, too.

If you are looking to educate yourself, there are lots of women who have much to share at the Wise Women's Festival, or register for a workshop at Johnson's Landing Retreat Center, and enjoy our high-quality, vegetarian, mostly organic food, with yummy cookies made from fresh-ground flour. How many people do you know who think that grinding their own flour is important—and do it? Learning what is important to you will help your soul and everyone else on their journey.

Angèle

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There are many misconceptions about shamanism, in particular, its practical application to modern life. Although the practice is thousands of years old, its application is very relevant today, given the stress of living in our society—limiting beliefs that hold us prisoner, anxiety, fears, chronic illness that sap our strength, taking the joy out of life, and generally keeping us stuck. Shamanic healing can set us free.

To understand how shamanic healing can set us free, first we must understand one of the areas in which **Energetic Shamanism** works: the **luminous energy field** which all living things have around their body. This is the key.

What happens when we encounter a traumatic event or series of events in our life? Think of an event right now which you found to be traumatic, terrifying or caused great anger—like being abused as a child, bullied at school or losing a loved one unexpectedly. As you think of it, *feel* the energy of your emotion. The key is the emotion you *feel* around the event.

We know that energy can neither be created nor destroyed. If the disturbing event is repeated, or if we are very young and vulnerable, we may not be able to have the energy naturally dissipate. This energy has to go somewhere. Energy attracts energy—like two magnets—so the energy released by the event finds the closest place that attracts it and beds itself into our luminous energy field, just like a wooden sliver into our hand. These slivers are the source of our limiting beliefs and behaviours, fears, anxieties, or chronic physical and mental illnesses.



A well-trained shamanic practitioner is the key to finding and helping us to remove these energetic slivers and fully enjoy our lives. Alternatively, we can learn the skills so we can do our own work. By removing the sliver, we are essentially pulling out the driving energy behind our problems. We have then to retrain ourselves to a belief and behaviour pattern which we want, as opposed to being dragged along through life by ones we do not want.

Shamanic skills may be learned by anyone with an open mind and a willingness to step outside of consensual reality. The training provides a new, rewarding way of life, free of many of the shackles of our societal, social and personal life experiences in the modern world.

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Resurgence of the Floatation Tank

by Mike de Visser

Remarkably, floating to wellness remains relatively unknown to most. It was neurophysiologist Dr. John Lilly who invented the first floatation tank in early 1950. His research discovered that 85 percent of our central nervous system activity dealt with gravity, light and sound. His goal was to devise an environment that would temporarily free our minds from distractions and assist humankind in its quest for self-knowledge, inner spiritual experience and self-healing.

The floatation tank was introduced commercially during the late 1970s to early 1980s but faded rapidly and is now making a resurgence. Why? Because I believe "humanity was just not ready," and that floatation tanks were three decades ahead of their time. However, I believe we have evolved spiritually since then. Humanity is now very much attuned to seeking universal truths and natural health remedies. Floatation is an extremely enjoyable and physically rejuvenating experience which will positively affect you physically, mentally and spiritually. While floating we can explore and experience aspects of ourselves and nature that we may not have known existed.

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Some floaters compare the sensation to a conscious dream within a dream where they can actually create an experience and explore their inner fantasy. Many floaters report increased creative capacity, refreshed thinking, and total stress relief. It has been documented that floating assists in the synchronization of the right/left brain hemispheres, enhancing intuition. The experience often continues well after the session ends. Nelson, BC, will soon have a world-class floatation spa for you to experience. See ad above

A Direct Experience of Who You Are

"It is better to live one day as a tiger than a thousand years as a sheep" —Christopher Hansard

CHRISTOPHER HANSARD is a Master of Tibetan Dur Bon Medicine with his central practice in London, England. He is also a psychological trauma therapist and therapeutic facilitator, practicing mindfulness-based cognitive therapy (MBCT), acceptance and commitment therapy (ACT) and is a CCC-registered counsellor and schema coach.

According to the "Dur Bon" teachings of the Northern Treasure School in the Amdo Mountains of Tibet, he is a LhaKhu or 'Thunder Being'—a person who materializes on this plane every 700 years in order to help change consciousness. Described as a bolt of lightning because he possesses a powerful energy, he is considered an awakener of consciousness. He chooses and designs his life before being born, then creates the right processes to fulfill his purpose. Christopher was located through ancient divination and astrological knowledge by the Elders of the tribes in the Amdo Mountains in Tibet at the age of four, playing on a beach in New Zealand with his parents. His teacher, Tibetan teacher Urgyen Nam Chuk, with the compliance of Christopher's parents, began his training in the psycho spiritual and shamanic teachings of pre-Buddhist Tibet. At the age of eight, he began a 19-year study. "I was taught a system of medicine whereby I could look at a plant substance and, based on instinct and extensive botanical training, would know how to use it, no matter where I was in the world." By reading pulses and looking at the eyes, skin and tongue, he can interpret illness and essential life problems.

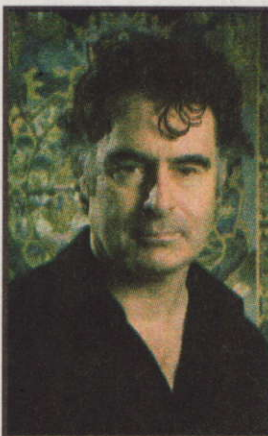
The time is ripe for ancient knowledge integrated with contemporary insight and wisdom. Taking the best of what has been passed down (and meticulously so, through hundreds of years of committed teachers), doorways are opening for these teachings to permeate and guide our consciousness into a better understanding of who we are and what purpose we serve. These ancient Dur Bon Teachings are the

foundation of many cultures, and indigenous teachings present today have similarities that preclude individual and separate evolution.

"Simply by the act of starting to heal your life, you spark the healing of others and of the world in which we live. You don't need to force this idea on other people. The quiet act of living in accordance with who you are and who you can be allows the natural influence

of goodness to grow.

"We are not separate. We are all the face of whatever God we believe in. Although we are all born and die with inequalities, we must strive to attain a common equality that lies not in external achievements but in the spirituality, the unity, and the beauty of our humanity." —From *The Tibetan Art of Living, Wise Body, Wise Mind, Wise Life* by Christopher Hansard.



"It is better to live one day as a tiger than a thousand years as a sheep" —Christopher Hansard

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The Art of Intuitive Writing —the Power of Words

During the 2011 Spring Festival of Awareness, a group of participants took a mystical journey into the Art of Intuitive Writing with Rosemary Phillips. Utilizing the energy of song, melodious musical sounds of nature, colourful images and phrases, each participant journeyed inward to reach a place of peace, inspiration, creativity, communication and expression, passing mental blocks and asking for words to inspire both themselves and others. For a few, the place was one of pure silence; for others, a place of inspiration. The following contributions are from participants, sharing healing words that moved and touched those in the room.

Going Within

Going within to infinite space, to infinite freedom
A place to twirl, spin, jump, laugh, and maybe to fly
Going within to a place that freely gives safety and asks for
nothing in return
Going within to a place that offers unlimited nourishment
and that gives me strength to unlock the secrets that
lie within. —John

Towards the Light

The joy of Light
Dancing, luminous Light
Calling ... forever calling
Rolling forward in soft gentle waves.
How is it that I have not seen you before ...
When always ... you were there? —Bonnie

Both Sides Now

I walked on water
but you would not come
I gave you stars
so the world could see
I prayed with you
so you are not alone
I gave you love
so you could be —Iris

Continues on page 12



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Profile

Tesla Metamorphosis

Specific to Tesla Metamorphosis, this new healing modality, is that healers use Tesla Waves which (unlike Hertzian waves, with which we are familiar) get stronger with distance. In healing sessions, practitioners are able to notice light around some clients, and in some seminars students could see light moving on the stage toward Anya Petrovic and staying on her side—with their naked eyes. Clients report healings from many diseases that are considered incurable in orthodox medicine, even from birth deformities—usually after only three sessions.

The process we call Tesla Light Body Metamorphosis initiates consciousness evolution and soul purification, and this is even more important than healing. The frequencies of energy, light and information stimulate the reconstruction of broken DNA strands science calls 'junk DNA.' It seems that humans once had 13 DNA strands that held our genetic code. To illustrate this, could you imagine if we had 13 TV channels, and suddenly we only had two! How much information and light would be missing?

The process of Tesla Light Body Metamorphosis directly affects the process of consciousness evolution and evolution on all levels: physical, mental, emotional and spiritual. Tesla Light Body Metamorphosis triggers the process of the reconstruction of DNA strands and brings them into resonance with the frequency of the planet Earth's DNA and the DNA of the Universe. A lot of scientific evidence shows that an evolutionary leap of consciousness can be expected soon and that the Mayan prediction is not without foundation.

It was almost like in a fairy tale how Anya was attuned to the healing Tesla waves: "I was looking through the window, waiting for a client to arrive. All of a sudden two white doves flew straight into the window, knocking on the glass with their beaks. They both flapped their wings in synchronicity, like two ballerinas following the same choreography, then they flew away. This episode filled me with joy. I did not

understand why, but I felt that something significant had just happened.

"The client came, and during the session I heard a thought in my head: 'Tesla Healing, you need to reconstruct Tesla Healing.' Of course, I knew who Nikola Tesla was, but, he was a scientist. This message did not make sense to me. I thought, 'I am not an engineer or a physicist. How could I "reconstruct" something he invented?' The message came again, but I still could not find logic in it. In the next 24 hours nine 'coincidences' happened which made it clear to me that this is the way I need to go."

There was no evidence that Tesla Metamorphosis had something to do with Nikola Tesla until Dr. Prof. Ljubo Ristovski from the Institute for Bioenergetic Research in Belgrade took photos during a seminar that Anya held in Serbia, using a PIP camera. Just by chance, Dr. Prof. Ristovski had made PIP camera photos of the Tesla Enhancer with an extra coil that radiates Tesla waves. The images made during the Tesla Metamorphosis sessions unequivocally proved that the energy frequency used in Tesla Metamorphosis was equal to the frequencies of Tesla Waves. Dr. Prof. Ristovski stated no other healing modality has those purple colours that are specific for Tesla Waves. So the message Anya had received was scientifically proven.

Anya Petrovic, the founder of Tesla Metamorphosis, is coming from Australia to hold seminars in Kamloops. She has been in healing work for almost two decades, eleven years as a Reiki Master. For eight years she was practicing Reconnective Healing and assisting Dr. Pearl with his seminars, until Tesla 'happened' to her. Since using Tesla waves she is receiving feedback about achieved 'healings' more often than ever before.

Anya wants to make this precious gift available to as many people as possible. She travels the world and teaches seminars. You also can easily learn how to utilize Tesla healing frequencies. Join Anya for this special experience!

See ad above or visit www.TeslaMetamorphosis.com

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Rosemary will be at the Wise Women's Festival, September 16–18 at Naramata Centre, teaching a similar class.



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Being healthy and walking upright were only words for Swiss René-Claudius Schümperli for a long time. He didn't know the reason for his suffering. Just like for many other people, neither orthodox medicine, nor osteopathy or any other known atlas therapies were able to help him. Within the scope of dealing with his suffering and efforts of self-help, he had a suspicion that almost all human beings have the atlas wrongly rotated. Further applications with other persons confirmed the original suspicion. During the course of his suffering, René-Claudius Schümperli developed a method to correct the atlas permanently into a stable position, with a only one precise application, completely safely and permanently without any adjustment or other manipulations. It was a major breakthrough!

Today we are becoming aware of the meaning of the atlas concerning our health and mental balance. An atlas that is not in the correct position inevitably leads to restrictions, disturbed blood flow and reduced or false information flow between head and body. Moreover, the gross defective position leads to problems concerning the whole back. The spine has to compensate for the incorrect position of the atlas with a rotation all the way down to the pelvis.

Some symptoms of an unbalanced atlas are:

- Neck pain / stiff neck
- Herniated disc(s)
- Pinched nerve
- Pelvic rotation
- Knee pain
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- Scoliosis
- Migraines
- Pain in the hip joints
- Difference in leg length

Our method works by releasing existing tensions with a specific massage of the short neck muscles and by so doing allowing the atlas to slide back into its original position. A follow-up visit with additional support of the self-healing process is essential. Having reached its natural position, the atlas cannot rotate out again due to anatomical and mechanical reasons. The application needs only to be done once and guarantees that the atlas stays in its correct position. This permanence offers the chance to complete physical, spiritual and mental development and the possibility to walk and be upright and healthy. It can be applied to children as a possible preventive measure as well.

With the atlas in its correct position, the self-healing process begins. Because the body heals itself, the AtlasPROfilax® Wellness application is a basic preventive measure. Now and then, there might be noticeable reactions, which can occur after the application which are a sign of the self-healing process. The AtlasPROfilax® method does not replace medical care or diagnostics. See ad to the right

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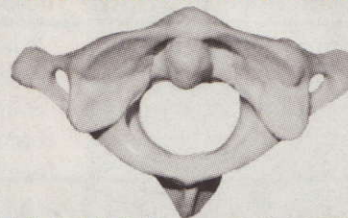
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Life as an Empath

Debbie Clarkin

It is hard to put my experiences into words and down on to paper, but I will try. Even though I grew up in a home that was open to spirits and believed in psychic abilities, they didn't have a clue about empathy. An empath is someone who feels or experiences what another person is feeling. There are emotional empaths who feel or experience others emotions and there are physical empaths who feel or experience others physical sensations, like pain.

I remember when I was about eleven, going to the hospital to visit my cousin, who had been hit by a car when we were riding our bikes. By the time I left, I was so sad and depressed, I ached all over and I thought I would be sick. It took hours for me to feel myself again. As a teenager it got worse. I hated crowds; I always felt like people were bumping into me. I found myself getting angry, depressed, or just plain moody, and even having aches and pains, for no reason. It was blamed on hormones and growing pains or I was just being "too sensitive." It was so frustrating; I didn't understand what was happening to me and no one could help me. This went on for years. I thought there was something wrong with me.

Sometime in my late twenties, we noticed a pattern. If I was around certain people who were angry, I would get angry, even though I didn't know what I was angry about, or sometimes I would get pains in different parts of my body. It was also about that same time that I started to explore and read about metaphysical subjects and came across a book, about empathy. As I read about the people in the book I saw myself and started to understand what had been happening to me.

I spent years reading about being empathic and looking for someone who could help me learn to control it. After receiving lots of advice—some good, some bad—and of course a lot of trial and error, I learned to recognize what was someone else's energy and what was my own. You have to know what is yours and what is not yours before you can release it or deal with it. This is probably the hardest part of being an empath. It wasn't until I started doing energy work and studying Reiki and Alchemical Healing that I have been able to really control it. I am both an emotional and a physical empath and it is now one of my greatest strengths when doing intuitive work or sessions with the Alchemical Healing that I do.

When I started teaching I found that many people who are drawn to the intuitive arts and energy healing are empathic to some degree and, like me, need to learn how to live with it. My classes now include many techniques to help us to shield ourselves from and to use the energy or information we receive through empathy.

I once thought that being an empath was like living with a curse; now I see the truly amazing gift that it can be. Along the way, I try to help others to work with their gifts and to realize their own potential.

See ad to left.

Intrinsics

by Wayne Still

Have you ever wondered how your body is able to make such a large range of movements and with such precision? We all know that our voluntary body movements are initiated by signals from the brain transmitted by the nervous system to the muscles that will make the movement we have decided on. What is more interesting is the combination of muscle groups that are stimulated to make the movement.

Our bodies are mostly made up of various kinds of connective tissue. The kind of tissue depends on its use. Bones are connective tissue with extra calcium added to make them stiff so they can act as spacers in the body as well as attachment points for the muscles that move them. Bone-to-bone connections are made with tough, strong and not very elastic connective tissue called ligaments. Muscle-to-bone connections are made with tissue which is a bit more elastic and are called tendons. The muscle bodies themselves are made of fascia, soft, very elastic connective tissue. It is fascia which gives our bodies their form, strength and flexibility and is the soft tissue we hear about in soft tissue injuries.

The muscles themselves are divided into four different groups: flexors, extensors, extrinsics and intrinsics. Flexors and extensors work together to create reciprocal movement. Flexors move a body part closer to the centre of the body, while extensors move it away. When flexors flex, extenders extend and vice versa. Flexors always overpower extensors; it is the relationship between these muscle groups that gives us mobility. Dr. Ida P. Rolf, the originator of Structural Integration work, said that when we look at a human body, what we are seeing is the relationship between flexors and extensors. But it is the extrinsics and intrinsics that give that relationship meaning.

Extrinsic muscles are long, strong muscles which cross two joints. Perhaps the best known of these are the biceps and triceps which cross the shoulder and elbow joints, giving us a large range of upper-arm movement. Not so well known, but equally important, are the smaller intrinsic muscles which cross only one joint. They are located at every joint in the body, but those that most people have heard of are the rotator cuff muscles (deltoids, pectorals etc.) found around the shoulder joint.

In exercising we are enamored with large movements and stretches which focus on the extrinsics. But the first fifteen percent of any movement is initiated by the intrinsic muscles related to the movement, and it is the intrinsics which give us the fine motor skills to fine tune the larger movements. So it is important for us to pay attention to these smaller muscles when we exercise.

How do we do this? By making small movements which only involve the intrinsic muscles! These small movements can be made at either end of a range of motion or anywhere in between. Exploring these small movements is a bit out of the normal way of thinking about exercise, but once you get used to it they are very enjoyable. With them you develop a whole new relationship with your body as you engage a different part of your nervous system. They are more playful movements which can be done with or without weights. See how small you can make the movement until it is just the intention to make it, then expand and back. Have fun getting to know your body better through your intrinsics.



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Living with a Saint in India

by Dania KalTara

Just imagine sitting cross-legged on a stage, full of friends, looking out onto a sea of people who have been waiting all through the night for a hug. The sun is rising. In front of you, in the middle of the stage, sits a well-known saint, taking everyone, one by one, into her lap. She gives a kiss and sends them away with a sweet and a packet of sacred ash. And so I sat behind Mata Amritanandamayi Devi, 'the Goddess of Immortal Bliss,' lovingly called Amma, meaning Mother.

Rolling the sweets in the small paper bags and pressing three of them carefully together to pass on to the next and finally to make it to Amma's small hand, to give with each hug. This is Amma's special way of 'giving *darshan*' or her blessing. Most spiritual masters in India give their blessings by their presence, through their gaze or by a touch. But Amma embodies all the divine qualities of the Universal Mother, such as unconditional Love, patience, selfless service, compassion. And so her *darshan* is a mother's embrace, equal for everyone from a dignitary, a homeless one, a farmer, a student. Thousands flock daily to her Ashram and to her programs in many countries.

I had always longed for a model of who I am as a female and never discovered any, until I met Amma. She has manifested my greatest dreams and then a thousand fold! It's true, in my experience, that she is a saint. But she is more. She is what spiritual masters call a *mahatma*, or more popularly an *avatar* in the purest sense. Jane Goodall referred to her as "God's love in a human body" when she passed the Gandhi/King Award for Non-violence to Amma in 2002. Amma is becoming well-known for her countless and ever-growing humanitarian projects, speaking at the United Nations and being given prestigious awards. (see www.amma.org.)

This past winter I lived with Amma in her ashram (monastery) in South India for four months. I traveled with hundreds accompanying her for three weeks on her South India tour. It was a big dream come true. Hot, humid, rice and curry, thousands of people and sounds everywhere, modest rooms shared with two other women. We chanted for hours, sang devotional songs with Amma every evening for an hour, had discussions on the beach twice a week, daily meditation in the temple, daily fire *puja* ceremonies, hours of *seva* (selfless service)—a functional and very active spiritual community!

How has Amma helped my life? Having a spiritual guide and model makes life so much better! For example, during that significant all-nighter in Madhurai, rolling *prasad* on stage for ten hours behind Amma, I experienced the reality of the expression 'living in the moment'—one moment following another and always it was Now. In every moment, Amma needed the packet of ash and the sweet that I was rolling for her and for the child in her arms. Most of them had one single second in her embrace. She was always in the Now, effortlessly.



When a reporter asked Amma, "How do you keep up this impossible pace?" Amma replied, "Where there is Love, there is no effort." And that was my experience that night of a continuous Now. And yes, I did get

up two or three times to have a couple of 'nature breaks' and a snack. Amma has total control over her body and remained seated from nine in the evening to ten the next morning.

I treasure that experience and often have to work hard to come even close to that feeling of pure contentment. I am feeling it now as I write. Can you? I am in the right place, at the right time, doing the right thing for the right people. And you are, too. The Divine is within. Is that not a miracle?!

One tool she gives us is the IAM technique (Integrated Amrita Meditation). It is for anyone wishing a daily practice, integrating simple yogic postures, breathing practices and mental concentration to bring us from the external gross world to the subtle internal Peace. It is taught free of charge. In a recent five-year scientific study, the IAM technique, practiced daily, has proven to reduce stress by decreasing the stress hormones cortisol and adrenalin.

The Indian paramilitary had requested the IAM technique course for a million border guards, who suffer from stress. They all practice this meditation every morning. Many corporations in Western countries are currently requesting the IAM for their employees. Students and business people find they can function more clearly. There are three IAM instructors in BC: Victoria, Vancouver and Nelson.

Amma is presently on her North America tour for six weeks.

visit www.amma.org
to view the schedule.

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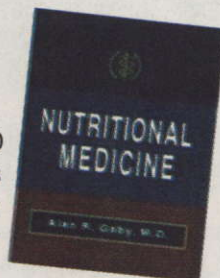
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Dr. Alan Gaby Scores a Touchdown for Nutritional Medicine

by Helke Ferrie,

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Vitality Magazine, June 2011



It weighs nine pounds, has 1,358 pages, cites more than 15,000 research articles, and took 30 years to create. This first-of-its kind textbook, entitled *Nutritional Medicine*, will undoubtedly provide a serious challenge to the usual dismissive attitude of hooked-on-drugs physicians about lack of scientific proof, proper studies, and real data. The book's author is Yale and Emory University-educated Dr. Alan A. Gaby, past president of the American Holistic Medical Association. As a medical student in the 1970s, he was inspired by Linus Pauling, Roger Williams, Abram Hoffer, and Adelle Davis.

When starting his practice in 1980, Dr. Gaby decided to devote one third of his time to treating patients using nutritional approaches and "two thirds to collecting and analyzing tens of thousands of published studies that relate to nutritional medicine." The result is a vast treasure of research. Dr. Gaby's 30-year project has also rescued from oblivion much old but true knowledge, which was in danger of becoming lost in the immense circus orchestrated by Big Pharma-controlled medicine.

In a recent interview, Dr. Gaby observed that "medical doctors are not pleased that people can go to the health food store and get what they need to take care of themselves"; furthermore, "nutrients, which cannot be patented, are in direct conflict economically with pharmaceuticals. ...One of the reasons I wrote *Nutritional Medicine* was to pull together all of the research in one place, so that people will realize how much of it there is. It is not a problem of inadequate research, but it is the fact of underutilization of available research."

The most insidious aspect of this turf war is the "long history of funding research ... designed to produce negative results with nutrients." Dr. Gaby relates an eye-witness report of Big Pharma representatives bragging about "how easy it is to issue a negative press release [related to research of questionable validity] and get it published prominently." A 1998 article in the *Archives of Internal Medicine* described how nutritional medicine only received public attention when there was some news of alleged toxicity, while news of its efficacy is ignored.

NUTRITIONAL MEDICINE GAINING WIDESPREAD ACCEPTANCE

The shift from drug thinking and symptom control to the nutritional paradigm is occurring, however. A large study conducted by the American Cancer Society, published this May, involved 100,000 people followed over 14 years, and showed that adherence to basic nutritional and lifestyle advice resulted in dramatically lower risks of death from cancer, heart disease, and all other causes (McCullough). In the Netherlands, an analysis of that country's health care system showed that the patients of doctors with training in complementary and nutritional medicine save the health care system a lot of money due to fewer hospital stays, less use of prescription drugs, and lower mortality rates (Kooreman & Baars). Cost efficiency and better health from nutritional medicine were also reported this year for old age homes (Nerukar).

Evidence about the negative effects of conventional salt has become so strong that, as CBC radio reported in early May, several Canadian hospitals have told fast food chains, including Tim Horton's, to get out of hospital cafeterias. ➡

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Meanwhile, mainstream research is now exploring millennia-old herbal medicines in use in India for their demonstrated antibiotic properties against pathogens unresponsive to most synthetic drugs. For example, high-tech medicine recently found that there is a symbiotic interaction at the DNA level between beneficial intestinal bacteria and our immune systems (Hall)—in other words, healthy digestive flora boost immunity. Many more examples of conventional medicine catching up with nutritional research are also coming to light.

Nutritional medicine is focused on the essential building blocks of life and knows that these are constant and universal. Secondly, it is rooted in the knowledge that there are essential nutrients that sustain life and can never be taken for granted or ignored. Don't mess with essentials—understand them. Significantly, new discoveries about the healing properties of essentials never negate previous knowledge. Chemical drugs seek to manipulate nature while hoping to get away with their known toxicity (sometimes successfully); nutritional medicine enters into a dialogue with nature, asking: "What do you want me to do so you can do your work to repair and sustain?"

Using this 'alternative' diagnostic and treatment approach to health care, the cause of a person's ill health is given priority consideration. Multiple sclerosis may be caused by chronic Lyme disease infection, toxicity from mercury amalgam, an infection from a root canal

Continues on page 20

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Touchdown for Nutritional Medicine *continued*

gone systemic, vitamin D deficiency, or long-term exposure to electromagnetic pollution. Similarly, childhood autism may have come from fetal exposure to all of the above or vaccines in the first few months after birth. Migraines can be caused by hidden food allergies, hormone imbalances, or infections attacking the central nervous system. Once the cause is determined, nutritional medicine employs the curative properties of nutrients in order to correct imbalances and deficiencies.

Unlike the drug-based approach, nutritional medicine does not search aggressively for new patentable molecules with enough physiological bang to ensure huge profits. Instead, what was known to be true about the curative properties of vitamin C in the 1950s is still true today, and we now have much more research revealing its uses.

On April 5, Congressmen Jason Chaffetz (R-UT) and Jared Polis (D-CO) introduced the Free Speech About Science Act (HR 1364) to ensure “that legitimate, peer-reviewed scientific studies may be referenced by [supplement] manufacturers.” Polis stated: “Today’s science has shown that vitamins and nutritional supplements can offer successful, natural alternatives to drugs.”

Unlike standard medical textbooks, which focus on the mechanics of bodily systems vulnerable to exterior pathogens and assumed genetic predispositional flaws, Gaby’s textbook is arranged according to the key areas of the body’s relationship to its energy sources. Thus, the nutritional medicine practitioner looks for the presence of four

key problem areas: hypoglycemia, food allergies, thyroid problems, and candidiasis. The whole of nutritional medicine is focused on metabolism and biological ecology.

Using conventional diagnostic terminology, Gaby approaches each disease with the tools of nutritional science, namely “cleaning up the diet” and looking for what deficiencies or imbalances in essential nutrients have caused or contributed to ill health. Most illuminating are the details on how to cook properly, and the toxicities and deficiencies that are produced when you don’t.

Gaby discusses virtually every vitamin, mineral, amino acid, and a host of other nutrients, providing the scientific evidence for each as he describes what they do for us and how exactly their lack affects bodily systems.

➤ DOES GABY’S BOOK STACK UP AGAINST OTHER MEDICAL CLASSICS?

However, it would be unfair to assume that standard medicine’s bible, *Harrison’s Principles of Internal Medicine*, now in its 17th edition and weighing 10 pounds, may be obsolete. On the contrary – it and Gaby’s tome complement each other wonderfully. However, Gaby does provide lots of wake-up calls for the Old Boys at *Harrison’s*. He enlarges their work and provides a most important and dynamic argument against broadly accepting conventional medicine’s toxicity. Gaby offers overwhelming evidence showing that, for most disease states, removing the specific cause of the disease while providing appropriate healing nutrients is key to recovery.

In *Harrison’s* textbook on Crohn’s disease, migraines, urinary tract infections, hormone replacement therapy, ADHD, autism, and cancer, the biological facts are clearly explained in the Old Boys’ manual; and occasionally there is a nod to the importance of some nutritional factoid, but generally they dismiss nutrition as being without supportive evidence. In contrast, Gaby’s enormous bibliography provides complete contradiction to that traditional arrogant dismissal of the role of nutrition in disease, which also highlights two points: first, that research into nutritional medicine has been going on regardless of Big Pharma’s obstructionism; second, here we have proof of the truth of Linus Pauling’s famous observation that “people are always down on what they are not up on.”

Looking now at that other famous text, the *Merck Manual*, currently in its 18th edition, it is encouraging to see that it has some excellent discussions of alternative and nutritional therapies —much more and much better than in *Harrison’s*



which has not, as yet, shed delusions of its superiority. Yet, if you use Gaby's as well as *Harrison's*, and the *Merck Manual* along with a few more sources, they will all help you survive well.

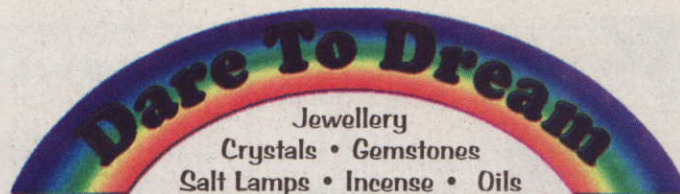
From the patient's perspective, *Harrison's* provides the best information on how bodily systems work and just how and why synthetic drugs are toxic; its pharmacology section is pure gold and impeccable. In fact, it's rather odd that doctors trained on *Harrison's* are so unfamiliar with its hair-raising information about the drugs they so blithely prescribe. Similarly, the annually updated *Compendium of Pharmaceuticals and Specialties* is, in my view, mandatory reading for anyone who has just been handed a prescription. If you still want to risk taking that drug after reading the manufacturer's own confessions about its known toxicity and side effects, and after having compared how nutritional medicine handles that same illness as Dr. Gaby describes it—then the best you can look forward to is having your symptoms suppressed by drugs, while the cause of your illness remains unaddressed and the disease process is left to run amok in your body.

In May, the University of Arizona's College of Pharmacy published findings about those clinical software systems with which pharmacies work across the country, showing that they are generally unable to alert pharmacists to potentially deadly drug-drug interactions. Admittedly, for almost a decade it has been pharmacists who publish the information on which essential nutrients are depleted by commonly prescribed drugs (Pelton & LaValley), thus enabling patients to top up those nutrients while taking prescription drugs. Just keep in mind that mainstream medicine has openly acknowledged that the leading cause of death in North America is correctly prescribed drugs. Noteworthy is the fact published in May that for most new drugs, the FDA did not publish any comparative efficacy data (Nikolas). Yet Gaby's book is essentially one huge comparative efficacy database!

The publication of *Nutritional Medicine* is as timely as it is necessary because patient attitudes have changed dramatically; now their fears and hopes have scientific support. The *Medical Post* reported on May 11, 2011, that more than 80% of Canadian doctors are asked about natural health products by patients, and 55% of patients are extremely wary of pharmaceuticals.

Gaby's textbook is not a cookbook: it is more like a road map which leads to the inevitable conclusion that what most medical conditions have in common is nutrient deficiencies associated with their initiation and development. Gaby's discussion and supporting evidence show which nutritional research points accurately at effective curative nutrients, and what commonalities in possible deficiencies will often apply. For even more refined detail and case histories, independent-minded patients can turn to books by Drs. Werbach, Gerson, Hoffer, and the environmental medicine information and autism treatment protocols of Dr. Jozef Krop, to supplement the information in Gaby's textbook.

Continues on page 22



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Iatrogenic Disease: the Growing Epidemic

by Dr. Ursula

In my homeopathic practice, I have sometimes encountered patients who just don't react well to a prescribed remedy. In retaking the case, I usually discover that the patient forgot to tell me about a medication or treatment that she/he had in the past. I call this the *iatrogenic factor*. The word iatrogenic refers to anything caused by medical treatment. In this article, it refers to any pharmaceutical medication whether it is an over-the-counter or a prescription drug.

Ten years ago, statistics showed that in the USA, the four leading causes of deaths were heart disease, cancer, strokes and allopathic prescribed drugs. Current statistics show that prescribed drugs are now responsible for over 220,000 deaths per year in the U.S. These are iatrogenic deaths. The drugs are xenobiotics since about 95% of them are made of synthetic chemicals that are foreign to human DNA and physiology. In the last 100 years, over two million new synthetic chemicals have been created.

It is a sad reality that many patients come to a homeopath after a long history of prescription medications. What most patients do not realize is that even though the primary effect of the drug action is long gone, the dynamic effect is still there. In other words, if someone took medication, even

for a short time, there are side-effects that continue to work inside the body, and these interfere with healing. If you take medications over long periods of time, the intracellular fluid degenerates. This causes the organs to deteriorate as the sediment of the drugs builds up in the cells. The cells then become toxic, die or mutate. This appears to be a growing epidemic in modern society. The number of patients who have liver disorders and inflammations seems to reflect this trend, and I see this in the thermograms of many of my patients.

Some examples of medicines or treatments that leave toxic residue in the body are birth control pills, HRT, cortisone creams, Accutane and other acne medications, Aspirin, Tylenol, Ibuprofen, Advil and other pain medications, Nystatin, Premarin, Ritalin, Viagra, Tagamet and other ulcer medications, X-rays, anaesthesia, antibiotics, chemotherapy, diet pills, caffeine, cough and sinus medications, steroids, petroleum jelly (Vaseline), flu shots, anti-depressants, sleeping pills—the list is endless. These will all interfere with proper healing as well as contribute to premature aging of both body and mind.

How can homeopathy help? There are many ways that the homeopathic remedies can remove the layers of disease caused by prescription and other drugs. If a patient is on a prescription drug for a life-threatening illness, then the homeopath can give the patient a remedy that will help detox them from the side-effects without interfering with the action of the medicine. If a patient has taken a medication in the past, the homeopath can give a remedy that will clear out the lingering effects. If a patient is going through withdrawal from a drug or an overdose, the homeopath can give a remedy to ease the withdrawal and start the detox process. Finally, remedies can be used preventatively. There are remedies that can be taken before and after any invasive procedures like X-rays, ultrasounds, MRIs, CT scans, dental work or surgeries.

See ad below

Touchdown for Nutritional Medicine continued

Remembering what Gloria Steinem taught, namely that the personal is always political, this book needs our supportive action. Textbooks are expensive, so I suggest taking a copy of this article to your area library to request its addition to the reference section—*Harrison's* and the *Merck Manual* are already on the shelf, and they will be mostly obsolete in a few decades. Your favourite health food store should be requested to have a copy for customers to consult—it will increase sales of the most valuable products on offer. Your GP should also be approached: doctors can afford such books and deduct them as business expenses, and when utilizing the information provided in *Nutritional Medicine* (instead of wasting their precious time on drug reps, whose advice promotes mostly professional burnout), they will have the exhilarating experience of seeing their patients actually become healthy.

Our MPPs should be made aware of this textbook as well. They all know that Medicare is on the verge of bankruptcy, and here is the information on how to serve the public interest with documented and verifiable facts that can also help save the economy from dependence on expensive pharmaceutical monopolies.

References available on the Vitality website.

Helke Ferrie is the owner and director of KOS Publishing, devoted to the politics of medicine.

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Consider this: Many of us already know that taking a painkiller for a headache will not cure the headache. It only deadens the nerves so that the pain is no longer felt, but the cause of the headache still remains. In the same way, taking Ritalin will not cure attention deficient disorder, cortisone will not cure arthritis, taking Metamucil cannot cure irritable bowel syndrome, nor will insulin cure diabetes. The same principle holds true for colds, flu, tummy aches, tooth decay, acid reflux, shingles, fibromyalgia, Candida, yeast overgrowth, prostate complications, glaucoma, vision impairment, thyroid dysfunction—and the list goes on.

When natural health practitioners treat symptoms rather than addressing the cause, they are really acting in the same way. The difference is that they use herbs, tinctures and homeopathic remedies instead of drugs. Treating symptoms with herbs or drugs may help bring temporary relief of symptoms (the body's way of expressing itself), but what the body really needs is a more realistic, whole-body approach.

The real secret is that we must improve the environment of our cells through tissue cleansing and high-quality nutrients (the workers). Once we stop taking the herbs or supplements that are merely designed to treat symptoms, we might end up with even bigger health challenges!

Not all supplements are created equal. As shocking as this may sound, it is true: Unless the supplements we consume are GMP (Good Manufacturing Practices) compliant, we have no real way of knowing what is in the container. High-quality supplementation is all about quality, honesty and integrity. People need to know that when it comes to delivery of nutrients, our body has the final say. This is why the most expensive supplements are those that do not work, or even worse, those that do more harm than good to our body.

DID YOU KNOW? Just as the steps of a set of stairs must be taken in a sequential order, our body requires certain nutrients and co-factors to be available in specific order before absorption and delivery can occur.

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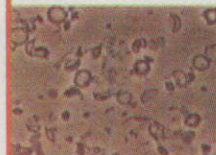
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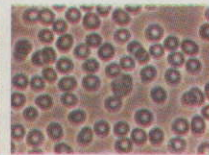
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Food for Thought

by Marion Desborough



I recently received an article from a friend of mine, who felt I might be interested in this website, and boy, was she right.

The website is NaturalNews.tv and there is a 'food investigations' section where they investigate allegations and information about the foods we eat.

This particular article is called 'Where did all the blueberries go?' They show you the box, show you the list of ingredients and show you without a shadow of a doubt that there are no blueberries in most of the boxes.

Winning investigative journalist Mike Adams, the Health Ranger, exposes the deceptive chemical ingredients and dishonest marketing of 'blueberry' products. The blueberries, it turns out, are made from artificial colours, hydrogenated oils and liquid sugars like sucralose (a chemical sweetener), high fructose corn syrup, and petrochemical colours.

Mike then travels to Target stores and their blueberry bagels—the ingredient list includes sugar, corn cereal, modified food starch, partially hydrogenated vegetable oil, artificial flavour, cellulose gum, salt and artificial colours like Blue #2, Red #40, Green #3 and Blue #1. He continues researching cereals made by General Mills, Kellogg's and Betty Crocker and wonders why they can't use real blueberries like Natures Path and Health Valley. They don't use real blueberries because they are expensive—and they would have to charge more like the cereals in Health Food stores.

The consumer has a choice, and getting informed is the first step. Don't buy foods with a long list of chemicals. If a company doesn't make a profit, it will have no alternative but to rethink its deceptive advertising and images on the packages. Devalitized food affects my health and energy levels so I read the labels, buy local and make my own banana bread.

Mike Adams, the Health Ranger, is with Food Investigations for the non-profit Consumer Wellness Centre, and is featured regularly on NaturalNews.tv. Please watch it as they have a new episode each week.



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Changing Your Beliefs, Changing Your DNA

by Maria Gould

Remember the days when we believed that we were made up of just our DNA, and scientists used to label over ninety percent of our DNA as 'junk?' We believed that if we had a genetic predisposition to a disease, that's it, we were doomed to get it! "My mother had breast cancer and now I'm going to get it." Oh wait—some people still believe these things. Well, the good news is we now have the possibility to change your DNA and change these 'statistics.'

The Biology of Beliefs by Bruce Lipton has started to open the eyes of many people, scientists and laypeople alike. His research has begun to *prove* that our DNA is affected by our environment, more so than by genetic predisposition. And our environment is made up of not only our external surroundings, but our internal thoughts and beliefs.

Wow, so the way we think actually affects our genetics, turning on the 'switches' so to speak of dormant 'junk DNA.' (I believe that this 'junk DNA' is actually our human potential.) So how can we become aware of our subconscious thoughts and affect our DNA in a positive fashion? Remember, your subconscious makes up about ninety percent of your thoughts, many of which go completely unnoticed. Ancient sages offered many wonderful suggestions of mindfulness, but this takes years to see any lasting change. Isn't this the age of instant results?

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I believe that this is our human potential! What if our 'junk DNA' is our unlimited selves and our beliefs of worthlessness? What if your potential is to have your dreams come true? Wouldn't it be fun to experience life differently, with the positive aspects of life highlighted. Many people do things the hard way, not knowing they have a choice.

Are you ready to clear your old beliefs? For the time has come for us to unleash our Divine DNA.

Maria Gould and Brenda Molloy of Studio Chi
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Sustainable Living Section



with

Antony Chàuvet

Next to solar panels, third- and fourth- generation biofuels are what will be the most useful during our transition to renewable energies. Amongst those, my research shows that biofuels made from algae and photosynthesis energy are the most promising. Algae has a net energy output up to 300 times higher than biomass fuels. It will not yield as high an energy output as conventional oil, or even tar sands. However, they will be necessary and complementary because the traditional fuel sources are not sufficient to match demand anymore. When gas prices reach more than \$2 or even \$5 per liter, they will also be competitive.

Most companies pursuing algae as a source of biofuels are pumping nutrient-laden water through plastic or silicate glass tubes called "bioreactors," which are exposed to sunlight. Algae can also grow on marginal lands, such as in desert areas where the groundwater is saline, rather than utilize fresh water. One of the leaders of algae fuel production is Sapphire Energy, based in San Diego, California.

The second technology is artificial photosynthesis. It is a renewable, carbon-neutral source of fuel, producing either hydrogen, or carbo-fuels. This sets it apart from the other popular renewable energy sources—hydroelectric, solar photovoltaic, geothermal and wind—which produce electricity directly, with no fuel intermediate.

As such, artificial photosynthesis may become a very important source of fuel for transportation. Unlike biomass energy, it does not require arable land, and so it need not compete with the food supply. Since the light-independent phase of photosynthesis fixes carbon dioxide from the atmosphere, artificial photosynthesis may provide an economical mechanism for carbon sequestration, reducing the pool of CO₂ in the atmosphere, and thus mitigating its effect on global warming. Specifically, net reduction of CO₂ will occur when artificial photosynthesis is used to produce carbon-based fuel which is stored indefinitely. One of the companies currently developing photosynthesis-based fuels is Joule Unlimited, based in Cambridge, Massachusetts.

The problem with these two technologies is that they have not been deployed on a wide scale. Hopefully this will be done soon, thanks to decreasing production costs and increasing gas prices.

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Green energy choices

Your chance to make a meaningful difference for the environment

by Anthony Santilli of Bullfrog Power

Canadians care about the environment and want to do their part to help create a cleaner world. At the same time, many homes and businesses are unaware of the environmental impact of their energy use—and of simple energy choices available to them that can help them reduce their environmental impact and create a cleaner, healthier world. In this article, I will address the challenges with conventional electricity generation and natural gas use and suggest some green energy alternatives.

Fossil fuel-based electricity generation is a leading source of carbon dioxide, the primary greenhouse gas linked to climate change. It is also a major source of pollutants that contribute to smog. Large hydro facilities, a primary method of power generation in BC, can have a detrimental impact on local ecosystems if they involve substantial damming.

The natural gas we use in our homes and businesses for heating and cooking also has a significant impact on the environment. Natural gas is a fossil fuel, like oil, and not a renewable form of energy. When we burn natural gas to power our appliances or for heating purposes, carbon that was once stored underground is released into the atmosphere as carbon dioxide. Ultimately, relying on natural gas increases the amount of carbon dioxide in the atmosphere—and contributes to the global problem of climate change.

So, what can homes and businesses do to reduce the environmental impact of their energy use? After implementing measures to conserve energy in your home or organization, you may want to consider greening the energy you must use. Green electricity and green natural gas options are available to you.

Green natural gas comes from decaying organic matter in landfills, like orange peels, egg shells and grass clippings. When this natural material decomposes, an energy-rich gas is produced that can be cleaned and then injected into the natural gas system. When used, green natural gas releases only the carbon dioxide that is part of the natural carbon cycle and would be produced in any event by the decay of organic waste. It is the same carbon dioxide that is needed by the next generation of plants and animals to grow. Unlike fossil fuel-based natural gas, green natural gas does not increase the amount of carbon dioxide in the atmosphere, enabling us to use appliances and heat our homes and businesses without contributing to climate change.

A facility that produces green natural gas exists right here in Canada at a landfill gas project in Quebec that meets strict environmental standards as defined by ICF International, a global consulting firm that specializes in environmental issues.

Ultimately, by making green energy choices, you have the opportunity to reduce your environmental impact, support the development of new renewable generation in Canada and help to create a cleaner world. You also support your regional renewable energy industry. So, what are you waiting for? Choose green energy for your home or business today!

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The Cook's Corner

Vegetarian Recipes from the Johnson's Landing Retreat Center

This month we will feature our Vegetarian Pâté, which is simply a mixture of seasoned ground vegetables combined with several different base ingredients. Pâté can be served cold or warm, on crackers, flat breads or in slices, alongside a variety of salads. It can be stored in your freezer for a sudden surprise meal. The consistency (*determined by the amount of liquid you add*) depends whether you like it sliced or spreadable. I have also included our Summer Rice Salad; when served on a bed of fresh lettuce it is the perfect compliment to the Pâté.



Bon Appetit, *Richard*

Vegetarian Pâté

Serves 8



Ingredients:

- 2 cups roasted ground **Sunflower Seeds**
- 1 cup **Nutritional Yeast** (not Brewer's)
- 1 cup **Whole Wheat** or **Spelt Flour**
- 2 tsp. each **Oregano, Basil, Thyme**,
(use more if fresh)
- 1 tsp. **Ground Cloves**
- 1/2 tsp. **Sage**
- 1/2 tsp. **Salt**
- 1/2 cup **Olive Oil** (Sesame Oil if available)
- 2 medium **Onions** finely grated to a mushy consistency
- 2 medium **Raw Potatoes** grated to a mushy consistency
- 3 Tbsp. **Lemon Juice**
- 2-3 cups **Soup Stock** or Water
to desired consistency

Utensils: cutting board - mixing bowl -
knife - measuring cups and spoons - hand
grater - wooden spoon - rubber spatula -
Glass baking dish or pie plates

Directions:

~ preheat the oven to 350° F ~

- In a dry pan heat the Sunflower Seed until fragrant and very light brown. Grind them in a clean coffee grinder
- Grate the Onion and Potato with a hand grater or food processor. - Mix all ingredients together.
- Spoon into an oiled glass rectangular baking dish or pie plates.

HINT: The thinner you make it the quicker it will cook!
Bake at 350 degrees for about one hour until the centre is a bit firm and browned.

Summer Rice Salad

Serves 8

Ingredients:

- 2 cups of cooked **Basmati Rice**
(we prefer brown long grain Basmati)
- 4 Tablespoons of **Mayonnaise**
- 1/2 of a medium **Onion**, finely chopped
- 1/2 of a **Red Pepper**, finely chopped
- 1 stalk of **Celery** diced
- 1/4 cup **Sliced Black Olives**
- 1/2 cup **Sweet Pickles** chopped
- 1/2 teaspoons of **Basil** (dried)
- 1/2 teaspoon **Oregano** (dried)
- 1/2 teaspoon **Paprika**
- 1 teapoon **Sugar** (Organic)
- Salt** and **Pepper** to taste

OPTIONAL:

- 1 fresh **Tomato** chopped
- A touch of **Chili Pepper** or **Cayenne**
- Instead of Mayo you can use Tahini
- Garnish with **Fresh Parsley**

Directions:

- Mix all of the ingredients in a bowl
- Serve on a bed of Fresh Lettuce leaves
- It can be garnished with Fresh Parsley and other colourful sliced veggies

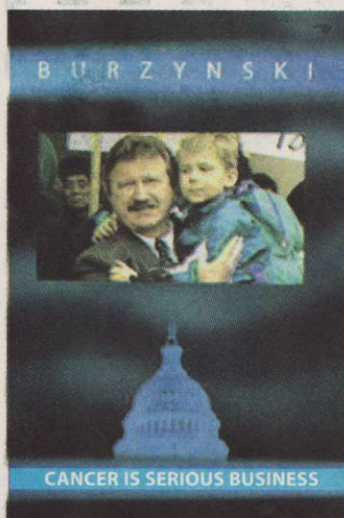
'Fluffy' Brown Rice

~From the November 2008 Cook's Corner~

[Makes 4 cups] You need the following:

- Fry pan with tight fitting lid • 1 teaspoon Salt
- 2 cups Brown Rice • 4 cups boiling Water

Put the water on to boil in a separate pot.
Heat the fry pan then add the rice.
Dry roast it, stirring frequently, until fragrant.
Take it off the heat - Add the boiling water
and quickly put on the lid.
Once it has calmed down add the Salt
Put it on very low heat, just to keep the water
gently boiling, with the lid on.
Cook for 40 minutes until the water is gone.



BURZYNSKI, THE MOVIE

AMAZING. I hope you all buy, watch or network this one. It is the story of a medical doctor and Ph.D. biochemist named Dr. Stanislaw Burzynski, who won an intriguing legal battle against the Food and Drug Administration (FDA). www.burzynskimovie.com

In the 1970s, Dr. Burzynski made a remarkable discovery that threatened to change the face of cancer treatments forever. His non-toxic, gene-targeted cancer medicine called antineoplastons saved many lives over the last two decades and there could have been more, had it not been criminally suppressed by the US government. His therapy cured many incurable forms of terminal cancer and the National Cancer Institute wanted it stopped at all costs.

I liked seeing the documents which proved something I know. Five times he was dismissed by the Supreme Court for 'doing no harm,' something doctors pledge to do. His story exposes the powerful, unscrupulous forces that work to maintain the status quo of the medical and pharmaceutical industry at any cost—including the lives of millions of people.

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A week with Dorothy Maclean

by Derek Cameron

In 1978 I was finishing my studies at the University of Edinburgh in Scotland when I met two young men whose parents had founded a spiritual community in the north of Scotland, near a village called Findhorn. I had never heard of Findhorn, so I read several books borrowed from my neighbours, and a whole new way of life was revealed to me. Here were ordinary people who lived their lives by intuitive guidance—a mode of being then entirely unknown to me.



The original caravan at the Findhorn Foundation in Scotland

developed her own intuitive abilities. When Sheena's three students found themselves unemployed, living in a caravan (travel trailer) near Findhorn in November 1962, this intuitive guidance would become the basis for their entire lives. They have since written many books, if you want to know how divine guidance works for them.

In between her talks, Dorothy offered us periods where we could experiment with intuition for ourselves.

The next summer, I met my neighbours' parents, Eileen and Peter Caddy. But I had read there was a third founder of the Findhorn community, Dorothy Maclean, whom I had yet to meet. For this I would have to wait some twenty-five years. In my twenties I emigrated from the U.K. to Canada and, while living in Vancouver, discovered more Findhorn books. I began to wonder if I, too, could develop these intuitive abilities.

Finally—and by this time I was in my forties—I learned that Dorothy Maclean would be giving a week-long retreat at Johnson's Landing, in the Kootenay region of BC. After a long drive from the coast, through the mountains and valleys of the beautiful BC interior, I arrived at Johnson's Landing one afternoon in July. Dorothy was already surrounded by twenty participants, all peppering her with questions. The next morning, Dorothy finally had a chance to speak without interruption, telling us how a friend named Sheena Govan had become a teacher for Eileen and Peter Caddy and herself. With Sheena's support, and sometimes stern instruction, Dorothy

We tried Dorothy's method of giving words to spontaneous impressions as they came to us. Then we tried tuning in to a plant, to see what would come to us from our felt perception of the plant. We even tried tree-hugging, something I never could have imagined myself doing before the retreat. It turned out to have a calming effect on me; within a few seconds, all the mental chatter dropped out of my mind. After four days' experimenting with intuition several times each day, I began to notice a change in the quality of my results. At first, the exercises had seemed pointless and mechanical, and the material I wrote down consisted largely of phrases I'd remembered from books. But by mid-week, my intuitive thoughts had what I can only call a "luminous" or "translucent" quality to them. This really was intuition.

We then experimented with a day of work as spiritual practice. By coincidence, my job was to tidy the Johnson's Landing greenhouse. As soon as I saw the gardening gloves, my mind went back to my very first job as a teenager—assistant gardener at Royal Air Force Halton in England, where I lived for three years when my father was posted there. I remember being aware of a large sign titled "What's On." I found out much later that Peter Caddy used it to keep everyone up to date on the social activities he organized when he was posted there.

Our week with Dorothy was not all about work. The evenings were filled with unofficial and spontaneous entertainment, provided on the spur of the moment by retreatants. I enjoyed the last evening when we all gathered in a tipi for improvised music using a collection of percussion instruments available at the Center.

I now know it's true: everyone really can develop intuitive abilities. Indeed, based purely on intuition and the flow of events, I recently relocated to Kamloops, where I offer my services to the community in my private counselling practice.

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Pure & Simple

by Marion Desborough

Last week, while wandering around Penticton, I found this delightful store. It is called Sweets 4 My Sweetie and is located at 284 Main Street. I would have missed the door but for the poster on the window. Pamela greeted me and asked if I had been in before. Then she explained how her wares differ from regular stores.

She explained that European chocolates have a vegetable emulsifier which comes from the soya bean. North America chocolate uses Carnuba Wax. This is so chocolate can be shaped (e.g. Easter Bunny), and transported in a wrapper. North American chocolate has most of the cocoa butter taken out and replaced with palm oil and wax. She claims they add artificial flavours, colours and preservatives, and use dairy by-products, not real milk. Another 'trick' is claim 70% to 90% cocoa. European chocolate is 100% cocoa, and the only difference between dark and dairy is the dairy milk.

Her European candies, she claims some are natural, and many have less colouring than their counterparts. She also carries candies suitable for vegan, kosher, halal, vegetarian and wheat-free candies. I purchased some candies from London, England and Pamela assured me anybody who was raised in Great Britain would recognize them. I must admit, the 'sweeties' were as tasty as she described. This store is worth a look around if you have a sweet tooth.

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