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Profile

Kerry Palframan moves from Ontario to the Okanagan Valley.



A registered nurse by profession, Kerry began delving into the power of the seen and unseen realms to help her overcome life-threatening illness that began at age seven. An inspiring, gifted teacher, healer, intuitive, author and spiritual medium, she now offers the wisdom of the esoteric and mystery school teachings in a powerful series of workshops, intuitive sessions (readings) and through her book, articles, booklets, speaking engagements and guided meditation CD.

Kerry has the unique and uncanny ability to translate molecular data. Since your body and energy fields are comprised of molecules in motion—which hold the memories from this life time, past lives and the history of your soul. Kerry offers you the opportunity to access this data as a service for your own personal enlightenment, growth and soul's journey.

Kerry literally becomes your energy field as the three-dimensional hologram of 'Who You Are' is placed over her, which allows you the opportunity to become sacred witness to your own process at the various levels of your own being (be it your physical, emotional, mental, spiritual or soul levels). She has the unique ability to feel and experience what you do as her body, feelings, stances, attitudes, personality and characteristics reflect or become a mirror of your own Being (or of others you may inquire about).

She can tap into passed-over loved ones and let you know how they are doing, what they are experiencing and any messages they may have for you. Likewise, she can tap into family, friends or co-workers who are embodied and give you their perspective about the relationship (how they think and feel for you). Pets and animals can also be accessed. Past lives, gifts, talents, blockages, soul's purpose, roots of illnesses and much more can be revealed. Deep and profound healing, clearing, cleansing and shifts can and do occur during sessions.

All Kerry's workshops, readings and teachings emphasize that you learn to become self-directed; to recognize your own truth; to stretch your awareness of yourself and the world around you; and how to be in alignment with your soul's purpose and your God.

Learn more about Kerry's incredible story, free oracle advice, workshops, articles, book and guided meditation CD at

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Letter to Carelyn

There was a very painful moment in my life when I was sobbing, losing hope, begging God and angels to help me. As clichéd as it may sound, a flier of your Archangel Interventions floated off a tall shelf onto my lap. In that moment a quiet sense of hope seemed to be tapping me on the shoulder. Even though I'm very shy in a group setting, I knew I had to go. Once I got there, it was a relief knowing I didn't have to say anything. I remember how everyone seemed to have the same quiet hope in their faces. And afterward everyone's faces had changed. Beautiful, peaceful, hopeful. As if we were set free and could breathe again.

Since that first Archangel Intervention session all the monumental changes that once seemed impossible have happened effortlessly. It is as if angels are truly present and watching over me, guiding my days. Even when challenged it seems to be lighter, easier, with everything working out. It's been nearly a year since you first helped me and I'm still in awe. I have hope, I am happy, I feel loved, and people say how young and alive I look. People who were not good for my life have disappeared and wonderful people have come forward. I find myself singing and laughing more.

Carelyn, you are the 'real thing,' blessed by the angels, doing what you do for so many people!!! My heart overflows with appreciation and love, so as small as these words may be, "Thank you." —Sophie



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Musing

with *Angèle*, the publisher



I love finding Quan Yin statues, like the one on the front cover that is almost as big as me and came from Vietnam. It is carved in wood, with Quan Yin standing on a dragon. I liken the dragon to the ones in the movie *Avatar*. We each need to learn to ride our dragon, for they are metaphors for our struggles in life. They are not real, but at the same time, they have existed since the world began.

Quan Shi means people of the world, and Yin means to cry. By looking at her name, we know that Quan Yin looks deeply into the world of humankind and feels compassion so deep for their suffering that she cries. As the East merges with the West and the Goddess energy emerges, it is getting easier to know more about her. I heard about a scientific study with chimps that showed that when food becomes scarce, the female chimps will break their banana in half and share. The male chimps didn't do this. It is good that women are becoming empowered.

Writing 'Musing' is a struggle for me, as putting words to what I feel and sharing my insights about how I interact with life takes many rewrites. I get frustrated because I see things that need doing all around me, but here I sit. There seems to be more ease with creating the rest of magazine. I do trust that my angels have a higher vision, so I continue to Muse.

As with most couples, Richard and I have a few aspects that are opposites. Being with Richard, I get to observe on a daily basis what life looks like when things are planned. He gets to watch me be in the flow, doing things almost instantly. I trust and give more to everyone than he thinks is fair. I know that life is not fair and that my angels will figure out the trade later, so I don't put any energy into figuring it out; I just do it. For his part, Richard enjoys the time it takes to think things through. Designing and planning is his forte.

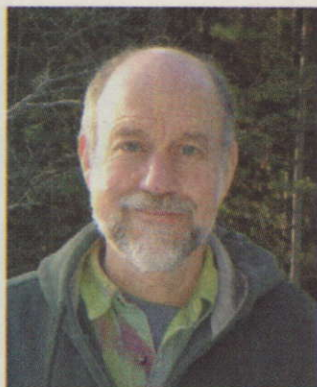
Richard and I sometimes have this dance of power as we co-create a business on this amazing piece of land. It has tall trees, large rocks and the possibility of becoming a community, which has not taken form yet because we are not ready. As much as I would like to think we are, we can't be or it would have happened. My astrologer told me long ago that part of the learning in this relationship is that the decision-making has to be fifty-fifty for it to work. This does not come naturally for me. One of my old jokes used to be, "God so loved the world that he gave his only begotten son to save the world—and not a committee."

I also see the need for clear communication, which is not my forte. Talking about things rather than doing them seems like such a slow process, but I am improving each year. Richard is a good communicator, but to me, his way of doing things feels too rigid. We are both learning the art of compromise. Since we are both industrious people and know that "love is work in action," we accomplish much each season. But to grow, we need more strong individuals who are mature enough to want to be of service, who know that the universe works in mysterious ways and understands that retreat centres aren't about making money. I assume there is a plan in the ethers for creating a mini-version of Findhorn in Canada, but I am getting impatient with the lack of progress.

Musing continues page 6

STEPS ALONG THE PATH

It's OKAY TO LEAVE



Two days before my dear friend Harry passed on, I made the journey to visit him. It was a busy time at the Retreat Centre but the thought of him leaving without my getting to say goodbye was plenty of motivation to drive to Castlegar. As I prepared for the trip, my beloved cat Ananda sat by my backpack on the front porch, waiting to go. Just to check out his intent I opened the front door of the lodge, and he just resolutely sat there. When I walked out to the car he followed me, and when I opened the door he jumped right in. I telepathically told him that he would be in the car for probably seven or eight hours; he still did not jump out of the vehicle. Oh, well. I guessed that he was meant to come. I was not sure why he was coming but the answer became evident. As I drove along, sometimes overwhelmed with sorrow and tears at the leaving of a good friend, Ananda would sit on my lap or shoulder or lean against my leg. He was there for me. I was very touched, that in my moment of sorrow, Spirit had provided me the comfort of a small companion.

When I finally arrived at the Hospice house I made my way into Harry's room. One of his sons was there, and soon afterwards Nora, his wife, came in. Harry looked up and greeted me with a knowing smile and said, "How is it going, guy?" He clearly knew who I was and did his best to make conversation. I told him that words were not necessary and asked his permission to hold his hand and stroke his head. He gave a reassuring smile and proceeded to drift in and out of semi-consciousness.

As I softly touched him, I felt him acknowledge my connection with an occasional, gentle squeeze of my hand. I began to telepathically speak to him. I told him that he had led a good life, having been a good father, husband, teacher, organizer and visionary. He could be proud of all the things that he accomplished. I told him that I was honoured to be his friend and that I hoped to see him again in some other lifetime, in some other body, in some other place. I reassured him that his work here was finished and that it was okay to leave. I stayed connected to his being for over forty-five minutes. When I felt him connect to the knowingness of my silent words, I said my goodbyes to Nora and Harry's son, then I gently placed his hand down on the bed, kissed his forehead and left the room.

Nora walked me to the car so that she could say hello to Ananda. He was his usual cute self, and Nora got to pet him for a bit before going back to be with Harry. Ananda and I drove home together, and once again he would sit on my lap or shoulder or lean against my leg, doing his best to connect with me. Two days later Harry passed on in the company of his son.

I am pleased to have had the occasional opportunity to spend time with this wonderful person. There can many footsteps between our first in-breath and our last out-breath; how we choose to walk them is our own choice. I do believe that because of Harry's journey the planet is a better place.

To those of you who have attended a Spring Festival of Awareness, it was Harry who was one of the main visionaries who brought the Festival into existence.

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Musing continued from page 4

My knowingness or body feelings often guide me as to how best to serve. Richard is more comfortable keeping track of details and calculating what is fair. We have learned to take the time to chat so he can get another perspective on why things happened and I can learn not to be so helpful, as it doesn't always serve me or the other person. I need more time than he does to get to understand people's motives. I also know that doing things my way would not create a strong foundation, as I am too easy-going and not clear with my expectations.

Each season brings an interesting array of personalities to our door-step. This summer, we had Michael for a short while, then Darcie joined us and stayed for the season. Recently Leigh joined us, and two more people have phoned to give us a try. It would be good if they stayed longer but I am grateful for what each does give to the Retreat Center. It takes time to get in resonance with someone else's vision. Learning to trust the process and what needs doing comes with time. My skills have improved greatly over the last eight years as various cooks and gardeners shared their knowledge with me. I am delighted to be a much better vegetarian cook.


I like combining spirituality and work, and it fits in with publishing this magazine and supports the retreat centre. I feel blessedly amazed as each edition becomes printable, promoting workshops that inspire us to "Be the change we want to see in the world." That richness feeds my soul, giving me energy to continue till community happens. Some days I

would like to slow down, but it is not one of my traits. I often start or do things because I see a need and get tired of waiting for someone to show up. Now that there is structure to follow, it would be easy for others to do the various tasks and improve upon them.

I have a card from Tree of Life Inspirations that I really like. It shows people holding hands and dancing in a circle with a quote that says, "Just being born is a miracle, to grow and make a difference in this wonderful world, is grace indeed...but to live a life that touches others is amazing beyond compare."

I like meeting souls who are willing and wanting to "Be the change they want to see in the world." So I invite you to join us at the Wise Women's Festival in the Okanagan this fall, or to sign up for a retreat at Johnson's Landing in the Kootenays. There are many great instructors willing to provide inspiration for being that change. If you want to help out in the garden or learn some new cooking skills, you could sign up for Centre Life. A one-week working holiday where you help prepare organic food or work in our organic garden, with time to explore the great hiking trails and swim in the lake.

For my part, I am continuing to put it out in the ethers. "I would like to find a couple who know how to garden, have similar values to ours, and would like to co-create with us." If you fit the bill, email or phone me.

♥ Angele 

Introducing Destinistic Shamanism

Working with the Archetypes in Your Life

In the Spring of 2010, a groundbreaking new shamanic workshop series offered 30 students the unique opportunity to reveal the archetypal blueprint of their lives and to empower their destiny by shifting their relationship with the very organizing principles of the universe. We call these primordial forces: **The Archetypes.**

An Archetype is an energy so repeatable and so quantifiable that we can actually name and classify it. An archetypal energy may express itself in many forms but it is still the same energy, e.g. Mars (as a planet) and Mars (as the Roman god of war). Over time, many religions and cultures have put different labels and stories on them, but they are still talking about the same energy. Today, the Archetypes are everywhere in our popular culture our art, and even featured in Hollywood blockbusters.

What does this have to do with you and your life?

The branch of shamanism that deals with divination and destiny is called **Destinistic Shamanism.** The *Archetype Workshop* was released into this stream of shamanism—specifically designed to go beyond the stories and myths, and to help you see that the Archetypes are real and influence you every single moment of your life. By revealing your archetypal blueprint or *Archetype Life Chart*, we begin to understand the stellar cast of universal energies that comprise the matrix in which both your soul's journey and the drama of life unfold. The Archetypes come to life because they are alive.

Who's been whispering in your ear all your life?

Each and every one of us has Archetypes whispering in our ears—influencing us, challenging us, encouraging us. Getting to know what they're doing (or not doing) is profoundly empowering on its own. Coming to a place of working with them and negotiating the terms of your engagement with them can be life-altering. This is what *The Archetype Workshop* is all about.

The *Archetype Workshop* has been years in the making, leading to an exciting multimedia delivery of video narratives, captivating characters,

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dramatic presentations, interactive exercises and powerful shamanic journeys. You will be guided by a master shaman to encounter the organizing principles of the universe itself. The experience is deeply transformative and empowering; rather than being resigned to a "fate" of how the Archetypes impact your life, you start to make choices that redirect the momentum of your destiny.

Our students said it best:

- "It is really pulling a lot of things together as to why I'm acting certain ways ... giving me the ultimate choice on who I want to be and who I am."
- "This so resonates deeply with everybody ... I think every single person who is trying to figure out who they are, or what they're doing here or why ... would be able to really simply find answers that make sense and that they could grow with."

The Archetype Workshop Series begins October 21, 22, 23 in Crowsnest Pass, Alberta. Registration is now open at the **Kimmapii School of Shamanism.** Please visit us at: www.kimmapii.com Information and questions, please call 403 627-3756 or email thearchetypes@kimmapii.com

October 21 · 22 · 23



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Fruitful Harvest: A passion for whole foods!

by Sue Vignola, Co-Founder, Rancho Vignola Distributors Ltd.

Thirty-odd years ago, I tasted my first fresh Naramata apricot—a seemingly uneventful moment, but with life-changing consequences!

Newly arrived from the UK, I was tootling around the Okanagan on a bicycle, happily picking fruit in various orchards, and constantly dazzled by the beauty of the area. Life in post-war London had been grim, and the wide-open spaces and opportunities of British Columbia were appealing. When I ran into Richard Vignola, a radiantly healthy young

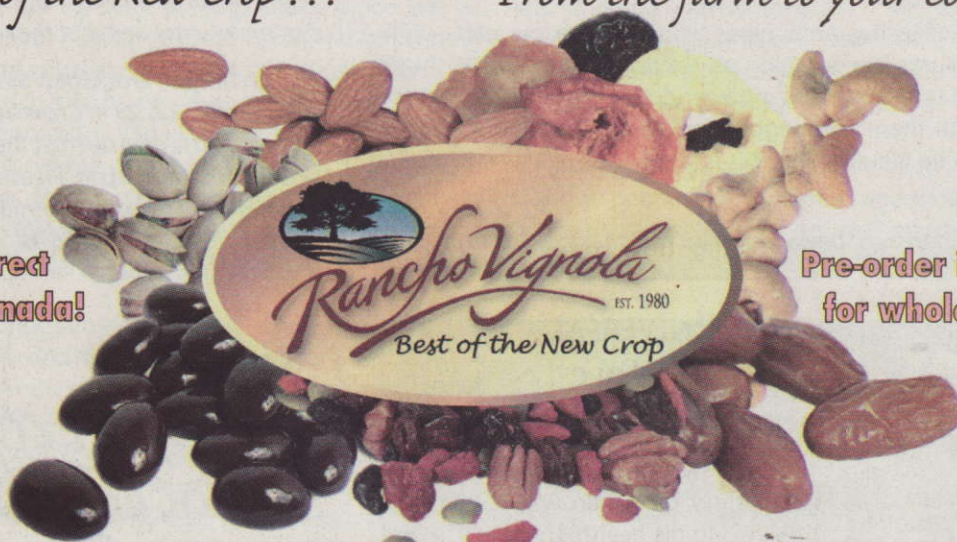
hippy from Quebec, he invited me to join him and his friends camping and working in an apricot orchard in Naramata. I promptly made my farewells to the cherry orchard in Oyama where I'd been picking and headed south. I had just met the man who was to be my life and business partner and the co-founder of Rancho Vignola Nuts and Dried Fruit!

Memories of that summer are of long, hot mornings spent picking the ripe apricots after they'd dropped from the trees, then splitting them and laying the halves out to dry

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on trays under the sizzling Okanagan sun. Afternoons saw us heading down the winding dirt road to the secluded beach, where we swam and sunbathed the rest of the sultry day away. After transferring the trays into Richard's impressive twenty-eight tray dryer to continue drying overnight, evenings were spent making music. It was a time when anything seemed possible.

Richard and I were united by a commitment to a wholesome vegetarian diet, and natural foods became our passion. The earliest incarnation of Rancho Vignola came into being when we purchased Sunseed, a small natural-food store in Vernon where Richard and I had originally met! We then helped build the vegetarian restaurant next door and turned the whole operation into a flourishing business that became the essential meeting place for our rural customers. Then as now, we promoted the concept of **an organic-whole-foods-based lifestyle**, and despite the store's small size, installed bins that held bulk grains, beans, nuts and seeds. We also produced a price list (hand-written in those pre-computer days!) offering huge savings for larger quantities.

To connect more directly **with the folks who grew our foods**, Richard began travelling to California to visit orchards and farms, bringing back truckloads of nuts and dried fruit fresh from the fall harvests. Our customers avidly anticipated the arrival of those full boxes of almonds, walnuts and luscious dates each fall, and thus **"the best of the new crop"** wholesale ordering system was born!

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since then, and Rancho Vignola's unique family business continues to grow as our adult children take on more responsibility for the daily operations. Visits to orchards, farms, and plantations take us all over the world. We pluck cashew 'apples' in Vietnam, drive through rivers to reach remote mango orchards in Mexico, lament with farmers in Australia over crop failures, and maintain our long association with growers in California through the second and third generations. **We source locally where possible, and are proud to include organic British Columbia hazelnuts, Okanagan dried cherries and Manitoba hemp seeds in our selection.**

We believe that the whole foods movement is first and foremost about community. Beginning with our involvement in food co-ops back in the early seventies and now, as importers and distributors of freshly harvested nuts and dried fruit, this belief is the glue which binds us together! We honour the farming families who grow our food and the people who come together to share it in health and friendship. Real food is not about commodities traded for profit on a stock exchange floor, but the basis for a truly sustainable community.

Those idyllic days splitting apricots in a Naramata orchard may be far off, but to me the taste of a sun-ripened apricot is still irresistible. And for all of us at Rancho Vignola, a passion for wholesome dried fruits and nuts fresh from

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2011 Fall Workshops

Masters Retreats

WHEN:

Sept. 9, 10, 11
Sept. 30, October 1, 2
October 14, 15, 16
November 4, 5, 6

WHERE:

Cove Resort, West Kelowna, BC
Maple Ridge, BC
Cove Resort, West Kelowna, BC
Cove Resort, West Kelowna, BC

CONTACT: Cheryl (250) 768-2217

Contribution: \$250.00

Masters & Money

Money is a powerful form of energy. Our relationship with money is often kept separate from our spiritual life. It's time to create a new spiritual relationship with your money. We will clear the blocks to "financial wholeness" and develop new skills to master money.

Bring a binder and two \$50 bills.

WHEN: October 21, 22, 23

WHERE: Cove Resort, West Kelowna, BC

CONTACT: Cheryl (250) 768-2217

Contribution: \$250.00

Advanced Spiritual Intensive

This is a much requested class by those who have already completed the Spiritual Intensive. Our focus during these four weekends will be totally on heart and soul.

Expect another transformation. You will experience new techniques as well as expand and deepen much of the work begun in the Spiritual Intensive.

WHEN: November 18, 19, 20

December 16, 17, 18

February 3, 4, 5 May 4, 5, 6

WHERE: Cove Lakeside Resort, West Kelowna, BC

CONTACT: Cheryl (250) 768-2217

Contribution: \$975.00

Spiritual Intensive

If you are committed to turning your life in a new direction that is closer to your heart's 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.

This four-weekend training provides a uniquely graduated program where your heart and vision are opened to the presence and nurturance of love.

Class size is limited to 10.

WHEN: September 16, 17, 18

October 28, 29, 30

November 11, 12, 13

December 9, 10, 11

WHERE: Cove Resort, West Kelowna BC

CONTACT: Cheryl (250) 768-2217

Contribution: \$975.00

Cosmology

This one-day is a brush-up and practice for those of you who have taken the Masters and Money. Please bring your binder.

WHEN: January 21, 9 am-5 pm

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Spirit Talk—Understanding Spirits' Messages

by Kerry Palframan, RN

Your intuition, higher self, guides, angels, and Creator communicate with you constantly, day and night. These messages come to you as signs, symbols, images, coincidences, omens, and serendipitous events. Even licence plates, repetitively seeing the same numbers or objects, songs on the radio, encounters with animals, and other attention-getting events can be Spirit's way of guiding you towards your soul's purpose and enlightenment.

These symbolic messages are not readily understood by many people today, whereas ancient cultures and civilizations taught their communities how to understand this forgotten language of the Universe. Symbolic understanding is the second level of the Ancient Mystery School Teachings and reveals a deeper and greater meaning to *everything* taking place in your life.

Most people accept that they dream in symbols, but rarely do they understand that these same principles apply to their waking reality. Understanding dream symbols is the easiest way to begin understanding messages from spirit, because your rational mind already accepts that you dream in symbols. It is then a matter of transferring this knowledge to the waking hours, and suddenly you will realize your God is communicating and guiding you at all times. Not only is this a great comfort, but it makes life much easier and smoother to navigate.

Many people assume that symbolic language will be challenging to understand. In fact everyone switches from literal to symbolic thinking all day, and all you need do is to start paying attention to this common, everyday event. For example, if someone tells you they are feeling blue, you probably do not (literally) think their skin has turned blue. You translate this symbolic language to mean that they are feeling sad or down. Similarly, if someone says, "I feel stabbed in the back," you likely do not look to see if there is (literally) a knife sticking out of their back. You would probably translate this to mean that they feel betrayed. See how you are already switching from literal to symbolic understanding every day?

Understanding the meaning of symbols is easier than you think because you are inundated with marketing, and this is a symbolic language. Think of a little pink bunny hitting a drum and what product do you think of? If you thought of batteries, then you have understood symbolism and are well on your way to understanding messages from spirit. Perhaps you have asked for a sign from your Creator at some point in your life. Then you received the sign but couldn't interpret it. This is common, and you can readily begin to understand these spiritual communiqués by connecting the sign and its symbolic meaning to something going on in your life at that present moment.

Consider all attention-getting events as a message from your higher self, spirit guides, angels or your God. In the moment that the event occurs, you are meant to ponder what the sign means. What were you just thinking or feeling? What events are occurring in your life at this time? Ask questions of the symbol and you will receive an answer. For example, if a bird lands on your head it may get your attention. What does a bird symbolize? Many connect birds with flying and therefore freedom. Connect the word freedom with something going on in your life (or in your inner reality) and you will have your message from spirit.

The Universe speaks to you through these attention-getting ways to assist you and guide you in aligning with your soul's purpose and to stretch your awareness of self. They can have you look in the right direction at the right time so that you see the North Star to guide you out of the forest. They can have a deer cross your path or a butterfly land on your shoulder and bring your that animal's message. All these, and more, are the Universe's ingenious ways of guiding, protecting and caring for you.

Seldom will an angel appear to your physical eyes and hand you a road map. But Spirit can play with the energies that comprise the world you live in, and they do it all the time. Burdens will ease and your life will flow more smoothly as you realize



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Kerry Palframan.

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Order a copy of Kerry's book, *Spirit Talk: Understanding Spirits' Messages* or her guided meditation CD, *Meeting Your Angels and Spirit Guides*.

the benevolent Universe is with you and loving you every step of the way.

Understanding symbols gives your life meaning and purpose, guiding you towards contentment, fulfillment, enlightenment and your soul's mission. This in turn leads to expanding your awareness of self and the world around you, thus promoting peace within yourself, your community, the planet and beyond. There is no greater treasure to be found for profound healing of self and the planet than within your dream-time and waking-time messages from spirit.

A Great Voice of Reason in the Midst of Turmoil

Barrios, Mayan elder and Ajq'ij is a ceremonial priest and spiritual guide of the Eagle Clan. Carlos Barrios initiated an investigation into the different Mayan calendars circulating. Carlos, along with his brother Gerardo, studied with many teachers and interviewed nearly 600 traditional Mayan elders to widen their scope of knowledge.

Carlos found out quickly there were several conflicting interpretations of Mayan hieroglyphs, petroglyphs, sacred books of 'Chilam Balam' and various ancient text. He found some strong words for those who may have contributed to the confusion. Anthropologists visit the temple sites and read the inscriptions and make up stories about the Maya, but they do not read the signs correctly. It's just their imagination. Other people write about prophecy in the name of the Maya. They say that the world will end in December 2012. The Mayan elders are angry with this. The world will not end. It will be transformed.

We are no longer in the World of the Fourth Sun, but we are not yet in the World of the Fifth Sun. This is the time in between, the time of transition. As we pass through transition there is a colossal, global convergence of environmental destruction, social chaos, war, and ongoing Earth Changes. He continues: "Humanity will continue, but in a different way. Material structures will change. From this we will have the opportunity to be more human. We are living in the most important era of the Mayan calendars and prophecies. All the prophecies of the world, all the traditions are converging now. There is no time for games. The spiritual ideal of this era is action. The indigenous have the calendars and know how to accurately interpret it—not others."

The Mayan Calendar's comprehension of time, seasons, and cycles has proven itself to be vast and sophisticated. The Maya understand 17 different calendars such as the Tzolk'in or Cholq'ij, some of them charting time accurately over a span of more than ten million years. All was predicted by the mathematical cycles of the Mayan calendars. It will change—everything will change. Mayan Day-keepers view the Dec. 21, 2012, date as a rebirth, the start of the World of the Fifth Sun. It will be the start of a new era, resulting from and signified by the solar meridian crossing the galactic equator and the Earth aligning itself with the centre of the galaxy. At sunrise on December 21, 2012, for the first time in 26,000 years, the Sun rises to conjunct the intersection of the Milky Way and the plane of the ecliptic. This cosmic cross is considered to be an embodiment of the Sacred Tree, the Tree of Life, a tree remembered in all the world's spiritual traditions. Some observers say this alignment with the heart of the galaxy in 2012 will open a channel for cosmic energy to flow through the Earth, cleansing it and all that dwells upon it, raising all to a higher level of vibration, Carlos reminds us. This process has already begun. Change will continue to accelerate.

If the people of the Earth can get to this 2012 date in good shape, without having destroyed too much of the Earth, we will rise to a new, higher level. But to get there we must transform enormously powerful forces that seek to block the way. The date specified in the calendar Winter Solstice in the year 2012 does not mark the end of the world. Many outside people writing about the Mayan calendar sensationalize this date, but they do not know. The ones who know are the indigenous elders, who are entrusted with keeping the tradition.

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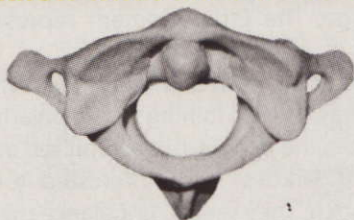
Carlos tells us, "The economy now is a fiction. The first five-year stretch of transition from August 1987 to August 1992 was the beginning of the destruction of the material world. We have progressed ten years deeper into the transition phase by now, and many of the so-called sources of financial stability are in fact hollow. The banks are weak. This is a delicate moment for them. They could crash globally, if we don't pay attention. Now people are paying attention."

The North and South Poles are both breaking up. The level of the water in the oceans is going to rise. But at the same time land in the ocean, especially near Cuba, is also going to rise. Carlos tells a story about the most recent Mayan New Year ceremonies in Guatemala. He said that one respected Mam elder, who lives all year in a solitary mountain cave, journeyed to Chichicastenango to speak with the people at the ceremony. The elder delivered a simple, direct message. He called for human beings to come together in support of life and light. Right now each person and group is going his or her own way. The elder of the mountains said there is hope if the people of the light can come together and unite in some way. We live in a world of polarity—day and night, man and woman, positive and negative. Light and darkness need each other. They are a balance.

"Just now the dark side is very strong, and very clear about what they want. They have their vision and their priorities clearly held, and also their hierarchy. They are working in many ways so that we will be unable to connect with the spiral Fifth World in 2012."

Turmoil continues on next page

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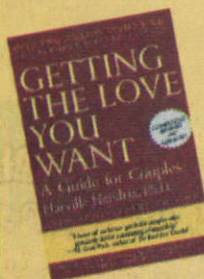
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Turmoil *continued from page 13*

"On the light side everyone thinks they are the most important, that their own understandings, or their group's understandings, are the key. There's a diversity of cultures and opinions, so there is competition, diffusion and no single focus."

Carlos believes the dark side works to block unity through denial and materialism. It also works to destroy those who are working with the light to get the Earth to a higher level. They like the energy of the old, declining Fourth World, the materialism. They do not want it to change. They do not want unity. They want to stay at this level, and are afraid of the next level.

The dark power of the declining Fourth World cannot be destroyed or overpowered. It's too strong and clear for that, and that is the wrong strategy. The dark can only be transformed when confronted with simplicity and open-heartedness. This is what leads to unity, a key concept for the World of the Fifth Sun.

Carlos said the emerging era of the Fifth Sun will call attention to a much-overlooked element. Whereas the four traditional elements of Earth, Air, Fire and Water have dominated various epochs in the past, there will be a fifth element to reckon with in the time of the Fifth Sun. That element is *Ether*.

The dictionary defines Ether as a 'hypothetical substance supposed to occupy all space, postulated to account for the propagation of electromagnetic radiation through space.' Perhaps it could be defined as the 'space between space.' I would suggest it could be manifest as the alignment of charged particles from our solar system (Sun) and our galaxy (Milky Way) surge. The Ether element represents spiritual energy.

The element of the Fifth Sun is celestial. Within the context of Ether there can be a joining of the polarities. No more darkness or light in the people, but an uplifted unity. But right now the realm of darkness is not interested in this. They are organized to block it. They seek to unbalance the Earth and its environment so we will be unready for the alignment in 2012.

We need to work together for peace and balance with the other side. We need to take care of the Earth that feeds and shelters us. We need to put our entire mind and heart into pursuing unity and unity now, to confront the other side and preserve life.

Turmoil continues on page 16



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JOINT MOBILIZATION

by Wayne Still

In my last column I wrote about intrinsic muscles and their important role in creating finely controlled movements. This is because they work directly on the joint to be moved. In the past week I have been receiving information about joint mobilization and its importance to our general ease of movement. This fits in quite nicely with our understanding of the function of the intrinsic muscles.

There is an ongoing debate about the benefits of stretching prior to doing any sort of exercise. By its nature a stretch is done at the end of range of motion to create length in the structures to be used in the exercise. The theory is that by doing so the stretcher will avoid damage to the body while exercising by preparing the muscles for the loads to be placed on them. Part of the debate around this practice is that it is unusual for a body part to be at the end of its range of motion during normal athletic or exercise activity. Most of the movement takes place in the mid range so it makes more sense to alert that part of the body to the stresses about to be put on it. We do this by mobilizing the joints to be used and it is the intrinsic muscles which work directly on the joints to mobilize them.

However it is not just the physical aspect of the body we are dealing with. All movement is initiated by a signal from the brain via the nervous system. So we have to take into consideration that the brain has to be involved in the preparation of the body as well. There is a different part of the brain and nervous system which is engaged when we focus on the intrinsics and the smaller movements they make. So training the brain to focus on the body part or parts that we want to benefit from the exercise is an important part of the program.

Normally when we exercise we think about making large sweeping movements to the end of range of motion. We do this whether we are using weights, doing yoga asanas or any other form of motion. Certainly there is benefit to these movements but while they move the joints involved they do not mobilize them. It is said that we are as old as our joints, so keeping our joints well maintained through a program of joint mobilization is, in effect, an anti-aging program.

In order to mobilize a joint we do small movements, using only the intrinsic muscles around that joint to make the movements. Do the movements mindfully, exploring small movements throughout the range of motion of the joint. See how small you can make the movement. Then gradually increase the size of the movement until the larger extrinsic muscles kick in to create a larger movement. Now decrease the size of the movement again until there is only the intention of the movement. You can start small movements in the fingers, as an example, allowing them to continue into the wrist then up to the elbow and into the shoulder. This becomes a wave like motion which can take over the whole body, maintaining the joint system and stimulating parts of the brain which are usually neglected. This type of exercise can be done with or without weights. If you do want to use weights, start out with very light weights and increase the weight by small increments. This approach to joint mobilization will enhance any sort of bodywork you are receiving.



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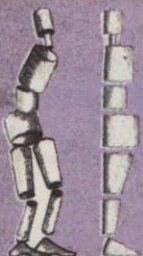
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Turmoil *continued from page 14*

We are disturbed—we can't play anymore. Our planet can be renewed or ravaged. Now is the time to awaken and take action. Everyone is needed. You are not here for no reason. Everyone who is here now has an important purpose. This is a hard but a special time. We have the opportunity for growth, but we must be ready for this moment in history.

Carlos continues: "The prophesied changes are going to happen, but our attitude and actions determine how harsh or mild they are. We need to act, to make changes, and to elect people to represent us who understand and who will take political action to respect the Earth."

Meditation and spiritual practice are good, but also action. It's very important to be clear about who you are, and also about your relation to the Earth. Develop yourself according to your own tradition and the call of your heart. But remember to respect differences and strive for unity. Eat wisely—a lot of food is corrupt in either subtle or gross ways. Pay attention to what you are taking into your body. Learn to preserve food and to conserve energy. Learn some good breathing techniques, so you have mastery of your breath. Be clear. Follow a tradition with great roots. It is not important what tradition—your heart will tell you—but it must have great roots.

We live in a world of energy. An important task at this time is to learn to sense or see the energy of everyone and everything—people, plants, animals. This becomes increasingly important as we draw close to the World of the Fifth Sun, for it is associated with the element Ether—the realm where energy lives and weaves. Go to the sacred places of the Earth to pray for peace, and have respect for the Earth which gives us our food, clothing and shelter. We need to reactivate the energy of these sacred places. That is our work.

One simple but effective prayer technique is to light white or baby-blue colored candles. Think of a moment in peace. Speak your intention to the flame and send the light of it on to the leaders who have the power to make war or peace.

Carlos reminds us this is a crucially important moment for humanity and for Earth. Each person is important. He said the elders have opened the doors so that other races can come to the Mayan world to receive the tradition. "The Maya have long appreciated and respected that there are other colors, other races, and other spiritual systems. They know that the destiny of the Mayan world is related to the destiny of the whole world."

The greatest wisdom is in simplicity. Love, respect, tolerance, sharing, gratitude, forgiveness. It's not complex or elaborate. The real knowledge is free. It's encoded in your DNA. All you need is within you. Great teachers have said that from the beginning. Find your heart, and you will find your way.

Sacred Sites in Your Own Backyard

by Trisha Zierler

I was amazingly blessed to be on tour in Egypt for Spring Equinox this year, so shortly after their relatively peaceful revolution. I felt so honoured, so deeply privileged to be in a country that was rebirthing itself. Such a magical time to be there! The feelings of deep sacredness, gratitude and awe were with me for my all-too-brief visit.

The Egyptians were so excited and hopeful for their future, coming up and asking what the outside world thought, expressing their joy about finally having a right to choose, knowing that the really deep hard work was yet to come. There was a powerful sense of stillness, of impending possibility. The page was clean, awaiting the pen's commands. Who will they choose to become now?

As we travelled from the deep south slowly back up to Giza, we had the whole country pretty much to ourselves, from a tourist point of view. With the energies so quiet (not stirred up by hordes of people tromping about, chattering) we were able to connect with the deeper heart and purpose of each site we visited, exchanging energies as guided by our own hearts, and receiving messages as surrogates for all of humanity. To view these messages, go to www.kachina.net/~alunajoy/index.html and click on 'Articles on Planetary Transformation.' There are 13 messages, and each message builds on the one before.

The ultimate finale of our pilgrimage was a moment of raw connection and tenderness when we stepped off our bus in Tahrir Square to be greeted with open arms and tears of joy by the Egyptian people—such love radiated from all we met! Our hearts will never be the same.

As a result of my experiences in Egypt, I have become more deeply aware that while travelling to sacred sites is a powerful tool for personal and planetary transformation, hopping onto a plane or getting into a car are not the only means of experiencing nexus points of possibility.

A way of strengthening our connection to the Divine Within is to attend spiritually focused events, such as an Equinox or Solstice gathering, or the upcoming 11-11-11 Solar Activation in the Okanagan. When Spirit is present, the energies are greatly magnified, and an opportunity for an accelerated evolution is available. How are you using your gift of life? Is it time to get serious about giving back in the way only you can give? Go deep within. Connect with your soul/God presence, speak sincerely and powerfully of your desire to fulfill your Life Purpose, to be all you can be, and be willing to let go of the beliefs and feelings that are holding you back. This will help ignite you into your next level of evolution!

November 11 will be the final trigger point this year for opening the doorway of possibilities and the changes we have been working towards. It has been said that we are the ones we have been waiting for. Please join us in celebrating our abundant life, as we focus on purpose with infinite possibilities! Meditation upon the image below will help inspire you on your life path.

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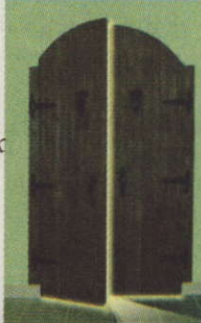
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Pure and Simple

by Marion

This month's article is a little bit different. As you may or may not be aware, BC Hydro is contemplating exchanging Smart Meters for the current meters in use now. There has been a lot of controversy about these meters, and until they can come up with conclusive evidence that they do not harm us or the environment, we are urging everyone to request one NOT be installed on their property.

Below see a letter, drafted by a lawyer, demanding that BC Hydro *not* install a Smart Meter on your property. You can use this letter as a template or create your own. It is of great benefit to BC Hydro to install these meters, thereby eliminating many jobs of the meter readers. We are trying to do our best to keep jobs in Canada, not eliminate them. So, please consider sending your copy of the below noted letter.

To: BC HYDRO

Re: Refusal of Smart Meter at my Residence / Workplace

Dear BC Hydro:

Please accept this as your official notice from this date forward of my absolute refusal to allow the installation of a wireless Smart Meter on my home or premises at _____. You do not have my authorization or permission to enter my property for the purpose of replacing my current meter with a wireless Smart Meter.

Any attempt to install this device on my property or residence will constitute trespass and a violation of rights afforded to me as a citizen of Canada.

I refuse your wireless Smart Meter on the grounds that it has the capability of being a surveillance system, used by you or other parties, which could violate my right to privacy. Also my fundamental democratic right to protect my health from a possible carcinogen, specifically radio frequency electromagnetic fields emitted by your wireless Smart Meter, supersedes any right you have to install a wireless Smart Meter on my property. My legal rights are enunciated under the U.N. Declaration of Human Rights, the Canadian Charter of Rights and Freedoms, and other applicable Federal and provincial statutes.

You still have authorization to attend at my property for the purpose of reading the non-wireless meter manually.

Date _____
Hydro account number _____
Name, address, and signature _____

You could also send a copy to NDP Energy Critic John Horgan, NDP Deputy Health Critic Sue Hammell, BC Chief Medical Officer Perry Kendall, Green Party Federal Leader Elizabeth May, Minister of Health Mike de Jong, NDP Health Critic Mike Farnworth, Minister of Energy Rich Coleman, Liberal BC Leader Christy Clark, NDP BC Leader Adrian Dix, Green Party BC Leader Jane Sterk.

Avoid an Adversarial Stance

by Gwen Randall Young

How will you become a clear mirror if you resent being polished? —Rumi

Life does have a way of revealing to us where we are tarnished. Situations will trigger places or energy within us that does not feel good. These places are generally associated with the ego aspect of our being. When we feel resentful, competitive, offended, or are being manipulative or dishonest, there is a gut feeling that is unpleasant at best—toxic at worst. Often our attention is focused on the people or situations that created this feeling in us, which only intensifies the toxicity. It does so because this response takes us into a place of polarity. An adversarial stance requires a judgement about rightness and wrongness. It appears to create winners and losers, but, in reality, everyone likely loses.

Often we are aware of a lifetime pattern that seems to repeat itself. The same things keep happening again and again. People keep treating us in the same unsatisfactory way. Friendships or business deals turn bad. People let us down. We may not realize that the same things happen again and again because we are the same.

Imagine we are mirrors. If we are tarnished, we cannot reflect clarity. Nothing beheld by our mirror will look clear, or as it really is. The world, as reflected by our mirror, will always be tainted. If only we could polish it up, restore it to its original purity, everything reflected in it would look so different. So what is it that tarnishes our mirror? The simple answer would be to say anything that is not love tarnishes it. The worst offenders are attitudes of judgement, criticism, separateness, seeing things only from our own point of view, and a need to be right.

If we have a problem in our lives, it is interesting to take a step back to see what is really causing our distress. We will find that it is not the external event that is distressing us, but rather our response to it. If someone lets us down, we can see it is not the event itself creat-

ing our pain. It is our belief that they should have acted differently, or our interpretation of what their behaviour implies, that creates distress. The distress originates within us, even though the trigger for it may be external.

Sadly, for ego, nothing in life is ever all about us. Whenever we are involved with others, things become infinitely more complicated for ego. Polishing our mirror means clearing away the limited perspectives of ego, so there is room for compassion, understanding and acceptance. It is realizing all of life is a conversation, not a soliloquy.

Imagine each person's life is a big jigsaw puzzle, and we each are a piece in the puzzle of all those in our life. Now imagine that the pieces are not fixed and rigid, but can flow and adjust themselves infinitely. If there is an intention to maintain harmony, it is easy to see how things could fit together nicely in any circumstance. Alternatively, the more rigid the pieces, the less likelihood of a fit there will be. If one piece believes it has only one shape, and refuses to consider any alteration to that shape, then, in order for it to fit, all the other pieces must reshape themselves. The chances of everyone reshaping themselves just so one piece can feel right are remote. Consequently, that one piece will not find any of the other puzzles to be particularly hospitable places.

Polishing our mirrors removes those places of rigidity and allows for more fluidity in our perceptions. Whenever we experience conflict, tension or disharmony, it is likely that we need to look at ourselves as much as the other. Rather than resenting the suggestion from others or from our own higher wisdom that something needs polishing, we can learn to welcome those opportunities, knowing we have nothing to lose but a little tarnish—and a lot of clarity to gain.

Gwen Randall-Young is an author and psychotherapist in private practice.

For articles, and information about her books, Self Care CDs and the new "Creating Healthy Relationships" series, go to www.gwen.ca

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Mammograph vs Thermography

by Dr. Ursula

While mammography has dominated the realm of breast detection in the past, thermography is now gaining ground. My wish is that all women have the knowledge to make an informed choice when monitoring their breasts.

First—how do they work?

Mammograms do structural imaging, and so they need an existing mass to locate suspicious tissue. In mammograms, radiation passes through the breast to produce an image, and suspicious areas need to be dense enough to be seen. Thermograms do functional imaging and detect physiological changes *before* structural changes appear. Consequently, they are able to detect any breast abnormalities earlier than mammograms. In Regulation Thermography, quick-acting electronic thermometers measure the skin temperature. It is the heat of the new blood vessels feeding a tumour that gets measured. The thermographer analyzes the graphics and visual compilations of the report, which is based on comparative analysis of a database with over one million scans.

Second—how invasive are they?

Mammograms are invasive in two areas. They produce toxic radiation, as well as intense pressure on the breast, which is usually painful. Consequently, their use is not recommended for frequent monitoring. In fact, research shows that frequent mammograms actually increase the risk of breast cancer, especially in younger women. This view is supported by many physicians including Dr. Christiane Northrup and Dr. Mercola. Dr. Goffman, a PhD specialist in radiation, states that up to 75% of breast cancer is directly related to medical radiation. Dr. Lorraine Day believes that the pressure from mammograms is able to burst blood vessels and spread any

existing cancer cells. I personally have heard cases where breast implants burst due to the compression from a mammogram test. Regulation Thermography, on the other hand, is totally non-invasive. There is no radiation, no compression of the breast, and thus no pain. As a result, this totally safe screening can be used annually as a tool for prevention as well as for locating root causes of symptoms not just in the breast but in the whole body. In addition, it can be used to observe the effectiveness of a patient's treatment and to monitor the health of the breast over time. Several MDs have suggested that women should have a baseline thermogram at age 25. This would show the patient's unique thermal signature, which would only change when a disease process was developing.

Third—what is the general diagnostic use?

Mammograms can detect cancer earlier than a standard physical exam, but Regulation Thermography is the best method of cancer detection as it can see disease patterns and disturbed regulation, long before disease manifests. It can even detect a cancer signature before tumours appear. If a woman is using hormones, it does not affect the sensitivity of the thermographic scan, but it will affect the sensitivity of a mammogram. Regulation Thermography is ideal for reading large, dense and fibrocystic breasts, as well as breast implants.

One last difference!

Regulation Thermography not only screens the breasts, but also the thyroid, adrenals, lymph, liver and kidneys, all which play a role in breast health and prognosis for healing. Even the teeth can be measured in the dental component of the scan. In fact, this type of thermogram actually measures 119 points on the body. Mammograms, however, screen only the breasts. This is an important difference because cancer is systemic. That means if your body is producing a cancer signature, there will be signs of disturbance/irregularity in other parts of the body. Remember, knowledge is power, and this knowledge is powerful. *see ad below*



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Drinking Healthy Coffee Reduces Risk of Stroke, Cancer and Dementia.

Western culture has often frowned on mushrooms, even fearing the small innocuous forest growth. The French prize their truffles, but even truffles and other edible fungi and mushrooms are not as highly valued or show as much potential as a species of mushrooms called Reishi or Ganoderma Lucidum. For thousands of years, Ganoderma Lucidum (Reishi), a kind of medicinal fungi, has been highly regarded by the Chinese as the "Miraculous King of Herbs."

It is said to be able to improve the body's healing ability, maintain a healthy body and promote longevity, and has been shrouded with mysterious veils for more than 1,000 years. Ganoderma's ability to help the body work more effectively and optimally has been under the attentive research done by domestic and foreign scholars in recent years, as well as the cooperative analysis and clinical experiments done by hospitals, colleges and pharmaceutical manufacturers.

Many ailments are caused by the imbalance of body functions due to the accumulation of toxins in the body. Ganoderma helps the body remove the build-up of toxins and allows the body's natural immune system to strengthen itself.

Gano Cafe is the first known "HEALTHY COFFEE" in the world brought to you exclusively by Gano Excel. Gano Cafe, and the many other fine, quality products available from Gano Excel, contain Ganoderma Lucidum and are said to be more powerful than Ginseng. Reishi contains a high concentration of alkaloids, which naturally help improve pH levels in the body. Instead of being acidic, this healthy coffee actually balances the body's pH. Has a lower caffeine content to eliminate those jitters, contains some 150 antioxidants and 200 phytonutrients and Ganoderma Lucidum has over 700 scientific studies. www.pubmed.gov and www.google scholar.com (type in 'Ganoderma Lucidum').

It's a pleasant surprise when something questionable turns out to be full of health benefits. First, chocolate was found to prevent heart disease. Then red wine was shown to increase overall longevity. Now the spotlight is on coffee. Newly released studies reveal that coffee drinking, especially when it is infused with Ganoderma Lucidum, lowers the risk of stroke, cancer, Alzheimer's disease and dementia. It even improves social skills and depressive symptoms. Other recent research has shown that drinking coffee reduces the risk of diabetes.

According to a new study published in the journal *Breast Cancer Research*, postmenopausal women over 50 who drink five or more cups of coffee every day may be as much as 57 percent less likely to develop estrogen-receptor (ER) negative tumours, say researchers from the Karolinska Institute (KI) in Sweden. As you can see, there are many benefits of drinking "Healthy Coffee" with Ganoderma every day!

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Gathering the Harvest without Genetically Modified Foods

By Lucy Sharratt, Coordinator,
Canadian Biotechnology Action Network

Genetically engineered food (also called genetically modified or GM food) is still new to farming. In reality there are only a few GM crops grown around the world. But these crops have quickly made their way into our food system, predominantly as processed food ingredients such as cornstarch and canola oil. GM grains are also used to feed animals for meat and dairy, and this is a second way that GM foods end up silently present in our food system.

Our government does not label GM foods and does not keep national statistics on how much GM is grown or where. This continuing secrecy is why the Canadian Biotechnology Action Network (CBAN) was established: to provide information to the public and take action to change this situation.

There are only four genetically modified crops grown in Canada: corn, canola, soy and white sugarbeet (for sugar processing). CBAN has confirmed that some farmers in Ontario are growing genetically modified sweet corn this year. This is a new situation, as the GM corn grown in Canada has been, until recently, all hard corn used for processed food ingredients and animal feed.

The GM sweet corn now on the market is engineered to be toxic to insects, and corporations are planning to sell more GM sweet corn seeds to farmers this fall. If your grocery store is selling sweet corn from Ontario, you can ask them to confirm that it is not GM (tips on what to ask and a form you can give your grocery store manager are posted at www.cban.ca/corn). Choosing organic corn is one way to make sure that your sweet corn is not GM, and was grown without pesticides.

Organic farmers do not use genetically modified seeds, and they work hard to keep GM contamination out of their fields. Buying certified organic food is a choice to support farmers who grow ecologically and reject corporate GM crops. These organic farmers, with your support, are a critical defence against the corporate takeover of our food.

Organic dairy farmers are, for example, fighting to stop GM alfalfa from being introduced into Canada. Alfalfa is a big part of hay and pasture used to feed dairy cows, and it has other important uses in organic farming, including a major role in building good soil. GM alfalfa will quickly contaminate farmers' fields if it's allowed on the market in Canada, and it threatens the future of organic farming. Together, we can defend organic farming from this genetic pollution and protect the ability of farmers to grow the food that we want to eat.

The Canadian Biotechnology Action Network (CBAN) was

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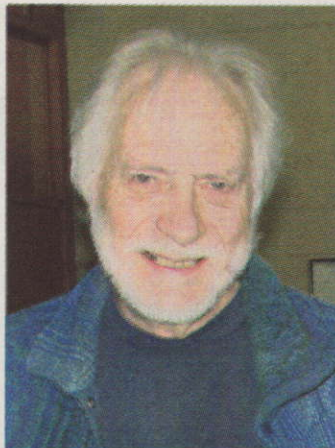
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Harry Jukes

November 7, 1930
to July 2, 2011



I first met Harry and Nora when Peter Morris and I talked to the Vernon group about reviving the Spring Festival of Awareness, 23 years ago. They arrived on my doorstep for an interview and after asking me a few questions, they suggested we meditate and see what the devas wanted. After about ten minutes, Harry nodded that he was okay with me organizing it, and Nora sighed and said the energies went all the way to the heavens, so I had her vote as well. That was my introduction to this new way of being, which I now prefer to how normal society makes decisions. I love connecting with my angels for answers.

Over the years I stayed in touch as their house was the perfect spot to stay overnight during my distribution trips. They loved to hear how I was doing and what I was doing, as well as the Retreat Center. In 2009 they moved to Castlegar as part of the Grandview Heights Seniors Housing Cooperative, where Harry played an active role till late last year. When I dropped by to see them this spring, his energy was fading and he was losing weight as his organs started to shut down. He did attend the Spring Festival this year, and we knew it would be his last one. His Celebration of Life was held August 20, 2011.

GENETIC MODIFICATION and the Future of Food

Featuring Lucy Sharratt
Coordinator, CBAN

Genetically modified crops and foods are a threat to the environment and to the future of organic food and farming. What GM foods are on the market and what is coming? What actions can we take to **STOP GM APPLES, SALMON and ALFALFA?** JOIN LUCY to get the latest information and ask your questions!

WHEN & WHERE For DETAILS of events in your area see www.cban.ca/events

Sun., Sept 18 – Organic Okanagan Festival
Mon., Sept 19 – Nelson
Tue., Sept 20 – Grand Forks
Wed., Sept 21 – Keremeos
Thurs., Sept 22 – Princeton

Mon., Sept 26 – Vancouver
Tues., Sept 27 – Bella Coola
Thurs., Sept 29 – Richmond
Fri., Sept 30 – Comox



Presented by CBAN and the Society for a GE Free BC

formed to share resources between groups and communities across the country so we could continue to provide accurate information on the issue of genetically modified food and take strategic action together. This September, CBAN and the Society for a GE Free BC have organized eleven events in BC communities (Kelowna, Nelson, Grand Forks, Keremeos, Princeton, Langely, Vancouver, Bella Coola, Richmond, Comox, Campbell River).

Everyone is welcome to come out for more information and to ask your questions. See www.cban.ca/events for details or the ad above.

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with

Antony Chauvet

Geothermal energy represents a massive opportunity that is well poised to tackle some of Canada's greatest challenges, including climate change (reducing green house gases emissions), energy security and job creation. Geothermal power is clean, green and reliable. It can operate at or near full capacity day and night, generating a consistent supply of power free from fuel costs or carbon emissions. Additionally, geothermal energy can effectively offset emissions when used in co-production with other resource development such as oil and gas and/or mining.

Furthermore, the potential for geothermal energy in Canada is immense—estimated at over 5,000 MW in traditional shallow geothermal resources with currently available technology. Altogether this level of geothermal energy production could create approximately 10,000 full and part time jobs and is equivalent to more than 25 mega tonnes (Mt) of offset CO2 emissions per year.

In addition, upwards of 10,000 MW or more may be available in deep geothermal resources which require enhanced geothermal systems (EGS) whose technology is still under development. This abundant source of clean, reliable energy can increase the energy supply, and it is well suited to address the needs of remote communities, as it can provide clean, reliable electricity while also providing heat energy for space heating in residential or commercial uses, such as green houses to grow local produce.

The South Meager project in British Columbia is the most advanced geothermal project in Canada and one of the only geothermal lease in Canada for the production of electricity. The South Meager geothermal area is located approximately 170 km north of Vancouver in undeveloped, mountainous country. The project area is located 55 km northwest of the Village of Pemberton in the Upper Lillooet River watershed. Previously it was identified that South Meager is a high-temperature geothermal field with measured temperatures up to 275°C, over an area of 4.5 to 7.5 km².

Geothermal energy for electrical power is currently an untapped power source in the Canadian energy market and specifically in Canadian oilfield operations. At present, this hot water resource is readily available through the existence of numerous deep, end-of-life oil and gas wells in the Canadian Foothills, and the use of the hot water resource for electricity production has the potential to increase energy efficiency and offer carbon offsets for oil and gas companies.

There is a pilot project to develop power production from geothermal waste heat in Swan Hills, near Edmonton.

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The electricity generated will be used as an alternative or supplementary source of electricity at the facility. The main component of the Swan Hills field produces oil, gas and water from a depth of approximately 9,000 feet (~2.74 km). These fluids are pumped to the surface at approximately 163—170 degrees F (73—77 degrees C) in very high volumes. The oil and gas are separated from the water, and the water is then pumped back into the formation. The project will utilize heat exchange technology to remove sufficient heat from the water before it is recirculated to produce electricity.

Recognition that former oil and gas wells and facilities have the potential for geothermal production was recently initiated by Dr. David Blackwell with Southern Methodist University and applied to the oil fields in Texas and other southern states.

For more information about similar projects in the US market visit the Rocky Mountain Oilfield Testing Webpage: "Geothermal electrical generation holds promise for older oil fields."

It is not clear yet if wind energy and solar panels can be deployed to a scale that will provide the majority of our electricity, because they require energy to be made, and solar panels require rare elements such as silver to be produced. However, enhanced geothermal power can certainly produce a vast share of our electricity.

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How to choose cleaning and personal care products to protect your health and the environment

By Antony Chauvet, with greencalgary.org

The number one thing to look for is transparency. Has the company fully and specifically listed all the ingredients? This is not required in North America for cleaning products. If a company has done so, they are practicing voluntary disclosure.

Be aware of unsubstantiated claims—claims like "biodegradable" or "non-toxic" should be backed up with testing or certification. Look for Canada's Ecologo for assurance that the product has been tested and is deemed safe for human health and the environment. More info on greenwashing can be found at sinsofgreenwashing.org. One of the few companies that has consistently delivered health and environmentally friendly products is Seventh Generation.

In regards to shampoos and other personal care items, there are nearly 100,000 different chemicals being used, and only 11% of them have had any kind of long-term, bioaccumulative testing done. There is no way to know all of the chemicals to avoid. Use tools like www.cosmeticsdatabase.com (Skin Deep) to score the toxicity of what you commonly use, and search for better brands. Or inquire at your local natural food store—many of them scrutinize ingredients for their customers and stock only products that meet their criteria.

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The Cook's Corner

Vegetarian Recipes from the Johnson's Landing Retreat Center

In this edition I will show you a wonderful—and simple—fresh fruit cake. It can be made with apricots, nectarines, pears, peaches or any 'soft' fruit (I prefer peaches). In winter we use our canned fruit, which makes the cake preparation time even quicker. This is a 'batter cake,' which means we will be putting prepared fruit in the bottom of a pan and pouring a batter on top of it. The key ingredient to making this cake special is the 'lemon zest' (grated skin of a fresh lemon). Lemon juice is not a good substitute; I suggest that you wait until you have a lemon before baking this cake.

Enjoy! *Richard*



Fresh Fruit Cake

Ingredients:

Fruit Base:

Enough **Soft Fruit** to line the bottom of a glass baking pan (apricots, nectarines, pears, peaches, plums, etc.)

Lemon Zest - finely grated skin of one lemon

1/2 cup **Sugar** - granulated

Nutmeg ground - as needed

4 Tbs. **Melted butter**

2 Tbs. **Flour** - Whole Wheat

Dry Ingredients:

2 cups **Flour** - Whole Wheat

1 cup **Sugar** - granulated

2 tsp. **Baking Powder**

1/2 tsp. **Salt**

Wet Ingredients:

3 **Eggs**

2 Tbs. **Melted butter** or **Olive Oil**

1/2 cup **Milk** or **Milk substitutes**



Utensils: Two medium mixing bowls • a two-cup measuring cup • measuring spoon set • whisk • rubber spatula • OPTIONAL a stick blender • 9" X 14" glass baking pan



Directions:

- Pre-heat the oven to 375 degrees
- Oil the glass baking pan
- Line the pan with soft fruit, pitted and cut in half. If the skins are tough, peel them.
- Grate the rind of a lemon over the fruit.
- Sprinkle 1/2 cup of sugar over the fruit
- Pour 4 tablespoons of melted butter over the fruit.
- Dust the fruit with powdered Nutmeg.
- Sprinkle 2 Tablespoons of flour over the fruit.
- In a bowl mix the four dry ingredients with the whisk.
- In another bowl mix the three wet ingredients with the whisk or stick blender.
- Bake at 375° for 30 minutes.
- When the cake sets and the edges brown lightly, you can set the pan on top of the oven or on a wire rack to cool.

Serving Options:

Upside Down Cake - We can place a cookie sheet over the finished cake then quickly flip it over. This will display the fruit on the surface of the cake.

Baked Side-Up version - I prefer it served this way, as the cake remains crisp in texture.

Food for Thought

by Marion Desborough



I just recently read an article on the Dr. Mercola website about *The Shocking Truth about Freshly Squeezed Orange Juice*.

It claims if you buy orange juice at the store, you might lean towards 100% juice and not made from concentrate. However, this is a misnomer. All orange juice tastes the same—each carton, container or glass full—because it has more to do with chemistry than nature.

Industrially produced orange juice is squeezed from the orange and stored in giant holding tanks, where the oxygen is removed from them, allowing the liquid to keep for up to a year without spoiling. This is called 'aseptic storage.' Then, when they are ready to use it, they add 'flavour packs' to re-flavour the juice. This technology is called 'deaeration.' When the juice is stripped of oxygen, it is also stripped of flavour-providing chemicals. Juice companies hire flavour and fragrance companies, the same ones that formulate perfumes for Dior and Calvin Klein, to make the flavour packs to add back to the juice to make it taste fresh.

The reason you don't see any mention of this on the labels is because these flavours are derived from orange essences and oils. So, this means the appearance of being natural doesn't necessarily mean it.

I particularly liked the quote in the article, "Those in the industry will tell you that the flavour packs, whether made for reconstituted or pasteurized orange juice, resemble nothing found in nature."

Certainly makes you wonder. The article goes on to explain why certain people should not be drinking orange juice for certain physical ailments, especially if you're overweight, or have diabetes, gout, high blood pressure (hypertension), heart disease, high cholesterol, or cancer.

'Not from Concentrate' Doesn't Mean Less Processed

Generally speaking, whenever you buy a beverage that consistently tastes the same, you can be sure it's made using a patented recipe. And that recipe includes added flavours that may or may not fit the definition of natural. When it comes to orange juice, squeezing your own at home would be about the only way to get the real thing. You know you are buying a heavily processed juice if the "Best Before" date is 60 or more days in the future, because real fresh-squeezed orange juice will only last for a few days.

The article goes on to suggest avoiding fruit juices as much as possible, as they will spike your insulin to a far greater degree than a piece of whole fruit. A study in 2008 concluded, "Consumption of green leafy vegetables and fruit was associated with a lower hazard of diabetes, whereas consumption of fruit juices may be associated with an increased hazard."

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As a standard recommendation for the average person, is advised to keep your total fructose consumption below 25 grams per day, with a maximum of 15 grams of fructose from whole fruit. However, if you're overweight or have any of the related health issues mentioned above, you'd be well served to cut that down to a total of 15 grams of fructose a day, including that from whole fruit.

After reading this, I am going to stick to organic, locally made apple juice!

References: Dr. Mercola website: *Food Renegade* July 28, 2011

Alissa Hamilton J.D, PhD, a Food and Society Policy Fellow with the Institute for Agriculture and Trade Policy (IATP), explains the ins and outs of mass-produced juice in her book *Squeezed: What You Don't Know About Orange Juice*.

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Profile

The FLOWER OF LIFE Sacred Geometry and Meditation

by Dania KalTara
Authorized FoL Facilitator
since 1996 by Drunvalo Melchizedek

Sacred Geometry—as boring and cerebral as algebra? Oh, far from it! Sacred Geometry is really Sacred Biology of all life. Spheres (bubbles, cells, planets, galaxies) making up the blueprint of all of life! It is the magical pattern of how the Universe is ‘constructed’, from atoms to babies to harmonics of music to wave form to consciousness. When I took my first Flower of Life workshop (it was seven days long in 1996!), so many pieces of the puzzle of life came together into a beautiful masterpiece!

In the Flower of Life Workshops we use the patterns of Sacred Geometry to allow the intellectual left brain to understand the concept of unity. Our right brain just knows intuitively that all of life is interconnected and in unity. But our left brain can not allow the right brain to give us answers and insights, unless it ‘makes sense.’ These teachings help our left brain to accept its limitations and to go beyond logic. They allow our hearts to open to the feeling of Love of the Great Mystery. And that state of consciousness is the key to human evolution. With the Knowing of the Oneness of who I AM, how can any life be harmed?

We create Sacred Space in ceremonies, chants, devotional songs and Dances of Universal Peace, integrating the knowledge of the power of Unity and Love. We experience our connections with Mother Earth, journey within to connect with the Inner Child and resolve past wounds, explore our Soul Connection with each other (the Divine One is within each of us) and open our hearts in healing circles. We begin to drop judgements, which only keep us separated and straying away from our path to Unity.

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We also practice the Unity Breath meditation, given to Drunvalo directly by Sri Yukteswar, Paramahansa Yogananda's Guru. We connect in Love to Mother Earth, to Father Sky and to All Life Everywhere. It is an experience of being in a deep state of Love.

Small groups gather in a non-toxic, straw-bale and natural plastered 'round' house with central dome skylight, beside a rushing creek, no EMF emissions, no smart meter. This natural building was begun with the help of straw-bale workshops advertised in *Issues Magazine* in 2005! Thanks, Angele! You were my first visitor to climb the stairs to my straw-bale home!

As weather permits, we are often outside in Nature. Organic, vegetarian meals are served for lunch at my neighbour Cattarina's "Haus on the Hill" B&B.

I am honoured to be able to facilitate the Flower of Life Workshop for you in the West Kootenays of BC. May it be an offering towards our co-creation of Heaven on Earth.

Based on *The Ancient Secret of the Flower of Life*, Vol I & II by Drunvalo Melchizedek.



One of my students standing in a 3-D Star-Tetrahedron or Star of David

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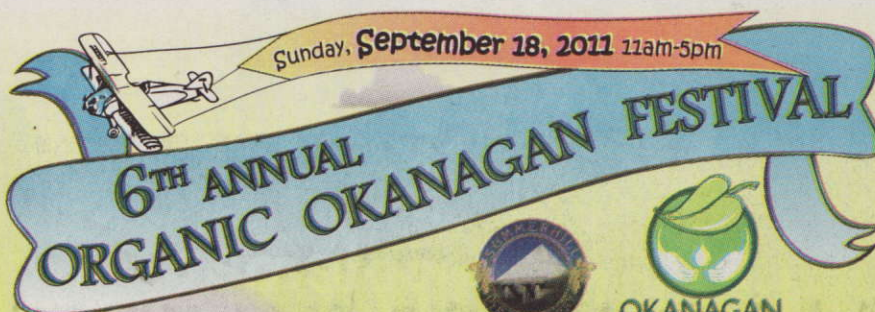
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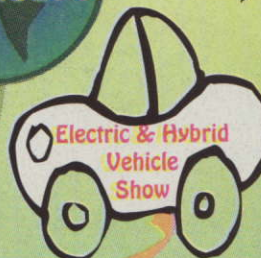
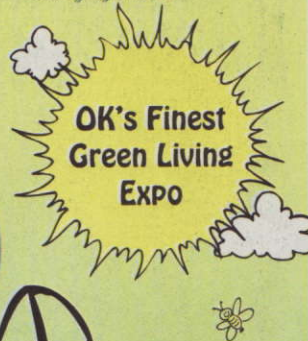


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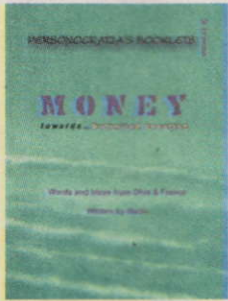
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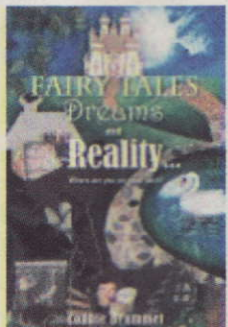
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I like this woman's honesty. I met her years ago at a talk in Kelowna and I was impressed with her inner strength. She was a medical doctor who decided that the officials do not play fair and was taken to court. This is the sixth book in a series and helps us to understand the monetary crisis and why it was created.

www.personocratia.com



Fairy Tales, Dreams and Reality

Where are you on your path?

by Connie Brummet

I have known Connie for over twenty years, so I enjoyed peeking into her mind as she made decisions. Written for the person who is on a quest of understanding themselves, her book asks questions, then explains how she figured out the answers. She includes a section on the the brain and nervous system functions, so that you can know when it is the body vs. the mind.

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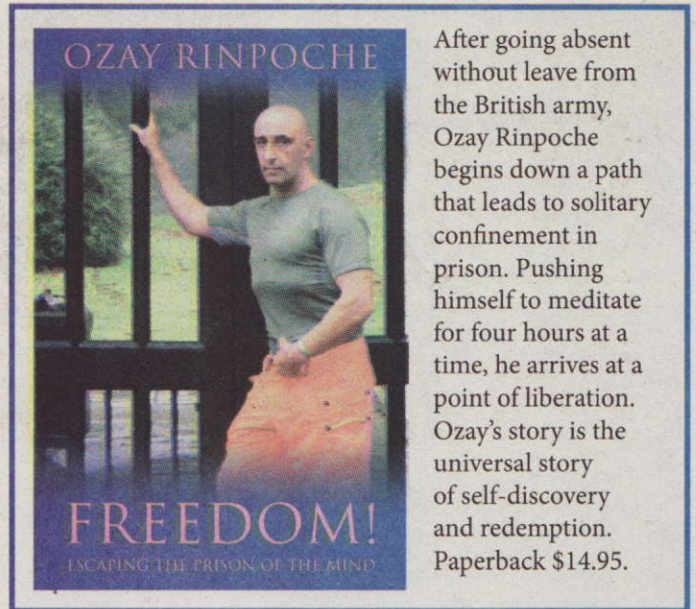


CREATING UNIVERSAL TRUTH -All is Love

by Vincent Janic

The beginning felt slow and somewhat awkward. This a story of a man who struggles with life and his health, then has an extraordinary experience as he comes to understand Truth. I was glad to read his story and appreciate his honesty as he starts to realize many of the things I have known for years. He does put a personal twist on it, but he is well on his way to figuring out how things really work.

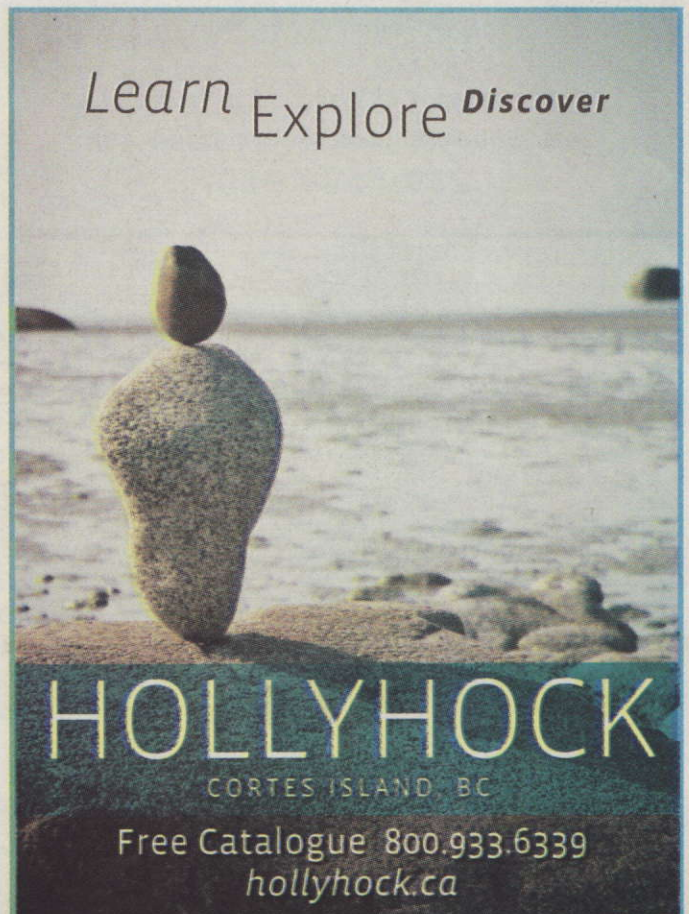
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Most folks are about as happy as they make up their mind to be

Abraham Lincoln



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A PROMISE OF HOPE

*The Astonishing True Story of a Woman
Afflicted with Bipolar Disorder and the
Miraculous Treatment That Cured Her*

by Autumn Stringam • HarperCollins

Autumn Stringam is a 34-year-old Albertan woman who journals her search to understand the bipolar disorder that the doctors have labeled her with. Her brother also had it, as did her mother. Her mother eventually succeeds at suicide, and Autumn contemplates it as well.

The book provides a fascinating account of how people with mental illness can recover to lead meaningful and purposeful lives. The first half of the book documents the painful, uncomfortable dance between a mother and daughter and the rest of the family.

In the beginning Autumn trusted the doctors and took drugs that were supposed to help. They didn't, but she was told she could never come off them and that she should not attempt to have a baby. Frustrated that the drugs didn't work, a friend of her Dad starts the family using nutritional supplements as an experiment. Once Autumn becomes stable, she stops taking Haldrol, Rivotril, Ativan and Cogentin. A bit later as the trace minerals and vitamins let her sleep, she stopped the psychotropic drugs. She feels that the doctors prescribe various combinations without any clues as to what to expect.

Once she becomes strong enough and no longer with bipolar disorder, you would think that was the end of the story but no. Health Canada decides to stop the supplements from crossing the border into Canada. Her best friend dies because she no longer can get them either. Health Canada decides to wage war and ruthlessly destroys the health products they find at border crossings. They tell her Dad to stop practising illegal medicine since he now has many friends taking True Hope nutritional supplements.

Autumn muses that the bureaucratic body responsible for health issues has decided to implement new regulations as pressure is exerted to take over the health food stores. Her Dad explains that if they succeed you will have no access to minerals as it will be regulated by BigPharm, and Canada will be like Australia, with no access to the natural stuff.

They had community meetings and wrote letters to Mr. Rock, Minister of Health, as word spread that nutritional supplements were helping. Dr. Kaplan got involved to document and study the combinations that seemed to help so many. David, her Dad's advisor, was a pig farmer and had made a career out of keeping pigs in top condition and figured that knowledge would help people as well. They researched animal nutrition, as that know-how was far beyond human nutrition studies, as that was where the money was to be made. Her Dad found out that in the human realm, big money is made on sickness not wellness. Then the formula changed as sources for the various minerals dried up. By now her Dad was



giving talks and, along Dr. Kaplan's help, they findings in the *Journal* journal was sent to the and she got her first shut Dr. Kaplan's prac-

The government had determined that she was not supposed to study vitamin and mineral supplements for bipolar conditions. According to schedule A all treatments for these type of diseases could only be treated with drugs. So if she was treating the family with EMPpowerplus and making them well it was indeed a drug and not a supplement. They stopped all funding for research and was told not to supply supplements to anyone with a mental illness. Her Dad knew that if it was classified as a drug it would take ten years to be approved with the new laws of drug identification. They were told that minerals and vitamins are only for healthy people and drugs are used are for sick people. Those were the rules, and they were to live or die by those rules. Our own government became their enemy.

Then her Dad and David decided to go above Health Canada and seek ministerial exemption. They felt confident that Anne McLellan, the new Minister of Health, would stop the interference of shipments, if she only knew that 3,000 lives were at stake. Letters poured in but she refused to meet with anyone. When Autumn tried, she was told, "She doesn't talk to terrorists." Dad was so angry that he wrote a seven-page letter warning of the consequences and sent it to eight hundred Health Canada offices demanding an explanation. Her Dad wasn't worried about them threatening his business; he was worried about his children. Taking away the supplements his kids were taking would make his life hell. Biopolarism had already killed his wife and he was not about to let health officials kill his kids. By then Autumn and her brother had been using it for over seven years. Her Dad kept asking the government officials why vitamins and minerals had suddenly become illegal. He recorded the various conversations, knowing that one day he would be in court. That is where they got to learn 'that policy is not a licence to kill.' That day in court took three weeks. After several months of waiting, the judge found the defendant not guilty. He continued, "the defendants were overwhelmingly compelled to disobey the DIN regulation in order to protect the health, safety and well-being of the users of the supplement and the support programs."

That win meant that 'we the people' now have the right to choose to be well, to help people out of the darkness of mental illness. This is a very significant breakthrough, but still our government officials refuse to listen to the people.

If you want to keep supplements available, please start educating yourself, and tell your politicians that you want the *Charter of Health Freedom Act* passed by signing the petition at the website below. We have about one million and need three million signatures to create the charter. Take your rights back. Tell the government officials you are still using them!

Follow the TrueHope story at www.TrueHope.com

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with Dr. Poppers and published preliminary of *Clinical Psychiatry*. The Canadian government response. Health Canada tice down.

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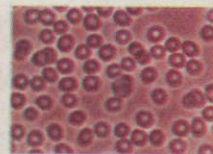
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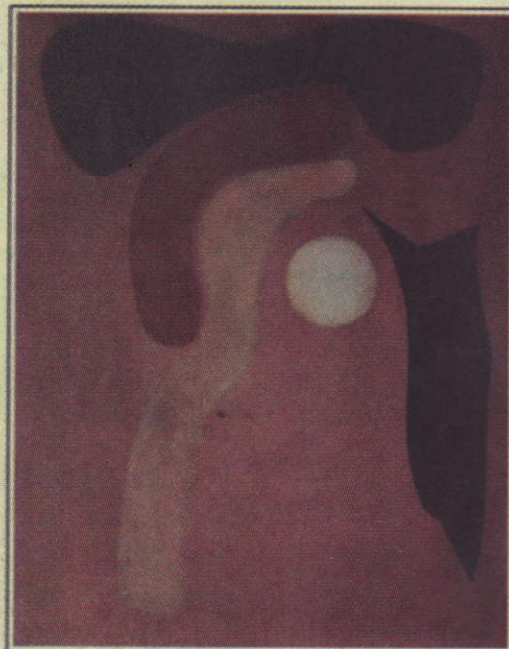
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